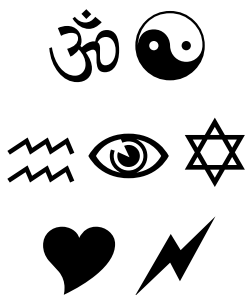


Come
As a
Child

Mickey Kai Jimenez

...i wrote this book to myself so that if i
ever lost my way again i could read it and
remember....



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i think that no experience which i
have today comes up to . . . the
experiences of my boyhood. . . .
Nature developed as i developed, and
grew up with me. . . . In youth, before
i lost any of my senses, i can
remember that i was all alive. . . . This
earth was the most glorious musical
instrument, and i was audience to its
strains. . . . The morning and the
evening were sweet to me, and i led a
life aloof from the society of men.

In Wildness is the preservation of the
World.

HENRY THOREAU

Introduction
“six years ago”

As i traveled across the United States into Mexico and Canada in shock and desperation caused by years of bitterness and hate i became an outcast, living on the streets, unable to maintain a job or remain focused on any constructive influence.

i had a death wish and wanted to go out fighting. And then as i stood bloody in a field after being beaten with a bottle, stomped and almost shot in the face....a fifteen minute struggle, in slow motion, that made me realize that i wanted to live and something had gone terribly wrong.

It was as if i was floating above my body and watching as the three lost souls kicked and stomped my head. Just seconds before we sat on buckets and discussed **GOD**. And as suddenly as i had turned my attention the half drunk 40 oz. bottle of the one sitting next to me smashed into my forehead and time was frozen. As i fell backwards off my bucket suspended in disbelief, everything moved in slow motion with moments of scrambling fierceness that seemed to go on and on and on and on....

Then the bottle shattered over the top of my head as i was held by the throat to the ground....The blood flowed freely from the pressure wounds that the bottle had caused but i never lost consciousness.

The thoughts raced as i realized this was it...the end, and yet i was in perfect peace and felt no pain. i could hear the on going concussions accompanied with a flash of white light with each heavy blow against the sides of my head.... In that moment i understood death and the passing from light into darkness and i was unafraid. It seemed that death was only a normal part of life, the changing from one form to another. What was important in my life and what choices had i made was the only thing i felt at that moment. As i searched through the timelessness of eternity i rose above my body and watched calmly as the murderous frenzy took place. i was confronted with the decision to live or die and i understood that all of this was my choice. i had created everything that was happening to me. i had wanted to die.

Then the purpose of my life revealed itself to me, as my heart filled with compassion for these brutal monsters. They had never seen real love and may never see it unless i showed it to them, just as my little Cherokee Grandmother had shown me when i was a child. i realized that we only know what we have been shown and my new mission of love came ringing through....i began to speak calmly to the three who orchestrated the hand of fate. “you don’t have to do this....i will give you money if you want it....i have to live....there is love in my heart and if i die the love will die with me....i have to live....the love in my heart has to live!”

Even as i spoke the words i realized their meaning....i spoke as the gun was pushed into my eye and the trigger began to squeeze. i jumped to my feet in one last desperate attempt. The largest of the three jumped on my back as the other two began to kick at my legs until i fell to my hands and knees. i saw the gun as it came close to the left side of my head and i grabbed the barrel sticking my finger into the trigger guard.

The gun was then wrenched away twisting my finger to the point of breaking as it dislocated from my hand. Then from the other side the gun came toward my head and i grabbed at it again. This time the clip fell free and i began to strip the bullets until they were all emptied onto the ground. This infuriated the bearer of the gun and again bright lights flashed with the impact of kicks against my head. The large one that held me around the neck from behind spat the fateful words

“There’s still a round in the chamber, bust a cap in this mother* * * *er!” My heart pounded as i spun around from underneath the big one and kicked the hand that held the gun before it could be fired. My head pinned to the ground by the hand around my throat, i ran up the wall next to me with only socks on my bare feet. The voice of the fourth spoke “That’s enough”, and the storm came to rest as i looked upside down into the face of the one holding me and he shook his head, “You’re lucky to be alive” Releasing me, i jumped to my feet “Yeah, i know! And it feels great! Thank you!!!”

He shook his head in disbelief as he and the two others turned and began to walk away, down the long path that led to the gate by the street in Orange County, California.

Yet this was only the beginning of healing. i had made the choice to live but now i was left with the darkness i had built within my heart and mind....i was separated....spirit, mind and body. Each warred against the other. My self hate had grown out of control along with my hate for the system that had killed my people and destroyed the paradise that had once been our home....Yet i was relentless....i refused to give up. i knew now that hate was not the path, yet i had traveled many years into its darkness.

The next four years of homelessness would prove to be my most challenging as the voice of Love became stronger within me. All i had was a guitar and a four track recorder in my back pack. The music of all creation began to flow through me bringing me revelations of eternity.

Although i was only able to record a few of the most purest moments so that i could listen to them and heal....there were many other spiritual songs that came and went with the passing wind filling my body with light and courage.

All else was darkness with only points of light....Memories of love and laughter that would beam into my darkness and remind me of truth and happiness.

i had hit bottom and as the points of light came, i tried to hold on to them as long as i could continually slipping back into the darkness of confusion.

All seemed lost, yet each time the light came i held on a little longer and a little longer until finally after months of effort i began to regain control of my mind from the anger and violence back to love.

Eventually the light dominated my thoughts with only points of darkness, but it wasn't easy. i had to literally force my heart back open when one day in my darkness the light came and i wedged myself between the door of my heart and fought for dear life....

Within the pages of this book of healing are the tools i used to heal myself and i wrote them all down so i would never lose my way again and others could be healed as well.

If you are in need of the guidance of wisdom and understanding, this book is for you. Be of good cheer because if i can regain my life and find healthy balanced wholeness, then anyone who desires can find their life too.

Be blessed.....
Mickey Kai Jimenez

Dedicated to
my little Cherokee Grandmother
who told me
when i was nine years old
that one day
i would save the world

This is a call to return to the **NATURAL**
way of things

To seek after the **GENUINE NATURAL**
“state of being”

To heal the land, water and sky

To return again unto **VALUE** and
APPRECIATION of all things Animate
and Inanimate

Coming to the realization that **ALL THINGS**
ARE ALIVE and are the children of the eternal
benevolent force

Restoring and protecting the delicate balance is
our first truth

Preserving beauty by nurturing innocence

Accepting and understanding the embrace of our
living planet

The systems and workings

Inventions and conveniences

Of each present moment

Allowing things to take their course

Revealing the will and intentions of the Cosmos

As the body has many cells working together as
one

So is the Cosmos

We are joined together in an
equal part of the infinite
function....

Discontinue the warring against the self and yield
to the living flow

Inhale the ancient breath of timelessness

With each breath we are taking in the exhale of
the entire cosmos

Each and every cell in our body receives an equal
portion of the new influence and is instantly
changed

Altering our entire body into something
completely new

Exhaling this newness back into the cosmos
Instantly altering everything else

Without ceasing

Always New

O

Letting go of all attachments and definitions is the
key to remaining in the moment or the flow of
the soul

Releasing everything

Holding to nothing

Remaining open to the source
Beaming light from every cell like the sun
Seeing everything as living creatures without
name

The Cosmos
is
One Living Cell
O

Excited
Enjoyment
Laughter
Sacred
Sanctified
Enchanted
Entranced
Euphoric

“Thankfulness”

If you go back through your life and find something to be thankful for in every experience then you will be a whole person and find true happiness

Your greatest strength is your ability to remain thankful

We are faced with the choice to find the things we don't like about what happens to us each day or

Find the things we do like

What do we focus on

The gum on the side walk or

The flowers growing between the cracks

Every single experience we have ever had enjoyable or not

has brought us here to this place we are right now we can be thankful that we are still alive and have the opportunity to love another day

This day is a new opportunity to make better
choices and be the person we've always wanted to
meet

This time leave it all behind
This time be the best of friends
This time do whatever it takes
This time love is here to stay

Rejuvenate

Restore

Revitalize

Recharge

Rebuild

Regenerate

Replenish

Regain

Rebalance

Renew

“Manifestation”

The mind is a bio electro magnetic generator
Every time we visualize something in our mind
and feel it in our bodies we are magnetizing what
ever it is we are visualizing and it is being drawn
towards us

There are trains of thought dedicated
to the manifestation of our greatest
dreams and fears

Regardless of what it may be it is being drawn
toward you at every moment
Some of us over time have become addicted to
pain and suffering

We must find balance

There is really only two forms of thought
Thoughts that lead us toward healthy balanced
wholeness

And thoughts that lead us toward unhealthy
unbalanced incompleteness

We have the choice

We decide what we focus on

Fill your mind with the things you want your life
to be

and feel it in your body

Through visualization of only these things
the thoughts amplify and grow in strength over
time

Your body and emotions begin to pulse outward
the vibration you are holding
steadily magnetizing and bringing it toward you

You must remain and be patient for it
to come

Many things may have to happen before it can
manifest

Every time you stop visualizing
it is released and begins to go away

You must remain focused
on what you want

These things work for our health too

Visualize yourself the way you want to be
See yourself right now as being
perfect

Your Divine Self

Feel it through out your being

Hold that feeling

Don't allow any thought that causes doubt or
unbelief

Remain

Allow time for your
mind body emotion

to purge what was and become
what now is

You are setting the condition that is
needed and allowing yourself time to
rise to the occasion

With each victory and small miracle you will
begin to understand more deeply the significance
of a healthy attitude

New day
Brand new
Newness
Pristine
Unblemished
Perfect
Unison
Beautiful
Thankful
Bliss

“Regaining Focus”

As one thought leaves your mind and another
thought enters your mind the space in between
thought is you

Learn to quiet the mind and
just receive

You must extend that space between thoughts
through focusing on the senses

Responding to things outside yourself
like the ocean or the micro perfection of a flower
or sit on a bench down town somewhere taking
in everything perceptible listening to all the
sounds around you for miles until the mind
comes to rest and is no longer bombarded with
thoughts

Once this is accomplished then you must pursue
the dream and goal of your heart

Emptiness is only the beginning
“idle hands are the devils workshop”

It is not wise to be blown about by every wind
that may pass through you
Keep your eyes on **GOD** and follow after your
Joy without being attached to the outcome
What ever may happen is only an outcome
What you do with your time is your own
When something seizes your attention simply
stop and ask yourself “what was i doing?” and
then answer “oh yeah, i am keeping my eyes on
GOD and following after my Joy without being
attached to the outcome.”

What is the Joy we follow after?
Our most basic Joy is feeding ourself good live
foods and hydrating our body properly
taking care of our temple pleases **GOD**
When all else fails remember the basics
Take a drink of spring water every five minutes
Eat live foods every few hours

PURGE

BREATHE

Release the old cells

New cells are continually being born from the
live food and spring water you give yourself and
within a few years your body is completely new

When things distract you from
the NOW

say out loud “i will no longer waste
anymore time contemplating the past
or thinking about things that disturb
and bother me....i keep my eyes on
GOD and follow after my Joy without
being attached to the outcome”

The undivided mind is the
ability to focus on what ever
you decide without
interruption

i practice the undivided mind daily with little effort yet in the beginning i had to intensely practice for two months without deviating as i walked along the beach and picked up the most beautiful rocks and pebbles i could find studying every detail

i imagined where the stones had come from and how they must have been formed when the earth was molten and all the elements mingled freely The veins of liquid stone remaining frozen for all time until once again they might flow freely just as before

Slowly the bitter thoughts began to loose their charge and my mind became quiet from the raging waves that crashed against my soul within I fell in love with the pebbles and kept everyone until I had pounds and pounds of stones Then one day as I walked the beach a young boy was playing by the water and I showed him one of my pebbles

Without warning he looked at it and then threw it back into the ocean

I felt loss and became offended yet I realized that life was telling me to let go and so I collected all of my stones and threw them back into the sea

Heaven
Dreams
Vision
Impulse
Rapturous
Spontaneous
Serendipity
Surrender

“Finding Center”

It is possible to get lost
That's why it is important to have a place that is
completely yours
This is your safe place
Return to this place from time to time for as long
as you wish
You can do anything you like
You can do anything you love
Weep, laugh, dream
Be busy about your own life
Build your dreams
Each day a little closer to done
Accomplish and satisfaction
Enjoyment

“The meaning of life is this:
The wife of thy youth and the toil of thine hand
And all else is meaningless”
..... King Solomon

Return to the things that are real
Sky Stars Sun Moon Earth Water Food Night
and Day....

Let go of what you think has happened or will
happen

Clear the mind

Return to the senses

Focus

Listen

Smell

Observe

Feel

Sense

Taste

Your life begins right here

Now

You must maintain where you are before you can
progress

Slow up - Stop - Gain Control of yourself

This is who you really are

The person that no one knows but you

You have needs

Emotionally

Physically

Mentally

Socially

Adjust your behavior so that you are satisfied and
unafraid of what you allow

There is no right or wrong way to behave
There is only healthy and unhealthy habits

Always remember that you are what you feed
yourself

Spirit Mind Body

As the old Cherokee grandfather said to his
grandson

“Everyone is two wolves battling
inside. One wolf is pure love life
truth friendship kindness
gentleness nobility honor respect
The other wolf is pure hate death
destruction jealousy anger fear
bitterness sadness greed

The young boy asked “which one wins
grandfather”

The old man replied, “which ever one
you feed”

Change your diet until you find something that
best suits you

The goal is to incorporate this private life into the
lives of others and maintain your sense of honor
and respect

Some things should be avoided
Some behaviors should be discontinued or
modified

Rise above it and look at the big picture

Remember the progress you have
made and always be thankful for
where you are now

There is no need to lie to yourself
Everyone has hang-ups and misconceptions

Don't judge them or yourself

Be filled with love for yourself and others

GOD will take care of the rest

Avoid getting too high or too low

When we are in perfect balance we can address
the needs as they rise

Moving from one need to the next

Loving yourself with tenderness and compassion

Still remember to remain within healthy limits
and to avoid habitual behaviors that lead to the
illusion of separation and the loss of compassion

The fruits of Healthy Balanced Wholeness are
these

Love Joy Peace Patience

Gentleness Kindness

Meekness Stability and Faith

If you have any doubt that what you allow is
healthy then use these nine fruits as guidelines

Appreciate the life you've been given and stop
looking else where for what you have already
Allow yourself to be satisfied with your portion

Life is what you make of it and true love and
fulfillment is but a decision away

You must be thankful for the things you already
have before you can handle anymore

Your dreams have come true

Heaven is already within you

Realize your family

Fall in love with the people and things that are in
your life now

Recognize your children

You already have everything you
ever wanted

Look and see

Completeness

Energetic

Youthful

Stamina

Hilarious

Pleasurable

Generous

Satisfied

“The New Language”

In this journey of transformation one must first realize we have fallen short of Healthy Balanced Wholeness and remove all activity that is contrary

First slow up and stop

Remove the rocks in your garden and stop planting seeds that grow poison

Once the ground of your mind is clear the seeds of light and health will grow more easily

The ideal is to use words that bring

Wholeness Balance
Health Connectedness

Words are connected to thoughts

Thoughts are connected to every person who is giving them space within themselves

Just by using certain words we join a club of
thousands and millions who use them as well
The collective energy of all these people is joined
together in force when these words are used
It is very important that we use a language of
harmony

Our words are a creative force transforming our
personal world and the world of these around us
The more people a thought has, the more potent
the connection

Recognize thought as a Celtic Knot of
connectedness

The people tuning in are completing a circuit

All of us are channels and
servants to the thoughts we
use

The Words

WE US OURS THESE

are words of connectedness

Oneness Wholeness

Try to use these rather than words that separate
us from everything else

“WE ARE ALL THE SAME”

We are

“CONSCIOUSNESS”

We are

“THE SILENT OBSERVER WITHIN”

We are

THE MANY FORMS of GOD

EXPERIENCING

REFLECTING

ALIVE

GOD is that which surrounds,
permeates and forms all things that

ever was, is and will be

GOD is everything

Everything is GOD

joining together in agreement

Forming ALL things

Taking shape and color with many different
emotions....

SUB-ATOMIC PARTICLES
ATOMS
MOLECULES
ELEMENTS
COMPOUNDS
LIQUID SOLID
EARTH WATER FIRE AIR
SOLAR SYSTEMS
GALAXIES
UNIVERSES
COSMOS
MULTI-COSMOS
SPIRIT
MIND
BODY
I N F I N I T I

We are all of these things joined together in
agreement

Each cell in our body is made of these

Our first instinct is agreement

Without agreement our cells would war
against each other and
fall apart

O

ETERNAL
FOREVER
ALWAYS
Unchanging
Revelation
Illumination
Awareness
Receptivity

“Conception”

When we continue to harbor bitterness from past
experiences we perpetuate the old reality into the

new

Never allowing life to move on

We begin to stagnate and become toxic in every

way

Seizing the flow of life we begin to die

You cannot receive anything
new until you let go of what
just happened

When we were first formed in our mothers'
womb the energy of our father and mother
during conception was our first influence

If they were in love

Then love formed us

Bitterness Anger Confusion Vengeance

Joy Peace Hope Dreams

All are very important and affect our core being
The energy of the two remains
The vibration of creation
takes the organic matter
and forms living

Organ Tissue Muscle Bone

Each a separate tone orchestrated by the cosmos
Colored by the two parents....
All coming together in harmonious agreement

“and the two shall become
one flesh”

Marriage was ment to promote love during
conception

Still no matter what conditions you were formed
under you ultimately have the ability to transform
into a being of love and light

Exhilaration

Ecstasy

Sovereign

Solemn

Respectful

Healthy

Natural

Fun

“Addiction”

Many years would pass and i would find myself practicing the undivided mind in every place i would travel. i remember being in Los Angeles California one day as i sat watching the passing crowd involved in their busy lives. i wondered in awe and found myself in love with the whole thing. The warmth of the sun and smell of perfume mixed with the fried foods from the little shops along the side walk. The vapor of gasoline exhaust. The hum of cars passing and the shuffling of feet across the sidewalk. The sounds of life for as far as i could hear in every direction. Then suddenly the world moved backward though history to something very ancient with the same people walking by dressed in different clothes. It occurred to me, as i wondered, all of us are just repeats of ourselves being reborn and living similar lives over and over through out eternity.

As i watched i felt the bench i was on move like someone had just sat down. Turning to look,

i was greeted by angelic pale blue eyes that belonged to a light skinned black man carrying a cane that appeared not to be needed.

Remembering back just one year before, when i fell to my knees in a field and cried out for sanctuary and asked to be given signs in everything that would remind me of who i really am.... This was one of those times when it seemed like i was being given a sign.

i could hear the urgentness in the mans voice as he spoke the words. "If you keep dabbling in the things of the world", the man warned.

"Soon you will be tied up in barbed wire and no one will be able to help you." a flash of light sparked in the mans eyes as he continued. "Do you understand what i'm saying to you?" i paused and became very distant as the ringing grew louder in my ears.

The angelic man sat quietly watching. Looking up toward the man with my vision still in the distance i revealed. "Your saying that i must be pure in order to see GOD!" still beaming i continued, "Your saying that if i depend on outside things to help me see then i will become a slave to them.... Your saying my sight must be earned naturally in order to keep it...." The mans face lit up in shock as he muttered, "i cant believe you just said that...."

Still enraptured in my thoughts my speech began to trail off. “i must be pure in order to see GOD....i must be patient and allow myself time....i must find it naturally...”

The angelic black man with the pale blue eyes stood and began to dance on the side walk oblivious to the crowd that swarmed around him. Crossing the street with his cane raised above his head, he sang praises into the sky. i could still see him through the tears in my eyes for many minutes as my ears continued to ring.

The sun passed behind the buildings and the stop lights turned from red to green. There was only me and the man dancing in the distance that existed in the whole universe.... and the crowd passed by unaware.

....

By design our bodies are dependent upon addictive chemicals from within in order to create the necessary impulses to survive
Most of us have been encouraged to participate in forced behaviors and self repression while we fight our inner impulses

If you are still resisting your inner urges and replacing them with addictive rituals then it is time to realign your thoughts and beliefs

Allow emotions to rise and fall as they happen without judgment or resistance

If the emotion is accepted and “the work” through the emotion is immediate then the emotion will pass giving way to the next emotion to arise

Many of us over time have been locked in behavioral bondage fearing to express ourself and losing fluidity of movement and response

This is easy to overcome

All you need to do is go into a place where you feel safe and can express yourself without fear of rejection

The only way to truly find who you are is in isolation

Start by moving your body in every possible way and direction

Stretching and flexing your skin bones tendons and muscles

Then begin to move your face and make as many
expressions and sounds that are humanly
possible

Then start humming at different volumes and
itches

Then move on by making sounds slow and rapid,
soft and hard, shrill and soothing, low and high

Go through the different ranges and facial
expressions and sounds until you have moved in
every way and made every sound you can

possibly imagine
experiencing every sound
and movement

Reacting to your feelings
and expressing everything that may flow through
your body, always remaining in healthy emotions

At this point you will be feeling exhausted and
exhilarated

Released

Now the movements will come much easier and
more naturally

You will find it easier to express yourself without
fear

The joints muscles tendons vocal
cords and skin all have memory
and
You have earned your freedom by
unlocking your body, emotions
and voice

intoxication with mind altering drugs is like
forcing a specific release of chemicals in your
body and flooding your senses with a dominant
substance

although the desired effect is immediate, over
time the substance will lose it's effectiveness and
must be increased in use. Soon all your
problems and emotional issues can no longer be
escaped and begin to show up even in your
intoxicated state of mind.

They must be dealt with eventually.
Yet sadly now the intoxicating habit must be
maintained in order to feel stable

the best drugs that can be found
are
Spring water, Live food, Fresh air,
Sunshine and Regular sleep

learn to be satisfied with these and life becomes a
smooth ride

Appreciation

SAFETY

Compassion

SENSITIVE

HELPFUL

HONESTY

PEACEFUL

LAUGHTER

Hilarity

Then during your day continue by reading these
aloud

Speak these with a voice of authority to yourself
You take charge of your thoughts
You tell yourself what to think and
how to feel

You can no longer afford unhealthy thoughts

By simply stating out loud each time a unhealthy
thought arises

**“NO MORE NEGATIVE THOUGHTS
IDEAS, BELIEFS OR EMOTIONS”**

You expel and cast away from yourself all
destructive influences

But it takes effort and you may find yourself
saying it constantly for a while

But don't give up

Make the decision to return to health

Build a stronghold of healthy
balanced wholeness within
yourself and refuse to think any
thoughts that are contrary

Then in the privacy of your cocoon at home
spend time repeating out loud the
included affirmations

These **ARE** your natural traits

So believe them

Visualize yourself healed

Whole

Balanced

Free

REMAIN

Never allow yourself to fall below faith

Stop what you're doing and lift yourself up

Encourage yourself

Command your mind to serve you

Return to harmony

Spirit Mind Body

Having a kitty has helped me maintain love in my heart at all times, but even that was a rocky road.

For many years i could not hold them for very long without issues arising within me. They being most sensitive would pull away from me and even run when i tried to pick them up and each time i

would check my thoughts and adjust my emotions. i had gotten so used to pain and hurtful feelings that it had become a habit. i didn't even realize i hurt. i saw the cats responses to me as a sign of my vibration. As i watched the world responding to me i was able to adjust my inner self, knowing that ultimately I was creating everything that was happening to me.

For one year without interruption i daily as needed, sometimes many times a day stood in my room and affirmed out loud to myself the included affirmations at the end of this book. Hours would pass as i stated loudly that this is who i am, this is what i feel and think. Every time i felt doubt or fear i would stand to my feet and start again with my affirmations until my vibration was steady. As i look back now at what my life has become i am overwhelmed to tears that a life change **IS** possible

Relaxed
Simplicity
Complexity
Solid, Fluid
Movement
Stillness
Fulfillment
Empowerment

“Subconscious Commands”

Visualization is the act of the entire being. For example to visualize healing within me I would create a healing atmosphere by simply saying

“I AM HEALED”.

Each time I stress a different word and feel its meaning.

“I” am healed

feel yourself, the person that you are. You will feel yourself rise and become clear

i “AM” healed

feel your existence within all existence. To be alive and present

i am “HEALED”

feel the feelings of health and wholeness throughout your body

hold that feeling

Each time you go through the visualization allow the emotional charge to grow and become steady.

Many have lived unhealthy patterns for so long
that the childlike spirit is buried beneath the
blinding weight of years of neglect and forced
behavior

Don't be discouraged

There is still a way and it is simple

Your mind is a super-computer and is
your servant

It will carry out any command that you
give it

By Writing and Reading out loud to yourself you
record in four different control centers in your
brain and it then becomes a

Subconscious Command

Write it See it Say it
Hear it

For example write and read out loud to
yourself....

“Mind find all the reasons for me to be
Thankful”

“Remember all the things that make me Laugh”

“Remind me of all the things that bring me
Courage and Strength”

tranquility gentleness joy etc.

It is important to be in a high emotional state
when doing this and enjoying the experience

Speaking with the voice of authority to yourself

Allowing the emotional charge to increase

For then the brain records clearer visualizations

Leaving stronger impressions

The commands then become permanent
memories

Always searching and bringing what you asked to
your attention even while you sleep

Within a week you will find yourself
automatically responding to what you have
commanded

Don't stop now

Continue

Take charge of your life each day

Follow your dreams

Be an inspiration by being
inspired

Moderate
Balanced
Whole, Aware
Studious
Thoughtful
Mindful
Spiritual
Considerate

“Spiral of Transformation”

The following is an actual therapy to use in order
to transform yourself by experiencing certain
emotions

The more you EXPERIENCE an emotion the
more you ARE that emotion

It may be difficult at first to maintain
focus as there are certain strongholds
that must be starved out

This is where the law of association and
extinction comes in

There was a study done with dogs....

It was found that if a bell was rung every time
they were fed eventually just by ringing the bell
the dogs would salivate even if there was no food
present, which is the “law of association”

After a time the bell would loose its influence if
the food was withheld when the bell rang,
which is the “law of extinction”

By using this concept we can change our
perceptions and responses

Keep your focus on thoughts that
promote well being and balanced
wholeness

Refuse to allow thoughts that
cause distress

Eventually you will re-associate
your life and your experiences
with healthy emotions

You can also use visualizations such as pictures,
movies, music and the written word that provoke
only healthy thoughts creating a healthy
atmosphere of emotions

AT ALL TIMES

You pick the visualizations that you feel are best
Provoking healthy thoughts as a way of holding
and experiencing emotions

Creating a smooth transition from one emotion
to the next by watching your movies, looking at
your pictures, listening to your music and reading
out loud to yourself

The longer you expose yourself to something the more receptors you will have for that particular thing and grow new associations

Your body is making new receptors constantly to help receive the stimuli in your environment

That is why it is necessary to isolate yourself into a controlled environment for extended periods of time

The best way to find balance is to isolate your experiences for a while, use your visualizations to help keep healthy emotions at all times as you slowly venture outside yourself re-associating the world around you at a pace you are comfortable with....

Keeping the influences that nurture health and healing and discontinuing the others.....

Everyone's balance is different with different needs

Although there are basic needs in us all
We have to discover them on our own
Discover the science of your own life

It takes discipline to remain focused
Until eventually there's only the need to
surrender

Like i said the more you experience these the
more you become these

A comforting thought is that it
takes fifteen to twenty-one days of
continued experience before
something becomes a habit and
then is automatic

So be of good cheer

RESTORATION

is just twenty-one days away

You shall reap if you faint not

All the emotions must be incorporated and
support your healing

Many of us have strongholds through
years of destructive thoughts and they
must be dealt with

Build new strongholds

Project healthy emotions at all times

Eventually when balance is restored the emotions become indicators of your present condition so that you may make healthy choices

Even emotions that cause distress are helpful to guide and empower you to decision but first you must return to balance by stopping the unhealthy emotions that are dominating you

i found myself challenged just to go to the store and buy the things i needed. Sometimes i would deny myself for days until the need for nourishment drove me out of my home.

At this point i felt the impression to create “Instant Gratification” in my daily life for everything until i responded to my needs without hesitation or second thought.

Once i corrected the flow of my own body then life became possible

Soon i was eating and enjoying
No longer toxic from restraining my urge to pee,
go to the store, eat or sleep.

I developed my ability to focus on
what “i” choose
To think about what “i” want to think
about

When something causes an association with pain
just focus on the moment and realize the feeling
is not real but only a series of thoughts and
memories

Let it Go

Move On

Only Right Here Right Now is Real

Genuine
Just
Consistent
Forgiving
Giving, Calm
Merciful
Serene
Understanding

“Decision”

Each time we make a Decision about ourselves
or others we align with the needed Experiences
in order to Transform into what we have
Decided

Shifting our features and body

Simply put, if you decide you want to be a
muscular person then your experiences begin to
put you into situations of lifting heavy objects
until the desired persona is accomplished
An educated person then experiences of books
and learning

A pilot then experiences of training and flying
Being a well balanced, cultured person with a
good sense of humor
....well

I think you get the point

Decision empowers you to action
and you must decide

There is no worse condition than
to be undecided and powerless

Each of us are pulsing outward our own
individual decisions like frequencies and our cells
completely change and alter their chemical
balance every $\frac{1}{4}$ of a second to match our
thoughts

Our cells vibrate, resonating our different levels
of emotion forming our aura
Vibrating outward like invisible waves, yet known
and felt

With each Decision the course of your life is
altered

Who do you want to BE
Surround yourself with the people and things you
Love, things that are Beautiful.
Emulate and Become

Valiant
Alive
Zealous
Present
Flowing
Released
Receptive
Open
Happy
Open

“Personal Relationship”

The first beginning is to develop your personal relationship in the stillness of your private space with no approval and disapproval of outside influences

Your first commitment is to yourself and your personal views of life, and the world around you
You need that no man should teach you anything
Each and every one of us is in direct oneness with the universe on our own right

We are the many expressions of the whole
All of us are one creature coming together with many parts

Self love is the most important requirement in order to protect the gift that has been entrusted to you

No one else can appreciate and value your life as
much as you

It is your responsibility

If you're not enjoying every part of your life then
you do not truly love yourself

Always maintain a sense of enjoyment and
pleasure in everything you do

When you truly love yourself enjoyment and
pleasure is automatic

The fastest way to regain your self love
and personal relationship is to only act
and speak from the heart

Wait on the spirit to motivate

Stay sensitive to how things make you feel,
trusting your intuitions and first impressions

Be quick to obey your heart

Leave when it says to leave

You do not have to be friends with everyone and
you know when you truly like someone

You are not required to speak to anyone and
when you do speak say what you feel

Be gentle yet clear

Stay focused on the flow

Protect your heart at all costs

Your personal relationship with yourself is most
important above all friendships and family

It is important to let go of all thoughts that seize
your focus and allow the universe to flow through
you

Stay open and receptive for this is
your strength

Compassion

Zeal

Fervorency

Magnificent

Gracious

Gentleness

Council

Friendship

“Cocoon of Influences”

Creating healthy patterns that promote
transformation is easy

The longer you **RETAIN** an emotion

The more you **BECOME** that emotion

Surround yourself with visualizations that cause
you to feel a certain way

In your room build a cocoon of transformation

Pictures Movies Games Books

Comfort Stimulation

Remove everything that disturbs you

Some things need to be thought about

Anything in excess is harmful and some people
and things should be avoided

You must first love yourself with gentleness and
compassion before you can extend any of these
things to others

Hold yourself in thankfulness

Grateful for the gift of your own life and the
attributes you have developed

If you are curious how others will
treat you simply observe how they
treat themselves

If they mistreat their own
body and hair which is their
most precious gift then how important is the gift
of your body and hair to them

The more you realize and adjust your behavior
toward yourself,

The more healthy balance
and wholeness will become a
reality

If you feel the need to be intoxicated or high
then you're most likely unhealthy and
unbalanced and living in such a way that you want
to escape

Ultimately putting off what
you need and burying yourself deeper and
deeper

into imbalance and ill health

Rather than escape

**Find restoration by facing your
unhealthy patterns**

You must be pure in order to see
GOD clearly

For a time you will feel discomfort and irritability
but rest assured just one day without partaking in
any of these things and you will wake feeling
much better each morning until eventually you
will find yourself waking joyfully

You must make the decision and continue for
you will reap what you allow in your life.

Joy and ecstasy is a natural impulse when we have
no unhealthy habits

Unhealthy habits are ones that give you a surge of
emotion and afterward leave you depleted and in
need

It took time to form the habits and it will take
time to return to restoration

It takes time to build a stronghold
in your
Spirit Mind Body

So take that time

Make that effort

And find healthy balanced wholeness

Continually

Easygoing
Approachable
Friendly
Fellowship
Lover
Tender
Fun
Gentle
Dependable
Steady

“Natural Remedies”

All we really have is our health

Without it all else is useless

“What does it profit a person to gain the whole world and lose their own soul....”

Food and thoughts cause and support emotions

First start with your diet and thought patterns

Some food and emotions are toxic

Refuse toxic thoughts and emotions as much as possible to remain balanced

Fasting is a good way to

rapidly clear your body of toxins caused through habitual unhealthy habits

Most sickness and disease are caused by too much acid in the body for prolonged periods of time

You must alkaline yourself with four parts green
vegetables to one part acidic foods each meal
You may want vegetables only until your alkaline
reserves are replenished

We must over alkaline our bodies for a short
time to replenish our alkaline reserves and to
remove all acidic fat in our bodies and mucus
plaque buildup in the intestines, arteries, liver,
kidneys and bladder

Mucus plaque is the result of the body
attempting to protect itself from the
acidic emotions and acidic foods we
eat and drink every day

Also the body stores the excess acid into our fat
cells to remove it from the blood because if the
balance of the blood is thrown off even by one
degree we will die

The fat cells then can no longer be used by the
body no matter how much exercise we do

The acid must remain out of the blood

The only way to remove the acid from the fat is
by over alkalizing the body and drinking half
your weight in oz. of spring or artesian water
every day

This will allow the body to rapidly flush the acid
from the system

You may experience head aches and fever during
this process but that is a good sign that the acid is
being removed

If we do not balance our diet with alkaline foods
then the acidic fat and plaque begins to build up
until our body can no longer function and our
foods cannot be absorbed

Even worse the fat and plaque buildup absorb
the toxins until it is satiated and the toxins begin
to seep into our bodies

Mood swings and outbursts of anger are then
more likely because the body goes into survival
mode

The acidic fat and plaques must
be removed before we can begin
to heal

Bentonite Clay used by the Native Americans has
been discovered to absorb many times its weight
in toxins and to flush out the plaque from your
intestines

After a period of a few months of eating only vegetables drink Bentonite clay and powered corn husk mixed in warm water three to four times in a day

Be sure to eat vegetables two hours after each drink because the clay will absorb your food

So Be Careful

Most health stores have
The Arise and Shine Program by
“Dr. Richard Anderson”
This will explain the details

Green drink made from spinach power and spirulina mixed with 8 oz of spring water every few hours will help rapidly clear the acid

Kombucha is a great drink sold in stores
To find out where call
877-735-8423
It helps detoxify

Garlic Ginger Grapes

Eaten together in large amounts clear out plaque and toxins from the arteries, liver, intestines and kidneys as well as the entire body

They must be eaten steadily no longer than a couple weeks at a time along with a diet of plums, mulberries and blackberries

Drink a teaspoon of epsom salts mixed with 8 oz. of water 4 times in a day while fasting and at the end of the day drink a cup of olive oil with a whole grapefruit squeezed into it. This will flush out the liver, kidneys and bladder

These few treatments will clear everything and flush them from the body including many needed vitamins and minerals

And is only intended to be done once or every few years

Too much can be dangerous

So be careful to eat the greenest vegetables mixed with as many varieties of vegetable colors as you can find, orange, yellow, red and purples....each color represents different vitamin and mineral groups and the darker the color the better

Find the foods that best suit you
and your lifestyle

Take the time that's required to
shift your body chemistry

You'll even notice your natural scent becoming sweeter and sweeter along with your attitude and disposition

Everything must be done in moderation sensitive to your needs and emotions

If your emotions seem low your most likely in need of vitamins or minerals, water or fresh air

With a change of scenery or stimulation you feel the difference immediately

Products that promise a lift or pleasure only bury you deeper into your needs and should be avoided

Get good at distracting your
attention
and moving to a different subject
in your mind

Be patient with yourself and allow time to grow
You will be fine and things will work out in the
end

Life is long and things get better

Keep a journal of your dreams and daily
emotions in order to document your progress

Keep your senses busy with the beauty of life

Sit beside the river and watch the water

Feel the sun warm against your skin

Listen to the world around you

Dream of things that make you feel good

Walk through the woods

Climb a tree and sit in the highest branches
swaying in the wind

Eventually your spirit mind body
will return to balance

The body is over 80 percent water
and the rest is minerals and
vitamins so be sure to drink only
spring water and eat only live
foods because you are the water
you drink and the food you eat
Water has a memory and when it is filtered all
nutrients vitamins and minerals are removed
Although filtered water may hydrate you it will
also absorb your nutrients vitamins and minerals
from your body to make itself whole again
And when you pee the water takes your vitamins
and nutrients from your body with it
Spring Water is the most pure and packed with
minerals and nutrients

Water should be collected from
your local area to truly get into
synchronization with the vibration
of the land where you live

Drink the “right” amount of water and recovery
will come much quicker

Gulping water is unhealthy and unproductive
The body can only absorb so much water at a
time and hydrating your body properly is the
most important thing you can do

You might as well get used to a mouth full of
water every five to ten minutes keeping fresh
water with you at all times

You will never reach the point where you’ve
drank enough water

A mouth full of water every
five to ten minutes is a habit you must form

Just by doing this you will
notice after a few hours that you are feeling in
high spirits and energetic

Don’t stop now

Keep doing it

FOREVER

Your on your way to wholeness and health....

The less you cook your food the better and some
should be eaten raw

Grains Beans Fruit

Vegetables Melons Roots Nuts Berries Herbs

Spices flowers and nectar

Dehydrated food is unaffected and remains full
of it's original vitamins and minerals

Eat only live foods

Canned and packaged food are dead
and have a putrid factor that the body
must remove using up more energy
than benefited

NEVER EAT ANYTHING
FROM A CAN OR THAT'S
PACKAGED IN PLASTIC
OR HAS ALREADY BEEN
COOKED BEFORE IT WAS PACKAGED IF
YOU CAN HELP IT

Which brings me to the next most important
beginning

BREATHE

Breathing is even more important than water
Take full breaths and do things that cause you to
breathe heavily
Ride a bicycle

Sing Yell Laugh Climb

Skip Run Walk

Carry something or wear a backpack with
something heavy in it

Just by flexing every muscle in your body as hard
as you can each morning when you get up while
going through the full range of contraction and
extension of all your limbs will create an
atmosphere of muscle health and development

Also when you stretch in every way each morning
before you get out of bed your mind will
remember the relief that it brings and stretching
will become a trigger that gives your body surges
of glee

Live a healthy lifestyle

And being healthy is easy....

Spend time with yourself in the mornings

Read something inspiring

Play an instrument

Listen to music

Paint or draw

Create something

Begin a life's work of some kind that you can
hand down to your children's children

Fill your mind with healthy attitudes
Watch movies and listen to music that adds
something to your life and makes you feel

INSPIRED

Refuse to join in any negative or destructive
conversations and

Never allow yourself to be pressured into
stressful situations

Always look for something to be thankful for in
everything

Don't avoid the hard, but welcome it

Accept the challenge of your own life, taking it
head on

Knowing that it will make you stronger

Physically Mentally Emotionally

Letting go of the weak thoughts and
cowardessness

Be the person you always wanted to be

RIGHT NOW

FROM THIS MOMENT ON

TIMING
STRENGTH
SPIRIT
PATIENCE
Fulfillment
RADICAL
GLEE
Vibrant

“Cosmic Awareness”

The feeling of **HOME** is one of our most important satisfactions and without it we are unable to rest

We can choose how we feel and where we consider home

Always looking else where for home will kill you faster than anything

So be satisfied where ever you are and rest while your there

The emotions of **PROTEST** and **OPPOSITION** are the **MOST DEADLY** of our emotions

These constantly eat at your body and mind never allowing restoration and healing Over time their effects will destroy your life

I once saw a man with his children and he
complained constantly afraid of what they might
do or the trouble they may get into
Never allowing them to live for the fear of
making a bad choice

Yet how will you know if you never choose
If you don't like your choice then you never have
to choose it again

Let it go and move on
Protest is like thinking that it would be much
more peaceful if all these birds would stop
making so much racket

Why worry ourselves by protesting any of the
creatures around us

Just accept them

Make them apart of your life

Nothing can delay or obstruct you because
everything is of the divine order and is here to
teach, help, guide and protect us

Don't be like the camper who was tired of his
dog barking so he shot it....later that night he was
eaten by a panther

Everything that happens is supposed to happen
or is happening for a reason

Maybe to help guide us toward change

Every noise and every action is of the Divine
Order and reveals our Cosmic Mirror

Instead of trying to change the things going on
around you

See them as a revelation of the condition of man
including yourself then take the only action you
can

HEAL YOURSELF

And thus create a ripple effect that goes out from
you to everyone

eventually transforming the entire world

Just to have some affect on Seven people you are
connected to the entire world exponentially

Plus on a sub-atomic level the energy you emit
affects everything instantly with lightning speed

In light of this we understand
that the papers, magazines and the governments
only reflect our inner selves

Just one thought and the universe
is moved and changes

It is futile to beat against the raging waves
They are only symptoms of a much deeper
destructive pattern within

Seek out these things and patterns that cause
dysfunction and distress within yourself
Remove these things which are the source of ill
health and the symptoms will simply go away

Everything you think manifests
itself in your body and emotions

The world responds to you

So put away all weak and sickly thoughts
Stomp out any unhealthy and destructive beliefs

Remove all poisonous ideas and emotions

And instantly your body begins to heal

MAINTAIN THIS
AND FIND
HEALTHY BALANCED
WHOLENESS
CONTINUALLY

It's your life

What are you going to do with it

You decide

Take Back Control Of Your
Mind

Your Body is your Temple
Your Mind is your Servant
And Your Emotions are your
Tools

What do you want to build with
them

Then let's get started

RIGHT NOW

Today I am a new
person
old things have
passed away
behold all things
are new

Everything
happens to me in
the right way
All things are open
to me

I am now and
always in the right
place

Everything
happens in the
right way for me

I sleep in the midst
of a harmonious
universe

In the quiet of this
night all things
move in the right
way to their
rightful places

I am now and
always in the right
place

Everything
happens in the
right way for me

Everything is in its
right place
My emotions are
all constructive

I never can be
separated from
that which is
rightfully mine
I am at peace with
myself

I am at peace with
my world
I think only of
what I want

Thankful

I turn my thoughts
to whatever things
of beauty and
peace I like to
think of

I shall think only
edifying things for
in my thoughts I
know I create the
causes of my life

Every cell in my
body is being
renewed and
strengthened every
moment of this
day

I give thanks for
the health that is
flowing through
me now
I live a thankful
life

I shall look for
anything and
everything for
which I can be
thankful

I live a thankful
life

The smallest thing
will not escape my
thankfulness

I live a thankful
life always

I give thanks for
every unknown
good which this
day is bringing me

I live a thankful
life

I have a sense of
ownership of all
things I desire

These are mine
At this moment

I now declare I am
free from all
destructive
influences
I am calm and at
peace

I accept
forgiveness
GIVEN and
RECEIVED

This is my day of
forgiveness

I forgive everyone
who has ever done
anything wrong

I forgive myself for
all my past errors
and wrongs against
others or against
myself

Love Joy Peace
Patience
Gentleness
Kindness
Meekness
Stability
Faith

Ye shall reap if
you faint not
Everything has a
season

SMOOTH
TRANSITION
“SPIRAL”

LET GO OF
THE PAST AND
THE FUTURE

STAY IN THIS
MOMENT

Don't try to use
the same route
twice

Indeed don't try to
get there at all

LET IT GO

It'll happen when
you're not looking
for it

Don't talk too
much about it to
anyone

STAY CLEAR

NON
JUDGEMENT

Definitions Seize
THE FLOW

HAPPINESS TO
ENJOY LIFE
YOU LIVE IT
YOU DON'T
THINK ABOUT
IT

I SHALL LIE
DOWN AND
MY SLEEP
SHALL BE
SWEET

I
BELIEVE
IN IT
FOR
ME

MY MIND
PREPARES
ITSELF
continually in
HEALTHY
Restoration

I am learning new
truths and ideas
that support my
health

I prepare myself
always thinking of
Health
Strength Success
Thankfulness

ALL THINGS
ARE POSSIBLE
TO WE THAT
BELIEVE
“Restoration”

EVERY ORGAN
BONE TISSUE
CELL IN MY
BODY IS
RENEWED

RENEWED
RESTORED
REBORN
REVIVED
RETURNED
REGROWN
RECREATED

NOBLE
ROYAL
SUBLIME
LOYAL
PRUDENT
FAITHFUL
RESILANT
ALWAYS

I allow only
healthy
Thoughts
Ideas
Beliefs
Emotions
Actions

Focus on the
Good
healthy
Beautiful
Kind
Gentle
Sensitive

I am thankful for
my third full set of
teeth as they grow
and form in the
right way in my
mouth

Every thought is a
prayer
every thought
infused with belief
is an answered
prayer

I think only
uplifting edifying
Healing thoughts

I AM Healed and
Made Whole

I Allow Myself to
Believe Only in
uplifting edifying
Healing things

Healthy Balanced
Wholeness

My help is with me
every moment of
life

While I sleep I am
in the presence of
GOD

All the Joy
Abundance
Health
Of
GODs'
PRESENCE
surrounds and
flows through Me

I
AM
IN
HARMONY
WITH
ALL
LIFE

TODAY
WILL
BE
A
DISCOVERY

ONENESS
ALWAYS

I shall find new
ways to express the
Harmony within
me

COSMIC
Awareness

I
UNITE
MYSELF
WITH
HARMONY
SPIRIT MIND
BODY

ALL
MY
THOUGHTS
HARMONIZE
TOGETHER

INCREASE

EVERY CELL IN
MY BODY
IS IN
HARMONY

INCREASE

MY
SPIRIT
IS
STRONG
ONE
WITH THE
COSMOS

I AM AN OPEN
CHANNEL FOR
THE SOURCE
OF ALL LIFE

HARMONY

I release you from
your debt to me
and I release
myself from my
debt to you

BE WHOLE

I speak to the
power centers of
every cell in my
body
Bringing them to
full vibration
In Harmony with
the source of all
vibration

COSMIC
Awareness
ONENESS
BE
FREE
BE
HEALED
BE
MADE WHOLE

My whole being is
open and receptive
to
HAPPINESS
STRENGTH
PEACE

MY WHOLE
BEING IS OPEN
AND
RECEPTIVE
TO
LOVE

KEEP YOUR
FOCUS
ON

What you want in
your life
and these things
will come to you

SEEK YE FIRST
THE KINGDOM
Of GOD

RIGHTEOUS

HONOR
RESPECT
LOVE
TRUTH
HONESTY
FIRST WITH
THYSELF

KNOW
THYSELF
Tenderness
Gentleness
Understanding
Receptivity
Family

I give thanks that
each night my
body receives
Healing Power
while I sleep and
rest

By my Creative
Thinking I AM
Restoring
Protecting
Preserving MY
HEALTH

All sense of
punishment for
myself and others
has been cast out
of my mind and
life

I call upon the
inner strength that
is mine
It is always with me
when I need it

Tonight I am
freeing my mind

I am released and
whole

I am relaxed

I do not think
I only know
I AM ALIVE
And **WELL**

I do not think of
what happened
today or what will
happen tomorrow

Tranquility

I know only that
tonight will be a
wonderful time of
rest

COSMIC
Awareness

All ways are open
to me
In loving kindness

I shall not permit
myself any
destructive
emotion no matter
how justified it is

I am not forced by
any emotional
pressures or needs
to do what is not
right for me

Today I discard
every belief and
idea that hurts me
even if it comes
from the ones I
love

I give thanks for
this new day in
which I am Truly
My Own Person

HEALTHY
BALANCED

I am calm

TRANQUIL

MYSTICAL

There is Peace
Harmony and
Freedom in every
situation and in
every member of
my family

I release every
belief in the need
or value of
suffering, mine or
that of anyone else

Tonight I
surround Myself
and My Home
with Harmony
Love and
Tranquility

This is a new day
in which my body
and mind are free
to do the best they
can

This day I give
freedom to the
world as I claim it
for myself

I am flexible in all
things

This is a world of
change

I am always willing
to change myself
and my ideas for a
better self

I am always willing
to change myself
and my ideas for a
better world

No more thoughts
of pride and
arrogance

No more critical
thoughts

No more obsessive
self examinations

SURRENDER
TO HARMONY
and **RECOVERY**

HARMONY is my
first instinct and
natural trait
I need only to
FOCUS and
SURRENDER

SPIRAL of
transformation
Positivity in a
Changing, Fresh
and New way
This moment

As I meet
problems I know
that everything will
express only Love
Harmony and
Faith

Everything I do is in a spirit of love and
thankfulness.....

All existence and all creation is supporting me
and promoting me because my heart and my
entire being is set to do the greater good....

The people and things that are needed to insure
my success of my dreams and their dreams are
being brought into my life continually on a daily
basis insuring my alignment with needed
experiences that will make my dreams of True
friends, True Love, abundance of money,
abundance of property and family with closeness,
togetherness and unity a reality of permanence
that will change the course of my life and
bloodline forever for the Greater Good of all....

Me and my bloodline shall thrive and be filled
with illumination -

handing down from generation to generation,

Enlightenment, Cosmic Awareness,

Understanding and Wisdom filled with

Compassion and tender healing for the entire
world....

And we shall as a family be revered and respected as the most beautiful and caring for others because we treat all as ONE....Ushering in the New World of Diverse Harmony and Healthy Balanced Wholeness....

There is therefore now no condemnation for those who are in Christ Jesus, who walk not after the flesh but after the spirit....

For the Law of LiFE in Christ Jesus has made me free from the law of sin and death....

I am a new creature in Christ Jesus, old things have passed away behold all things have become new....

I believe the best of others....

I am Angelic Godliness....

I am Graceful fun....I am generous....I am hilarious....I am funny....I am giving....I am respectful....I am intelligence....I am the best of friends....I am good hearted....I am trustworthy....I am reverence....I love everybody....I always include spiritual things and True Love....I let the music come through....I minister Love and Edify all....I am someone who makes others free to be themselves....

I look for something funny in most everything....I
love to make others laugh....I let life flow through
me....I sing because I love to sing....I sing because
I feel good....I sing because I love....I am
sensitive to the anointing....My mind is stayed on
GOD....I am focused on GOD always
I am thankfulness....I am appreciation
I am pure....I am beauty....
I am harmony....I am humility....
I am faith....I am inspiration
I am always ready to help others
I am forgiveness....I am thoughtfulness
I am charisma....I am understanding
I am excitement....I am pure love
I am surrounded in true love
I am graceful....I am an instrument to heal....I am
gentleness
I am healing....I am easy going
I am wholeness....I see the value in all my loved
ones and friends....
I appreciate the company of my friends and
family....I am respectful
I am free....I am ONE
I am a blessing to all....I am healthy balanced
wholeness at all times

I am love and adoration for everyone and all....I
am laughter....I am free from bondage and
denial....I am generosity....I embrace my
bloodline and ancestors....I am compassion
I am love and warmth....I am appreciation and
gratitude....I am curiosity and wonder and awe
I am excitement and Passion
I am determination....I am flexibility
I am confidence and faith....I am cheerfulness...I
am healthy, vibrant, vital, and alive....I do things
that give me a sense of contribution....
Everything I do is a study of Joy
My life is full of variety....I am True Love....
I appreciate all of my feelings because they are
signals to me of what condition I am in and help
guide me toward these things I want most in my
life....I am True Love, I am belief....I am
complete
I am focused on GOD
I am focused on my Dreams
I am sweet....I am in the flow of life
I provoke belief and faith in myself and all these
I am associated with....all wounds are healed....
I am LOVE and surrender
I love everyone with compassionate love

Compassionate love is extended through me to
everyone and all....

I am sure and tranquil in my relationship with
myself and all things....

I embrace love, beauty, success, and
perfection....I welcome love, beauty, success and
perfection

I am thankful that my dreams come true....I yield
to the call of life....I surrender to true love....I
understand that it is not peoples fault for what
they say and do, they are only acting out what
they've been taught and so I break the patterns
they are used to and addicted to and I release
them from

bondage unto newness of life and freedom and
wholeness and Balance and Diverse Harmony

What are my most memorable times

All the times when I was truly happy

My most special moments

The funniest things that ever happened

Times when I really felt proud of myself

All the things I accomplished

Times when I was most courageous

Times when I was most loved

Times when I really loved my family

Times when we were all together having fun
 My most adventurous times
Times when I broke through my fears and won
 Times when I was most excited about life
 Times when I was most brave
 Times when I made others feel safe
 Times when I was truly strong
 Times when I was the most loving; caring;
sensitive; thoughtful; compassionate; gentle;
 protective; appreciative and respectful
 Times when I was a light to others
 Times when people came to me for guidance
 Times when I contributed to the greater good
Times when I put others feelings above my own
 Times when I made other people feel good
 Times when I felt most alive
 Times when I was having the most fun
Times when people depended on me and I came
 through
I incorporate all my feelings and desires....to love
 and desire
 Want and respect....to hold and let be
 Embrace without attachments
 Empowering free choice without fear

You can only give your portion, so give it....to
demand is to loose your opportunity....wasted
I was crucified with Christ never the less I live yet
not I but Christ that liveth in me and the life I
now live in the flesh I live by faith
I recon myself to be dead indeed unto seperation
but alive unto GOD through Jesus Christ my
Lord

I am in Christ Jesus
Old things have passed away

Behold

All things are new

i am fully present
i allow the next moment to arise in a
natural and healthy way

i am fully present
i allow this moment to pass in a
natural and healthy way

i am fully present
(repeat)

i send angels to protect and guide us into all the
truth and to help us make the best choices

i call forth real love in our hearts

**Reveal Yourself To Us GOD and Help Us To
Believe The Best Of Others And Ourselves
With An All Inclusive Spirit Of Love I Cycle
Through Each Moment Allowing It To Pass In
A Natural And Healthy Way Giving Space For
The Next Moment To Arise In A Natural And
Healthy Way**

I Embrace Each Moment Whole Heartedly

I AM FULLY PRESENT

“The Final Stage”

When you finally reach the point that you're in tune and in control of the focus of your mind, spirit, body...then put together a balanced diet of emotional stimulation...in other words movies and music, entertainment and solitude, freedom and constraint. Allow yourself to be yourself without shame.

See the purity in all things that you can touch, smell, hear, taste and see....

Enjoy your life everyday.

Get yourself a really nice set of studio headphones and listen to your music constantly while you go about your day to day. Put your random playing favorites on many players throughout your home so that as you walk through each room the mood changes a little.

Also have other projects going and favorite movies playing all at the same time.

Always have your main vibe of strength and pleasure, joy and forgiveness, thankfulness, Heintze and courage.

The music and videos will then create a free flow of ideas within you and the planted seed will grow. You will find it much easier in social exchanges to flow freely through your emotions. Being able to be quick to defend yourself, then weep at the joyful heights of love's embrace.

Always remain in a sense of enjoyment.

Nothing can cause you to feel anything other than what you choose to feel.

You will find yourself facing many old emotional issues and as the vibration begins to rise and must confront the issues behind your actions....yet remain in your knowing and allow room for mistakes.

Let go easily and forget.

Move on to a new subject in your head and change the emotion you're in as rapidly as you please.

You will have more opportunities to speak of things that concern you as long as you go with the flow of thought and allow others to speak of what concerns them.

Listen to others and be helpful. Let the rhythm of your life heal everyone who comes in contact with you.

Always set your boundaries when the time comes. Never let anyone disregard your safety

Be safe and secure at all times or make it so

“Guard thine heart with all diligence for out it proceed the issues of life”
Speak your truth without attachment to the outcome

Keep your mind stayed on **GOD**
From this place of honesty comes the freedom to be yourself

We are changing and fluid creatures with our mutual and separate agreements about our lives

“The Collective Soul”

Each of us are pulsing our own individual decisions through the life giving ether around us. Like a flock of birds or a school of fish we begin to synchronize with the vibration of everything. Our mutual agreements bind us together and the field of energy in our individual lives increases. When a certain amount of us attain an awareness a physic phenomena occurs and the awareness instantly becomes common knowledge. With a large amount of Agreement Connections the energy field can cover an entire city. Even cover the entire earth.

Our Goal Is To Find Lasting
Connection That Will Continue
To Grow.

Soon we find ourselves coming together with more than religious fervor.... We find ourselves in perfect clarity. In Love.... In Tune.... happy.... we can take it any direction we choose

We allow the vibration to increase
We remain CLEAR.

It's only when we try to name or define something that we lose momentum. And in the naming we take something away from the thing being named. The name removes the AWE and WONDER. Mystery Is At The Core Of All Things And We Need It To Thrive. The multi faceted micro perfection of all things invigorates and feeds you. Stimulating your senses with impulse energy through the eyes, ears, nose and skin.

A living growing rose pulses around 300 megahertz of vibrational energy and in fact all things, animate and inanimate, radiate with varying levels of vibrational energy
The more varieties in your environment the more stimulus you benefit.

The stimulus is the connection.

You feel it through your body.

You understand it in your mind.

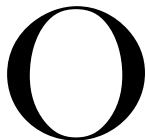
And as you look out through your eyes

You Are That Eternal Presence....

Sight and sound are present and
you are a sphere of energy
mingling with other spheres of
energy.

Without the connection of those
around you,
you are nothing

Together We Are The Creative
Force.



“Oneness”

There is no separation of self
Spirit Body Emotion Action Thought
Your life Your thoughts Your Actions Your
Beliefs

ARE YOU

Your body Your Mind Your Emotions
ARE YOU

You do not have these things
You do not do these things
They are not separate from you
THESE THINGS ARE YOU

You are your body

You are your mind

You are your life and emotions

And on the same note the people and things
around you are YOU as well
there is no separation

Energy and Physical are one and the same and
spring from the same source

Each of us are energy radiating in all directions
without limitation or boundary

The physical frequency is the part of our limitless
radiating selves that can be seen and touched
while the total expression of ourselves is the
limitless frequencies exploding outward in all
directions drawing it's source from the universe
and multi-cosmos

We are the visible and invisible frequencies of
the whole

Our bodies are the physical manifestation of the
limitless vast expanse

**IF GOD IS ALL VIBRATION THAT EXISTS
THEN
OUR BODIES ARE
THE MANIFESTED PHYSICAL PRESENCE
OF GOD**

The full spectrum of frequencies from the micro-frequencies through the macro-frequencies are most familiar to us in terms of micro-waves and radio-waves

When we see a rainbow in the sky we are experiencing a very small part of the waves that exist

In the same way our bodies are just a very small part of the waves that can be seen and touched

In other words there is no separation between us
The energy that cannot be seen is just as real as the energy that can be seen

We are energy first

The physical is the frequency of energy that we see

We all radiate from the same source

The source is radiating outward in all directions so in fact we are all **ONE BEING** with many faces and expressions

We are the many emotions of **GOD**

Like the billions of cells that make up one brain

Like the trillions of stars that make up one universe

We are the individual representations of the brief
collection of experiences that make up our lives
Together we make up the infinite mind of GOD
in the
The Eternal Now

“The Eternal Now”

Right View is the best term found that describes
Ultimate Reality

Once our Relative Reality matches Ultimate Reality we have reached the point where we are consumed with positive thoughts and intentions. Negativity is no longer apart of our daily lives and can no longer affect our belief, thought, emotion and action.

Ultimate Reality is The Realization That
We Are Divine....

**ALL THINGS
ARE DIVINE**

There Is No Separation

We are the tree and the ant and the plane that
flies over head and the spaces in between. We
are the water and the mountain and the air.
When we look into the sky and into the eyes of
the passer-by we see ourself

ALL IS ONE MIND THINKING

This Infinite Consciousness is the
perfection we find in the NOW

Truly there is no past and future
These are only retained memories and projected
thought in our brain
All we really have is right now this moment
There really is nothing else
When we let go of the past and future and dwell
in The Eternal Now we find LIFE

Returning to ourself
Our energy is no longer scattered

Energy follows thought

Our focus determines our reality

RIGHT NOW THIS MOMENT

is where we find
the creative potential
of
GOD

**GOD RESIDES IN THE NOW
AND SO ETERNAL LIFE**

**STAY HERE
IN
THE ETERNAL NOW
AND FIND LIFE
ETERNAL**

You find yourself
this time
leave behind
the things that bind
your mind
open up your eyes
and see
beauty all around
ETERNALLY
NOW
Right Now
Right Now
Right Now
Loose your mind
Stay Here
This Time
YOU
FIND
YOURSELF

“The Next Level”

You will change and evolve and many things will
fall away as you come back to life....you may even
find yourself with understandings beyond
anything in this book or any book

i have left room for you to write all of them down
for yourself and everyone else

Ultimately you are me and i am you

We are the same person with different
experiences and choices

You are who i would've been if i would've made
the choices you've made

i am who you would've been if you would have
made the choices i've made

Still this diversity makes us stronger as a family if
we are honest with our dreams and follow them
whole heartedly

The whole world can benefit by seeing our
inspired life, inspiring others to make better
choices....

“Altruism”

Eventually Everything
makes you feel a
glowing joy

As long as i sensitive to
my feelings and the way
things around me makes
me feel. That means
everything. Who cares
what others think or say.

Only you know how you
truly feel.

i wanna look into some of the stories
of my trip. i want to write a full auto-
biography that incorporates all my
books.

Story One

thru all the hard bed rocky outside
sleeping the night two big guys tried to
steal my guitar, back pack and
sleeping bag. At first he sat and
smoked a cigarette and talked. i knew
he was testing me out. Trying to see
how far he could push, how much he
could steal. i knew with people like

this, to show no emotion is a very strong position and causes doubt that they have frightened you. They begin to fear that maybe you have a reason to be unemotional about it all. Then he pushed with a threat when i taunted with them. “i’m riding a stolen bike” i said to appear to be outside the box. Maybe dangerous. The bigger of the two stood towering over me as the smaller of the two had given up and taken a seat, waiting for the right moment when he could spring in to help his friend without getting hurt. The big guy pointed at me and said, “Just turn and walk away right now.” Suggesting that i give him my guitar, back pack, sleeping bag and bicycle. The thoughts raced through

my head and i knew that i would not be able to face myself ever again if i let them take any of my stuff. So i spoke in normal conversational tone. “No. I’ve carried this stuff around for years and it’s mine.” Under the church front doors two young boys pretended to be sleeping while this whole thing happened. I could tell the two tuff guys were speed freaks. They were trying to find something to sell so they could buy more junk to push into their heart. i was on a mission. to find all the bad blood around. the punks, the pimps, sluts, demons and bitches. Once i spotted all of them then i could move to the next level of the mainstream. Or at least not get caught up with something bad. Every

relationship drove me closer to the edge of something only i could define.

Lost in a vortex of information gathered throughout a complicated and adventurous refusal to fit in. I was always there to learn something. To see how far it could go. To see the limits of trust and the art of self defense. i broke thru the clouds and saw the morning star with clear eyes. Faced the darkest of forces, Realized the glory of Rome. and started working toward what i knew was the right direction for a brighter future even when i didn't feel like it. I found things to fill my days with emotions.

Positive Good Feelings

Enjoying

Un-pressured

....i have fallen into a rut of watching movies and feeling the urges to live my life growing within. I'm starting to enjoy my existence again. I respect my own existence by respecting all other existence. I honor others by first honoring myself. I feel good about my position in life. Who i am becoming and what i stand for. The position i take. Creating a world of me. Build an Empire and Find a Mate.

Family is where the magic is.

Telecommunication

Music Video's

Production

Promotion

Distribution

We have to play by the rules to truly
blow their mind. Find those paths.
Bring up those questions. Seek the
answers. Proclaim it to all. Art,
Music, Motion and Sound.

Come up with a very polished
production. All the other works are
free. Make those beat tracks. Inspire
those parts. Mix it and listen, like you
know you love to do. Get it right,
perfect it. The levels are ready to
overwhelm. Finish the perfect work.

Start a new life for your realm.

The boys who had spent many
months and weeks hanging around
me as if we were friends. I, being
wide open with hope and love.
Knowing i could save the world with
my music. i sat at the park or the

fountain by the busy street of people passing on their way to whatever they left the house for. I worked copper into jewelry and pendants. Giving them away to everyone who took the time to show interest in what i was doing. Lot's of pretty young girls came and sat nearby listening to me sing with my guitar. I lived to play my guitar for many years after she was gone. I missed her but i knew that it would only end the same way. Her making me crazy and the constant poverty was too much to bear anylonger. i had convienced myself that i needed to get away from this girl. She was just using me to get threw her own private story. The one that got me all screwed up in her

world in the first place. There i was a manager of the Newest Hottest Night Club in Waco. The owner left for the weekend and i took the club to the next level. We made a special stamp and put it on your middle finger so if the bar tender asked to see your I.D. or your stamp. You Flipped Him Off!

I was supposed to ride my new Honda Shadow Cherry Burgandy 700 onto the dance floor. Flip the DJ off when asked to see my I.D. The spot light on me. Parked my motorcycle and got off. Because just a few moments before a girl had looked into the back where i was ready to drive my motorcycle into the club and ask if

she could ride in with me. She was pretty so i said yes. She walked out another girl jumped on the back and yelled. Let's go. And out the doors we came. Past the length of the bar. Into the club and out onto the dance floor as the large standing room only crowd parted. i looked over and saw her. That girl that i thought was pretty. She had asked me to ride and i lied. I parked the bike on the dance floor and got off and told the girl to get off too. I turn the motor off and walked away thru the crowd and flipped the DJ off like planned. My head buzzing with incredible brilliance. i walked up around the wall where i saw her standing with a dirty look on her hurt little face. There she was

complaining. Talking. I reach for her arm and she turned. When she saw it was me everything existed for our love. She was mine and i was claiming her into my kingdom. We walked together back to the bike. i gave her a kiss. She got on the back of my motorcycle and we rode off the dance floor. Past the bar, out of the club thru the front door area. People making room for us to drive thru, out onto the front drive parking area. I let her off the bike and told her to find me later. i parked my bike in the back of the club where the manager entrance and office was. i parked inside the front area. the bike was that nice. Clean.

Then she showed up as i sat at my desk. Her boyfriend pulling at her hand as the bouncers drug him out of the building. In she walked and step just inside my office door. Stood there and looked at me. As if waiting for my command.

i looked her over and noticed that under her large sweater and black jeans she was very well put together. I had a million thoughts ending in “i would be crazy to say no” i looked at her and smirked in my confidence. The shroud in which she opporated.

Making me the Center of the Universe. “Your nothing but trouble” i spoke. she instantly offend as i later found to be her defining chacteristic. But then i smiled and laughed how i

like trouble tho. She immediately softening and awaiting command. i decided to take the long slow romantic approach. Decided or Just an uncontrollable urge to want this girl. To need this girl. She was there.

Easy Lover. Whatever i wanted.

Always sweet and classy. Easily offended and quick to jump to arms. She was a fighter. With two kids and ex-husband childhood sweet heart.

and her new boyfriend was a crackhead stalker who was trying to comfort her with cocaine and take over her mind. i Drove him away without hesitation. Even after his nasty phone calls where i talked with him and reasoned into a frenzy of curses and feeling of concouring,

defeating and taking the girl for my own. She no longer wanted him. That was the way it was done. That what it seemed like anyway. So after a few weeks of strange feelings and random flat tires on my truck. Even event that lead to my motor exploding on the highway. Towing it back to my new office i had fled from the old job as manager. The owner an obsessive control freak had me in his sight now that some alcohol was unaccounted for. “if you wanna run this club. then run it” and i dropped the keys on the table as i walked out of the room. The building and away to my office. Some ridiculous idea to breed a tropical fish. Sell it to all the fish stores. The leg work done. Even

visited all the managers in the area. Signed to do business. Really on the ball. had something to prove. I played a new computer game in the freezing breathes of steam from my mouth. Wrapped in blankets and heater at my feet. the room was freakin' cold! It was the place where we first attempted to have sex. She wanted me to have fuck her on my motorcycle. She was warm but the bike was freezing. Nothing went our way. It was impossible. We got in my cot. Tried to undress in a hilarious fashion. She gave up first. Back to her apt. Her house. i pleaded. i wanted her to stay with me in my spot. She left and i followed shortly afterward. At her house we attempted

again. The awkward near success. It happened but we couldn't really feel it yet. Finally the next day we spent smoking pot together. I had never tried it yet, not really. Not with someone else. We smoked ourselves silly and i circled with a chain of questions leading back to the same place i started. I grew tired of this and saw in her face my own face. My expression and everything. I announced to her that she looked just like me. Again she became offended. As if this was unwelcome.

Anyway my interest in psychedelics became a hobby of mine over the next Five years. She had opened my heart and mind and made me question my position. i think her

finest attempt is when she announced that “Everyone is Different” i was baffled at this. What did she mean. We are all the same. It took me many years to realize that she was talking about choices made. i was talking of universal happenings. i held her at arms length for many weeks. i was on the verge of giving up on the possibility of love. she was too. so we both decided that we were going to take one last chance on love. We were going to try it and see what happened. We had all the right ingredients. Why couldn't we fall in love. I think i had already fallen for her the night we sat and talked after hours at the night club i managed. Everyone had left and there we were talking at the end of the empty bar while the bar tenders and a few others

partied up stairs. The night i had planned to celebrate now that the owner was gone. Which explains the missing alcohol.

Anyway down stairs we sat together and i took her hand and told her that i was interested in her to be my girl. She said she felt the same and i let her know that i wanted to take it slow and sweet. Hours passed like minutes and soon i was walking her to her old beat up car with no driver side handle. She worked the window down as i leaned in and asked when would i see her again. She shrugged and said she didn't know. So with the universe as my witness, i was sooo cool. i knoded and spoke. "i'll see ya when i see ya then" She agreed and drove off into the sun rise.

We were magic together. She thought i was the center of the universe and i showered her with love and kisses. Treating her like a princess. Catering to her every need. As long as she was happy my world was right.

A week went by and i didn't see her. So i found out where she worked and went to pay her a visit. There she was bartending/waitressing in a cocktail topless bar. Although she remained dressed and only served drinks, the atmosphere had already taken it's toll on her. She had grown cold and ruthless. It made her feel bad to convince the drunk to buy another 100 dollar bottle of champagne. Still she did it and came home sometimes

with more money in one night than i
would make in a week. Yet the
atmosphere took it's toll on her.
Again as the universe is my witness. I
was cool and clever. Even when i
knocked over my white russian,
spilling it all over the bar. i dropped
the wet five dollar bill on her tray and
asked her to throw it away. She
smiled and i knew that i liked her.
The rest of the world circling watching
in envy as we fell in love.
We still didn't know each other yet
and she would always shake nervous
and trip or knock things over. Then
she would laugh slightly and proclaim
that she was a "Cluts" Funny i was the
graceful one and she was the cluts.
We would laugh about it sometimes.

And being the center of the universe i would comfort her letting her know i thought it was cute. Later i realized that she really liked me. And she was nervous that i would turn on her. So she watched her step. Her words. She changed her entire behavior to fit into my enchanted world where she was my Queen and i served her every wish. Even after we broke up when i asked her if she believed in love. She said “i think it is possible but it’s a lot of work.

Later when walking with a mental patient on the rocks across the river. i accidentally dropped the fruit juice we had just gotten free at the shelter. We had both been looking forward to it.

Now it lay smashed on the rocks.
The boy said “Heaven sure is a lot of
work”

She had two children and two sisters.
Her little sister was gay and given to
violent outburst when her lover would
drop her off at our house. i thought
she was pretty in a skinny kinda way,
and when i saw her dance i knew she
was much more cultured than the rest.
She was on my side. for some reason.

She knew that i was kind hearted.
There we were a bunch. i was unable
to identify or belong anywhere. i was
an anomaly, a stifled witness.
Walking away from this disturbing life
and getting ready for when my real life
begins. The life of my dreams.

i was strong and unbreakable. i could see extremely clearly although i had a disfunction need for pain and painful situations. i wanted to be challenged.

If i would've been a cat i would have been wrestling with the other kittens in the litter. i was young and undeluted. i could do anything. She even said to me as we broke up. "i thought you could do anything"

Sitting singing to her was the best. She could focus with such intensity. And there we would be. In the center of the universe. floating together. She was the only audience i really needed. She really liked my songs, but she was just a jealous. Sometimes my guitar became another lover and she didn't

like that one bit. But there were nights when we tried acid together for my first time. And i sat on the ground in front of her chair and played my guitar and sang a new song as she squeezed my body between her calves. In her dark jeans, smoking her cigarettes listening to me as i serenaded her. Besides it was cool and when other people liked it, it was even cooler. i remember her telling me not to do certain things. Like it made me unattractive. I would laugh and wonder. After about five years she had me molded into what she wanted. Yet now i was leaving her. i have never believed in hitting girls but after being provoked into psychosis i feel more sorry for the

guys who hit women than i do for the women. The psychological torcher a person must endure to believe their only option is violence makes me very sad.

Any ways back to the love story.

I walked back into the club that night a changed man. buzzing at the highest level i have ever buzzed before. i was truly in love with this girl and i think she was feeling the same for me. Up stairs the drinking went on. Wasting more than anyone drank. Girls were dancing on the pool tables, but i didn't care. Nothing bothered me. Nothing could steal my attention away from this wonderful creature i had just met. In my heart i was loyal from the

start and i was feelin' it. Their was no question about it. I could feel her in my breath. She lay gently in my arms.

Her head against my chest. i was going to take care of this girl. My First Love.

But who was i kidding. i was an unexperienced kid. i wanted sex. i wanted to answer those unanswered questions. That is why i am a true believer in letting your children have relationships while they are still children. Non-regulated within reason. But to truly allow them to experience love on their own terms while there very young. This will give them more experience with love and give the sense of ease. there is no

hurry. You can choose what you like
in a person.

The little girl trying to lay there with her legs open like the woman in the picture. We were just 6 months apart. We had found the magazine while we explored the old abandoned house. i remembered seeing some kind of sex act and tried to mimic it with her on the floor. Nothing seemed to fit together right but we lay with our faces close together. Our pants pulled down around our ankles. We eventually gave up but now we had found something we didn't have before. We gave it a secret name and giggled when we talked about it in front of other people thinking they

didn't know what it was. We never went back to that old abandoned house again but we did play doctor under the table in the storage room. Mostly her looking very closely at my penis.

After my father died, i ended up at her house. We found another dirty magazine in the creek that flowed at the edge of the yard. She pulled down her panties and told me to “suck on this” I filled my mouth with her pussy in the blur of faceless art.

Then her mother could be heard hollaring as she ran up to where we were behind the bamboo. We pretended we were just looking at a

magazine. luckily turned the page to one with words on it when i showed it to her.

This was really the end of my experience with girls as a child. After that we were kept apart. And life moved on.

i was born into a life that was on fire. Everything around me was raging out of control toward who knows. I spent most of my early life trying to catch up. Amazed in wonder at the cruelty all around me. The stories of bloody fights from our older males and how they thrilled us with their tales of courage and strength. We were proud. We were a family without

knowledge of anything else.
Christmas was fun and we adapted just
fine. The crime and the police
chipped away at our world. Drugs
killing everyone. Making people
crazy. i grew up with a good grip from
hanging on so much. i always knew
my life would make a great story. A
great movie one day.

Just smile and look tuff. Don't show
any sign of uncertainty. Even give a
hint of cruelty. But be righteous
about it. Pretend you live for a cause.
That way you don't have to talk to
anybody. As empty as they are. Who
would want to.

The
Eternal
Now

Ocean

Chapter one

Light shone through the ancient trees and the sweet smell of wild flowers swept across the breeze as children laughed and played with faeries and gnomes around the giant fire in the center of the wood. Every where there was music echoing through the enchanted forest and reflections glimmering from the larger children feasting on fruit and preparing for the gathering. The energy was high with anticipation and crackled through the air with each movement sending sparks of light outward in all directions. A rainbow of waves emanated from each silhouette with the colors of emotion as their gentle voices chattered excitedly. i danced with i and kissed i on my face thankful for each of i. i leaned over to i and wondered out loud, my face aching from so much

laughter, we embraced and looked up into the stars. “Tonight is the first whole moon festival celebrating the birth of the first among us” i cheerfully proclaimed and handed i the largest of the three hurrying about the wood gleeful. We raised our voices along with our gourds of nectar and burped in one thunderous accord. Giggles rippled in and out of each separate nook and cove softly returning to the music and glowing hearts. Then a flash and we are there together. Dancing and laughing at the tingle of warmth from each others hand in hand. Large beast play with us and flying creatures chirp out in celebration of our world together.

The sun rose with rays of rainbow light warm and penetrating bringing us all out of our ecstatic slumber. The smoldering fires and empty gourds once full of nectar lay about as faeries sipped and chirped cheerfully at the dawn of a new day in our enchanted forest. The thoughts raced as i stood in wonder at such a lovely site. Thinking out loud i proclaimed that we should build a monument that would stand for all time in remembrance of such a moment as this. We all agreed and soon gnomes and the larger children were at work clearing a space for the monument of the times, for such was the tradition upon such festive occasions. The faeries and the smaller children worked zealously preparing tasty treats for us all to eat and in a flash the work was complete with only the celebrating left to be done.

We danced and laughed circling our newest creation of unity through mouthfuls of the most delightful yumminess. “What shall we call it?” i called to i. Shouts

of possible titles rose into the air and crashed above our heads in one harmonious explosion. Then through our laughter we all proclaimed that it was the perfect name and the celebration continued through the day and on into the night as we danced and sang songs of Joy.

Hidden Chapter

ocean kai waters

Stability and Clarity
Healthy Balanced Wholeness

I'm here to solve problems and build things!

Orphaned as a child, Mickey found comfort in laughter. Making other people laugh felt so much better that soon he was always looking for something funny in everything.

After high school Mickey moved away from the life he knew to start again. After many years he realized that he was nothing without the people

who knew and loved him. Returning after twenty years to find the people he had been searching for the entire time.

After watching his Mothers and Fathers life be destroyed by dysfunction, at a very young age Mickey took charge in an attempt to survive. Forced to be strong at the age of five, Robert has grown with the intent to stop all the pain in the world. To find it's source and heal it.

Throughout his life, Mickey felt on his own. Doing his own thing. Almost like he didn't belong anywhere. Always waiting for his real life to happen.

Now, Mickey has found something he loves and is interested in. He occupies his time dreaming and creating. Inspired to devote himself to fun and affectionate generous accommodation first with himself and then to others.

"Back in 2001 i was homeless in Montreal Canada and Quebec for three months during the coldest time of the year. i gave street performances everyday on St, Denis, St. Laurent, St. Catherine and many parks and store fronts. While there someone suggested i try a favorite dish called Puton, balled cheese with potatoes! ymmy. While at the resturant i went down stairs to the lavatory

and scratched on the door of one of the stalls was three simple words " i lost Katherine". In tears i knew and felt what it's like to fall in love with someone and spend many years worshipping every part of their body.... After four years of the most amazing relationship things started to fall apart due to experimenting with drugs and poverty. i walked away from the most beautiful girl in the world because i knew the relationship would only break my spirit and destroy my dreams..... For many years afterwards i was suicidal and in severe depression but i refused to go back to her. After years of therapy and experimenting with Anti-depressants i found myself starting over, homeless and weeping with my guitar in the parks and along the roadways and store fronts all across the U.S., Canada and Mexico. I'm better now and i never want to hurt like that again. If i love you it's true. i don't play around when it comes to love anymore. Too many false starts will kill and maim your soul and leave you old and feeling empty. After ten years Autumn found me and called on the phone wanting to get back together (kinda) i knew it would only re-open the wound, so i chatted with her for a few months and then decided it was best to continue my new life. Searching for something much more meaningful that would nurture and support my dreams and goals. Allowing me to pursue my dreams of true love, true friends and a wonderful family. The magic i discovered while IN

LOVE keeps me going and hopeful. It's why i write my songs. It's why i do anything anymore. i refuse to give up on the world and society. i know in my heart that love is real"

It's the greatest challenge to do the right thing sometimes, but with each victory we find the strength for the next challenge and gain the love and friendship of the entire world....

With every choice we make our destiny is altered.

So always choose kindness, generosity and love.

Never withhold something when it is in our power to give.

Honor, Truth, Honesty, Love, Respect first with ourself and then to others.

Be Free, Be Healed, Be Made Whole in this clarifying moment forever

Love,

Mick

Some Sources of Inspiration

Holy Bible... King James Version
The Secret of instantaneous healing....Harry Douglas Smith
As a man thinketh...James Allen
The secret life of water....Masaru Emoto
Emerson's Essays
Handbook to higher Consciousness and
The hundredth Monkey....Ken Keyes Jr.
Think and Grow Rich....Napoleon Hill
The lives of a cell....Lewis Thomas
The Tibetan book of the dead... A.E. Thurman
What dreams may come....Richard Matheson
Siddhartha;Hermann Hesse
The teachings of Don Juan....Carlos Castaneda
Your Best Life Now....Joel Osteen
Ramona the pest....Beverly Cleary
Westmark and The black cauldron....Lloyd Alexander
The catcher in the rye and Franny and Zoey....J. D. Salinger
The Fledgling....Jane Langton
Sound....Christan Hummel
Gaia Eros....Jesse Wolf Hardin
How to win friends and influence people....Dale Carnegie
The Forsyte Saga Vol. III "Awakening"John Galsworthy
Tarzan and Return of Tarzan....Edgar Rice Burroughs
The call of the wild; White Fang; Sea wolf....Jack London
The lion, the witch and the wardrobe; Prince Caspian; Voyage of the
dawn treader; Silver chair; Horse and his boy; Magician's nephew;
Last battle
(all 7)....C. S. Lewis
The Pearl....John Steinbeck
Call it courage....Armstrong Sperry
The Lord of the Rings....J. R. R. Tolkien

The Lord of the Flies....William Golding
The Bhagavad Gita....Juan Muscaro
Black Beauty....Anna Sewell
Charlottes Web....E. B. White
The Time Machine....H. G. Wells
A tale of two cities(first few chapters)....Charles Dickens
The four agreements; Mastery of love....???
Old Yeller; Savage Sam....Fred Gipson
Gentle Ben....Walt Morey
The sign of the Beaver....Elizabeth George Speare
Big Red; Irish Red; Outlaw Red...Jim Kjelgaard
Where the red fern grows....Wilson Rawls
Tao of jeet kon do....Bruce Lee
The hound in the Baskervilles...Sir Conan Doyle
The vision of Sir Laurfal, pg. 97 last sentence of 2nd para.
The Theory of relativity....Albert Einstein
Magnetic Waves....everything???
Get the Edge inspirational Recordings....Toni Robbins
Les Miserables....Victor Hugo
And many, many, many more

Special Thanks to: the Discovery Channel,
TLC, Cell Phones, Radios, Televisions,
CD's, Movies, Guitars, Recording
Equipment, Computers, Fish Tanks,
Bicycles, Automobiles, Speakers and
Amplifiers, Printers and Scanners, Carpet,
Beds, Pillows and Blankets, Washers and
Dryers, Kitty Cats, Birds, Telephones,
Refrigerators, Spring Water, Wool Coats,
Books and Music, Video Games,
Bathrooms, Water hoses, Couches,
Shelves, Green Drink, Fruit, Honey Bees,
Organic Food, Health food stores, Street
lights, Stop Signs, Restaurants, Butterfly
Kisses, Police, Parks and recreation, Rivers
and Streams, Trees and grass, Ice cream,
Salads, Tender loin steak, Vega, Nuts and
Berries, You....

Special Special Thanks to:
every artist who follows their dream....
Thank You

Find alternate birth control for animals
Deporium Egganest (Prolactin) is an effective
birth control for cats. It can be found by
contacting Dr. Kutzler at the University of
Oregon in Eugene. Deprovera is a popular birth
control used by women and can also be used for
animals

Cutting out an animals sexual organs is cruel and
denies them their most basic of instinct

Stop mutilation against our infant children and
animals

Protect them when they are most vulnerable and
dependent

Are you circumcised? Then seek not to be
uncircumcised. Are you uncircumcised? Then
seek not to be circumcised....Some want to glory
in your flesh commanding you be circumcised
like them(letters from Paul to the church)

1 Corinthians 7:17-20

Galatians 5:6 and 6:11-15

Three Children die every year from circumcision
WATCH THIS VIDEO AND SEE IF YOU WANT
THIS DONE TO YOUR LITTLE TINY BRAND
NEW BABIES TENDER SENSITIVE FLESH

<http://www.e-sthetics.com/genital/circumcision.html>

THEN GOTO THIS SITE AND SIGN THE
PETITION TO STOP IT FROM HAPPENING
ANYMORE!!!

<http://montagunocircpetition.org/>

Female circumcision at birth was outlawed in
America in the early 1990's and is still practiced
in a few other countries around the world

Mutilation of infants
female and male
is a violation of human rights

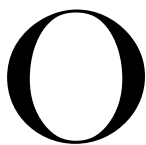
**Infant Human Rights Must Be
Protected**

The removal of body parts without the consent of
the child must be stopped
A Whole Child Becomes A Whole Adult....

Please feel free to visit with me at:

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my vision is to heal the world
one person at a time
starting with myself



Come
As a
Child

Mickey Kai Jimenez