



C A S S I E L

4th Chronicle
by
Cruise

Beyond Boundaries - Emancipation Trough Self-Discovery

Supported Transitions - Building the Bridge to Action

Follow Your Feet - Change Your Stars



The Sweat Lodge Technique applied here is more than just a ritual. It embodies a method of perception that transforms the mundane into the profound. In this context, it serves as a metaphor for the cycles of life, representing your current reality, its death, and rebirth. Just as you have walked far and re-traced the scars of your journeys, the Sweat Lodge offers a space not only to confront, but to embrace those experiences. The virtual application of this technique I embedded in my writings is intended to strip away layers, much like peeling back the complexities of one's life to reach the core truths. By removing filters that alter the senses you can consider the parallels this setting offers in today's fast-paced world and the valuable lessons it holds. From practicing mindfulness and becoming fully present, less affected by orchestrated distractions, to embracing vulnerabilities that lead to instances of growth and intention.

The Sweat Lodge promotes introspection, leading to a clearer vision, clarity, and understanding of one's path and purpose. It helps release burdens, heal from past traumas, and rejuvenate oneself on many levels. By doing so, it clears the path and strengthens the connection with the act of creation. This, in turn, communicates your intent and enhances the entire process of manifesting through pathways of deeper understanding, strength, resilience, and connection.

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Greetings to the Returning Seeker

Ska'tterons, dear seekers, to the last of four Chronicles.

Ska'tterons(Wendat-Huron-for-Welcome-Back)

You have walked far since we last sat at this fire. You've traced the scars of my journeys; the drowning, the addictions, the self-created battles. Now, we descend deeper into the marrow of our bones. This continuation is not merely pages; Here, raw wounds become sacred texts, and ancestral whispers rise to meet the clamor of your modern life.

You are here not only because you are reading but also because you are remembering. The Indigenous lens we sharpen here is not just a metaphor; it is a lifeline, a way of seeing that transforms grocery lists into wishes and traffic jams into vision quests. As "A tree split by lightning still feeds the soil." So do our stories; The chaos of addiction, the ache of being fatherless, or the hollow victories of materialism, are not failures. They are lightning strikes. They crack us open so the old ways can take root and we can grow stronger from them. Remember, you could not face what you need to conquer today if you had not gathered the strength and resilience acquired by overcoming the challenges of your past.

Let us begin with some difficult concepts and shed some light on the camouflage we are about to retract.

The History of Control

A Poetic view : From Slavery to the Modern Worker

From the whispers of ancestral fires to the hum of modern steel, the chains that bind humanity have always been forged not by hands but by minds. Like the serpentine rivers carving canyons, systems of control flow through time, their origins buried beneath layers of myth and manipulated memory. We speak of freedom, yet our breaths sync to the drumbeat of a world designed to harvest our labor, our hope, even our rebellion. Consider the ancient truths known to my Huron ancestors: a people disconnected from the earth's rhythm become prisoners of their own illusions. The Matrix, as portrayed in film, mirrors this reality, in a digital wampum shell beaded belt weaving illusions, where every click of the clock, every swipe of a card, tightens the invisible threads of dependency. History's darkest patterns repeat: Pharaohs clad in gold demanding pyramids, medieval lords trading armor for allegiance, bankers minting debt into dominion. Each era's "masters" learned to replace shackles of iron with chains of desire, convincing the enslaved to cherish their bondage. Science now confirms what torturers once observed, that the mind, starved of purpose, clings to crumbs of reward, often mistaking survival for triumph.

The Great Spirit's wisdom, fractured religions and revolutions, were diluted into tools of control. Kings and cardinals twisted sacred teachings into dogmas, offering heavenly promises to pacify earthly suffering. Even now, the system breathes through our jobs, our taxes, our hollow luxuries, as a corporate longhouse where badges and titles replace manacles, paychecks placate restlessness, and "vacation" is but a fleeting mirage of autonomy. My eyes, tempered by generations of resistance, see prisons in glass towers: the same railings, the same routines, the same soul-numbing repetition that broke warriors into wage-earners. Rehabilitation, a word sweet as maple syrup, masks the truth leaving hollow shells fit only to feed the machine. Yet organized chaos is not the answer. The ancestors teach balance: a willow bends in the storm but does not snap. To dismantle effects of the system, one must first become the system, study its veins, trace its roots, then redirect its flow.

Money sustains the illusion. The Rich dance through tax loopholes, while the many chase red bicycles and parking spots, their dreams shrunk to fit spreadsheets. But remember: the same rivers that carve canyons can also nourish forests. Change the story line, and control the narrative. You need not storm the fortresses of power. Instead, walk the razor's edge between rebellion and compliance, weaving your own path through the cracks. As Blake, Edison and the forgotten elders knew, creation is the ultimate rebellion. Build your world within this one, until the weight of truth tips the scales of circumstance.

*Breaking the Bonds**Insight on the Origins of Our Limits*

Before we tread deeper into these shadowed woods, there's a truth we must confront. Folks have tip-toed around it since the dawn of thought. To face the beast we're up against, we must first name it, map its bones, and learn its rhythms. This isn't about tidy answers; it's a lantern over the murky waters of belief, history, and the stories about the system. I've wrestled with the urge to color these truths with my opinions, but enough kinfolk have nudged me to share my unique perspectives. So here we are. Take what resonates, leave what does not, but mind the threads I've pulled loose in my wanderings, as they might lead you somewhere worth going.

We touched this raw nerve earlier, when we discussed The Matrix a mirror to our tangled reality. Remember that itch I described? How it felt eerily familiar? Like seeing my own face twisted into the reflection of a stranger? The system has got teeth, and most folks aren't aware it's grinding your bones to keep it running. Envy's a poison, spite's a blade, and this world is full of souls who'll wield both without blinking. That's why I advised you to stay silent until you've walked the full path of these words. This isn't about secrets; it's about keeping your mind clear of the fog others will blow your way when you dare to whisper things they refuse to recognize. Truth is fragile, and most aren't ready to cradle it bare-handed.

Brace yourself this path we walk may shake your spirit. What comes next is not meant to frighten, but to sharpen your sight. Together, we'll step into the shadowed corners of our shared history, tracing the bones of systems built to bind. At first glance, these truths may sting like winter wind, but stay close. Soon, you'll see how these threads weave into the larger pattern, like roots beneath the soil. The eyes I offer you now are not mine alone. They are the eyes of ancestors who watched empires rise and fall, who saw the same sickness repeat—not in grand wars, but in whispered lies, in stories buried like tracks covered by dust. History, they taught me, is a two-faced storyteller: one hand points to lessons learned, while the other hides the knives still lodged in our backs.

Let me speak plain: we have not outrun the old ghosts. The same rot that hollowed out nations past now wears a modern mask. Many feel it—that restless itch, like a pebble in your moccasin you can't shake. It gnaws when you trade your hours for scraps, when you kneel in houses of prayer that smell of greed. I cannot let pass the opportunity I have at this moment to show to you all that we have not evolved as much as we would like to believe and that we are being deceived on a constant daily basis. There's a story my people tell around dying fires: "You are here because you know. Not with your head, but with your gut—the twist that warns when the wolf wears deer-skin. You've felt it since your first breath. Something cracks beneath this world, a lie so vast it swallows daylight.

It lives in the words you're told to swallow, in the chains they call 'freedom.' It is the veil over your eyes, stitched from the threads of their hunger."

(You recognize these words, cousins. They come not from our ancestors, but from those who glimpsed the same truths in their own tongue, pointing to the ones who spun The Matrix tale. Different fires, same warmth.)

To name these things aloud is to risk being marked. Speak against the crafted stories, and you'll be called outsider, fool, or worse. I've tasted that bitterness. Yet silence is the true poison. This lesson I share isn't born of books, but of watching good minds turn hollow, of seeing villages split by lies dressed as salvation.

What comes next is not blame, but clarity. We'll dig up what was buried to not to worsen the wounds, but to clean them. For a people who forget their sicknesses will never smell the medicine. Walk with me, and we'll trace the spider's web together.

And yet, despite all this, most walk through life as if the world is as it should be, as if the past is just a collection of old stories with no bearing on today. But the truth is, those same chains never disappeared. They just changed shape. The power structures that once relied on open servitude now operate in shadows, hidden behind systems that most never think to question. The only difference is that today, the cages are built in the mind, and the masters no longer need whips when illusions do the job just as well.

You've felt it, haven't you? That nagging sense that something is off, that the world isn't quite what it seems. That unease you can't quite name, the one that lingers when you watch the news, when you clock in at work, when you watch prices rise while wages stand still. It's not your imagination. It's real. It's very intentionally by design.

That brings me back to the words from *The Matrix*, words worth repeating because they strike at the very core of what we're up against: "You are here because you know something. What you know you can't explain. You feel it. You've felt it your entire life. There is something wrong with the world. You don't know what it is, but it's there. Like a splinter in your mind, driving you mad. It is the feeling that has brought you to read this book. Do you know what I'm talking about? Do you want to know what it is? It is everywhere. It is all around us. Even now, in this very room. You can see it when you turn on your television. You can feel it when you

go to work, when you go to church, when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth."

This isn't just philosophy or speculation. This is the world we live in. And for those who dare to question it, the cost is high. History hasn't been kind to those who pull back the curtain. They are labeled fools, cast out, silenced or sometimes worse. The system doesn't take kindly to those who see too much. So before we go any further, ask yourself: How much truth are you ready to face? Because once you see it, you can't unsee it.

Keep in mind I was asked to share this unique perspective, not to incite outrage or rebellion, but rather to help sharpen your focus and understand what you are up against. This should have the effect of reinforcing your resolve and highlight how much action is actually going to be required in order to achieve your objective.

Those who held power have always studied those they wished to control. Through torture, imprisonment, and forced labor, they observed patterns and truths about the human mind that science would later confirm. They learned that when a person exerts themselves for long enough, their mind begins to expect a reward. It is a natural response, something wired deep within us. But those in power didn't need laboratories or research papers to understand this. They figured it out the hard way, through suffering, through watching, through generations of quiet manipulation.

I won't linger too long on the science of it, but know this: what they discovered was real. A natural cycle of want, reward, and gratitude that, when used with intent, could turn rebellion into acceptance. And it wasn't just about controlling individuals, it was about controlling entire societies. The masses had always gathered before their rulers, not out of loyalty, but out of necessity. Hunger, fear, and the weight of conquest forced them to submit. But rather than resorting to endless war or feeding captives they couldn't afford to keep, those in power found a more efficient way to bind people to their rule. They had to make the people desire their own fate. Not just accept it, but embrace it. The true mastery was not in breaking their will, but in making them grateful for their chains.

That shift, the moment when control became more than just force, marked a turning point in history. It was the birth of trade, of currency, of the illusion of freedom. What was once outright slavery became something far more insidious. Gold, gems, and rare treasures. Things the common person could never access, became symbols of wealth and status. Soon, power wasn't just about swords and armies; it was about who controlled the means of exchange. The rulers had discovered something extraordinary: they no longer needed to own slaves when they could simply make people work for the idea of freedom. So, the worker was born. No longer shackled, no longer openly bound, yet still controlled. Still serving.

History tells us that power was never kept in the hands of just one ruler. It shifted, spread, and fell into the hands of new conquerors. Some of them even rose from the very ranks of those once enslaved. Like me, and many before me, they saw through the illusion. They figured it out on their own, without being told, without needing ancient scrolls or secret teachings. Some took that knowledge and used it for their own ambitions, shaping the world in their image, claiming their own little slice of power.

Over time, this knowledge was renamed. The elders passed it down as wisdom, as understanding. And yet, despite all the lessons of the past, we still twist history to justify it all—to make sense of the wars, to find pride in conquest, to rationalize bloodshed as something noble. It is strange, isn't it? How we glorify the past in stories and films, shaping villains into heroes, rewriting the suffering of countless souls into tales of honor.

But no matter how we frame it, the truth remains. From the Dark Ages to the rise of empires, to the world we live in now, the same forces still pull the strings. Borders shift, rulers change, but the game has always stayed the same.

insert picture of chess set



The elders often spoke of twisted paths disguised as straight roads—systems built to guide, yet designed to bind. As borders hardened into walls and codes grew teeth, the people's connection to the original wisdom frayed like a rope weathered by storms. Stories became laws, rituals turned to routines, and the breath of the sacred was confined to ink on parchment. Yet the land remembers what men forget. Even now, if you press your ear to the soil, you can hear the old whispers beneath the clamor of progress: Not all who claim to lead have learned to walk.

Religions, like rivers, begin as pure springs. But as they carve their way through the ambitions of men, they gather silt. The ancestors knew this. My great-grandfather would kneel by the fire, stirring the embers as he recounted how the first missionaries came bearing promises of salvation, yet their robes hid scales of greed. "They offered medicine," he said, "but diluted the brew until it cured nothing. They spoke of unity while dividing kin from kin." These were not lies carved from whole cloth, but truths twisted—like saplings bent to shape a cage. The holy books? Fragments of the elders' wisdom, re-purposed. Prayers? Echoes of the old chants, stripped of their power to awaken. Yet the people clung to them, for even a drop of water can sustain a man lost in the desert.

Do not mistake my words as scorn for faith. I have seen medicine bundles opened with reverence and sweat lodges where the veil between worlds grows thin. But be wary of those who wield the sacred as a weapon. History's shadow is long, and in its folds lurk the false faces of kings and councils, warlords and bankers, all robed in virtue. They speak of order, yet sew chaos; preach generosity, yet hoard like crows. Their greatest trick? Making you believe the cage was your idea.

Look closely and ask thy selves, why do maps drawn by the powerful always center their own thrones? The truth is a fire they cannot extinguish, only smother. Even now, the threads of their deception unravel. Famine follows their plenty. Wars flare where they carved their borders. The earth rebels against their mines. These are not misfortunes, but mirrors—reflections of the wisdom they trampled.

My uncle once told me of a wolf that learned to wear feathers, thinking itself an eagle. It soared, for a time, until the winds saw through its disguise. So it is with empires. Their wings are borrowed, their flight a plummet in slow motion. But take care: a falling beast is still dangerous. Its claws grasp tighter as it descends. The road ahead will ask you to see beyond the veils—to trace the old patterns in the new chaos. Do not fear the knowing. Even the darkest night holds the memory of dawn. Walk softly, but carry the stories. They are the flint that will spark what comes next.

As it was impossible to contain the wisdom of the elders since more and more individuals learned how to use the amazing gift that was supposedly a secret. More success stories arose within the borders, creating conflict in the balance of power within the regions. These rising issues were contained under dominion as mutual goals and good intentions were agreed upon. Divisions within present borders were announced, known today as states, territories, and provinces. During this evolution, authority and codes of civility were implemented to counter anarchy. Systems were designed to control and keep order among the working class. Throughout human history, we can trace these events clearly.

Religions, may I remind you, were also created by man. I believe they were created by using carefully selected sections of this wisdom, edited and laid out to serve the intended purpose of creating hope, promoting happiness, and improving production, especially during the more aware slaving eras. Of course, the general public saw the beneficial effects of using the shared wisdom, not knowing the rest was kept secret, and adhered faithfully to the teachings. Unfortunately, religions have not always been used with the best of intentions. Men of power have used and manipulated the wisdom toward less honorable goals of greed and control while ensuring their public image remained one of generosity and good intention. I'm not trying to slur religions here; I'm only trying to make everyone understand they are all derived from the same initial source. They are clever individual interpretations of that same wisdom of the elders, which many still theorize

and debate over the source and origin. They are but *interpretations* in different languages of similar values based on the individual's own personal upbringing and traditions. Just take notice if you go back to the last page that I used a Native tone, how many of you noticed that I only repeated the same content in plane English on the following page. Did you notice how the English version was more credible? How you discarded most of the Native flavored version? This was intentional and taught by the catholic school system, enforced to the point that we almost lost our ways and in some cases the actual language we where taught from birth.

You can receive what you are reading now and choose to interpret it any way you wish or plainly decide not to accept it at all. Remember this choice is yours, but consider what you are basing your conclusions upon. You can label me as you wish, good or bad, but I'm not trying to tear down the system and reinvent the wheel here. I'm only laying down the facts as they were revealed and interpreted by myself during my own pilgrimage toward uncovering the truth of it all. I'm not telling anyone to fight the system or attempting to create an uproar that would most certainly have the opposite desired effect. I'm just saying that no matter what system you were born into, some of which are typically mutually exclusive (e.g., Monarchy and Republic), while others may (or may not) overlap in various combinations.

- Listed below
- Anarchism
- Democracy
- Monarchy. Monarchies are one of the oldest political systems known, developing from tribal structure with one person the absolute ruler.
- Meritocracy
- Technocracy
- Republic. The first recorded Republic was in India in the 6th century BC.
- Sultanates. An Islamic political structure combining aspects of Monarchy and Theocracy.
- Islamic Democracy. An Islamic and democratic political structure combining aspects of Theocracy (as the framework) and Democracy (as the decision-making method under Islam's ethical system). Iran's constitution is based on such a system.
- Theocracy
- Westminster system
- Feudalism

Even centralized systems such as bands and tribes, as myself being a Huron. You would be wise to remember the following online definitions: a political system is a system of politics and government. It is usually compared to the legal system, economic system, cultural system, and other social systems. It is different from them and can be generally defined on a spectrum from left, e.g., communism, to the right, e.g., fascism. However, this is a very simplified view of a much more complex system of categories involving the views of: who should have authority, how religious questions should be handled, and what the government's influence on its people and economy should be. A political system is composed of the members of a social organization (group) who are in power. A political system ensures the maintenance of order and sanity in society while allowing other institutions to voice their grievances and complaints during social existence. Note that the wording for these definitions I copied and pasted directly to assure no interpretation on my part and permit you to read between the lines on your own. I always promised myself I would not get involved with the politics of it all, so let me leave you with this to ponder for the time being.

Understand what is within your power to change, and don't waste your breath on what isn't. Time is the one thing we can never reclaim, and I'd say we've both let enough of it slip through our fingers already, haven't we? Even now, with everything I've come to understand, I see the world differently. Take the building where I work, a place where people come and go, chasing purpose, chasing stability. Decades ago, its design was considered cutting-edge, a marvel of modern architecture. Even today, it still stands out. But when I step back and really look, I don't observe the same reality I used to see, my observations are in constant flux.

Just last week, something shifted in my perception. I noticed something I hadn't before, in the unsettling resemblance between this building and another place. The long corridors, the multiple floors lined with railings, the division between the left wing (Section C) and the right wing (Section A), that mirrored the prison blocks I walked through once upon a time. Of course, here, they softened the edges with glass doors and plants, dressing up the bones of a cage to make it feel like something else. I'm not being cynical. I appreciate my good old JOB, with all its comforts, all its illusions of security. And that's the key, isn't it? That's exactly how the system works. It's not confinement in the traditional sense, but it operates the same way, just flipped inside out. Instead of being locked away and denied access, we are given badges and key cards, granting us permission to move through spaces as if we are free. Instead of shackles, we are bound by the promise of a paycheck deposited just in time to cover the things we convince ourselves we need to feel whole. And so, we stay. We comply. We keep walking the halls.

Do any of you realize what “rehabilitating the incarcerated” actually means? Or have you researched where it comes from? Do you know that military prison systems, such as the one once in Edmonton, were still based on a forced labor principle in 1990? Did you know the maximum sentence issued in a court-martial hearing was two years, even for an act of murder? Why do you think that is? It is because after a two year sentence of systematically doing the same thing at 6:15 AM and then the same thing at 6:45 AM like a robot every day for more than two years, it becomes highly unlikely you will succeed in reinserting the individual back into the system or should I call it society?

Don't believe I have gone completely mad and I am the total opposite of a conspiracy theorist; I understand more than you give me credit for and am very aware of the need for the system to exist. We all know that without that structure, the simple nature of humankind would lead to chaos and eventual annihilation. I'm aware our quality of life would not be what it is without it. You, however, must understand that those who don't work regular jobs need someone to make the bread, build the car, and milk the cow if they want to enjoy their luxuries. My question to you is: Are you ready to make a decision as to which side of the invisible fence you prefer to find yourself on yet? If not, what will it take for you to finally take a stance and start taking action in a firm, determined way?

What I'm getting at here is that over the generations, most of it was lost in translation, and the majority of us believe the controlled environment to be the only way, the only choice available. We would have almost lost what it feels like to be free if it weren't for the vacation time we are allotted. Oh wait! That is controlled also. Our youngest son aspires to be an NHL hockey player one day. You would think that if this happens, he has successfully beaten the system. Let's say by making five million for the next four years that this would be the case... But no, he still pays his taxes and is bound by the same structure and laws. When I finish these books and reach my goal of being an author, when I have finally attained financial independence, I too will still be controlled by the system, and that system won't reject me or count me as an outcast for it.

The system is designed to control the general public but has been allotted plenty of room to adjust for exceptions. Even how much taxes one pays is relevant to whether you are salaried or not. Those who have large businesses or make investments pay almost no taxes thanks to convenient loopholes they are taught to exploit. If you wish to be more aware of your present level of financial knowledge, I strongly recommend you look up **Rich Dad Poor Dad**. An amazing and refreshing view of things as they really are in the financial world, backed by none other than Donald Trump himself. So if you are okay with the way things are and comfortable being the doctor, lawyer, or whatever the trade may be—if you only aspire to see a free parking spot next time you go to the mall or wish to get a red bike next Christmas—then if you choose and pick from this book what you care for and combine it with what you already know, you can certainly do some limited

shaping of things to be. But if you have had enough, like me and Neo, if you know you were meant for something else and are tired of appearing to be happy, then you need to understand where I'm coming from and read a lot more into this than the words I type. I dare imagine my point for the purpose of this dialogue is taken, for I am, as you can clearly see, very opinionated on this subject. Maybe one day I will write a whole book on this, but today is surely not that day. What I am working toward for all you readers here is not just a philosophy or a cheap technique.

The ultimate conclusion, once you have finished reading all three box-sets, is to have initiated you to a new tailored way of life customized to your individual needs. It is something you will Need to help Sustain while making a conscious effort to cultivate, adjust, and adapt.

Only once you have learned to apply all the pieces of the puzzle in a synchronized fashion and use them as a whole will you be able to see the world as I and the others do. That's right, I am far from alone in thinking things to be this way, and I will not be the last. But I have to ask: Are you going to wait 50 years before you get it like I did, or are you going to take a hint early on and come out ahead of the game? The choice was always yours to begin with; my task is only to point out the obvious. The question is: What are you going to actually do about it now that you're all bright-eyed and bushy-tailed?

As far as the system goes, all you need to do is be aware of it and remain conscious of its attempts to distract you. Don't fight it, just learn to work with and around it. Study it and learn how to use it to your advantage. Notice how things are not as they seem and learn how to avoid the negative energy emitting from it. Surround yourself with others who feel the same way you want to feel. Learn new patterns and habits to help you counter the system's effects. Limit your exposure to controlling media and distractions so you can focus on what you really want to think about or get done. Remember not to think too much and take some confident, firm action in the matter. But most of all, believe in yourself and have considerable faith in your ability to make a difference in your own life. As you can see, there is already a lot on your plate, and you aren't even done reading this book. Trust me when I tell you it will take reading this over a few times to pick up on all the intricacies within its wisdom. But over time, I am confident you can ultimately achieve your purpose in life. So don't let this weigh too much on your mind as a whole, and try to soak in as much as you can for now.

"I must create a system or be enslaved by another man's; I will not reason and compare: my business is to create."

– William Blake

"Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing."

– Thomas A. Edison

"Every science has for its basis a system of principles as fixed and unalterable as those by which the universe is regulated and governed. Man cannot make principles; he can only discover them."

– Thomas Paine

"The world we see that seems so insane is the result of a belief system that is not working. To perceive the world differently, we must be willing to change our belief system, let the past slip away, expand our sense of now, and dissolve the fear in our minds."

– William James

"All these natural systems are wholes whose specific structures arise from the interactions and interdependence of their parts."

– Fritjof Capra

"Man evolving from slave to the working man gave birth to the system. If money still exists today, one cannot believe slavery a thing of the past."

– Cruise

Putting off the Inevitable

As individuals, we don't Plan to Fail, we only Fail to Plan.

We must focus on the positive and look into the purpose to define the pertinence of digging this all up. Only then can we hope to create a way to work around the system and elaborate a plan with countermeasures of sustained action. Let's continue to work on awareness for now. Imagine a piece of paper and draw a circle the size of a compact disc. Define the center and draw lines to represent the now famous pie chart according to the following criteria. Keeping in mind that this pie represents the 24 hours in a weekday, define the section that represents the hours you work. If you are like me and have a 12-hour workday, then half the pie is gone. Start including the sections that represent how much time you spend sleeping, preparing nourishment, and consuming it. Then toss in chores like helping the kids with homework, dishes, laundry, house cleaning, and children's hobbies like hockey and football.

Now attempt to determine what piece of that pie is actually yours to do with as you please in one given weekday. You're looking at what? One or two hours a day of ME time if you're lucky, that you can actually apply to getting you closer to reaching your lifelong goal, something you want to achieve, or even something as simple as a wish.

Let's reverse-engineer a famous saying: there is no reaction without the initial action, if I may reword it that way. Now notice we have not factored in television, movies, PC's, video games, phones or any other sources of distraction specifically designed to keep your mind from what it should be focused on in the task of visualizing and acting like you already have what you asked the universe for. Are you getting an idea now of the reason I needed to bring all this to the table for you to realize how controlled and restricted the freedom we all cherish so dearly really is? Great. I believe we are making monster progress here and are now ready to understand the level of commitment and sacrifices needed to take advantage of the marvelous natural laws at our disposal.

One of my favorite personal sayings is that we, as a human race, don't plan to fail, we just fail to plan. Learning how to use simple everyday tools such as agendas, handheld devices like cell phones, and PC's can really help you organize your available time. But keep in mind that misusing these items can also be harmful, so be vigilant and self disciplined enough to know the difference. This will help you maximize the time you have and organize your availabilities. Tools such as Outlook, as I use, will assist in reminding you where your focus needs to be and what you want to be doing. Instead of permitting you to slip slowly and barely noticeably back into your comfortable routine, only to notice a year later the progress you have made and stand there wondering

what happened, scratching your head as it is easy to be under the impression you are making progress on one item while having completely ceased any activity whatsoever on the others.

As I have already mentioned, you must apply all aspects of these teachings simultaneously to aspire to mastering the art and truly become in complete control of your life to attain the level of happiness your heart desires. Here, I will attempt to help you with tricks I have learned to apply to my everyday routine. The target is to break habitual patterns and establish a new routine tailored to counter your weaknesses.

This simple change has increased my productivity in my everyday dealings and rewarded me with a sense of accomplishment I cherish dearly. First, enter all your daily routines into your outlook calendar and set pop-up reminders to review every morning and evening without exception, on top of checking it whenever you're wondering what to do next. Even the simplest tasks are inserted, such as feeding the dogs, feeding the fish, doing the laundry, or preparing meals..

Once you dive into the pie chart exercise and see your availability, you'll notice your limited options to fit in personal activities like TV, shows, and hobbies. You'll decide what leisure activities to add, and how much time to devote to your goals, dreams, or aspirations. This process will lead you to make choices about what to stop doing and reevaluate your priorities.

For me, this meant dedicating time to writing these books instead of mindlessly watching television, telling myself it felt good to relax for hours. This exercise showed me the need to schedule time for research on getting published and related tasks. It sparked an unforeseen focus and renewed determination that I hadn't felt before. Setting a release date created a sense of urgency and commitment to stay on schedule. As days pass, you'll think of new tasks to add – things you've been putting off forever, like fixing items or organizing the garage. Include the time needed to work out and achieve the perfect weight you visualized, if that's relevant. You'll see the list of tasks growing, but the rule is you can't dismiss any items before they're completed. Not a single one, okay?

At the end of the day, review the list. Dismiss all accomplished tasks, but reschedule whatever you didn't finish. You'll soon realize there's no time to waste if you want to achieve everything you wish. We all enjoy some "me" time and doing nothing. But think carefully: isn't "that way of thinking" what got you nowhere in the first place?

You'll start multitasking like you do at work, optimizing your productivity. You'll dismiss groups of items at a time, becoming more efficient in managing recurring tasks. Items postponed will reveal how long they've been delayed, marked as "overdue." Eventually, you'll face the reality of how much time you've spent procrastinating and commit to disciplining yourself into taking action automatically. No matter how big the list becomes, your only option is to remove completed items one by one.

Even your social life will benefit from this exercise. You'll get so much done, impressing those accustomed to seeing you procrastinate. You'll have more time for activities you promised others, like fishing, museum visits, or trips to flea markets. Use these opportunities to multitask, like picking up the glue you always forgot to fix that ceramic statue. This exercise will positively impact your quality of life and long-term goals, not to mention how popular you will be with your better half, who will be flabbergasted.

I started this with our youngest, and after a successful summer, we paused when the school year began. It wasn't until the next March break that I realized we needed to restart this activity and never let it slip again. Teaching our young one to use this tool early has been a blessing. He improved his awareness and concluded it changed his whole way of life. Even if I know he cheated sometimes.

He now understands that becoming the NHL hockey pro he dreams of requires this tool to plan banking, dental appointments, training sessions, and charity events amid exhausting road trips. Most importantly, it helped him visualize the life of a pro player he's been training for these past two years. You see the picture I'm painting, so let's move onto more fascinating subject matter (sarcasm) .

One of my favorite sayings is "silence is golden." Unfortunately, many of us struggle with silence. A significant issue with today's youth is their inability to cope with boredom, though that's a book on its own. I've noticed that when I try to write in my notepad on the living room couch and Glitch walks in, turning on his favorite shows, I can't focus, even if I ask him to lower the volume. This brings me back to the array of tools available today to better sedate and control the masses .

We are no longer just in the technological age but the entertainment age. This refers to everything designed over the last century to distract the mind, keeping it from what it should be thinking about. The powers that be don't want us spending too much time pondering meaningful thoughts; they prefer to keep our minds "informed," which I call "otherwise occupied," in the "age of distraction."

This is the same technique parents use by signing kids up for activities to keep them off the streets. What better way to keep minds busy than creating countless scenarios viewers fantasize about or fictional events? It's also the perfect tool for propaganda, marketing, and getting large masses to focus on the same thought. In "The Secret," they mention we couldn't have wanted wars intentionally but omitted that we did. Those in power got huge numbers of people thinking about the same thing simultaneously.

Never underestimate the power of fear and repression. This keeps countries in endless wars; they cannot visualize an end until another power steps in with hope. The example in "The Secret" about Mother Teresa was good. These countries rely on religion to maintain sanity and survive on nothing. I've pondered what leading such a life would be like and didn't enjoy the conclusions. While masses praying in unison can be a force for good, entire societies dreading military attacks or worrying about loved ones in combat is catastrophic. Visualization of one is as effective as the other. Men in power have long known and manipulated this.

Historically, tools like the arena were used to soothe and control the masses. Today, the barbarism of gladiators has been toned down with rules, but hockey, football, and sports replace Caesar's events. The goal remains the same. Rewards for those who don't need to slave are immense. Slaves were offered better quarters, meals and companionship in exchange for becoming champions.

Things have evolved but remain the same. Theatre gave way to Hollywood, the collective favorite. We idolize those who've maneuvered the system—sports stars, Hollywood icons, rock stars—placing them on pedestals. Is this misplaced sentiment or jealousy expressed as adulation? Maybe I'm reading too much into it, then again maybe not.

Back on topic: the weekly paycheck levels out insecurity, replacing dreams with false responsibilities. You may not control the system, but you control your life. Trust me, this isn't easy. No matter how motivated, forces work against you to keep you in old habits. Any strategist will tell you to know your opponent. "The Secret" underestimated the discipline needed and left too much for readers to figure out. Now that you understand the details, we can establish a game plan tailored to your needs. Remember, the first step to fixing a problem is acknowledging it. Knowing the opponent and terrain gives you an advantage. Believing these words is half the battle, applying them is up to you. Will this attempt be different? It took me two years. Are you up for that commitment?

This section as you have noticed, highlights how focus and dedication are essential. Your ability to establish what you want, combined with self-discipline, will keep you in tune with objectives. Your assertiveness and unwavering faith in yourself are key. Difficulty varies: some struggle to focus, others to believe. For me, juggling multiple objectives without focusing on only one in particular was the challenge. For example, visualizing perfect weight might led to losing 85 pounds, but focusing on money or writing caused could result in regaining that weight again. Mastering the juggling of multiple elements and forming new habits was my focus.

"Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year, and underestimate what they can achieve in a decade!" — Tony Robbins

"For disappearing acts, it's hard to beat what happens to the eight hours supposedly left after eight of sleep and eight of work." — Doug Larson

"I must govern the clock, not be governed by it."
— Golda Meir

"Let him who would enjoy a good future waste none of his present." — Roger Babson

"The present is a point just passed." — David Russell

All or Nothing

Conserve your energy and Move one thing at a time.

As we move into more present times in my accounts, I'll lay off a bit on the Elders' wisdom angle and adopt a more modern tone to connect better with your logical, common sense side. We'll address the urgent need to determine what you want most, because when the mind realizes it can have anything, it tends to want all the items of your desire at once.

For instance, I want to reach my ideal weight, attain financial independence, help the young one use the law of attraction to achieve his goal of becoming a professional hockey player, and support Jo in finding the confidence she needs for her career aspirations. That's just the tip of the iceberg; I could make a list a page long if I let myself. The point is, like Madonna said, we live in a material world. You need to make a list of everything you and your family want most, then determine the one thing that will provide it all. If you don't, you'll end up elsewhere, attracting things you didn't intend to. Trust me, if you let it, your mind will derail the train and run with it.

But the key detail is that I spent much of the past year scattered, not prioritizing one goal over another. This lack of focus kept me from making real progress. Only by stepping back and reflecting on my true desires could I regroup and decide which goals meant the most to me. But I made one mistake: I didn't actually ask the others and assumed I knew what they truly wanted.

By determining which choices hold more meaning, you ensure you pick the one you feel most strongly about. This exercise generates the intensity of emotion needed to project the right frequency powerfully into the conscious universe. First, define what you want, then acknowledge the need for changes to make progress. Expect and embrace the shifts that follow, genuinely desiring those changes as they unfold. Recognize that life-altering choices trigger a ripple of smaller events, which you must confront positively to avoid disrupting the sequence of events you intend to attract. Assess your available time and prepare for adjustments in your daily routine. Structure your time with discipline, enforcing the necessary changes to adopt the new lifestyle you aim to create.

But remember, if you wish for a new car, the universe works in mysterious ways. You might hit a curb and damage your current vehicle. Don't lose your mind when this occurs; it could lead to moments like test-driving another car, steering you toward the eventual purchase. Strive to guide the chain of events more deliberately, cultivating stronger positive emotions to amplify your intentions. Stay mindful that your goal is a second vehicle, not a replacement for your current one, if that's the case. Be specific and detailed, and don't leave it up to the universe to fill in the gaps. If your intent is replacement, include how much you want for the trade-in. Remember, you must Know Your Outcome. Don't focus on How it's going to happen, it rarely unveils the way you imagined. But rather make sure to obsess on What you want to happen in detail with emotion and intensity.

Use preferences like color and options on the new car to help you in your task. Window shop for the new tints or rims during your break. You want to think about this car as often as you can during one day and this every day. Instead of thinking like me of the car one day and of the money the other, maybe I just needed to realize that by becoming the author I really wanted to be, all these things would follow systematically. (Hint)

Continuing along the same line, changing habitual patterns is essential. Begin by altering what you do when you wake up. Make a deliberate effort to greet the day differently and adjust whatever aspects of your life necessary to sustain happiness and a "joie de vivre", while consciously maintaining that mindset. This will require revising how you spend slow moments at work or during breaks. Shift what you eat and how you use lunchtime, consider exercising at work, to carve out valuable time after work. Select the TV shows you truly care to watch, take time to record them, or better yet, stream them Online to eliminate commercials and unnecessary distractions that drain your enjoyment. Examine your leisure activities and align them with your priorities, wishes, and goals. Stay aware that the system will actively work against your progress, aiming to keep you stagnant and unchanged. It thrives on keeping you trapped in routine, and the only escape is to recognize its influence in the subtle patterns of your daily every day actions.

For some, this will be sufficient to get started, and they will figure it out from here. For others, however, more guidance and tools are going to be necessary, in order to manage the life they are already well committed to. This is where I will strive not to fail you, crafting a support system that includes mentor-ship, access to resources like a dedicated website membership and discussion groups. I might even adjust my schedule to prioritize seminars and public appearances, demonstrating my ongoing commitment to showing the world how they, too, can achieve what they truly want from life. My aim is to help those who have lost sight of hope and merely drift through each day. (Hint) - Notice how I am intentionally creating detail in my own future that aligns not only with your, But Both Our Desires, as if I have already sold enough books and have a large enough fan base to be invited to speak at such events, projecting way beyond just becoming a very successful published author.

Once I secure my financial independence, I will achieve my goal of resigning from my current job and stepping fully into the role I intend. By then, I will have learned how to cultivate genuine happiness and will share this wisdom with those closest to me. New goals and challenges will naturally arise, and I intend to devote the rest of my life to helping others reach their own aspirations. The profound fulfillment born from these efforts will propel me forward into the next phase of my personal journey.

I once witnessed a masterclass in the art of wanting; a subtle, expertly executed desire sparked by a series of unfortunate events. It began when our family relocated to Canada's capital. While I managed to settle in and revive my career in the technical field I'd longed to rejoin, my partner, Angel Eyes, wasn't as fortunate. We'd left Montreal due to the scarcity of non-bilingual job opportunities for her in Montreal, only to find Ottawa, just across the river from Quebec, equally entrenched in bilingual employment requirements.

Initially, Angel Eyes secured a promising job at a major bank here, until she chose to leave voluntarily, frustrated by the lack of advancement. Re-entering the job market, she confronted the same bilingual barrier. Our financial obligations made staying home to care for her family impractical, forcing her to accept a position she didn't want just to make ends meet. She excelled in the role, yet again faced empty promises of promotion from management. Ironically, her competence became a hindrance, as it often had before.

Now, Jo finds herself in a similar predicament, but earning a fraction of her previous salary at the bank. Can you imagine? The system's inertia persists, yet so does her resolve, a quiet testament to the delicate dance between desire and circumstance.

This unfortunately happens when you're so productive and efficient in your field that your team leader or supervisor refuses to recommend promoting you, simply because they rely on your performance to mask the incompetence of others on their sales team. They cling to her numbers to inflate their stats, creating the illusion that everyone was excelling. Isn't it absurd how excelling at your job can backfire? How mediocrity is sometimes rewarded to elevate those in charge, while true talent is held back to balance the scales? Remember this, you are not the only one that wants something. If you can manifest, so can everyone around you, including that supervisor who wanted a promotion to manager.

Our financial obligations remained unchanged, and she found herself navigating newer job opportunities, each worse than the last. Endless empty promises and disheartening experiences eroded her morale and self-worth. She struggled to stay in a role longer than it took to receive the first paycheck before moving on to the next exhausting endeavor. Yet she couldn't afford to dwell on the negativity. What's remarkable is how her mind instinctively refused to linger on the setbacks, seeking instead an escape, like something to reignite her sense of joy and purpose.

At the end of her career at the bank, we had become avid fans of the local hockey team. Going to her first game was a profoundly rewarding experience, as she had found something there she truly loved. Throughout her ongoing job-hopping ordeal, now stretching over three years, she has leaned on her passion for hockey to distract from the crushing pressure of the career loop she's trapped in. Yet with each renewed failure to find a suitable career fit came inevitable signs of creeping depression, making her job search efforts feel increasingly damaging morally and futile.

Strangely, after a year, even despite our lack of funds, she developed an obsession: no longer content to just watch games on television, she became fixated on attending games in person. The arena became her refuge, a place where the weight of unmet ambitions were briefly lifted.

Let's leave the whole unfortunate job situation aside for now and take a closer look at how the renewed love of a simple sport affected her life. First of all you are all already aware that our youngest one has been playing hockey for the past two years. Do you think that to be a complete coincidence? Me neither, there was definitely a transfer that occurred in the influence and interest from a mother to her son there, that part I still find fascinating to this day. But that is not what I'm getting at here. By saying take a closer look, I mean let us zero in on what her mind wants in these trying times during her highly emotional job hunting experience. I have noticed often in random conversations her undeniable wish to remain a stay at home mom.

I believe this to be a desire that dates back to before we met. Even if our financial obligations make it so that she has to comply and face up to the fact that we need her income to improve our quality of life, this doesn't negate the fact that she wishes to stay home more than the necessity that is being imposed upon her.

Now let's take a look at the methods used to escape an otherwise unbearable reality, and how she has focused her free time on three distinct items. In the forefront we have the TV, then there is the computer, where she has taken an interest for the past four months in face book that includes a multitude of associated games, not to mention her passion for graphic arts of which she has been managing several web sites for years now. And then there is Hockey, which she uses the two previous items, computer and television for also. Through using face book she has hooked up with a community of avid hockey fans, which is to be expected since she uses the sport to escape and find something she enjoys, in an effort to make life more bearable. This reasonably large assembly of proud and loyal fan based individuals just happened to have access to group rates on tickets to the games. So now instead of not being able to afford the minimum 69 dollars needed to go to the games, which was the main obstacle in her not being able to live one of her deepest desires, she now could get the tickets for 30 dollars a piece. I have to admit that habit is allot better than to have taken up drugs or alcohol as most would any day.

This simple fact of getting to go to the games has doubled her love for the activity and has helped immensely in getting her hopes back up. This renewed her efforts in finding a job that will in the long run, enable her to buy more tickets and go to all the games next season. Notice here how wanting to see the games already improved her ability to gather her inner resources to renew the required mind frame needed, in order for her to resume the challenging career battle. Although this does not assist her in resolving the conflict between knowing what she wants to do with her life and dealing with the limited options she believes available to her, it does provide the fuel of hope she needs to get back on track. With these renewed efforts to find a suitable fit in the career department, came a new flood of disappointments in attempts to start new jobs that just didn't deliver. Strangely enough this was simultaneously paralleled with an almost obsessive drive to not miss a single game. Unfortunately our financial situation had not improved and this possibility became less and less likely. With each paycheck being balanced against the on set of prior financial commitments as juggling the bills was taking priority. Now here is where the amazing power that is the law of attraction really began to work its magic.

Odd and unlikely events started to appear in our day to day lives. The corporate merger of my employer with the new investors went through as planned. This meant that our new partners would make an offer to buy out our shares. Unfortunately I was well aware that my 1000 shares were worth next to nothing, because everyone knows that 1000 times nothing is still nothing. Even though my shares were

worth approximately 7 dollars to me in the whole transaction, my company presented me with a check of almost 700 dollars out of the simple goodness of their hearts, thanking me for being a loyal employee with the fancy letter that accompanied it, because that's what corporations do right? I also was just happening to be getting emails at work from individuals offering to sell tickets to the games, with seating I would never be able to afford at a fraction of the cost, but the strangest part in all this was, how I seemed to be successful at getting them, even if many others wanted them and attempted fiercely to acquire them to no avail. Coincidence? Dr. Carl Gustave Jung would firmly disagree.

One of these synchronism's consisted of me persuading a colleague to sell me hokey tickets he won in a draw at work for half their value and telling him I would owe him a favor he could collect on when ever he felt the need. I expected him to ask to switch shifts with me down the line, since he was the drummer in a band and often needed to adjust his availabilities for upcoming gigs. When I mentioned that I was going to start a new company that builds web sites, he called on that favor and asked me to give the band a good deal on a new site. Well my new company already had its first contract, nothing odd about that right? What was odd indeed is that and I had only registered the domain name and had not even built my own company site yet at that time.

Just to highlight the synchronous event, another contract for two more web sites was sealed with yet another colleague who had a property management company and was resigning shortly to run for city council. Still think there was nothing to it? Wait there is more. Keep in mind I had still not had time to create my own company site yet.

All of a sudden the leader of the group of fans that Jo was a member of, began to give us free tickets to the games, stating these were provided by the owner of the hockey team in appreciation for our support and assistance in sales. But this was not a one time occurrence; we have free tickets to all the remaining regular season games, since we apparently got one free ticket for every ticket we previously bought. So we are currently as I type this already going to physically be at all the games, not missing a single one. Note that these seats are not the best in the house but it beats watching the games on TV anytime. However, for free is the mind blowing part.

You would think this was enough to convince anyone of the point I'm trying to make but it doesn't stop there. Funny things continued to occur, despite the fact that we already have free tickets. Events like Joanne and the youngest one, ending up on the Jumbotron, that resulted in moving them from the 300 section at 69 dollars a ticket, to the 100 section that are at 200 dollars a ticket. Just for that particular game of course. Another unexpected event occurred when Joanne sent an e-mail to the organization and getting four of the best seats in the house behind the team bench.

So we got four free tickets to replace the three free tickets we already have, even if I assure you this was not the intent behind sending the e-mail in at all. We were then able to sell the 3 original (free) tickets we were holding for that game, to generate a profit that covered the gas, the parking fees, refreshments and some food. Even if this was last minute, on the day of the actual game and the chances of finding a buyer in time was close to none.

There is a lot more on this subject but I don't need to state them for you to notice that there is no coincidence here and understand that simple everyday turn of events such as these are flagrant examples of the law of attraction in motion from a simple desire used to counter unfortunate circumstances in her life. Her simple wanting something combined with acute focused emotions, transmitted a powerful and constant frequency that resulted in an unimaginable amount of synchronicity's. I'm sure Jung would have been proud.

Yes! I admit, you can say that this was coincidental and hardly amazing. But I dare you to combine these events with the following outcome and be able to say it again later keeping a straight face. Try thinking about this without any doubts what's so ever on your statement. This is to help your mind accept the whole concept as fact and if you're lying to yourself humorously then you are defeating the whole purpose now aren't you. Your mind will need a lot more than this to make a definite decision, so let's continue and just register these as facts for now.

Jo was manifesting at a remarkable rate. Eventually Jo got exactly what she wished for, she was offered a service provider contract to take orders for a pizza place, from the comfort of her own home. Let's for the moment, over look the details of this particular manifestation, and analyze the opportunity for a moment here. Let's take into consideration another remarkable event that occurred while taking pizza orders one very special evening.

She picked up a call for an order by the same person that created the Online fan club, we got the free tickets from on face book. That initial conversation created the lead that brought on a forth paid contract for my new company, to create a web site for the fan club also. So let's see now; by focusing on one thing so intensely she not only attracted a solution to her own financial situation but also brought on a 1000 dollar contract for our new company, plus two memberships for the new year with the fan club and amazing publicity to attract even more business just from that one contract. Oh! did I forget to mention that this was only the biggest contract our new company had obtained up to date? Not to mention that if you added up all the free tickets and revenue generated from this whole hockey fever, the total would surpass the sum out of pocket for any hockey related event, and actually show a net profit. Do you still think it was just a coincidence? What were the chances that she would take that specific call from that particular individual? What where the odds of it hitting her in particular, when each call is randomly directed from a holding queue to the next available agent. Love that "C" word.

The timing of it all is difficult to capture in words but I'm sure you get the big picture. This is how the law of attraction works. Do not waist time trying to figure out how it will come to be, just have faith that a way will be found. Besides you just don't get more "in mysterious ways" than that right?

The whole point to this entire chapter was to single out, how much more efficient focusing on one item through sustained passion is. When compared to wasting several shorter bursts of emotionless energy, chasing your own tail. Maybe the best way to get you the reader to picture this more clearly, would be to apply another analogy. Imagine three huge boulders lined up on a slightly inclined terrain. Now you are certainly familiar with the fact, that you will require more initial trust to get a boulder that size to inch its way forward. Of coarse, once you have momentum on your side, the amount of effort needed is somewhat lesser to keep it going. However once you started going up hill, if you let it go mid way to focus on moving the second one, only to repeat the same mistake with the third one. You will find that when you start up the third one, that the first two, have simply rolled back to their original starting points, bringing you back to square one. Meaning you need to push harder to get the first one started once more and find yourself in a helpless loop. Eventually you will simply give up knowing that your are getting nowhere fast.

Why not get creative and pass a rod threw the center of all three boulders. This way you can push in one continuous effort and eventually notice that you have passed the initial incline, to find yourself rolling down hill with almost no effort required. But wait, hasn't our species already figured that out? So why not focus on one goal that will inevitably attract all the others. Because I'm certain you've never heard that one before either. In conclusion, the fact is that you should work feverishly towards the one wish, by using emotion to apply more torque, kind of like a rocket needs more initial thrust to escape the earth's gravitational pull, you can clearly come to your own conclusion on the result. Because once you are in space, a little push goes a long way. Besides doesn't the law of gravity affect everything? Then why would it be different in the case of manifesting?

You be the judge.

"Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives."

– Tony Robbins

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

– Bruce Lee

Regeneration

The Art of Mental Sculpting: Shaping Your Reality Through Focus

Now that you have made yourself aware of your already charged schedule, learning how to manage and prioritize is a must. It is time for you to learn and think of yourself. Your entourage has probably already started to witness the effects and results in the changes you most likely began to apply by now. But I assure you that doing so will have a direct effect on your stress levels. You cannot allow your battle against procrastination to take away from your quality of life. By this I mean you must learn to think about yourself and take the time to create the much needed balance, which will be essential for you to feel happy and satisfied.

To keep your energy flowing at the frequency you truly want to live in, you have to understand this... It's not selfish to take time for yourself. To focus on what you need. The system is built to pull you in, to keep your mind tangled in distractions, but you don't have to play along.

You have to carve out time to realign, to center yourself, to cultivate the emotions that fuel the life you're trying to create. And sometimes, that means setting boundaries. It means letting the people around you know when they're not helping, when their negativity is pulling you off course. Not everyone will understand, and not everyone will respect it. That's when the harder choices come. Sometimes, keeping your peace means changing your circle.

You can lead them towards the general idea without going into unnecessary details, on how you want to remain positive and how they could really help you out by addressing things differently. But Sometimes, it means walking away from toxic relationships entirely. There's a reason for the old saying: Don't go to bed angry. Not because anger itself is unnatural, but because holding onto it, feeding it, carrying it forward is where the real damage is done. If you want to stay in balance, you have to learn when to let it go and release what no longer serves you.

It's important not to slip back into old habits, dwelling on things beyond your control, letting negativity take root where it doesn't belong. Share your wisdom, give guidance where you can, but don't let yourself get pulled too deep into conversations that go nowhere. There's a fine line between offering insight and getting tangled in useless negativity.

Think about it, how can you bring something into existence if you're constantly letting others dictate where your mind goes? You have two choices: either learn to steer the conversation toward what truly matters, or master the art of stepping away using grace and leaving a distinct impression.

One way to stay on track is by using a marker, something that reminds you, in real time, to refocus. A small trigger to bring your mind back to what you're working toward. Twice a day for a few minutes isn't enough; real change takes consistency. If you're like me, working long hours, you need something woven into your daily rhythm.

By now, you might be thinking I've lost it, talking with an Archangel and all. But trust me, I am fully in control of my mind, and my reasoning is as sharp as ever. Remember this, your Emotional State during the entire day, not only in the moment you are making the actual request is what fuels the creation, it always has. The universe does not speak English or French, those are man made things. All it knows is you are thinking intensely about something and it will give you more situations that will make you Feel the same way.

I make a conscious effort to stay in that positive space, to let it shine through in my conversations. And if a discussion starts veering into negativity, I have no problem walking away. Time is precious, and I refuse to spend the moments I've dedicated to myself drowning in energy that doesn't serve me.

One of my simplest, yet most effective, tools is my gratitude rock. I keep it in my pocket, and every time my hand brushes against it, I'm reminded to be thankful, not just for what I hope to have, but for what I already do have. It's a quiet nudge, a physical trigger to keep my mind aligned with the reality I'm shaping. At first I walked away alone, then started to notice that others wanted to join me. After a while some started to mention openly that they enjoyed my presence and refreshing points of view.

Sometimes, I catch myself being the problem, the one steering conversations where I don't want them to go. When that happens, I just step back and quietly retire, to walk alone, holding my gratitude rock, letting it remind me of where my focus should be. Being grateful isn't just about saying thank you. It's about feeling it. It's about putting real emotion behind your gratitude, allowing yourself to experience the joy of having, rather than the emptiness of wanting. These moments of reflection aren't just about counting blessings; they're about taking an honest look at how happy you truly are.

If you're spending twelve hours a day hating what you do, that should be at the top of your list of things to change. I believe with everything in me that it's better to earn less doing something you love than to make more doing something that drains you. Liking what you do has an incredible impact, it sets the tone for your entire day. If you wake up dreading the hours ahead, how can you expect to stay positive? How can you keep your energy aligned when you're spending most of your time immersed in frustration? We already know that what we focus on expands. If you're constantly emitting strong negative frequencies, guess what you're attracting more of? Exactly what you don't want. The choice is yours, either find a way to make the best of where you are, or take steps to change your path. And if change is necessary, make sure you're not rushing into it alone. Big decisions shouldn't be made in isolation, discuss them with those closest to you. Your journey may be your own, but also affects those who walk beside you.

Through experience and the wisdom passed down by our ancestors, we've learned the importance of constructive criticism, not just pointing out flaws, but offering solutions. Our teachings remind us that every challenge should be met with collaboration and respect. When we embrace this way of thinking, we can navigate complex belief systems and theories with integrity, creating a space where different perspectives are honored and true progress can take place.

This mindset ensures that our journey remains rooted in mutual respect and the shared pursuit of truth within our sacred circle. There is a way to go about things. Simply quitting your job without direction is not one of them. However, you can attract work that fulfills you, if you are clear about what you truly want. I hope this point is understood, as too many take statements like these at face value, making drastic choices without the proper foundation. Clarity in the intention must come first.

This brings us to the core subject in this chapter. You are going to make an important addition to your already charged scheduler and also find time in the day at home to focus and meditate. That special time you take to go to that harmonious place which makes you sigh in content. Find the one place that resonates with peace within you like a constant humming of happiness. For me this is when I pour myself a hot bubble bath, with essential oils and some candles, while enjoying a good glass of wine. There are many ways you can choose to do this, it could be while sitting on a river bed bonding with nature and appreciating the gift that is life. Other times I choose more classic methods that I practice before I go to sleep, which I will go more into detail later on, for I believe that mental preparation for sleep is just as important as the rest your body receives from the exercise. All of us have already heard of these relaxation techniques, but most of us fail to realize the value in them, not knowing how to apply them in functional ways. You can do some research on what works best for you. Again, I ask of you to get creative, use the techniques provided in your web site membership, research your own on the Internet and watch videos. Or you can follow these simple steps.

When you lay down to rest, begin with a simple visualization: a room, its four walls pure and snowy white. See yourself within this space, empty of distraction, still and quiet. Focus only on these blank walls as you bring

your attention to your breath. Inhale slowly through your nose, deep and steady, then exhale just as slowly through your mouth. Become aware of the rhythm of your heartbeat, the rise and fall of your chest. Think of nothing but white. If your mind wanders, gently bring it back and start again.

Then, with your imagination, begin to paint the walls. Fill them with the images from your wish board, the life you desire, the things you long to manifest. Admire this vision and allow happiness to well up inside you—the same kind of excitement you felt as a child unwrapping a long-awaited gift. Let that joy settle, warm and full, until a faint, knowing smile touches your lips. Hold onto this feeling, let it soak into your being.

Now, picture the room lifting, drifting weightlessly into the vast universe. At the peak of your emotion, when the feeling is at its strongest, you will recognize a subtle but powerful sensation, a shiver down your spine, the kind you get when deeply moved by a song or a moment of pure connection. This is usually my signal. At this precise moment, exhale and let the four walls collapse outward, sending your energy rippling into the cosmos like waves across a still pond. Watch the vibrations spread, reaching farther and farther into infinity, carrying your intention into the fabric of the universe.

Remain in this stillness. Stay in control of your breath, your heartbeat, your focus. Allow the ripples to blend into the cosmic flow until they disappear beyond sight. Then, slowly, begin your return. Let the background noises of your reality drift back in, but do not allow them to change your state of mind. Carry this feeling with you, this calm, steady joy. Rest in it. Sleep in it. And when morning comes, remember, there is a way to begin your day that will make this energy last. But for now, be at peace.

At this point, you should feel a subtle yet powerful shiver down your spine, to me it is as I described previously, like the sensation you experience when deeply moved by a stirring performance or a profoundly emotional moment. This feeling of happiness is something you will come to recognize and harness. The moment you reach this peak of emotion, let it surge through you. As you exhale, allow the four walls of the room to dissolve, expanding outward and releasing this energy into the universe. See the ripple of your frequency spreading, like the gentle waves that form when a pebble is dropped into a still pond. Watch as these waves extend infinitely into the cosmos, carrying your intention beyond the limits of your imagination.

Remain focused. Don't let distractions pull you away. Stay in control of your breath, your heartbeat, and your awareness. Visualize your energy merging with the vast cosmic matter until it gradually fades, dispersing into the flow of the universe. Then, with gentle intention, begin your

return. Slowly allow your awareness to shift back to your body, to your present reality. Let the sounds of your surroundings filter in, but do not let them disturb the peace you have cultivated. Hold onto the deep sense of happiness and fulfillment you've generated. Carry it with you as you drift into restful sleep. And remember, your morning routine will build upon this practice, reinforcing its power. The effects of this nightly meditation will be far stronger and longer-lasting if you commit to it fully. For now, simply rest, knowing that you are aligning yourself with the reality you seek.

I know this might sound unusual, but I assure you, it truly works for me. When you learn to tap into the cosmic energy that weaves the universe together, the same energy that fills the spaces between everything we perceive as real, you unlock something profound. The ability to summon happiness and serenity at will is a sign that you're already making progress, moving toward the life you've always desired.

Like any practice, this may take time to master. Some will experience it effortlessly on their first attempt, while others may take longer due to lack of habit or an underused imagination. But with patience and consistency, the shift will come. And when it does, you'll realize that you were always capable of shaping your reality, you just needed be reminded how. This cosmic energy is the base of existence and is what

our souls are made of. If all this sounds familiar it is because so many have already explained it and used it around you. This is the foundation and the building blocks of any good martial arts Sensei.

Everyone has heard Obi-Wan's wise words teaching Luke to empty his mind and focus. George Lucas was just as aware of this knowledge as the creators of The Matrix. The concept is referenced too many times, in too many ways throughout his work, to be ignored. After all, the man has been honored with a lifetime achievement award, how do you think so many people were able to connect with fiction that, at the time, seemed so far-fetched?

Many celebrities, consciously or unknowingly, have used this way of thinking. Some were fortunate enough to be raised with this mindset and don't even realize it. They may claim they don't practice it, yet their actions betray them. They make statements like, "I'm in control of my own destiny" or "I wasn't worried! I knew the outcome ahead of time." As you can notice easily whether they realize it or not, they are harnessing the same principles.

I believe that in the silence of my meditation, I am able to form a connection, like a bond, with the energy that holds atoms together at the subatomic level. This is the same energy that fuels our ability to think, speak, and move throughout our daily lives. More importantly, I now understand that it is possible to replenish this energy, which we constantly deplete through thought and action.

How many times have you heard someone say, "If we could harness the energy of children and sell it, we'd be rich"? While the sentiment is often lighthearted, it hints at a deeper truth: our energy is not limitless. If you were paying close attention when I explained how the human mind operates and how much energy is required just to keep the body functioning for a single day, then you understand how exhausting it truly is. Imagine leaving your car's headlights on for an entire 12-hour shift; would you expect the engine to start afterward?

I believe our strongest connection to the collective mind, or as I prefer to call it, the unconscious universe, is formed during sleep. Through this link, we absorb and replenish the energy our bodies and minds have consumed. Have you ever wondered why you can feel just as drained after a day of mental exertion as you would after intense physical labor? Why someone who has spent the day sitting on a couch, only moving their thumbs on a game controller, can feel as exhausted as a construction worker after an eight-hour shift? The answer lies in the unseen energy we constantly use and the

necessity of recharging it. I have spent enough time behind a desk to know that mental fatigue from answering phone calls all day can be just as exhausting as the physical strain of unloading trucks full of merchandise. The drain on energy remains constant, regardless of the type of work. However, when you begin practicing moments of meditation, you will start to notice that energy replenishing on its own. Now, how is this possible without reaching the REM stage of sleep? There is a logical explanation for this, but now is not the time to reveal it just yet.

The bond or link created during meditation will give you a boost in energy that no coffee or other stimulant such as sugar will be able to provide. You will feel like you took a power nap but without the drowsiness and stretching that accompany this act. You will be sharper in your daily tasks and eventually you will find yourself noticing much more of what's actually happening around you. You will become more aware to details and body language for example. A combination of this and adequate nutrition supplements will have an enormous impact on your motivation, not to mention give you the energy to sustain the drive you will need in order to get through your daily to do list.

This is why some individuals as myself are able to manage their lives with only three to four hours of sleep a day. I have had a chronic sleeping disorder my entire life and I'm only beginning now to understand why. I have

always been a big fan of meditation, which is just something I picked up in my studies of religions and a tool I have used to control a bad temper in martial arts. I will never let the world be witness of that rage again. By use of meditation I have been able to sustain my energy levels and keep my need to recharge to a consistent minimum.

I have often felt the jealousy of my peers on my ability to do so. My lack of meditation in the past few years however explains well, now that I think of it, why I slept more than usual lately. But more so why I went right back to only needing a few hours of sleep, as soon as I restarted my old meditation habits. I feel a lot more alive and much younger in a strange way. I strongly recommend meditation at least twice a day, on top of the sleeping technique. I am a firm believer that, meditation was not underlined enough in "The Secret" publication and may be a key factor between those that are still using this knowledge successfully and those who have filed the knowledge in their heads as irrelevant garbage. You will find that meditation combined with the ability to generate the emotion of feeling like you already possessing your wish is an active part in the combination of changes you need to apply to your day to day life. It will proportionally effect your capability to concentrate on the task at hand, creating the awareness and energy levels needed to follow through. There have been many

advances in the field of meditation over the last few years. Many of these new techniques are technologically and pharmaceutically assisted. Devices have been put forward to assist you in attempts to replicate Alpha, Beta and Theta brain waves. Do you even consider it a coincidence that all of these new techniques evolve from the study of brain frequencies? I challenge all of you to do some research on the subject and then state that this is completely unrelated with what we are trying to achieve. Other ways to strengthen your resolve and ability to focus is just to practice holding a specific image in mind steadily for 5 to 10 minutes, once or twice a day. Pick an item that you can imagine without too much difficulty, keep it simple like your pet your car, your house or the face of a good friend. Then later replace that image with an item from your wish board to help you manifest. Always choose something familiar but not general that will however require a distinct effort in order to visualize the item more clearly.

For some, this practice can be difficult at first because the mind is untrained. Random thoughts and images may keep interrupting the exercise, and you'll have to constantly bring your focus back to the main subject. Don't let this discourage you! If your mind wanders, simply start over—remember, the only reason you're struggling is due to a lack of practice in maintaining focus. Keep working at it daily, and you'll find it becomes easier and more natural over time. As your ability to concentrate strengthens, you'll also begin to notice more details in your surroundings, sharpening your awareness in ways you never expected.

Just like in the night time routine, find a way to empty your mind. Rid yourself of random incoherent thoughts. Especially on those days when you've got a million things on the go and you're trying to remember them all at once. Notice how when this happens that you keep forgetting things anyway? Emptying your mind and practicing this technique will do wonders on your concentration levels in future mental exercises of this nature.

Take 5 or 10 minutes to practice ignoring your thoughts. Even if you are attempting to empty your mind, you really can't completely rid your mind of thoughts. Your mind will still keep thoughts flowing through it the whole time. However, you can learn to detach yourself and simply let them pass you by. Become aware that you're still having thoughts, but don't grasp them or begin actively "processing" them. This moment is hard to understand or explain, but once you master it you'll have discovered an impressive technique for releasing stress and improving your focus in a very short period of time! Meditation techniques designed to improve concentration and focus may seem to be easy at first, but they are often more difficult to actually apply than initially expected.

It has already been explained to you that visualizing is also key in your success, and needs to become part of your daily routine. Let's say you have a wish or better yet an important task ahead and you're feeling unsure about your ability to come through, just simply close your eyes and

visualize the task first! Numerous studies have been successfully completed on the impressive power of mental projection, and the general consensus is that performing tasks or activities mentally over and over again is equally as effective as performing them physically! That means that visualization has been proven to serve as meaningful and productive practice sessions. That in return helps to enhance your performance in physical tasks such as sports or even better it can also help better your time management by getting more done. This is done by helping you to react to situations better, reducing the amount of thinking involved in any given task.

Try visualizing yourself remaining balanced, calm, and focused throughout your day — effortlessly handling surprises and interruptions while ending the day feeling happy and proud of yourself. The key is to fully immerse yourself in the experience within your mind, seeing and feeling everything as if it were truly happening.

The more you practice this, the more proficient you'll become, and soon, you'll start noticing real changes in your actions and results. Most importantly, in our case, this practice will directly enhance your ability to attract what it is you desire.

The most common obstacles to achieving this are being tired, bored, stressed and multitasking. Other common occurrences are being hungry and if you need to make a decision you are trying to avoid? Only after learning to be more sharply aware of when any of these obstructions occur, will you experienced a new level of awareness in your life, especially for the decision making process. Instead of trying to force upon yourself extended attempts to focus when you are experiencing one or more of the obstacles, choose to correct your time management and answers instead. You must also learn to take better care of yourself physically in order to achieve this enhanced level of focus. As "The Secret" publication also pointed out, you will need to develop methods to let go of them more quickly. On top of the publications recommendations you could include getting more rest, like taking a short nap, going to bed earlier and getting up early, exercising the stress away, and stop extensive multitasking for short periods of time. Don't forget that the emotion behind it all such as not feeling guilty about it, but to be proud of taking evasive action is just as important.

In the real world, picking up simple tricks like these, can help increase focus for a few seconds, to a few hours or even days if you take it seriously. You will apply these reminders sporadically until you manage to register these and gain them as a habits. Use phone reminders and Outlook pop ups to keep active in this training Even post-it's in mirrors and all over the house in areas you frequent often such as your refrigerator work well.

In order to better your ability to manifest, you must be crystal clear on the goal and determine what your desired outcome is. So start asking yourself this question before trivial everyday tasks such as brushing your teeth, cleaning the fish tank, taking the dog for a walk and so on. Attempt to become more aware of why you do things. This will also help you notice the things you do for no reason at all, other than out of simple habit. Remember that meditation helps achieve that level of clarity.

Let me assure you, it will not be easy to remember to ask the question. Often you will think it is silly and want to stop. Remember that trivial changes lead to huge accomplishments. A good mind set for this exercise is to remember that the insignificant tasks will come to pass quickly and that the greater goals wont be such a hurdle to overcome any longer. Just keep reminding yourself why you are doing it. Learn to use combinations of both visualizing and emotions towards the outcome of these trivial everyday tasks before hand such as feeling full and loosening your trousers before beginning to ingest the meal. The effect passed on will make you sharper both physically, and mentally. You will notice your moments of self reflection will become more and more positive as time progresses.

A good example of the result in the long term through application of this exercise right now is when I sit down to write this book, I see the outcome, visualizing the

finished product and emphasize the feeling of fulfillment I will get from helping all you readers achieve astonishing life changing results, rather than think this is boring and time consuming. This exercise keeps me from asking stupid questions like; if this is going to catch on or are they going to buy the book. For this would only assist in installing doubt and weaken the outcome. It is imperative that you be able to understand the difference in your state of mind regarding the actual desired effect. Now you are beginning to see how all you have read up to now, can be applied in the practical outcome and not only in the theoretical aspiration.

Another item not to be ignored is setting up the environment for your success. Rid yourself of all materials and distractions before taking on a task. I practice sort spurts of resetting my mind set and controlled breathing before engaging in something. Again this will feel silly at first. But as you progress with the practice of it, you will be able to do things faster and without the need to over think things. In the past when I did so, I often felt like I was wasting time. Now, I realized this actually helps me accomplishes things in less time. Remember that you need to do these things in sequence and now that you have contemplated the future outcome and meditated to establish a more acute focus, you must get back to the present moment. Not thinking about the past or the future. Just the now. Learn to release everything else except the objective in the current task. Learn to focus on what comes next and doing what needs to be done now. This includes letting go of any fears that might be

crowding in. Just put your hands to each side of your face imitating horse blinders and exhale one deep breath to regain focus. Don't forget to take well deserved breaks, in order to let your brain catch up and process the information. In my case I often go for a smoke and come back with whole paragraphs of very useful information and details I had missed that would have rendered my lifetime masterpiece incomplete.

Focus no longer needs to be random and evasive for you. You no longer need to put up with the natural stream of thoughts and be victim to the beautiful complexity that is your mind. With a sharply trained alert mind, making calculated and conscious choices, combined with methods on how to counter the effects, of the age of distractions. You can call upon your focus whenever it is required. In fact just to be aware that you have mastered self meditation and focus is a very empowering feeling that enhances self confidence and helps achieve remarkable results whatever the task may be.

"Plant the seed of meditation and reap the fruit of peace of mind."

- Remez Sasson

"Meditation is a mirror to the mind."

- B.K.S. Iyengar

"Meditation acts like the mirror, reflecting the mind's true nature, searching for clarity and self-awareness. Symbolizing a pathway to higher states of being"

- Cruise

Support and Foundations

Preamble: Time to Step Up: Let's Reinforce the Facts Together

This is the part where you step in and help solidify the concepts we've explored. To help re-inforce the facts and prove I haven't completely lost my marbles (or fallen off my rocker), you'll need to take action and create some of your own results, right away. Remember: I can only point the way. You have to take those first steps to give your mind the support it needs to lean into believing all this. So Google away, listen to what I asked you to look into. Apply what was so carefully explained. Create new habitual ways of thinking and speaking. Take decisive action, make changes to your rituals and how you go about your days. Start noticing the little things you missed before, by making this important to you through repetition and have fun with it.

Let's break it down with an example. How sturdy is an egg? We all know that if you stand an egg vertically, it can hold a surprising amount of weight before collapsing. Now, imagine setting up multiple eggs the same way. By distributing the load evenly across them with a flat platform, you drastically increase what they can support. But here's the catch: The total weight they can bear depends entirely on how many eggs are under that platform. I've given you a handful to start with, now it's on you to slide a few more into the mix. Only then will the foundation hold firm. Why this metaphor? Because your situation is just as delicate. Push too hard, overload the structure, and everything could crumble at once. Balance is key. Add your own eggs, via your own actions, choices, and experiments thoughtfully. Build with wisdom and patience as you get emotionally involved, in celebrating the small but eyeopening results. Start creating your own synchronous "coincidental" intended events..

Please do not conclude before moving forward, that you don't need to do this out of thinking you already know or believe what has been typed up until now. The task persists of doing research on items that have unknowingly drawn questions in your mind about up until now and to also in the process become more aware of how controlling the media's really are. You must however attempt to limit your exposure during this exercise, to approximately one hour let's say. You will quickly become aware that there is a lot more on the subject and how you will find related items to the search that will inevitably draw you away from the intended target. Soon enough you will find yourself reading about something entirely different than what you set out to find. None the less, during this whole exercise you will find other material that will help your mind confirm that what I'm saying here is not absurd or a one sided interpretation of the events portrayed.

Make sure to search items or individuals described up until now, for you may not be aware that you are hesitant or unwilling to accept them as possible. Things like the big bang, matrix, meditation and how this has anything to do with the collective universe, or any item that retained your attention, out of interest. Take this into consideration. If your showing interest in a subject, that in itself is a sign that your mind is looking for more facts in order to assist you in believing. Don't let it miss out on

opportunity to fill in the blanks. Participate actively in this exercise and make sure to enjoy yourself as you do it.

Try not to loose yourself in the wealth of information that you will find yourself subject to as you go along. Be aware also of the source and try to choose only sources your mind will accept as credible. This is an important step you must take the time to accomplish in order for this exercise to have any effect. Don't just read anything you find. Just make sure to get your own feel of how many more credible sources are out there, who have come to the same or similar conclusions. If you don't like reading so much then do your searches on You Tube and watch the video or listen to the audio versions. You will probably also notice as I, depending on your thirst for knowledge, that you surpassed the allotted time limit that we agreed upon. You will also become sensitively aware of how difficult it was to focus and remain on the keyword you initially started your query with.

Once you have had enough and are somewhat reassured that you are not wasting precious time reading these books and have a more solid foundation to build on, get back to your own reality an compare the facts quickly in your mind with what you have gathered and analyzed up to date. This will help you come to the realization that you and I are not alone with this knowledge and that I'm simply helping point out what you where missing or more details on things you

where already aware of. By interactively sharing the experience this way through physical participation, you are able to give your mind more data to analyze, giving it a lot more leverage to work with in order for it to realize that there is a collective awareness on the subject that is growing by the minute. Also by means of participation you will retain more information and detail. Whether you choose to modify the controlled environment that has been set with you in mind, giving you the cleaver illusion that you actually had a choice in the matter or should you decide to accept the comfortable numbness that is your life, is in the end entirely up to you. Remember this though, your mind has been made aware of the facts and a big majority of these facts cannot be contested. It may take a while to sink in or it could be instant, but since you can no longer ignore these facts, they will weigh in your minds future attempts to reflect in matters of this nature. If that is all you take from this experience than this is already a huge step in the right direction and an accomplished goal for me on a more personal level.

Your next task is time sensitive, and there is no time to waist. Once you have soaked all that in, you must think of how much time you allow yourself to be distracted, from your goals or wishes, on a daily basis? How much time do you spend watching TV, taking in other individuals renditions of realities you keep wishing to be your own? How many times have you heard yourself think and even caught yourself saying out loud, how lucky they are and wished that would be you? How many times have you heard

that our time in this life is precious but yet you continue to waste it as if you have an unlimited supply? How many times have I said the word time in the last few sentences? Don't you think it's time you did something about it? These series of questions are designed to trigger a switch in your conscious mind that will in a way force it to notice and become aware in its everyday observation of procrastination. A chance for your mind to become aware of your every day habits and how much we don't notice this even taking place.

Now ask yourself this, do you really think you are going to create the reality you wish for by doing nothing to invoke change and continuing to waste the precious time that was so generously granted to you? Was one of the smartest minds in human history wrong in thinking that you will get no reaction without that opposite or equal action? Interesting isn't it now how, as you become more and more aware, the more you feel your being manipulated and how you even begin to think that of what your reading now? This last sentence was added to "I hope" help alleviate paranoia and obsession on the whole controlling system thing. Keep in mind that our ancestors were not by any means completely stupid or ignorant, these systems although I agree to be seriously flawed, are the way they are because of human nature. We have made a conscious decision as a society to implement the changes or transformations to them and in order to contain the chaos and apocalyptic reality that would inevitably ensue out of lack in applying them.

Remember that the goal is only to help you become more sensitive to the systems overall design. To see how it was created with the soul intent, to keep you from thinking too much of your situation. Because back in the days when these systems were conceived, too much thinking was threatening to their sovereigns and could throw off well thought out plans, whether of ill intent or not. I just want to make you aware that we as a race have evolved but the system we are governed by has not kept up. Evolution of mankind is held back by the primitive foundation of its ways and I will add that the systems themselves are at risk or already in the process of failing. How many times can we fix the same thing without eventually breaking it beyond repair? Anyhow, remember how earlier in this book I told you about the red and blue pills? Remember the choice you were asked to make at that point and how you continued on with a conscious decision to pursue the truth? Do you now think like Cypher in "The Matrix" movie and wish you had taken the blue pill? Or now that you are actually more aware, would you really want to go back to not knowing? Isn't knowing and making the conscious decision yourself, at least comforting or somewhat a better fate in itself?

I should know because, that is exactly what I did. I reinserted myself back into the system on several occasions in the past and you will find that in the beginning, you too will do so in an almost automated and unnoticed fashion out of simple habitual thought patterns but mostly from the insecurities that something new creates. I fought the system in my adolescence, only to ask why I could not have a normal life with the white picket fence. I worked so desperately to unknowingly insert myself into the system, just because I wanted what everyone one else had. I erroneously thought that the picket fence example was a normal life, when I was closer to the real deal than I thought, without even being aware of it.

Then I freed' my mind again later on in my life, only to see my hopes of succeeding dissipate when I lost the ability to produce the feeling, and went back to the comfortable reality of acceptance once more when it no longer produced the expected results. Even now after all the revelations and awareness a simple lack of focus sidetracked me. Already one year has come to pass since I almost took an oath to never let this happen again, yet I was easily distracted and had to bring my mind back on track several times during this past year. You can take my word for it when I mention how challenging and how ongoing the task ahead can truly become? For some it's as easy as baking a pie, but for others like me, you will need to dig deep in order to break the hold your own mind has on you, the road ahead can become intimidating and challenging, but only if you let it.

I guess what I'm trying to say here is, even if you know and witness first hand the truth of it all, be mindful of which collective you are assimilated by and remember your option to use your free will at all times. Isn't it just funny how another great television icon comes to mind in that last sentence? I'm positive that if you were even to interview Leonard Nimoy or William Shatner, who are only actors and had nothing to do with creating the script. That with only a few simple questions on the subject, they would easily admit to believing and visualizing their amazing careers. I guarantee you that Jill Sherwin and Gene Roddenberry know exactly what we are talking about though and if you where to ask them about their ways you would be amazed and pleasantly surprised with the replies. To get back on topic here, I have had my share of accepting my life the way it was and not pursuing my dreams. Unhappy with that part of my life, I was unable to keep a job longer than a year or two at the most. When I ended up on the unemployed list, you can ask Jo and she will confirm that I can be quoted in saying each and every single time "This was going to be my last job, next time I work for myself." And each time I would accept my own perception of reality and conform to my impression of normality, only to end up doing what I had to in order to deal with my financial responsibilities. Let's define normal for a minute shall we? If normal is both parents working 8 to 12 hours a day, six days a week and still having a hard time making ends meet. If normal is living day to day with no plausible retirement plan except to finally get some rest in death. Then I choose the opposite of normal along with

the financial independence that comes with more time for family and increasing my quality of life. You know exactly what I want because you want it too. That is what usually brings individuals you to pick up my books in the first place.

Here I will add a very fitting set of events that demonstrate exactly how you attract things to yourself and how an untrained mind could make you miss an otherwise obvious choice. In the spring of 2007, I was let go from my job and ended up on unemployment. During that period I had heard that the government was handing out grants to entrepreneurs that wanted to start a new business. I had been working on a business plan of my own but when I presented my case to them, it was shot down and I was refused the funding needed. Leaving me with no other choice but to take yet another job to sustain my family's needs and fulfill my financial obligations. I applied for a job as a trainer for a wireless satellite Internet service provider. This job would have required me to travel the country to train the new distributors on how to install our product. I got invited to the first interview along with the other 15 out of 500 people that had applied. Then I moved onto the second three person interview with the top five that had advanced to the next round. Unfortunately I finished second in the process and there is no prize for second place in an interview process. The best candidate was chosen for having more recent hands on experience with satellite technologies, since my own dated back to my years in the military, that was unfortunately not me.

I continued my search for employment by applying for pretty much any job that would provide the right salary. I applied for one job as a (Network Operations Center) NOC Operator including customer service for a satellite company and for another job for the government at the house of communes in the nations capital, as a business application support officer that paid considerably more than the satellite company offered. I had successfully aced both interview processes and all the associated testing with flying colors. I was proud to have been handed offers to accept positions with both opportunities at the same time.

Well needless to say that I stuck with the obvious choice and took the lesser paying satellite service providers offer. Now you wonder why would I do such a thing? Interesting question, let me elaborate on that one. I will explain later an extraordinary situation that has more implications, however let me divulge that at a that previously similar fork in the road, I had been greedy enough to have accepted a job with a renowned telephone company, over the offer from the company I had tried for two years to get an interview with. This decision was based on the telephone company's reputation and the fact that they offered me a lot more money. Long story sort, I got the short end of the stick by being let go after only 3 months and thanked gracefully for my services. Sparing you the details for now, instead of a prosperous career with the company I actually aspired to be employed by for the past 2 years, I ended up making the wrong choice and going for the more profitable option. Moving along, let me tell you that I pride myself in learning

from my mistakes and this time I took the time to look at the situation that presented itself more closely before making any rash decisions.

In the case of choosing the government job at the house of communes. I understood that should a new political party have been elected and should they have decided to make budget cuts, that since I was the last one in, I would have been the first to be let go. I also knew from having completed a one year help desk contract in a government agency that they are at least 2 years behind technology wise. This meaning, when I would have been let go, maybe 3 years later. I would have had to pay thousands of dollars to go back to school and get myself up to date on the new software versions and hardware technologies, released during that employment period.

Now let's go back to the last job I applied for, before begin faced with this dilemma. I placed second in the interview process for that one. Not having enough hands on experience in the satellite technology field, was my undoing in that scenario. Of course, it was yet another pure Coincidence, that the second offer I was now facing, was from a satellite service provider. Yes it may have paid a little less than the government job, but included in this offer, was the possibility to be paid for learning new state of the art technologies. Rather than paying in order go back to the school bench. As I would have needed to do, should I have taken the other offer. Do you see how subtitle and twisted the universe can actually be now? Because I spent so

much time hell bent over not getting the trainer job combined with the high level of emotion that accompanied the disappointment. I attracted exactly the needed skills and experience, to get the Job I came in second for in the first place. You could say that is irrelevant, but Dr. Carl Gustave Jung would disagree and you also know better better by now anyhow.

You can now see on your own that the law of attraction will always align people, events and situations in your path, that just happen to comply perfectly with the right pre-empted conditions, you unconsciously invoked. If you are not yet convinced of this inevitability, then you may have reached the end of your journey with us and I wish you the best in your future en devours. There is nothing wrong with continuing to be happy with what you have and being content knowing you are fine with this. I am confident you can manage the rest on your own. What you have learned from this book. Will definitely come in handy and you will certainly get your investments worth just with the results you will generate from this knowledge. But for those of you that understand the correlations and see past the initial first impression. The path that now lies ahead of you will be new and exciting. There are literally no limits to what you can achieve with this basic foundation we have shared together and nothing will stop you from pursuing your own curiosity, to learn more on how precisely accurate I am in my deductions.

Changing Your Stars

Noticing the world around you in a way you least expected

Now that we have the initial shock out of the way, that we have processed relevance in the science, the religion, the biology and gone right through to self discipline 101. Having covered some of my past experiences and establishing some solid credibility in the matter at hand. Knowing we have put emphasis on the fact that I'm not crazy but instead, you now realize that we are all victims of our own choices and decisions. I want you to understand the process and how things are not always as they seem.

We have witnessed together what I asked for and then went over the resulting interpretations, when there was any. You were able to share my views on the events that unfolded but also where given the opportunity to make up your own mind and decide what you wanted to take from it. Through "Experiencing the Results", part of my second book, you will be able to come out of this with a better understanding of the whole process. Even better, you will be able to predict what to expect and understand how important all these initial steps actually are.

You understand now all the wisdom found in our historical archives and the events that portrayed them. You now see that they speak for themselves and that we

don't give them the credit that is due. But that instead we as a race, try relentlessly to rediscover what has already been learned. And repeat this generation on generations. Result being that instead of building on top of the knowledge acquired over the centuries, we spend half our lives thinking that we know better and the other half attempting to assimilate the passed on wisdom. But most of all in the end, we try desperately to make up for the lost time in between.

Take the time to go over the simple quotes from famous icons, that I strategically inserted throughout the book and see how they can help us understand the wealth of knowledge that we seem to be overlooking. Then ask yourself why is this not taught in our educational institutions, why is this knowledge not passed on as a foundation to build on? Maybe it's because the ones that are financing the educational systems are getting exactly what they are paying for? I mean look back in time and realize what usually happens when the government doesn't get what they pay for and realize that if they are not doing anything to change it, it must be because they are getting exactly what they wanted in the first place. They want us to go out there and get jobs and as long as an acceptable percentage of us are achieving this goal, they will continue to overlook the exceptions that don't.

You need to shape yourself first, once you have learned how to make a decision and stick to it. Take the time to decide where you belong and what you really want.

Only now that you are truly capable of believing in yourself, can you act as if you already have received. Be aware that all those who are practicing religions, have a distinct advantage. Because gathering in places of worship is just like going to school, all you are doing is learning how to believe, so that you can apply this skill set in real life. In the end it's so complicated that it's just plain simple. You only need to recall all the things you already knew and heard your entire life. Things like stop taking stuff for granted, appreciate life, find out what you really want, don't lose track of your goals, focus, stop procrastinating, believe in yourself, be confident and stop over thinking things, just trust time, everything happens for a reason and the universe works in mysterious ways.

I'm not making this stuff up or trying to reinvent the wheel here, I'm just pointing out what has already been analyzed, dissected, reworded and interpreted in more ways then can be mentioned in one book. Jung's work has been the topic of choice in allot of serious research and the center of attention in many debates for decades. There may just be more ink on paper regarding this subject, then any other throughout history. Man kinds only flaw, is in failing to acknowledge the link that brings all the writing together, just because they are categorized by individual topics, like science, philosophy, psychology, religion and medicine, just to mention a few.

I wish to approach the conclusion of this publication with my own take on Dr. Carl Gustav Jung's revolutionary views and the undeniable almost symbiotic relationship between synchronicity, intuition and the law of attraction. Let's start with archetypes. These emotional states that we all share and that appear to be encoded within our own DNA's. Why do they affect us in such dominant and predictable ways? Why are we all subject to them without exception? And, most importantly, how are they tied into the energy beings we really are. How do they affect, influence and even control our souls often referred to as our psyches in Greek? Archetypes are imprinted into our thought patterns often referred to as genetic memories.

To define them more clearly let us attempt to call them what they are by pointing out their common denominators, being their resulting emotions. We all feel hate, love, rage and compassion. The list of emotions is long but the origin of these often crippling emotions are direct results of the archetypes. The archetype itself is indefinable because each archetype is directly related to an existing variable in the individuals reality. Examples here are that you love someone or hate something. The fact that each archetype is codependent to each individuals independent experiences and that the dominating emotion is set off by these actual variables, make an accurate description of the archetype difficult to express and/or define.

Someone famous thinks that if we would achieve the complete detailed explanation of just one archetype, all the others would in consequence be deciphered and fall into place. Cracking this code, has been a lifetime of work for me and my research shows me, that I am but one grain of sand in the beach of individuals that have attempted the same.

If there is one thing that my Huron culture has taught me, it is that we were all composed of the prime resources of our planet. It is one of the most sacred directives of our beliefs to respect and pay homage to our mother earth. Whether you chose to accept it or not, understand that nature plays a dominant role in this ancient belief system where spirit guides are represented by animals. You only need to observe how the weather directly affects an individual's temperament and emotional state to validate this in your mind. Since scientifically we are made of the same atoms and particles that our planet and universe are composed of, it was only a matter of time before physicist began to associate these notions with quantum physics and propelled their relevance to a whole new level of awareness within atom smasher testing sites.

Another supporting item in our theory is that the demystification of these fields of science is slowly but surely inducing a steady decline in religion, being replaced with the exponential increase of individuals that now understand the basics, in this level of physics. You would assume that this would please me, when in reality it is a sad fact. This is unfortunate because with the diminished practicing religion types, follows the reduction in our species ability to believe without undeniable proof. The minds ability to visualize and imagine are directly affected by the lack of exercising the mind in this field. This in turn, directly affects our ability to generate the good emotions such as joy, understanding, happiness, excitement and fulfillment, that we need in order to produce the frequencies we wish to put out there with the intent to attract events and opportunities that would generate more similar feelings.

It is these good or positive emotions, that help boost the intensity of the frequencies, we are attempting so desperately to transmit. It is my strong belief that the archetype associated with the feeling of fulfillment obtained by caring and the act of selflessness towards others, is the most effective way of intensifying our frequency output. I believe this helps to bridge the gap I mentioned earlier about the extreme opposite required to know how it feels to be happy if you don't know what

feeling sad is like. I think this affects perception at a conscious level and creates a level of awareness, that actually taps into the dimensional fabric of our universe. This allowing synchronous events to emerge and helps us alter the course of things yet to be, attracting events, people and circumstances needed to in the end obtain what we wish for so dearly.

Every generation since time is time, has used metaphors and analogies to depict the struggle between the paths of Spiritual enlightenment and it's conflicting opposite. In the Star Wars series, the Lord of the Rings Trilogy, The Matrix Trilogy and the Harry Potter series among many others. The struggle between the paths of Spiritual enlightenment and the act of service to others, show how we are moving towards a climax in the recent years, the duel seems to be accelerating. While the duel is more apparent in the world that surrounds us, what we see "around us" is merely a reflection of the duel between the dark and light forces inside of us. The challenge before us is to embrace the darkness in ourselves and others by using simple tools such as these to keep your mind open, in order to perceive moments differently even when things seem to be going badly.

Acting randomly when in the process of looking for the answers within, can easily have you labeled as a freak, when reality is that you are only confused by your emotions and judged on your reaction to them. When your emotions take you to the wrong place, upon you reacting to your own individual interpretation of an event, you may only be in need of a mentor to help you bounce back and remind you of your own goals and desired destination. It is my conviction, that such coaching could save many a lot of headaches, instead of simply being subject to living the aftershocks of someone else's choices and actions, to in the end only be judged on reacting wrongfully. I also, strongly believe, that major advances are possible in other therapies regarding studied psychological states such as autism and schizophrenia.

These therapies could be greatly improved by having less inaccurate and unhelpful assumptions, from observers out of context. I am totally convinced, that by replacing these with more hands on, real time observations and interactions, we could move forward towards more constructive breakthroughs in our understanding of them. Unfortunately with budget cuts and current restructuring, that is not the direction our institutions have chosen to take. I feel that by leaving the ones that actually do the analyzing out of the decision making loop, the powers that be, have unknowingly set us back in any hope of perfecting these methods.

I am now aware that no one fully understands synchronicity. Most of the time, when I think I know why a synchronous event has occurred or claim to understand its meaning, and find myself caught off guard in the end result. I can establish it is related to a significant event, but the reason why it is brought to my attention often evades me. I'm certain you can also claim this on a personal level having certainly experienced the exact same thing at one time or another.

I found that only by re-evaluating the situation at a much later time can I piece all the pieces together and attempt to make sense of it all. Most of the time in the synchronous moment I find myself grasping at straws and sometimes even guessing altogether. I find that living the moment and appreciating that particular caption in time, helps me to feel more when attempting to tune in, to my inner self with the intent of catching one of my "feeling" moments. I also have attributed many feeling moments to synchronicity because as you will read in the second publication I successfully managed to replace "The Feeling" with another phenomenon but I don't want to spoil the surprise.

The main purpose of this book is to help you have a starting point in order to become more aware of your surroundings and put you on the track to self awareness. You must however note a brief warning regarding synchronous events, they are not always a good thing. Meaning I have also perceived them as warnings in certain cases and this can even hinder your plans should they be followed without proper judgment. Keep in mind that even if I am a man of science, I again in this case, have to admit that there are some things that even science may never explain fully.

I do however stand by the fact that this could well be the missing link to Mr. Hawkins theory of everything and that pushing further in this direction could give solid insight, into our inability to crack the dimensions paradox within string theory. The supporting uncanny coincidences or unlikely conjunctions of events are way to structured to be of any random occurrence. I do not hold it against Steven to have missed this angle, simply because sync cannot be proven scientifically and thus was naturally overlooked by Hawkins' calculating mind. He had set off with the mission to not include any value that could not be mathematically accounted for, so he could not have foreseen string theory's relevance or imagine that sync could play any part in his theory.

Carl Jung believed, a portion in the underlying order of the universe was necessarily associated with Sync and I am well inclined to agree. Here is somewhat of a quote found on several web sites that came up during my research. Some scientists see a theoretical grounding for synchronicity in quantum physics, fractal geometry, and even chaos theory. They are finding that the isolation and separation of objects from each other is more apparent than real; at deeper levels, everything; atoms, cells, molecules, plants, animals and people participate in a sensitive, flowing web of information. This has been well documented and proven, as the actual direction of the twin photon was affected, when the trajectory of the first one was changed, no matter the distance set between them both. So it's proven, that there is something beyond the scope of our perceptible awareness that links all physical things together. Mankind has developed ways to perceive what it couldn't experience its surroundings by developing infrared, heat vision and x-ray among many others, to compensate for the different spectrum's the eye was unable to capture. Nature has also adapted certain wildlife with similar qualities such as; night vision, heat vision and even echolocation in order for each species to cope with their particular environments. Why does it seem so far fetched that there is another spectrum out there, that we are simply unable to detect and perceive yet?

Remember when we decided to trade in our car at the dealer and I took that walk through the car lot filled with available models. When I laid eyes on the car I now own, I was beside myself. Thinking how hot it was and how I had never seen that model before. I had to own it and the papers were signed within the hour. When I drove the car off the lot, we came to an intersection and there beside us was another car of the same model but in a different color. Then two streets later, stopped and waiting on a red light, another car like mine was on the other side of the street. In conclusion I know now that just like when I began to notice my car on every street corner, once my mind had stopped filtering out the unimportant detail, there was no way to go back to not noticing it. The curse to this technique is that there is no “off” switch. Paying closer attention to your environment, along with a sudden curiosity on the current subject definitely makes sync occur more often. Simply because it has and always will be part of our world. I was only noticing something that has been there all along, just like all the other cars I never noticed. We are only more aware of it by definition of being actively focused on the subject.

Since this surrounds us and you find it everywhere, in everything you do on a daily basis. You can easily see that my promise to you about seeing the world through a whole new set of eyes was not in any way an exaggeration. With the proper coaching from your mentor, a membership privilege you earned by donating on the web

site or through your investment in purchasing the second box-set. You will be able to put together the proper motivation and a sustained effort towards your own goals and wishes. Before you know it you too will begin to manifest and attract your own results.

Trust me when I say that the effect of reading this will be very temporary and you will slip back into the comfortable security that is your routine several times before you are on your way down the right path. Simply because your routines are habits and habits take time and perseverance to change. But just like any other habit such as smoking, it can in time be changed. Don't deceive yourself into thinking it will be conquered, for you can ask anyone who as conquered an addiction, and they will confirm that you are never quite over it. The temptation remains in the back of your mind for years to come. I just gets easier to say No, just as it will eventually be easier for you to notice your usual procrastination's and excuse's to not take action. You will stammer and trip up before realizing that you need to read this over again. You will learn to keep landmarks visible as reminders of what you are striving towards. Some in forms of vision boards, others will be more original and creative. I refuse to lie to you or give you false hope on this. Keep in mind that you will eventually through practice and repetition become great at what it is you are striving towards, but keep in mind, it has been statistically proven that you need to put approximately 10,000 hours into something before you reach the stage of being the best at it. This will take a considerable commitment on your part and your motivation to do so is ours to find.

The invaluable tools and one on one coaching provided in your web site membership, will help you to multiply the commitment and motivation you will need to conjure on your own. This will result in a renewed drive within you combined with the support needed to succeed in the task at hand. Just don't make the mistake of thinking we will do it for you. We will provide you with a personalized assessment of your own specific needs and assist you in building a plan that suits you as an individual, because each individuals perception is based on his/her own experience. Each of these individually set goals are also in turn unique to one's self. That is the real difference between my books and all the others. Most publications don't go above and beyond with on-line support and those that do, proceed in a general fashion omitting to acknowledge each user's individual pasts and unique personalities.

Together we will determine what you, as an individual, needs to focus on. Because we understand that a reader who wants to better his/her enterprise, differs greatly from the one that wants to attain their ideal weight, or to the one that wishes for too many things at once. First we must evaluate your expectations and run you thru a series of questions, before we can even earn the right to have the audacity of claiming, the ability to assist you. Remember one thing though, we do not do miracles, only you can hope to reach that level of commitment and results.

However, I can assure you that once we have a better notion of your personal goals and aspirations, combined with more knowledge and insight on your personal background and emotional state of mind. We will be in a better position to design a plan tailored to your particular expectations. To sum it up, some individuals need financial training while others need to learn more about nutrition and their metabolisms. Some will need spiritual guidance as others will need to get a simple tap on the back to encourage and support more action. Some need three combinations in the approach, while others will require five. Some will take years of assistance, while others we will only communicate with us a few times.

Now that my point is made, I invite you to join us on the web site and begin your immersion into yourself. I'm looking forward to getting to know you better in a more interactive fashion. For those who don't have access to the Internet, you can mail in a personal letter. Your assigned mentor will attempt to analyze and respond to you with his/her evaluation and take it from there. This takes a while longer but we will not leave you out of the equation just because you don't have what another possesses. We will adapt and set up telephone conferences for those that require it.

Until that moment comes to be, my wishes of good health, abundance and personal wealth go with you. For those that reading this series of books was sufficient enough and are confident they can proceed on their own. I will thank for letting me into their lives and for the level of credibility they were generous enough to have allotted me, even if they had no clue who I was. Know that this meant a lot to me on a personal level. In an attempt of initiating that generosity, I have made this book available to the public domain. Same wishes go with you all and don't hesitate to drop in on our web site or donate what you thought this publication was worth and read up on our fundraising goals. This is also where you will find the other two sections of this trilogy. Feel free to visit us, even if it is only to give us an account of how this book has affected/changed your life on a personal level or to show us some results. For those who thought this was rubbish and for the other unfortunate individuals who will not take anything from the wisdom portrayed in these books, there are no parting words, for they most certainly didn't make it this far into the action of reading it all.

My personal goal was to have covered all the initial points, referenced in the welcome letter, with all the interested readers. I am confident that we have covered, your desire to obtain certain things with your emotional intensity and how you currently have a better understanding of what is holding you back from taking action. I know now that you have a better grasp of what you are meant for and fully aware in your own possibilities

to do so. You now have the knowledge and all the tools at your disposition to produce the desired results and the full potential to manifest what it is you really want. Most of all you understand the unequivocal importance of fulfillment and the need to generate the emotions that were lacking in your day to day life, so to make it worth living.

I know that we have discovered together; how you can now reclaim control of your own status, but most of all understand that you indeed had a leading role in creating your current reality. You also are knowledgeable of the system you face each waking hour and have a better understanding of the changes you need to make in order to improve your chances at success. You are now aware of the controlling bonds that sequester your mind and now have a better concept of how you can overcome, or even vanquish your limitations. You hopefully have a better appreciation of your life and are aware that with the use of emotion management, you now possess the ability to be excited about your reality and all it currently includes. Most of all, you now have the ability to use the power buried within you, in order to free your mind and unleash the energy you now have a much better understanding of.

You can achieve whatever you set your mind to. Proof of that is in the fact that you made it through this box-set without judging it on its cover or content. I am confident that with this new outlook, you will have a long and prosperous life in the yet undetermined times ahead. Always remember that we are not destined to greatness, that is just something we decide upon as we move forward.

"Your own resolution to succeed is more important than any other" - Abraham Lincoln

"All religions, arts and sciences are branches of the same tree."
- Albert Einstein

"If you change the way you look at things, the things you look at change." - Wayne Dryer

You ALL know the saying
"Actions speak louder than words"
However did you know it actually ends with
"but not nearly as often."
- Mark Twain

CASSIEL - 3rd Chronicle

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