Mirror

Mirror

Two realms in one reality,
your choice is crucial.
(Joshua 24:15)

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1. Self-Help
2. Philosophy
3. Transformation

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Disclaimer (no boasting here)

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*Before Mirror*

An honest review of conflicting ideologies and the answer all hearts search for all along...

(1 Corinthians 2:12-16)
Authors' Note:

How many self-help books have actually brought you success? Not just make you feel better for a moment, but really changed your perspective and your life. More than just being able to recite some catch phrases and trying the positive thinking techniques... That's what I thought. I know, I've been there too...

The reason is simple. The billion-dollar self-help industry misses on the main feature to permanent success of any kind. The foundation. Success sustainability is impossible unless it's built on a rock-solid foundation.

Without it, all those books are useless because there is a disconnect between what is being said and what is really believed and felt deep down inside. This is called cognitive dissonance. Don't become part of that statistic. The feel good - do nothing crowd. This book, mirror, provides the missing
It's the mother of all self-help. The Yellow Brick Road to true
prosperity and fortune. Mark

Only then will you understand how
my friends' lives have started to flow
with the stream; they simply go along
with the crowd to believe and
perform like their peers around them.

As people in our society today, do you
ever stop to think why that is?

If we don't accept that which we have
been taught, if we don't accept
what has become the norm...

...then we are doomed.

Having said all this, there is
only one thing we have to do in
agreement; and that is:

to read, to read, to
read...
I love this book. That is that everything happens for a reason. No matter your age, sex, race, social status, political persuasion or religious beliefs, we must agree we are on an adventurous journey called life, and reason alone forms the backbone to everything. Find out what that reason is... Enjoy!!
Reader Guide:

1. a. Chapters 1-9 (Realities of the world)
   b. Chapters 4-9 (Into into our spiritual self)
   c. Chapter 10 (The end that justifies the means)

The format of this book is unique in its depth and simplicity. The layout is designed to move you through the ten chapters from start to finish in a timely manner as to expose the central message and intent this book so boldly brings. After which, for further understanding, clarification or pleasure, I ask you to make a second pass and integrate the companion appendix as noted by a number in a square found within the text of the chapters. This interactive informative function is just a small sample of its limitless potential. Click on the square to activate the extended thought or quote. Every book ever written has its place here.
Prologue:

First of all, I would like to make it perfectly clear that the purpose of my writing is not to necessarily change you. I completely understand that you are who you are and like nobody else. We are all a one-of-a-kind product of our life’s circumstances and experiences that has shaped us into the beings we are now.

My challenge as a writer is to assist you in mastering the “real you” with an understanding that fits squarely into the real world around you. I will be asking you to embrace the idea of removing as many of your life’s masks that you can in order to solidify the foundation you already have in place, and then build onward.

Isn’t it true that throughout your life you have always felt that the “real you” deep down inside, can solve all of your life’s problems? Am
I right? Well it all must start with a solid foundation of understanding. An understanding of the constant pull of our human nature. Much of the ideas from the subject matter I entertain here are either my own, or from credited sources I have then elaborated on. At first glance you may not agree with all of it, but please bear in mind that my efforts are not to tell you what you want to hear. I'm going for straight-up, unadulterated reality. — No sugar coating, and no games. It's all here; however it's entirely up to you as to whether you absorb it, and go to Mars and back, or do nothing...

The material in this book can be broken down into four concise categories: awareness, acceptance, execution, and no excuses. Though they are not written in any set order, you will find that you are already
familiar with most of it. There will be no new discoveries or scientific breakthroughs. I'm not looking for a following, and I sure am not practicing to be a preacher. My motive is to simply help you further understand you and send you on your way.

Some of the material might be considered emotional, or emotionally jarring. So with that I ask that you read it twice, in separate moods. This will allow you a compelling personal reflection and serve for you as a gauge to the gravity of the core message. It cannot be argued that we are emotional by nature, and by that it is true in all of us that sometimes we slip, however so slightly, and lose sight of the definitive lines that make up our ethics, morality and values. We must accept this fact as true, and acknowledge that this is just the way it is with us as we continue on.
our evolutionary, spiritual, or divine journeys....

Take a look at yourself in the mirror attached to the inside cover of this book. Then after you have read the last page, take another more introspective look at yourself in the second mirror attached to the back pages of this book. Yes, both mirrors are the same, will you be??

As paradigm shifts go, I truly feel this will be a good one. It will help you to live your life with less fear, hesitation, and doubt. That, in and of itself, is never a bad thing....

(1 Corinthians 3:18)
Chapter One:

Understanding and Controlling Social Influence and Power:

The moment we step from our home, our church, or our school we enter the so-called real world. This is society's world where there are clear winners and clear losers. It is the status quo of human social interaction that has evolved over thousands of years. The opportunities are enormous, but so are the dangers. With such a wide open playing field we must be astute in our ability to see through the hidden meanings, motives, and agendas of others in order to safely advance our own causes, or to protect ourselves from those around us with misguided intentions. You see, it's extremely important for us to be keenly aware of the not so great, yet ever present characteristics of man that are exposed...
in this world and in large part can determine whether we succeed or fail, depending on how well we recognize and handle them...

It is often said that our modern civilization today is at the pinnacle of fairness and refinement. However, we all know that underneath its glossy surface is a complex blend of dark emotions: greed, envy, lust, and hatred that spoil for our attention. [1]

Some of us might think we are above, or never show these darker emotions, or display any of the tendencies, but the fact of the matter is that every single one of us has had them passed down to us from our ancestors making them virtually inescapable... [31]

However, and to be clear, this doesn't mean we shouldn't at all times strive for goodness. Of course we should! Us, being morally and
ethically sound, selflessly helping others [2][3] and doing the right thing, keeps us on the right side of life and is a prerequisite for the advanced understanding and take home of the major premise of this book.... [4]

The point here is we have to be completely honest about the ruthless and unjust way society actually works, and has always worked since the beginning. It's paramount that we not get ourselves too caught up in how we wish, want, or hope the world around us to be thereby dropping our guard on the all consuming reality around us. We must come to terms with this thought-reality separation and not try to rationalize some made up conclusion. You see, since the dawn of civilization, man has attempted mostly in vain, to live life the way he thinks the world should be. In a valiant effort of his mind and ambition
to create a higher standard, only then to work tirelessly to hold on to whatever that might be and resist changing. At first, it may not seem there is anything wrong with this; however, over time it has the unintended consequence of creating a risky departure from an ever evolving worldly reality. If this dynamic is not brought back into focus, a person, or civilization, can be left behind and become isolated, living in their own personal cocoon, or believing in a false sense of security in numbers. Invariably a contrast like this with the stark reality that is actually out there sets the stage for a person, or group of people, to become increasingly out-of-touch, weakened, thus ultimately vulnerable.

Understand then, that it is the eventual solemn realization of this vulnerable predicament, and the urgent, sometimes desperate need at times of a radical corrective reality.
adjustment that can cause even the
best of men to act out of character.
Even to the extent of harming or trusting
another fellow man. This all boils
down from our struggle as a species
to accept, and then adapt to, an ever
changing reality. We must not let a
self-prescribed abstract ideology take
us down an unsustainable path, yet
at the same time diligently seek to
prepare ourselves for the surprises of
a continuously changing radicalized world.
Here lies the paradox. Should we
strive ahead of change trusting in our
self-acquired worldly knowledge in an
attempt to stake our claim, so to speak,
at an imagined better way of life,
or do we more passively go along with
the flow of change, taking our chances
at perhaps rendering for ourselves
another superficial short term gain
reward, or pleasure? History tells
us that either way is inherently
unsound and rarely ever sustains a long-
term benefit. Naturally, most people fail and become desperate in their disillusionment... The real consequences of an abstract ideology in an unjust world. Just being honest...

It's basically a catch 22 of our compulsive human nature that plays out everyday contributing to the direction our lives go and ultimately the shape of our society. Amazingly we as individuals and collectively as a society, just can't help ourselves from stepping across the line of social boundaries to test the waters of some seemingly better new way. As innocent as it might start out to be, it is gross naivete and indifference to the fallout that perpetuates the action. 

See [93]

The proper perspective is to realize that it is, in fact, the world we live in that inherently brings on all of the problems. So protection from the world itself by both offensive and
defensive measures is quintessential. [5]
In the following paragraphs let's put ourselves in some of man's bold strategy at control and protection from a destructive world.

Isn't it true that when we engage with our world we are often betrayed by someone with a hidden agenda, or an ulterior motive? [6] Like, for example, when our kindness is taken as a weakness. Again, it's the selfish action whereby one purposefully takes advantage of another that is precisely what can happen when that person finds himself so far out of touch with reality that he, as if his very life depends on it, will go against his innate ethics, morality and values in an undisciplined survival-like manner. Society has proven that the best way we as individuals can get the things we need from our world, or to defend ourselves from negative influences,
is through power. Results will vary, based on our source, drive and intensity. Power, or empowerment, breeds confidence, and confidence signals to others we are secure with ourselves and will not be easily taken advantage of. Not convinced? Then look at it this way. — Nobody ever strives for less power, everyone wants and needs more.

One of the simplest and best ways to realize and hold power, and the induced confidence, is to not let the world at large talk us into thinking we’re not in control of our day, our month, or our life. Because after all, the real us, deep down inside, has all the answers.

Power struggles are part of everyday life. We are either trying to gain something from someone in every conversation and interaction, or they are trying to gain something from us. Awareness of this is crucial to
Every aspect of decision making in our plans for success. If you don't think so you're probably in the midst of some form of manipulation without even being aware of it. For better or for worse, awareness is everything in protecting our positions of stance or flexibility. In reality, there is not, and never should be, a pause in our advancement or restraint of power. The burden is on us to keep our finger on the pulse, largely, our power effect is either upheld or pulled from us by those in our inner circle of influence. Consider this, Napoleon, the celebrated French general once admitted, "When you stab an opponent in the back it is best to do so with a velvet glove on your hand and the sweetest of smiles on your face." Now this illustration, though certainly appalling, candidly illustrates for us the ruthless reality of human nature that existed in his
time and to a varying degree continues
to resonate in our world today. Look at
the tragic happenings as they are
broadcast to us using increasingly
direct methods, and how they are
depicted everyday by jaded, always
biased reporting from the media. Like
a courtier trying to survive in the
King’s court, posturing, disinformation
and misdirection run rampant in our
circles of influence, and it is
virtually impossible to opt out of
the game. We are given no choice
but one of engagement if we are
to be relevant and effective in our
struggle to keep ourselves above the
 fray and not sink unceremoniously
into oblivion. So if we can’t stop
the plays, or like in a video game,
take a time out or hit a reset
button, instead of whining, complaining,
or doing nothing but feeling guilty,
it is far far better to excel at power
Striving to become a master player, rather
understanding of social influence and
lies are in right now. Can the
take a close look at the situations our
and ways. So with this game mindset,
the advancement of their own desires
an indirect attempt to blind us from
merely throwing dust in our eyes in
merely do so foolishly? There are
confusion if... Some as in a game,
ever get in the end is ruin and
interests of heart, when all we
out of kindness being only our best.
Rivals, our loved ones, see they acted
what does it matter if our friends,
only, comparing that to real life,
then by the results of their actions,
sweet intentions, are misleading.
Listen to our opponents' goals and
in games of any type we do not ever
realizing that surrounds us. Generally,
essential to our accurate reading of the
is a game. This game mindset is
you see, power, by its very nature
then a pushed around disposable pawn.
power help us? Of course it can. Make no mistake about it.

Life is like a never-ending game of chess that requires constant vigilance and tactical thinking. "Chess is life," is the now famous quote from the former grand master, Bobby Fischer, when he was asked to describe the game he so magnificently dominated. Here is how his analogy works. — We sit across from our opponents in perfect behavior, playing by the rules of the game all the while observing his or her moves, doing our best to keep our emotions in check. To win, we make our moves both offensively and defensively simultaneously, based on the games previous moves only, and are not distracted by anything else!

Good judgment is key to power, and patience is essential to good judgment. We must have the ability to let things play out at times...
What we can do not let ourselves get power is in what we do not do. Power is in what we do not do. A function of ourselves to thin, there's by spreading directions of once, there's by spreading. Careful not to be pulled in the many. As important, we need to be cold all together. 199

hindering our progress, as stepping us... influencing. A mistake that risks single greatest barrier to power and incompetence, if follows is the accomplishments our tasks are hard. Everything when it comes to today, information and thinking is give it time. In our world of ahead into the future, then simply stay calm and look for enough again, if we trim our emotions to happen, the base stem will lower of timing. All good things will lower in information, giving us a sense providing us with vital in process crucial shield. It protects us by over reaching. Preference is thus our
Mirror
Mirror
Isn't it interesting that when pressured to do something, some people experience a sense of injustice, their moral superstructure, their personal beliefs and values come into play. The ones that like to plaguerize, the self-righteous, the preordained man.

Be sure to get a kick out of the.

on.

You only have so much energy to draw, precious opportunities are few, and their value. In the end, time is the enemy. In other words, as time passes, they cost us and use this standard collaboration with others, or come to the conclusion that we should always judge things by what their agenda, high price to pay. This rule is simply being

when. Not their needs, but their wants. Not use up our last reserve of energy on the never-ending lawsuit, but good ethical sense. We should not be smart, using discretion. Everybody happy all of the time. We dragged into the, the simply said: make
and we observe them and their virtue signaling more closely, we often find that they are the ones most skilled at misdirection. Then being the ones who will turn the quickest from debate or direct confrontation. They can’t have their cards exposed and the truth revealed at any cost. This, my friends, if we are trying to avoid the manipulation of another person, are perhaps some of the wisest words about our world ever written.

An early first step to becoming that master player is in the mastery of our emotions. However, don’t get it wrong. Having an emotionally sensitive touch is a huge plus in life, but we absolutely must have them kept under complete control. There is simply no way around this! Any emotional response to an adverse situation in our lives creates a self-defeating barrier to power and influence. A big mistake that will cost us much more.
than any temporary satisfaction we may gain by expressing our feelings. Anger is the most destructive of the emotions. It will invariably make any situation less comfortable and only serve to bolster our opponents resolve. You see, anger blocks vision, so if we cannot see the situation at hand clearly, how can we respond to it with any degree of control? If we are trying to get even with an adversary that has hurt us, it is far better to feign friendliness than to show our anger.

On the level of mastering our emotions is the ability at times to distance ourselves from the present moment, looking to the past, then on to the future. For the past we should always keep a studious eye on history. Observing the people and circumstances that have transpired before us and learning lessons from them. We then reference a close look at our own personal situations at hand, and of those
of the people around us. We wisely own up to our mistakes of the past, and make for ourselves an oath and a pledge, "I shall never make such a mistake, or fall into such a trap again."

Learning to break our bad habits of the past is an immensely valuable skill!!! Never should we let our past mistakes derail an intended positive future. [12] — For the future, we must never let a situation or event take us by surprise. Instead of only imagining our plans, happy ending, we should diligently run through all the possible permutations and pitfalls that could arise in it. It is important for us to grasp the concept that the future is created by us. It is a manifestation of our true-to-heart intentions. Pause and think this over for a moment. — If we intend a good constructive tomorrow, it will be there for us to walk on into. Magic-like, it is the closest a person can get to predicting the future... Try it! [13]
Our perceived pace of life has never been quicker. The time between change is now zero. It's basically a fluid expansion of constant occurrence. The ramifications of this are truly mind boggling. Consider, for instance, that it is unprecedented in the history of civilization for a person to live his or her entire life with all of mankind's knowledge basically at his finger tips, or, for the events and happenings of his life to be chronicled in real time.... With this undeniable dynamic of un-ending change clearly in play; it becomes increasingly evident that strength as an inspired disciplined individual, with the allowing of our higher power's all-knowing essence working through us, is our ultimate power in this world and we should guard it with our life....

The information age of today is changing many aspects of our perception. We no longer need to believe and go along with this or that just because everyone
Free in our society; and thus, this problem we face in our society and culture is the lack of this discipline. It is a lack of individualism. So the problem we have to support and understand our government's effort to informatively promote our employment at explicitly countering productive and potential.

In this chapter, it would be the theme of this chapter. It would be the sign of confidence to the central understanding among the particular belief.

Obviously, sustained by our universalizing of life line is directly related to our life line is hanging on as faithful followers. Their easily manageable fears designed to keep us all sorts of personal Inscissile and account end undermine us by instilling our safety in numbers, they often turn here. As they settle on our society and safe of secure as people they once governmental bodies are simply not as even some of the world's wealthiest universities, clubs,$actioncontrol. Else does Edge groups like corporate.
Control based coercion. You see, in order
to have any chance at controlling the
population in mankind's fear based
society, oppression and corruption is
unfortunately in one way, shape, or form
inevitable...

As we conclude chapter one I'm
sure we can all agree that the points
made are virtually undeniable. We
examined in a very honest way the
realities of human social interaction
and power as it is presented to us
in our lives today. And in the course
of a lifetime we cannot evolve beyond
it. It is very much who we are...
Or, who our free will has us being.
We may not agree with all of its
elements, but we are choosing to be
here. [14] Yes, we do have a choice.
We make many choices each and every
day. Some of these choices are simply
to get us through our day, and some
of them, the bigger ones, can literally
begin to transform our lives. [15] Remember
this; human nature hasn't changed in thousands of years and it is not changing now. Our good foundation must include a liberal understanding of our common nature as human beings. For us to excel and thrive, we will fare best if we can uncover our eyes and see, then accept, the truth. It's the surest way to keep balance amidst the rapid technological advancements around us.

Read slowly the following chapters of this book and do so very carefully. Carefully as though life's good choices depend on it. That is the secret for it to come alive and speak to you. The truth in anything is what we can all relate to; it's the single common denominator. It joins us. Truth has no substitute. And to think, it's always so easy to find, right there at eye level; just waiting for us to accept, appreciate, embrace, and go with.
Chapter Two:

Our Natural Masquerade:

There cannot be a sincere discussion about thriving in the real world without a thorough examination of one of the most misunderstood words in the English language, "Manipulation." Webster's definition is, "to handle craftily." Nothing is mentioned as to whether it is good or bad. We are the ones who attach either a good or bad connotation to it. With that understanding we must not overlook the fact that manipulation can be used constructively for positive mutual gain, and is in fact a highly effective social tool in the posturing world of today. [20] The one word that overview it best is "Masquerade." Social masquerade is practiced by all of us, all of the time. - It's in our facial expressions, the words we use, our inflections of voice, our mannerisms, the choices
We make, and the games we must play, to get the things we want and/or need, or to protect the things we have from loss or ruin. However, and before we go any further, I want to make myself perfectly clear that masquerade, when it is used the wrong way, for wrong reasons, like to cause harm or to hurt somebody, goes against our values and better judgment and thus should be avoided entirely! — But let's take a look at masquerade when it is used constructively for positive gain. With a good example from nature like when a chameleon deftly changes its color to hide from a predator, we say, "Wow", how clever! We don't say, "Hey, that's cheating!" You see, it follows that when life or death, winning or losing hangs in the balance, masquerade is used by all of us and has a socially acceptable value...

Consider this... Isn't it true that...
We have all been told how important it is to make a good first impression. Like, for instance, when we are meeting someone important to us for the first time, like at a job interview etc... We craftily adjust ourselves to be what we think the other person wants us to be. We smoothly and deftly spice up to enhance the attractive things about us, all the while, masking or blocking the things we're not so sure about. This is the essence of masquerade and we all do it well, albeit some better than others. Note, however, that when it comes to social manipulation the most important aspect is not in how well we ourselves do it, it's in how well we recognize it when it is used by others. Interestingly, this form of play-acting is the reason theater and movies have fascinated us so, for so many centuries....

A form of masquerade, as illustrated
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In the Bible, was often times used by Jesus to play it safe while traveling. Especially when He knew He would be around others who would otherwise have killed Him. Well, tried to kill Him like when He went to the festival in Judea. Not in the company of His brothers, as would have been expected, but in secret. (see John 7:10-12). This is our lesson to be gained by our understanding and study of masquerade. It has always been here with us since the beginning. [21]

Keep reading...
Chapter Three:

Your Sixth Sense, Intuition, Imagination, And The Real You:

Mankind's long time existence in increasingly complex social groupings, some scientists contend, is the reason why we humans developed such exceptionally large brains. An arms race, if you will, of human social intelligence that essentially hastened evolution. Micro evolution that is. In the forefront of this accelerated awareness development is our sixth sense. Our sixth sense brings forth an advanced perception state that feeds our intuitive and imaginative abilities. We primates are the only animals on the planet that have acquired and utilize these capabilities as a direct result and benefit from social grouping and communal order. Us humans have advanced so far that we can imaging...
with a great deal of accuracy, what another person is thinking. Other animals can only gauge the actions of another creature based solely on basic outward circumstances such as the level of threat they may represent. But we humans, with our advanced intuitive intelligence can, literally predict the thoughts and actions of others. This level of awareness has opened up a vast array of incredibly complex variables that must be correctly perceived, considered, and acted on by using our latest methods of communication assimilation. The benefits have proven to be astounding! It has enabled us to be empathetic, to cooperate, to work in groups, to combat and sport in teams. However, it also allows for dangerous levels of potentially harmful manipulation. Because the moment we know what another person is thinking or might do, we can strategize and vice versa.
All of this makes it resoundingly clear how valuable our sixth sense is to success of any kind and/or our survival. In the social circles of modern society as far as when it comes to winning or losing at just about anything, our intuitive level in decision making can be a deciding factor that we can never underestimate.

All of us have our level on the intuition barometer and without a doubt we would all fair better in life with a more responsive and reliable sixth sense. So then the question becomes: — How can we, at this juncture in our complex lives, possibly make a measurable sensory improvement to ourselves without potentially causing more confusion rather than actually doing any good? Over the following paragraphs we will explore how to chance and utilize the amazing powers of our sixth sense.
To start, isn't it true as with our other five senses, if we were to cover them over, block or ignore them they will stop serving a function for us. For example—When we cover our eyes or ears we are not able to see or hear as well, right? And if they were to remain covered for a long enough period of time we would eventually begin to work around them, losing all faith in them. This type of covering up, when applied to our sixth sense, can have the exact same effect.

You see, throughout our lives beginning in early childhood, we have adjusted ourselves away from who we really are in an instinctual effort to conform to the plethora of societal customs and ways. We basically put on masks and/or veils that serve us to alter how we are perceived by others. It's this very covering up that can have the unintended consequence of diminishing the available
powers of our sixth sense. It is still sending us good intuitive cutting edge information, but we are simply unable to receive and register it as well. The true us, that is deep within us, without the masks, unequivocally accepts the strongest signals from our sixth sense... So let's take a closer look at these masks that are on us to get an understanding of how we got them in the first place, and why we sometimes purposefully use them for tactic.

There are two categorically different types of cover-up masks that we all use. The first of the two is our life mask, which both consciously and subconsciously is always on us. The second one can actually be a whole string of temporary facades and it's what I call our players' mask. The basis for both types of masks is pure influence. To make something happen for ourselves, or to help us to accomplish
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an objective.

Our life mask has been in constant
flux all of our lives, adjusting itself
since early childhood. Mostly it's
regulated by our psyche and how we
feel about ourselves, our current position
or circumstances in life. Its application
is largely aided by impressions we feel
from those most influential to us, like
a mother or father, a sibling, a loved
one, friend or teacher. These are
altering changes we adopt to fit in
best in our realm of reality and are
mostly on a subconscious more intuitive
level. Slow, gradual adjustments we
make that anchor the perception we
accept that others have of us. This
dynamic of socially influenced transformal
from our true self is in essence a form
of masquerade, however smooth and
seemingly natural to us, and those around
us, as it obviously is...

Our players masks are much more
fluid yet radically pointed. This is

44
because they are consciously chosen and applied by us for a strategic purpose. Usually to defend ourselves or to advance an agenda. We have their influence on us always taken into account. With us being at all times aware of their presence and under our control, naturally lessens the hampering factor of our sixth sense. However, as we add layers of complexities we must not make the mistake of over doing it, to the point where we are only confusing ourselves. Less, is more when it comes to the power value and effectiveness of a player’s mask.

Play-acting can be fun and enlightening. It can help us to recognize and to gain control over our emotions by allowing us to, at times, take that crucial step back from ourselves. It gives us a controlled perspective by simply altering the perception of things. It is what can make life playful and game-like. It
can also help us to defend ourselves in different, difficult or dangerous situations. However, social success at a constant high level can only be achieved if we maintain keen awareness and a solid understanding of who we really are. The us hidden down inside...

For those of us that might think they do not have any kind of cover up on at all - let me prove that we all do...

How many times in our lives has our gut instinct been wrong? If you're like most people, it is very few times.

And then I bet we can all say as well that we didn't always go with it, only to realize later that we should have... I find this fact of life to be utterly revealing about who we think we are — astonishingly so. Think about it... It means that the real us had the early correct answer but because of our life and/or player's mask we didn't have enough faith
to go with it. We essentially took a pass on statistically more accurate higher intelligence that was speaking directly to us from our sixth sense. Interesting isn't it? Without exception this scenario happens to every one of us... Let's face it, you and yourself are not the same thing. (Romans 7:14-25)

In recap, we can all see that our cover ups can have the adverse effect of limiting the effectiveness of our sixth sense, thus our intuition and our imagination.

The remarkable abilities exhibited by an unencumbered sixth sense are a precursor to actually having the ability to read another person's heart and mind like a book.

OK, so our first step to unleashing these powers is to recognize and to become aware of our life's and player's masks. Yes, just to truthfully acknowledge and accept the fact that we have them. This will allow us to
Now look hard at ourselves. The self that is under them. The self that can't help emanating from our soul, basically exposing us from time to time for better or for worse, hopefully we understand it's for the better. Nevertheless, the conflicting ideologies need to purge the false. The truth is the self we are speaking to now... The real us! [37] Just as our eyes are our antenna for our ability to see, the "real us" is our antenna for our sixth sense.

When we look at ourselves through the mirrorlike reflection of another persons eyes, we typically get a foggy picture back of us with a mask on. We should all strive to develop the skills to lessen the fog that is between us and the mirror, the mirror being them. It should now be clear that our sixth sense optimal performance happens when we are true to ourselves, thus not false to the
Mirror
Mirror

mirror of another man...

Further, when we are the "real us" and comfortable in being us, all of life becomes infinitely less stressful and a whole lot more enjoyable. The information we attract from the energy around us fits nicely in place and is very much usable. [28] In social communication the signals reflected back to us from others with whom we engage are pure and readable and very much reliable because we know exactly where they originated from, their true form, and how exactly they came about to be. So any, and possibly all, altering changes made by others, both for purposes good or bad, are readily detectable and we get an instantaneous understanding from them. The power advantage this brings to us has no comparison in modern life.... The best part is it is free-flowing, natural, and very much already in place for us to go.
Mirror
Mirror

ahead and use...

This life we have been given is our life. It is not at all the same as anyone else's. Our uniqueness is our strength. Only our higher power knows us better than we know ourselves. By putting the true us, unabashed, in the forefront of any situation we can literally not be stopped. It's an incredibly uplifting experience. Try taking off your masks in a true and honest way. Your Sixth Sense is calling you to have faith in it and to fear nothing the world puts in front of you. Not even your true reflection from the mirror of life.

"No man, for any considerable period of time, can wear one face to himself and another to the multitudes without finally getting bewildered as to which may be the truth." — Nathaniel Hawthorne
Chapter Four:

A Preprocessed World Is Not The Real World:

The filtering of reality in our mind can be like any bad habit. It can inhibit progress and give us a false sense of security. This happens because for the vast majority of us "reality" is just too real, so we winnow it as it comes in and then live in our own mind. Of course this form of preprocessing can have the effect of limiting our awareness and we end up living in a world according to "us," instead of the stark reality that is actually out there... [34][35]

With the massive amount of sensory input our mind and emotions are bombarded with at any given moment our psyche can only accept and then narrate back to us a small percentage of it. [36] What we go with and live in our minds' choice.
System is that which we consider to be most important to us. The rest, our psychological mind, with its inhibiting boundaries of built-in protection, will sift off in a defensive type of effort as if it never measured up, or mattered enough to us, or for the most part, we totally ignore as if it doesn't even exist. This instantaneous not-thought-through limiting of our awareness can, in the grand scheme of things, be counter to growth and progress. Thereby rendering us vulnerable to any host of dangers, or even causing us to go stagnant. \[37\] From this, it goes without saying, that the lessening of our ability to recognize and react to potential imminent danger is not an especially good thing in this world of survival. \[38\] \[39\]

It is far better for us to learn to accept and to tolerate more of reality.
as significantly vital to our success, and
not allow any limiting of it in any way.
The information our higher power put
out there is all good information that
will help us in some way if we can
just command ourselves to see, accept,
and go with a lot more of it [40]
before our mind, and the restraining
boundaries of our own psyche fearfully
limits, distorts or totally ignores it.
[41][42]

Properly utilizing more of the
always available information will
help to resist an otherwise
constantly nagging insecurity that
we are missing something that a
poor field of awareness invariably
brings us. A psychological disturbance
that instantly signals to our emotions
to cover-up and to protect who we
are at our core. This form of veil,
or protecting of our heart, can
significantly alter our moods and actions
resulting in what behavioral specialists
Can sometimes diagnose as social disorder traits.  [43]  We can only imagine the stress and confusion this fear-based condition can bring on a person. It can lead to all kinds of unintentional consequences. Behavioral adjustments and their patterns are normal in all of us, and for the majority of people it is hardly even noticed by others. [44] However, for those in need of the most protection, as a direct result of awareness limiting, it can tragically result in dire, irrational, out of character, regrettable actions. [45]

The bottom line is that if we are unable to process and accept enough of the reality around us we will fear the unknown causing us to close up and harden. We change us! Instead of simply exhibiting faith in our creator, going all in, and growing in knowledge and strength. [46]  [47]
Chapter Five:

Commanding Your Success:

We have all heard the inspiring buzz words like enlightenment, transformation, and growth. However, how many of us actually know what they stand for or can mean to our lives? It's safe to say, spiritual awareness and its value for success of any kind is not a hot topic of discussion in our public school educational system. What most know about such subjects and the idea of commanding their success is that they are not there yet and can't do it...

Success in our lives is a product of how we view our current circumstances compared to some other circumstance that we know is out there. That which our mind has conditioned itself to believe is an accomplishment, our psyche will bill as a success. Our psyche is defined as what we think of ourselves at any given moment. Success
Conditioning, it then follows, can literally pave the way for success at anything we imagine as true and/or possible.

If we have ever had problems getting ahead in life, excelling at a task at hand, or climbing the proverbial ladder of success, it is likely because we never developed or saw a clear enough picture of the desired results in our mind. As improbable as it might seem, we essentially created our own bad performance. Our own psyche, with its lacking of sufficient faith, sold us short. Maddening, but true....

Why would we ever allow ourselves to be let down like that? We must snap out of it! All we have to do is to start picturing ourselves successful. See ourselves with that which we desire or need. Manifest a reality that we truly do need and desire....

From a pure practical standpoint, here is some sound advice. Success in
Man's world is all about our ability to handle social relationships. As we course through our lives creating friendships, associates, and business partners over and over, we soon realize that the strongest bonds we form in these circles are created when there is a win-win situation. Nothing even comes close to the symbiotic positive connections born from a win-win situation. It allows for us to get the things we need, or want from another person by making "double sure" they get what they wanted from us in return. This dynamic of mutual cooperation eliminates possible feelings of resentment and clears the path of resistance. There is virtually no way for either party to end up getting hurt. Every successful organization in the world was formed around the win-win concept.

Jesus had it right with His golden
rule, "Do unto others as you would have others do unto you." (Matthew 7:12)
Chapter Six:

Society's Fear Of The Truth And Social Injustice:

We should all be aware that elements of society are specifically designed to steer us away from our moral centers. The leaders of our modern society today, seem to bury their proverbial heads in the sand when it comes to protecting us from that which can harm us...

Abuse of man's three vices; money, drugs, and sex are becoming more accepted community-wide and almost commonplace. A person from basically any level of society can get themselves snookered into one or more of these vices, seriously stumble and fall, sometimes to the point of no return. Our denial laden leadership, of course, provides no adequate safety net or rescue ladder. Instead it does one better, the
Unthinkable. It places 100% of the blame on the stricken individual, essentially washing its hands of it. This is precisely what I call Society’s fear of the truth and the resulting social injustice. Society’s leaders are liable for this failure. Hopped up as the solution, they are actually the perpetrators of this grand crime to humanity. A freely governed society demands better protection from their government agencies.

To the afflicted, this dream-crushing social consequence makes it easy to see how misguided officials can betray our trust by appropriating for themselves a very powerful mechanism for control and personal and political gain. By constituting specific laws and regulations for us to abide by, they then turn around and knowingly allow, and sometimes even guilty of promoting, the proliferation of these destructive vices, however...
life altering as they know they are. These officials are therefore disturbingly complicit to addiction baiting and social justice failure. They should be ashamed of themselves...

In this information age the swamp creators over play their hands thus exposing themselves to the truth. Sit in on a court proceeding and you'll see it playing out before your very eyes. Perfectly orchestrated elitist manipulation under the guise of justice. The truth puts them out of business and that's why they fear it. The victim is the trusting citizen. Class action separations are now the talk to lesson the pain of those whose lives have been ruined by this travesty.

With this it has become all to apparent that our own society witlessly sets us up to fail. Thus eroding the innocence of a rather naive population.
Officials have adopted the ruthless, Marie Antionette, "let them eat cake," mentality. Families are destroyed, future generations are stigmatized. Victims of this sadistic dynamic of our modern society find themselves shunned aside like lepers as this reality perpetuates, festering on unabated. Rounded up, corralled and marked with a number, are not only those trapped and in opposition to this method of community subversion, but also those who inadvertently find themselves in the way. This blind-eye violating approach to our civil liberties makes it virtually impossible for a person to ever fully recover, let alone get himself back to pursuing his original goals and dreams… [57]

Apparently, it is up to us, on our own, to recognize this, "friendly fire," however ironic as that might seem, and steer clear from it.
History proves that the best way we can navigate our lives around a minefield like this is not only with knowledge, but with our ability to command. Command ourselves that is. Understand that by making ourselves aware of all that is bad in the world, we can then righteously continue on doing all that is good in the world. However, first comes first. We must, as independent individuals have the bad rendered harmless to us. There is simply no way around this if we want full order, complete protection. For a divine way to look at it, let’s transition our view this way. — The top angel keeps himself on top of it all by being an astute student of the devil. He rolls in it, he breathes it all in. He can easily keep the devil in perpetual check — because he has intimate knowledge of his power and its limits. There will never be some ace up some sleeve. He never concerns himself about being underestimated.
Mirror

because he is secure with himself and is in complete control. The devil and his lackeys, in their predictable egotistical greed, make the same mistakes over and over. They fatally misjudge kindness as weakness and find themselves and any followers caught in a proverbial "bear trap" of their own making.

So like the top angel, let's be a man of God and step up our awareness of that which can harm us. Step right over those dark aspects of our society that will be put in our paths of tomorrow. After all, they are just tests of our character and to our commitment to what is true. And remember this the best way to bring the devil to his knees (or those who cause you harm) is to make them stare at themselves in the mirror thus serving to make utter mockery of their very existence. With this talent in our skillset we can
do what weaker men can only dream of someday doing. Our perspective will enable us to reach out and to help save those trapped and lost. As if on a silver platter, those fallen and in need of our help have made themselves very easy to find.

Our society was not built with the idea that it would someday need a savior. This oversight is made by founding fathers every time. Maybe that hints at the central problem. God’s saving grace and His recovery plan for His creation should never be misjudged, underestimated, or dismissed... [58] Society’s fear of these truths is the underlying factor to society’s social injustice. There has been no exception in man’s world to date... [59]

Every trap you might have fallen into was simply God’s way of rubbing your nose in your self-reliance. He knows
that eventually we will get over the self-pity and the victim mentality and turn to Him. Yes, we are victims, victims of His mercy, grace and unfailing love...
Chapter Seven:

The Truth Behind Personal Magnetism:

The chapters of this book are like looking at ourselves in the mirror from different angles. The mere fact that we are reading this far into it speaks well of us as inquisitive intelligent individuals. But even more than that it identifies us as nobel seekers of the truth...

The plain truth, we all learned early in life, provides us with an extremely powerful platform to work from. Every one of us is well aware of, and have experienced first hand the remarkable positive energy patterns the truth can exude from a person. These pure signals of constructive energy sent out naturally, with little or no effort on our part, can actually set a crowd or any grouping of people.

It works so well that it sets the
bar too high for those others not so
ture to themselves. Consequently
those that are vicariously holding up
falsehoods and lies will stick out like
a sore thumb, inadvertently exposing
themselves. You see, the truth,
being an expression of honesty, is
without a doubt the secret sauce
of personal magnetism. [60]
At the receiving end of any
strong wave of this form of
heightened energy are not only
those who also are truthful and
real, but all the others who are
nevertheless subsequently searching
for the telling signature of positive
constructive energy waves. Reflecting
these patterns a person learns, accepts
and can grow in character and stature,
confidence and strength. Deflection
of these patterns, with a shield of
falsehoods, a person is isolated,
negatively working to eventually stymie
their charisma and personality features,
Mirror

Never will they be able to broadcast clear energy patterns of their own well enough to reach the bar. Without a doubt, personal magnetism is a valid gauging element to our effectiveness in social circles or situations. Thereby making it only common sense for us to double upon the secret sauce...

A highly coveted benefit to us being recognized by others as true to ourselves and real, is that they will register that warm fuzzy feeling of honesty about us. With that, if a situation arises whereby they have a question that needs answering with an honest opinion or serious thought, they will, without hesitation turn to us. The leadership potential this dynamic brings to us is immeasurable...

So let's take a moment and think how amazingly simple and readily
available this power potential is for us. Simply by being true to ourselves, honest and real. The best you is the best magnetism. Isn't it true that the age-old sound advice we get from those who love us most before we engage in a trying circumstance is, "just be yourself"? I rest my case. [61]
Chapter Eight:

Come To Know Death. The Greatest Factor Of Life:

The greatest fear known to man is that which is of the unknown. The most perplexing unknown by far to mortal man is death. Yet if death was truly only a notion, just another concept for us to consider, how fearful of it would we then be? Not nearly as much, right? The issue with death that most of us have as living breathing beings, is that since our earliest memories the world has told us that death is the end. The last frontier of our lives, or of life itself. Anything beyond death is therefore to be avoided at all costs in terms of staying alive in the realm we're in now. Wow!

Now that is kind of heavy, don't you think? And it really doesn't
M i r r o r

Make any sense... How in the world
can that possibly fit into the grand
scheme of creation? We were born
for life, obviously, not death!
[6] Incredibly however, death has
played a huge controlling role in our
lives. Much more than we ever
really considered, or admitted. It
hasn't even shown up yet, or
made a sound and yet it's got us
scared to death of it... We are
taught by the world to hurry along
with our lives, to get everything
expected of us accomplished
before it comes along. However,
we are also taught that it could
come at any moment. Totally unexpected
and beyond our physical control. So
we slow things down, play it safe,
trying not even to think about it.
We're diametrically pulled in two
different directions.

So with this, let's take a
Closer look at death... It certainly
can, I guess, be counted on. After all, it has never betrayed anyone ever! Now that's fairly impressive. It has proven itself to be, without a doubt, a sure thing in the world. To death's credit, it can be counted on to show up at just the right moment of a perceived mortal tragedy. Never complaining, and never any ifs, ands or buts about it... So with that kind of unchallenged certainty and punctuality, it stands to reason that death actually sets quite a fabulous example for life. Reliability and obedience well beyond anything else that life itself in the world has to offer...

So let's go to the extreme and see death for what it is, what it does, what our creator intended its function to be. Let's give it some well deserved credit. Good ol' death... (don't look around, nobody is listening) — It plays its part
death, as factual or fictitious, we might
don't regard our heads' ground fact that
collected from that, we must judge
assumed it, and we're no more
the job for the mission, God has
person. It humbly keeps on eating
of thank it. At least it can
some so fast we never got a chance
Red's clock is told, and is gone
questions. It moves in quickings
understands, it's like, and asks no
an instrument of God. It's what
comes along to stop the show. It's
souls of pain. It is what
in the natural world the relief of
caused itself to show up. It is
not that event or circumstance that
gone any pain or suffering. It is
For see, death has never caused
peculiarly.
spiritual, there can be no natural.
around. Throughout death to our flesh
fraction of life - math the other way
to perfection. Death is a spiritual

Mrs. I 13
Mrs. 11
be, doesn't have the last word with God. God created us for life, not death. To appreciate death is one of creation's greatest paradoxes for sure.

How about instead of viewing death as a barrier, or the end, we think of it as a propulsion carousel of sorts, and that when our energy patterns engage with it they are instantly redirected, adjusted, or bounced back to life within our being. As we engage with death, it will always mark a change. The change is spiritual as we let go of the physical. The level of each we maintain in our full vessel is what fluctuates. A change to the spirit can be as subtle or nothing more than us consciously realizing that we surrendered or gave to the spirit some. Saved, by the new life of death... [63]

Awareness of our current state of being means that we have awakened
Spiritually, Occurrences will transform us closer to a pure spiritual state as we meditate and reflect on them. This process that most of us are embarking on now is exhilarating to the senses, exciting, and yet very much personal. Changes from the flesh can happen infinitely times a day without our cognitive notice. [69]

life, through the dying of self creates new life. New life emerges seamlessly from our old lives. It’s not something to fear, its change we needed. It’s by God’s design, and we should be grateful for it. [65] We look with our eyes wide with wonder to the next transforming occurrence of it... So come to know death... the greatest factor of life... [66] [63] [68]
Chapter Nine:

To Be Everywhere And Everywhen:

In this fast moving chapter we are going to explore one of man's most amazing abilities. To be everywhere and everywhen... This phenomena is guided by our true-to-heart intentions and manifested through our spirit. Every one of us, without exception, rides this sensational stream of creation. However, only those of us spiritually aware and active can actually recognize it having transformed ourselves mentally prepared for it...

It has been told many times by others that spirits pass within us. They come, stay, and they go as God intends them to. How exactly this morphing reality occurs we need not know precisely, however it can benefit us tremendously if we can...
and aligned with God's will, for previously intended from my heart.

As I wrote this, and yes, as I course, we are the US' right now. US, no longer is US" because of

The Spirit that comes before the Son out into another spiritual freedom. It holds the key and is the first step.

Creation! Both for the good or bad. Accepting on ever changing respect. Change on another. People, places, and things are all interconnected in the world and the change of one thing.

It cannot be stopped. Change is succession of constant occurrence. Given, that it is a never-ending. All come to realize that change is a given.

It is safe to say that we live, conscious content...

Teach ourselves the fundamental skills
creation to manifest for me. So, those that were before us, same as yesterday, are still out there somehow, as if us. But because of our choices to be who we are, it is no longer of our concern as manifested by those same intentions. [71] So with all these changes happening everywhere around us, we can now introspectively make ourselves better conditioned to recognize, accept, and unconditionally go with the next exhilarating change of us. However, transforming as that might be... This is the process we must master both consciously and subconsciously if we want to continue on being us. It provides us with the endless rôle — to never end is to never not be. Better said, an endless string of eternal present moments... Always! Empowerment (to take command), willpower (heart felt intentions),
purpose (reason for being), acceptance (embracing change), and unconditional faith that this is happening right now (transformation). — All together and we will live all when, always!

(Galatians 5:16-18) (2 Peter 3:8)

The defining eternal present moments of our lives need not ever end if we simply allow our spirit to guide us seamlessly through positive exhilarating change... — Everywhere and everywhere...

Other Bible Truths 77 - 82

Keep reading...
Chapter Ten:

The Essence Of Purposeful Living:

* Kingdom Living *

OK, so here we are... Having read the previous chapters you may be feeling a bit wiser - empowered, maybe. So then you ask, Where do I go from here? "What does it all really mean"? Well, from a mortal man's standpoint it can mean everything to you. How to advance yourself, how to act in society today - how to thrive. Basically, it's all the things you have better have down if you plan to continue on navigating through the cold, dark realities of man's world. - However, from a pure spiritual perspective, as far as growth towards the true calling of your heart is concerned, it really doesn't mean much. Now, I'm not saying it was a waste of time.
acquiring all of this knowledge. Absolutely not! As a matter of fact it will all be very helpful when the time comes to usher others into the awareness state we're in right now. It's just that all that real world reality stuff has been swirling around in our heads all these years and we could never quite put our finger on it, couldn't quite figure it out. As it is with everyone, the more we experience and learn, the more questions would arise... There was never a means in sight that could ever produce an end. — So I had to do my very best to sum it all up and move you on past it... On into the lifestyle of faith and love we were originally designed to live. I'm referring to a pure free-spirited supernatural life in agape love, "Kingdom Living," and it has been right here all along from the beginning...
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A heart fulfilling world of faith, hope, and love where even the impossible is possible. You see, God's Kingdom is the "Real World," the true world. Understand that when we as mere mortals try to reason everything out we tend to believe we know better than God does in our thoughts and by our ways. So our faith loses to logic, and love for our neighbor loses to self-interest. If there is anything to be gleaned by the reading of the first nine chapters it is that a vicious battle is being waged between faith and reason and those that choose solely human reason can never win the ultimate prize of love, joy and peace in God's glorious Kingdom. We all have an emptiness inside of us that only God can fill. The purpose to our particular life's occurrences is that of a re-directing mechanism that will at some point influence.
us enough to turn us in reconciliation
to our creator, to God. Our life's
situations are engineered masterfully by
Him based on our sin nature's resistance
to Him. God would never create
difficulties for us if it didn't need
to be that way for our own ultimate
good. Yes, He loves you that much!
He wants you to exit the crazy life
of sin that the world has foist upon
you and abide in the mansion He
has prepared for you, Kingdom Living,
and you can do it now. — How long
it takes us to become enlightened
to this truth is on us. It's purpose for
writing this book through me is to
help you in that regard. [86] God
patiently waits for us to lift up
our hearts to Him and freely receive
His abundant mercy, grace, and love.
[87] You see, God's will is the reason
everything happens. It's not complicated.
It just takes belief from a spiritual
understanding and the faith to act on.
it. Alignment of God's will on the kingdom's foundation makes life easy, joyous, peaceful, never complicated, and trust me, never boring.

History continues to repeat itself. We are living in one of the greatest ages ever. A time of reaching the end of ourselves enabling us to rebound back to our first love, as per His plan. So instead of living in fear or guilt, the empty way of life in the world handed down to us, we can enjoy a new life of love and freedom. (I Peter 1:13-23) Our only true and meaningful credit score is then established by the quality of devotional service to Him. Not by the pursuit of self interests.

God's kingdom is not a piece of real estate somewhere, it is a state of being, albeit an infinitely advanced state, if you will. It righteously embodies the essence of purposeful
Mirror
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Living... The destination of the supernatural (John 6:31)
Here are some things you may, or may not be aware of about spiritual
deliverance, eternal life, and abiding in God's Kingdom. As we all know, the
problem we have as humans in the flesh is that we sin from time to
time. It's inevitable. [88] Ever
since Adam and Eve and the apple episode, Man has been born into sin,
so we all start out our lives as sinners.
Unfortunately, when we knowingly sin,
we are no longer doing God's will so
we create a separation, finding ourselves
going down a dark path in the
dimension of man's fallen world with
its confusion, social order, trials,
tribulations, and haunting death.
[89] The tree of the knowledge of good and evil.
Fortunately, about 2019 years ago,
God, in His abounding mercy, grace,
and love expressed His empathy on our
human condition and our vulnerability to
sins temptation and Satan's taunting ways.
God loves you so much He sent His only begotten Son, Jesus, to lay down His life on the cross as a provision for our sins. Jesus is our reset button. By taking God's Son Jesus as our Lord and Savior we are instantly justified in the eyes of God and our sins past, present, and future are forgiven. We are saved and sealed. Our guilt and fear evaporate. Our sanctification process to be more like Jesus begins in earnest. If we knowingly sin again we simply confess those sins to Jesus, repent and surrender and we are instantly forgiven and back in relationship with God and His will for us. The tree of life...

Now who is the truly amazing past and will bring the central message of this book around full circle... As we are abiding in God's Kingdom we are filled with the Holy Spirit in our being. This gives us
Unimaginable love, joy, peace, strength, sound protection, and is the way of eternal life. God graciously gives us the gift of His divine nature by and through His Holy Spirit. In short, God offers us the opportunity to become like Him in character, thought and action. Our love for God then fills our hearts, the light of truth fills our minds, we start to lose the desire to sin, and we do not want to walk any longer in darkness... We come to see obedience not as a punishment but as a liberating path to our divine destiny. And gradually the corruption, dust, and limitations of this earth begin to fall away. Eventually, the priceless, eternal Spirit of the heavenly being within us is revealed, and a radiance of goodness becomes our nature. As God then smiles upon us in approval, we will embark on a
divine mission. "In the Spirit," journeying on through man's natural world to help rescue those stuck in dark ways. For we are now His soldiers! Through His Holy Spirit, God will instruct us to spread the gospel good news of Jesus, His saving grace, and entrance into the Kingdom by faith. We will be, "in the world," but not, "of the world." This divine purpose we are given by God for our lives is called, The Great Commission. (see Matthew 28:18-20). It is why we were created. Jesus understood very well what His purpose on this earth was. It was to reconcile His Father's lost children to Himself. It certainly was not to start a religion.

* A Word On Repentance *

Godly repentance is a change of
Mind and attitude toward God. It follows conviction by the Holy Spirit and the word of God acting on our conscience. Repentance involves an awareness of personal sin, which is the transgression of God's holy and righteous law (1 John 3:4). It is accompanied by sincere remorse and resolution to respond to God's calling by obedience and submission to His way of life. — Repentance toward God is not a temporary emotional response. It is a response resulting in a permanent change of thought, behavior and direction of life. It results in a determined commitment to turn to God, to forsake a life of sin that separates us from God and to walk forward in all of God's commandments. — When we veer from God's gracious relationship with us, through sin or neglect, we will suffer the devastating impact of sin. God has not moved, but
we have. Life will hit us in the face with excruciating impact. We then have a choice whether to return to a right relationship with God. Yet this is also an aspect of God's grace, as the difficulties are meant to help us; God working all the while to rescue us. Of course, the choice to continue with God, following the lead of His Spirit, ultimately remains ours. And we must strive to maintain that.

* You Are Worthy Of Rescue *

You may feel that your life is in ruins. You may have sinned, you may be afraid, angry, grieving, or tortured by doubt. But just as the good shepherd finds his lost sheep, if you will only lift up your heart to the Savior of the world, He will find you. He will rescue you. He will lift you up and carry you home.
Putting together this book, with all its various sources, my personal challenges here in this prison, and sharing it along the way with as many people as possible, has taken me on an extraordinary journey. As I went along it became increasingly clear that all signs and signals and alarms in life point to the Kingdom of God. Understanding this, you know that the ultimate goal of our lives should not be to master the worldly dimension we were born into, but to relieve ourselves from it by exit spiritually into the dimension of God's Kingdom. *(John 6:31)* The Bible is our playbook. It's as simple as that! — If you would like to join me on into God's Kingdom say aloud the following salvation prayer. Say it from your heart. Jesus, through Himself, will welcome you with open arms. *(103)*

*Let Jesus in your boat!*
* Salvation Prayer *

Father, forgive me for I have sinned. From my very first breath I have been unclean, thereby not worthy of Your Kingdom. I acknowledge my need of a Savior, for I cannot do it on my own...

Holy Father, I hereby take Your Son Jesus as My Lord and Savior. I believe that He died on the cross for my sins and rose from the dead on my behalf...

Father, I vow not to knowingly sin, but when it happens I will immediately confess to Jesus and genuinely repent from those sins. I pledge to only listen to Your voice and to obey all of Your commandments. Please give to me the gift of the Holy Spirit and with it eternal life in Your Glorious Kingdom...

Holy Father, in the name of
Jesus I rebuke all demons, devils, evil doers, and evil ways...

Father, I offer up to You my suffering in praise and wait with eyes wide with wonder [107] for Your next testing of my faith. I hereby accept my true purpose in life that You bestowed upon me to go, in the Spirit, on an all out soul-saving mission as my part in the Great Commission. — I do all this for Your glory, not mine... Glory be to the Father, Son, and Holy Spirit, as it was in the beginning, is now, and ever shall be, a world without end — Amen
*Quick Guide For The Kingdom*

1. Stop digging a hole
2. Resurface
3. Say aloud from your heart that you take Jesus Christ as your Lord and Savior because you love Him.
4. Receive into your being the Holy Spirit, and the dimension of Kingdom living because He loved you first.
5. Stay in the Kingdom. (Obedience)
6. Oops!!
7. Immediately confess your sin to Jesus and repent from knowing sins. (re-set button)
8. Repeat #5
9. Don’t fret, the deeper hole you had dug, the better your testimony will be to help save others.
* The Seven Deadly Sins: [10a]
1. Anger
2. Envy
3. Pride
4. Greed
5. Lust
6. Sloth
7. Gluttony

* The Ten Commandments:
1. Thou shall not worship any other God.
2. Thou shall not idol worship.
3. Thou shall not take the Lord's name in vain.
4. Thou shall honor the Sabbath.
5. Thou shall honor thy Father and Mother.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not murder.
9. Thou shall not bear false witness on neighbors.
10. Thou shall not covet neighbors' wife or things.
### The Choice:

<table>
<thead>
<tr>
<th>God's Kingdom</th>
<th>Man's World</th>
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<tr>
<td>Eternity</td>
<td>Death</td>
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<td>Love</td>
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<td>Comfort</td>
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<td>Sinless (fūn Christ)</td>
<td>Sin (knowingly sinning)</td>
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<td>The Word</td>
<td>Man's Laws</td>
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<tr>
<td>Holy Spirit</td>
<td>Satan</td>
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Our free will chooses the side we abide on. There can be no mixing.

(Revelation 3:16) — The choice is entirely ours...

(James 1:8, 1 Corinthians 10:31)
Try this foundation enhancer. It incorporates a very powerful Spiritual Law. It has the power to renew your life. For 21 days in a row say aloud the following words. Easy right? Try it! — Add to it as you like. If you miss a day, start over.

Father God, in the name of Jesus, thank You for:

Love for my neighbor
Peace
Joy
Wisdom
Abundance
Strength
Healing
Greatness for Your purpose
All for Your glory, not mine - Amen

* Believe it and receive it!
Mirror
Mirror

Notes:
Mirror

Notes:
Mirror

Mirror

Companion Appendix:

* Use interactively to extend and enhance the ten chapters of this book. Click on the number in the square to view pop-up window or view from this appendix.

Note: For those whose works are chosen in this companion appendix with the circumstances as they are here in this prison, please forgive this book and its author. From my heart, proper recognition and praise goes out to you. Your acceptance is hereby requested and would be very much appreciated as we strive together under the grace from our Lord toward peace and reconciliation to Him.

God Bless,

[Signature]
Mirror
Mirror

* Companion Appendix *

1. Hell and destruction are never full, so the eyes of man are never satisfied.
   — Proverbs 27:20

2. When our desire is to give instead of get, our core belief is that we have so much abundance, we can afford to give it away. The subconscious mind takes its cue from our core beliefs, and brilliantly manufactures situations that reflect them. Our willingness to give directs the Universe to give to us.
   — Williamson

3. Every cell in the body has only one responsibility and function. To help the cell next to it unconditionally.
   — Ruiz (Toltec)
4. Unless the beauty of reality is once again esteemed over fantasy, unless human conduct is preferred over untempered behavior, unless the heart of the believer is filled with reverence for God over reverence of self, unless hunger for sacred truth is stronger than desire for any other "truth," then we will never come out on the winning side of the very real conflict between biblical goodness and the facsimile of goodness in the culture around us.

— Johnian

5. The first attack on the Word of God was made in the Garden of Eden by Satan. The methods he used then are the same methods he uses today. Therefore, it is highly important to study his techniques and thus be able to recognize them whenever and wherever they reappear.
History repeats itself: his first step was to cast doubt on the Word of God. His exact words were, "Has God indeed said"? (Genesis 3:1). This was his first recorded utterance, and he is still saying it. He is saying it in public schools, colleges, and seminaries. He did not begin by denying the Lord's Word. He just sowed doubts in Eve's mind. Thus, whenever you hear anyone casting doubts on the Bible, you can know that he is being used as a tool of Satan. Beware of allowing your mind to be soiled by such doubts; it is the first step toward deeper sin. Satan's second method was to misquote the Word of God. He said, "has God indeed said, 'you shall not eat of every tree of the garden?'" Of course, God had not said that. He had said that Adam and Eve could eat of every tree but one. (Genesis 2: 17-18) But the devil
purposely misquoted the Lord to further his evil purposes. Someone has said the devil is never more Satanic than when he has a Bible in his hand. The reason for this is that he misquotes the scriptures, adds to them, leaves out important parts, and otherwise perverts them to delude and lead astray (Matthew 4:6; Compare Psalm 91:11-13). Having been successful in his first two attempts, Satan now flatly denies the word of God. He said, "you will not surely die" (Genesis 3:4). Had he started with this bold attack, he might have failed. So he subtly began with doubts, then added deliberate misquotation, and now his true attitude is manifest. A creature dares to deny the word of his maker! Such is the progress of evil! — Having been successful so far, he presses his advantage by casting doubt on love, wisdom and
justice of God. He says, "God
knows that in the day you eat of it,
your eyes will be opened, and you
will be like God" (Genesis 3:5). He
thus implied that God was
withholding something from Adam and
Eve that would have been to their
advantage. If this were true, then
God could not be loving. Finally,
Satan substitutes his own words for
God's. He says, "you will be like God,
knowing good and evil." (Genesis 3:5)
He is a great counterfeiter. For
everything divine, he has a substitute.
He has a substitute God - Mammon;
a substitute Christ - Anti-Christ; a
substitute Bible - the writings of
many false prophets of the cults; a
substitute Gospel - Salvation by works;
a substitute church - the Synagogue
of Satan.

Do these methods sound familiar to
us today? Indeed, they do! On every
hand, we hear such questions as, "How
can you be sure the Bible is inspired?"
Would God really refuse those who do
the best they can?" "Do you really
think there is a literal hell, or eternal
punishment?" All of these are
reminiscent of Eden. They all have
the same author. And they all lead
men away from God.

But to be forewarned is to be
forearmed. Paul could say, "We are
not ignorant of his devices
(2 Corinthians 2:11). Though he may
appear as an angel of light, his
speech betrays him (2 Corinthians
11:14). Whenever we hear doubts
as to the Bible, or as to the
character of God we know that
they come from the father of lies,
and we overcome them by appeal
to the word of God. To the law
and to the testimony! If they
do not speak according to this
word, it is because there is no light
in them." (John 8:44; Isaiah 8:20)
As we have said, Satan is still peddling his ancient lies through men and women who are dupes. These pretentious people sit in judgment upon the Word of God. They profess to know that the Bible is not a divine revelation, and thus imply that they know what a book written by God would be like, and that the Bible does not have those characteristics. It would not be at all unfair therefore to ask these critics in what ways a written revelation from God to man would be unlike the Bible we have today. It is a challenge, of course, that they cannot answer.

— MacDonalda

6. The very things in the world that we pursue, albeit wealth, power, fame, etc... end up at the end being the very things that betray you.
Because humans are social creatures by nature, power depends on social interaction and circulation. To make yourself powerful you must place yourself at the center of things. All activity should revolve around you, and you should be aware of everything happening on the streets and of anyone who might be watching plots against you. The danger for most people comes when they feel threatened. In such times they tend to retreat and close ranks, to find security in a kind of fortress. In doing so, however, they come to rely for information on a smaller and smaller circle, and lose perspective on events around them. They lose maneuverability and become easy targets, and their isolation makes them paranoid. As is warfare and most games of strategy, isolation often precedes defeat and death. In moments of uncertainty and
letting go of the past, in any personal relationship, as well as in any collective drama.

- Williamson

13. Our self-perception determines our behavior. If we think we're small, limited, inadequate creatures, then we tend to believe that way, and the energy we radiate reflects those thoughts no matter what we do. If we think we're magnificent creatures with an infinite abundance of love and power to give, then we tend to behave that way. Once again, the energy around us reflects our state of awareness. Because thought is the creative level of things, changing our minds is the ultimate personal empowerment. Although it is a human decision to choose love instead of fear, the radical shift that this produces in our
dimension of our lives is a gift from God.

God, as love, is constantly expanding, flourishing and creating new patterns for the expression and attainment of joy. When our minds, through focus on love, are allowed to be open vessels through which God expresses, our lives become the canvases for the expression of that joy. That’s the meaning of our lives. We are here as a physical representation of a divine principle.

— Williamson

14. Free will is the modus operandi of destiny.

— C.S. Lewis

15. Our choices – the natural consequences of our thoughts and imagination – “get under the skin” of
our DNA and can turn certain genes on and off, changing the structure of the neurons in our brains. So our thoughts, imagination, and choices can change the structure and function of our brains on every level: Molecular, genetic, epigenetic, cellular, structural, biochemical, electromagnetic, and even subatomic. Through our thoughts, we can be our own brain surgeons as we make choices that change the circuits in our brains. We are designed to do our own brain surgery. This scientific power of our mind to change the brain is called epigenetics and spiritually it is as a man thinks, so is he (Proverbs 23:7). The brain changes as a result of mental activity is known as a scientific term called neuroplasticity. And spiritually, it is the renewing of the mind. (Romans 12:2)

- Dr. Leaf
16. When we are in despair we always have a choice: We will either worship and thank God with prayer and fasting, or we will turn our heart against him. In short, we have a choice between personal obedience or disobedience.

— Johnian

17. We are always at choice. We can always choose to perceive things differently. Creation is an extension of thought. Whatever we focus on, we’re going to get more of. Think abundance, and we get more. Control negative thoughts by recognizing them when they show up and then releasing them. Once released we are cloaked in love that was lying beneath them.

— Williamson
18. The tendency of human nature is to focus on the self, to behave as if the universe revolves around oneself. Thus blinded by vanity and self-absorption individually, and collectively, most people fail to accept and see that God is the ultimate authority in the affairs of humanity. This is why God gives Bible prophesies: to prove that He exists and that He reigns supreme. Though this world and human nature are under the influence of the devil, God steers world events to ensure that every word He has uttered is fulfilled exactly as He said. God monitors everything, and He sanctions every major and even many minor decisions and developments. This is one of the most helpful, assuring truths a person can know.

— Mac Donald
19. "I am the way, the truth, and the life"

- John 14:6 Jesus Christ

20. "All the world's a stage"

- Shakespeare

21. Ever since Adam, man has given away something essential to his nature. Because of this we are all marred now. Our strength has fallen, and we know it. So we hide. (Genesis 3:10) You don't need a course in psychology to understand us. Understand that verse, let its implications sink in, and the men around us will suddenly come into focus. We are hiding, every last one of us. Well aware that we are not what we are meant to be, desperately afraid of exposure, terrified of being seen for what we are and are not, we have run off into the bushes. We hide.
Mirror

in our offices, at the gym, behind
the computer and mostly behind our
personality. Most of us, what we
encounter when we meet a man is a
facade, an elaborate fig leaf, a
brilliant disguise.

Women were deceived by Satan in
the garden of Eden. So now they
want control. And for their beauty
she either hides it in fear and anger,
or she uses it to secure her place
in the world. She will manipulate
her surroundings so she doesn't feel
so defenseless. Fallen Eve either
becomes rigid or clinging. She is
either hiding in busyness or
demanding that Adam come through
for her, usually an odd combination
of both.

— Eldridge

22. We are entangled in each others
lives, and this is reflected in the
Structure of the brain. We have "mirror neurons" that fire up as we watch someone else laugh or cry, or drink a cup of coffee. Giacomo Rizzolatti and his team were the first to discover these mirror neurons in 1995. Through these mirror neurons we literally fire up activity in the brain without actually using our five senses through the normal sensory cognitive cycle.

Empathy is the wonderful God-given ability to identify with, and vicariously understand, the internal experiences of another person, making communication more genuine and valuable. When we empathize, many different regions of the brain collaborate in addition to the tiny, miraculous mirror neurons. We have been hard wired to experience powerful compassion for others, and this compassion crosses all three worlds: Sensory, electromagnetic, and quantum.

- Leaf
23. And he himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry. That we should no longer be children, tossed to and fro, and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but speaking the truth in love, may grow up in all things into him who is the head—Christ.

- Ephesians 4:11-12

24. As we go through this life we will need to recognize the "truth" in order to see clearly so we understand what is truly happening and why. In turn this will help us to understand and reason clearly. We need to be sure of the path we are on and realize there is only one way for us.

Broadbent III
25. No man, for any considerable period of time, can wear one face to himself and another to the multitude without finally getting bewildered as to which may be the truth.

— Hawthorne

26. Say a prayer for the pretender. Who started out so young and strong, only to surrender.

— Browne

27. Taking off our masks is like a mental rebooting process to reconnect with who we are and with our savior to bring perspective to the issues of our life.

— Dr. Leaf

28. We are directly responsible for what we choose to think about
and dwell on, and we make these decisions in the privacy of our own thinking. As you think, it is important to make a distinction between who you truly are — the real, multi-faceted, unique you — and the person you have become through toxic choices. Fortunately, you can see both and choose to reconnect with the Vine (John 15:5) and renew your mind (Romans 12:2). Your brain will follow instructions and choices of your mind and change its landscape accordingly.

— Dr. Leaf

29. God assigns each of us a field or sphere of service. Your shape determines your specialty. When we try to overextend our reach beyond what God shaped us for, we experience stress. Just as each runner in a race is given a different lane to run in, we must
individually “run with patience the particular race that God has set before us.” (Hebrews 12:1) Don’t be envious of the runner in the lane next to you; just focus on finishing your race.

— Warren

30. Regaining lost identity is never easy. Regaining a sense of right and wrong, of recovering from wounds, of reconnecting with God takes time. Sin has a way of not letting go easily. Prayer and fasting provides the answer.

— Johnian

31. “This above all: to thyne own self be true, as the night the day, thou canst then be false to any man.”

— Shakespeare
32. The price of our vitality is the sum of all our fears.  
- Whyte

33. Without wisdom, imagination is a cruel taskmaster.  
- Young

34. We don't see things as they are, we see them as we are.  
- Nin

35. The way you see your life shapes your life. How you define life determines your destiny. Your perspective will influence how you invest your time, spend your money, use your talents, and value your relationships. To fulfill the purposes God made for you, you will have to challenge conventional wisdom and replace it with
the biblical messages of Life. The Bible says, "Do not conform yourself to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God." (Romans 12:2)

— Warren

36. The mind, like the physical eye, is inundated with so many impressions at one time, that a built-in sensor mechanism brings focus to our perception. It chooses what we'll notice and what we won't.

— Williamson

37. "Multi-tasking is a persistent myth." This poor focusing of attention from multi-tasking and lack of quality in our thoughts is the complete opposite of how the brain is designed to function.
and causes a level of brain damage. Every rapid, incomplete and poor quality shift of thought is like making a milkshake with your brain cells and neurochemicals. This milkshake-multi-tasking, which is the truth behind multi-tasking, creates patterns of lightness and lack of concentration that are unfortunately often erroneously labeled ADD and ADHD and that are too often unnecessarily medicated adding fuel to the fire. And it’s a rapid downhill slide from there if we don’t get back to our God-design of deep, intellectual attention.

What does deep, focused, intellectual attention look like versus milkshake multi-tasking?

The answer is modeled in Proverbs 4:20-23: "Dear friend, listen well to my words; tune your ears to my voice. Keep my message in plain view at all times. Concentrate! Learn it by heart! Those who discover these
Words live, really live; body and soul. They're bursting with health. Keep vigilant, watch over your heart! That's where life starts. - It is very interesting that every cell in the body is connected to the heart, and the brain controls the heart and the mind controls the brain. So whatever we are thinking about affects every cell in our body.

We are deeply intellectual beings and are designed to bring all thoughts into captivity - are you surprised? We are made in God's image, after all. He designed us to think through things one at a time in a focused, quality manner by paying attention, listening intently, keeping our eyes on one thing at a time, and fixing it in our mind.

- Dr. Leaf
38. Wouldn't it be sad to be thinking that things are really going well and believing things are okay when actually you could be headed straight for trouble, or be in it and not realize it? The stark reality is that we go through this life only once. We need to catch as much of it as we can, when we can. That is a vital statement.

- Broadbent III

39. Safety is not in the absence of danger, but in the presence of the will of God.

- Unknown

40. We cannot hear the real answer until we see we've got a false one. So long as we chase the illusion, how can we face reality?

- Eldredge
41. It's all about balance. Our brain responds with healthy patterns, circuits, and neurochemicals when we think deeply, but not when we skim only the surface of multiple pieces of information. Colossians 3:15 explains peace as "soul harmony" that comes from Christ and that acts as an umpire who helps us think, choose, decide, and settle with finality all questions that arise in our minds. But milkshake multi-tasking switches on confusion in our brain, making soul harmony impossible.

Scientists have found that the amount of time spent milkshake multi-tasking among America's young people has increased 120 percent in the last ten years. According to a report in the Archives of General Psychiatry, simultaneous exposure to electronic media during the teenage years — such as playing a computer
game while watching television—appears to be associated with increased depression and anxiety in young adulthood, especially among men. Considering that teens are exposed to an average of eight and a half hours of multi-tasking electronic media per day, we need to change something quickly.

- Dr. Leaf

42. Far more real than the physical universe is the field of infinite potential from which it springs here and now. Genesis is never stopped at the level of the quantum field, all events past, present, and future are embedded there. So are all the things we can imagine or conceive of. That's why it would take an infinite nervous system to actually perceive "real" reality. Instead, we make brain pictures that we call reality, even though...
these pictures are very limited. The only world that exists for humans beings mirrors the evolution of the human nervous system. Brain pictures evolve. The human brain didn’t evolve on its own, it was following a picture of the world that existed in consciousness. The user interface kept improving to keep up with what the users wanted to do. At this moment, you own the latest version of the interface because you are participating in the latest world picture that humans evolved to....where!

— Choppa - Tanzi

43. When we don’t frequently slow down and enter this rest state, a kind of sabbath in the brain, we disrupt natural functions in the brain. Research shows that when we don’t engage in this disciplined and
and focused self-reflective pattern of thinking that activates the default mode network (DMN). We may experience negative self-esteem, depression, worry, anxiety, and health issues, and over focus on generalized and short-term memory issues. We may get stuck, unable to cope, and have a tendency to focus on the problem and not the solution. In fact, as things go wrong in the processing of information in the default mode network, the mishandled data is passed on to other networks in the brain where it creates additional problems. These additional problems can be experienced as memory issues, cloudy and fuzzy thinking, anxiety, depression, and many other manifestations including neuropsychiatric disorders.

- Dr. Leaf
44. A little pain is necessary. I needed those experiences. They introduced a lot of psychological pain into my life, but I don't think pain is necessarily an evil thing. A life without discomfort and pain is an unrealistic life.

— Jungers

45. We need to increase our awareness of our thoughts and take the time to understand and reflect on them. This requires engaging passionately with the world. Milking shake multi-tasking decreases our attention, making us increasingly less able to focus on our own thought habits. This opens us up to shallow and weak judgments and decisions and results in passive mindfulness. Deep intellectual thought, however, results in interactive mindfulness — the “soul harmony” presented in Colossians 3:15.
As a communication pathologist in the field of cognitive neuroscience, I saw the benefits of focused thinking and disciplined concentration were and are not just behavioral. Everything you do and say is first a thought in your physical brain. You think, and then you do, which cycles back to the original thought, changing it and the thoughts connected to it in a dynamic interrelationship. If your thinking is off (toxic or pathological) then your communication through what you say and do is off, and vice versa. As the scripture says, "As he thinks in his heart, so is he." (Proverbs 23:7)

- Dr. Leaf

Ho: What we see in life, depends mainly on what we look for.

- Lubbock
47. In His great mercy, God has wired into the design of our brain these circuits that are spearheaded by the default mode network (DMN). We need to regularly access to keep connected to our spirits and to be able to follow the leading of the Holy Spirit—a time of ceasing from our own activity, ceasing from our own efforts (Hebrews 4:9-10). Our minds need time to understand what our spirits already know.

In the busyness of life and the flurry of everyday activity, we expose ourselves to the possibility of developing a chaotic mindset with the net result of neurochemical and electromagnetic chaos in the brain. This feels like endless loops and spirals of thinking that can easily get out of control. When we activate the DMN, however, it is almost like a Sabbath in the brain, which is a cessation from the conscious flurry of...
Work and a withdrawal into the depths of our mind. It is like a Mental Rebooting process to reconnect with who we are and with our Savior to bring perspective to the issues of life.

— Dr. Leaf

48. “For as he thinks in his heart, so is he.”

— Proverbs 23:7a

49. We need to practice getting ourselves into a deep meditative state of mind. This state is activated when we intellectualize deeply about information. We are highly intellectual beings created to have a relationship with a highly intellectual God. We should never underestimate how brilliant we are and that we are only limited by how we see ourselves.

— Dr. Leaf
50. Our self-perception determines our behavior. If we think we're small, limited, inadequate creatures, then we tend to believe that way, and the energy we radiate reflects those thoughts no matter what we do. If we think we're magnificent creatures with an infinite abundance of love and power to give, then we tend to behave that way. Once again, the energy around us reflects our state of awareness.

Because thought is the creative level of things, changing our minds is the ultimate personal empowerment. Although it is a human decision to choose love instead of fear, the radical shift that this produces in every dimension of our lives is a gift from God.

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expresses, our lives become the canvases for the expression of joy. That's the meaning of our lives. We are here as a physical representation of a divine principle.

- Williamson

51. How could Leonardo da Vinci not have painted? How could Shakespeare not have written? We are to do what there is a deep psychological and emotional imperative for us to do. That's the point of our power, the source of our brilliance. Our power is not rationally or willfully called forth. It's a divine dispensation, an act of grace.

- Williamson

52. "Nothing they have imagined they could do would be impossible for them." (Genesis 11:6), and "Faith is the
Substance of things hoped for, the evidence of things not seen. (Hebrews 11:1) To think positively about our prospects, we must be able to imagine ourselves in the future. Our brains may have stamps from the past, but they are being rewired by our expectation of the future. Imagining a positive future reduces the pain of the past. Faith motivates us to pursue these goals. Hope leads to expectation which creates peace, excitement, and health in our minds, thus increasing brain and body health. Thus success.

— Dr. Leaf

53. “Active Reaches” can literally change our thoughts. They are actions and exercises we say and/or do during the course of the day and evening. We, in essence, practice using the new healthy thought until it becomes automatized like a good habit. It is
the doing nature of the active reaches that results in ungluing the toxic branches from our thought tree. The branches with all the memories and emotions are attached to a cell body with a type of protein that is like glue. When we shift our attention from the negative, toxic thought to the positive, healthy, new replacement thought three things happen:

1. The electromagnetic and quantum signals from our decision to change attack the branches of the toxic thoughts, weakening them because the signals are more powerful than the negative thoughts.

2. This causes neurochemicals to flow like oxytocin, which remodels dopamine, which increases motivation and focus; and serotonin, which makes us feel good. These chemicals also weaken the toxic branches.

3. The "glue" starts moving away from the toxic tree to the healthy tree.
Your faith manifests. — The active reach is the stage in which we reach out beyond toxic thinking by applying the principle, "Faith without works is dead." (James 2:20). This is where our faith manifests and we actually do something with the detoxing that has been going on until now — we reach further. But we can't reach with success without the foundation created in the previous steps. Only when we have been through all of those steps and completed the process can we move forward, changed in a positive direction.

Building a structure for change on a faulty foundation will never create persistent patterns in our brain to bring us peace. Instead, it will fall down when the proverbial wolf (trouble) blows down our house of sticks.

In the brain, building a foundation
is called having integrity, which means we are using our words and actions to line up the thoughts with its beliefs and feelings. Neuroscientifically, the progression goes like this:

- The amygdala provides input to the mind about the emotions.
- The thalamus and hypothalamus provide input on motivation, and memory networks provide information on the existing memories.
- The central hub in the brain mixes and integrates this all together.
- The heart acts as the checking station, and we make the decision.

We can be presented with all the reason, logic, scientific evidence, and just plain common sense in the world, but we won’t believe something is true unless our brain’s limbic system—the central location of our emotions—allows us to feel that it is true. So we can’t imagine and feel one way and speak something different, because if we do, there will be a lack of
integrity operating in our brain, which will leave an overwhelming feeling of being out of control.

The active reach helps us to feel whether or not something is true. It helps us line up the thought (imagination) with the confession (words coming out of our mouth) and action. Clearly then, "Confess with our mouth the Lord Jesus and believe in our heart" (Romans 10:9) becomes the principle operating here.

We can’t trick ourselves, and we can’t trick God. After all, we are made in His image and are, therefore, exceptionally intelligent. We can now start renewing our mind and renewing our brains.

—Dr. Leaf

54. Our life is what our thoughts make it.

—Aurelius

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55. With the right marketing, sin is easy to legitimize because human nature is more easily attracted to unrestraint than to self-discipline. So whenever goodness is perceived as weak and unintelligent, society basically will turn on its own identity. As soon as unrestraint becomes the prevailing mood of an individual — or an entire nation — you can know that implosion or collapse will soon follow. This is the state of paradox and war we are in today.

— Johnian

56. "He who is without sin among you, let him cast the first stone." — Jesus (John 8:7)

57. The wound is too well aimed and far too consistent to be accidental. It was an attempt to take you out; to
cripple or destroy your strength and get you out of the action. The wounds we've taken were leveled against us with stunning accuracy, hopefully you're getting the picture. Do you know why there's been such an assault? The devil fears you. You are dangerous big-time. If you ever really get your heart back, lived from it with courage, you would do a lot of damage... on the side of good. — Remember how valiant and effective God has been in the history of the world. You are a stem of that victorious stalk...

— Eldredge

58. An important truth that might surprise some is this: The Bible clearly shows that this is not God's world. Most of the customs and traditions, cultures and societies, lifestyles, governments and economics of human civilization were not designed...
by God, and He does not endorse them. The Bible teaches that this world is under the control and influence of Satan, the devil, a former archangel who rebelled against God. (See 2 Corinthians 4:4; Ephesians 2:2; Revelation 12:9). This explains the presence of so much evil and unhappiness in our world. — But the profound influence of the devil on this world does not preclude God’s involvement in world events.

— Mac Donald

59. The God of the Bible is the ultimate authority in the affairs of mankind. Few realize it today, but God sanctions the rise and fall of human empires and nations. He decides the borders of nations. He oversees all major developments in international relations. God reigns supreme in the affairs of men.

— Mac Donald

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60. Falsehood has an infinity of combinations, but truth has only one mode of being.

— Rousseau

61. This above all: to thyself be true, as the night to the day, thou can'st then be false to any man.

— Shakespeare

62. "For He is not the God of the dead but of the living, for all live to Him."

— Luke 20:38

63. Life on earth is just the dress rehearsal before the real production. You will spend far more time on the other side of death — in eternity — than you will here.

— Warren
64. “Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things that are seen. For the things which are seen are temporary, but the things which are not seen are eternal.”

2 Corinthians 4:16-18

65. If your time here on earth were all there is to your life, I would suggest you start living it up immediately. You could forget being good and ethical, and you wouldn’t have to worry about any consequences of your actions. You could indulge yourself in total self-centeredness because your actions would have no long-term repercussions. But—(and this makes all the difference)—death is not the
end of you! Death is not your termination, but your transaction into eternity, so there are eternal consequences to everything you do on earth. Every act of our lives strikes some chord that will vibrate in eternity.

— Warren

66. A rejection, or in scripture's strong language, a crucifixion, of the natural self is the passport to everlasting life. Nothing that has not died will be resurrected.

— C.S. Lewis

67. A Miracle is just a shift in perception. Anything that isn't love is an illusion. Fear manufactures a parallel universe where the unreal seems real and the real seems unreal.

— Williamson
68. When someone has died, we must speak with them differently than we did before, but in staying open to the possibility of an eternal life force, we direct our minds to develop the capacity for a transphysical conversation.

- Williamson

69. The universe is connected with faster-than-light transfers of information. Our consciousness affects the behaviors of subatomic particles. These particles move backward and forward in time and appear in all possible places at once. Quantum theory tells us that energy is not a continuous stream but comes in small, discrete units that behave both like particles and like waves. The movements of these units is random, thus making it physically impossible for us to know their position and momentum at the same time. The
atomic world is nothing like the world we live in. The Heisenberg uncertainty principle departs radically from classical physics in that it replaces dogmatic certainty with ambiguity. We humans are seen as observers outside the system who exert an effect that is unpredictable. This is our free will in action. Our higher power is simply telling us to trust Him and stop trying to control everything.

- Dr. Leaf

70. Your holiness reverses all the laws of the world. It is beyond every restriction of time, space, distance, and limits of any kind.

- Williamson

71. Our minds need time to understand what our Spirits already know.

- Dr. Leaf
God created the universe to support us in every way. God is constantly expressing His intimate care for us, we just need to be dependent. We must stop trying to figure out what we think will make us happy and then spend way too much precious time trying to make it our reality. We need to condition ourselves to agree with Him and not block our own experience of the manifestations of His grace. When we understand who and what we really are, there is no room for pain and confusion. All that matters is love. If we can train our minds to concentrate more on that, then our problems would simply disappear by themselves. Life is merely the presence of love, and death is merely its absence.

— Williamson
73. Esse quam videri: - To be, rather than appear

- G. MacDonald

74. To be or not to be, that is the question.

- Shakespeare

75. God so loved the world that He gave His one and only Son. Anyone who believes in Him will not die, but have eternal life.

- John 3:16

76. Einstein, who famously said, "The old man, that is God, does not play dice," was simply looking at reality from the wrong angle. The correct angle is found in Scripture: "trust in the Lord with all your heart and lean not on your own understanding."
In all your ways acknowledge Him, and He will direct your paths. (Proverbs 3:5-6) and (Proverbs 19:21). This quantum world challenges physicists' perception of linear time, orderly space, and fixed realities. Quantum physics is creeping into every field, causing confusion among scientists, dealing a death blow to the Newtonian dream, all because it points directly back to God; "the old man", who has ultimate control.

- Dr. Leaf

77. But let us ask ourselves the question, "Suppose that God should make himself known to a man through a book, what would the book be like?
   First of all, we should expect the book to be infinite. To be worthy of its author, its contents would have to be inexhaustible. It would contain truths and mysteries that would
employ men forever in their efforts to fathom the depths of its treasures.

Secondly, we would expect to find certain truths that the human mind could not understand but could only receive by faith. Seeing that God is omniscient, we must give Him credit for knowing things we could never know. If His book rose no higher than human wisdom we could never be sure it came from God.

Next, we should expect that the great fundamental truths of the book would be understandable to all those who sincerely wanted to know God's will. This would be His purpose in giving the book, and it surely would not defeat His own purpose.

On the other hand, we could scarcely think that the mysteries of the book would be clear to those who were merely curious or half-hearted. Otherwise self-conceited men could boast that there was nothing in God's
Word beyond their understanding.

We would expect the book to solve the mystery of the beginning of the world, the problem of sin and death, and the riddle of what lies beyond the grave.

We would be sure that a book from God would have no contradictions, mistakes, or anything that would violate human reason. On this last point, the book might have many things higher than human reason, but nothing that would make it impossible for a truly sincere person to believe.

Finally, we know that the effect of such a book would be to make men godly and not sinful. God could only give a revelation that would make men more and more like Himself.

Doubtless there are many other characteristics that could be listed, but these are sufficient. And the Bible meets every one of them. Its truths have never been exhausted. New
Commentaries are constantly being discovered.

Some of its truths cannot be fully understood but can be accepted by faith. As examples, we might mention the doctrine of the Trinity, the idea of eternity, and the union of God and man in one person.

The truth of Gospel has been understood by thinkers (John Bunyan), slave traders (John Newton), and others in the most common walks of life. Yet many of the unbelieving intelligentsia have stumbled at its teachings and thenceforth regarded it as an unintelligible jargon.

The Bible unfolds the story of creation, the entrance of sin and death, the way of salvation and the drama of the future. Many have sought to charge the Scriptures with error, but no one has ever been able to demonstrate a mistake or a contradiction. There is
Nothing in the Bible that makes it impossible for an intelligent person to accept it as divinely inspired. Finally, the Bible gives men a hatred of sin and a love of holiness. It's effect has always been to draw men to God.

But in addition to all the above, there is a very practical way in which the Bible can be put to the test. The test is this: Let any critic of the Bible agree to read it from Genesis through to Revelation. Let him also agree to offer this prayer each time he opens the book: “Oh God, if this is Your book, if I am a guilty sinner, if Jesus Christ is the only Savior, show it to me now as I read the Bible. Amen.” No one can sincerely and conscientiously read the Bible with this prayer in his heart without being convinced as to its utter trustworthiness. For God has promised, “If anyone wills to do this
will, he shall know concerning the doctrine..." and the fidelity of the Throne of God is behind that promise.
(John 7:17)

-MacDonald

78. The Bible is Western civilization's most important and defining piece of literature. It is also a widely recognized and valuable history book. Isn't closing your mind to what this book says illiberal, unreasonable and simpleminded?

-MacDonald

79. "The Eternal looks from heaven, beholding all mankind; from where He sits, He scans all who inhabit the world; He who alone made their minds, He notes all they do." (Psalm 33:12-15). Any person who has the humility to meditate on the scripture
will see that it is astonishingly hopeful and inspiring.

- Mac Donald

80. Our perceptions count: Our perception of the environment controls our bodies and lives. So if you change your perception, you change your biology. You become the master of your life instead of a victim. But don't do it without Christ; remember, He is the Vine from which we grow (John 15:5).

The world may tell us that the mind is what the brain does, but God tells us that the brain will do what the mind tells it to do. And when your Spirit, under the leading of the Holy Spirit, controls your soul, then the gold standard of thinking is achieved.

This is a very different perspective from the traditional view, which tells us we are machines that just need parts changed and chemicals added. Choices
are real; you are free to make choices about how you focus your attention, and this affects how the chemicals and wiring of your brain change and function. Scientists are now proving that the relationship between you and how you understand and perceive your inner thought life, your community, and God, has a huge impact on how your brain works. Moment by moment of each day you can choose who you will be in the next moment, and these choices are captured in the resultant thought networks you build. In that process, the precepts of Scripture should be the overarching, undergirding, and foundational framework. They should be so entrenched that our attention is viewed through them and them alone as we form a view of ourselves that God created us to be.

Personally, my spiritual life informs my scientific life. As Joshua 1:8 says, insight, mindfulness, and wisdom come
11. The key to happiness is the decision to be happy. Happiness is not circumstance dependent. We must stop trying to figure out what will make us happy and start spreading those things happening. We should experience genuine emotion. Trying to make our ego content is not life's way. We're always in process and always in its growth. By our faith, though, our trust can make things effective.
Mirror

Mirror

da decision to see light in the midst of darkness. Act as if the morning has come...

- Williamson

83. Every battle is won, before it even starts.

- Sun Tzu

83. Hell and destruction are never full: so the eyes of man are never satisfied.

- Proverbs 27:20

84. For in much wisdom is much grief, and he who increases knowledge increases sorrow.

- Ecclesiastes 1:18
85. The desire to serve God creates the means by which we do so. Our power lies in our clarity about why we're on the earth. We'll be important players if we think that way. And the important players of the coming years will be the people who see themselves as here to contribute to the healing of the world. Everything else is trivial in comparison. Our greatest gift to Him is our devotion. From that point of power, doors open, careers blossom. We heal, and the world around us heals.

- Williamson

86. God gives us this time on earth to build and strengthen our character for heaven.

- Warren

87. "God so loved the world" (John 3:16)
88. No man knows how bad he is till he has tried very hard to be good.

- C.S. Lewis

Similarly, we can never know how much we need freedom until we try to unload our burden of sin. Yet God's forgiveness will liberate us to begin anew on the path of righteousness.

- Whittington

89. Guilt unlocks the door to forgiveness. Guilt exposes the truth that we wish to avoid. Progress, change, reform and most important of all God's forgiveness all start with confession. Confession works against the worst part of human nature, the part that imagines itself to be better than it really is. We must avoid a mindset that always stops short of confessing. It would rather ignore or ease feelings...
of guilt than admit them. But only open confession of our sins will completely cleanse us. Only when we admit that we are sinners, unworthy of God's grace, can we make a fresh start.

- NKJV commentary

90. In one sense you can consider temptations a compliment. Satan does not have to tempt those who are already doing his evil will; they are already his. Temptation is a sign that Satan hates you, not a sign of weakness or worldliness. It is also a normal part of being human and living in a fallen world. Don't be surprised or shocked or discouraged by it. Be realistic about the inevitability of temptation; you will never be able to avoid it completely.

Actually, the closer you grow to God, the more Satan will try to tempt
you. The moment you become God's child, satan, like a master hit man, put out a "contract" on you. You are his enemy, and he's plotting your downfall.

- Warren

91. Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord, and that He may send Jesus Christ, who was preached to you before, whom heaven must receive until the times of restoration of all things, which God has spoken by the mouth of all His holy prophets since the world began.

- Acts 3:19-21

92. Don't forget, it is the Holy Spirit who, "Will guide us into all the truth" (John 16:13). So let Him - and not
ourselves or someone else — make the decision about what we need to renew.

— Whitlington

93. Man’s world is a world of constant changes, ups and downs; darkness and light. The Kingdom is a realm of constant peace because it is an awareness of a reality that lies beyond change. And God’s Kingdom will not change, for birth into the only present is salvation from change.

— Williamson

94. This is the paradox: Victory comes through surrender. Surrender doesn’t weaken you; it strengthens you. Surrendered to God, you don’t have to fear or surrender to anything else. William Booth, founder of the Salvation Army, said, “the greatness of a man’s
power is in the measure of his surrender." E. Stanley Jones said, "If you don't surrender to Christ, you surrender to chaos." Surrender is not the best way to live, it is the only way to live. Nothing else works. All other approaches lead to frustration, disappointment, and self-destruction. That is why Paul said, "So we make it our goal to please him." (see 2 Corinthians 5:9) Your wisest moments will be those when you say yes to God.

- Rick Warren

95. "He said to them, "go into the world. Teach the good news to everyone."

- Mark 16:15
96. Winston Churchill was called upon to lead the British through the desperate hours of WWII. He said, I felt as if I were walking with destiny, and that all my past life had been but a preparation for this hour and for this trial.” The same is true of us; our whole life has been preparation. You see, we must have a battle to fight, a great mission to our lives that evolves and yet transcends even home and family. We must have a cause to which we are devoted even unto death, for this is written into the fabric of our being. We have a specific place in the line, a mission God made for us.

— John Eldredge

97. The Great Commission is not a concept to be considered, it is a command to be obeyed.

— Hudson Taylor
98. *The Great Commission*

"Then Jesus came to them. He said all authority in heaven and on earth has been given to me. So you must go and make disciples of all nations. Baptize them in the name of the Father, the Son, and the Holy Spirit. Teach them to obey everything I have commanded you. And you can be sure that I am always with you to the very end."

- Matthew 28:18-20

99. We weren't just randomly thrown onto a sea of rocks. We have a mission — to save the world through the power of love.

- Marianne Williamson

100. When you're lost, you know who you are. You're the only one out there.

- Tim Harrison
101. If we were perfect, we wouldn't have been born. It's our mission to become perfect. God sends us out to help others come to Him, and it has the amazing effect of bringing us closer to Him. This is the spiritual phenomenon of teaching. When we teach to others, God allows us to explore the edges of our own paradigm and reach out farther than we had ever gone before. It's a valuable uplifting experience. The Great Commission is, without a doubt, the straight path to God's heart!

- Writtington

102. No man knows how bad he is, till he has tried very hard to be good.

- C.S. Lewis

103. Worship the creator, not the creation.

- Romans 1:25
104. It is more inconceivable that a number of persons should agree to write such a history, than that one should furnish the subject of it. The Jewish authors were incapable of the diction, and strangers to the morality contained in the Gospels; the marks of its truths are so striking and inimitable that the inventor would be a more astonishing character than the hero.

- Rousseau

105. The road to salvation: Should we see it as being composed of, "tests of our faith," or "opportunities to obey?" Following are the three markers on the path to becoming an image of Christ and our adoption by God:

1. Justification - Believing that Jesus is your Lord and Savior.
2. Sanctification - The process by which God develops our new life.
3. Glorification - Our ultimate
Therefore, if we simply listen and already done (see Romans 8: 29-30),
foreknowledge this: from eternity past. It's
predestined for glorification. God
important to understand that we are
make great strides in short order. It's
voluntary life's voice in our lives and
and communion can turn up the
magnification tools. Praying, fasting,
sanctification. By using three
provides the shortest journey through
how much we know, God loves us
lives. Obedience by the power of
are then obedient to His will in our
how well we hear God's word and
spend in sanctification is based on
choose to stay on course. Our time
notice of Jesus' stance. He most
because of our free will and our
glorification is completely up to us
made it from justified to us
The amount of time it takes to
the image of Jesus
salvation whereby God molds us into

Walter

Walter
I.  Justification

Waiting for us to show up

that is already obvious there just
on the spiritual path to glorification
thereby providing our faith and training us
in life as opposites to obey,

let's start looking at the situation
our Savior will keep us from sin.
So
avoid it all costs. The love for
stress and confusion aid we need to
unnecessary realm of reality adds
there or exist. Self-materializing an
realizing that doesn't even need to be
created for ourselves a fear-based
one reality. We are being ridiculous
of being. There are two realities but
a much better way of life or state
holding ourselves back from eternity and
are simply lessings. Precious time.
Remember this. When we sin by doing
all the hassles and details. We must
gods list. We can get there without
allow the holy spirit to guide us with

Mister
Mister
106. The attainable goal in prayer and fasting is to hear and obey the sounds of the kingdom. Only then will we discover the image we were created in, as well as lasting fulfillment in our purpose on this earth.

- Jonian

107. Abide in simple trust and wonder. Embrace even the darker shades of life as part of some incredibly rich and profound tapestry crafted masterfully by invisible hands of love.

- W.M. Paul Young

108. You control your genes; your genes do not control you. Genes may determine physical characteristics, but not psychological phenomena. On the contrary, our genes are constantly being remodeled in response to life experiences.

- Leaf

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109. Let me point out the obvious: God created everything, and that includes science and physics, and he has revealed the laws of this material world we live in over the ages to help us understand him. I am not being materialistic; far from it. I believe God is taking us through the material world into the Spiritual world to get to know him more deeply. Why, after all, did he put our soul and spirit in a physical body and place us in a physical world?

- Leaf

110. Think, for a moment, of the life of the Lord Jesus Christ as we have it recorded in the New Testament. Everything about Him is absolute perfection. There is not a blemish in His Character. He never committed a sin. (1 Peter 2:22). He had no sinful nature, for there was no sin in Him. (1 John 3:5). He knew no
Sin (2 Corinthians 5:21). He could ask what not even the holiest of His followers would dare to ask, "Which of you convicts me of sin?" (John 8:46)

Is it not wonderful to notice that He never once said, "I think so," or "I guess so." Such admissions of ignorance would have belied His deity. Furthermore, He never had to excuse Himself, apologize, or say, "I am sorry." There was no recalling of a word, or retracting of a step. You cannot think of a noble trait but what it is found in Him, whether it be love, kindness, humility, patience, gentleness, honesty, self-control, or any other virtue.

Not only are all virtues found in Him, but they are also displayed in perfect balance. Some men are more honest than they are kind, or more patient than they are humble. But the Savior combined all these characteristics to a perfect extent. In Him all virtues were
perfectly blended and harmoniously expressed. For instance, in speaking to the woman taken in the act of adultery, He showed perfect grace and truth. He said, "neither do I condemn thee," — that is grace. Then He added: "go and sin no more," — that is truth (John 8:11). Thus, John says of Him, "grace and truth came through Jesus Christ." (John 1:17).

Some of the virtues displayed in the character of the Lord Jesus are all the more noteworthy because, although they have become commonplace to us, they ran counter to the ideals of His day. His courage and sincerity and religious zeal the best men of the time could appreciate, but at least three traits of His character were foreign to all their estimations of the perfect man. Patriotism, they could understand, but not a universal love flowing over to all sorts and conditions of men. A certain sex affinity,
Family affection, and social or tribal fellowship are universal, but love for those not of our own race or family, including even our actual or potential enemies, is only learned of Jesus Christ... Another feature of His character which the age did not appreciate was forgiveness. The current feeling was well expressed in the inscription on the monument to Sulla at Rome: "no friend ever did me so much good, or enemy so much harm, but I repaid him with interest. Jesus forgave His very murderers... Thirdly, He taught us the grace of humility. He chose His friends from the ignorant and lowly, and though He was their Master and Lord, He did not disdain to wash their feet when they were travel-stained, and prepare their breakfast when they had finished fishing all night and caught nothing.

- MacDonal
III. The most damaging aspect of contemporary living is short-term thinking. To make the most of your life, you must keep the vision of eternity continually in your mind and the value of it in your heart. There's far more to life than just here and now! Today is the visible tip of the iceberg. Eternity is all the rest you don't see underneath the surface.

- Warren

III. As we go through this life we will need to recognize the "truth" in order to see clearly so we understand what is truly happening and why. In turn, this will help us to understand and reason clearly. We need to be sure of the path we are on and realize that there is only one way meant for us.

- Broadbent III
113. You were made for a mission. God is at work in the world, and he wants you to have both a ministry in the body of Christ, and a mission in the world. Your ministry is your service to believers, and your mission is your service to unbelievers.

- Warren

114. At the last moment, when things look the worst, God does tend to appear. Not because He has a sadistic sense of humor, waiting until we’re totally desperate before showing us His muscle. He takes so long because it’s not until then that we bother to think about Him. All this time, we thought we were waiting on Him. Little did we know, He was waiting for us. — Dorothy had gone through her whole dramatic journey to Oz, the good witch told her that all she had to do was click...
her heels together three times and
say, "I want to go home," "I want
to go home," "I want to go home." There
had been no need for the long tramp
down the yellow brick road. Dorothy
asked, "Why didn't you tell me
that in the beginning?" The witch
replied: "You wouldn't have believed
me!"

This is the eleventh hour, and
it's not up to us what we learn,
but only whether we learn through
joy or through pain. We will learn
to love one another, but whether we
learn it painfully or peacefully is
entirely up to us. We can get to
the point later, or we can get to
the point now. Knowing we have a
choice is a genuinely adult understanding
of the world.

— Williamson
115. Life is not a problem to be solved; it is an adventure to be lived. That's the nature of it and has been since the beginning. When God set the dangerous stage for this high-stakes drama and called the whole wild enterprise good. He rigged the world in such a way that it only works when we embrace risk as the theme of our lives, which is to say, only when we live by faith. A man just can't be happy until he's got adventure in his work, in his love, and in his spiritual life.

- Eldredge

116. "I spent my life splitting pages. I live and learn from fools and sages."

- Tylor

117. God has planted eternity in the human heart. (see Ecclesiastes 3:11) You...
have an inborn instinct that longs for immortality. This is because God designed you, in His image, to live for eternity. Even though we know everyone dies eventually, death always seems unnatural and unfair. The reason we feel we should live forever is that God wired our brains for that desire! One day your heart will stop beating. That will be the end of your body and your time on earth, but it will not be the end of you. Your earthly body is just a temporary residence for your spirit. The Bible calls your earthly body a "tent," but refers to your future body as a "house." When this tent we live in - our body here on earth - is torn down, God will have a house in heaven for us to live in, a home He Himself has made, which will last forever." (See 2 Corinthians 5:1)

When you fully comprehend that there is more to life than just here on earth and now, and you realize that life is
just preparation for eternity, you will start living in the light of eternity, and that will color how you handle every relationship, task, and circumstance. Suddenly, many activities, goals, and even problems that seemed so important will appear trivial. Petty, and unworthy of your attention. The closer you live to God, the smaller everything else appears. When you live in the light of eternity, your values change. You place a higher standard on relationships and character instead of fame, wealth, or achievements. Keeping up with trends, fashions, and popular values just doesn't matter as much anymore. Paul said, "I once thought all these things were so very important, but now I consider them worthless because of what Christ has done." (See Philippians 3:7)
118. Earth has no sorrow that heaven can't heal.

- Moore

119. Physical death is not real death at all. There is life beyond the physical. As we find that life, we grow into ourselves as sons of men and as sons of God.

- Williamson

120. That which brings the light, must endure the burning.

- Maslow

121. Faith never knows where it is being led, but it knows and loves the one who is leading.

- Oswald Chambers
122. We cannot hear the real answer until we see we've got a false one. So long as we chase the illusion, how can we face reality?

— Eldredge

123. You were made for a mission. God is at work in the world, and He wants you to join Him. This assignment is called your mission. God wants you to have both a ministry in the body of Christ and a mission in the world. Your ministry is your service to believers and your mission is your service to unbelievers.

— Warren

124. The last thing many believers need today is to go to another Bible study. They already know far more than they are putting into practice. What they need are serving experiences in which
they can exercise their Spiritual muscles.

- Warren

125. Exposition of the Book of Ecclesiastes:

The book of Ecclesiastes is one of the most misunderstood books in the Bible. Christians have tended either to ignore the message of the book, or to regard it as the testimony of a man living apart from God. This is unfortunate, for the book asks relevant, searching questions about the meaning of life, and it declares the utter futility of an existence without God. Like all scripture, the book of Ecclesiastes benefits and edifies God’s people. The underlying mood of the book is joy: finding pleasure in life despite the troubles that often plague it. Those who fear and worship God should experience this joy:
they should rejoice in the gifts God has given them.
The book of Ecclesiastes is both a monument to Solomon's recommitment to the living God and a guide for others through the pitfalls and perils of life.

In fact, Solomon might have written this wisdom book as a treat for other nations. Solomon had entertained many dignitaries from other nations, including the Queen of Sheba. The Queen's questions concerning the basic meaning of life might have prompted him to write Ecclesiastes to teach the Gentiles about the living God and their need to worship only Him. The nations that had heard of Israel's success needed to know about the living and exalted God who had blessed Israel with wealth and wisdom.

Sometimes it is better to read the end of a book to understand better the
direction in which the book is headed. This is certainly true of Ecclesiastes. The book should be interpreted in light of its conclusion: “Fear God and keep His commandments, for this is man’s all” (Ecclesiastes 12:13). To fear God means to reverence, worship, and serve God - to turn from evil and turn in awe to the living God. This was the attitude of Abraham (Genesis 22:12), (Job 1:1, 8-9, 2:3), and the Egyptian midwives (Exodus 1:17,2). It does not involve dread, but instead a proper respect for and obedience to our Creator. Why should we respect and obey God? The book of Ecclesiastes answers this question in its concluding verse: (Ecclesiastes 12:14), God will judge everyone - both the righteous and the wicked. Life cannot be lived with abandon, as if God will not see or remember the deeds of the past. For on the final day, He will call forth all men and
Women to account for their actions. The admonition to fear God and the expectation of divine judgment are the two great themes that conclude the book and provide an interpretative framework for the rest of it. (Ecclesiastes 12: 13-14).

The journey of Solomon to his conclusion, "to fear God," is founded on the search for meaning in life. In 3:11, Solomon eloquently expresses humankind's dilemma: God has placed eternity in our hearts. A search for true meaning in this life – in money or fame, for instance – will only leave us empty handed because our souls yearn for something that will last. Our frustration arises from a hunger to fellowship with our eternal creator – the only one who can give meaning to our lives. In Ecclesiastes, Solomon takes us on a tour of all of life and concludes that all of it is vanity. Pleasures and riches lead merely to
boredom and despair. Only a relationship with the One who created us and continues to care for us will truly satisfy. Troubles and uncertainty will continue to plague us, but even during these times we can find joy in a secure trust in our Father.

Ecclesiastes is a candid commentary on the emptiness and inner perplexity that marks the life of one who is disconnected from his creator. It's a journal of honest doubts, hopes, and fears. Because all people have eternity in their hearts.” (Ecclesiastes 3:11), there is a purpose for Jesus to disclose himself of His divine dignity and descend to our sinful planet. In that we bear God’s image, He desires to enter our world to provide the necessary remedy in order to maximize our eternal potential. As we peer into the looking glass and see the sad state of life lived apart from the Lord, we recognize that only in Jesus can ultimate
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Satisfaction, wisdom, and joy be found.

—NKJV Study Bible

16. Preparing for eternity: At the end of your life on earth, you will stand before God, and He is going to evaluate how well you served others with your life. Romans 14:12 says, “Each of us will have to give an account to God.” Think about the implications of that. One day God will compare how much time and energy we spent on ourselves compared with what we invested in serving others. At that point, all our excuses for self-centeredness will sound hollow: “I was too busy,” or “I had my own goals,” or “I was preoccupied with making, having fun, or preparing for retirement.” To all excuses God will respond, “Sorry, wrong answer. I created, saved, and called you and commanded...”
You to live a life of service. What part did you not understand?" (Romans 2:8) "He will pour out His anger and wrath on those who live for themselves. But for Christians it will mean a loss of eternal rewards...

We are only fully alive when we are helping others. Jesus said, "If you insist on saving your life, you will lose it. Only those who throw away their lives for my sake and for the sake of the good news will ever know what it means to really live." (Mark 8:35). This truth is so important that it is repeated five times in the Gospels. If you aren't serving, you're just existing, because life is meant for ministry. God wants you to love and learn to love others and serve others unselfishly.

- Warren

127. I know nothing.

- Plato
128. "To live life is to know God. To know God is to have eternal life through His Son Jesus."
- Paul Torres, H.A.S.P.

129. "For to me, to live is Christ and to die is gain."
- Philippians 1:21

130. "That your faith should not stand in the wisdom of men, but in the power of God."
- 1 Corinthians 2:5

131. "Behold, I was shapen in iniquity; and in sin did my mother conceive me."
- Psalm 51:5

132. "Therefore the law is slacked, and judgment does never go forth; for the wicked does circle about the righteous; therefore wrong judgment proceedeth."
- Habakkuk 1:4 KJV
133. The level of corruption in a society and the level of corruption in that societies justice system are explicitly interlinked. Good luck! — This is precisely the reason we are in need of a savior...

— Whittington
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Epilogue:

Starting in the natural world - ending in the Spiritual World. Each chapter, the entire book, the title, and now this epilogue. And, of course, the Author himself... How about you?

Living our lives in communal society today with its infinite complexities can be compared to a labyrinth. A never ending series of events, communications and reactions that shape our lives and how we live. [108] The information we acquire that has been passed down to us through the ages is what we call knowledge. Knowledge is power. Real power, when we transfuse it for God's love for us and His purpose for our lives gives us divine empowerment. This divine empowerment enables us to make the leap across the illusive separation from man's selfish world of the flesh, on into the Spiritual Realm of God's Loving Kingdom. By educating ourselves.
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Epilogue: (cont.)

properly and experiencing for ourselves how things truly transpire around us, our Lord Jesus can then take us by the hand and guide us the rest of the way to eternity. Purpose, and unwavering faith is now our greatest asset, our finest strength.

As we continue onward we must remember this — Our journey has only just begun. Mirror Mirror was written for us to enter into its story. Your story! It is meant to be lived. It cannot remain only as words on a page. The drama that is our lives has perpetual forward motion... We are both human and spiritual. Our five basic needs for survival that occupy our time are these: food, clothing, shelter, acceptance, and spiritual deliverance to God. In
Mans fallen world, basic human power can help us to gain the first four, however, divine faith in Jesus and his purpose for our lives holds the key to the fifth and final most important and pressing need of the human condition - Eternal Spiritual life through God's love, mercy and saving grace! [117] (Which then, of course, we now understand makes the first four a mute point). See Matthew 6:31-34 [118] [119] Thank You Jesus!!

As thanks goes out for reading these writings, all hope is that its reflections shine brightly on into your future. That, my friend, would be a wonderful manifestation of God's gracious love and is in fact, His true purpose for the writing of this book... [120] [121] [122] [123] [124] [125] [126]
Credits:

Below are some of the books read by the author that helped formulate the thoughts, ideas and divine journey this book brought forth. Read them between the lines.

1. The Bible - KJV
2. The Purpose Driven Life - Rick Warren
3. Think and Grow Rich - Napoleon Hill
4. How to Win Friends and Influence People - Dale Carnegie
5. The Art of War - Sun Tzu
6. The Road Less Traveled - M. Scott Peck
7. Seven Spiritual Laws of Success - Chopra
8. The Four Agreements - Ruiz
9. The Untethered Soul - Michael Singer
10. The 48 Laws of Power - Robert Greene
11. Understanding Your Place in God's Kingdom
12. I'm OK, You're OK
13. Mystery of the Ages - Armstrong
14. The Mentor (Kid & Co)
15. The Secret - Rhonda Byrne
16. The Seven Deadly Sins - Fulton Sheen
17. How to Rule the World from Your Couch
18. Behold a Pale Horse - William Cooper
19. The Biography of Bruce Lee
20. Victory Magazine - Copeland
21. The Art of Seduction - Robert Greene
22. The One Minute Manager - Ken Blanchard
23. Wild at Heart - John Eldredge
24. Switch on Your Brain - Dr. Caroline Leaf
25. Victory over Self through Prayer and Fasting - Johnian
26. A Return to Love - Marianne Williamson
27. Albert Einstein - Biography and Works
28. The Philadelphia Trumpet - Flurry
29. The Shack - Wm. Paul Young
30. Bulletproof - Jeff Rostoci
31. The Art of the Deal - Donald Trump
32. Saved, Certain, Transformed - Dr. Frizzell
33. Holy Roman Empire - Brad MacDonald
34. The Origin of the Species - Darwin
35. The Power of the Subconscious Mind
36. The Wonderful Tomorrow - Armstrong
37. Sphere - Michael Crichton
38. Jail House Religion - Canop
After Thoughts:

People deny reality. They fight against real feelings caused by real circumstances. They build mental worlds of shoulds, oughts, and might-have-beens. Real changes begin with real appraisal and acceptance of what is. Then realistic action is possible.

- David Reynolds

Transformation is simply the emergence of a perfect pattern. We can't always see it for ourselves at first, but it is growing and alive and perfectly in process. It's a process that is incredible and wonderful.

- Wm. Paul Young

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God."

- Romans 13:1
After Thoughts: (cont.)

To be honest about yourself is the bravest thing you will ever do.

- Joyce Meyer

Society manifests popular delusions that are contrary to God's will.

- Whittington

That which brings the light must endure the burning.

- Maslow
That of which is written in the pages of this book is of you, do you and yours acknowledge. That which is solely of me, do you and yours forgive.

- St. Augustine

Endorsed by

True higher education is gained by studying, and obeying the Word of God. But when God’s Word is laid aside for books that do not lead to God and the Kingdom of Heaven, the education acquired is a perversion of the name.

- E. G. White
About the Author: And this book:

John Robert Whittington was born in 1963 at Washington National Hospital in Washington DC. His late father, Robert E. Whittington, retired as the Executive Director for the FAA’s Federal Aviation Administration. John is serving the sixth year of a sixteen to forty year prison sentence in Nevada for sending an inappropriate text message to a long time business client while in a heated severance pay dispute.

Enter Jesus Christ: The choices we make lead to the circumstances we live in. All the highs and lows of our lives, no matter how unfair they may seem at times, are of God for His purpose of reconciliation to Himself. Now, “in Christ”, John represents Heaven. (2 Corinthians 5:17)

In 2015 John accepted Jesus Christ as his Lord and Savior. In 2017 he was baptised by the prison chaplain in the prison chapel. He founded J. Robert Whittington Ministries International. A pending 501(c)3 not-for-profit organization targeting God’s lost sheep.
in an effort of peace and reconciliation. 

Mirror, is the latest revised version of TRW III, in a series of book publications, websites, blogs, and other media to attack this huge worldwide demographic. This hand written edition has been read by thousands of Nevada’s jail and prison system incarcerated and other on-line readers looking for life’s true meaning, spiritual transformation and healing. Though not specifically written to the incarcerated, Mirror and TRW III have become instrumental in combating the appalling national prison recidivism rate (return rate). Pointing straight to the bible, Mirror helps to ground readers with a sense of identity, well-being, and purpose for their lives. For those who don’t always know when they’re lost, getting and keeping their attention is half the battle and Mirror does just that in a compelling, irresistible way.

Currently the Holy Spirit leads John in full time ministry prison programming as he organizes and hosts bible study, prayer, and
fellowship in the housing units where they keep him. He is an active participant at the prison Chapel and at this time is a choicest worker/assistant to the Chaplain, Julio Caldera 702-589-1624.

John is also an “in prison” foot soldier for the nationally acclaimed prisoner reform and re-entry organization, “Hope for Prisoners,” founded by ex-offender, Jon Ponder. Helping to prepare inmates for a safe and successful return to society.

John’s vast multi-faceted social experiences with the challenges common to men in a fallen world, and now his inspiring public Christian walk, offers a genuinely unique perspective and makes a strong “good news” statement about the world we’re born into, our escape through Jesus Christ, and the fullness of God’s mercy, grace, and love. (Romans 12:2)
Mirror
Mirror

Notes:
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**II Corinthians 3:18**

*Now you knew!*

* My maker is my mirror *

The choice you have already made will determine your eternal destiny. Be ready!

— Whittington
Reviews:

"This book, obviously inspired by the Holy Spirit, is the most inciteful, incisive, honest revelation into human psyche/nature and spirituality as I have ever read."

"Brilliant"

"Amazing Job"

- Frank Peck H.D.S.P.

"Your book is very well written. I enjoyed it tremendously. Bill, one of my staff, enjoyed it as well."

- Bonnie Polly
  CCDC. Chaplain

(cover)
Reviews: (cont.)

"I really enjoyed this book. It helped me to understand the crazy world that we live in, but also what I loved about this book is that it points directly to God. John Whittington, the author, is a great man of God. I know him well. He is my co-worker at the Chapel and also is my cell-mate. He is a loving person and I can clearly see what God has done in his life. I recommend this book to all who are seeking the purpose for their lives."

- Raul Torres  H.D.S.P.
Mirror

Mirror is what scholars call monologue wisdom literature. The wisdom taught is thoroughly practical. It is so much more than simple advice for day-to-day living; it provides a foundation and a way to know your higher power himself. This book comes out of the hard lessons of the author’s life. It is not a summary or a reflection, it was written in real-time (as he was experiencing it). Despite its apparent initial cynicism, mirror is both a warning and an encouragement from a man who wants others to have an easier go at life and avoid the mistakes common to us all. It shows that our efforts to view life without God are meaningless. This is a realization, that to him, is the beginning of true wisdom. He attests that we live in two worlds and the decisions we make invite either one or the other.

* Don't miss this read *