

# TRIVIAS

By

Ric-Ricardo

[omnipresentrr@gmail.com](mailto:omnipresentrr@gmail.com)

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## Introduction

*Let me start by saying that Volume # 1 and 2, are now combined into the below as a gift, as a free down load, yes it is free and there is nothing to buy or sell. The reason for this is that what I write about is about something that exists and it is not for sale.*

*Let me also mention that Volume # 1 and 2 is easy reading that can be readily understood by the general public and it begins with trivia's. In addition, it explains in simple terms what matter is and why it is of importance that we begin to understand matter, for I am convinced that for us to understand God, which exists as pure energy, we need to know in a simple way what matter is and where it came from. And in understanding matter as pure energy we can begin to understand who we are, and why we are here, and what God is made from, as what science has found to exist as pure energy. It will also explain why we can now know that God is weighing in at a little less than 6 pounds per square inch if you consider this pure energy that exist in the form of a heated weight. In Volume #1 you will also read what part of God, as omnipresent, as pure energy, is in all places at the same moment, and why God exists as being composed of two extreme temperatures, that can be found throughout this entire Universe, and that through this, even science has confirmed ITS existence. Whether or not you believe in God in the traditional manner or as pure energy, you will still find other things that you can add to your personal knowledge, for this is an all-around book that seeks to view everything that exists from a different angle. And contains answers to questions that have not as of yet been answered until now, and also contains different subjects. So lets us start with.*

VOLUME I  
OMNIPRESENT

Who is  
*IT*?

RIC-RICARDO



What is  
*IT*?

That exists as nothingness?

That we have to be grateful to?

Read why we exist as *ITS* existence as life

Read why we have to be grateful for *ITS* contamination.

Why as *IT*, there is no solid matter in the Universe,  
And why the Dark Matter in the Universe is really a clear,  
cold nothingness

Did you know that God as pure energy weighs in  
near 5 lbs per square inch as *ITS* heated weight and  
this weight exists as less than 1 % as GOD'S heated weight?

Read about the part of God, as pure energy, that is  
in all places at the same moment?

Read why there are no parallel universes,  
why the Universe will never end, and  
why change does not change.

Read about why women can control government  
and that they can also save the environment.

Read about the element that all life shares.  
Might extraterrestrials share it too?

Omnipresent • Volume I

Published by R&R  
P.O. BOX 9944  
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VOLUME II  
OMNIPRESENT

Who is  
*IT*?

RIC-RICARDO



That allows our existence, how do we exist as *IT*,  
and how is *IT* timeless, as omnipresent?

Discover what part of *IT* is constant as this Universe.

Did you know that time is only a human invention that  
serves us only as a convenience?

Discover where there is no past, present, or future  
for they exist in the same omnipresent moment.

Imagine how *IT* is to live in this moment  
as omnipresent.

Read how *ITS* always been here, from before the Big Bang,  
and how *ITS* heated weight will again return to  
become new big bangs.

Read how *ITS* invisible body is composed of a freezing  
cold nothingness where *IT* keeps *ITS* heat inside.

Become aware that *IT* exists as a duality of cold and heat.

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## ***Preface***

*Throughout this book you will find the frequent use of the word IT, which will be in bold, capitalized italic letters, as a neutral pronoun. The meaning of IT unfolds with the progression of each section, yet until the end, IT may not be altogether clear, so until then, consider IT as a new way to say God, Creator, or even "pure energy." IT signifies that which put and keeps this Universe together.*

*Additionally, this book contains information intended to challenge your current understanding of the universe and its workings along with our existence within IT. The topics covered may be familiar, and they are backed by science or personal experience, yet it is unlikely that you have viewed our existence from the perspective of Omnipresent. To fully understand the atom, or to appreciate the production of garbage or the reshaping of IT. You would benefit from preparing for this book as you would a meditation - by unlocking the mind.*

*To assist you in unlocking your mind I have included the photo that follows. Look at it, and think about what you see.*



*This artwork is in the public domain. It was first published as an anonymous German postcard ca. 1888. It was redone for an advertisement for the Anchor Buggy Company from 1890. Thereafter, British cartoonist W. E. Hill published it in 1915 in Puck humor magazine, an American magazine inspired by the British magazine Punch.*

*Do you see a young woman or an old woman? Can you see both? Both are there! For most of us, once our mind locks in one view, usually the first, it will seldom look for alternatives. Our first impressions come so easily, so quickly, yet considering how influenced we are by what we perceive, we should be aware that first impressions are limited, incomplete, and very often incorrect.*

*Being informed that more than one figure in the picture exists likely makes it easier to see the image differently. However, the question remains: Without knowing an opposite alternative existed, would you have even tried to see it? By first accepting that alternatives exist, you begin to unlock your mind, clearing it of all the first impressions enabling you to see the other image that is also there. Subsequently, when we take the opportunity to view even old ideas from new angles, we will find those quick and easy ways of seeing are not the correct or best methods to use when engaging our minds in a new thought.*

*Section one of Omnipresent sets forth what I call trivia: a collection of thoughts meant to provide alternative ways of seeing and being. It's a primer for sections two and three, which uncover questions and truths about time, matter, and the mass of the universe, about God, and IT as an ever changing place of omnipresence. I hope you will enjoy the book. How I came upon the material within is a story in itself, but in summary I can say it all stems from gratitude. I am grateful that I exist and that I accept and question what I see. In doing so, I have seen as most of us see. And because of my gratitude I have learned to see alternatives, which has helped me in a personally profound way to know who I really am.*

## **PART #1**

### **Trivia for Unlocking the Mind**

*A moment before and after the Big Bang, the mind did not exist. Only IT as pure energy existed. Only in the process of IT rearranging ITSELF as this pure energy did it form what we know as the human mind.*

*As often as I try to forget who I think I am, it hits me in the face every day that my mind sees me in the mirror cleaning and tightening this skeleton surrounded by water that I call myself. It is in fact due to this water shell surrounding the mind that it is hard for most of us to detach from who we think we are. We think we are merely the image in the mirror: skin, hair, a body: overweight, underweight, fit or arthritic. We do not know ourselves as pure energy, especially*

*not the same pure energy that existed the moment before and after the Big Bang.*

*From the moment we are born, we gather our knowledge from what we see and hear in our environment. To make sense of life, we develop theories and maxims such as seeing is believing. Yet, we do not see all that exists. We see grass only as green, for example, when it is every color of the spectrum except the color green. Our eyes only detect the color reflected by the object, so our minds exclude from our consciousness all the colors being absorbed by the object, yet these colors are also present.*

*We also believe that whatever goes up must come down. This is one of the concepts that I learned when I was young. But not everything sent into space has come back to the Earth. Take the spacecraft Voyager; it will not come back down.*

*Another thing I learned came from the slogan: "Only you can prevent forest fires." But, the first forest fires and many since have started from lightning.*

*I did not create lightning, nor can I prevent it. Nonetheless, we can thank lightning for man learning about fire and enjoying cooked meat just as we can thank GOD for the existence of lightning and meat. We should actually be grateful to GOD every day, even multiple times a day if not for the whole day.*

*In certain forms of religion the mind practices accepting GOD on certain days of the week. But accepting of GOD once or weekly does not guarantee this understanding will never be lost. It is very possible to lose it.*

*The mind, which has no difficulty accepting its own existence or the existence of other minds, struggles to accept there is more to be grateful for than what the mind can control. The mind has trouble believing in the existence of God, the pure energy that I call "IT."*

*The mind does not have trouble talking about these things—talking keeps the mind active. However, the moment the mind is pushed to accept GOD as omnipresent pure energy, conflict arises. When I first confronted the idea of omnipresence, my mind led me to my environment for answers. But there were no answers.*

*The mind is conditioned to believe only what it can identify, name, define, and manipulate. Additionally, the mind invites manipulation as it picks up information that it believes to be important. This has been useful to advertisers and the marketplace. We've all likely seen products priced at \$9.99. The mind sees this as a deal because nine dollars is less than ten dollars, even if only by a cent.*

⊕~~~~~⊕

**\*\*\* The human mind is made in ITS image. Like GOD, the mind does not want to be told what to do or to be closed down. Like the mind, IT wants to be recognized. \*\*\***

⌘~~~~~⌘

*The federal government may eventually discontinue the penny, when it could costs more than its value to manufacture.*

*Then we will see prices increase by a cent. Will we feel ripped off?*

*Here is another example: Buy one, get one at 50% off. Why not simply put a 25% discount on any one pair of shoes? That is what the buy one get the second one half off sale is essentially offering. But instead, we are manipulated to believe it is a deal to buy an extra, probably unneeded pair of shoes.*

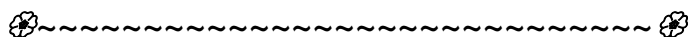
*Advertisers aren't the only people that try to dupe us. People that call themselves friends even if unintentionally hurt us under the guise of help. Let's say you lose your job and you schedule a garage sale to make some extra money. Some of your friends come to the garage sale to help you. One sees that you have a radio for sale for \$20.00 and he offers you \$10.00—because he is your friend. You would think that if he were a real friend to be a real help, he would offer you \$30.00.*

*But we believe in good intentions be they of advertisers and misguided friends, just as we believe the words of televised news media. We accept as true a reporter's claim that "Everyone attended the meeting" or "The whole country grieves over the death of Mr. X." But these statements are exaggerations, even lies. Not everyone can be in one place at one time, nor will everyone ever agree or feel the same regarding a single event or experience.*

*A holy or righteous person might find being alone, such as in meditation with the pure energy of the inner self, a glorious experience while another person might find this same conscious solitude with the internal creative energy a torture. But, the real torture here is how the mind manipulates the significance of the events to satisfy its own need for control.*

*How will you know when it's your inner self and not your mind in control?*

*The mind categorizes everything. The mind devised the word "history," for example, in order to categorize the events of the past and promote a feeling that it has some control over them. History is thus what the human mind uses to confirm its existence according to the many things humans have done on this planet.*



**\*\*The mind gave everything a name that has a name attached to it. \*\***



*The human mind also loves to worry. Worrying helps the mind to stay active. But as the mind resists being disconnected from its environment, worrying actually distracts us from our environment. It keeps our inner selves from smelling the roses.*

*Knowing that the mind prefers the controlling activity of being in the driver's seat, it's understandable why we worry more than we relax or meditate. During meditation the mind must ride in the back seat so to speak.*

*Most of us have experienced a time of insistent worry when we were ready to go to sleep. The mind brings up problems that have nothing to do with the existing moment. Then when we finally do fall asleep, the mind uses the information it has accumulated through worrying to continue the mind's activity in the form of dreams. Notice that when you are waking up, the*

*thoughts you had while dreaming linger in your mind.*

*Then when you wake completely from the dream state, your mind will return to the worries it went to sleep with. Meditation can thus provide even more rest for the mind than sleep can.*

*The mind also has wants. When all you hear within your head is "I want this," I want that," "Do it this way, or that way," etc., your mind is dominating over your inner self; it's manipulating you. The mind thinks it will be happier or sleep better with a million dollars in the bank. And we work hard to get what we want even when wanting actually limits what we attain in life. It inhibits what we can learn about ourselves and what we are to do here, for when we want, we aren't listening to IT. We say we would prefer to work less. We say we would prefer more freedom. But less work and more freedom means diminishing our other wants. How badly do you want to understand the saying: "Be careful for what you ask for; you just may get it"?*

### ***Who is smarter, I or the mind?***

*Here is one that I too have had to question, as to who is smarter, I as how I think I am, or that inner I that is there as a very powerful force. My personal feeling is that there is two of me.*

*There is the me that is conscious of myself, which I find deals with my outside environment, and let me add that I do talk to myself, and I have asked myself who am I talking to when I talk to myself. I get the feeling that there is a place inside of me where I can just talk to myself, where there is no danger, for I do not seem to get lost inside of me when I have talked to myself. I do feel that I am talking to me, as my mind which has the extraordinary ability to be able to talk and listen at the same moment.*

*And then there is that other one inside me, and I know it exists, for when I know that I should not eat certain things, like sweets, because sweets to me are an extra pound of gained weight, for I know that after I finish that whole cheesecake I can in a few days weigh myself again and I will weigh one pound more, and yes I do constantly, like every few days, check my weight. I have noticed that if I stick to my disciplinary diet I can control my weight, and that if I eat sweets just for one day my weight does not change. But when I eat, let us say sweets from bananas continually, because I bought too many, I can see the weight go up in a few days. Now I reduce the act of buying sweets, and I then eat all the sweets that Sizzler has, and I have also noticed that after my banquet at "all you can eat" at Sizzler, if I return to my disciplinary diet I do not gain any weight from that one day of feasting.*

*But let me return to that other inner self that I have to deal with, for as the above, I know that I have to tell myself, or that one that exists inside of me, that if we stick to my regular diet we, as the one that is inside of me that likes to gain weight, can then also enjoy sweets on certain occasions.*

*So I have given you things that I go through and that some of you also go through. Let me continue using the cheesecake as an example. This cheesecake that I just opened to cut out one*

*small piece becomes a problem because then that other one that is inside of me will say “go ahead, have one more.” It becomes a battle as I want to stop, and my inner other wants to finish the whole cake. I know that all I wanted was just a taste of the cheesecake, but it becomes a problem when I know that I have to constantly control my weight, or rather my mouth, for at the moment that I finish that one piece my inner other kicks in and I become aware of its existence. I only wanted one small piece, and now I am in battle with that other who wants to have one more so that I can get fat, when I knowingly only wanted one piece of the cheesecake.*

*So, I end up saying to that other me that I should not eat more. Well, as some of you have also found out, it seems that the other can also fight a good battle. In order to have the proper conditions to fight this other I found that the best thing is not to fuel it by buying or doing any of the things that it likes. To me that would be getting sweets, to other people it could be other things.*

*I have to be very alert because I know that there is that other part of me that has exercised its power over me. For example, as an alcoholic I have to discipline myself not to consume any alcohol. The bottom line is that I know that discipline works.*

*I feel that the other one inside of me is always there ready to pounce and make me do something stupid. If anyone out there knows how to lock this other inside us somewhere where one can throw away the key, let me know. I would love to be free to live my life without this constant battle.*

*Let me also add that whoever this other is, it was born with me. I have kept this other one that I exist as more in control when it comes to my outside activities, which are governed more by certain disciplines. By that I mean that when I have to do something as an existing moment I do not question that other in me, I just do what’s necessary as the things that are out there that I should do.*

*Since I too am programmed to survive, and know more of ITS existence, I try to observe what IT is doing as IT reshapes into new events. Now that I know who is running the show I just have to be aware not to become an obstacle. If I impose my wants on how things should be rather than let things be the way IT wants I know I will get hurt, and that it will be painful to my existence. So, I try not to go up against what IT is trying to reshape into while IT permits me to be here to watch IT as IT looks to reshape into all existing possibilities.*

*Like I have said elsewhere, the one that started this show called evolution from ITS beginnings is IT, and the only one that runs this show is IT, down to the last atom that makes this show (IT evolving) possible. Now I keep my main focus on IT, as the way IT is reshaping, not as the things that I once thought I was doing.*

*Let me return to that other me that I have not yet been able to corner, for I know that it also exists at the moment that I try connecting with IT in my meditations. This other one in me is who whispers and says: “Oh you don’t need to meditate, you’re all right. Or it brings up a thought just as I am ready to connect to IT to distract me into thinking about whether I turned*



*off the stove, or locked the door, or many other things.*

*In watching this other me I have noticed that it wants to be more in contact with what it is in my outside world. But the real me, the one who I really feel I am, wants to be with whoever IT is as IT exists within me, and I find that in being with IT as ITS oneness within me is a great feeling. When I return to IT as my outside world IT is a battlefield.*

*Yet, as an observer of what is happening as IT brings ITS positive and negative forces together I can see the sparks IT produces. But I no longer try to change things into what I think they should be, for I now know that no matter what I do, it is IT that has the final word as to what is going to take place out there. I know what my instructions are and I play my role, which is to do the things that are in front of me as something that I know are there only for me to do as my moment of existence.*

*I do not need to ask IT why I should do the things, for they are things that I am suppose to do without asking, as part of my existence, as the way I am suppose to transfer ITS energy, as the actions that I take in ITS show, for I am now aware that everything out there is IT down to the last atom, that everything out there exists as IT exists. And let me add these last words, I have also noticed that when I am inside myself with IT, as meditating, IT does not talk to me, neither can I talk to IT, for I would be using my mind, which would distract my focus on ITS presence. So all I can say is that in meditation all I can do is just be with IT as a place that exists within me. I have also noticed that the other one that exists as me is not allowed in this place that IT exists as; where only whoever I am can be with whatever IT is.*

### **Analyzing the mind**

*The human mind does not like being analyzed. One reason may be that in analyzing the way the mind thinks, we might end up finding out that thinking is a form of nothingness.*

*Our mind does need the use of ITS weight as energy, in order to formulate a thought about what is being seen, or touched or otherwise sense, for the human mind was basically designed to see and analyze what is outside of itself as matter (ITS weight).*

### **The 3 stages of who am I**

#### **Who am I as stage #1 as the road we are born on?**

*Let me share with you some of the things that have been found that are related to this subject of who I am as the human that started out as that speck of life that was permitted to exist at a particular moment in Earth's rotation. Once I was here I would be the only one that would be traveling a particular road, only at a particular moment. Others have traveled on this same road, but at a different moment. Others will also travel it, and use the same seat in the same school, etc. What makes me unique is that I am the only one traveling the road as my moment. I am the only one adjusting and reshaping to my surrounding as this particular moment.*



*Since two things cannot be in the same place at the same moment, I am that moment that was permitted to come into life as a human. I say permitted because life is a gift that comes only as a result of this pure energy's existence. IT has allowed life to exist as a result of ITS reshaping, which permitted me to be here as a thought; because as humans, we too are omnipresent.*

*This would mean that you and I are 100% of that pure energy or what we call the Creator in which we live as an omnipresent thought. You can say that you are everything that exists and everything that exists is you.*

*But let us get back to that which we think we are. We can then say that you are all those roads that only you traveled on at exactly that particular moment in Earth's rotation.*

*Here is an interesting thought related to IT and life. You are here because you exist as life. Your life is housed within a body that started at conception, developed into a baby, and kept reshaping into maturity. But the life force that exists as you does not change throughout your life. It is constant, it does not reshape during your life. I find it strange in that life is the only thing that does not change. I have to take back having said that the only thing that does not change is change itself. I should have said that change is the duality to life that is constant as IT.*

*Your inner self makes you different from others. You were the only person born in that particular moment in that particular place on this planet. You were the only one permitted to travel on those particular roads, attend those particular schools, and meet those particular friends. Sure, there were others on those roads, in those classrooms, befriending the same friends, but not in the same moment or way that you did. Your decisions and perceptions came from your inner self.*

⌘~~~~~⌘

*Who are we? To the mind we are Tom, Dick, and Harry. To the spirit we are IT*

⊗~~~~~⊗

*Instead, we attach ourselves to our work, our household, our material belongings, and even our children. We actually believe that our children belong to us. Even as adults, we believe we belong to our parents! A day will come, possibly not until we are dying, when we realize that we cannot take any of our possessions with us. We will realize nothing and no one ever belonged to us.*

### *One more possibility*

*If IT reshaped into everything that exists on this planet as ITS heated weight, there could be the possibility that IT used ITS weight on some other part of ITSELF (the Universe) as ITS weight to reshape ITSELF with mobility, as life. I do not doubt the possibility that I could have inter-planetary cousins as the result of ITS reshaping ITS heated weight. IT very well could use ITS weight within ITS nothingness to form extra-terrestrial bodies, especially when here on Earth IT used ITS weight and nothingness to produce very pretty humans in all colors and sizes, having minds that can know everything exists as ITS weight within a huge, cold nothingness (the Universe), which we now understand as the omnipresent IT.*

*Future astronauts will see and share more information related to the things that IT exists as other parts of ITS heated weight and nothingness; and I hope that as these future astronauts come in contact with these other parts of IT, they remember the meaning of omnipresent, for to do so is to understand IT as God, or that which exists as pure energy. When we, with our human minds, can accept what this word implies, we, as minds, can accept ITS total omnipresence, and we, as minds, will then be able to answer the questions: Who am I? and Why am I here? To which my mind for now answers "Thank you IT, for permitting me to be here as a bit of your heated weight surrounded by your divine, conscious nothingness."*

*You might better understand IT if you recall we are not who we think we are; we are IT as IT evolves.*

## **Stage 2**

### **Who are we scientifically?**

*Here is one more way to understand who are we scientifically, let me take you first to what the scientific community reached as its finding, the scientific community got to where they found that, if you and I are made of matter, and that every type of atom that you have, are of the same type, as an example there is no difference in the atoms that we humans have, take for example your body has the same calcium atoms that you have are the same type of calcium atoms that every one else has, and this also applies to every type of atoms as the elements that our bodies have, then what is it scientifically that makes you different from the rest of us, and this is as far as the scientific community got to as human understanding as matter and as the atoms that make our existence possible, So in short to the scientific community way of thinking, was that if you and I are made from the same material (atoms) Then what is it that makes you different from me, which I will explain shortly what does make each one of us different, but for now let me end what I started with, which is that since the scientific community way of thinking was as atoms, they just needed to take one more step further, which is that they had to stop seeing things as atoms and go inside the atom itself which is what will show us what makes you and I different.*

## **Stage 3**

### **Who are we as stage 3**

*Let me start explaining why this section on the subject as to who are we, a subject that no one yet has fully detailed, and there have been two (2) attempts before me made to explain "who are we".*

*And the third attempt was made by me, which was based on what I saw as the definition given by science.*

*Let me explain this in the simplest way possible, it was because in seeing what the scientific minds saw was when I became aware that what was needed was to remind the scientific community that for us to better understand who we are, we needed to remember what we were looking for in an answer that was coming from what existed as an artery. Now let me try and explain this.*

*So let us start with you, in order for you to exist you have to be made of matter, and all matter comes from atoms, and all atoms in order to exist have to have protons, and neutrons, and everything else that exist inside the atom, now this is the way most of the scientific community, would explain it,*

## **WHO MADE US ?**

*Let me give you the reader, a few examples of what I am about to say. Do you think your mother or father created you? If you still believe this, you are mistaken. I, too, believed that if it were not for my mother, who had a relationship with a male, I would not have been born. However, it was not until recently, that I became aware of something called PURE ENERGY, which is also when I became aware that everything that exists is made of this PURE ENERGY.*

*Perhaps it would be best for me to start with who or what is this PURE ENERGY. I say who or what as in someone, or something that was labeled by the scientific community as PURE ENERGY. Whoever or whatever this PURE ENERGY is, it does exist and not as a theory, philosophy, or concept. I prefer to call this PURE ENERGY, IT. The reason I make reference to IT, is so that you are able to understand why I am saying that it was not my mother or father that allowed for my existence.*

*The best way to start is by telling you who first discovered this PURE ENERGY, which was the scientific community. This community began to take apart what exists as matter. It is important for you to know this to be able to understand what your mother and father are made from, and this way you can better understand where I am coming from and what I am writing about.*

*I'll begin this subject by stating that everything that has ever existed, exists, or will exist has to come from this PURE ENERGY. Where did this PURE ENERGY come from? Beginning with my mother and father and in order for both parents to exist, they had to be made from matter, such as the matter of their bodies. The human body is made up of all biological substances, for example: the  $\frac{3}{4}$  part water in our bodies, and the calcium in our bones making it possible for us to stand and walk. The many other substances, such as: iron and carbon, just to mention a few, are all made from atoms. Even the air we breathe, because we could not survive more than a few minutes without it or the food we need as energy, are made from the atoms of this PURE ENERGY as ITS heated weight, that came from that what is known as the BIG BANG, This heated weight is not that complicated to understand. Just imagine that you have a ball that exists as heat but this heat also has weight attached to it. The heated ball wants to exist as a singularity as just one entity, but the heated ball will allow itself to be fragmented, with the condition that all its heated fragments return again to being just one again, as a singularity.*

*Here is what I find so far beyond simplicity, meaning, the fact that everything that now exists came from this simplicity. All the celestial bodies that exist within what we call the universe and our planet with all the trains, plains, jets, cars and the space rockets, all came from this fragmented heated weight.*

*I'll explain what I mean when I use the word simplicity. By starting at the moment of the BIG BANG as ITS heated weight, what IT did was that IT took this ball of heat that existed as a whole singularity and fragmented it into very small tiny fragments as heat. However, in order for this tiny fragment to exist individually, IT wrapped a tinier fragment of heated weight around these tiny fragments so as to encircle this heated weight that is now known as the electron. The fragments of heated weight could not regroup in there trying to return to being a singularity again and IT also pushed them outward as far away as possible. Getting back to why IT reshaped ITS heated weight as something being very, very simple, you see that as IT fragmented this heated weight, as a way of searching to find what it could do with this heated weight as all the possibilities that could exist, IT accomplished this in the simplest way possible.*

*If you take a thousand of this now fragmented heated weight that exists as hydrogen atoms and place them side by side, the width would be the size of a strand of human hair. This is something beyond simplicity coming from someone or something that is so powerful and so complex yet so simple as how this PURE ENERGY exists in this modern complex society that we live in. IT now exists as so complex that no human or computer can understand ITS simplicity, but rather the opposite.*

*Also before I forget, when IT fragmented ITS heated weight for the first time, it did so as the fragments that now exist as protons that exist inside what is now known as hydrogen atoms. Matter begins from hydrogen atom which is also called element #1. Can you see why I say that IT started out as a very simple way of doing things? Because it was from here that you and I and all of those things that now exist as being very complex came from. I wrote that it takes one thousand hydrogen atoms side by side make the thickness of that strand of hair, but this hair is actually 99% empty space, such as the empty space that exists inside the hydrogen atom. Therefore, it would take 99 thousand of the protons that exist inside this hydrogen atom to really give us the thickness of a strand of human hair as just the heated weight without the empty nothingness that exists inside the atoms.*

*Let's go back to how IT started, remembering that IT started out very simply. However, from this simplicity IT then took all these hydrogen atoms that made up the existing universe as the moment of the Big Bang. I need you to remember that all these hydrogen atoms have this heated weight inside as the protons that exist inside the hydrogen atoms. Therefore, this heat wants to return to being one singularity, but it cannot because of the electron that IT placed around this heated weight so they could not reunite.*

*However, since they will always be trying to become a singularity again, now that you have*

*a universe which is full of these hydrogen atoms, these hydrogen atoms will try and pull themselves closer together. So many of them get closer together forming what is known as a solar sun. Since there were so many hydrogen atoms together as being on top of each other as a solar sun, the weight that was placed on top of each other was so powerful as weight, that some of them became helium atoms. A helium atom comes into existence when 3 hydrogen protons as ITS heated weight try and group themselves closer together making these 3 protons into a helium atom with the help of what is called a neutron, which is actually one more proton with an electron. This neutron will stop the 2 protons that exist as fragments of ITS heated weight from ever merging together.*

*Picture it this way, when IT took one fragment from the heated weight that existed as a singularity, this fragment became what is known as a hydrogen atom. IT then took 3 fragments as what exists as the protons inside of the hydrogen atoms and then IT made the next heavier element called helium. So that IT now is taking what IT made as small fragments of ITS heated weight from what exists as protons and is putting them closer together as more of what exists as the heated weight that exists as protons. Making the atoms heavier which in turn will produce something new as IT searches for all existing possibilities that IT can exist as ITS heated weight as something new, so we should remember that this may be the first time that IT has ever done this.*

*What I am trying to convey is so that you can understand how IT took ITS heated weight that existed as a singularity and began to make all the different types of atoms that IT could exist by using ITS heated weight. Remembering that all this started out so simply, which was when IT reshaped ITS heated weight into the hydrogen atom and from there IT took the hydrogen atom and made it heavier as the helium atom that was made inside the solar sun. From here IT took the heated weight that exists inside the solar sun and became a neutron star and then a supernova and finally a galaxy. In one of these galaxies is where we are allowed to exist as humans. However, always remember how simple IT started out and here is where you should begin to realize that it was not our parents that made us, it was IT who took ITS heated weight, and made us in such a perfect order in the way we are put together. I know that my mother did not have the ability to put my brain where it now exists nor did she know where to place my heart and make it pump to all the necessary places or know where to put my mouth. I realize that my mother did not even know that my body works as gravity because when we put food into our mouth the food exists because of the heated weight that it has and it is this weight that will gradually work its way to the exit point as the colon.*

*All this gravitational pull is happening because of the gravity of the heated weight that exists inside our planet and all of this is happening because this heated weight is looking for all existing possibilities. A good example is a cow; the cow eats grass, reshapes this grass into the food that the cow needs in order to exist, then by gravity it poops what it doesn't need and then this poop is used by the soil to be reshaped into something else as another possibility.*

*Knowing the above information of who we really are as totally coming from this pure energy as ITS heated weight, I'll continue to explain how we came into existence. Imagine that there are 2 people on a tropical island, and they exist without clothing because they do not need clothing in order to keep warm. They're by themselves and no one else. We'll imagine that these 2 people never saw or knew anyone else, and that this island is always dark, therefore, they do not even need to see each other. Here is what should happen; eventually they will get closer to each other and as soon as the male feels the heat that the female produces, he will become aroused. His male organ will find where to fit in, and this is due to the heated weight that the female produces therefore satisfying the female as the heat that the male organ produces. When the male deposits his sperm that connects with the female ovary, they both begin to reconstruct a new baby. The baby grows inside the mother that comes from this heated weight. As the baby is developing, it already comes with its instructions as to what it is supposed to do. These instructions come from the way the heated weight is arranged as DNA and RNA because this is the way IT does things.*

*I need you to be aware that both the sperm and the ovary exist only because of the way this heated weight is arranged as matter, and as all matter, it has to exist as the heated weight that the atoms have as their protons and neutrons. Everything that exists has to have this heated weight, and we should remember that this heated weight came from this Pure Energy as fragments of the heated weight that existed at the moment of the Big Bang. Therefore, understanding this we can be grateful that IT does exist, because you and I, my mother and father came into existence because IT was searching for all existing possibilities that IT could reshape into as ITS heated weight.*

### **Why an ARTERY**

*Now why do I say it is an artery, or better still arteries? Let's start with where did this artery begin its formation? To explain this we have to go back to where everything got started, which is what is known as the big bang, which is when there existed a dense singular heated weight, and it was from this one singular heated weight that exploded into quantifiable fragments to become hydrogen atoms. Now I need that you, the reader, to remember that fragments that came from this one singular heated weight are now individual fragments, and that each fragmented heated weight is not the same as the other heated weight that exist in other atoms; that they all came from the same place, yes, but they now exist as different portions which is what makes every atom an individual in itself. And they will now become arteries; one of them is called chemistry, which is where there exist 96 different types of atoms, and science has classified them with different numbers that relate to each one. Number one is called hydrogen, which has one proton, and what this means is that every hydrogen atom has the same as heated weight as the other hydrogen atoms and science then says that atom #2 is helium. That helium has more protons in it, and that every one that follows will have more protons in it. But I need that you, the reader, try and remember that all atoms have this fragmented heated weight inside, which is the heated weight that came from the one heated weight that existed as a*

*singularity, that belongs to that which exist as pure energy.*

*Yet I find that when most people who talk about what is inside the atom, they refer to the protons or neutrons and all the other Particles inside, and here is where I feel the scientific community lost track of what they knew existed as the heated weight that existed as a singularity, but more important they the scientific community forgot that atoms are what, or better still who is IT, that exists as this pure energy, and what it is doing with one of ITS components, that exist as ITS heated weight .*

*Now I use this area called chemistry as an artery because everything that exists is based on chemistry, as an example, biology, and I use biology because we exist as the chemical body that we have that refers to who we are.*

*Now I again have to take you back to where all arteries got their start from, which was the heated weight that got fragmented into atoms to become matter.*

*Now some cosmologists say that we came from star dust, which is true, but they too stopped remembering that what they were studying as cosmology was just an artery, for they too just had to take just one more step forward by remembering that the star dust that we are made from came from this one faucal point, which came from whoever this pure energy's heated weight.*

*It is of importance to use science because as science it either is or is not. By this I mean that it is not a philosophy, or a concept, or theory, for what I am writing you is what is, to which I have to add that I could not write what I am writing you if it was not the advancements in science that exist at this moment in human understanding, for what I am writing could not have been written let's say, in 1950.*

*So let's go back to what science refers to when they speak about who we are as atoms; when they say that all the atoms that you and I have are of the same type, which is OK to think this way but to do so means that we have forgotten where these atoms came from as their origin and most important is that what makes you different from me is that your portions of your heated weight are not the same portions that I have as ITS heated weight, but everything that exists like you and me all or linked by the same 99.99 % of this infinite nothingness that exists that belongs to that which exist as that which is known as pure energy, as ITS shell body known as the existing universe, and is what gives meaning to the word omnipresent.*

## **Contamination**

*We begin every year with an unspoken agreement to take part in the contamination of this planet. The smoke in the wake of the New Year's Eve fireworks is so thick that we lose our sense of the fresh night air. This smoke remains in our atmosphere far longer than it remains in*



*our streets—it will endure throughout our lives as well as the lives of our children. However, the human race began contaminating the planet long before fireworks existed.*

*Our personal contribution to contamination begins about six months before we are born when our parents prepare for our arrival by buying cribs, bibs, blankets, bottles, toys, and all else that we may need as an infant. These so needed baby accessories come at the expense of land and water. In their production, they leave behind scraps and excess dyes, factory waste that must be disposed of someplace or some area of land or water.*

*Even when we clean, we contaminate. The chemical compounds in soaps and detergents, waxes and deodorizers, all that we use to wash our bodies, kitchens, cars, and all the material belongings we desire to keep looking new adds to the contamination of our planet. Think about all our material belongings! Our need for them leads to cutting down trees, turning islands into landfills, polluting our waters, and poisoning animals and even humans!*

*We contaminate for our want of televisions, radios, cell phones, furniture, and clothing. Think of the jewelry we wear on our necks to show our belief in a god or of all the religious ornaments that we hang on holidays. Multiply your belongings alone by several billion. What happens to these billions and billions of things when we are finished using them?*

*Is it possible for us to think positively about this contamination? Might we even be grateful for it?*

*Let's look at cars. The production of cars produces toxic waste and garbage in general, and the production of our one car's waste doesn't end after its purchase.*

*As it ages, its muffler and exhaust will also age and leak polluting fumes, so what do we do to stop it? We replace the old exhaust pipes with new ones that were manufactured in a factory and contaminated some area. Not only that, but the old parts have now become trash. So, by replacing the muffler to stop the contamination of the air in one place, we perpetuate the contamination of another area. Yet our cars are great conveniences; they get us where we want to go.*

*Contamination is going to continue until the day we die and continues for years after our deaths. Our decomposing bodies will leach into the surrounding soil and contaminate it. Caskets themselves are foreign objects in the earth, infusing the soil and the roots of grasses, flowers, and trees with varnishes, metals, and plastic contaminants.*

*You may now be asking yourself, "What can I do?"*

*You can be grateful to contamination; look at all the conveniences and luxuries and shiny new things we have as a result of it!*

*Our GOD began contaminating the universe long before we even existed. We can see meteors as contamination since they often destroy other existing areas of the universe. We can see smoke from forest fires as contamination as it robs flora and fauna of oxygen and life. We can*



*see ash from volcanoes as contamination for dirtying the air and ground. Yet without smoke we would have no warning of fire. Without ash, we would not have the substance to make cement.*

*And without cement, we would not have concrete blocks or high rises or sidewalks. Contamination cannot stop, but it can be transferred. We use contamination to further our needs.*

✿~~~~~✿  
**\*\*\*We should be grateful for contamination.\*\*\***  
 ✿~~~~~✿

### ***Transferring energy***

*It could be understood that contamination is created, that material goods are created, that even our wants and needs are created, but in this examination of the universe, it's evident that nothing is created. We do not even create music. We transfer energy from one form to another. The body transfers energy to the instrument and the instrument likewise transfers energy to the environment as notes that our ears hear and our brains perceive as music.*

*The instrument transfers energy in the form of notes and silence: the duality that makes music as sound exists. Einstein transferred pure energy in the form of theories. Had Einstein been born 2000 years earlier, he would have understood energy differently than he did during the moment of his existence. Einstein's theory that energy equals mass times the speed of light squared gave us the formula  $E=mc^2$  and the knowledge of how to use energy in the form of work.*

*Einstein and his discoveries are the same pure energy that music is and that our GOD is. Einstein's lifetime, like a symphony, was a moment in the event of our GOD transferring energy.*

✿~~~~~✿~~~~~✿~~~~~✿

**\*\*\* Environmental pollution is a side-effect of the reshaping of ITSELF as ITS weight into human beings \*\*\***

✿~~~~~✿~~~~~✿

### ***UFO versus UNIFAM***

*Of the terms UFOs and Martians, which is more limited? I prefer the term Martians to signify aliens from other worlds, although it may still be limited. I definitely believe the term UFO is limited. If UFOs exist, the occupants maybe distant relatives of mine.*

*If UFOs as aliens do exist, the occupants must have a more superior knowledge and technical expertise than humans to have accomplished what they have. For our purposes, lets call these foreigners "UNIFAM," the Universal Family of Relatives. These are relatives that we have not met or do not truly understand yet. The interesting thing about humans and UNIFAM is that we each share the same pure energy as God.*

*It is because we share the same omnipresent GOD that we must be related; we share the same existence. Something to think about...if we were abducted, would IT be responsible? YES! As omnipresent!*

### ***Is life out there?***

*Is there anyone else out there in space?*

*I find this question limited. It is the human mind that is looking for someone with the same qualities we associate with. We want to find someone like us. This is our best attempt to understand the alien.*

*I find that if I focus more on who IT is, that can reshape into whatever this alien is, I can begin to understand why IT would reshape into that life form. The most important thing is not who this alien life form is but what IT is that can be all these things and still just be one.*

*I agree with myself, if not anyone else, that the only reason why I can question anything out there is because I, we, the mind, can only exist by virtue of the pure energy that is IT.*

*One thing we know scientifically about life is that it can exist in a wide range of cold to hot environments and that in all life forms there is mobility as IT reshaped into that life form.*

*I feel that if IT can reshape into us, with a brain to think, with arms and hands to build with and legs to move with, I will not put limits as to what IT, as this pure energy, can do elsewhere in the universe.*

*As we have gotten into smaller and smaller scales with microscopes, and now more and more nano-technology, we continue to develop different production systems, nano-factories, where we see what IT is doing in there, in such an area that is so tiny we can see IT in sub-atomic activities. It is truly amazing, the things IT does in such tiny areas, and on the other hand, as a duality, what IT does on the larger, universal scales.*

*As we get into a bigger and bigger scale, we can see and understand better and better that our galaxy is not even the size of a grain of sand in the vast cosmos that IT is.*

*IT does things in this manner. Are there any complaints?*

*IT is one, yet in this one IT exists in infinite arrangements of atoms.*

*IT takes any given arrangement of atoms and continues reshaping into infinite varieties.*

*And I have to say “thank you” for letting me see and understand YOU better.*

*And if we do find different life forms out there, we will then see IT as other life forms, as different possibilities.*

*IT is incredible and amazing as to what IT can do. I find that all I have to do is look and*

understand everything. Then I look again to determine the duality, the other side of the pure energy.



**\*\* Oh God help me to understand you more, and never let me resist your reshaping, even if it produces hard times in my existence \*\***



### ***Our minds and extraterrestrials***

Here are some ideas that relate to our never-ending question concerning whether or not there are extraterrestrial beings out there in space.

First, let me remind the reader that no matter who exists out there as extraterrestrials, they have to be, to those that believe in God, our relatives, since they too are made from ITS weight and from ITS empty nothingness. How else could they exist? If they exist, they have to be made of matter (atoms).

But here is the main point when it relates to there being extraterrestrials out there, to which I have to remind you that they are not “out” there, for they too have to exist within ITS nothingness. Empty nothingness that now exists as this empty universe, as omnipresent

Our minds have been so accustomed to the way things are here on Earth that we have organized programs and made films where we are at war with others (ITS weight) except in some cases such as the film called E.T. We can still see that our minds think in terms of war-as in Star Wars, Star Trek, War of the Worlds, and other movies. Our minds have not readily accepted that we can exist in peace, as in meditation (ITS nothingness), and as the peaceful groups we have on this planet, like priests, monks, and many others.

We can see that our minds are curious as to the existence of extraterrestrial life forms, about which I have to remind the reader that anything that can exist as life is really just IT, even though we have been trained from our earliest moments to see extraterrestrials as enemies. And I must say that up until now we may be the only life form that will be traveling within ITS other parts as its interior (outer space); at least until some extraterrestrials send us a message.

I hope that they are aware that they exist as IT, as pure energy.

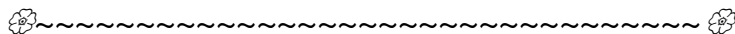
We should try to remember that we have the know-how to be able to exist in a state in which our minds are not in a constant battle, so it might be possible that as we leave this planet we can do it without having to adjust our minds for a battle with someone else. But we will have to continue with our two basic programs: survival and reproduction. IT will find what will be necessary for our new bodies to reshape into. The same way we do not look like our earliest ancestors, our space bodies will not be the same as our planetary bodies, and if we stay in outer space too long, when we return, we might even be mistaken for extraterrestrials.

And yes, it won't be boring as we travel in outer space (ITS interior) without wars with other life forms, for there will be other problems that our minds will have to attend to in order to

*fulfill our 2 basic necessities.*

### **Evolution**

*Have you ever noticed that when you are not in search of a car or an apartment you rarely notice postings for them? When you are not looking, you are less likely to find anything. The same applies to evolution. When we experience life and nature without looking for it, without paying attention to anything in particular, we do not notice the changes involved in our own evolution.*



*God does not emulate nature, for God and nature are the same.*

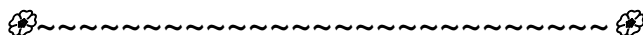


*Evolution is a transferring of energy. IT is the reshaping or transmutation of things around us. For instance, birds with short beaks cannot eat from fruiting plants with large leaves. Over time, those birds with longer beaks will be the ones who most successfully survive to reproduce because they are able to reach the fruit. This is what scientists call "natural selection". If those birds with shorter beaks don't find an alternate food source they will become extinct. Likewise, those plants that consistently produce shorter leaves will survive because the birds will be able to eat their fruit, thereby spreading plant's seeds.*

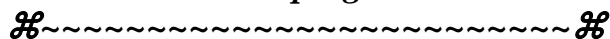
*IT will even make ITSELF bisexual where there is a lack of one or the other gender in order to continue propagation and the survival of a species as seen in anemone fish that live in small groups in which only the largest female and male reproduce. If the female dies, her mate becomes a female. The largest fish in the group, which by the way, hasn't selected a gender yet, will become a male and mate with this newly transgendered female.*

*ITS transformation of the tree's leaves, the bird's beak, and the anemone fish's reproduction are perfect examples of evolution. When the plant and bird or fish are no longer necessary, IT will reshape their energies into something completely different. We see this as the destruction of a species, but this is natural law according to IT.*

*This law states: "Anything that is created must be destroyed." Without destruction, one thing cannot reshape into another as is needed at that moment. I discuss this in more depth in Sections Two and Three.*



***\*\* I now exist where things are not the way I want them to be, but rather, as they are in ITS reshaping. \****



### **Law**

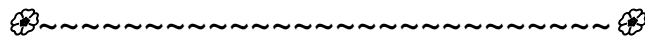
*Science tells us there are different laws governing our existence. One is the Law of the Universe: Anything created will eventually be destroyed. Another is the Law of Change. This law follows the trend that the only thing that does not change is change itself. Change is pure energy reshaping ITSELF; IT continually transmutes into something different. Consider survival and reproduction, the two programs conducting the existence of human beings, and*

*how they have changed.*

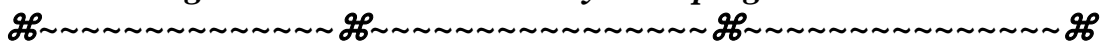
*Humankind's earliest method of survival was hunting and gathering. After we became more organized and communal, we developed agriculture. Survival was all about food, and food was all about survival. Once these methods of sustainability were established, humankind then produced teachers to distribute our knowledge as well as engineer an infrastructure for advancing that knowledge in the future. The Egyptian pyramids for example showed us our first waterproof ceilings, we can see how advanced knowledge then led to the greater protection and height of the modern, flat roof. Every time energy is transformed it courses through the receiver to make a change.*

*Another law is the Law of Nature, now officially known as Isaac Newton's Third Law of Motion, which tells us that every action has an equal and opposite reaction. These actions and reactions could also be perceived as the duality of positive and negative forces that started before the Big Bang.*

*IT transmutes the laws of nature into the laws of man. This transmuting or reshaping is the pure energy of GOD at work. The laws of man are in place to ensure human survival into what we think of as the future. Because we see things in ITS own image, we see this same positive and negative force in our systems governing humanity. We see these forces at play in the duality of prosecutors and defenders in the system of law and justice.*



***\*\*\*We all have a need for change. Certainly, you have heard people say that they need to make some changes in their lives. These changes exemplify how we are made in ITS own image because IT is constantly reshaping ITSELF.\*\*\****



### ***Law as a profession***

*Our education system has produced an abundance of teachers and engineers, and now IT is providing an excessive number of lawyers. And similar to any supply that's a dime a dozen, consumers need to be extra alert of quality. Consumers would be well off avoiding some lawyers, or prepare to spend their hard earned and rainy day dollars on them. Lawyers can be like a pair of scissors, especially in divorce court. Regardless of who wins, the clients in the middle of opposing lawyers get cut. Former partners become enemies. When initially choosing our partner in marriage, we don't consider we could also be choosing our future enemy! The arena of political law exhibits another interesting duality of forces, for wherever one is there are extremists on either side: an extreme right and an extreme left. It could thus be said that we are all somewhere in the gray, in between the two extremes.*

*Should a crossing with a wayward lawyer happen, we must be prepared to spend our hard-earned and rainy day dollars, as we may end up at their favorite meeting place, the courthouse. Be especially cautious of some lawyers who have recently graduated. They are looking to take any case that will give them a chance to practice in front of a judge.*

*Two main reasons so many men and women enter the field of law is to become wealthy and to gain recognition as important persons. With one high profile or winning case, a lawyer could become a millionaire. Accordingly, the party represented by the ambitious lawyer, likewise files suit for the purpose of wealth and recognition. One thought that I have after watching lawyers in action is that speculation does not allow for justice.*

*Fortunately, or not, ninety percent of the people in law will not become millionaires at the expense of political challenges or divorces. They will become entangled in the bureaucracy of law processes and end up working in a different field of public service altogether. Since all lawyers have advanced formal education, they have the ability to use it in other fields--government agencies or private industry.*

### ***Justice or revenge?***

*The concept of justice, like everything else in this Universe, has evolved over time. A certain website defines justice as something which is constantly strived for and rarely achieved.<sup>2</sup> It is a fact that humans are a selfish lot, at worst thinking only of themselves and their own needs, and at best extending that concern to their own immediate family. There is no doubt that we still retain the territorial animal instinct.*

*In order to curb our selfishness and territorialism and to enable us to live together in relative peace, laws were created. A system of law determines rights and assigns punishments for their violation. Rights are based on humanity's two basic programs: survival and reproduction, the fulfillment of which requires access to the environment's natural resources. Laws are enacted to insure that each person gets his or her fair share of these natural resources.*

*Our concepts of justice are based on this feeling of "fairness". In fact, this internal sense of fairness was once used as an argument to prove the existence of God.<sup>3</sup>*

*When this state of "fairness" is upset, people feel the situation must be redressed. Now, in Antiquity, before the rule of law, this redress took the form of vengeance or revenge. In those days there were no limits to revenge, and retaliation for wrongs received or perceived could and did very easily take on a genocidal character. Even in more modern days, and in our supposedly civilized and enlightened society, during the late 1800's, the Hatfields and the McCoys of Tug Valley in Kentucky had a long lasting feud in which they took turns killing members of each other's family. Would you believe it all started when Randolph McCoy accused Floyd Hatfield of stealing his hog? It was to stop this kind of thing that the old Sumerian dictums "an eye for an eye", and "a tooth for a tooth" were enacted, later finding their way into the Hebrew Scriptures.<sup>4</sup> These laws were a good thing in their time because they limited vengeance. A person could not exact vengeance for anything more than the injury received.*

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<sup>2</sup> <http://jove.prohosting.com/mshambli/UniversalADG/j/j.htm>

<sup>3</sup> Immanuel Kant's Moral Argument

<sup>4</sup> Babylonian Emperor Hammurabi ca. 1780 B.C.E.; who codified earlier Sumerian laws.

*The next step forward was the creation of a judicial system: impartial judges and courts, where grievances were aired. Vengeance was taken out of the hands of individuals and put into the hands of a supposedly impartial institution, empowered by the state to administer the applicable laws.*

*As justice evolved, so did the concept of who is to be considered a person. Not everyone had the right to appear before a judge or a court of law. Back in the old days, slaves were not persons; sometimes women were not persons at all and at other times they only achieved the status of second class persons by virtue of who their husbands or fathers were. Children were not considered persons, either, and under some systems of law they were in the same class as slaves. Foreigners were not much better off. Besides this, among those who were considered persons, not all were considered equal. Laws were different according to the social status of the persons involved, and therefore, penalties or punishments for breaking the law also varied accordingly.*

*Breaches of the law are carefully classified into criminal offenses (felonies and misdemeanors) and civil offenses. Civil matters involving negligence are usually settled by the applying penalties for damages that are paid for with monetary energy.*

*This is the way of human justice. When judges and courts apply merely the letter of the law they may commit injustice. This is where equity or mercy comes in. In some countries, mercy is considered a weakness and wrongdoers are punished severely in order to set an example to others. In short, this is law and order based on fear.*

*Can't there be a better way? As Gandhi said, "An eye for an eye and a tooth for a tooth leaves the world blind and toothless." It is nice to see that masters like Christ knew the dangers of revenge, for this revenge will contaminate the person that wants revenge. Desire for revenge is based on feelings of anger and hate; on wanting to do unto others what they have done unto you and then some. Forgiveness, however, is based on love; on the admission that no one is without fault. But just as a hole remains when you remove a nail that has been driven into a piece of wood, forgiveness does not take away the consequences of wrongdoing. One must make amends.*

*Inmates' rights are another sticky issue. Clearly those who have been rightfully convicted have infringed the rights of others, so it is only fair that their rights be taken away, that they may understand and learn that one's rights end where one's neighbor's rights begin. But how many rights are to be taken away? Are there not certain inalienable human rights, which when taken away leave a person in a less than human estate? The right to food, clothing, water, bathing, exercise, sleep, to not undergo torture...But what of those whose crimes have involved precisely depriving others of the enjoyment of these very same rights?*

*Based on the analogy of parents socializing children, our modern day concept of a prison involves re-educating, reforming, rehabilitating those who have transgressed the laws of society. This is another one of those things which is constantly strived for and rarely achieved. Wrongdoers have proven themselves unfit to live in society, so they are taken out of it. They are*

*either removed to a penal institution where rehabilitation is attempted, or they may be considered beyond all hope, and are given the death penalty, for the dead are no longer a threat to society. The downside of life in prison is that it is we, the people, the law abiding citizens who, through our tax dollars, are required to feed, clothe, and house the offenders... And those who oppose the death penalty don't realize that they are thereby indirectly approving the death of the victims.*

*Truly, human justice is a very messy thing.*

### ***The power of the minority***

*In a typical democratic society that is more or less split down the middle on most issues, a small minority can have the power to force change.*

*A political party that controls anywhere from three or four percent to nine or ten percent of a voting public can hold the bigger parties hostage to their demands. At a minimum, they can make the bigger parties court them.*

*We can see this kind of sway power held by minority parties in countries that hold democratic elections. We read about coalitions that organize under one issue in Italy, France, and Belgium. In fact so many countries have maybe eight or ten parties striving for power in the government, it's a wonder how countries accomplish anything!*

*I realize that it is difficult for some people to understand me when I state that I am politically free. I am neither a capitalist nor a socialist. To be part of a group is to exclude yourself from the total population. Once you are willing to accept GOD as the total, you no longer need groups.*

*Everything is the same. Everything is pure energy in different forms. The energy inside and outside of me makes everything possible.*

### ***Women & men***

*If there is a group that can save the world's economy and environment, it is women. Women can help put a stop or at least a limit on this destruction by taking control of their bodies! Stop having so many children! Don't let men impose their will and bodies on you--ask them to have the operation. Defy the programming you have to reproduce!*

*Generally women want two children: a male and a female. Some men have more than one parenting partner too: a wife and an ex-wife for example, each typically with or wanting two children. Just as women must take responsibility for contamination in the home, men need to take some responsibility here since contamination begins with our own population. A man who marries twice could curb overpopulation and excess mouths of consumption by having a vasectomy.*

*The procedure only takes 15 minutes. I know because I had it done when my first wife wanted ten children. I told her that if I could not learn from two children, I certainly would not learn*



from ten. Furthermore, a government conscious of this important issue could help offset the cost.

*Women were the first to picket the White House. They may be the answer to our population crisis and numerable other world problems.*

*Women make such an impression on people that the figure of a woman has been honored with representing justice on a global scale. But Justice is blindfolded! While intended to show the fairness of law, here we are reminded of our self-limiting perceptions. We must take off the blindfold in order for the dualities to exist. There is no true democracy without woman wielding the same power as men.*

*What about a female dictatorship? Here is how it could happen: Men go to war and die in large numbers. Even without war, men do not live as long as women do. There are currently more women than men. If women would unite, they could dictate to the world. There is no better moment than now. It's the perfect time, in fact, for women to take over the political infrastructure. Women now have the opportunity to take over the current political infrastructure. To do so, they need to unite, organize, and collectively take advantage of the civil liberties they worked so hard to gain.*

*The fact that men dominate the government currently is not because women are not welcome; it is because women, as a group, have not used being a majority as a voting power to make a difference.*

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**\*\*\* It bears repeating: IT is running the show; we are only pawns in the overall plan\*\*\***

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*On that last note, could it be possible that because of the personal differences in the perception of men and women, computers are more likely to take over the political infrastructure? Computers are not bigoted in their thoughts, be they racial, sexual, political or anything else.*

*Thinking more about women and men, since women out-populate men by sixty percent, is there not a good possibility that we would see more women in areas where they have not been seen? In theory, a woman could win the next USA presidential election by a margin of six to four. And if homosexuals gave their vote to women, a women president would arrive sooner. Whose blindfold is still on?*

*The door has opened, perhaps it is time for women to charge in and clean up the mess made by men in the government the way they have had to clean up man's mess in the home.*

### ***Hitler and women***

Did you know that Adolph Hitler did more for the liberation of American women than any other single person did? It's true. Consider this: All able-bodied men from the USA went to war while the women remained at home to run the industries that were previously male run. When many of the men did not return, women continued to staff those jobs. What's more, women began pursuing other careers previously dominated by men.



### ***Men are in real trouble.***

*Women complain about men. They complain that men lie. It is true; few men are saints, but are there not similarly few sainted women?*

*At home, women become upset when men leave the toilet seat up. Putting the seat down shows consideration and respect; something that many men lack towards women. Nevertheless, eighty percent of men leave the toilet seat down.*

*The toilet seat has become a major battle for men. Before it was invented, did women or men complain about not having it? I believe the invention of the toilet seat created this problem for women and men. To end the battle perhaps we must return to outhouses, and staying on this subject, the other day I went into a restroom to use the toilet. I needed to urinate so I did. After I finished I zipped my pants and washed my hands. While doing this I realized that I was doing things in the wrong order. Going back to the moment I got in the restroom I remembered I touched the doorknob to open the door. I realized that when I took out my penis to urinate I was touching the cleanest part of my body with the dirtiest, most exposed part of my body. I should have washed my hands before I urinate so I can remove all the dirt and germs that were in my hands in the first place. And if I'm going to eat after, all I should do is take a napkin and cover the doorknob with it to avoid picking up any dirt or germs from the door knob*

*The point is that we should not use the dirtiest part of our body (our hands) to touch the cleanest part of our body.*

### ***The world is a warmer place because of women.***

*But why do we have a Miss and Mister Universe pageant? Shouldn't it be Miss and Mister Earth? After all, there are no aliens in the contest. (Unless we simply cannot see them!)*

*Women want to have children. As humans, men have to impregnate women so that they can give birth, and women must be receptive of men in order to conceive. Ninety percent of women are programmed to participate in the second human priority, reproduction. Giving birth allows pure energy to continue ITS reshaping. It also gives women and men something that they can call their own.*

*Adults lose a great quality as they grow up. Children have values. Children in general are simple minded and forgiving.*

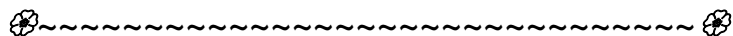
*Children do not become involved in politics; they enjoy the simple things in life. We say that children are little "angels." What happens in life to turn them into the little "devils" that adults become?*

*But is this to say women and men are equal?*

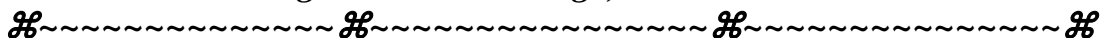
*I believe not in the sense that women and men are not the same—not physically or mentally.*

*Women are more accepting. Men are more competitive.*

*Women tend to trust the public majority; men do not.*

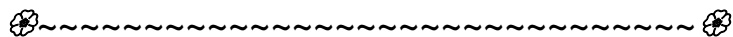


***\*\* Some things will resist change, such as the toilet seat.\*\****



*Women do things eighty percent differently than men. Consider this: a man might go to a party and without hesitation try to sleep with a woman old enough to be his mother. If it were his mother, it would be a different story. The same applies if he approaches a young girl. If it were his daughter, it would be unconscionable. This shows us something about the dual mentality of the mind.*

*The equality of men and women is in the balance; IT is in their duality. And they love and battle each other to maintain the balance. Women have worked for years opening the door, and it's now ajar. It's time they charged in and cleaned up the mess made by the men in the government the way they have had to clean up man's mess in the home. On that last note, could it be possible that because of the personal differences in the perception of men and women, computers are more likely to take over the political infrastructure? Computers are not bigoted in their thoughts, be they racial, sexual, political or anything else.*



***\*\*\*Most adults actually believe they belong to their parents. Most do not believe that they belong to God.\*\*\****



## ***Computers***

*Computers are widely accepted now. Computers are running most of the world's infrastructure and will eventually run the world's entire infrastructure. They are not human; they have no feelings. Computers have no political preference or interest in personal relationships. They do not get weary, lazy, need a workers union or benefits. Computers do shut down; they do have flaws. They are pure energy as IT reshaped. Computers are also made of atoms. These atoms that are the computer exist in this place called omnipresent. Computers transfer energy.*

## ***Electronics***

*We are more electronic than any equipment that exists. We are made of more atoms than most computers. The word electronic stems from the word electron. An electron is the outer-most part of an atom. We have all that in our bodies.*

## ***Money***

*Money is monetary energy and work is human energy.*

*The majority of us work because of the necessity to support ourselves financially.*

*Consequently, many people put in long hours doing something they do not enjoy. These hours*

*of busyness are an expenditure of energy, human energy. This human energy could be spent either mentally, physically or both.*

*This human energy is what most call work. Money is a piece of paper, or coin, or plastic that carries an invisible energy, activated through our belief in it, our holding of it, and our spending of it. This monetary energy has become necessary for our survival.*

*Once you have monetary energy, you can transfer it as you please. One of the primary things we exchange it for is food, which provides us the energy that we need to maintain our survival. As earlier mentioned, our first programmed need is survival and our second is reproduction. We survive so that we can reproduce, work, earn money, and spend it; it is a cycle of transferring energy.*

*We are created in ITS own image; we are part of the cycle of transferring energy.*

*Another way to look at money is like this: since money is energy, it can perform a kind of work. That means that one penny has as much energy attached to it as the amount of work needed to be performed to earn that penny.*

*Our first and second basic necessities, oxygen and water, are free because GOD provides them to us. From the beginning of human development water was free, but we had to find it. Water is still free; it comes in the form of rain. However, there is a price attached to the receipt of water-a price dependant on the amount of energy required to receive the water in your home. GOD also provides food, but it too requires the use of human energy to ensure that its location is close enough to where we live.*

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***"The richest person is not one who has a lot, but the person who needs the least."***

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*In physics, energy is defined as something that can do work, and integral to work is "necessity," hence the coined phrase, "Necessity is the mother of invention." I say that necessity makes us do things that we would not do other wise. Necessity also ensures the transfer of energy.*

*If you do not like what you are doing, ask your God, "What else YOU can do?" Additionally, you must let go of what you are currently doing and let GOD show you what you need to do.*

*You may wonder about the portion of your monetary energy that you pay to the local and federal government in the form of taxes. This too is part of ITS reshaping, and for this too we should be grateful.*

### ***Excess money***

*Obviously, people with an abundance of money are able to do more things than those that barely get by. Affluent people, for example, have the ability to have exploratory surgery if recommended, while other people cannot afford such options.*

*Could this excess money be a trap? Could it be that because they are well to do, they can do more? Could it make them less likely to cherish the most important things in life, such as health*

*and family?*

*One thing is for sure; the affluent are permitted to do what the majority of us cannot do in the participation of ITS reshaping.*

*Think about the saying, "Time is Money." This is a recent human concept. Money did not exist for primitive humans.*

*We all want to make the most amount of money that we can. And, we want to spend the least amount possible when buying material things.*

*Competition in the market of materials controls the price for the consumer. Competition in the market controls the amount an employer is willing to pay an employee. Salaries in general are higher in areas of high employment than they are in areas of low employment.*

*In the USA a person working as a courier will make more money for doing the same job than a person in Haiti.*

*The global economy has changed the face of what is acceptable pay. The dollar is not worth what it was 50 years ago. Inflation affects everyone. Due to inflation, the money that you have saved for your future will not likely be what you need to survive at retirement.*

*The hard work that earned you \$3.50 an hour has less value today, for the item that cost you \$.99 cents when you were earning \$3.50 per hour now costs you \$1.40.*

*The effects of the recent rise from \$3.50 to \$5.35 per hour minimum wage in the USA is not good news for the people that have saved money. If you have saved \$1000.00 from the time you were making \$3.50 per hour, your \$1000.00 is now worth 40% less in buying power. Again, what used to cost \$.99 per pound now costs \$1.40 per pound.*

*It is all about supply and demand. The more we make, the more things cost. When the salaries in industry go up, the cost of the product the industry supplies also goes up.*

*Let's look at salary as it relates to a home purchase. If you purchased your home for \$50,000 when you made \$100.00 per week, and your home is now paid. If your salary has since increased to \$200.00 per week, the value of your home has increased to \$100,000.*

*You have earned equity on your home, something you would not have done if you had chosen to rent. This is great if you choose to stay in your home. You may at sometime decide to move because your house is too large or your children have grown and are now on their own.*

*You think, "Well I have \$50,000 equity in my home; I can sell it and use that money to buy a smaller house." The smaller home that you want now costs \$100,000. The new home was built on more expensive labor. So, in essence you didn't profit at all.*

*Who do you think will profit on your house? Could it be your children? They will believe that you left them everything. They should learn, or hopefully they will learn, that when they part*

*this Earth, the only thing that has been here since the beginning is this pure energy.*

*The physical property left behind continues to exist in the moment. It will stay within the omnipresent so that it does not violate the Law of Conservation of pure energy. This is the reason why we can never take anything with us when we die, not even our body.*

*When you compare stores for things like imported VCRs, TVs, and cars, to get the most out of your money, you are supporting jobs of those in foreign manufacturing and taking it away from your local economy. We should be grateful for this. This is something that we cannot control. IT, as pure energy, is making this happen during a stage of ITS reshaping.*



***\*\*\*Some people are satisfied to call a cardboard box a home. For some, a home is the place that has walls, a roof, and furniture. Some people live in extremely large homes and never use some of the rooms. We should be grateful that IT provided our first home with a roof that permitted us our fireplaces that kept us warm and enabled our safety. \*\*\****



*As for the minimum wage, when wages go up we get more unemployment. That means that the fewer people that have work will have to pay more from their salaries as taxes. Which is better, more people working for less or less people working for more? Which is better for government coffers?*

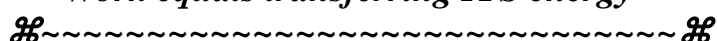
*Have you ever noticed the amount of people that are walking the streets asking for help in the form of monetary energy? All these people need to do is ask for help from the pure energy that is inside of them. IT is there just waiting for their call for help. If they call, the help will be provided to them, and let us be grateful that you and I are not in that situation, for IT can have us there also at any moment of ITS reshaping.*

## ***Jobs***

*Henry Ford is the one that made many of us lose our jobs, because it was he who put machines into full speed, for he once said that machines should do the intolerable jobs that man has to do., so much so, that today it is machines that are doing many of the things that are intolerable to workers. Thanks to IT for bringing Henry Ford into existence, for machines have shortened production time, because now it takes less time to produce than before machines came along, again so much so that we now have more time for play, but without pay...And when we talk about work we're talking about an energy transfer of some kind. This transfer of energy starts at the moment of our birth when we are forced to take our first breath. Oxygen is our first need. By breathing we take oxygen as energy and exhale carbon dioxide, which is another kind of energy. Apart from this we need to transfer energy from the food we consume into our bodies. All this is possible because pure energy exists as heated weight. During the course of our lives our bodies continue working to keep us alive. We could say that right from the beginning of our material lives we have a job, which is to keep ourselves alive.*



***\*\*\* Work equals transferring ITS energy \*\*\****



*So, there's work that will not give us any monetary reward but that we must do to keep our lives functioning in a more or less efficient way. For example, there's work that some of us have to do unwillingly like cleaning and organizing our houses and our belongings. Most of us have to adapt to this kind of work. On the other hand there's work that we find great and interesting, this kind of work we do willingly. Of course this is a matter of personal disposition. Just to give you an example, some people will build things, do gardening and even raise animals willingly and joyfully while others will not even cook a simple meal for themselves.*

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**\*\*\* Work can mold us physically and mentally\*\*\***

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*Then there're jobs that reward us monetarily for our work. With this money we buy things or pay for services that will make our lives comfortable. Some jobs will not only make our lives more comfortable, but will contribute to our town or city's development. There are people that live to work and there are people that work to live. In any case we must remember that any activity (work) performed by us uses heated weight as energy and that this energy doesn't belong to us but to IT, the source of it all.*

### ***Everything is free***

*We live trapped in a wrong equation that equals time to money. We must remember that there existed a moment when humans could not even imagine money. Money came as a way to exchange useful, but perishable things, for non-perishable but valuable, and hard to come by, things like gold and silver. Then somebody came with the idea of creating something that would represent the ownership of these metals while being easier and safer to carry around. In this way paper notes came about. These clever trade men (the goldsmiths) would hold and guard the metals for the owners and give them paper notes that represented the metals they had stored. Later they (first the goldsmiths and later the bankers) noted that their clients would rarely ask about their gold so they started doing things with their client's real money (gold and silver) for their personal interests. They started making notes for themselves with what their clients owned and invest this money without the consent of the clients. The whole thing became so twisted and confusing that right now money no longer represents the ownership of these metals but, in our case, a debt to the makers of the paper notes (The Federal Reserve Bank). We agree to participate in this illusion each time we use money.*

*In most cases money seems to control how we live and even for how long, but in reality it's the value that we assign to money what controls how we live.*

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**\*\*\*\*I give thanks to IT for letting me be a witness to a new stage of society, the reduction of consumption. \*\*\*\***

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*Besides our consent to the money illusion we also agree to the illusion of the value and ownership of things. When we buy things we don't question that we must pay money for them and that these things are given a value that is anything but real. If we think deeper into this we*



might come up with a couple of questions. Those are the materials and energy these companies use in the first place? Who claims ownership over these and why? To this I can only say that all materials and the energy used to make these things are part of ITS heated weight in the first place. They do not belong to anyone in particular but to IT. Why then, some claim ownership over oil or natural resources? Some of the founders of the private property will say that when something is in a state of nature and a human invests personal work on it, this natural thing becomes its property. But if we go back to the definition of work we must agree that the first worker is God or as I tend to call it, pure energy. IT is responsible for the transfer of energy between all things in nature. All natural cycles and processes are possible, not because of our work. We could all die and IT will continue doing ITS work. Lets take our drinking water, for example, it was given to us by God, and not only to us but to all animals and plants as well. Water doesn't belong to anyone in particular but humans at some point thought it would be convenient to own it privately and put a price to it. To a native that lives in harmony with IT, this would be completely absurd. But, let's not forget about other things like radios, cars, cell phones and computers. You might think their "manufacturers" make these. Again, all these things are made of matter and we don't own matter, we cannot even create it or destroy it. We can only manipulate it to some extent.

### ***The business game***

The business game, or at least from my point of view, as IT, what we call "business" is just one more game that some of us can play. Some players get so involved that they see this game as a matter of life and death, and others, like me, remember that this temporary game has a name as its owner, which we call GOD. When we get lost in playing this game, all we have to do is remember to go back to WHO established this game called life and remember that it is just a game, where we can play, but not to take this game very seriously.

For as you, the reader, will see later on, in section #2 which explains this better, you will be able to understand that what is really happening is that we are just moving ITS weight around, so that IT can continue to reshape. We should also remember that there was a moment where we as humans did not yet know of such a game, for we were still together as a group, inside a cave. In the same way, this game might cease to exist as IT continues ITS reshaping, and maybe, when we leave this planet, this game might not continue, for we should remember that our minds get into the habit of seeing things as if they have always been a certain way.

So, the same way the business game came into existence, it too might come to an end, when IT decides to reshape into where IT will no longer need the effects that this game we call business produces.

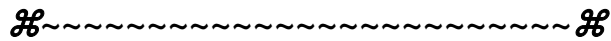
### ***Wants***

Nothing on this planet belongs to us. The day will come when you are dying and you realize that you cannot take the material things with you.

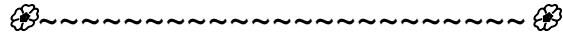
We work hard to get what we want. If you want to work less, all you have to do is diminish your wants.

*If you have a million dollars, does it help you sleep better? Does a million dollars make you a happier person?*

*You do not have to have a million dollars to enjoy the life of a millionaire; all it takes is being able to give without question of whether it will cripple you. Furthermore, if you reduce your wants, you will not need as much money as you think you do.*



***\*\*The duality of our human mind causes us to want to get as much as we can for our services, but we do not want to pay as much for other people's services as their work \*\****



***My life as a boat.***

*I feel that this is a way to express my feelings, when it relates to IT and I. Let me explain, why a boat, first it is ITS boat to begin with, and I have the freedom to decide if I want to continue in this so called normal life, normal because the majority are there.*

*Or as I have, surrendered to IT, and in order to do this, you have to forget about what you want, so in order to sit in ITS boat you will not do the steering. First, because you will no longer know where you are going to next, as your encounter with other humans, and second, this boat is made for you only, and the boat will not carry a lot of unnecessary items, that we accumulate as we travel, on this road as our existence. And if we try to bring this extra unnecessary baggage, we will sink sooner, or not move at the speed that IT wants to move at. We have to trust in IT, for IT is ITS boat and water, and even the wind that will take us to where IT wants us to be, for IT is in ITS own water.*

***The uncertainty road***

*As most everyone wants to feel secure and so many of us are born into a majority that seeks security outside ourselves, so many of us never learn there is an alternative: Trusting IT. Instead of trying to know about everything that is happening around us or trying to predict what will happen next, we can instead quiet the mind and take the uncertainty Road.*

*On the Uncertainty Road, everything is new. The only danger that exists is permitting the mind to tell IT how things should be and where IT should go. But it's our choice.*

***Eyes***

*Our eyes cannot see; it is the brain, as an organ mostly made of water that actually sees. The eye is also made mostly of water. If you were to drop water on paper, under the right conditions, you would notice that the water acts as a magnifying glass. Glass is also made with water. The mind, using this magnification process forms a picture in the back of the brain.*

*This process of seeing becomes possible with the help from the hydrogen atoms that exist in the water, which are formed in outer space. The magnification created by our eyes allows us to see what occupies space outside ourselves. Thus, it is not the eyes that see; the mind sees because of this magnification.*

*This would mean that the mind had to have come first.*

*The white part of the human eye serves as a reflector. Anything white reflects light. The opposite of white is black. Black absorbs light. These things are necessary for the mind to see.*

### ***We cannot create***

*Albert Einstein did not create anything; he simply understood this pure energy differently. Einstein understood how to use this energy in the form of work. He did not understand why he worked so much; he just worked his mind to the maximum. His lifetime was the time for us to understand ITS energy as it refers to Einstein's work.*

*Einstein's theory, that energy equals mass times the speed of light squared, gave us the formula  $E=mc^2$ . If Einstein had been born 2,000 years earlier he would not have been able to see and understand energy as he did during his moment in existence.*

*Because of the discoveries of Einstein, we have more information on energy and matter. We have a better understanding of this pure energy and a better understanding of that which I call our Creator.*

*How about this: We cannot create music or anything else; what we do is transfer energy.*

*We should remember that we are IT, as this pure energy that exists in a place called omnipresent. We transfer energy from our bodies to the instrument that we play. The instrument transfers energy in the form of music. Music, as a sound, is possible because of ITS duality. Music is only possible because of the silence that exists between the notes. The orchestra and the instruments are examples of the Creator transferring ITS omnipresent energy.*

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 \*\*\* **God does not create, IT is everything that exists** .\*\*\*\*  
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### ***A friend that is not needed***

*Some friends we do not need as friends. Some people only call themselves friends as revealed when the time comes that we need a great deal of help from such friends. Let's say you lose your job and you schedule a garage sale to make some extra money.*

*Some of your friends come to the garage sale. You have a radio for sale for \$20.00; your friend says that since he is your friend you should sell it to him for \$10.00. You would think that if he were a real friend he would offer you \$30.00 so that he could help you out.*

### ***Life as a game***

*Let me explain why we refer to life at times as being a game. But first let's go over the meaning of the word game. As any game, we know that at times we will win and that at times we will have to lose. That is why they are called games. When we apply this to our existence we sometimes feel that life is a game. One reason for this is obvious, we can see that at times we gain something, and that at other times we lose something.*

*For I too saw life this way, until I came in direct contact with IT and how IT exists.*

*Let me explain it this way, before I too saw the things that exist outside of me as objects and as possessions (property), and that the more I had of these possessions the better I was suppose to be. To which I should add that this is partly true when it relates to our basic necessities. And to this I also have to add that life as this game that is going on, as in taking place, is something that does exist, and will most likely continue to exist because it is a very powerful force that IT uses to make things happen so that IT can continue reshaping ITSELF into something else, as ITSELF. I know that this is a little hard to accept, but we should remember that everything in this whole universe is IT.*

*There was a moment where we did not even exist here on this planet, and that it is because of ITS existence that we came into being where we now can play this game that exists out there which is governed by the ingredient that IT placed in us called necessity, which is one of the factors that makes our society, as it now exists, possible, for necessity is one of the forces that makes the wheels of our society keep turning, to which I should add that we do not have any control over it, but IT does.*

*IT has taken me away from this game that does exist out there in order for me not to have to play this game that exists out there. There are certain things that I do have to accept, which are that what is happening out there. I should not try and change it, as if I was going to change things, or that it is up to me to make things happen, or to make things change. Also, I have to remember that everything out there does not belong to me, and that I should in no way think that I will take anything with me, for this would be a clear indication that I got lost again.*

*One more thing, in being with IT I am not winning or losing possessions, for I now realize that everything belongs to IT anyhow. And that what I am gaining is the opportunity to continue existing as this living, existing moment that IT has permitted me to exist in.*

*We are not aware that IT is everything to begin with, so it will be easy for us to get lost in this game that is taking place. IT is never around nagging you, yet IT energizes everything that we do. IT never tells you if you are doing it right or wrong, because to IT, it makes no difference what we do, for IT has a way of making happen what IT wants as a result or as an outcome.*

### **Games**

*Regarding games, I have noticed that one of the most frequently used pieces of game equipment is the ball. Many games use balls, even as small as marbles, which I played when I was a kid and really enjoyed it. One thing about playing any game is that sometimes you win and sometimes you lose. The enjoyment is in the playing. After marbles, the balls get bigger; there's ping-pong, tennis, billiards. From there, the ball gets bigger still; we have baseball, football, and bigger still, basketball, volley ball at the beach, and then the ball gets heavier, you have bowling balls. And there are many more games with balls. One ball to stay away from, however, is the ball and chain.*

## Television

*Here is another manipulation of the mind. I suppose when TV's first came out manufacturers and sales people did not think that the public would be walking around with measuring tapes to verify the sizes of the screens.*

*Let us take my case: I bought a 27-inch screen TV. The 27 inches are diagonal, so for me to enjoy 27 inches of screen I have to look at TV with my head tilted. If I did I would have to see a chiropractor every couple of days. The screen actually measures 22 inches across, and from top to bottom it measures 16 inches.*

*As for computer monitors, it just got worse. I thought I bought a 15-inch monitor, when I measured it I got 13¾ inches diagonally, 11-1/8 inches across and 8½ from top to bottom. From outer edge to outer edge I got 14 ¼ inches.*

*I did not give up, I went to see if the 17-inch monitor was better. What I found was that it measured 15¾ inches diagonally, 12-5/8 inches from left to right and 9½ inches from top to bottom.*

*But I did not give up here either. I went out to the store to see if maybe the sales person that sold me my TV monitor had taken me for a ride. And here is what I found with the more modern monitors, like the flat screens; the first thing is that they are still very expensive. As far as measurements go, the selling dimension is based on the diagonal, just like other screens. On a 15-inch laptop I found that it actually measured 15 inches diagonally, 12 inches from left to right and 9 inches from top to bottom. I feel that the most truthful thing would be to indicate how many total square inches the TV screen really has.*

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**\*\* My God, Please forgive me if I tire or bore you by thanking you so much. \*\***

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## Components

*Here is another piece of manipulation. It has to do with your stereo system and watt ratings.*

*There was a time when you could buy a stereo system, it would be rated as delivering 50 watts per channel, that would mean that you would be having sound projected at a legitimate 50 watts through each individual channel.*

*Now when you buy a music system you will notice that it might say that it is a total 200-watt system and that you are going to get 200 watts divided by the number of speakers it has. This rating can be related to a right and left speaker box system. The problem is that each speaker box has three speakers, each individual speaker will deliver 33 watts. I asked a sales person if the rating meant that if I put all six speakers in one box, would I get 200 watts of power? His answer was that no, not really, the bottom line is that you get 33 watts per speaker, period. And here I was thinking I was purchasing a 200-watt power sound system.*

## **Weapons**

*Here is a positive take on weapons.*

*We have to get ready to find the weapon for a big battle. This battle will involve the whole of planet Earth and should be taking place before the year 2880.*

*This is a negative becoming a positive. We have seen the negative effects of what came out of missiles and warheads when applied to human relations and politics. Yet it is this same negative that will be reshaping into something that will most likely save mankind on this planet.*

*It is expected that an asteroid, which has been classified as asteroid #1950DA, will come so close to Earth that the possibility of being hit is great. The U.S. government is already classifying this asteroid as cosmic enemy number one and is gearing up to find a way to destroy it. Among some of the options is that we launch missiles to destroy it or at least deviate it from what could be a collision course with us.*

*If this asteroid were to hit us it will have the power of a 100,000-megaton bomb. To make matters worse, there actually is talk that there may be more than one asteroid on the way. This is a situation that will have to be solved by the generations to come.*

## **Where IT takes me**

*I would like to share some thoughts about how, by taking me to places, IT has taught me about ITSELF.*

*Living with IT I have learned to see when is opportune for me to do something and also to recognize when I have nothing to offer. I have seen and felt how IT sends things my way and how IT takes care of me. The curious thing is that IT listens to me. I no longer have doubts about ITS existence and since I know now that everything that exist is IT, I only try and listen to IT in return. I have to use all my senses to feel what I should or should not do. One other thing IT has taught me about how to do things is that I should only do what is in front of me at the existing moment, that I should do it if it's asked of me and only if I have something to offer to the situation. For example, if I'm driving and I see someone having car problems, I should offer my services without asking why because at times I've been able to help people with their car problems.*

*Another thing that I've notice is that the more I surrender my possessions to IT the more I feel ITS presence and ITS gifts. Now I only want to be with IT as the most important thing in my life. This has taken me to a place where I feel I'm on an invisible floating carpet moved by IT. I have to trust in IT. I know that I don't know where IT will take me next. Let me mention that to get on this carpet there're certain conditions. One of them is that I cannot take any carry-on luggage. I must leave behind everything that IT has already given me that made my life more comfortable. These possessions will create a discomfort on this floating carpet, which was made only for me and it's only for me to enjoy. And talking about enjoyment I should say that when I turned to IT for help I was down in the damps as the saying goes, but that's another story. When I was down*

*there I asked IT for help and one of the things IT gave me was a good place to live in. I did not see what could be nicer than that place. That place is in the countryside, there're very nice neighbors that exists at a certain distance and to make things better there's a tiny view of the seacoast. I was grateful for this place and would give thanks to IT repeatedly for it.*

*After a while someone came to me talking about a property for sale. This person told me I should go check it out. I was not looking for another place to move to, but he kept insisting, so I said ok. This person took me to the property just before dawn so I could see how daylight came in. As I watched the city lights in the darkness I felt the beauty of the city from above as when you're flying over the city on a plane. There's silence and tranquility. This place existed as a peaceful moment. While I was on this paradise, I could not see what would be better than this. The quietness made this place a heaven on earth, a continuous peaceful moment with a 360 degree view.*

*This property required work and I have experience in construction; I had no fear of tackling this project. From the beginning IT kept me working in just opening a road to get into it, it had no electricity or water. I didn't have much money, but I had experience and passions. So I said yes to IT and IT helped getting this place and making it habitable.*

*As you may notice I'm not a writer by profession. I never intended to write in the first place, but it happened. This place is an excellent place to write a book. When I get tired of writing I just go out and enjoy the tranquility. Once again I give thanks to IT for allowing me to be in such a beautiful place that exists as one of ITS peaceful moments.*

*I know that IT could have me in a war zone, without anything to eat and without a peaceful place to rest my head. For now IT has placed me on the top of a hill, with a 360 degree view, with no close neighbors, the convenience of internet, satellite with numerous movies to watch, all year round tropical weather and a view of the Caribbean to Atlantic coast line.*

*Sometime ago I use to say, "let's see where life is taking me", but now I say, "let's see where IT is going to take me next." I must say IT has been better than what I had before. I still don't know what could be better than what IT has given me, but I'll keep you posted. IT can send me on a one-way ticket all across this planet, never knowing what will come next. I would have to say yes to IT, even if it means giving away the paradise IT has me in now. So far it has been like a floating carpet because IT moves me in a pleasant way and it takes me to places I didn't choose. I know that I can stay in my paradise, but then I will never know where IT would take me.*

### ***The crying syndrome***

*Imagine that there is a room full of healthy sleeping babies. One of them decides to cry to get attention, not because it is in pain or because it is hungry or wet, but rather, it cries because it wants attention.*

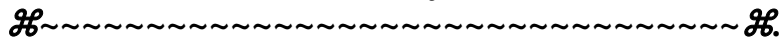
*This crying wakes up another baby who also starts crying for no reason other than that one is already crying. Before long, all the babies are awake and crying.*

*As far as they are concerned, it is normal and perfectly right to cry; and, this crying will result in getting something (attention) for nothing. This is what I call the crying syndrome. What we must not forget is that the most precious gift we have is the gift of life itself.*

*If we were not alive, we would not be able to cry when we were in pain. Therefore, in crying, we likely miss what is truly important, to be grateful that we are here in this moment as life, for it is a one-time gift that will never be given to us again.*



**\*\*\*\* IT is the ancestor of all ancestors \*\*\*\***



### ***Right handed people***

*If right handed people are using the left side of their brains, then left handed people are the ones using the right side of their brain. It follows that left handed people are the only ones that are in there right mind. That's just joke...*

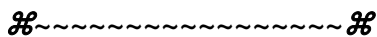
### ***Opinions***

*When provided with an opinion, the person receiving the information is the one that has the ability to change. The person providing the opinion is merely stating a thought. When someone asks my opinion, I answer that I have none.*

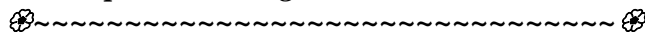
*I believe that opinions are a way for the mind to entertain itself. For example: let's say that a 20-car collision occurred because of a drunk driver, and that it resulted in the death of ten adults and two infants. Opinions could range from claims that the driver should be put to death to claims that our roads should be safer.*

*Important here is to see that those opinions stem from an event that has already taken place; nothing done or said could change that now. The actions that took place resulted in some type of reshaping.*

*Instead of giving your opinions, accept and be grateful to IT. Keep your eyes and ears open so that you may better understand IT as the moment, and are more available to accept your next role. Opinions require energy better utilized elsewhere.*



**\*\*\* It is easy for us to discuss what people should or should not do. Talk is cheap. People are going to do what they choose no matter what you and I think. It is much easier to talk about someone else than to effect positive change in ourselves. \*\*\***



### ***The invisible governor***

*When we are voting for the governor and a bunch of other offices, I observe people making hay about casting a vote for who they feel should be the next governor. We humans have gotten used to the thought that we should have an elected official to give us leadership. This is natural; we want someone to give us the sense of heading into a better, happier future. We have always wanted this, I suppose.*



*I mention this because I have stopped voting. I am politically free. I do not need to vote for someone to lead me to a better, happier future. I have found a constant form of happiness. I used to live on a roller coaster where going up was exhilarating, and coming down was a drop into the low lows.*

*Throughout my life I have never observed a governor that could offer me a ride that was pleasant, peaceful, and most of all, enjoyable. You ask, what else is there? Well, here is what. I have a governor that is apparently invisible, yet you see him in everything, and you are in it. IT is the only invisible governor that ever existed.*

*Let us look at this invisible governor. IT governs every atom, everything you see.*

*Whoever we think we are electing to govern us is still IT. The problem is that the people we elect forget who they are, or do not know that we are made of the pure energy that continuously reshapes the universe. If you don't know that and keep it in mind you actually start thinking that you can create something better. Well, even if you can, it is still IT reshaping.*

*I asked IT to take me away from the roller coaster I was on, and IT did. I am on a smooth, constant, peaceful road now. Some might say "well that sounds boring", but keep in mind that I can go back to the roller coaster any time I want to. But I am not.*

*I tell my friends that I do not vote anymore and they say that the system of government and everything else is necessary. I reply that yes, it is, but not for me because I know that all that is happening is IT in ITS constant search to reshape into all existing possibilities. Even all the tension and craziness is just exchange of pure energy, IT at play, making us change to what IT wants in that instant.*

*It is easier if we remember that we are talking omnipresent here, everything everywhere is IT. And since we are programmed with needs and desires, we act accordingly.*

*I know it is not the politicians that are wrong, they may not know that they cannot make you happy and fulfilled, but I suppose they should try. But only IT can provide the happiness and fulfillment through the way IT governs our existence. Our Governor!*

*I will not change being close to IT in exchange for thinking that by casting a vote for some political figure I will be happier. I know that every atom of my body is governed by IT, that will outlast all of us in this omnipresence.*

*Our desire to vote is driven by the idea that with it we can affect change. But I say that only IT serves me, and does so better than any elected official ever has or could. And I have never had to elect IT.*

*So I hope you understand why I do not need to vote for an impersonal governor, when I have the most personal, greatest, and longest lasting governor that has ever existed.*

*Our environment is like a roller coaster. When our environment is on the upswing, we think*

*that things are better. There is the old saying that what goes up must come down; this is how all things work. When our environment is down, we think that things are bad.*

*There is a better way of looking at this. The energy that exists within us is not an up or a down; it is a constant. This constant energy is level and peaceful. If we surrender to IT, life can be much more balanced. To surrender to IT, you have to except that you can no longer play life's games. There is no longer a winner and a loser; there is only an observer and a participant.*

### ***Freedom***

*I believe that freedom comes in different packages. There is no total freedom, especially for humans.*

*Since we have already established that we are created and that there are two primary programs that are going to take place during our stay on Earth, we are not totally free.*

*The first program that we previously discussed is survival. Humans need to survive long enough to complete the second program, which is reproduction. These two programs are necessary for IT to continue ITS reshaping process.*

*Males are required to impregnate. Women are required to give birth. As mentioned before, generally speaking, even the most liberated women have a desire to experience childbirth. Women have this desire so strongly that they are willing to do this in the absence of a male companion.*

*Most people feel that they are free to make the decisions in the area mentioned above. Human beings need to remember that we cannot create anything alone.*

*We are what looks like a creation that IT has reshaped into. The same applies to children. IT has allowed for human existence, IT has allowed for human feeling. IT has given humans the ability to love, hate, feel pain, and the ability to see and hear. IT gave us the gift of understanding.*

*From the beginning, I have been told that there are certain things that I have to do. It was not until I asked my GOD for help that I understood freedom. I did not expect IT to help me. Before I accepted this, I didn't consider the importance of God. Now I accept that IT came to help me. I asked for this help and have stayed close to IT ever since. Staying close has enabled me to see the gifts that are available to me. These gifts are never ending. Accepting IT has proven to be the best thing in my life.*

*The first change in my life after accepting IT was that I no longer needed an employer. I no longer needed to be told what to do, or how and when to do it. This is the first form of freedom that IT has permitted me to enjoy for the past 20 years as of the year 2005.*

*When a person is told what to do, they are denied their freedom. Everyday, this happens to someone. You do it; most of us do it. I choose not to deny others' freedom by hiring people that can do the things that I cannot, and determining the monetary energy required to complete*

the task.

We should be aware of alternatives and options. They give us the opportunity to improve the quality of our lives. There is always more than one answer to any question.

✿~~~~~✿

**\*\*\*\* People tell me that I do not smile a lot. I do not think that you have to be smiling to be happy. As long as I am not sad and all is OK in my life; I'm happy. I call my state of mind being in a state of continuous contentment. \*\*\*\***

⌘~~~~~⌘

There is more than one way of doing things. I used to work alone by choice. Working alone I had to think of alternative ways of doing things. Working alone taught me to use the resources that I had available to solve the problems I encountered

IT has taught me that I do not have to work physically hard to survive. However, I accept the possibility that pick and shovel work may only be a moment away. I see my life as dangling on a very thin string that could snap at any moment. My life may turn upside down and for the worse at any moment. IT has taught me that whatever ITS plan for me is, that is the plan I will live.

IT is now my employer. IT has actually been my employer all along. IT is the best employer that anyone could ever have. IT has a way of letting you know what to do and when it is necessary to do it.

ITS plan cannot be seen by us, at least not until after the elements of the plan have taken place. I believe our inability to see ITS plan is a safety precaution that prevents human intelligence from interfering with IT. We must simply accept IT and that in IT, there is a plan.

IT does not force you into acceptance. IT allows you understanding, so you can come to IT on your own. It is up to you to accept. IT does not debate nor care about your opinions or philosophy.

Let me explain this with a personal experience. Before I could see what was happening to me, I fell into this hole called addiction. By the time that I realized what had happened I was in too deep to find my way out. I looked to the outside for help but found that people could not offer me a way out of my situation.

I asked God, from the bottom of my heart, to help me. I confessed that I was lost, and I did not know my way out. It was at this moment that I became aware that IT does listen.

IT can see, hear, and feel because IT created the human body.

A few days after asking IT for help, a big change started to take place. This change has lasted to the present moment. The change was noticeable right at the beginning, but I did not understand it.

*After a few years had passed, I looked back at the many changes that took place and began to understand IT as I understand IT at this moment.*

*Life got better and better for me. My friends now ask me how I am doing. The first thing that I tell them is that I am alive, like you, and then I say, "I eat well, I sleep well, and I feel well; these are the best of times for me; and my cup is overflowing."*

*Every moment that I get a chance, I thank IT for allowing me to live. I see now that since I asked for change, I have received change.*

### **Cuba**

*Here is some information on CUBA that I found as bits and pieces that came in from different broadcasting system on TV over the years Cuba has a portable educational system , let me explain this one, one Cuba is a country that believes in education to the point that they eliminated illiteracy as a country, and recently , it was broadcast that Cuba sent there abundance of teachers to Venezuela to up lift that country from illiteracy.*

*Cuba tried to give free education, and health care, and equality to all, but they too, found that it is not an easy task, And one reason is that when a country as a government, gives, its population free education, it does come with certain conditions, that is why Cuba does not let people out of the country so easily , let me give you an example , professionals like doctors, pilots , engineers, who got there education for free, now these professional when they saw that in Cuba they earned 500 pesos , and that in the USA they could make a bundle of \$ tried to leave they could not, why because if Cuba gave them their education for free, it was so that they could serve Cuba , or where they could be traded off with other countries like Venezuela for petroleum or other things that that country produced , so in short what Cuba invested in educating professionals in different fields , and then toke the value of what it cost Cuba, and exchanged it with other countries . which is what China is now also doing , it is taking its population as cheap labor and exporting it to other countries , which in turn take away jobs from other countries , now let me mention that this exporting of cheap labor do have a pro to it, and it is this , the same way the USA went into Japan after bombing them , to use there cheap labor to ship to the USA, now the USA will have to consume form China, because in the USA inflating its labor in order to collect more revenue as taxes , and even when these cheap products are sold in the USA , the local government will make money off of this in the high prices that the stores in the USA have to sell these cheap products because of there high labor, and offer head prices, remember this , that to produce a product today is more economic because of the technology we have to toady , what is making our product expensive is , 1- labor, 1- expensive overheads, and 3- high taxes .*

*Now we can strive to support a given population in giving them free education, and healthcare, and equality, is because the general population excepts that they will in themselves give part of their work energy so that the children that are going to be educated, will also have food, and clothing, and shelter while they are being given equal education, but until when, most USA states do give free education until high school. But after that it depends one if the child did get educated, for we as humans do have to continue gaining more knowledge so that we can*

*continue mentally growing as we keep assimilating what we have learned into something new*

*so in giving a total population everything that they need, has as history as shown to be an impossible task, as a long term, one reason why is, that as soon as you can give everyone there basic needs, like free education, and health care, and equality, maybe achieved temporally, but in 20 years when the population doubles again, the new population will take away from the already existing population, for this we can now see in our present day,*

*And when a country divides its wealth among themselves like Cuba, they have to except that they will not get more than everyone else, so when they look at other countries, where things are not divided evenly, they will notice that there are some that do have more, then others, but they do not notice, that the ones that have, are fewer, and getting fewer yet.*

*So that when a given society, has worked to giving its population free education, and health care, and equality, that this comes with this condition, that as they give to all from the pie, they as a whole will receive less of the pie that this planet exist as what it can offer, for this planet earth does have its limits .*

⊗~~~~~⊗  
 \*\*\**everything has a good and bad quality in IT* \*\*\*  
 ✂~~~~~✂

*As some will look for that American dream, it is only there for a few, and at times only for a limited time.*

*And I have said many times elsewhere, the only one that has given me fulfillment is IT, for IT is all that I have mentioned as omnipresent*

### **Jobs**

*You the reader should before you read this section remember that first we all have to be grateful that we exist as being a live, as one moment of gods' existence, no matter what.*

*First let me say that what is known as work, really means that we have to transfer energy of some kind,*

*Which starts right at the moment of our existence, when we are force to take our first breath of air , which is our number one necessity , and in doing so we take in oxygen , as energy , we use a few protons from this oxygen , and we exhale carbonmonaioxide, and in doing so, we begin our transferring of ITS energy as ITS heated weight as what exist as those protons, which are made from the way IT exist as one of ITS duel energies (\*A ) and we have to do this in order that we can have the necessary energy for our lungs, and heart and all the other organs we have , so that we can continue our existence as one moment of ITS existence , and we then have to consume food and let our stomach work in processing this food, so that we can have more of ITS heated weight as energy to continue doing more work , and we have to eat , so we*

*can develop into maturity , until our last breath of air as death , which is the last moment that our human body has to work as our last moment of our life, so you see we too have a job, right from the beginning, as our first breath of air , and we have to continue this job as work till the last moment of our existence ....*

⌘~~~~~⌘  
**\*\*\* Work equals transferring ITS heated weight as energy \*\*\***  
 ⌘~~~~~⌘

*So let me continue with this section, Now let me mention some of the different jobs that exist, there are jobs that we have to do unwillingly, and we have to adjust to liking them, and then there are jobs that we find that are great and interesting, Then there are the jobs that will pay us for doing work that we really love to do, just to mention a few.*

*Now we also have jobs because as jobs, to which we in exchange for our labor, can get things we buy, or trade things that will make our existence more comfortable, And jobs aside from making our personal life more comfortable can also make the city, state or the county we are in a better place, even if it is at times only temporally.*

*Then there are people that live just to work, and then there are people that work just to live.*

*And talking about jobs, and survival,*

*Let me first explain why I am writing about Cuba, and the reason is because of this, as I have watched what IT is doing , when it relates to the way IT uses ITSELF as ITS heated weight as what we see as over population , and how IT uses ITSELF as population as a powerful force to make things happen , now I know that what I am writing about may seem out of place, when I use the way IT as god does things , but you too will understand this better , if you take the meaning of what omnipresent means, (A\*) which is a way that IT uses to move ITS heated weight as ways for IT to seek all existing possibilities that ITS heated weight can exist as , I focused on Cuba,*

*And I went back as far as I could, and I noticed that in the 60s and 70s people where high jacking planes to Cuba,  
 And in 2000 people where high jacking planes out of Cuba,*

*The same way, I keep watching the USA, for it too has to keep changing.*

*We have seen changes from slavery to feudalism, capitalism, communism, and there may just be another ism up a head, maybe computers, which you can read in this section as the Computerized Government.*

*We have seen how Rome changed, how Russia changed  
 Now this change that happen to the Roman Empire. Does not mean that Roam disappeared, nor*

*did Russia disappear, it just means that they too had to participate in something different as change to*

*Now returning to Cuba, they are, very conscientious people, and from what we have seen from the Cubans that have landed in the USA, they are very well educated people, now Cuba is the country in the Caribbean that pays the cheapest monthly rate for a well-educated worker, for Cuba is the only country in the Caribbean that does not have illiteracy.*

*Let me give you an example: Professionals like doctors or engineers get 550 pesos monthly (which is about \$32.00-36.00 US a month) and so-called blue collar workers make less.*

*Cuba is also one country that tried to give all its population an equal portion of the population's necessities, but over population did not let it do this, which you can read more about in the section called OVER POPULATION, and why the mind needs to have more possessions, to which I explained why but let me return again to Cuba, for as much as they have preached and tried to give equality to all its population, The best way to sum there now existing situation is this way, Cuba has 3 types of taxis that a tourist can choose from, one is the most economical, which comes with no air conditioning, then the second one you can choose, which is the taxi with air conditioning, and if you have enough money, then you can take the third choice, which is the Mercedes Benzes taxi that comes with all the powers,, and all 3 type of taxis are not available for the Cuban worker, and this information comes directly from the Cubans that have arrived in the USA, and from what we are able to receive as media news.*

❀~~~~~❀  
**\*\*\* One thing is what we want, and another thing is what IT is going to do. \*\*\***  
 ❀~~~~~❀

*And here is something to recall, there was a time when people where hijacking planes to go into Cuba, and then came the moment that people where hijacking planes out of Cuba, and when that luxury of a plane or boat was not available then there was the inflated tube tire that might get you to Florida*

*now here is something for you the reader to think about that relates to subjects like the one above, none of the above would be happening if IT did not exist as the matter that makes the land like Cuba or Florida, or better still look at the above from this angle, you and I and every one in Cuba, and Russia, and the USA, just to mention a few, would not take place, if IT did not exist, and when you look at anything that is changing remember that it is ITS heated weight that is always changing.*

*And let me mention that the amount you receive as money, does not necessarily mean much, it is how much you can buy, with the amount of money you receive,*

*And let me mention that the higher a country has as wages is also an indication, that that*

country has an inflated economy.

And, here is something for someone who likes to do research, which has to do with the minimum salary,

Which is what will they find, if they start by looking at how much did a cup of coffee cost lets say when the minimum salary was \$1 dollar , as an example, lets say that when you made one dollar, a cup of coffee would cost 10 cents , and you could ride the subways for 10 cents , and then the minimum salary went up let's say as an example \$1.50 this meant that your salary went up 50% , and a cup of coffee went up to 25cents , this would mean that the coffee went up 60% this is only an example , and the subway went up to 25-30 cents this would mean that the subway went up ? % , and as the minimum salary kept going up as what % , how did the coffee and milk and bread go up as that new increase.

and we should then look into what % percentage did the existing government get when wages were \$1, and how much did the government then got as our new minimum, as there % , as an example, when we got a 10% increase, did the government get the same 10% or more ?

That is why some people will tell you that before when they earned less money they brought home more groceries, then now when they are making more money, and the reason is this, Now I started to look into this, and I got as far as getting this index on the years, and the money for dose years, which you can see below??

And I feel that Fidel should have realized by now, that the new generation also has wants, and they think they can get it in the USA, which now they too can forget about that dream, and now that Fidel Castro is aging and is nearing his end, that there is just so much that any one person can do , for it is IT that has been running this show , and it is IT that dictates how ITS heated weight will reshape into as IT looks for all existing possibilities

let me offer a few lines , that relate from capitalism to socialism , and all the other stages that may exist in between, for now that I no longer have any attachment to any of the above systems , and the reason is this , because for one, I now understand that all systems are IT in ITS totality as omnipresent, and that these systems do have to exist so that IT can continue with ITS reshaping , as IT looks for all existing possibilities as ITS heated weight can exist as , I still have the freedom to choose any system that I feel would make my living existing moment a better place to exist in, but I will not , because of this , that as I started noticing that IT does listen to me , I kept talking to IT , where now I no longer have any doubts about ITS existence , and now that I know that I only exist because IT exist, as only one moment of ITS existence , and since I now know that everything that exist is IT, I only try and listen to IT , for I still have not received any written messages from IT , so I have to continue using my senses to feel what I should or should not do , other than the one thing that I have learned from IT , as to what I should do or should not do, which is , that I should only do what is in front of me as my existing moment , and I should only do it , if it is asked of me , as something that I know that I know how to do, as an example , if I am driving and I see someone in problems , I should offer my services



, without asking why , for I have found that at times I could help the person in need with my battery buster, and at other time , all I could do was help them find the person that could really help them like a mechanic.

Any way what I am trying to say is that I have learned to see when I am supposed to do something, and when I have nothing to offer to the situation for I have seen and felt how IT has taken care of me, and how IT sends things my way , where I have to see it , and turn to IT , saying thank you and I have notice that the more I surrender to IT as being the most important thing that exist between me and IT and as I keep giving up my possessions , let me present it this way , as I see it and as I feel ITS presence , that since I gave up everything that exist outside of me as attachments , and I only want to be with IT as the most important thing in my life, I have arrived to a place as a feeling , I say a place , one because I have never before been here as this feeling , here is the way I see ,and feel my situation , between me and IT , it feels like if IT placed me on an invisible floating carpet , as the way IT is going to move me about . And I have to trust in IT, because I know, that I do not know where IT will take me next, let me mention that this carpet that IT has allowed me to get on to, dose have certain conditions, one of them is that I cannot take any carry on-s , for I have to leave behind everything that IT has already given me as possessions that made my life more comfortable, because these possessions will create a discomfort on this floating carpet which was made only for me , and it is only for me to enjoy , and talking about enjoying things , let me mention something , which is that , when I asked IT for help , I was down in the damps as the saying goes,, and I had a boss , to work for , in order that I could survive , and that after I asked IT for help , one of the things that IT gave me was a nice place to live in , and when I once said to IT , thank you for giving such a nice place to live in, I do not see what could be nicer then this place , to which I should mention, that this place is in a country site , that had very nice neighbors, which existed at a certain distance from me , and them ,any way getting back to what I was saying , that when I said to IT, thank you for permitting me to exist in such a nice place, that I could not see what could be better than this place, which did have a tiny view of the seacoast .which was not to noticeable unless one looked for it ,

now a few days later, someone came to me telling me that there is this property for sale, that I should go look at it, and I remember that I told this person, that I was not looking for an other place to move to, but he kept insisting, so I said ok, now when this person took me to this place that was for sale, he took me just as dawn was approaching so that I could see this property with day light, and as darkness entered , and how beautiful it is to see the metro area as its city area light up form this high up as height , it is like seeing a city from a plane when it is landing during the day, and as how the city looks at night when it is light up, the best way to explain this place, is this way, it is a place that exist that has a beautiful view, as a beautiful place , that exist as a peaceful moment .

Now the reason why I have mentioned the above, is because as I was on this paradise, I again could not see what could be better than this, and here is what came after I had finished writing the 2 books that I wrote, to which I say, that this paradise is like being in heaven on earth,

*because of the quietness, and tranquility that comes from being there, for these are some of the comments that friends that have visited me, commented.*

*the only way I have found words for this place is or like this, it is like being in a continues peaceful moment , with a 360 degree view , so this place was an excellent place to write a book from , because when I got tired of writing , I would just go out and enjoy this peacefulness that this property has , and enjoy the view on the metro area , and then come back and sit down to writing again , so thank you IT for allowing me to be in such a beautiful place that exist as you in one of your peaceful moment*

*and I should also mention , that the way this property now exist ,is not the way IT gave it to me, but since I have experience in construction, I had no fear of tackily this project, for since the beginning IT kept me working in just opening a road to get into this property , that had no light , or water , or in short anything on it , and to make things a little worse , I had very little money , to which , I had to pay first the owner, then open roads, and then tar them so as to get construction materials into the property , but I had experience, and passions.*

*For I know that IT could have me in a war zone, without nothing to eat and without a peaceful place to rest my head.*

*Well to continue my voyage as one moment of my existence that I exist as one moment of ITS existence as ITS life.*

*Well here is what came next, IT sent me a person that was looking to rent a place , for 25 years , as a piece of land to rent, I thought about this situation , as to why , and this is what fallowed , I eider rented my piece of land , or they would rent the land next to mean, anyway I rented mean, And a friend then told to me , what you should consider is changing your diet by going on a boat cruise , as a way of changing my food menu from sizzler , Well this is the reverse to eating a constant menu , to having an abundant menu. And I know that one problem is that I will have to look for ways not to over eat, but the first thing I will ask about the food on the boat cruise is if they have a vegetarian meal*

*there was a moment when I use to say , lets see where life is going to take me , but now I say lets see where IT is going to take me next . to which I have to say, that it has always been better, then what I had before, and I still have to say, I still do not know what could be better then what IT has given me as this moment of my existence, but I will keep you posted, IT can send me on a one way ticket all across this planet, never knowing what will come next, even If IT is taking me away from the paradise IT now has me in.*

*let me explain this one, IT placed me on highest hill top in my sector, with a 360 degree view ,a and no near by neighbors . With the convenience of internet, and satellite for all the movies I my ever want.*

*With all year round tropical whether, a view of the pacific to Caribbean coast line in short as*

*many friends have told me that I live in a paradise*

*So it is like a floating carpet because one IT moves me in a pleasant way, and because it is going to take me places, that I did not order*

*And I know that I can stay in my paradise, but then I will never know what IT really wanted me to do,*

*It is a personalized carpet that will take only me*

✿~~~~~✿

**\*\*\* Cuba is the place to find the best educated worker economically for \$32 a month in the Caribbean. \*\*\***

⌘~~~~~⌘

*And let me explain , that we have on this planet many possibilities that IT has presented as different ways that humanity can exist as different systems , which can be seen when this planet when through systems like , feudalism , capitalism , socialism , communism, just to mention a few, so you the reader , can see that all systems are IT as the pure energy that these systems are reshaping into or have reshaped from ,*

*Cuba and overpopulation*

*As I have watched how IT pushes things forward in the form of overpopulation I have come to think about Cuba.*

*In my experience with Cubans that have come out of Cuba I see that they're highly educated people. In fact, Cuba is the only country in the Caribbean that does not have illiteracy. On the other hand it is the country in the Caribbean that pays the cheapest monthly salary to an educated worker. Professionals, like doctors or engineers, get paid 550 pesos monthly (which is about \$32.00-\$36.00 US a month) and the so-called blue collar workers make less. I've been told that if you go to Cuba you'll see many of these professionals working in the service industry as drivers, waiters and hosts at hotels in which their families are not allowed to enter. And one way to understand Cuba, is with its taxis, as an example it has 3 types of taxis that a tourist can choose from, one is the most economical, which comes with no air conditioning, then the second one, which is the taxi with air conditioning, and if you have enough money, then you can take the third choice, which is the Mercedes Benz taxi that comes with all the powers. Not every Cuban can get inside one of these luxury taxis.*

✿~~~~~✿

**\*\* I have been given freedom as this existing moment.\*\***

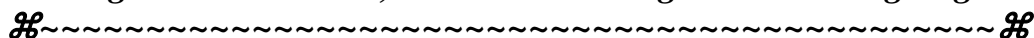
⌘~~~~~⌘

*As much as the Government of Cuba have preached and tried to give equality to all its population they have failed to do so. They have tried to fulfill all its population needs equally, but we must remember that something so basic as food is a fertile ground for inequality. A need like food can be satisfied in different ways. The government of Cuba cannot say that all of its inhabitants receive and eat the same. I can imagine that a high officer of the revolution doesn't*

receive the same as any other citizen. No government can really fulfill all its population needs, especially if there's an overpopulation issue. If you have an overpopulated country of skilled workers you are going to have unemployment. This unemployed population will look for jobs that will make ends meet. But as population keeps increasing they'll see the difficulty in finding fulfillment to ever growing wants and needs.



**\* One thing is what we want, and another thing is what IT is going to do. \***



In the 60s and 70s people where high jacking planes into Cuba and in 2000 people where high jacking planes out of Cuba. Then, when a plane or boat was not available there was the inflated tube tire that could get you to Florida. The new generation has growing wants and they think they can get them satisfied in the USA. Now that Fidel Castro is aging and is near the moment of his death he can only think back and maybe express to the public the limitations of his actions and those of the government he helped to build. There is so much that one person or even a group of persons can do. We must remember that IT always dictates how IT will reshape ITS heated weight as IT looks for all existing possibilities.

We have seen changes from slavery to feudalism, capitalism, communism, and there might be another "ism" up ahead, maybe computer-ism as I've discussed in "Computerized Government." I no longer have any attachment to any of the above systems because now I understand that all systems are IT in ITS totality and that these systems have to exist so that IT can continue with ITS reshaping while IT looks for all existing possibilities. I still have the freedom to choose any system that I feel would make my existing moment a better place to exist in, but I will not. I give thanks to IT for sustaining my life anywhere IT takes me to.

### **Nationalism**

Here is something to think about, which has to do with where we are born on this planet, and the temperature that may exist as that section of the planet.

For if we are born closer to being under the sun, and don't have sun protection we will get darker, and if we have a constant protection we might stay lighter in skin color And if we are born in a very cold clement, we automatically have to use more clothing, (garments) and our skins will stay lighter, And depending on the people that have control of the section of this planet we may live in, we will be more patriotic, Now I have tried to mention as much information that relates to being nationalistic, Let me mention that this whole planet is only a portion of ITS heated weight as it searches for as many existing possibilities, be it socialism, communism, capitalism, or whatever may follow for surely something different will appear to meet the needs of a new given society, be it centuries away, which really means that when our planet makes more than 36.525more rotations something new might arrive, for that is the nature of change, which again really means that ITS heated weight will become something different.

### ***A piece of cake as a gift***

*Here's another analogy: Imagine you receive a huge cake, something you didn't have before and that you didn't really need, so that it is easy for you to give away pieces to people who you think might enjoy it. So you start giving pieces away and even before the cake is gone, IT sends you more free cake. Friends start asking you: why don't you sell it? You reply that since IT sent you this cake for free and still continues sending you more than you really need, why sell it? After all it was a gift to you to begin with. If you find this strange just remember that I am not a capitalist or a socialist, so I don't look at things either from a capitalist or a socialist point of view. This is something that I should do without thinking why or what will happen, for to me it makes no difference, for I have what I want, which is IT and as I have said before, IT keeps giving me more than I need.*

*Let me tell you what happened to me when I started writing about this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself, for what little money I received I had to use to take care of my needs. After I finished the book something happened out of the blue. I took what money I had to have the book printed, but then a person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think about money, for IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door as life, as I refer to it, offering me another business proposition that would grantee me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT was who sent this to me, as IT also sends me everything else I need in abundance.*

*The way I see it, it is a good feeling when someone gives you something that you really enjoy for free. Maybe it's something you would not have gone out to buy for yourself, but since someone brought it to your doorstep, and for free, why not just view this gift that was given to you from IT anyway, for everything all comes from IT. So, Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques things would get better. And in my case they not only got better, but they keep on getting better as far as material things go. In addition, I have asked IT if IT could keep me in the best condition possible mentally and physically, for this is more important than material things, for I need these to conditions to be able to enjoy what exists outside of me as ITSELF.*

### ***Voluntary work lets the heart come out***

*One effect of overpopulation is that government services will diminish due to lack of enough resources to fulfill the population needs. Because of this, humanity will need more voluntary help. The irony of this is that the government does not want this simply because these voluntary workers are not contributing with income taxes for this. Another reason why voluntary work is not wanted by the system is because it implies a change into a social system in which government and corporations are not as necessary. But voluntary work will not solve society's problems. First of all voluntary workers do need to fulfill their basic needs. These could be*

*provided through trade though. But I will not enter into this complex discussion now. What I want to say is that we still have the gift of giving from the heart and not the mind.*

## ***IT as Government***

*I would like to open this subject by reminding us that the only reason why we human beings exist is because there's something I call pure energy, also known as God. In my book Omnipresent I've named this pure energy/God as IT. This has the advantage of establishing the asexual nature of this energy while stating its singleness. Despite our previous teachings, religious convictions and scientific knowledge it is this pure energy the one we should be grateful to. IT has reshaped you and me, and everything that exists at this moment. We must acknowledge the primordial existence of this pure energy. IT has existed before us humans and will continue to exist long after we expire.*

*My sentiments and views expressed through this writing may seem eccentric, wildly progressive or odd, but keep in mind the omnipresence principle<sup>5</sup>. Everything comes from a singular heated weight<sup>6</sup> that has existed since the Big Bang; ITS energy is revealed, exercised, and transferred in many of our present forms. Acknowledging this pure energy could be difficult for some of us, but by understanding this natural concept, knowing that every form of existing matter is made from we'll be able to acknowledge ITS nature as omnipresent, as something that can reveal itself in everything.*

*We must not forfeit the opportunity to find ITS existence in every facet of our lives today. As I've mentioned elsewhere, there are infinite possibilities through which IT can reveal this pure energy. IT might present ITSELF in our technology forums, taking the form of new creations, new discoveries, providing the information that is needed to make a crucial, intricate decision. IT may manifest itself in the area of politics, formulating a motion or an initiative that would lead to all the existing political parties to unite. There's always a possibility within IT and one possibility could be a change in the government's political structure. Governments perform necessary functions. We should do our best to make these systems work as well as possible because they are one of ITS manifestations. In them IT can reshape itself materializing new systems. If we accept this, we will understand what will happen.*

*Again, we must help the system called government because it is a way for IT to reshape into other possibilities that may take us to greener pastures. We can only hope that we are permitted to participate in reshaping a different and more efficient government, so it will not continue making decisions that will cancel our future resources or do things like spending \$450 in a hammer. The awareness of the limits of our resources and the sustainable management of them seems to be related to the need for a new kind of government; one that doesn't respond to the desires and perceptions of a group of individuals nor one that is infected by the power struggle between politicians of diverging parties.*

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<sup>5</sup> The word omnipresent is the quality of being in all places at the same moment. If God is in all places at the same moment, where exactly is this place? The answer is best explained in science as what is called *pure energy*.

<sup>6</sup> Heated weight: (enter text)

*This new government may have a technological aspect that may help us in the enforcement of the principle of human survival in the planet. The heated weight in which IT represents itself in both technological and political forums could greatly benefit human kind and facilitate positive change in this regard. And again all this may sound weird to you, but we must always go back to the omnipresence principle: the encompassing presence of a single yet dual energy.*

### ***Overpopulation promises***

*Overpopulation is not a popular topic of conversation. It doesn't seem to be important or even real for many. Human reproduction is natural and necessary. Why then overpopulation is one of the main forces that can cripple the development of any country? I will provide you with my simple view concerning this issue.*

*There are people and groups that correctly assume they can earn a spot in the government's highest levels by influencing people with their promises. The majority of these candidates most of the time know there is no way of completely fulfilling their campaign promises. They hide behind smiling faces, handshakes, kisses and hugs to keep their charade. Some of these promises may be as simple as providing jobs for the people, a better public health system or simply a home for everyone. According to our world vision these promises shouldn't be difficult to fulfill. In reality these promises will never be fulfilled in the present pattern of demographic densification, consumption and production. To fulfill these promises in today's world would imply the collapse of the system. Many politicians and businessmen know this, which is part of their important games of control.*

*The success of the campaign promises strategy exemplifies the level of control over the individual minds of society. Imagine a hypothetical country. Maybe a country with unfulfilled industrialization dreams. This country's population exceeds the capacity of its physical resources. Let's say this country is among the 30 most densely populated countries in the world. This country has an obsolete lineal system of production and consumption of internal resources. Imagine that that the fore mentioned country imports a great part of its basic needs like food and fuel. This country has growth over the years but has not developed. Its inhabitants don't recognize the problems that high population density brings: the difficulties of not having enough resources to locally sustain itself. They continue to eat mostly what other, less densely populated, countries produce. Some of these food exporting countries, for lack of a more intelligent system, also end up depleting their capacity to sustain themselves in the future. The error cannot be amended if the problem is not recognize. The pattern of destructive production continues. The inhabitants of our hypothetical country demand more jobs and cheaper food. Let's say there is an ignorant and not completely honest candidate. The candidate offers what they ask for: more jobs, more houses, lower life cost, etc. In each of these topics the candidate is either unaware of the impossibility of meeting the demands in their present conditions or knowingly would not discuss such unpopular topics. This candidate follows the guidelines and his campaign has been very successful. The candidate pushed the "promises" and "the benefits for the people" gimmick all the way until the end. As a result people got interested. They felt a need for what he was offering, be it material or immaterial, a sort of identification. But what*

kind of identification can occur with something so contradictory? While it could be said that their vote was an outlet for their hopes it is also a sign of blindness, an impairment to see beyond the veil of eloquent smiles and words.

The candidate, let's say, with the best promises, wins. Imagine now that, despite all we just stated about him, he acquires all the power to really fulfill the campaign promises. He decides to fulfill all the promises campaign because he realizes that's the best way to stay in power. He starts doing this in a quick way. People are pleased as ever. This candidate is all they were wishing for: political leader and a good provider. The leader gathers all the necessary resources, rallies the people to work the land, to plant the necessary food, build the homes needed and even manages to find outside countries that would serve as sponsors to cover any other expenses and resources left out of the equation. The land is used in a more productive way. But more productive doesn't equal more developed. They produce more, but continue to grow in population and infrastructure. They continue to work under the system that brought them to their deficit in the first place. They only made it more productive. They still don't follow the rules about natural cycles of regeneration. The leader is now aware of this, but he won't let these thoughts distract him from his "prosperity" in the chair of control. Nevertheless, people start eating local, cheaper food. People feel "prosperous" and "satisfied" so they start looking at those goods that are on the side of luxuries, they start demanding them and "justly" they are served. Many seem to be living the lives they wished for. But as the saying goes: "be careful with what you wish for."

The desirability of this satisfaction should be questioned already. Besides the fundamental questions (that I will not discuss here) about who sets the standards for material satisfaction and the relationship between material satisfaction and spiritual development, there is a most basic one. This question is the one about physical reality. If the country already lacked the capacity to feed its population with their own resources what will happen when not only its population grows but the population of the food exporting country grows as well. If this exporting country shares the lineal model of consumption-production-waste with our hypothetical country, maybe one day that country will not be able to send as much or any food out of its borders. By the time newer generations reach maturity they will learn the hard facts: that most of the land is unusable because generations before, guided by the imperative of production, didn't follow agricultural guidelines or proper plantation methods to give time for the land to replenish itself. The correct way to get around this would be to take a part of the production line assets and use it to plant and reforest to continue production as a cycle. However in the model we are presenting, growth is the guiding value and production its practice. As a result there's the fast and lineal exploitation of natural resources. If it doesn't "create" a way for the cycle of production and consumption to renew itself this system will collapse for the people living in the utopia of promises fulfilled.

If you're not scared to entertain that idea think about yourself. We have been conditioned to habitually use objects and products. Many of these things are things that we use and after using it we create waste out of them to then buy some more. This is normal behavior. All these things have different symbols, labels that represent the real owners of the product. The



*real product is not the material object, though this has its own value, but the image of the object. This image is the way of being of that product. Per example, canned tomatoes are usually inferior to cooked fresh tomatoes, yet people would rather buy the canned ones. Homemade hamburgers and fries can be much cheaper, healthy and delicious than the ones from the corner's fast food, but we prefer the fast food because the image, the way of being of the product has been taught to be the convenient one. This consumption behavior is so natural for us that to do things differently we must have a great motivator. This motivator could come in the form of poverty and financial crisis without precedent.*

*To continue with non-hypothetical example let's think about a real industrialized country. The People's Republic of China will try to feed, clothe, and house all of its people, even when the heads of the government know that even if they succeed in fulfilling all their present population's needs they need to discover a way to satisfy future generations without totally polluting and depleting their resources. These apocalyptic visions seem distant for many of us. Remember that until recently people thought that global warming was a product of ecological alarmists. It is widely known that China is a big manufacturer and functions as a source for other countries technological "needs." But we seldom give a thought to what this kind of big scale production encompasses. We are unaware of all the resources needed not only to produce them and transport them around the world but the waste this process creates and the energy used to dispose of this. Have you stopped to think where old computers and monitors go when they are not usable anymore? As you can see this is a very vicious cycle, which sadly has to take place to meet our human wants. Our blindness about this is kept by the satisfaction of our "needs and wants."*

*It could be said that we are born with a dual programming embedded in our animal side: survival and reproduction. Here I'm interested in the second one. Human reproduction has an interesting factor of variability, free will. Nowadays in many places humans can decide whether to have or not the intention to reproduce at the moment of the sexual act. This is both an advantage and a disadvantage. The ability to manage sexual impulses and desires varies from person to person and one's respective social and psychological background. Again, subjectivity must be submitted to a more factual objective way of acting in these important matters. We have manufactured devices, ways that can help in planning a family properly and decrease sexually transmitted diseases. Nevertheless, current trends have demonstrated that people fall into unprotected sex situations as frequently as ever. Every day thousands of unwanted, unplanned babies are being born.*

*In my opinion women have the key to stop population's fast growth. I understand that for women this will not be easy because they are natural nurturers and givers of life. They are the human manifestation of what is soft and receptive.*

*I do not know the perfect answers to the above problems, only IT does. If you are not married yet, remember that it will be a little harder to raise a child in the future, so plan your family wisely according to your resources. If you are already married and have children, then remember that life costs will increase and you will have to work harder just to keep your*

present material state. Nevertheless, keep steady during the course of your life, be responsible with your children, and provide them with the best education and information possible so they can make wise choices about themselves and their surroundings. There's nothing the government can do without the explicit or implicit support of the majority of society.

At a higher level it will be natural for international relationships to be at stake here since globally, most of the world is in debt in one way or the other. If the pattern of growth continues these debts and relations of dependency will only become more evident. Sometimes narrow vision and territoriality don't help us in seeing the larger picture. It is easy for people to say, "the grass is greener on the other side" when they look at other countries and their growth. It is a fact that some countries have more luxuries than others so at first glance people might assume the injustice of economical hierarchies because the riches are not divided evenly around the globe. People tend to equal material and economical growth with superiority. Let's open our vision about this.

If you consider economical models in industrialized countries around the world you will see that their core and most important unit is the family. Family is a micro society of consumption. For families to live decently in these "prosperous" parts of the world they have to commit to a system of state taxation, mortgages interests and social security, among other things, leaving little money to invest in personal matters. Citizens will rely on credit to finance their personal interests or needs. This "need" for credit serves as a promissory note guaranteeing that the citizen will continue working to pay these luxuries off. Currently this relationship has been under a lot of stress. Many have lost their jobs and cannot keep their promise of payment. Everyday corporations look for ways to lower costs and increase or maintain their profits. Some of these ways include, overseas illegal manufacturing, automation (less human work force), reduction and elimination of employee benefits. Space for human labor has decreased. We will witness how this will affect the growth of population.

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**\*\*\*Overpopulation produces poverty and poverty is a great motivator.\*\*\***

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## **Overpopulation and Quality of Life**

If world population continues its pattern of growth and human jobs continue its pattern of reduction due to technology replacing humans we can assume that unemployment will increase. This could be cause for major social tension. Depression and desperation will bring more violence, more crimes impoverishing everyone's quality of life. In these situations we suffer again from narrow views. It's easy to blame it on the street "thieves." Have you thought that if you were in their shoes maybe you would be stealing too? I give thanks to IT because I do not have to steal or kill to survive. I know could IT put there in a blink of an eye.

Our current governments promote the value of material satisfaction, but this cannot be real for all of us. Not everyone can have material satisfaction in an overpopulated world. Next time you hear about high crimes rates without precedent think about what will happen in the

*next decades if we don't develop better ways to deal with overpopulation and human resources. This is no one's particular fault now. We're all participants in this inefficient system. No matter what happens I will always be grateful to IT. Everything that happens does so because I'm present at this moment of ITS existence.*

### ***Why are we so cramped?***

*Have you ever needed to be somewhere at a particular time and you arrived late? No matter how much you prepare yourself or how early you leave your house you are most likely to find there are too many people in too many cars. We get angry, but we are yet another one of those cars. Everyday life will become tenser due to lack of space.*

*Just 50 years ago road traffic was less, driving was a privilege that not everyone could afford. For those who could, there was only one car per household. Cars are symbols of status and apparent equality in the society of consumption. We all have the right to own a car. Teens nowadays want cars and TV's and all those "goods" that make life enjoyable. This sector of the population is the backbone of the culture of excess; they have lived with all the commodities and luxuries that we worked hard for. They have grown up with technology, entertainment systems, cell phones and physically interactive videogames. Now there is nothing wrong in giving our children the best, but sometimes what we think is the best it's not. If we carelessly hand a car to our children we are indirectly contributing to air pollution, traffic jams, and other situations that affect us all. We need to start thinking mass transportation and not individual transportation. Efficient mass transportation could greatly lower air pollution, reduce traffic, improve health, and minimize consumption of gas and other petroleum derivatives which is causing us so many problems.*

*Most people would rather live in a house than in an apartment. We want space for ourselves and our families. Even in nature's smallest forms there must be enough space for each thing. For example. The internal components of the atom: the protons, neutrons, and electrons, occupy a distinct place where no one is cramped. In the same way, when a country has low population people have their space and can exist in a more balanced way.*

*Why then we live in apartments that look like cubicles for pet hamsters? For example New York City's housing projects were built to hold more people in one square block. This buildings use less ground space per person, which is very expensive now. It is a curious fact that the government is financing and administrating these projects. This might mean that with continuous overpopulation eventually the government will be the biggest and most powerful landlord in NYC. Perhaps it may be easier to visualize this if we break the facts down. I am sure the numbers may vary, but since I have to continue with what I started to write about, I leave it to you to observe the biggest buildings in your area, and make your own calculations and reach to your own conclusions. The current demographic trend shows us that approximately every 20 years population doubles its size. So we can expect more buildings reaching new heights. The way I see things, this is just a way that IT uses to move and reshape ITS heated weight.*

## ***Overpopulation and Ecology***

*While the world's population could fit in the state of Texas, it couldn't sustain itself on Texas' resources alone. It becomes clearer and clearer that most of the damage to the world's ecology results from the expansion of the human population into the natural habitats of the rest of Earth's creatures. Every day we can read articles or see documentaries showing how another species of animal (large and small) is on the verge of extinction due to people moving and living in the animal's habitat. This is happening, as I write and you read, in Africa, India, the Amazon and other parts of the world, including the Caribbean and the USA.*

*The need for more timber for more building leads to the destruction of more forests all over the world. The need for more fossil fuels has humankind drilling into more and more sensitive environments all the time.*

*All of this destruction is due to the demands of an ever-growing population.*

*The human race adapts to overpopulation by creating more of the material objects that it needs to survive. This trend will not change. With every generation, energy transmutes ITSELF to adapt. Likewise, IT has also established population controls: the Great Flood, the Black Plague, AIDS, and war along with other devastating illnesses and events.*

*The "population explosion" as it's been named is part of the perfect plan. Humans are programmed to survive and reproduce. Men would be hard pressed to convince women to stop having children.*

*Even liberated women want to experience the miracle of childbirth; even liberated men want sons to carry on their names. And technology has become so advanced with artificial insemination as well as artificial wombs that we are even able to produce children without parents.*

*Nature guarantees human reproduction (as much as nature can guarantee anything). Humans, male and female, are attracted to each other because they are opposite in polarity. When drawn together, nature assures a union; all we have to do is follow the heat.*

*The next time you hear the media announce that the poverty level has gone up by five percent, be aware that this means the population has gone up five percent. The more our population goes up, the harder it becomes to feed it. It will become even harder for people without incomes.*

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***\*\*GOD is running this show; we are only pawns in ITS plan\*\****  
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## ***IT as overpopulation as a maximum***

*We now feel the stress generated by overpopulation: our lives, our environment, streets, cars,*

*trains, buses; the destruction of planet resources, insufficient housing, lack of food, and more and more, not enough jobs.*

*We see the contamination of our planet, caused by more than five billion people.*

*It is estimated that in two decades the world's population will double, and since there are two women to every one man the population could more than double.*

*I know that IT knows what IT is doing in taking our present environment as a society from a minimum to a maximum. We are forced to adjust because we are genetically programmed to reproduce.*

*In the USA Social Security was invented to provide a means to subsist after we stopped working. But this was based on a theory. The theory was that there would always be more people coming into the workforce that would support the retired population. Now a days we see that many have to go back to work because Social Security does not cover present needs, and even more to the point, less people are coming into the workforce in relation to the total population; so less people are supporting the payment system.*

*Industrialists control industry and jobs. A good example is how a great majority of products are produced with planned obsolescence. Technology today makes it possible to produce items of much better duration, yet many products are still made to be discarded very quickly. The point is to keep us needing to buy more (many times the same) products in the future.*

*As we know, we live in a throwaway economy. It is hardly worth repairing many of the articles that used to be repaired. Household appliances, computers, printers; most of these things are throwaway. As a consequence, it would be better if governments would push for higher minimum wages; that way they could collect more taxes from the few who have been able to keep their jobs.*

*Even many that have been able to keep their jobs have found it necessary to dip into savings (what I call stored monetary energy) in order to survive.*

*Having a job, we have had to use some of our stored up monetary energy in order to continue surviving. IT knows what IT is doing, and no matter what happens all we have to do is stay as close to IT as possible, and always ask for guidance in what to do as IT reshapes.*

*There have been other disastrous moments in our history. I do not feel that we are close to the end of humanity, but rather just like in other times in history, we will make the necessary changes to be able to become the new, high-tech society that will survive into the future.*

*In the agrarian stage of our existence it was said that "where one can eat, ten can also eat," but now things are not the same. We know that not even two people can eat well, let alone four or six. And to be honest, it does not look like it will be getting any better, for the cost of food and shelter only gets higher.*

*I sometimes think of the wars that are going on right now. From what I can see they are waged in the hope of finding more oil wells that will fuel our autos and warm our homes, make it possible for jets to take us on vacations to other lands...*

### ***IT as a Computerized United Government***

*Human error is as natural as sleep. Our brain is more capable than what we usually make of it. Furthermore, human subjectivity is something complex and involves a great deal of mystery. Add ambition to error and subjectivity and you have a potential businessman or a politician. Governments often fail in making decisions that are aligned with factual reality. We see how governments based on economic values allow more construction when physical reality says that there are not enough resources to keep doing that. Error and lack of acknowledgement of this physical reality has caused us great loss of resources. Maybe IT is manifesting in the form of environmental alarm to bring a new kind of government; a government that is less subjectively invested when making crucial decisions about our future life on this planet.*

*Maybe we will witness the emergence of a new kind of government. A structure that might have a component that is not submitted to subjective interests, a component that doesn't talk in terms of vague economics but in terms of physical reality and its laws. Just to make things simple I will call this system Computerized United Government. It would be composed of a group of workers along with a computerized system. Decision making in matters of sustainability (i.e. resources and waste management) would be mainly informed by a computer program. I don't intend to give here what I don't possess. I'm not a robotics or computer engineer. But it seems there's enough technological sophistication to create a system that could be the major source of information used for decision making in these important matters.*

*This government will operate under the value of human's long term life in this planet. I think most of us would agree that we want our children and their children to live with dignity. This implies the acknowledgement that at first, and for some time, the desires of the people may not be met. Remember that in this new system the underlying value is new as well. Decisions will be made in terms of this new value not in terms of the current one of profit exercised through excessive consumption of resources. Most of society accepts this old value without question. The interesting thing here is that even though we, as small business owner, can profit in this model, the ones that really profit are a minority of the population. For the most part we are employees working our lives off for others to profit and enjoy life. In the meantime we passively witness the depletion of our most basic resources. With a new kind of government this value will have a secondary if any importance. For example, maybe a sector of a country might want a building in their area, such as a library, a school, a housing complex or a shopping mall, this could make the economy grow, different people would profit from it. But if these projects compromise the basic resources like water, air and land for present and future generations their demands might not be responded as such. As population increases, the incapacity to fulfill the basic needs of many will be more obvious. If we try to fulfill them with the same model as the present we will only be digging our own grave; polluting the air, water and food supplies that support our life*

*The computerized group's task would comprise a thorough study and evaluation of the needs of the people and the present problems that need solutions taking into consideration the monetary energy and the resources available at the moment. We would let the Computerized United Government make decisions that are based on our survival and not as politicians do when they are seeking votes. One thing we should always remember is that those elected to be part of a government do not take any money out of their pockets. Everything they acquire while in office comes from the people who work, the people who produce the things that are needed within a given society. It is the government's responsibility to administrate the taxes they receive from the working people and the business sector. Even those who don't work make their contribution to the common fund through the payment of sales taxes. With a Computerized United Government we will not have to continue listening to the lies and promises politicians make in order to be elected into a well-paying job, in which they will use our money and resources to tell us what to do.*

*This new government would also be a united government as the name implies. Imagine that from every political party in a state or country people would elect a leader to represent them. The Computerized United Government would be composed of all elected members of each party along with the computer system.*

*Any policy or action that will affect the general public should first be tried out on the representatives of the government. The government may need a whole transformation, even a different social arrangement, a "community government" perhaps. This way they will be able to gauge in advance how things will affect people. With our present technology we are entering a moment in which we cannot hide the consequences of our mistakes. It is imperative that we try to mend all our errors so we have no need to hide. Ultimately we cannot hide from IT.*

*Will IT try this system? IT might because it would be one more possibility in which IT can exist, and if a possibility exists, IT might try it. Look at it this way: The reason why we have such a variety of government systems in this planet is because this is a way for IT to find all existing possibilities. Let us also keep in mind that all the different government systems will eventually have to participate in the laws of change.*

### ***Thank you***

*Thank you, dear reader, for having read this far. And while I am on the subject of giving thanks, I would like to say that for me, there are several kinds of thank you, each appropriate to a specific situation.*

*1- There is the thank you that I say to the supermarket attendant, when they tell me where an item is. This kind of thank you does not produce too much feeling inside of me.*

*2- Then there is the thank you that I give to someone for helping me at a particular moment. You might be familiar with this type of thank you. There are times when you need help from a certain person, and you can see are very busy with something that they too are busy doing, but they are willing to take a moment of their time to assist you, for they know that they have the answer to your problem. This type of thank you does produce a minor feeling inside of me*

*when I turn to the person and say to them, thank you very much for helping me out with your assistance. You might have had this feeling for example when your car breaks down on a road that you are not familiar with, and you know that the last inhabited place that you passed on this road is very far away, and someone passing by stops and takes a moment of their existence to help out in whatever way they can.*

*I once personally helped a driver that had run out of gas on a road that very few people used, and I could see that the thank you he gave me was a very warm one. When he tried to pay me for the gas that I gave him, I told him that it would be better that he keep his money, and that if at some point in his life he found someone that needed his help, to help them instead.*

*I remember another experience related to giving without expecting anything in return. One day I was riding on one of these buses for which you have to have the exact fare. This man got on the bus only to find that he did not have the exact amount required. So he asked us passengers whether there was someone who could give him change for a dollar bill. I saw some people look to see if they could change the man's dollar, and so did I, but it seemed no one had the required amount, me included. I then asked the man how much he needed to complete his fare, and he said 25cents. So I gave him the 25 cents so that he could get on the bus. Then came the problem, for he said that he would ask each new passenger who got on the bus for change for a dollar so he could pay me back my 25 cents. But I told him that it would be better if he just remembered that if someday in his life he ran into a situation where someone else needed his services, that he help them instead.*

*3. Then there is the thank you, you give to someone who you have not even met in person, yet has all the qualities mentioned above, in addition to the fact that even though you have never met, they are willing to help you when you ask them, without any interest other than their kindness.*

*4. Then there is that very special type of thank you that arises when one personally asks IT for help, and IT answers, and you become aware that IT is there watching over your existence. Now, this is a tremendous feeling, because you becomes aware that you exist and IT exists, and that IT will always be there waiting for your call for help. So let me take this moment to say again, thank you (to IT) for letting me know that IT will always be there, just a whisper away. The feeling that I get it is like this: Imagine that you are in the middle of an ocean and there is no one near to help you out and you know that somewhere out there are sharks, and you know that this maybe the last moment that you may get before you personally go to see IT as death. Yet in your call for help, IT sends you a helicopter with the best IT has reshaped into, as the helicopter and the people in it exist as, who do not know you personally from before, or will not know you after this event, yet these experts will make sure that you continue to exist for more existing moments, as a gift from IT to you only. You know this so well that when you say thank you to the helicopter, and all its personnel, this thank you has a very powerful feeling, which can be described as the phrase goes, "from the bottom of your heart".*

*There's a lesson to learn here, as another proverb says: Always give and don't ask why, or to whom, and remember to never expect to receive from the one that helped you, but always be*



aware of the person that does need your help, for you should remember that we are all IT. Some people might understand this last concept better if they remember this: God created every thing. While others might see it better this way: Every atom that exists, down to every atom we are made of is this pure energy (IT).

### **Meditation # I**

What is meditation? It is a place that exists inside of us. Where we can connect with how IT exists as infinity, which is where IT, as the peace that we are looking for, exists within us.

In observing people who meditate, there are certain things that they do in order to make this connection with the inner self, which is really with IT. Since it exists as the peace that we are looking to connect with. We'll use Buddhists, and Hare Krishnas, or people who practice Transcendental Meditation as examples. A red spot on the forehead that many Buddhists and/or Hare Krishnas use as the spot between the eyes, but just a little higher. This area is also known as the third eye; just behind that red spot is where most people go during meditation. That is where one can connect to a state of divine consciousness, or finding a peaceful place. Most people who meditate are aware that in order to go to this area they must begin by **focusing on a sound, object, breath, movement, visualization or attention. In other words, what is known as the third eye.** Summing up that it is in ITS nothingness where IT is all knowing, and where IT exists as consciousness, peacefulness, and wisdom, and the knowledge of who IT is as ITS empty nothingness.

### **Where is This Place**

We have to remember that we are scientifically 99% of this nothingness that this pure energy exists as. This nothingness has left a way for us to connect with IT as ITS nothingness, which is how IT exists as infinite. Therefore, when we go to that area, it is where one goes to connect with how IT exists as infinite.

The best way to take you where IT left a connecting point is with what Buddhists and Hare Krishnas, including people in India have. A little red spot that they wear right between they're eyes on the forehead.

We begin by finding a very comfortable position because it is necessary to place our body and mind in a way that the body and mind does not disconnect us from what we are trying to accomplish. Otherwise, our body will continually send messages of pain or discomfort and distract us with good reason.

Personally, I have found it difficult when trying to meditate to be comfortable in the lotus position. The Lotus position is when the legs are crossed in a sitting position, placing the feet on the opposing thighs. So I sought another way to aide me in a more comfortable position. The best way for me to connect with IT is before I leave my bed at the moment I awake in the flat position. Also, when I end my day just before going to bed, I go to that certain area and stay there for as long as I can. This alone brings what is important to me and that is wanting to be with IT.

There are other things that can be done to keep a better connection, with this nothingness area; one is to remove as much of the noise that is outside of you. Since this place you are going to

connect with has its own silence, an area that exists as a peaceful place. At first, when trying to enter this area, your mind will try and keep you away from there. Why? Because the mind will resist losing control of being in command. Therefore, it will intentionally distract you, in whatever way possible, reminding you of certain things. "Did I forget to lock the door?" or "Did I shut off the gas stove?" Or, your mind will give you some of its own music that can distract you from connecting to this area where something exists, but exists as a nothingness. After meditating for a while, the mind begins to feel safe and comfortable and it will become easier to meditate. The mind might not be partaking in what is happening inside this place, which the mind cannot analyze, because our mind is not wired to understand something that exists, but exists as a nothingness. There will come a moment when the mind accepts this area as a peaceful area, and will get use to just being somewhere where it, the mind, cannot partake. And as you do this more and more your mind will feel comfortable being in a place where nothing exists daily.

Here are some pointers if you still hear some noise outside: you can take the thumbs and place them inside each ear. And if the eyes are distracting, then while having the thumbs in your ear, you can take your index fingers and place them lightly over your eyelids.

Some people chant by simply using melody that enables them to reduce the unnecessary sounds giving their mind a way to settle down. The whole thing is to be able to look inside of yourself without the use of the eyes. Another way is to go into to a dark room, close your eyes, look up a little to where that red spot is placed and stay there as long as you can in silence, and without thoughts. This will help you to be with how IT exists as infinity and is where your body that exists as fragments of the finite heated weight that you only exists as; will reconnect with how IT exists as infinity.

What makes you different from me is that your portions of your heated weight are not the same portions that I have as ITS heated weight, but everything that exists like you and me all have the same 99.99 % of this infinite nothingness that exists as omnipresent.

When you see a person who is meditating, or doing transcendental meditation (™), the perception is that the individual has been doing this for decades. They are still doing it as something to be with this inner peace that exists within as infinity. Therefore, with the newly gained information on meditation, you ought to remember that this place is where this pure energy exists as infinity, which exists as a nothingness.

After leaving this peaceful place, you have to come back to deal with what is out there as ITS fragmented heated weight that exists as life itself. Therefore, when you ask IT for help, you may get more than you ever expected. However, it will take a while to understand that IT does listen, and you'll gain a better understanding of who IT is, and that IT does help, when you ask IT for help. Make sure that what you are asking for comes from the heart and not the mind. I personally have experienced this when having asked for very little, IT gave me so much more than I could ever have imagined. I dare say this because some of the things that IT gave me, never crossed my mind as wants, but were perceived as gifts.

If you hear your heartbeat when meditating, it's an indication the breathing is too profound. What you should do is breathe less, because your body is at rest and doesn't need to breathe so deeply. Breathing to where you no longer hear your heartbeat means that something is wrong.

Hearing your heartbeat is a good sign because it means that arteries are working well and are not blocked. When you take a deep breath and cannot hear your heartbeat then you should check your blood pressure. Some people use incense during meditation, though I personally don't use it because I consider it unhealthy. The human body was not meant to inhale any kind of smoke.

We know that the nothingness that exists as this cold empty universe is Gods shell body. This is the place where God placed everything that one refers to as God's creation, such as: the planets, solar suns, asteroids, galaxies, because everything that exists inside ITS shell body is made from ITS heated weight. All the above is best understood when analyzing it scientifically as the pure energy that exists.

## **Meditation II**

Meditation is a way to let go of the attachments and become centered in the peace that exists within us as pure energy.

When meditating, I am the eye of a hurricane. I need not control the spin of the storm around me. I float in the center where I am safe and peaceful.

⌘~~~~~⌘

**\*Only IT has been with me since the moment I became alive. Only IT will be with me when I take my last breath of life. IT is my best friend.**

⌘~~~~~⌘

It seems that most people do not realize the peace within until they come close to death.

Have you ever noticed that when someone is about to die, their eyes look up ward as though toward the third eye? People who meditate consider the area above the brows the third eye. This is the eye that sees within rather than without. This is the eye that sees IT.

It was after a near fatal accident that I looked within to find pure energy as IT. I asked IT to show me what I am supposed to do here on Earth. This is when I began to understand. This is when IT provided me guidance and clearer ways of understanding IT.

⌘~~~~~⌘

**\*\*\* Inner meditation is that place in which we can be at one holistically with IT, not as a religion, race, or color.\*\*\***

⌘~~~~~⌘

IT did not provide me answers in black and white. IT does not send written messages. IT will not provide me life instructions through my mind.

IT communicates with me through an inner voice that I cannot explain. To my earliest question, IT replied: **"Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."**

⌘~~~~~⌘

**\*\*\* O God, I wish that there was a way, that I could stay as close to you as possible, other than in meditation, or when I have to cry out to you for help.**

## *Discovery #2*

### *Meditation as Infinity*

*Now for dose of you that have done some types of meditation ,you will be familiar with what I am writing you about ,which is that depending on which system or technique to use a word you are using, be it Buddha , Krishna , or anyone else that is meditating in that area that exist as the third eye, eventually you will find that you will end up in a place where there exist a nothingness , some will say that this is the place that has no beginning or end , or this is the place where infinity exist ,where you can find peace, wisdom, where you can find, spiritual enlightenment.*

*People that have been to this place reflect a sense of peace to others or give off the feeling that they have reached spiritual enlightenment. These are just a few of the benefits that are related to experiencing the area also known as the third eye.*

*I have said that something exists scientifically called Pure Energy. It is believed that from this Pure Energy is where everything that exists came from. I must also say that I, too, use to think this way until recently, when I became aware that this is no longer true. From June, 2017 on, I no longer believe that Pure Energy is the most important thing that exists. I will explain that it is not and from here on, I will now say that Pure Energy is not the primary, but exists as a secondary and who IT is that exists as number one. But in order to explain this, I have to take you back again to when everything began.*

*In science, there exists something called Pure Energy. Science says that everything that exists came from this pure energy and this pure energy exists as a heated weight. This heat, in the beginning existed as a ball of heated weight that exploded outward known as the Big Bang, which then became what is now known as the universe. Inside of this universe the heated weight fragmented its heated weight to first become hydrogen atoms and from there the hydrogen atoms, to give you the short version, became everything that now exists, which is this planet, where eventually we came into existence.*

*Over time, we evolved from the cave age to the present, and we have become more intelligent to the level of understanding that we now have reached. I talk about the above so you can understand as much as you can about things that exist and how they exist.*

*You remember this heated weight belonged to that which is called Pure Energy and from heated weight it transformed into that which became matter. It is from this matter that we came into existence. Therefore, under the old theory of Pure Energy, as I refer to it from now on, **the most important thing to remember is that Pure Energy exists as a heated weight that cannot be CREATED or DESTROYED.***

*When this Pure Energy exploded outward to become the empty universe, it is here that the scientific version of pure energy theory violated the laws that governed the way this Pure Energy exists as.*

*I am going to bring back this section that I already wrote about, so you can reread it again, because it is important when it relates to meditation. The only reason why we exist as humans is because we are made of that stuff called matter and matter scientifically came from what is known as Pure Energy, as in all the atoms that make our existence possible, and all the atoms*

that we exist as being 99% empty space. In this 99% empty space, there is this heated weight that exists as protons and neutrons that exist inside the atom which belongs to Pure Energy. That part is true, **but** as you will read where I corrected the old version of the Big Bang to what I now call the **New Big Bang**, it will show you how the scientific community expresses itself in this area.

The existence of the 99% empty space that later on became what they labeled as negative energy also needs to be corrected because of the way the scientific community still thinks about this. As I have explained, this now existing empty universe that is 99% empty space, known as outer space, and labeled as negative energy, really belongs to someone or something that exists as being composed of something that exists as being spiritual and also has consciousness. If whatever it is that exists as something existing as a nothingness or as empty space, it does exist because when we look at the empty universe, it does exist. Scientifically it exists as having a temperature that exists as not having any energy attached to it. Since we as humans are made from this same empty nothingness that all atoms exist as being 99%, then it means that all humans are scientifically 99% nothingness as the empty space that we have as atoms.

This will help us understand that when we go to this place that exists as the third eye, we are going to a place that whoever made us left it so that we could connect with how **IT** exists as this 99% nothingness that we exist as. This area is where I go to and shower myself with how **IT** exists as the way **IT** exists as infinity, for this is the way that **IT** exists as infinity, we also get how **IT** exists as peace and it is here where we can also obtain wisdom and consciousness, for all of these are attributes as how **IT** exists as being a spiritual consciousness.

The more we go to this place known as the third eye, the more we become of how **IT** exists. People that have stayed in this place called the third eye have reached what is called spiritual enlightenment. So for those of you that have reached this level, now you know that you have reached the effect of being as close as you will to that part of **ITSELF that exists as infinity**. Most people that know this place will tell you that whatever is there, **it cannot be analyzed** simply because it exists as a nothingness, but as I say, that **yes it can be studied**. The one problem I now have is that I can no longer say that what exists in that area known as the third eye exists as Pure Energy, because it wouldn't be true.

Pure Energy is what exists inside of whoever or whatever **IT** is which I call spiritual consciousness. The reason I say spiritual, is because it is the only word for something that exists but exists as a nothingness which was labeled incorrectly by the scientific community as negative energy. I say consciousness because this is where whoever or whatever **IT** is has consciousness. This area is where **IT** exists as being 99% of who **IT** is, and this area is where Pure Energy exists as the 1%, as the heated weight that existed at the moment of the Big Bang. It is the same 1% that exists as matter and exists inside this place that the human mind labeled the universe, which is really the way whoever or whatever **IT** is, exists as its outer way of being. This is the reason why I say that whoever **IT** is exists as 99% empty space and as the same 99% that exists as every atom that makes our existence possible; which means that we exist as 99% of this spiritual consciousness. Therefore, when we go to that area known as the third eye, we are going to it as how **IT** exists as spiritual consciousness. We cannot analyze it, but we can study it as how **IT** exists as 99% emptiness that we go to in meditation.

The way I have found to understand how **IT** exists as nothingness, is by using the way **IT** also exists as **ITS** heated weight, which is totally the opposite of how **IT** exists as the nothingness. For example: 1. the heated weight has a temperature that is said to be in the billions of degrees where **ITS** opposite exists as the empty universe (**ITS** outer way of existing) that has a temperature of  $-273.15^{\circ}$  Celsius or  $-459.67^{\circ}$  Fahrenheit, 2. **ITS** heated weight makes things happen where **ITS** opposite exists as nothing happening, or as a constant that is never changing, 3. **ITS** heated weight resists being moved and **ITS** nothingness is what moves this heated weight within **ITSELF** as how **IT** moves everything that exists inside this universe, which supposedly exists as Pure Energy.

The best way to take you where **IT** left a connecting point is with what Buddhists and Hare Krishnas, including people in India have. It's a little red spot that they wear right between their eyes on the forehead.

We begin by finding a very comfortable position because it is necessary to place our body and mind in a way that the body and mind does not disconnect us from what we are trying to accomplish. Otherwise, our body will continually send messages of pain or discomfort and distract us with good reason.

Personally, when meditating, I find it difficult to be comfortable in the lotus position. The Lotus position is when the legs are crossed in a sitting position, placing the feet on the opposite thigh. So for me, I found another more comfortable position to connect with **IT** before leaving my bed, at the moment I awaken in the flat position. Also, at the end of my day, just before going to bed, I go to that certain area and stay there for as long as I can. This alone brings what is important to me, which is that I want to be with whoever **IT** is, **for IT knows when you want to be with IT.**

There are other things that can be done to keep a better connection with this area that exists as nothingness which is to remove as much of the noise that is outside of you. This place that you are going to connect with has its own silence; an area that exists as a peaceful place. At first, when trying to enter this area, your mind will try and keep you away from it. Why? Because the mind will resist losing control of being in command. Therefore, it will intentionally distract you in whatever way possible, reminding you of certain things. "Did I forget to lock the door?" or "Did I shut off the gas stove?" Or, your mind will give you some of its own music that can distract you from connecting to this area where something exists, but exists as a nothingness. After meditating for a while, the mind begins to feel safe and comfortable and it will become easier to meditate. The mind might not be partaking in what is happening inside this place, because it cannot analyze or is not wired to understand something that exists, but exists as a nothingness. There will come a time when the mind accepts this area as a peaceful area, and will get use to just being somewhere where it, the mind, cannot partake. And as you do this more and more your mind will feel comfortable being in a place where nothing exists.

Here are some pointers if you still hear some noise from the outside: you can take the thumbs and place them inside each ear. And if the eyes are distracting, then while having the thumbs in your ear, you can take your pinky fingers and place them lightly and gently over your eyelids.

### ***What is meditation?***

*It is a place that exists inside of us where we exist as the finite heated weight where we can connect with whoever **IT** is that exists as infinite and the peace that we are looking for that exists within us. For those of you that have stayed in meditation for an hour or more, when you return to the outside way of existing, the time spent inside of yourself where this infinity exists, when looking at the clock it feels like it was only a few minutes. And the truth is that you were really there only as one moment because whoever **IT** is that exists inside of us does not exist as our mechanical time system.*

*We have to continue using the current time system because it is the only way that we can be at a particular place at a particular moment at a particular earth rotation. **The mechanical time system** we are using is only a human invention, that serves only as a human convenience but it is not universal. Here is one more tidbit that will help you understand what I am saying. For you to exist, you have to be made of this which is called atoms, and these atoms came from that which is known as Pure Energy and this Pure Energy can only exist inside of whoever is there that I refer to as that which exists as a spiritual consciousness. Therefore, since we are made from whoever **IT** is, as the duality that **IT** exists, one way is the 1% of who **IT** is as **ITS** heated weight and the second way is the way **IT** exists as the 99% that **IT** exists as a nothingness, or you might understand it better this way, we all exist as one moment with in **ITS** existence, for **IT** does not exist as **The mechanical time system**. And if you want to know more about time read my section called **TIME**.*

*Since we exist as atoms, it is known and accepted that this group that exists as the Scientific Community has gone inside of just one atom, they found that they could not apply what we are using as time, because time does not exist inside an atom. Since we are totally made from atoms, it is easier to understand at this moment of evolution that what we are tapping into known as the third eye, is how whoever **IT** exists as this nothingness that we are made from of empty space that exists inside of us as the atoms that we are made from. Therefore, in reality, we humans exist as being 99% empty space that exists as a nothingness that exists inside of every atom that makes our existence possible. The other 1% that we exist as **ITS** heated weight that exists as being finite and as this 1% that we exist as finite; this 1% is also fragmented into billions or trillions of fragments that were fragmented at the moment of the Big Bang.*

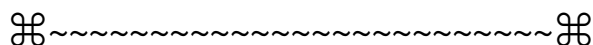
*Let me explain it scientifically, not as a philosophy or as a concept. Pure energy exists and existed as a ball of heat that existed as a singularity. This heated weight that existed as a singularity fragmented into very tiny fragments of heat so as to become matter as all the atoms that now exist. Therefore, every atom that exists inside of what was labeled the universe, exists as being 99% empty space that exists as a nothingness. This empty space that exists as a nothingness exists as a spiritual consciousness. So for us to exist, we are made of atoms that exist as 1% heated weight that came from what is known as Pure Energy and this 1% that exists as the heated weight that exists as Pure Energy can only exist inside of this empty space that exists as a spiritual consciousness. In reality, we exist as being 1% of this now fragmented heated weight that we have as our human body.*

*Therefore, getting back to meditation, since we are this 99% empty space existing as atoms, it's easier to understand when we go to that area known as the third eye, we are going as how **IT** exists as the empty space that also exists as a nothingness and exists as a spiritual*

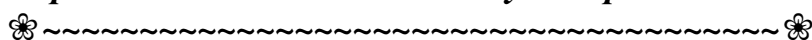
consciousness, which is how **IT** exists as infinity.

*In short, we are 1% of a fragmented heated weight that exists within the 99% that exists as infinity.*

*So thanks to whoever **IT** is, because **IT** made it very easy for us to connect with whoever **IT** is. If **IT** did not exist I would not be here sharing this information with you which is also possible because of **IT**.*



**\*\*\*\*\* People who meditate won't readily take partake in wars \*\*\*\*\***



## **THE CRYSTAL BALL**

*I am sure there will be many readers who will wonder and think who am I to say what I believe about the universe not being a universe. My answer to them is that I am basing my statements on what has been established by those that know that this place called the universe exists as that which belongs and exists as pure energy.*

*In order to understand the new meaning of the word universe, we first have to accept the ground rules, which are: everything that exists comes from this which exists as pure energy. Pure energy cannot be created or destroyed. Understanding this concept is why we refer to the universe as belonging to someone or something that exists as pure energy. When we talk about that area called the universe it belongs to whoever or whatever this pure energy is and as such, the empty part of the universe is how this pure energy exists as ITSELF. This is the part of pure energy that has no beginning or end, because it is the heated weight that has a beginning, as in the big bang, and has an end which is why a black hole exists that will bring back all the heated weight that came from the moment of the big bang. What is important here is that the part called the universe is a constant and it is inside of this area that also exists as this pure energy.*

*Lets try this another way, imagine that there is something that exists scientifically and it exists as a temperature that has no energy. It has distance but does not exist as having a body, but does exist as something.*

*Here is another example: you are looking into a Crystal Ball and inside the Crystal Ball are meteors, comets, moons and all of these things exist as celestial bodies. These bodies are moving around inside of this Crystal Ball and all of these bodies, in total, take up only 1% of the Crystal Ball. None of these things inside of the ball can exist outside of the Crystal Ball.*

*Think of the Crystal Ball as being whoever **IT** is as pure energy and since the Crystal Ball is round, it has no beginning or end. The Crystal Ball exists, otherwise what is inside wouldn't exist either. Just like the Crystal Ball, in order for you to see inside, it has to exist as clear and transparent. However, unlike the Crystal Ball **IT** cannot be seen or touched and you cannot see where **IT** begins or ends. This problem also exists with what is referred to as the emptiness*



*that exists as this universe. Therefore, looking at it this way, you can understand why the universe is not really a universe but this pure energy's outer body that exists as a clear cool transparent body. The only word that represents this is the word spirit, and for me the word spirit means something that exists but does not exist as being made of matter.*

*If you could see inside this Crystal Ball in the beginning, when everything inside this ball is located as one singular entity that exists as a heated ball (which existed at the moment of the big bang). And when you shake the Crystal Ball, the singular ball that existed inside as heated weight will then fragment itself into tinier fragments of the heated weight to become what is now known as matter, which is what this pure energy did at the moment of the big bang. Therefore, with time all of these fragments will be pulled back together again from that which became a black hole, because this is one of the reasons why black holes exist. You will notice this when IT as pure energy made what is called a galaxy. IT placed a black hole right in the center of the galaxy so as to bring back all of the heated weight that exists inside a galaxy.*

*Now that I talked about what is happening inside the Crystal Ball, see if you can understand that the empty space inside of the ball exists and is similar to what now exists as the empty space or negative energy; or as dark matter that exists inside of whoever IT is. Because all 3 or anything else that is not made from the heated weight has to exist in the spiritual way that IT exists as pure energy, but is not made of anything as matter. I have no problem accepting that this pure energy exists, and that ITS outer way of being exists as a divine spiritual nothingness.*

*Here's another thought which is that heated weight has memory because we can see that when IT places this heated weight in a certain order, this order carries memory, as in the order that exists in DNA or RNA. Therefore, this heated weight exists with importance and belongs to only and no one or nothing else. Even stranger, IT is now taking this memory of ITS heated weight and placing it in microchips, because the chip is made of ITSELF as the pure energies that the chip is made from. IT has been preparing to take what IT has done here on planet earth somewhere else before it is transformed into something else, because this planet is getting closer to its death date.*

*I believe that IT is going to use what IT has done here somewhere else, with or without how we now exist as humans. IT is already making robots and extra human parts and all of these are made from ITS heated weight. We should remember that we are not the most important beings that exist. If it were not for IT, we too, would not exist. That is the reason why I am grateful that IT exists, and more so because IT exists forever, because IT has no end.*

*One reason why we exist is because we confirm that IT does exist as GOD, or as pure energy.*

## ***Life and Death***

*In a scientific way of thinking, the only reason why we exist is because we exist as matter, and*

*all matter is made from atoms. All atoms exist because something called pure energy exists. From the moment your parents who are also made of this pure energy had intercourse, the male deposited sperm into the female that is made of this pure energy, which in short gave way to our existence.*

*At the moment of birth the infant must take in air that is this pure energy. In order for the infant to continue existence, it must consume food, which is again ITS heated weight that exists as pure energy. Before coming into existence, and after leaving, we will be this pure energy, as the one energy that exists. We did come into what we call life, which is a gift from IT to us, and if it were not for this gift, we would not be asking these questions. What we see as life is only possible because IT exists.*

*Another way to see this is by remembering that IT is the only one that really exists, and everything that has happened, is happening, or will happen, is because everything that is happening is happening within ITS shell body, for this cannot happen, and vice versa.*

*We can even try seeing that we are made in ITS own image, existing as one entity, which is the same way IT exists as one, and as just one, in one life, as being alive.*

*Therefore, you are one, but your existence is made from millions, and billions of life forms that exist inside of us like all the living bacteria, living cells inside of us, since without them our existence would not be possible. This is the same reason why IT exists, IT exists as just one, and everything that appears to be life is all just one, just as we are one, but have all of these life forms inside of us.*

*Subsequently, if you want to understand who IT is, instead of looking at this from the bottom up, all you'll see there are the many arteries that exist, such as, biology, chemistry, physics, astrophysics and geology; and if you tried looking at it this way, it is a never ending road. Although, you can try to look at it from where IT exists as how IT exists, looking downward, as if you were IT as how IT exists as one. If you do this, bear in mind that IT is one, but IT exists as two, one is ITS shell body which is made of a cool clear transparent nothingness where IT has ITS heated weight inside, which is what makes what you see as objects.*

*This includes atoms that are also made in ITS own image. The atoms have this heated weight inside, and then followed by the same empty space that exists as ITS nothingness.*

*I know that this may seem complex, because this has given people like physicist Stephen Hawking a hard time. And it can be for you as well, until you understand that there is something that exists but exists as a nothingness. For it is this nothingness that unifies what Stephen Hawking is trying to unite as Quantum Physics with Astrophysics. The only thing that they both have is this nothingness that has been named as dark matter, which is a bad label. The reason that there is no dark matter is because darkness is just the absence of light, and as matter it is not, for matter begins with the heated weight as hydrogen atoms. They also took*

*another crack at it by naming it negative energy, which is a better title, on the basis that the human mind has labeled the heated weight a positive, making the reverse a negative as what exists as the cold nothingness that exists as outer space.*

*Something else to consider intellectually, when trying to connect with IT as this place that exists inside, known as the third eye, you will connect with how IT exists as infinite. In addition, you will learn that as soon as you leave this place that exists as infinity and open your eyes, you'll make contact again with how IT exist as ITS heated weight. ITS heated weight is everything that is outside of us, such as anything that has to do with touch or anything you can feel, the oxygen that we breathe, food, clothing, and all objects that surround us. This will make us aware that everything outside of us contains ITS heated weight. Remembering that this includes the awareness that everything that exists also has ITS nothingness that exists as omnipresent.*

*Inference, of evidence and perceptive one will only be able to get as close to IT as how IT exists as infinity. If I were in outer space, which is where there is only less than 1 % as ITS heated weight, this outer space is where ITS nothingness exists as a constant. Therefore, we should be grateful that IT has allowed us to be able to connect with IT as this place that exists inside of us known as the third eye. As much as I have tried to find where else I could be able to connect directly with the way IT exists as its nothingness, I haven't been able to find that place. The reason is because everything outside of me is shielded from coming in contact with ITS nothingness, and the reason for this is because of the electrons IT placed as bumpers to keep the heated weight separated.*

*Use the following as an example: the human body exists as 99% of how IT exists as ITS nothingness, as the empty space inside of every atom that the human body is composed of, as ITS nothingness, but we cannot connect with it directly. Therefore, since the body is made of atoms, and these atoms are 99% of ITS nothingness as the empty space that all atoms have, for this reason, we cannot connect with this 99% directly. The only way that we can connect with IT as infinity, is by connecting with this place that exists just between our eyes and above our nose as the place that exists inside known as the third eye, as a location point. More on this in the section called Meditation*

*Here is something to think about. When I connect with IT as this place that exists inside of me, I know that I am connecting with it, as how IT exists as infinite.*

*I am conscious that as soon as I leave this place inside of me that exists as that part of IT as infinity, and open my eyes, I have to make contact with how IT exists as ITS heated weight. ITS heated weight is everything that is outside of me, such as anything that has to do with touch or anything that can be felt, the oxygen that I breathe, food, clothing and all objects that surround me. I know that everything outside of me contains ITS heated weight, I am also aware that everything that exists has ITS nothingness, exists as omnipresent.*

*The only way we can get as close to IT as how IT exists as infinity, is if we were in outer space which is where there is only less than 1 % as ITS heated weight. This outer space is where ITS nothingness exists constantly, so I do have to be grateful that IT has allowed us to be able to connect with IT as this place that exists inside of us. As much as I have tried to find where else I could be able to connect directly with the way IT exists as a nothingness, I haven't been able to find that place. And I know that the reason is because of the electrons that IT placed as bumpers to keep the heated weight separated.*

*For example, if I take my body, that is also composed of 99% as ITS nothingness, which is how we exist, however, we cannot connect with this nothingness directly,*

*You see, since our body is made of atoms, and these atoms are 99% of ITS nothingness as the empty space that all atoms have. However, we cannot connect with this 99% directly, and the only way that I know of that we can connect with IT as infinity, is in connecting with this place that exists just between our eyes and above our nose as the place that exists inside as a location point known as the third eye area. Perhaps you may see it better this way, when IT made us IT left a door where we could connect with IT as how it exists as ITS nothingness.*

## **Maharaji**

*Prem Rawat, also known as Maharaji, an international teacher of inner peace and contentment, consistently reminds his audiences that which is most important exists within you. He passed four techniques onto me that for the rest of my existence will enable me to connect with the pure energy that permits me to be here as a moment of life. They are simple techniques; they leave no excuse or need to travel to the Himalayas or stay with monks for years in order to know the energy that exists within. Maharaji only asks that all who receive these techniques practice them one or two hours a day. And for those, like myself, who have physical limitations and cannot endure one-hour sessions, we can still do the best we can, and that is what I have done. I give fifteen minutes to IT twice a day, and they have been the best moments of giving in my life. They've led to my discoveries related to ITS existence as the pure energy within me as well as ITS existence as the pure energy that IT exists as the Universe.*

⌘~~~~~⌘

**\*\* You are not who you think you are. You are that infinite energy; you are IT, as IT evolves. \*\***

⊕~~~~~⊕

*If we all gave just 5% of our lives to glorify this pure energy as IT instead of glorifying the human mind as to what it has done, is doing, and will do - we could always be in heaven.*

*Visit the Web site for Maharaji to learn more about his teachings(<<http://maharaji.org>>), but in my experience, giving 5% is largely a matter of remembering that IT is everything that exists, which is to say that IT is huge; yet even sleeping with IT, we do not realize IT or understand that IT has always been with us.*

⌘~~~~~⌘

**\*\*\*A thank you to M, for showing me that once you get close to IT there is nothing more important than IT.**

⊕~~~~~⊕

## **Religion**

*I have not mentioned religion yet. As far as this goes, I have none. Friends have on occasion told me that if I do not have a religion, then I must be an atheist. But I am not an atheist, for according to the definition, an atheist is 1) one without a God, and 2) one who believes there is no God. And as I have told them, while I do not need a religion, I do have within me that which we call God.*

*I do not need an intermediary between my GOD and myself. IT already exists within me. You can understand this better if you consider that everything is omnipresent.*

*We are God as IT reshaped ITSELF into the human form. Since we are God, there is no reason to have an intermediary. There is no reason for me to go anywhere outside my self to find IT since IT is omnipresence.*

⌘~~~~~⌘  
 \*\*\* **The kingdom of heaven resides within you.** \*\*\*  
 ☸~~~~~☸

## **Me and IT alone**

*Let me share with you the reader some of the things that exist in my experience that relate to IT and me, and the best way for me to explain the situation between IT and me is this:*

*First, let me start with letting you know that I was raised knowing that there is a God, and that a church existed, as a place where I could go to be closer to IT. However, as I matured I stopped going to my church, but I still believed in a God, that existed somewhere out there, and it was later on that I came in contact with Maharaji through a friend that took me to hear him speak at a Fordham University in New York.*

*After Maharaji finished his speech, I thought about what he had said and the only thing that I thinking to myself was that, what I heard was either too perfect or too crazy.*

*So I kept going back to hear what he was talking about, and let me mention that at that time Maharaji was not even a teenager yet.*

*What he was talking about was that there existed inside of each and every one of us, the most important thing that can exist, and that we as humans could connect with this energy that existed inside of us. So I asked him if he could show me how to connect with what ever is inside of me, which he did by teaching me 4 techniques that I could use to connect with my inner self. Le me mention that he shows these techniques for free, simply because what is inside of me always belonged to me, for he was not giving me anything; he was just showing me how to connect with that which was always there. So I tried connecting with my inner self.*

*However, I have to say that I am sorry that I cannot share my experience with you, because this is when I understood that what takes place between IT and me, will always have to be between*

*IT and me, for things get very personal when it relates to me and IT.*

*I always tend to ask questions about things or situations, such as: "Why is this so?"*

*So I started looking around to see what kinds of situations exist between people and IT, and I found that what existed for me in my life as a God, also existed for most people, and that there were some people, like priests and monks that were trying to stay as close to God as they could possibly be, be it in a holy church residence or in temples, or ashrams, just to mention a few.*

*I also saw that there are people that could be considered perfect masters that were within themselves in the closest relationship with IT, that is, people that had no intermediates between IT and themselves. For it is in what we call perfect masters, that have no others in between, besides that person and IT.*

*Now, I am no priest or master, yet I find that there does exist a personal relationship between IT and me, which does mean that as individuals there can be a personal relationship between us and IT. In so far as the masters are concerned, I can see that these masters are here to show us individually how to be with IT.*

*I feel great gratitude in that IT permits me to be able to be as close to IT alone. What I am trying to say is that I find that I am continuously thinking of IT, about how IT exists outside of me; but as for what goes on between IT and me inside, that part will have to stay personal, for I do not see what happens between IT and me as something that can help other people, for as I have said, that relationship that exists between IT and me can only exist in that way, because it is something private, only between IT and me.*

*However, when I look outside of me, then I see that what is happening out there are events that IT is causing, and the reason why I say that these events are IT, is because since IT is everything that exists, then everything that is happening is because IT is the mover and shaker, as omnipresence.*

*So my conclusion is this: The reason why events are happening out there is because this is the way IT, as a positive and negative force, makes the changes that are necessary for things to go in a certain direction, so that IT can continue ITS reshaping.*

*I have accepted that I will in no way try to change what IT has planned.*

*This is why I find that as for my personal instructions in ITS existence are, as I have said elsewhere, that I will do only that which I am supposed to do, and only as that moment of my existence,*

*For I now know that IT has always been IT, as both the director and the actors in this play where humans exist, be it on Earth, or as we leave this planet, and IT will still be both the director and the actors, for IT is everything that is known as being created by ITSELF within ITSELF as omnipresence.*

*And as for you the reader, I am sorry to say that I cannot help you to be happier in your existence, for I have found that for me, the only one that exists, as being the most important is IT, as how IT exists within me, and all I can do is to continue being an observer of what IT is doing outside of me, as ITSELF, for everything as a totality is really ITSELF, down to the last atom that exists inside of ITSELF as this universe.*

*Even a priest as a holy man, does not stand by himself, for he needs the companion of other priests or a pope. This is something that is not necessary for perfect masters like Christ, Buddha, or Maharaji, just to mention a few masters.*

### ***Spiritual growth and resistance***

*We are made in ITS own image, which is to take part in ITS ever changing self.*

*I say this because as we go into what we call bad times, such as a hurricane or an earthquake, that can leave us stripped down to only our existence, where we have lost everything as our possessions; it is during these disastrous moments, when IT takes just about everything we have away from us, that some of us are forced to come back to being closer to IT. Stripped of our possessions, which we should remember really belong to IT anyway, because it is a fact that we cannot take any of our possessions with us when we die, I have observed that in these moments of disaster, some people will say, even after they have lost everything, “Well thank God, for we are still alive”, but others will continue to cry and protest that they have lost everything that they had. These who cry and protest forget that everything they had belonged to IT anyway and that the only one that can really help them is just waiting there for them to reestablish a deeper connection, between IT and them, as in when we say to IT : “O God please help me! I say it a little differently: “O God please help me if you so desire.”*

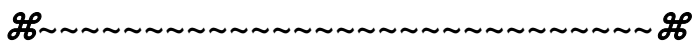
*We should always remember when a disaster occurs that whatever help we may receive, is still IT, for IT is the mover and shaker. You might see it better this way: It was IT that produced the earthquake or the hurricane, so that no matter what, how much we may want to complain or protest, as to why IT became the earthquake, or the hurricane, it won't help undo what IT has already reshaped into, as cause and effect.*

*I have personally found that when I have needed help, I first turn to IT, for the help that will come has to be sent by IT, for IT is everything that will be sent to me by the humans that IT exist as, be it food or housing or clothing, etc. that will come to me as help.*

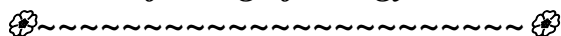
### ***Gifts***

*In life, there are different types of gifts that we receive. There is the gift that you will never, or hardly ever, use such as the Halloween candle or super sized fruit dehydrator, which you have to find a place to store for as long as you can. There are gifts that last only a short duration: flowers, candies, stationary, cologne, and there are the gifts that you do not like, or need, so you pass them onto others as a gift from you to them. These gifts could travel around the world and back depending on the connections of friends.*

*There too is the gift of fruitcake that you know you will not eat because if you do, it will put two pounds on you, so you also pass this extra weight onto someone else. Another gift we give and get is the one we are to share, the vacation cruise, the back massager, the backgammon game, and the computer software.*



**\*\*\* *The more you give during your stay on Earth, the more you will receive. Giving is the transferring of energy.* \*\*\***



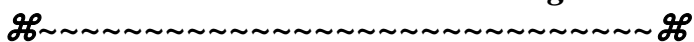
*And on the subject of gifts, from my personal experience, I have noticed that sometimes friends give me gifts without knowing what I really need. In order to not do the same thing, I decided to pay attention when a friend tells me that he or she likes something. Then I get them precisely that item. However, this can also be a problem because I once ended up with not one, but 3 binoculars! I feel one should think up a way of finding out what a friend really needs without him or her becoming aware of it.*

*And then there is the gift that is meant only for you and intended to last until your last moment as life. My gift came freely to me by AA in the form of a group of people who had gone through what I had and even worse. They gifted me by showing me how I was going to control my addiction to alcohol and return to a healthier way of existing.*

*As a member of AA, I can confirm that the program is very effective in the help provided as people share with other people who want to stop drinking, and as a free service, I say this because I was a heavy drinker. I have noticed that most Alcoholics have a big demand for the consumption of liquids be it for coffee, soda, and the many other beverages. I have not had a drink of alcohol for what has permitted me to see more than 7000 appearances and disappearances of our solar sun as a healthy person that does not need a drink. I measure the time as over 7000 sunrises and sunsets because I do not keep track of my life as days, months, or years.*



**\*\*\* *Be grateful for your existence. Be grateful for ITS existence. Trust in IT, for IT is more than a master at what IT is doing.* \*\*\***



*Think about this: Ever since birth, we have grown bigger, perhaps fatter, and even wiser in our reshaping, but we never left this existing moment. Since birth, we have only existed in one place: the omnipresent, the "here and now." And because this moment is the omnipresent that has always existed, even before the Big Bang, no matter where we have relocated our housing or even if we were someplace else in the universe, even if we had flown to the Moon, we would still have had to exist in this place called omnipresent, the here and now.*

*I know that everything that I do, I can only do as this living existing moment, for I know that I was born in this existing moment, and I will die in this same existing moment, so I know that everything I do has to be done within this same existing moment that I call the here and now. Therefore, as an AA member, it is not that I will not have a drink today; it is that I will not have a drink as this moment of my existence, and I will enjoy this moment as much as IT will permit me to.*



## *IT is the only Master*

*The reason why IT is a Master, is because IT knows what IT needs to reshape into. IT is a Master at reshaping ITSELF. Yet there is no perfect plan; we have no idea what IT is going to reshape into next. Even as you read this, IT has already reshaped. I trust in ITS reshaping, yet, IT remains mind boggling. If IT is everything including us, where does IT exist as the place in which IT exists?*

*And as much as I have looked around at the things that we do as in the way we as humans run things. I am very glad that IT is the one that runs this whole universe, from that atom that may find itself at the end of whatever this universe is. To that last atom that makes my existence possible, for even as I look at all the things that we think we are doing. I must never forget that long before I got here and my parents and grandparents, all the way to when we began to exist as humans, that IT was IT from the beginning, and that whatever IT wants to do with us as ITSELF, as IT prepares to take us off this planet, to some other part of ITSELF, we really have no say. For IT is the only one that knows what is out there as ITSELF, and as for me. As this moment, all I have to do is enjoy as much as I can as IT keeps reshaping as this moment called life. Even if what I see outside of myself looks like madness, I have to continuously remember that IT knows why.*

### **My job and my Boss**

*Let me give you a description of what my job consists of, and some things about my Boss that some of you might find interesting.*

*I start by saying that I would definitely not trade the job that I am now permitted to do. My job starts out as not having a real schedule, as a time system. The things that I must perform do not consist of a routine.*

*The meaning of work, when related to IT, is the transference of energy so that something will happen. As a result I make something else happen, directly or indirectly. This way, IT can continue its travels as the nothingness of outer space.*

*Let me explain it this way: We are the first living things that IT has reshaped into as human bodies, that have taken ITS weight as atoms and reshaped them into all the things that we have produced since we have existed as humans, (due to the fact that our survival programming forces us to work out of necessity to produce the innumerable things that only exist on this planet, that come from ITS weight being reshaped as the atoms that we have been using to build everything that is not naturally made by IT, as a reaction to the way IT does things, like the way it produces atoms using a force like the Big Bang, so that IT could then reshape into us), so that now IT can reshape itself in ways that perhaps IT has never done before. For not even rockets, computers, or canned food could be produced as a direct result of how IT did things before, such as the reaction that IT produces; for instance, like the Big Bang.*

*So you see that what we may call the things that we have done as work, from as far back when we started factories to produce things, is really IT down to the last atom, as the raw materials*

*that we have used, and it is IT as the only boss that was here then and is here now, and will continue to be IT after we leave. And to this let me add that I have no problem accepting IT as my Boss.*

*Remember this: You have worked for other bosses without caring what the result from your work would be, and you probably couldn't care less about who your boss was, or is going to be.*

*I am very grateful to IT for the work I have been permitted to do, and I hope that IT keeps me as close to IT as IT has until now.*

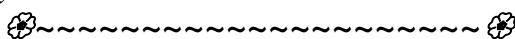
*Now let me also share with you the meaning of having a boss, which is someone that will tell us what we are supposed to do.*

*Most of us understand what I am referring to because it is a natural thing, being told what to do, that most of us know, which is our acceptance of the presence of having a boss as part of our existence. We have had bosses that were so bad, to the point where we continue trying to find other bosses in other jobs that would be more pleasant.*

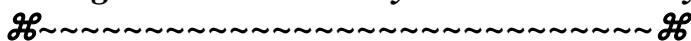
*I too have gone through this process, and by luck (for I was not aware of this luck that I have) I asked IT for help (I did not ask for change) with a situation in which my friends could not help me because they were of the problem. What I found was that in asking IT for help I was opening a door between IT and me that I had never used before. I saw that I had not been aware of how close IT really was to my existence, which you will read more about in different parts of this book.*

*And I should also add that it took many of Earth's rotations for me to understand IT better.*

*Now I can see that IT is my boss, to which I have to add that IT always was, from the moment that I came into existence. It is just that as we start out in our existence we are not aware of ITS direct connection to us. It exists right from the beginning of our existence that starts with our birth, as all the pure energy that we exist as.*



**\*\*\*\* Prolonged work can mold your mind and body \*\*\*\***



*So that I, like other humans that IT exists as, that are like me, were not aware of this situation. As I grew up all I saw was humans that thought they were the chief commanders at that moment.*

*That is why I say that I was lucky to have found IT as being totally everything that is out there; and as every atom that I am composed of.*

*At first I was not aware of IT as my Boss because I was still transferring energy as work in order to maintain my first programming, which is survival.*

*I continued to work, with the difference that I was working for myself (as I thought) as a concrete water-proofing consultant. This was a way of existing; it still is, but now as a service,*

*not a necessity.*

*But let me get back to my other job, for I still have a job where I have to do things (transfer ITS energy), but as the job I have with IT, I do not really know what I am suppose to do.*

*Here are some of the things that I have found related to IT as my Boss. The only instructions that I have are these: do the things that present themselves as the existing moment, like taking care of the people that knock at my door for help, and answer the calls that people make to me. But never asking myself what is in it for me. I have learned that IT has given me everything that I need, that are my necessities, and a little more.*

*And as for the monetary energy that I get for my services, in transferring my energy in exchange for the problem solving services that I can offer, is not or ever was where I could feel that I no longer had to work, transfer my human energy.*

*I was born into a family that had to work for a minimum salary, a family where both parents had no reading or writing abilities and never made it as far as high school. They did not have an education.*

*From the beginning of my existence I knew that if I wanted to at least survive I had to transfer energy, as work, for whatever I could receive as money. I have accepted from my beginning that I was not rich in money. I could not do whatever I felt I wanted to do as work.*

*And as of this existing moment, to which I have become accustomed, I still receive monetary energy for what I do as work. With it, I at least cover my necessities. Like many others, I buy my groceries for a few weeks in advance, to ensure that I can at least make it that far.*

*But I know that IT is there, and that IT has never let me go hungry, or without a roof over my head so as not to get wet. I have gotten accustomed to the way our relation exists, for IT still feels there is no need for me to be a millionaire, to where I no longer have to work. I have become accustomed to the amount of monetary energy that IT sends me, to which I have learned from, because I know that, as an example, I receive a thousand dollars, I know as an expression, how full my gas tank is, and how far I could go on this tank of energy, and how far I should not go, as in doing something, or buying something before IT sends me more monetary energy.*

*Let me add that IT has never given me so much monetary energy where I could get totally lost. This relationship between IT and me has helped me understand the things that I can do, and what I cannot, or should not do; for as I have said elsewhere, I know that up until now IT is worse than me for putting things on paper so that I could read what IT wants me to do. But since I do understand IT a little, of how IT is, and how IT operates, I know that sending me written messages would not work either, for IT does things only as an existing moment, so that by the time IT prepared me my written instructions to my does and don'ts, it I would be too late to use these instructions, for IT would have already changed into something else where the instructions could not be used or applied.*

*So that If I want to know what I am supposed to do as work in exchange for ITS energy (money) I have to keep a constant connection to what IT wants me to do, or not do, as an understanding that exist between IT and me, and not me and you.*

*This is why you the reader could now understand why when I started this book I never really knew if it would reach you as a reader. To me it made no difference if it was ever completed, and what the spin off from this book could be, because it was more interesting what I was learning about IT, and me and IT and you.*

*This is why I say: "Oh Boss, please never dump me, for I have always done my best in serving you and all that you exist as that is outside of me as YOU."*

*But let me get back to my work, for my relationship with IT is as you can see, something that can only exist as being personal. Let me also add that when we do work, as work for others, we will also learn from the work that we are performing, and from the boss that we may be working for as that moment, be it as a factory worker or as an executive, and that sometimes in the work that we are performing as work, is not helped by the others that work there, for they feel that if they teach you too much, their job as work is in danger.*

*I have said the above, because my boss (IT) has always let me know that IT will not fire me for being absent, or for doing something not well enough. IT just says "do your best" in what you know how to do, and do it well and don't barter asking for a raise, for you already have the most precious gift that can exist, which is being alive. All I now have to do is keep up with ITS ever-changing self.*

*And as for the things that I do as work, they are not things that I have to do out of necessity. They are more like; well let us do this one as this moment, as doing something as work that will make something better than what it now exists as.*

*As for possessions, I buy that which I feel I may need to exist more comfortable in my everyday existence, but not to store as luxury or as something to exhibit. I have to remember that everything that I buy, or get as possession, I cannot get attached to, for they really do not belong to me, but that I can enjoy them only as an existing moment because I have to be aware that as possession, I will have to leave them when I leave as death.*

⊗~~~~~⊗

**\*\*\* Thank you (IT) for permitting me as this moment of my existence as life, to answer to YOU only \*\*\***

⌘~~~~~⌘

*Everything belongs to my boss (IT), so that I am told by IT "Do not worry about possessions as things, just enjoy them when you can and do not get too attached to them." IT will continue sending me the things I will need in order to eat well, sleep well, feel physically well, even though I will need to see what IT exists as doctors so that I will make the necessary adjustments to my body so that I can stay for more Earth rotations with IT and enjoy and understand IT better. This will also require that I continue thinking well.*

*So as you the reader can see, I hope IT will always be the only boss I have.*

## **WHO MADE US ?**

*Let me give you the reader, a few examples of what I am about to say. Do you think your mother or father created you? If you still believe this, you are mistaken. I too, believed that if it were not for my mother, who had a relationship with a male, I would not have been born. However, it was not until recently, that I became aware of something called PURE ENERGY, which is also when I became aware that everything that exists is made of this PURE ENERGY.*

*Perhaps it would be best for me to start with WHO or what is this PURE ENERGY. I say who or what as in someone, or something that was labeled by the scientific community as PURE ENERGY. Whoever or whatever this PURE ENERGY is, it does exist and not as a theory, philosophy, or concept. I prefer to call this PURE ENERGY, IT. The reason I make reference to IT, is so that you are able to understand why I am saying that it was not my mother or father that allowed for my existence.*

*The best way to start is by telling you who first discovered this PURE ENERGY, which was the scientific community. This community began to take apart what exists as matter. It is important for you to know this to be able to understand what your mother and father are made from, and this way you can better understand where I am coming from and what I am writing about.*

*I'll begin this subject by stating that everything that has ever existed, exists, or will exist has to come from this PURE ENERGY. Where did this PURE ENERGY come from?*

*Beginning with my mother and father and in order for both parents to exist, they had to be made from matter, such as the matter of their bodies. The human body is made up of all biological substances, for example: the  $\frac{3}{4}$  part water in our bodies, and the calcium in our bones making it possible for us to stand and walk. The many other substances, such as: iron and carbon, just to mention a few, are all made from atoms. Even the air we breathe, because we could not survive more than a few minutes without it or the food we need as energy, are made from the atoms of this PURE ENERGY as ITS heated weight, that came from that what is known as the BIG BANG, This heated weight is not that complicated to understand. Just imagine that you have a ball that exists as heat but this heat also has weight attached to it. The heated ball wants to exist as a singularity as just one entity, but the heated ball will allow itself to be fragmented, with the condition that all its heated fragments return again to being just one again, as a singularity.*

*Here is what I find so far beyond simplicity, meaning, the fact that everything that now exists came from this simplicity. All the celestial bodies that exist within what we call the universe and our planet with all the trains, plains, jets, cars and the space rockets, all came from this fragmented heated weight.*

*I'll explain what I mean when I use the word simplicity. By starting at the moment of the BIG BANG as ITS heated weight, what IT did was that IT took this ball of heat that existed as a whole singularity and fragmented it into very small tiny fragments as heat. However, in*

order for this tiny fragment to exist individually, IT wrapped a tinier fragment of heated weight around these tiny fragments so as to encircle this heated weight that is now known as the electron. The fragments of heated weight could not regroup in there trying to return to being a singularity again and IT also pushed them outward as far away as possible. Getting back to why IT reshaped ITS heated weight as something being very, very simple, you see that as IT fragmented this heated weight, as a way of searching to find what it could do with this heated weight as all the possibilities that could exist, IT accomplished this in the simplest way possible.

If you take a thousand of this now fragmented heated weight that exists as hydrogen atoms and place them side by side, the width would be the size of a strand of human hair. This is something beyond simplicity coming from someone or something that is so powerful and so complex yet so simple as how this PURE ENERGY exists in this modern complex society that we live in. IT now exists as so complex that no human or computer can understand ITS simplicity, but rather the opposite.

Also before I forget, when IT fragmented ITS heated weight for the first time, it did so as the fragments that now exist as protons that exist inside what is now known as hydrogen atoms. Matter begins from hydrogen atom which is also called element #1. Can you see why I say that IT started out as a very simple way of doing things? Because it was from here that you and I and all of those things that now exist as being very complex came from. I wrote that it takes one thousand hydrogen atoms side by side to make the thickness of that strand of hair, but this hair is actually 99% empty space, such as the empty space that exists inside the hydrogen atom. Therefore, it would take 99 thousand of the protons side by side to really give us the thickness of a strand of human hair as just the heated weight without the empty nothingness that exists inside the atoms.

Let's go back to how IT started, remembering that IT started out very simple. However, from this simplicity IT then took all these hydrogen atoms that made up the existing universe as the moment of the Big Bang. I need you to remember that all these hydrogen atoms have this heated weight inside as the protons that exist inside the hydrogen atoms. Therefore, this heat wants to return to being one singularity, but it cannot because of the electron that IT placed around this heated weight so they could not reunite.

However, since they will always be trying to become a singularity again, now that you have a universe which is full of these hydrogen atoms, these hydrogen atoms will try and pull themselves closer together. So many of them get closer together forming what is known as a solar sun. Since there were so many hydrogen atoms together as being on top of each other as a solar sun, the weight that was placed on top of each other was so powerful as weight, that some of them became helium atoms. A helium atom comes into existence when 3 hydrogen protons as ITS heated weight try and group themselves closer together making these 3 protons into a helium atom with the help of what is called a neutron, which is actually one more proton with an electron. This neutron will stop the 2 protons that exist as fragments of ITS heated weight from ever merging together.

Picture it this way, when IT took one fragment from the heated weight that existed as a singularity, this fragment became what is known as a hydrogen atom. IT then took 3 fragments as what exists as the protons inside of the hydrogen atoms and then IT made the



next heavier element called helium. So that IT now is taking what IT made as small fragments of ITS heated weight from what exists as protons and is putting them closer together as more of what exists as the heated weight that exists as protons. Making the atoms heavier which in turn will produce something new as IT searches for all existing possibilities that IT can exist as ITS heated weight as something new, so we should remember that this may be the first time that IT has ever done this.

What I am trying to convey is so that you can understand how IT took ITS heated weight that existed as a singularity and began to make all the different types of atoms that IT could exist by using ITS heated weight. Remembering that all this started out so simply, which was when IT reshaped ITS heated weight into the hydrogen atom and from there IT took the hydrogen atom and made it heavier as the helium atom that was made inside the solar sun. From here IT took the heated weight that exists inside the solar sun and became a neutron star and then a supernova and finally a galaxy. In one of these galaxies is where we are allowed to exist as humans. However, always remember how simple IT started out and here is where you should begin to realize that it was not our parents that made us, it was IT who took ITS heated weight, and made us in such a perfect order in the way we are put together. I know that my mother did not have the ability to put my brain where it now exists nor did she know where to place my heart and make it pump to all the necessary places or know where to put my mouth. I realize that my mother did not even know that my body works as gravity because when we put food into our mouth the food exists because of the heated weight that IT has, and it is this weight that will gradually work its way to the exit point as the colon.

All this gravitational pull is happening because of the gravity of the heated weight that exists inside our planet and all of this is happening because this heated weight is looking for all existing possibilities. A good example is a cow; the cow eats grass, reshapes this grass into the food that the cow needs in order to exist, then by gravity it poops what it doesn't need and then this poop is used by the soil to be reshaped into something else as another possibility.

Knowing the above information of who we really are as totally coming from this pure energy as ITS heated weight, I'll continue to explain how we came into existence. Imagine that there are 2 people on a tropical island, and they exist without clothing because they do not need clothing in order to keep warm. They're by themselves and no one else. We'll imagine that these 2 people never saw or knew anyone else, and that this island is always dark, therefore, they do not even need to see each other. Here is what should happen; eventually they will get closer to each other and as soon as the male feels the heat that the female produces, he will become aroused. His male organ will find where to fit in, and this is due to the heated weight that the female produces therefore satisfying the female as the heat that the male organ produces. When the male deposits his sperm that connects with the female ovary, they both begin to reconstruct a new baby. The baby grows inside the mother that comes from this heated weight. As the baby is developing, it already comes with its instructions as to what it is supposed to do. These instructions come from the way the heated weight is arranged as DNA and RNA because this is the way IT does things.

*I need you to be aware that both the sperm and the ovary exist only because of the way this heated weight is arranged as matter, and as all matter, it has to exist as the heated weight that the atoms have as their protons and neutrons. Everything that exists has to have this heated weight, and we should remember that this heated weight came from this Pure Energy as fragments of the heated weight that existed at the moment of the Big Bang. Therefore, understanding this we can be grateful that IT does exist, because you and I, my mother and father came into existence because IT was searching for all existing possibilities that IT could reshape into as ITS heated weight.*

### **Who is # 1**

*From our birth we begin to use the number one to designate what is most important. Many of us will say that our job is number one, that our tribe or family is number one, or that our home is number one. Many say that they are number one. Actually, IT is number one, figuratively and literally. Everything else is less than one. If you were to ask me where I would rate my opinion, my car, the president or a political party, I would have to say at zero. These things have no value. The more we consider these types of things priorities, the more we diminish and ourselves those around us. If we rate IT as number one, everything else falls into the appropriate priority as the power that zero has.*

### **Impossible gift**

*What is the only gift you cannot give to the one you want to give it to? I have tried many ways to give something to IT, but I always fail. It is impossible to make a gift to IT because IT is all that exists, including me and any gift I could possibly think of. How do you make a gift to something that is everything? I have tried in vain.*

⌘~~~~~⌘

\*\*\* We cannot add to IT. IT is 100% \*\*\*

⌘~~~~~⌘~~~~~⌘

### **A Gift is Not for Sale**

*Imagine you receive a huge cake, something you didn't have before and that you didn't really need. It should be easy for you to give away pieces to people who might enjoy it. You start giving pieces away and even before the cake is gone, IT sends you more free cake. Some may tell you to take advantage of it and sell it. You reply that since IT sent you this cake for free and continues sending you more, why sell it? After all it was a gift to begin with. This is something that I should do without thinking why or what will happen; to me it makes no difference. I have what I need, which is IT and as I have said before, IT keeps giving me more than I need.*

*Let me tell you what happened to me when I started writing this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself. The little money I received I had to use to take care of my personal needs. After I finished the book something happened out of the blue. A person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think*



*about money. IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door offering me another business proposition that would grant me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT sent this to me, as IT sends me everything else I need.*

*It is a good feeling when someone gives you something that you really enjoy for free. Most likely you weren't thinking about looking for this thing but it came to you. You might want to thank the person in its individual character, but remember that everything comes from IT. Give thanks to IT for being omnipresent in each one of us. Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques, things would get better. Things not only got better, but they keep getting better. I hope you too can enjoy this gift from IT to you.*

### ***IT teaches us.***

*The next time that you are watching TV, all the programs and movies that are possible; remember that IT is showing us some of the possibilities available.*

### ***Resisting***

*Let me explain this with a personal experience. But first we should remember that we are built to continually grow, getting stronger mentally and physically. As a consequence we get into routines which tend to mold us.*

*I say this because it took a hurricane for me to become aware that as much as I have been very well protected, there are moments when IT will box with me. During a hurricane IT kept knocking me off balance, so much that I had to get on my knees and repair many things. In times of disasters we will find that there are moments when there is no one else around.*

*I became aware that IT will box with us so that we can rebuild those qualities that IT has incorporated into us as survival instincts. This will take place from time to time for some of us, and it is in these moments that we should never forget that everything that is happening is IT, and that the only one that can help us is IT.*

*I say this because it has become clear to me that in these disastrous moments I cannot blame anyone, for I know that we are also the result of violent events in ITS reshaping.*

*When I noticed that IT was boxing with me I became aware that the message was that it was necessary for IT to knock me down so that I could get up again. In doing so IT reinforced that I was neglecting the physical and mental abilities that IT has placed in me and all of us.*

*So that every time IT knocks me down, IT says get up, for you still have the most important gift of all, which is life! And also remember that IT is the champion and you must learn from it.*

*It may take a few falls to reinforce what you already have, but you should always remember that there are others who are in worse condition. If harsher lessons are needed, one can easily be put in worse situations.*

## **Stress**

*Stress is when we try to do too many things within an existing moment. An example of stress is a jammed typewriter. If you typed the keys of an old typewriter too fast, they jammed together.*

*Speed requires space, if we go too fast, the space needed to accommodate the performance is not there. Remember the saying, "Haste makes waste," or in this case, stress.*

### **The stolen crown**

*Here is one that I have tried to resist writing; it has to do with doctors. I hope that the doctors that I have to visit won't see this section. Naturally, this does not apply to all doctors in all countries, for I am sure that there are countries where it is worse, and in some, this situation may not exist at all.*

*If we look back into the history of doctors we will notice that there existed a moment when doctors were summoned to appear when the royal king requested them to be present, and when they were summoned, they, as doctors, had to respond as quickly as possible, for doctors then knew that when the king requested their service they had to come or they risked death by order of the king.*

*After the virtual elimination kings, doctors were more of a service, especially in war times, where doctors had to be an all-around provider as the service they performed. As doctors saw that there was more money in specialization, more fields of services opened up. As people aged and need specialized attention we began see more doctors for arthritis, heart doctors for high blood pressure, and so on.*

*Some people out there may have gone through what I will be mentioning. There is a group of doctors that won't give you an exact time for an appointment; it works better for them to say that appointments are in the order of arrival. To use an example, the doctor arrives at his or her office at 9:00 AM, but the office opens at 7:00 AM, which puts the personnel to work sooner so that the paper-work and the collecting of your money is done before the doctor arrives.*

*For you to see the doctor as early as possible you do have to get there before 7:00 AM, and if you are the first there it is up to you to make a list of the people that arrive so that when the doors open you can at least be number 1, 2, or 3, and sometimes #15, and if you get there at 8:00 AM you know you will be there for a few hours, or you will see the doctor after 12:00 PM.*

*We do not necessarily have to be sick in order to participate in the above described situation, because just for us to maintain our best, as being physically well, we have to visit these doctors just for our yearly check-up. And some doctors really look forward to you having a serious problem so that you will have to come back again and again; something like having a sure customer.*

*You will understand why I refer to doctors as those who have stolen the crown, for if you recall, the history of doctors was for them to service the king at His Majesty's convenience, and as*

*time has gone on they now exist as a service where they are the king and you go to them when they say so, for they are the ones that are wearing the crown; they are the kings at this moment.*

*As I see it, they too will have to participate in the never-ending cycle of change. We can already see some changes, for there are now doctors that can offer some of their services by cameras through the internet to reach other people in other countries. And there are countries that are giving more attention to training more doctors to service their ever-growing population.*

### ***The line up***

*Those of us that attended school in the USA have been photographed at some moment for the yearly school album. This was likely the first mug shot ever taken of us. We did not have a number attached to us, but there was a number attached to the school year book, all in the name of education.*

### ***A birthday greeting***

*Congratulations on your birthday!*

*Let me start with why you should be grateful:*

*1-you are breathing, hopefully well, since this is priority number one for your existence*

*2-you have a water faucet nearby, can't live without water*

*3-you have a place to eat, at home or out where someone will serve you in exchange for monetary energy*

*4-you feel well because you rest well when this pure energy also known as God takes away this solar light which we call daylight and lets us feel its absence, which we call night.*

*5-you have the opportunity to reach your maximum potential.*

*Remember that since you have been permitted to be here in ITS own image, you have been given the chance to take part in ITS dual way of transferring energy. That means that you will take in and put out energy. That is the way that pure energy works, constantly transferring.*

*You have seen the duality of this transferring of energy in the many things that have been put in front of you as you have reshaped from a child into an adult.*

*You have been permitted to enjoy this gift called life.*

*We have learned since we were born that every 365.25 days Earth makes a full rotation around the sun and this makes a year.*

*Some of your friends will tell you that you are now 25 years old (we should be so lucky). But I would rather tell you that you are not 25 years old, I would prefer to remind you that you*

*should be grateful that you have seen 9,131 Earth rotations, knowingly or not.*

*From where you have seen yourself from what you can remember as being a child, to what you exist as this moment has permitted you to do all the things you have done, from being that pretty child up until now. You might still be that pretty child.*

*During all those rotations you have had the gift to feel, touch, smell and see all the other things that go with being alive. You have been allowed to make love, be loved, see different streets, different people, colors and languages, clothing. You have known the many nice things that have been said about you.*

*You have tasted different foods and you have been permitted to experience brothers and sisters (hopefully).*

*And most of all you have been given the chance to connect with that God that put you together as a place that exists within you.*

*All of the above mentioned activities have taken place as a moment of ITS existence in this place known as omnipresent.*

### ***Alzheimer's Disease***

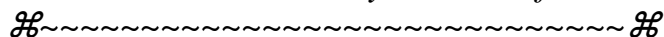
*I have a plan for detecting my own potential onset of Alzheimer's. When I exercise my body, I keep my mind busy by counting the repetitions. I count 100 push-ups and 100 pull-ups. I count to 100 for bench presses and the same again for leg exercises. When I can no longer count these hundreds of repetitions, I know that Alzheimer's is just around the corner. Today I am still grateful for being able to exercise and think at the same time and am hoping there is truth in the saying "use it or lose it."*

*Since in most cases the mind cannot be stopped from thinking, we have a few options from which to pick:*

- *Do Nothing—allow the environment to manipulate the mind.*
- *Daydream—manipulate your own mind.*
- *Exercise—Think about what IT is and how IT operates.*



\* IT reshaped into doctors and the necessary medicine for us to exist longer. \*



### ***Arthritis***

*As for arthritis, I feel that by using exercise to work through my pain, I am eliminating the pain and preventing future pain.*

## ***A softer shave***

*I have traveled before to find that I had forgotten to pack shaving cream. So instead of using the hotel soap, which would be too harsh on the skin, drying it rather than moistening in preparation for shaving, I used the hotel cream rinse for hair. I learned that in addition to being cheaper than shaving cream, cream rinse left my skin feeling even softer. And for women, you can use hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it on your hair...*

## ***For cleaner and healthier teeth***

*My formula for cleaning the teeth is as follows: Mix large quantities of baking soda, which helps whiten and remove stains, with plain salt, which helps disinfect. Dab a small amount in the hand, add a few drops of peroxide to help fight germs, and brush. I then follow the brushing by gargling with peroxide and rinsing with plain water.*

## ***If nothing existed***

*I would like to start this section by asking you to look around yourself and notice all the things you see: your refrigerator, your radio, your TV, buildings, cars, people, trees, birds. All are made of matter. We easily take these material things and beings for granted because we believe everything that exists should exist. But these things only exist because IT exists. God could have existed in a lifeless universe. Imagine if all the things we see and do were not possible because there was no God, no pure energy. Imagine that there is no Universe, that there is nothing. With nothing, nothing happens; you would not even be here to think and observe your surroundings, obviously. We can be grateful that whatever this God is, IT does exist.*

*The word "God" could use some revising, however. The dictionary's definition of "God" is this: One who causes to come into existence; a person who grows, makes, or invents things. And there is nothing wrong with this meaning, but it does mislead with the implication that something can be made from nothing. Let's examine an occasion about which one might say, "I have created." Take for example a painting that I "cause to come into existence," for it hypothetically did not exist before the occasion of my creating it. Before beginning to paint, I would have to find the materials necessary for painting: canvas, paints, and brushes. In other words, in order for me to create, I must use materials that I did not create, materials that have preexisting atomic structures. Additionally, that raw material that is needed has to be found, and the fact that it is "raw" implies such material must be independent of the one creating. If God is "the One", however, nothing could be independent of IT.*

*Accordingly, to create the Universe, God would have needed preexisting substance: stardust perhaps? No, not stardust, because before the Big Bang, there were no stars! There was only IT with all ITS weight concentrated into one singular point. This is why I prefer to call God IT and why I use the words reshape, mold, transform, and rearrange to describe the way things come into existence. "Creating" does not signify the oneness of IT as all the pure energy that has always existed, whereas "reshaping" does. Reshaping entails raw materials that have always*

existed even before the Big Bang. The human mind simply prefers the term "created" because the mind seeks recognition as the most important thing that exists, whereas in the case of my painting, it is the result of IT reshaping first into atoms and then into the materials that I require before I can even begin what I would call "my creation". And now comes the other part: in order for me to create anything, I first have to exist.

Using the word create thus tends to inflame and confuse me as a human mind, for anything outside of me is there only because IT reshaped into it. Still, our minds want to believe that because we sexually reproduce, we create our own human kind. But we do not create. We merely participate as humans in the reshaping of our God's Universe.

✿~~~~~✿~~~~~✿~~~~~✿~~~~~✿

**\*\* WE ARE NOT CREATING; WE ARE RESHAPING\*\***

✿~~~~~✿~~~~~✿~~~~~✿~~~~~✿

### ***A show called omnipresent***

Many human players understand omnipresence as a manuscript called the perfect plan.

This manuscript is our God, pure energy, and it's not billions or trillions of years old. Billions of years ago, the human world did not exist. When the human actor arrived upon the stage of planet Earth, there were already many other living actors, larger and stronger actors. The human actors had to use everything within their reach, even weapons, to protect themselves. God realized that in order for humans to exist, the larger and stronger animals had to be eliminated and were thus reshaped into something more functional within their current environment. The perfect plan is thus a perfect show, one that started many of Earth's rotations ago. The performance has continued until this current moment and will continue into what we call the future. We are all actors from the beginning of our existence, in ITSELF as ITS show.

Somewhere in our evolution, human actors began to believe that they were the most important part of this show called life, but we must remember: IT resides within each of us. You are IT; IT is you. Everything that exists is IT. IT will provide for you what you need. Do not assume that because you have a mind to think freely and spontaneously that IT is not in control. Many people who play authority roles become confused as to how much control they actually have in this play. These authorities fail to realize that their roles will end. IT is the only producer and director and the one thing that has existed from the beginning that will continue to exist until IT decides the show must end.

As the producer, director, and the actors of this perfect show, IT makes ITSELF available to assist other parts of ITSELF that may be lost or in danger and are crying out for directions. God answers in a whisper to provide this simple message: "Do that which only you know how to do in my play, and do it only at the moment that you are supposed to. And don't ask why." The director will make the necessary adjustments to reshape you into your next role. If your role is an unpleasant one, be grateful that you are still a player on this stage. If the role that you receive causes you pain, ask for a new, more pleasant role; you may be provided one. You must be open to accepting the instructions that you receive. Some have received messages from perfect masters explaining the show as God and the pure energy in ITS omnipresence, but

*only God knows what parts are important and required in this perfectly reshaping play. Humans were preprogrammed to be servile. Servility makes it easier for us to exist, for God is orchestrating everything in this show. IT is the director, producer, and actors all at the same moment.*

*IT underwent much extinction and reshaping before arriving at a human intelligence capable of reading, writing, analyzing, and understanding where we came from and what put us here. Our ancestors did not know how many of their kind existed or even where on this planet they were located, but now it's clear that we have always been right here inside of IT.*

*In the time since your birth, you have grown bigger, possibly fatter and ideally wiser, but you have never ever been anywhere else other than this place of omnipresence, which has always existed, even before the Big Bang. You may have moved your housing and you may have traveled to some other location on this Earth, but you have always existed inside of IT as omnipresent, as the here and now. For this we should be grateful. Without IT, none of us would be here.*

*And if IT reshapes so that there no longer exists a need for humans, we would transform into something else. It is possible and probable that a meteor will hit this planet and do away with the human race. Take heart though; we will continue to exist as this moment, for we are part of ITS pure energy and always have been. We cannot exist outside of this omnipresence. We are made of solar dust and in ITS own image: we are this God as IT reshaped.*

*Even God is made in ITS own image, for IT has to continuously be engaged in the transferring of energy, which is to say, IT does not rest, not even for a second.*

### ***IT as life***

*You are here because you have something called life. I believe that life existed before the Big Bang, and as we can see, it still exists. As our planet was formed, IT allowed for life to develop into what we are, as ITS reshaping of that which we know as life.*

*Your life is housed within a body that started at conception, developed into a baby, and kept reshaping into maturity. Life begins with atoms. The male sperm and female egg are made of atoms. The sperm and egg combine so that they, as a duality, can reshape into life. The human body becomes the housing for life.*

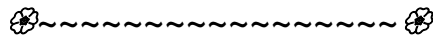
*The life force that exists as you does not change or reshape throughout your life; IT is constant. I find it strange that life is the only thing that does not change.*

*This also means that the part of IT that we understand as life is not subject to change. Let's look at the life of an ant. An ant is very small. An ant has life, the same type of life that exists within us. Life is the same for all but varies depending on the housing.*

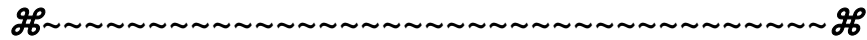
*The evolution of the human form has allowed us to use information that is available at any given moment. The ant does not have the same degree of this ability. Human beings are able to*

*participate in the reshaping of things differently than ants. Different forms of life have different tasks, functions, and purposes.*

*Change happens as a result of a positive and negative energy coming together. This is similar to when a male and female make physical contact. This causes something new to come to life, such as a baby, sometimes.*

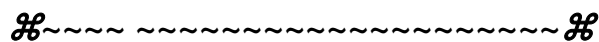


***\*\*We are the result of a constantly changing body in the presence of a constant that we call life.\*\****



*Life as we know it has a range that encompasses our deepest waters, all earthly terrain, and large portions of our skies. Events and beings are the products of IT reshaping ITSELF within ITSELF, and being made up of pure energy, they exist in the same moment that we are now, in the place of omnipresence. Our history and present life within this omnipresence is 100% IT, and being of this life, so are we.*

*In our modern language, we have used the word life in so many contexts, and even to refer to non-living things, that it's evident we don't altogether understand the meaning of life. When seeing a freshly washed car, someone might exclaim, "It has come alive!" When we admire a lifelike painting, we actually question whether it is alive. Or about a house, we might say, "look how alive it is when the lights are on" or "see how alive the room feels now that it's redecorated." There are more ways, too, that we use words related to life. We speak of the life of a star, planet, or galaxy, for example, and when we do this, we should be aware, that we are saying that these celestial bodies exist with mobility.*



***\*\*The presence of all the extreme political parties is ITS way of finding all the possibilities that IT can exist as.\*\****



*Life is IT, and only IT has mobility in ITS way of existing as a constant life that can exist as millions of bacteria so small that they can exist with mobility upon the head of a pin or as the human mind that enables me to write this book and you to read it.*

*Here is something to think about: Since IT is one, and everything is happening inside of ITSELF, what we understand as life cannot exist if this quality were not there to begin with as ITSELF.*

*So that if IT exists as LIFE, then even a rock or a steel rebar has this quality inside of it as ITSELF, even if these objects do not have mobility, for the rock and the steel rebar have both ITS dual ways of existing, and this also applies to everything else that exists. In the same way, everything that exists also has all the other qualities that IT has.*



## *Life is where IT exists with mobility*

*The need for mobility is why life may have started in the ocean. IT, as a water-warehouse of natural resources could provide ITSELF the elements that would give IT mobility, most importantly the number one element, hydrogen, which has the capability of forming bonds. Without hydrogen we could not exist. Hydrogen's bonding power provides ITSELF a way to reshape without having to repeatedly return to the formation of atoms, the first step of ITS reshaping. By bonding hydrogen atoms, IT reshaped into water and the smallest form of ocean life that could exist with mobility.*

*Because water can absorb great amounts of heat, by forming life first in water, IT could also protect itself as IT began to form the first eyes, ears, and all the other organs of the newly mobile life forms. Under this protection, IT could explore more possibilities of existence. There are many volumes of books on the life forms that exist in water, on land, and in the air.*

*As we observe all that is alive, we can see that IT also used atoms to form the components of DNA and RNA, which keeps IT from having to return to base one when reshaping ITSELF as life with mobility. Ocean creatures went from single cells to having brains, eyes, and mouths. IT has evolved through millions, billions, trillions, and likely googols ( $10^{100}$ ) of life forms as IT continued to reshape with mobility, and in this present moment where we now exist, IT is still mobilizing life. But when IT began to roam as life on land, there was still no sight of you or me.*

*This is also why we know that life can exist in areas of very high temperatures because it is not the temperatures that determine life; as long as there is water, IT will be searching to be present as life with mobility. And I doubt this is the first time that IT has reshaped with mobility, for IT could have done this somewhere else in ITSELF as this Universe. I say this because if IT is life, then IT knows what IT can reshape into as ITSELF as life.*

*IT reshaped into water so that IT could become a cell, so that IT could reshape into tissue and continue to change into organs. Cells, tissues, organs: they each have mass, yet they each continue to be IT, and looking to the smallest form of what is known as having life attached to it, we should remember that this life form is IT in totality. And remember as well that life is not made of matter; it is made from ITS constant nothingness.*

*I feel that most likely IT is a wave or vibration that started before the Big Bang and that afterwards reshaped into atoms, which behave as both waves and particles that vibrate. And as atoms, IT reshaped into everything prior to the beginning of living beings. Furthermore, in ITS continuous reshaping into all existing possibilities, IT arrived at what we call human life, which has the most intelligent brain that exists on this planet. IT reshaped into a mind that needed a body and skeleton to house the heart and all the organs necessary for IT to exist as humans. Life is nothing other than IT, as one, existing in all places as the same moment known as omnipresent. All the billions of life forms that exist are just one as ITSELF with mobility. IT is in all that we see alive.*

*Life ITSELF has intelligence. The human form allows for the human brain. The human brain contains what we call the mind.*

*As IT reshaped ITSELF into a planet that we call Earth, atoms further reshaped to produce water. Water made life possible. Atoms reshaped into cells, which reshaped into tissues, which reshaped into organs, which reshaped into organisms, which were the first forms of life on this planet.*

*I see this universal reshaping as a circular action, for it's typical to perceive the Universe as circular. The planets, stars, and moons are round. Many living cells are round. Atoms are round. What is known in meditation as the third eye is round.*

*It is a law within ITSELF that IT, as a total, will not remain in one shape. To do so would defeat the process of reshaping, of changing. IT incorporated this law before IT became the Big Bang.*

### ***Life as 21 grams***

*It is said that when a person dies his body weight drops by 21 grams. Now this may be true, but if we take the smallest life form that may exist and weighed it, this life form would weigh less than these 21 grams that are associated with the human form.*

*Life is IT with mobility, and this mobile life does not have weight, because in having weight, life would then be made of matter and thus be in constant change. And as I have mentioned, life is IT as a constant. So I pass this problem on to the scholars who can look deeper into this and would like to share their information with the rest of us, for if we can find the smallest form of life that exists and deduce its mass in terms of weight, we would get closer to finding the weight of life as ITSELF.*

### ***One becomes millions***

*Here is an experiment for the pros on this subject called life. The experiment consists of putting a living organism in a closed environment such as a one-meter box or airtight container, ideally one that is fire resistant and has a window. In this air-tight, sealed box, put a controlled, living organism, which would have water or a water-like fluid as its cellular base.*

*The next step is to apply heat to the box so that the life within dies. If the box is secure, nothing should be able to enter or escape it. Having a totally sealed container will maintain the conservation of organic matter inside it. After applying the heat, the box would then be void of life activity; the organism would be destroyed.*

*The inquiry here is to see whether or not life can regenerate with what existed before.*

*This experiment is not humane, so I'm not asking you to do it, just recall a time when you have seen a recently deceased animal in the wild or on the roadside. You know it had just one life when it was alive, but as it decomposes, it becomes millions and millions of other life forms for as long as water is present in the dead animal's tissues. It's not an attractive scene to imagine, but it demonstrates that life is IT where IT exists with mobility. Be it here on Earth or in any*

*other part of ITSELF known as the Universe, life exists wherever the conditions permit water to be present.*

*But now that we know we are here and each of us has a mind, a heart, and all the other organs that exist as our physical form, where exactly is life located?*

*Life is not within our bodies the same way an organ is. To see life and become closer to IT as life, we would need to engage in meditation, for life as IT exists as color, sound, and motion. And to reshape into life with motion, IT first had to convert from being a fixed dense energy to an energy with mobility.*

### **God Works in Mysterious Ways**

*We'll begin with the global religious God, who for me did not have much significance. I must say that the God that exists as pure energy is a mystery in itself. Mysterious enough that how IT does things, as what we see as life, and the things that are in it are just an illusion. In other words, what we see is not what really is. Nevertheless, more mysteriously, is the way IT actually exists. Remember that IT as pure energy exists as one, as the only pure energy that exists. However, this one pure energy exists as two extreme temperatures, one is ITS shell body, which exists as a cold clear transparent nothingness, where IT has inside of ITSELF, ITS heated weight. This heated weight wants to exist as one, but will allow itself to be fragmented, with the condition that the heated weight reunites itself as one again. Now here is the strange part that makes it difficult or impossible to understand, both ITS two extremes are reflected as clear and transparent.*

*In other words, if we could see it as one, as both extremes, IT would look transparent. Meaning, that we could not see IT, but we would be able to feel ITS extreme temperatures. If you haven't read what was written about this elsewhere, or cannot fully grasp the whole concept, then let me explain it in a way that the above notion can be better understood.*

*The next time you look at television or anything at a distance, or even look up at the stars, you would think that from where you are looking, the object has no interference, right? If your answer were yes, then you would be wrong. Because between you and the object there are millions, to billions of oxygen atoms, and for oxygen atoms to exist, they have to have two things: 1) is ITS nothingness as the empty space that exists inside the atom, and 2) is ITS heated weight. This heated weight exists as the protons and neutrons as each individual atom of oxygen that exists as these millions to billions of oxygen atoms. With this it will exist between you and what you are looking at, which brings ITS heated weight as transparent. One more notion that may help you understand this whole concept. For the black hole lovers, the reason why the black hole looks dark is because when you look at a black hole you are seeing through it to the other side of outer space, or what some call dark matter. The reason is because the heated weight that exists as the black hole is really clear and transparent, and the empty nothingness that exists as the outer space is also clear and transparent. The only reason why it*

*is being seen as density and color is because when both of ITS ways of existing come together it releases light, and light is what produces color.*

*Try imagining IT as a battery that has two extremes, one as a positive, which is where the heated weight exists, and the other as the negative, which is really a nothingness. Both positive and negative separately allow nothing to happen as the energy inside the battery, but in order to release the positive energy; you have to make contact with this nothingness, because the nothingness allows the positive, or heated weight to transform itself into something else. As in the battery when the positive and negative are brought together, the positive will bring something new, and as the positive is released it will transfer the heated weight. This heated weight can reach millions of degrees just like the heat that exists as the solar sun.*

*Therefore, both of ITS extremes are clear and transparent, and that to me is really strange, but that is the way IT exists. I am so grateful for this, otherwise I would not be writing about it.*

*It was not until I was allowed to exist, that certain things were defined, such as:*

- 1- The word Omnipresent.*
- 2- Who are we?*
- 3- What unifies quantum physics with astrophysics?*
- 4- What connects God with science?*

*Answering some of these questions will allow you to have an inner depth in understanding. Who are we? In short, we are 99 % of the infinite, and 1 % of the finite of what exists as pure energy, since we are portions of ITS heated weight, within ITS nothingness.*

*Furthering the understanding of who we are, bear in mind that it was not our mother or father who created us. The word create should be totally eliminated from the way we think, simply because everything that exists, existed or will exist is made from this pure energy that cannot be created or destroyed. Another way to help us understand who we are, is to eliminate the concept that we use, known as the mechanical time system, because whoever IT is as pure energy does not exist as time, (see the section of what was written on Time).*

*Returning to what we view as our creation, that is our mother or father. And remembering that they both exist because of this pure energy that reshaped itself using ITS heated weight to become atoms. Thus, the atoms became the matter that we and everything else that exists, possess.*

*Now we realize that our mother and father did not know how to make a baby that came into existence so perfectly. Having fingers that could move and grip, with a heart that knows exactly how much to pump, and lungs that know that they are to bring in air, or eyes that can see, and finally a mouth that it is there to bring in energy. Yet again when that child discovers, that by crying it can control us from the beginning of its existence, that is when the mind finds a way to*

*control its environment. As humans, we do not know how to make the perfection that exists as a newborn. Therefore, when mother or father were allowed to exist, they from the beginning came with a built-in program, which was to reproduce, in order that IT can continue reshaping and evolving. And what makes you different from me is that the heated weight in you is not the same fragments of the heated weight that I have. In short, we are all the same nothingness that exists as infinity, with the exception of our heated weight, which is different from one another. However, all these heated fragments come from ITS heated weight as a singularity.*

## **GOD**

*The human mind has attached various meanings to the word God. We should remember that there was a moment when we did not exist, when our planet did not exist, but IT did exist, and IT did so without the need for this word, "God".*

*Yet we refer to God as a pilot in control of our lives. And certainly, when on a plane in the sky, where we are without control as to what could happen to us as life and we cannot walk away from our situation, such as when we encounter turbulence, we will thank God for keeping us safe. Yet when we get as close as possible to having our feet back on the ground, where we again have the feeling of being in control, we lose our need and gratitude for the pilot that we called God.*

*We also use sayings such as "he thinks he is God" or a similar one: "he is playing God." I have not heard these expressions in reference to a female, as in "she thinks she is God." Odd, is it not? Perhaps this is because in our culture it has been predominantly men at the controls. Surely as women gain their share of these controls, we will be hearing new sayings.*

*In my travels through life, I was once told that God is an acronym: G.O.D. G stands for IT as the Generator, and I can still see this to be so. O stands for IT being the Operator, and I also agree with this, and D stands for Destroyer, and here is where I disagree. IT is not destroying; IT is reshaping. This is why I still prefer to use the word IT.*

*We have attached words to God that imply there is more than one. Ancient Greeks or Romans would say, "In the name of the gods!" But the perspective of multiple Gods misses the meaning of omnipresence.*

*There are two gods, however: there is the god of the mind, a righteous God that will see things that are wrong, such as negligence, hate, ignorance, and war; and, there is the God that is running the Universe. We seldom remember that when we discuss God, we must associate IT with everything that exists as omnipresent.*

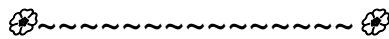
*Many wars have been fought over which God is the true one. I believe there is no other word besides omnipresent that unites everything that we see and do not see. God (pure energy), this omnipresence, is in all places at the same moment. This is why I have chosen to call God IT.*

*The meaning of IT becomes clearer when we hear a genius's perspective. For example, Albert Einstein said, "God does not play dice." For whatever IT was to Einstein, IT was not playing a game, which is to say that unlike a game having a loser and a winner, IT has no opponents. Everything is IT.*

*As for me, I do not attach words to IT besides IT, for I know that IT exists as me and as everything outside me. I do however use words to thank IT for letting me be here and for giving me this moment where I can think more about IT, for IT could, if IT wanted, have me laboring with a pick and shovel, or worse, have me on a sick bed, feeling pain before I leave this existing moment. I know the pains I now have are to let me know that there are a few things that I have to do in order to keep what I already have in the best condition possible.*

*I do also say to IT, "You are incredible—in size and in all that you are doing, as yourself." I also ask IT, for I know IT is always with me as omnipresent, to help me never again lose my focus on IT.*

*Many people focus on IT or God by way of symbols: a cross, a statue, an icon, or pictures of the Universe. Humans have philosophized and theorized about the meanings of these symbols in relationship to God, yet we should remember that we have only recently become aware of this Universe that we live in. During the primitive stages of human existence our minds were not as analytical; there was no need for it. There was no need for an education as we now know it.*



***\*\*\*\*Since there is a law that nothing is really created or destroyed, then you will understand that life is something that was not created or destroyed either, as pure energy, or as IT.\*\*\*\****



*Now that we have the capacity for analysis, we are able to examine IT as the atom. Looking into the atom permits us to understand more about pure energy. There are professionals in the scientific community that understand pure energy as IT. They believe this because they are aware of energy, and energy is quantifiable. And, since we are made from this pure energy, it would be reasonable to accept that we are this pure energy: this substance of God that we are learning to understand as IT is reshaping ITSELF in omnipresence.*

*Our inability to make the connection between God and pure energy before now is due in part to our ability to function without the need to know. It is also due to our lack of technological training. As we advance in our technical ability, we will come to understand IT even more. Currently, more information is becoming available because more and more people are joining technological fields as a source of employment. The increase in employment opportunities increases the amount of education committed to the subject.*

*What we can understand at this moment is that IT will be using this high-tech society to move from one part of ITSELF to another. IT is aware that this planet has a finite amount of time in which to exist as we know it. Through the technology we are developing that will take us into outer space, IT is reshaping ITS possibilities to reshape into a part of ITSELF other than planet Earth. Since this ultimate reshaping is still going to be this same existing moment as*

*omnipresent, many rotations away, there will be constant reshaping in preparation for what IT develops into.*

*As one moment of my existence, I too saw God as being that which was on a cross, and I too saw science as being elements that could not be created or destroyed, but I now understand that these elements listed in the Periodic Table can be seen as the planets, stars and every thing that exists out there as this Universe, and that these same elements can be taken and reshaped in to an infinite arrangement of things. Like the chair that we use to sit down in and eat our food or work, the same elements reshaped will be found in my human body.*

✿~~~~~✿ ✿~~~~~✿  
**\*\*We can call God anything we desire as long as we exist. \*\***  
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*I too once understood God as one thing and pure energy as another, as something scientific that made my telephone and all the existing materials that exist outside of me as objects. But now with this better understanding of the meaning of omnipresent, I see the cross as a symbol made of elements of pure energy, which cannot be created or destroyed but is reshaping in this place called omnipresent, for everything that exists is a fraction to the minus side of the number line of IT as one. And this one as 100% does not need a name; IT is beyond that. IT is even beyond time. There is no rush for IT to reach a certain point at a certain moment. IT is all that exists at the same moment. IT is beyond the abilities of the human mind to conceive what IT will reshape into. ITS possibilities are infinite.*

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**\*\*\* If Hell exists it has to exist within omnipresent\*\*\***  
 ✿~~~~~✿

*We can understand what IT was before IT reshaped ITSELF into this moment as our lives. We cannot see what IT will reshape into as what we call the future. When the mind thinks about what it is going to do tomorrow, it has to remember that it will have to hold off until the planet rotates. I have accepted that all of what I am will have to keep changing until the moment that I will no longer exist as this gift called life.*

*There is only one master. And that is IT, for only IT knows what it needs to reshape into. IT is the master of reshaping for IT is reshaping ITSELF. Yet, there is no perfect plan; we have no idea what IT is going to reshape into next. Even as you read this, God is reshaping. I trust in ITS reshaping, yet to me IT remains mind-boggling. If IT is everything including us, where does IT exist as a place? IT runs this whole Universe, from that last atom at the end of this Universe all the way to the atoms that make my existence possible. Way before I arrived here, or my parents and grandparents arrived, when we began to exist as humans, IT has been here as ITSELF, and whatever IT wants to do with us as ITSELF, as IT prepares to take us off this planet, to some other part of ITSELF, we really have no say, for IT is the only one that knows what is out there as ITSELF, and as for me, as this moment, all I have to do is enjoy as much as I can as IT keeps reshaping this moment called life. Even if what I see looks like madness, I have to remember that IT knows what IT is doing and always has, be it here on Earth or out*

there as It exist as this Universe.

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**\*\* God recognizes no flag and favors none \*\***  
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### ***IT is alive***

*Since everything is IT, life too has to be IT. IT produced life because IT is alive. I did not always see my God or pure energy as being alive, but looking closely, we will notice that we are made in ITS own image and we are alive. What's more, we consume ITS pure energy: IT reshaped as food, air, meat, and vegetables, so that we can live within omnipresence.*

*We describe life as an energy force because we cannot visually see life. Many in fact call the life within us our "spirit" because life is potent enough to move our human body and our spirit is considered that which continues living after our bodies die. Still others say life is found in our soul. While I have no intention of giving you an opinion as to what to think about the idea of a soul, it has been said that SOUL is an acronym for "Source Of Universal Languish." I have been fortunate to learn from IT of a place where I will not be affected by languishing or what some might see as the grinding wheels of life, where no matter how we position ourselves, we feel as though we are being ground between gears like a grain of wheat in a mill. For in all fairness, the grinding wheels are just doing their part in ITS reshaping. Therefore, instead of struggling between the wheels, be it the right wheel or the left, I have learned to surrender to IT and see myself as the pivot, that part of a wheel needed for turning, but away from the grinding of change as IT continues reshaping.*

*One of the most precious gifts that I have is my ability to communicate directly with IT and to seek help from IT, and you can too. IT communicates with us every time IT reshapes, which is constantly. Some of us have at times met a perfect master or guru to show us how to connect with the spirit or pure energy that exists within us, and in this way we have come into contact with IT. Sometimes our teachers appear as we pursue our interests. I was lucky to have chosen water as my career interest, for my research on water put me in contact with other related areas and provided me insight into how IT functions as life with mobility.*

*Another way I connected to IT was by focusing on the word "omnipresent." This word led me to understand God as pure energy and everything that exists. I am certain that as more people look into omnipresence, they will better understand this pure energy as God and also as themselves. Many have yet to connect to this internal feeling of pure, universal energy in which we are all living and of which we are a part.*

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**\*\*\* As we age, something new always comes, even if what's new is pain. \*\*\***  
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## ***Ask and you shall receive***

*Before I could see what was happening to me, I fell into a hole called addiction. By the time that I realized what had happened I was in too deep to find my way out. I looked to the outside for help but found that people could not offer me a way out of my situation.*

*I asked God, from the bottom of my heart, to help me. I confessed that I was lost, and I did not know my way out. It was at this moment that I became aware that God does listen.*

*IT can see, hear, and feel because IT created the human body.*

*A few days after asking IT for help, a big change started to take place. This change has lasted to the present moment. The change was noticeable right at the beginning, but I did not understand it. After a few years had passed, I looked back at the many changes that took place and began to understand IT as I do at this moment.*

*Life got better and better for me. My friends now ask me how I am doing, and the first thing I tell them is that I am alive, like they are, and then I say, "I eat well, I sleep well, and I feel well; these are the best of times for me; my cup is overflowing." And for this, every moment that I get a chance, I thank IT for allowing me to live. I see now that since I asked for change, I have received change.*

*I also asked IT if it would allow me to know and understand IT more. IT began to show me more of what IT is and how IT operates. I again have to say "thank you." I can now understand the saying: "Be careful for what you ask because you just may get it." I still talk to IT. IT is the only one who has been with me since the moment I became alive. IT is the only one that will be with me when I take my last breath of life. IT is my best friend.*

## ***All existing possibilities***

*Here is one more way to open your mind to how IT exists: Imagine that you are God, and that you are everywhere at the same time, and that everything that exists is you, as one, as in you being in all places at the same time. It will help if you remember that you exist as one total heated weight, that exists within the way you exist as one huge, cold, clear nothingness, as your outer way of existing, as a place where you keep your heated weight, that can exist as just one total weight, (like before the moment of the Big Bang) that can be fragmented into very tiny portions (protons, neutrons, and electrons). As you imagine this, remember that you are GOD, as a portion of ITS weight that exists within a portion of ITS total nothingness.*

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***\*\* When we speak about nature working through random possibilities, this is the same as IT searching for all existing possibilities \*\****

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*Whatever this visualization may lead to, as to what would you see and comprehend, and if you find something that you would like to share with the rest of us, please send it, so we can use it in understanding IT better.*

*Here is yet another way to see this: If GOD is in all places at the same moment, this means that at my moment of existing, IT is here also, and if GOD is all knowing, then IT is also inside of*

me as this existing moment, firstly, as omnipresent, and secondly, since IT, to use the phrase, created everything, IT is also you and I and everything that may exist from ITS creation.

### **IT as I-S-F-A-E-P**

As we look at all that is happening in and around us, we can see everything as being done by IT. I tell myself that IT is acting as I-S-F-A-E-P (IT Searching for All Existing Possibilities). When we see things that we do not like, let us remember that all that is happening is IT as IT reshapes. I can only recommend what I have done, which is to see what comes from ITS reshaping not as something meant to satisfy my liking, but rather as something intended to make something different happen as ITSELF. With this perspective, I no longer feel the pain and discomfort that comes from not liking what I am seeing. I understand that everything that is happening as events is IT reshaping ITS weight into something new to continue ITS search for all existing possibilities.

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**\*\*\* Our protesting is one more way for IT to search for other possibilities.\*\*\***

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What I do is keep an eye on ITS new ways of reshaping, trying only to see what might come from IT next, even if what I am seeing is what I once considered a negative action. This is ITS show. As humans, we have the chance to exist as ITS life form, in this stage of ITS existence.

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**\*\*\*When you see a human reach a new world record,  
you are seeing IT as IT searches for all existing possibilities.\*\*\***

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### **A word for IT**

I invite any readers to join my search for another word for IT that would denote IT as one entity operating as two forces as the same moment. I have played with this objective of finding a word as though I am arranging squares from a Scrabble game, for such a word should stem from the meanings if not the first letters of the following words:

Omni, for whatever IT is, it's everywhere.

Speed, for ITS mobility and ability to transfer light.

Light where IT exists behaving as a duality: as waves and as particles.

Empty, for ITS 99.99% nothingness —plenty of room to reshape.

Weight, for ITS mass.

Temperature, Color, and Sound, for ITS heat and cold, visibility, and the whispers of wind and cracks of thunder.

Reshaping, for ITS function of creating.

Transforming, for doing it all infinitely and perpetually within ITSELF-- IT is perpetual, which

according to the dictionary means never-ending, which echoes ITS infinite possibilities, and to continuously repeat; IT is repetitious in ITS reshaping.

And here's a new one: Magnetic, for IT functions as two equal forces acting as one, like a magnet—negative repelling negative, positive repelling positive; hence the atom's neutron enabling positively charged protons to coexist and for IT to reshape into matter. Furthermore, IT operates as an electrical, magnetic field to produce these changes or moving events.

However, it is not as important to know the definition of these words as it is to know and understand what IT is and how IT operates, since the terms God, pure energy, Creator, or any other respective title, in addition to IT, relates to the same power that exists as IT. I can move letters around all day to find a word, and please write if you can help, but I for now have to put this word-search aside, so that I might continue this book.

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**\*\* The more you know about IT, the closer you get to IT and the closer you get to IT the more you have to surrender to IT, and the more you surrender to IT the more you become IT, but not as who we think we are, for you will realize that you are a fragment of ITS total weight and that you exist within ITS nothingness.\*\*\***

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### **An unbalanced universe**

The balance in ITS universe is strange considering that less than 5% is matter and at least 95% is empty space; 10% of things are uncertain while 90% of things generally go the way we expect them to; 45% of the people on earth disagree with the other 45% of the people on earth, and the remaining percent are unsure.

The chemistry of the human body is unbalanced as well. Men have 80% testosterone and 20% estrogen. Women have 20% testosterone and 80% estrogen. This is true for 80% of the population while the other 20% do not have the same make-up.

This could explain homosexuality. Perhaps an expert on the subject knows whether the ratio of testosterone and estrogen is different in homosexuals. And here's another unbalanced ratio; some say the homosexual community is 10% of the population while near 90% is heterosexual, a small percent being neither. Let us remember that IT is the 10%, the 90%, and all other percentages. What is important is that IT will always be searching for all existing possibilities as ITSELF as life.

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**Memories are what IT uses to remember what IT reshaped from, or how ITS weight used to be or how ITS weight once existed.**

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### **The best worker**

The best worker is IT because IT is unendingly transferring energy. Nobody can outwork IT; IT never stops, not even for a coffee break. No one can outperform IT; nothing can transfer as much energy as IT.

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**\*\*\* We exist as an illusion, because we are not we, we are IT in ITS totality.\*\*\***

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### **Pure energy and extinction**

When IT completed ITS mission in the form of dinosaurs, IT reshaped into a meteor that changed the face of the Earth forever and allowed for the evolution of humans. Already, our number one priority for existence is survival; imagine our lives if dinosaurs still grazed this planet. Would they be supplementing their diets with our sustaining grains or maybe our watery flesh? Would we have evolved to our current status on Earth? I think it's unlikely we would continue to exist.

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**\*\* Reincarnation is the same as IT reshaping into something else.\*\***

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What we call extinction is actually IT reshaping ITSELF in this moment. Our existence happens as IT reshapes from one Earth rotation to the next. We try to prevent the unnecessary extinction of animals, yet we do not get upset when jobs or material objects become extinct. Well, we may get upset, but it seems rather pointless, doesn't it?

Everything that we understand as having been created eventually undergoes extinction so ITS reshaping can continue, which is to say that everything created will also be destroyed. However, when all is analyzed, just as nothing is actually created, nothing again is ever destroyed. It is accepted in the scientific community that not a single atom can be added to or removed from the total amount of pure energy in this Universe.

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**\*\*\* We should be grateful for extinction! \*\*\***

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This reinforces the idea that pure energy cannot be created or destroyed; rather, it undergoes perpetual transmutation. But have scientists, have we, honestly viewed this indestructible pure energy as being everything there is? Are we willing to accept pure energy as the One that some have called GOD, others The Creator, and right here, I'm calling IT? For if pure energy is the substance of ITS existence and IT can neither be created nor destroyed. Neither can we...

### **The possibility that everything will become extinct**

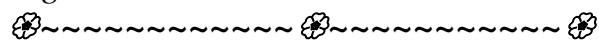
No matter what we do, everything will have to become extinct. This will be so because IT will eventually return ITS heated weight back to a new singularity. As a part of this process our Sun will have to collapse and eventually, the Black Hole that exists within our galaxy will consume it in its entirety. This process shall occur throughout the Universe until all the existing matter is concentrated once more into a singularity so that another big bang may take place.

However, there is a possibility that not everything will become extinct and that IT may determine to keep some of ITS heated weight in the form of matter. Maybe things will happen as I have described elsewhere, that a technology may exist capable of building a spaceship where people who have gathered all their civilization's information will be able to survive a new big bang. In this way IT will not have to start over from scratch.

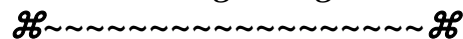
### ***The creation of nothing***

*In the process of understanding IT, we let go of old ideas about creation and the view commonly held that God created everything. A scientist's definition of creation in fact would share my perspective that the Universe is the result of the pure energy that has always existed; what we see as creation is just the reshaping of energy through transmutation. But even science focuses on the presence of pure energy as the matter that we visually see, and consequently, we have tons of information on the way pure energy exists as matter, from atoms to all celestial bodies. While science used to see matter as 10% of the Universe, now science tells us that the matter of the Universe is more like 4.6% of its totality. And as our minds become more conscious due to our accumulation of information on the existence of God and pure energy, it will be easier to see that regarding God, our existence, and that of this Universe and of life, the word creation is missing something. When in the beginning our minds had first contact with God's Earth, seeing ITS "creations" as everything that exists as matter, we were not aware that IT also existed as a cold, clear nothingness. Now add to this what science has found or knows exists as pure energy, for it is the same as God, as omnipresence: Pure energy exists only as this existing moment.*

*I've already explained why creation is a problematic word regarding the idea that something comes from nothing. Here it remains a problem when we consider that IT also exists as a constant nothingness or as a constant moment in an area that is not visible as what we see reshaping or that which we generally call Creation. This further shows that what we have been calling ITS Creation is only that which we can visually see: ITS weight, as the matter that exists inside of ITS cold, clear nothingness.*



**\*\*\* IT has no beginning or end \*\*\***



*When I have tried to use the word creation in my everyday life, I have found that because I am a result of ITS ever changing weight, I am unable to find one fragment of me that I can say has been created. Every atom that I exist as is IT, as God, or pure energy, as IT reshaped or transformed ITSELF.*

*I tried using the word creation in reference to my children, and here again, the word does not apply because I, in no way, could create the bodies that my children now have; I did not create them. They resulted from ITS reshaping ITS weight as ITSELF; this better describes how my children came to exist.*

*The same applies to all that exists outside of me: homes, cars, and everything else that we refer to as man-made creations. I have noticed that for these so-called human creations to exist, we first had to exist as us, and as us, we have to use our minds to reshape ITS weight, as matter, so that we can call something like a car, or house, a creation. In order for us to participate in this so-called creation we have to use our minds, and our minds are totally IT as ITS weight, as all the atoms that make our minds and bodies possible. Therefore, in order for us to take part in what we are going to call a creation, using our minds and bodies, we have to be fully energized by IT as ITS oxygen that IT exists as, and as the food that we need as fuel in order to participate*

*in what we call creating. I do not see where we are creating anything. This does not bother me, however, for how can I be disturbed by that which exists as everything?*

*Let me also add that as much as our minds do not have a problem saying that God created everything, they will very seldom include IT in what we refer to as us creating something. We can see that our minds want to be independent when we refer to what we create as we use ITS weight as the materials with which to make something, anything.*

*Here is one more thing for you, the reader, to think about: No one ever created IT, IT is not a creation.*

*So, you can see why we have to review this word “create” in order to include ITS nothingness that exists in everything that is stated as being created by someone (us) who is also a manifestation of something (IT) that exists as not being a creation in itself, as in GOD, or pure energy, not being created.*

*I can see the human centered understanding of creation as the result of how we have been educated. I learned that it was an admirable thing that we humans create things during our existence. Additionally, it seemed natural that humanity evolved in stages directed by our God, which does lend to IT some of the respect IT deserves. But I have also found that using the word create regarding existence and evolution has blocked me from clearly seeing and understanding IT as the pure, ever present energy IT is.*

*The drive that emerges from our feelings about creating likely helps to ensure that the powerful reshaping force continues. In this way, we are instruments of ITS reshaping. But it is important to let go of this feeling of creative ownership in exchange for a better understanding of IT, and if we are to think of IT as God, we must add to the definition the existence of IT as pure energy and as a place of omnipresence.*

*Only recently have we begun to attach the quality of omnipresence to our notion of God. During the earlier stages of human development, we saw animals as animals and people as people—our minds labeled everything in terms of individuals: an atom is an atom; chemicals are different types of chemicals; planets and galaxies become one more planet or galaxy. But if we accept the oneness of IT as omnipresent, we will see that nothing is independent of IT; everything exists within IT as a place of omnipresence.*

*IT is 100% of all that exists including the trillions of individually named life forms that have inhabited this planet throughout history, and history is only a concept put together by the human brain—a brilliant organ but one made mostly of 85% water. IT was reshaping long before the brain and the mind came into being, and well before the mind contrived the convenience of the mechanical time system. Because of time, for example, we understand that before our ancestors came into being, certain animals existed and became extinct. The dinosaurs that ruled the Earth several million years ago exist no more. Yet they remain as omnipresent as we are here and now, for dinosaurs were part of ITS reshaping as this same omnipresent moment.*

## ***We exist in ITS image***

*As a human body, we each are one unit that is 100%. You, for example, as one human being, are one whole unit of human life. Yet you and I, and our civilization are less than a grain of sand in ITS vast Universe. Consider the fact that millions, billions, and trillions of living organisms exist within our body. These bacteria live within your 100% much the same way the six million humans and the billions, trillions, and googols of other life forms exist within IT. However, this isn't to say that IT is a giant body or that ITS origins are a human body. Neither are you a giant bacterium. To exist in ITS own image means being one within ITS constant transference of pure energy.*

*And since pure energy cannot be created or destroyed and life is the result of this pure energy, this should be an indication that life cannot be created or destroyed*

⊕~~~~~⊕  
**\*\* All living beings are IT as Pure Energy \*\***  
 ⌘~~~~~⌘

## ***The devil***

*If the Devil were to exist, it would have to exist within this Universe. If a devil existed within this Universe, it would have to be part of God as omnipresent. But why is the Devil typically depicted as male? Is it because a male invented it? Maybe it's because women are angels!*

⊕~~~~~⊕  
**\*\*\* Hell exists within omnipresent \*\*\***  
 ⌘~~~~~⌘

## ***Why hell does not exist***

*There is no Hell because for a physical hell to exist it would have to exist somewhere, and would also have to be made of something; otherwise, we would not be able to recognize this hell as a place. Now, if this hell was made of something then it would have to have some of ITS weight as the matter that makes this physical hell possible. And if this hell did have a place of existence it would also have to exist within ITS body, for as the phrase goes: IT created everything and everything that is exists within this place called omnipresent. At least, this is the way I see IT.*

⊕~~~~~⊕  
**\* Sorry you little devil, for you and your place, also exist as Omnipresence \***  
 ⌘~~~~~⌘

## ***Humans as killers***

*Most human beings would like to believe that they are not killers. Humans are killers. In primitive times, humans have had to "kill or be killed." Modern humans also kill. Everyone has killed a mosquito, a fly, or that cockroach that was once a living thing. The meat that most of us eat comes from what was a living creature. Someone killed to help provide for your survival.*

*This is the duality of existence: life and death.*

*During our work, or what some might call the day shift, we could at any moment get into an accident where someone else as IT will determine if we are to depart as life. Or death might result from our own negligence, maybe in the form of a heart attack. It can also happen without human intervention, as when we get physically tired and are forced to rest, and there in our sleep, IT does not let us wake or return to work again. In this way, IT lets us take part in transferring ITSELF. We continue evolving because IT continues reshaping.*

*Those of you who have come close to death will agree with me on the following statement: property and material objects have little importance. When we depart this Earth, we cannot take material possessions with us. We should give more of our energy to the people around us. We should enjoy the moment that we have while we are alive.*

*Have you ever noticed that when you are at a funeral, everyone has something to say about the deceased? The deceased person cannot hear what is being said. I believe that we should say what we want to say to the people that we care about while they are still with us. Death is only a moment away for all of us. We should be grateful for the moment that we have been permitted to exist on this planet as life.*

*When I die, please do not come and see me. I cannot attend to your needs. I would like for my body parts that are functional to be used by others that may need them. I would also like for the remains of my body to be cremated as I will have no further use for them.*

### ***IT is not infinite***

*In seeing God, the Universe, and everything that exists as one, you will see pure energy at work, as IT continues to reshape into infinity. IT is everything that exists, and everything that exists is IT, yet IT is not infinite. IT is one, a whole that totals 100%. Infinite are the possibilities of ITS reshaping ITS weight. In ITS majesty, IT reshaped from very dense matter into this Universe and everything in it—into atoms that reshaped into water that reshaped into human cells that reshaped into organs as ITS weight.*

*IT gave us the opportunity to exist as humans here in this place known as the 21<sup>st</sup> Century, which gives me a very warm feeling. IT reshaped into our minds capable of enjoying the moment and thinking freely. Everything in the Universe is IT as a total, perpetually reshaping ITS weight only, from one form to another while seeking all existing possibilities.*

### ***The Universe and God***

*Imagine the universe when IT was 99.99% cold nothingness with a very hot and dense center. This dense matter was IT as part of the total 100%. IT became opposing forces within ITSELF, both a positive and negative energy at the same moment in the same place. When these energies made contact, they caused the violent explosion that we call the Big Bang. This enabled IT to reshape into the Milky Way and into the arrangements necessary to form atoms and what we understand as life in this moment. IT rearranged ITSELF into a planet that would be just the right distance from a sun that water could be maintained with the proper amount of*



evaporation, the process we know today as the hydraulic cycle. Water was the onset of our existence. By reshaping atoms into water, IT made the first living cell possible. And by reshaping atoms into DNA, IT gave cells the information necessary to develop into every particular creature. So from one cell, IT reshaped into diverse life forms: first sea bacteria and algae, then species that could see, and hear, move, and taste, species with complex digestive systems and reproductive organs, and IT continued to reshape into all existing possibilities. This constant change into different types of life is evolution.

By the time God arrived to the point of reshaping ITSELF as this same moment, IT has been through several types of eyes, ears, teeth, mouths, and bodies. IT has now reshaped into nanotechnology, so that IT can do more things with the human body. However, God could not visually see ITSELF in the beginning of ITS reshaping. By putting together a human body, IT was able to reshape using the qualities afforded to human beings: seeing, hearing, and thinking as well as being different sizes, colors, and shapes. By becoming human, IT could then build the objects that are found only here on Earth as man-made.

IT arranged political systems that span from one extreme to another, and IT used the same extremes when reshaping into objects such as automobiles, TVs, and VCRs. Look at the size of a spacecraft compared to a house. Look at a microchip compared to a skyscraper. Whatever IT decides to reshape into is possible. The human form first appeared to resemble the ape. As the human form evolved, so did human life. The temperature ranges on Earth provided humans the chance to wear clothing. Clothing began as something required for functioning: warmth, protection. Clothing has progressed to what we now know as fashion. Different types of fashion are appropriate for different types of roles in this show called life.

### **Money as ITS weight**

I'm sure you are familiar with the sayings "you are worth your weight in gold" and "money will buy most of the things you may need". Both refer to ITS heated weight. Money allows us to obtain more things that exist as ITS heated weight, but this also holds for the barter (trading) system because when we practice barter we are exchanging units of ITS heated weight. The truth is that for anything to exist it can only exist as that part of ITSELF that exists as ITS heated weight.

### **IT cannot see ITSELF**

Here is something strange about the way IT exists: IT cannot see ITSELF as ITS nothingness. I am going to assume this is why IT needs to reshape ITS heated weight in order to be able to see ITSELF as ITS weight. As far as ITS nothingness goes, I believe IT is most likely aware that ITS nothingness exists as energy. Look at it this way: the only reason we can see things is because we exist as ITS heated weight, and in order for us to visually perceive something we have to use our eyes that are made up of ITS heated weight. Yet we too cannot see the more than 95% nothingness that we too exist as our body volume in terms of size, because our weight is only a very small portion of who we are in terms of our body. It's important to keep in mind that it is not ITS heated weight that allows us, (and possibly IT too), to see things. Only when these two energies that exist are present in combination can we perceive things that exist as ITS heated weight visually. The things we are able to see with our eyes are always composed of a

combination of ITS heated weight and ITS nothingness. Let me explain better this way. When we see things that are at a distance, we are able to see them because of the electrons that make the object possible. Remember that electrons are composed of a combination of both of ITS extreme energies: ITS speeded nothingness and as ITS heated weight. Now, returning to the main point, for us to see things we have to see through both of ITS other combinations that exist as ITS heated weight, that is, the trillions of protons and neutrons that are in front of our very eyes, forming atoms that are transparent. For these reasons, I venture to say that when IT existed at the very moment of the Big Bang IT was unable to perceive ITSELF visually, for eyes did not yet exist as what we understand as eyes, nor did anything else that can exist as an object, because there was no matter as yet.

Consider this: If you were IT and you were at the moment of the Big Bang, you would not be able to see yourself if you were ITS nothingness looking at yourself as your heated weight, because ITS heated weight can also exist as being transparent. Another possibility would be that IT might be able to see the light around the circumference of ITS heated weight making contact with ITS freezing cold nothingness. However, I think that if you were IT as your heated weight looking at your nothingness you would not see anything either, because you would be looking at something that exists as a clear transparent nothingness. The only reason why we know that this nothingness is there is because IT has two features:

1- IT has a freezing temperature as part of this pure energy's existence.

2- We know that IT is there because we can see the distances that exist from one portion of ITS heated weight to another, that is, between one portion of matter and another.

One reason why we can now see things inside of IT is that we can see ITS heated weight in the form of matter. Try to imagine this: You are inside of this Universe and there is no matter. As you look around you will not see anything at all for there is nothing to see, nothing to indicate distance. So, if in an imaginary way I put myself the way IT might have existed when IT had all ITS heated weight in one singular point, IT still might not be able to see ITSELF because as ITS nothingness looking at ITS weight, ITS nothingness primarily exists as nothingness. How can you see something when you yourself are made from a form of nothingness? On the other hand ITS heated weight can also exist in a clear transparent manner. For instance, when we look at an object we cannot see the part of ITS heated weight that makes up the billions and trillions of electrons, protons, and neutrons that compose the oxygen and other gases of our atmosphere. These gases are also composed of ITS heated weight and it is between our eyes and the object at which we are looking. As always, if you readers have any thoughts on this or any pertinent scientific information you would like to share, please send it, for I personally enjoy anything that helps me to better understand how IT exists as pure energy.

But then, why should IT have to see ITSELF? For IT is here forever, and IT knows what IT can do with ITSELF as ITS two extreme temperatures or opposing energies, and IT knows from the many times that IT has reshaped ITS heated weight through Big Bangs. I believe that this may not be the first time our present high tech society has existed. It may be new to us or at least to our generation, for we can only exist as this particular moment of ITS existence, as IT is

reshaping ITS heated weight within ITS nothingness. But it may not be new to IT. Personally, this moment of my existence, which I acknowledge as a gift from IT as a moment of ITS existence, has been the most interesting moment of my life, as I have been permitted to use both ITS two extreme temperatures as ITS energies to understand IT better. It may be also that IT has to use the way IT exists as opposing energies so that IT can produce visible light, so that IT can see ITSELF. I believe the only reason why we can see things is because this duality called light exists. Otherwise, everything that is composed of ITS duality, as ITS nothingness and ITS heated weight could not be seen by IT or by us.

### **Consciousness**

I'd like to discuss consciousness now. To begin, consciousness exists because IT allowed it to exist as ITSELF, for I personally know that my consciousness was never placed there by me or by my parents, the same way I never gave my children this gift known first, as life, and then, as their consciousness.

I have observed this that is called Consciousness and have found that as ITS consciousness, IT never sleeps. I say this because who would run this universe while IT was not conscious, for then how could IT be in all places at the same moment and still be all knowing? Now, knowing that IT is always conscious, as the pure energy that IT exists as, this means that as I take a nap, or go to sleep, my Consciousness is still there, at least as the pure energy that I exist as. I say this because IT is always in a state of Consciousness as to what IT is doing with ITS heated weight that exists inside of ITSELF, and this is why we refer to IT as all-knowing.

Now, let me mention that you can better understand consciousness if you look at it from both angles: One, as what we understand as humans, and Two, how consciousness exists as ITSELF, and as how this Consciousness that is IT existed long before IT reshaped ITSELF to form humans.

First, I'd like to discuss IT as ITS Consciousness. Using our imagination, let us consider that at the moment when IT existed having all ITS heated weight in one place, (what we refer to as the moment just before the Big Bang), IT did not have what we have, namely a brain. I say this so we can understand that this Consciousness does not need a human body in order to exist, for consciousness is one of the qualities that IT has, and already had long before we came into existence as humans.

Now in order to understand this we have to remember that everything is really IT, as ITS way of existing as 100%, so that if Consciousness does exist it's only because IT exists, and this has to be so because consciousness has to exist somewhere in terms of location. Consider yourself, for instance. Your consciousness can only exist because you exist inside of ITS omnipresent nothingness, first as the empty nothingness that exists in every atom that makes up your body, and also as the same empty nothingness that exists as this Universe that is the only place inside of which we can exist.

Let me return to consciousness as just existing as IT. Your brain is what is reading the words in this book, but it is your way of existing as consciousness that is making sense of these words.

Returning to our experiment in imagination concerning the moment when IT had all ITS heated weight in one place, just before the Big Bang, I'd like to consider two possibilities. One possibility is that we start with ITS heated weight as being that part of IT that is conscious. Now this would mean that ITS weight would have to be able to conceive of what IT exists as ITS nothingness and be able to understand ITSELF as something having a measurable width (distance). Furthermore, this weight would have to know how to use ITS speed (which I call MAXX-SPEED) which has to exist in ITS nothingness, and this is so because we know scientifically that the more something weighs, the less speed it is capable of having. In other words, this speed could not exist in ITS weight, for it would slow it down even all the way down to a complete stop because of the weight itself.

So, if ITS consciousness existed in ITS weight, then how could its weight be consciousness of ITS huge nothingness? Remembering that this hugeness exists as a nothingness, ITS weight might never know where ITS nothingness existed, in terms of ITS outer self. One more reason why I feel that ITS consciousness does not reside in ITS heated weight is because ITS consciousness is just one quality of ITSELF. If ITS consciousness did indeed reside in ITS heated weight, then the moment ITS heated weight is fragmented so would ITS consciousness, and I cannot see how something like consciousness could be fragmented. Now, what happens if we go the other way, which is that ITS consciousness is in ITS nothingness? I think it would first mean that IT would be conscious of what existed inside of ITSELF, as what exists as ITS heated weight existing inside of ITS nothingness. This seems more accurate to me because matter, (ITS heated weight) still exists in side of ITSELF as ITS one nothingness, making it possible for IT to be all-knowing.

I feel that if ITS consciousness resides in ITS heated weight it would mean that ITS consciousness would be fragmented when IT reshapes into matter, and would also mean that IT would be harder to be conscious of ITS nothingness, simply because it is a form of nothingness. Truly, if ITS consciousness resided in ITS weight, IT would not be all knowing, because how could ITS weight understand ITS way of existing as a form of nothingness? There is nothing there for ITS heated weight to understand (in terms of knowing) and this would mean that as ITS nothingness, ITS consciousness would not exist in this area, and as such, IT would not be all-knowing.

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**\*The brain is the only part of our body that does not feel pain.\***

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Now, here are some of the things that I've noticed while delving into the subject of consciousness: I can see things without having to use my thinking ability, as in just being conscious of something. What I mean is that a part of me can be conscious of something without actually thinking about that thing. I've noticed that I can look at something, see it, and be conscious of what I am seeing, yet not really having to think about what I am seeing. Our minds use our eyes as receptors, for we can watch TV while our minds continue to think about something else, stored in a different "storage area" of our brains. So, if you think that your mind is somewhere else, it is definitely not so, for our mind can only exist as one moment of ITS existing moment, but it does seem that our brains have different "departments", so to speak;

*one for our eyes, one for our ears, and so on for all our other senses.*

### ***The Scientific human God***

*Now I would like to discuss something I heard on TV concerning the fact that science may find that God does not exist.*

*First let me say that in the field of science there are only two possibilities: either something exists or it doesn't. If it can't be seen touched or analyzed it is purported to not exist. I find this to be a sound method of inquiry because if we think about it, if a scientist had to accept the various gods that humans have thought up they would find god quite confusing. All these gods have different names, sizes, shapes, and colors. Not only that, they also have different functions! Since the beginning humans conceived of different gods that were in charge or ruled over different things: for instance, a god of the sun, a goddess of the moon, a goddess of childbirth, a god of war, a god of storms, a god of wind. You name it and humanity at one time or another assigned it to a god or a goddess. So many gods and goddesses! We still even name the days of the week after them! On the other hand, humanity has tended to use these gods to meet its personal needs, to further its own ends or for its own satisfaction. I find it very strange that when we send our men and women to war we pray that "god" may protect them and at the same time the opposing armies invoke the protection of that same "god" over their soldiers. I also think the ultimate contradiction is the concept of a crusade or a holy war where armies go out with the purpose of killing other human beings in the name of and for the greater glory of their "god". For all these reasons I can understand why scientists stay away from accepting the different gods that exist at the human level, so to speak.*

*Going back to the statement that science may find that god does not exist. I think that there may be some scientists that think this way, but there are other scientists who know that the only reason why they exist is because they are made from this pure energy that makes their existence possible in the form of every atom that they are made from, and that this pure energy cannot be created or destroyed. This is what I refer to as The Scientific GOD. Simply put, if God did not exist, then neither would we.*

✿~~~~~✿

***\*The scientific God does exist as the nothingness that exists as omnipresent \****

✿~~~~~✿

*Let me clarify that "god" is just a word we use in order to understand and talk about something that definitely exists as everything that is and we should never forget that we are a part of what exists, even though what we perceive to be "out there" as matter is really inside this pure energy's clear, cold transparent nothingness that we call the Universe.*

*On the other hand, it is easy to understand that as humans we have had to use something in order to understand that this God does exist even to the point of giving this God a physical body. But I think it is important to point out that when humans conceived of God as having a human body we were not yet aware of how this God exists as this Universe, consisting of a whole, as what we mean by the term omnipresent. We did not know about God having dual temperatures. However, with the advance of science we have been able to understand that these*

*two temperatures exist in everything that exists as the atoms that make matter possible. We are only limited by what the human eye can see, with the aid of telescopes and microscopes, from what is in front of us to the farthest point we can see inside of this Universe, but in everything we have seen these dual temperatures have been found.*

*Here is another way to look at it: As scientists, with their optical and radio telescopes began seeing what exists inside this place called the Universe; when they discovered the area of it that is freezing cold and empty and when they saw the billions and billions of things that exist inside the Universe, it was not easy for their human minds to focus on this pure energy as one. Perhaps it is because this pure energy manifests as a duality: all the matter inside this Universe and the freezing cold nothingness inside of which everything is contained. Since the Universe is so huge the human mind contented itself with studying only what it could see, which is this pure energy manifested as matter, or ITS heated weight. I believe this happened because it is very hard for the human mind to focus on the infinite nothingness of this pure energy and so this placed a limit on our understanding of this pure energy. Now, in order to correct this lop-sided (so to speak) view, what we have to recognize is that this pure energy is really just one, and makes up 100% of the Universe and as it is so huge, ITS nothingness has plenty of space to do things with ITS heated weight. It is inside of this huge empty nothingness where we have been referring to how it behaves, because this is where its heated weight is moving about, as it transmutes or reshapes.*

*So returning to the thought expressed above, if we want to understand this pure energy better we should now see this pure energy as being just one (or as the one GOD that exists). For some people it may be hard to see this pure energy as one and call IT God. If you do not want to use the word god then maybe it is time to change the word god to something else, because it really makes no difference what we call God or pure energy because IT will not cease to be that same something that exists as every atom we are made of and everything that exist out there, within what we call the Universe.*

*Whether you are a scientist or a non-scientist, I would like to share something I have concerning God. We seem to have created a separation between God as the Supreme Being and God as the Pure Energy that science has researched. But this separation is a false one. I invite you to see them as I see them, that is, to see them both as one and the same. This Pure Energy is the one that energizes me and everything that is alive; the one that is in all places at the same omnipresent moment, in this one place which we refer to as the Universe.*

*Now I know this won't be easy for some of you because of the way we have personalized God to fit our particular way of understanding God.*

*In any case all the "gods" that humanity has believed in have had and have to exist in this place called omnipresent where this pure energy exists as this Universe. There is no other "place" to be and there is only one God which is the same as the Pure Energy that scientists have researched. Just as humanity at one point came to the conclusion that all the gods are aspects of the One God that is located as omnipresent in this place where this Pure Energy exists, as scientists have discovered, it is just one small step to understand that God and this Pure Energy*



*are one and the same. The logical conclusion is then to call IT the Scientific God.*

*I worry about not being clear. Let me try to explain this in another way: There is a portion of our human population on this planet which has come to understand that there is a God. There is another portion of our human population on this planet that has accepted that there is "something out there" that has been labeled Pure Energy. What I am looking forward to is seeing these two groups reach a point of understanding where they can accept and admit that they are both looking at one and the same thing, whether it is called IT, God, or Pure Energy. A perfect example is the photograph of the lady in the first chapter of my book. The meaning of the photo is not the young lady or the old lady, but the fact that these two images co-exist as just one photograph, showing two extremes, two opposites. We have conceived of God as a Being who rewards positive behavior and punishes negative behavior while science has discovered that this Pure Energy exists as a totality that manifests two extreme or opposite temperatures.*

*Now any scientist that understands this pure energy has to at least accept that the only reason he or she exists is because his or her entire body is made from this pure energy, in the form of atoms.*

*Some of us have had to use the word god, in order to accept that everything that exists had to be put there by someone, which is why we refer to God as the creator of everything that exists*

*And for those people that do not believe in anything, be it a god or a pure energy, it really makes no difference, for they still have to exist within the pure energy that exists, and within this God's moment of existence.*

*However, we really do not need to use the word God. We can use any other word or expression to signify that which caused everything to exist. But it at least has to exist as something that is omnipresent, because we now have to accept that what is out there as this clear transparent nothingness does exist, as IT, first, because IT does have measurable distance, and secondly, because this clear transparent nothingness does exist as an opposite to what all things that do exist have, which is ITS heated temperature as this pure energy, also.*

*I personally have to be grateful that I was given the opportunity to understand God as I was taught because at least I was able to hold on to God as existing as something, and then, later on when I became aware of this pure energy that does exist, I understood that both are the same and exist in the same place, as omnipresent.*

*I'd like you to consider something else that may help clarify what I am saying. Let's think of humanity's ideas about gods. Right now most people conceive of only one God, and this Pure Energy that science has discovered and researched is here. But before that, when people believed in many gods, that Pure Energy was there. If we go farther back to when humans were living in caves they may not even have had the idea of gods but this Pure Energy existed back then, too. If we think about a period even before that, when our planet didn't yet exist this Pure Energy was already there. And if we imagine a time even before that, to the very moment when this Universe as we now know it came into existence, it was all the result of this Pure Energy*

(the nameless, shapeless God). And IT was there even before the Big Bang, because this Pure Energy cannot be created or destroyed, which is something that applies to this one God that exists as nameless and shapeless, for they are one and the same. In any case, it would still make no difference how far back we can see our God as existing because the God that has always existed is the same God that now exists, be it as pure energy or called God or by any other name. The most important thing is that we are individually connected to this God, be it as a symbolic god or as this pure energy. This is why to me, the most important thing that can exist in my life is IT in relationship with me, be it as a god or as pure energy.

I do have to mention that it is harder for me to accept the different gods that we as humans have put together, because one can easily get lost with the many variations and versions that humans have thought up.

I find it is much better, easier, and less confusing to look at God from a scientific point of view, as Pure Energy. It is also simpler for me to understand something about God if I focus on the part of this Pure Energy that exists as a clear, transparent nothingness, which could also be considered as God's shell body. This is so because God or this Pure Energy, in addition to ITS heated weight that forms everything that is made up of matter, also exists as this nothingness that has the following qualities: 1- a measurable distance, and this distance does exist as omnipresent 2- temperatures (hot and cold) that also exist as omnipresent, and 3- a speed that I refer to as MAXX-SPEED.

I have to clarify that before I used to consider speed as existing on a scale where the maximum speed that could exist was the speed of light going down to the lowest speed that can exist, which would be that of something that is not moving. But now that I understand that this God that exist as pure energy that cannot be created or destroyed, I have come to realize that IT does have this high speed (MAXX-SPEED - which is a speed faster than the speed of light) which can be slowed down by placing ITS heated weight on it to a point where this speed will totally stop. For example, the next time you look at a rock or a concrete building remember that this MAXX-SPEED is present as just a few notches slower than the speed of light, because IT has placed a tiny fraction of ITS heated weight in the form of protons, neutrons, and electrons that compose the atoms that make up the rock, the building or anything else that exists that is not actually moving.

I feel it is easier for us as ITS heated weight to look out at things or into things as ITS heated weight than it is for us to look out into ITS nothingness because ITS heated weight can fragment into tinier fractions while ITS nothingness cannot.

⊗~~~~~⊗

**\*\* Some humans have the characteristics of water, which is that when water is trapped, or blocked, it will look for a different way to continue its travels as its existence.\*\***

⌘~~~~~⌘

Let me also mention that the only reason why I've written this piece was in hope of understanding IT better as ITS consciousness, for I have found that when I write about something I learn things about it that I didn't know before. In any case, what ever we may think



*will not change the way IT exists. It will only help us to understand IT better and maybe in doing so IT too will learn more about ITSELF. I think this is a distinct possibility because we can see that IT is always looking for all existing possibilities that IT can reshape ITS heated weight into, over and over, and again, and again. Another thing I'd like to mention concerning this thing called consciousness in relation to meditation is that sometimes when one is meditating one strives to reach a stage where one is here, yet one exists in a certain "place" inside of oneself where one does not see anything in terms of physical objects or persons. Let me give you an example. Buddha stated that he found a stage in meditation where what existed was nothingness, and Maharaji has said that he has found a stage in meditation that gives one a sensation of being in a light sleep, and I have heard that Christ also went into a stage where he did 40 days of meditation.*

*So it is clear to me that IT does exist as something that we as humans can make a conscious decision to enter during meditation. Now, in my observations I have noticed that the one thing that most people do in meditation is find ways to bring the mind to a stage where it does not interfere with finding and staying in this "place" that can be best described as a nothingness which produces a blissful feeling when one is connected to it. I have also observed that for some people it takes years of striving to reach these stages of meditation and they must discipline their minds and bodies to get there, for it is not easy for the human mind to surrender being the master of its housing, called the body. Some people condition themselves by adopting certain body positions and practicing breathing techniques that make their bodies as comfortable as possible, so that they will not be distracted and be able to keep themselves in this stage of meditation for as long as possible without falling or collapsing or otherwise have their attention return to the physical world of material objects.*

*Some of these different types of body postures bring the body to a position where the body is not drawing attention, where then some other type of practice can be used to bring one's mind to a tranquil state. Some people will focus on the tip of a lit candle, some will chant themselves to a stage where the mind will be focused on the chanting, just to mention a few, for I am sure one can write a whole book on this subject.*

*I guess I should at least share with you, the reader, what I have found that relates to this subject I start or end my contact with the outside world of material objects by practicing a connection that Maharaji taught me. This is one of the 4 techniques that he teaches for free. One thing that I like about what he teaches is that I did not have to take weeks or months in order to connect with this inner energy, for it has always been there just waiting for me to connect to it. Also, following Maharaji's techniques I did not have to become a member of a cult, religion or practice for years in order to find and stay within this place inside of me, for I personally knew that if I had to practice physical postures such as sitting in the lotus position, I would never have been able to find IT inside of me. Now when I am going to connect with that inner self, I find it best for me, to do it in bed lying down, just before I go to sleep.*

*Let me clarify that this is not the way Maharaji suggests that these 4 techniques be practiced, and maybe I am missing out on something, but since I found that it was hard for me to do it his*

way, and I know that I was not going to make it due to physical limitations, I decided that no matter what I was going to find the best way I could do these 4 techniques. I must say that it does work for me, for the experience that I received from taking a step to be with IT I would never trade it for anything else. Perhaps there is something peculiar about me, but I found I could not practice the steps that AA suggested for a good recovery. Nevertheless, I have not touched any alcoholic beverage for more than 7000 earth rotations, because I have learned that what is of great importance is that I never again take just one drink. I don't say never again just one drink for today as AA suggests, but rather that I never again take a single drink in this living existing moment that I have been given the chance to exist in as ITS living existing moment, for I have learned that I only live as one moment, not in terms of measurable time, such as a day, a week, a month or a year, for I know that this moment I am in is the only living, existing moment that I will ever have. Now, instead of having a drink I know that life is better since I go to IT as that energy that exists in me as IT.

Truly, connecting with IT is like finding the nicest thing that ever existed, never knowing that IT was always there, just for the asking, and I found that this nothingness that exists inside of me as IT is always there waiting for me, and IT is constant in maintaining a relationship with me. This is different to ITS other way of existing, that is, as ITS heated weight in the form of matter which is always changing and can be very stressful. So I am glad that Maharaji always made it clear to me in his speeches when he repeatedly reminds me that the most important thing that exists, exists inside of me.

As I lay down to prepare to go to sleep in my bedroom I silently practice these 4 techniques as best as I can for as long as I can, which is more or less 15 minutes ever since I accepted what Maharaji told me, was to just give IT a chance and trust in it, for I will be getting as close as I can to something that makes my existence possible. He also said there are no words to describe it and the one sure thing I would get from this would be an experience, and that experience can only exist between me and IT and no one else. I have found Maharaji is right, that there exists a place where I can go to and be with something that does exist as a place inside of me, where I can be with this, at least in being consciously present with something that does exist, but I cannot grab IT, or touch it, see it. Yet, IT does produce a long term feeling in my every moment of existence, and I know it, and other people sense IT too, as something that exists as me. I also practice the four techniques again for about 15 minutes when I wake up from my rest period (sleep) also lying down, for I know that once I leave my bedside my mind gets involved with how IT exists outside of me as ITS heated weight in the form of material objects.

I have heard that Maharaji now has recorded his teachings on CDs so that people can learn about this something that exists inside of oneself. I say I have heard because I have found that to me the most important thing in my existence is IT and me, and in moving about I have lost contact with what Maharaji is now doing. The best I can do is tell you, the readers that are interested, to go to [www.maharaji.com](http://www.maharaji.com) to see where and how you can find his teachings for he is a very lovable person to see and hear, as one of the ways IT exists as ITS fragmented heated weight. In any case, even if you are not interested in receiving these techniques, you will find the information that he shares concerning IT is related to IT as the pure energy that does exist.

*All I can is that when I listened to him I did learn a lot from him. In fact, as soon as I finish with this book project which is still taking up my attention, I too will try and find out where he is going to be speaking, and again go listen to him. You can start by going to [www.maharaji.com](http://www.maharaji.com), [maharaji contactinfo.ne](http://maharaji.contactinfo.ne), and in Spanish at <http://www.descubriendo.net/>*

*Finally, I'd like to clarify that I have observed other groups in meditation but I have not felt their type of practice was for me because I am not a group person.*

### ***Why does life continue?***

*To understand this better, we should remember that the only reason why life exists is that IT exists, as the pure energy that all life must have, and since IT as pure energy is an energy that cannot be created or destroyed. So what we are witnessing as life only exists because IT has reshaped into our planet as ITS heated weight, so that IT could reshape into water, which is what allows the appearance of life having mobility. Now, if you see yourself as the pure energy that we exist as, then we as life only exist because every fragment of ourselves, every atom that makes up our body is composed of IT as pure energy. So, in the final analysis the only thing that is alive is IT, and IT has no ending, and everything that is alive, (including us) is alive because our lives are really ITS life, as the only life that exists within the whole Universe, because this Universe is really ITS cold clear transparent shell body along with everything that exists in the form of matter within this Universe (which is really ITS heated weight), is how IT exists as one Being.*

*The logical inference that follows from this is that life will always continue as life, because life is IT, as pure energy and as omnipresent. Here is how I at least have been able to see how life works as IT: Imagine a diesel vehicle, that first started out in its construction from the elements that IT exists as, where ITS heated weight was reshaped into the vehicle itself, then the diesel was put into the engine (remembering that diesel fuel once existed as life), and then the engine was ignited. Let's suppose also that this imaginary vehicle operated under certain conditions, that is, that it should never be turned off without certain dangers that could occur, one of them being that it may not start up again, and another being that if it was turned off then certain things on the vehicle would not work properly the way they did before it was turned off.*

*In addition, for this vehicle to continue its functions it would need fuel. This is why we need air, water, and food; and all of these elements are really IT also. Finally, if it would not turn on again, all the elements that made the vehicle possible would transmute back into pure energy, which IT would then use by reshaping it into something else as ITS heated weight.*

### ***Why the Universe is not alone***

*So knowing that IT permeates the whole Universe, we can now understand that the Universe is not alone, because this huge, empty nothingness that is confirmed to exist by scientists in the form of a pure energy that has at least 2 qualities, one, as a freezing cold temperature, and two, as a measurable expansion that occupies space, which holds within ITSELF a hot energy that has weight, is omnipresent. The Universe itself is this pure energy's shell body, it exists as what God is: as omnipresent.*

Another way to understand what we are discussing is to consider that, if God exists, God would have to exist somewhere, and the only place that has been confirmed to exist is this Universe. Now, with our more advanced way of thinking and seeing things, we can understand things differently from when humanity was still living in caves and had a more limited understanding of our existence. We should thank God that IT never totally let us get lost from knowing that IT has always been here, and how IT exists, for IT allowed the scientific mind to exist so that humanity could understand that God exists as pure energy, for science has confirmed that this pure energy cannot be created or destroyed. In addition, scientists have confirmed that they do not know where this pure energy came from. All scientists have been able to ascertain is how this pure energy behaves, and that this pure energy (God as omnipresent) has two basic characteristic qualities. First, as a heated weight that can be found in everything that exists, beginning with the heated weight that light has and also the heated weight that the electrons, proton, and neutrons that all matter is made from must have, including you and I, since our bodies are made from atoms, too. And second, this heated weight can only exist inside the other mode in which this pure energy exists, which is this huge, clear, empty Universe. These two modes of existence also have two characteristic qualities: a freezing coldness that occupies a measurable space and a heated weight that exists inside it.

So you see, for God to exist, IT has to exist somewhere and the only place that we know exists is this Universe, and we also know that the Universe is made of this pure energy that cannot exist anywhere outside of what now exists as this Universe, which is nothing more than ITSELF.

There is a free photo that you can download from this webpage what might help you understand better. When you look at this photo, remember that what is of importance is that it is one photo, (by analogy, the Universe is one God), and the photo is made up of two images, or two extremes (life and death). Now, when you take the analogy of the photo and apply it to that pure energy that is God, you should keep in mind that IT, too, has to extremes. You can read more about this subject in more detail in the two volumes of the book (\*A) I have written, called Omnipresent.

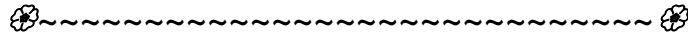
### ***What's in a name?***

As I have said to many friends that have asked me what is the difference between the Being that Christianity calls God the Father of Jesus Christ or Jehovah; and the Being that Islam calls Allah; that Buddha referred to as the Unborn, that Zoroastrians call Ahura Mazda; that the Jewish people respectfully address as Adonai to avoid pronouncing The Name, that the Oglala Sioux call Wakan Tanka (the Great Mystery), that the Zulu people call Unkulunkulu and many others. To them I say there is no difference because no matter what humans may call IT, IT is still IT as this pure energy that exists.

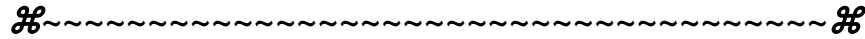
### ***Nothing exists without ITS heated weight***

Without ITS weight nothing could exist as we know it. What would happen if the tiny amount of ITS heated weight in the form of electrons were removed? This would mean that the 4.5 % that science has confirmed exist within the existing universe as matter, would not exist either as the weight of the protons and neutrons that make up each atom. And then nothing else would exist

*either, for it is only as ITS heated weight that matter can exist.*



**\*\*\* Nothing can exist as matter without ITS heated weight \*\*\***



### ***There is no difference***

*Maybe you can understand this in this way, and we should not take it too seriously, for it makes no difference what we think or what we may do, for IT is in total control*

*We are born and we die, our planet will stop existing , and our galaxy will be consumed by a black hole , for everything that exist as this pure energies heated weight will stop existing , as it searches to return to being just one singular heated weight again, and let me say that if I was to read this before I understood IT better, I would have found this a little depressing, and slightly negative but now that I understand it better, I understand that first I should be grateful that I am here at this moment , and I am here only because I exist as one moment of ITS existence, and I have to except that it was because IT once did have all ITS heated weight in one place, and then IT fragmented this heated weight so as to form this galaxy, and our planet, and in our planet began to rotate , so as to produce change, that after millions of rotations later, I could come into existence, and in falling into an addictive hole , I turned to IT for help, and begun to see that IT did listen to my call for help, and that IT keeps listening to me when I talk to IT, and I still have to continually say thank you to IT, for IT has made a huge difference in how I am now permitted to exist in peace with myself, and at peace with what IT is doing out there with ITSELF, as everything we are seeing on this planet, and the whole universe as how IT exist as omnipresent .*

*But let me return to what I started writing you about , which is that later , yes our planet , and our galaxy will be consumed by an already existing black hole in our galaxy but you the reader should not take this to seriously, for our planet will permit many human generations to come into existence so as to continue seeing IT at work, for when we remember that we once existed in a very un educated way, when we were in the stone age, to now when we are just entering the technological age, which was needed as I wrote about this because this may permit what we understand as humanity, to reappear , again on a new planet , and very educated, and bringing to this new planet the latest advances that we reached on to this new planet, I say this because , as I have observed IT, as how IT does things, with ITS heated weight , as IT searches for other possibilities, that IT can exist as, and believe me, if IT could use ITS heated weight to become this now existing universe, IT is a master at what IT does, and to me what is more important is not so much what IT does out there, it is my personal relationship with IT.*

### ***When do I know when I am right or wrong?***

*well first I have to except and understand, IT will not send me any written instructions as to what is right or wrong, so one of the things I can use to guide myself with, is this, 1- is what I will do going to hurt anyone physically, if not, then I am going to assume it is all right to do it, 2- will I be trying to manipulate anyone, to satisfied my desires, or is what I am going to do is just sharing what I have or know, 3 when I do things, are the things going to make some one else's life better, but the best one is this, does it feel right, as in what I am going to do feel*

*smooth or turbulent , for I have learned to feel what is right or wrong , but most important is that I apply , this , statement to myself , which came from me asking IT , that if I surrendered to my wants, and desires, then how will I know what to do ? and the answer was, Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*

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**\*\*\*\* IT is the only one that does not have an outside to ITSELF\*\*\*\***  
 ✿~~~~~✿

### ***IT is entertaining ITSELF***

*Forget about who you think you are, and what humanity is doing, so you can better understand what follows: Imagine you are IT and you know that there is no one else, so you know that you cannot seek company from anyone either for conversation or entertainment as God. Let's start by remembering that there was a moment just before the Big Bang occurred when IT existed as a singularity of pure energy. IT then took its heated weight and reshaped it in to what now exists as matter, all the matter inside what we perceive as this Universe, which is where we also exist in as ITS heated weight. Science has been investigating this pure energy, which they have found cannot be created or destroyed. And naturally, if God could be created or destroyed, then there would have to be something other than God, but there is not anything else, because science has found that everything that exists comes from this pure energy.*

*For those of you who do not believe in a God, then you should remember that the only reason why you exist is because you are made of matter, and all matter comes from this stuff that scientists call pure energy which makes up every atom that you exist as, and as every atom that you have to continue using in order for you to continue your existence on this planet. Also, let me mention that in reading or seeing this situation as how IT exist, will not change your way of life, but it will help you understand just a little more of who we are, and why we are here, as one moment of this pure energies existence (God), and let me mention that what does make a difference is when you take one step in trying to be with IT.*

*Because before I use to give more of my existence to the things that existed out there as having great importance, but now the only one that I give importance to is IT, in which I have to say, thank you to IT, for allowing me to understand you (IT) as how you exist as everything that exist as just being your heated weight, that exist within your cold transparent body, as a way that you are entertaining yourself as the heated weight that you have inside of your shell body that exist as the pure energy that exist as this empty universe, (\*A), but for now let me give you a brief explanation, in this way, the next time you look into what exist as this universe, or as what you have read about that relates to this, here is what you will find, you will find that this universe exist as having celestial bodies that are made from something called pure energy which exist inside what is called this empty universe, and all of these celestial bodies came from one singular heated weight known as the very dense heated weight that existed at the moment of the big bang, now I would like to take a moment here to show you the reader something , first you*

*need to remember that at the moment of the big bang , because at that moment in gods existence, what we are now seeing as the billions or trillions of life forms did not yet exist, and as I explained in my two volumes, that what we are seeing as the trillions of life forms that exist on this planet are just really one, for we exist as life, only as the way IT exist as life, and at the moment of the big bang things that now exist as objects, like cars trains plains or jets just to mention a few did not yet exist, for all that existed was just one singular heated weight that science refers to as weighing tons per square inch, (\*A) and I found that this heated weight is weighing more like less than 6 pounds per square inch and I explain more in detail why this heated weight does not weigh tons per square inch.*

*But let me return to this moment called the big bang, where this dense heated weight existed as just one weight that existed inside this same empty place called the universe, naturally because this heated weight that exist as pure energy cannot exist somewhere else, or outside of this way that this pure energy exist as ITS shell body, as what we are seeing as outer space, or what we call the universe. So now let me take you the reader through this as best as I can, but first please remember that there only exist one pure energy , and this one pure energy is also how God exist as the meaning of the word omnipresent, and this pure energy cannot be created or destroyed, the same way God cannot be created or destroyed, and that what exist right now as our moment of existence, came from this pure energy as its heated weight as the atoms, that we exist as matter, which is the same as what some will refer to as the phrase that goes like this: That God created everything that exist, (\*A) to which I explained more in detail in my 2 books why god is not really creating anything, but that God is really just reshaping (transmuting) ITS heated weight that exist within ITS freezing clear transparent body that we see as this empty universe. So let me continue why IT is just entertaining ITSELF. Now, do not forget that you and I , and everyone that exist as life did not yet exist as this moment of ITS existence at the moment of the big bang, for the only thing that existed at that moment was it, and that IT had ITS heated weight inside of ITSELF, in one place, as in not scatted, for this is what came later, but before I start explaining this, let me start with IT, has when IT had all ITS heated weight in one place. And why IT is entertaining ITSELF using ITS heated weight? Now, we should remember there only exist one, as in one God, and as there being just one pure energy, and that everything that has ever existed , exist, or can exist can only come from IT, as ITSELF , now whatever IT is , as what exist as pure energy, and why I say pure energy is because, some of us understand that which is referred to as God on this planet called earth, in different ways, and exist as different gods to our human mind, now some of this human minds, also know this God , in a more explainable manner, which are called scientist, for this group known as scientist, not knowingly, went out to see what does exist, as what exist as this whole universe, and what is inside this universe.*

*And I will be using this way of seeing and understanding what exist as God, in this manner, which is that since God as omnipresent exist in all places at the same moment, mind you , I did not say time, for I found that the word time is not universal, and it is a word that the human mind found as a way to exist as a convenience, to which you can read more about in my books, where I explain why time is a human invention that serves only as a human convenience,. And why I prefer to use the word moment, is because I also found that at this stage of our existence,*



*the languish that we are now using is based on time, and money, and unfortunately IT cannot be described better. When we refer when we use the languish we are now using to describe God as existing as time and money, which you will understand better, if you remember that at the moment of the big bang, time and money did not exist as the way it exist as this moment we are now in; IT just existed as ITSELF, and that it is better explained what came next, as what scientist have found as how this pure energy existed, from that moment that they refer to as the moment of the big bang, which is really a very good way to understand God, as how God really exist materialistically, as something, or better still, as all those celestial bodies that exist inside of ITSELF as this universe, which also includes you and I, and everyone else, and everything that has ever existed, exist, or will exist comes from ITS heated weight only, and I say only as gods heated weight, because this is the part of God. God uses to make what we understand as matter, and it is better to understand God as science, because it is science that confirms that all matter exists, because of the heated weight, that all matter has to have.*

*Let me explain this better this way; But let me start from when we were in the primitive cave stage of our existence, at that stage, and till now, our understanding of God, is everything that we now have as what God is, and it was not until science came into being, that more information started coming in as how this pure energy exist, and how our existence as being made from something called pure energy. For they, as scientist where not looking for God, they where just looking to understand what does exist, and they found that everything that now exist as matter when this matter was reduced they found matter to be composed of atoms, and when science kept progressing, and I say progressing, because 50 years ago, scientist where not yet able to go inside the atom so as to see what existed inside the atom, and when science looked inside the atom, they found that what existed inside the atom was a heated weight (as the protons and neutrons), and it was this heat that gave everything that exist as matter the weight that matter has. Let me mention that sciences can tell the difference from a hydrogen atom, and a gold atom just by its weight, for they as science have labeled all the atoms that exist by their heated weight, And now that we know this at this stage of our existence, we can use this information to understand God better, and let me explained why. Using what we as the general population knows about God, which is this: I'll say that God created every thing that exist, and by this I mean, that you and I and everything that exist on this planet and everything that exist inside this place called the universe. Now if we take what science has found, which is that everything that exist comes from something called pure energy, and that this pure energy is what makes matter possible, and that all matter can only exist because of the heated weight that exist inside the atom.*

*So, I hope you the reader, can see why I say that we exist, and everything that exist, is because God is using that part of ITSELF which exist as a heated weight, that exist inside of God, to which I have to say thank you to IT. As God, as the pure energy that IT used to make my existence possible, as this moment of ITS existence as ITS heated weight, which I elaborated more in my two books. (\*A) But let me return, so you can see and understand how IT uses ITS heated weight, that exist inside of ITSELF and becomes you and I, and everything that is made from matter. Which started at the moment of what science knows as the moment of the big bang, when IT existed as having ITS heated weight in one place, and how IT then took this singular*



*heated weight, and fragmented this heated weight into quantifiable portions, to become atoms, so that IT could entertain ITSELF using ITS heated weight only, and why I say only, is because as I wrote in my two books(\*A), that IT as God is one, but exist as two extreme energies. And one of these energy is a constant, but the other is not, and it is the other way that God exist, as heated weight. That makes everything that has ever existed, exist or will exist, is only Gods heated weight that exist inside of ITSELF ?*

*Let me try and explain this in a different way. Look at it this way, let's take you as an example, you exist as just one, the same way God exist as being just one, now one thing that you will notice is that anything that can exist as being alive or not being alive has to have this heated weight, that exist as that which science found and calls pure energy, and this heated weight has to exist as being inside whatever is being referred to, so that if we use your body, and let's say you are hypothetically weighing 100 pounds, as you, and let's say that God is also hypothetically weighing 100 pounds also, now you being 100 pounds as one body, then take this 100 pounds and divide it into millions, billions, trillions, googols into portions of your one 100 pounds as all the different weight that you exist as your liver, your heart and blood cells, just to mention a few, so you are 100 pounds, but this 100 pounds, can be fragmented into million, billions, trillion, googols, now this is the same way IT exist as:*

*As having one total heated weight that can exist as one total singular heated weight, or IT can fragment this one total heated weight into quantifiable fragments and it is these fragments that we are seeing as all the celestial bodies that exist in outer space, and let me take a moment and say that we say outer space, because we are looking out from where we are as this planet, but the reality is that we are not looking out, for we are really looking into this that exist as pure energy (God) look at it this way, we cannot look outside of God, or pure energy, for we can only exist inside of this pure energy that we exist as, and our planet is also inside this pure energy, here is one more way to understand this, remember when we said that God created everything, well everything that God created is what we are seeing as being out there as what we call outer space, and this is easy to understand, because God does not create anything outside of ITSELF. So, do you think God is a spirit? Let me explain when it says God created us as ITSELF does that mean God is also what we visually see as flesh?, And let me mention that there is a difference, in when we use our body as an example, to seeing this situation, which is that as our 100 pound body, this 100 pounds that we exist as already exist being fragmented, but we cannot bring our 100 pounds back to being just one singular heated weight, but IT can, and IT can do this as many times as IT wants to, for it is ITS heated weight that can be continually fragmented, and we cannot because the heated weight we exist as belongs to IT , as the pure energy we are made from. But returning, science does know that IT had all ITS heated weight in one place, has what is referred to as the moment of the big bang, see if you the reader can see this situation better this way, when you look into outer space, you will see matter, but remember that all matter is only ITS fragmented heated weight, now try this. Imagine that all that matter that exist as celestial bodies in outer space was brought back to just being one singular heated weight as existing as just one entity, and you could see what now exist as all the celestial bodies as just being one total package, that has to still exist inside what now exist as this cold clear transparent empty universe, now this is the same way it would look like if you could see ITS*

*heated weight as being in one place, which is how this singular heated weight exist as at the moment of the big bang, which is how it would be when God as pure energy had all ITS heated weight in one place, and then God , decided to take ITS one singular heated weight and fragmented this singular heated weight into tinny quantifiable portions, so as to see what IT as God could make with these fragmented heated weight as possibilities, well one of these possibilities, is what now exist as this now existing universe, and I say one possibility, because as I explained in my 2(\*A) books, that there are other possibilities, and why.*

*But for now let me return, to how God as pure energy now exist as this now existing universe, to which I have to be grateful that IT used ITS heated weight to make the universe that now exist. So that I, as one moment of Gods existence, could become aware of how this God that exist as pure energy is exploring what IT as God could do with ITS heated weight. And before I forget, that the majestic beauty of IT is, that ITS shell body is a constant, and that it is ITS heated weight which is less than 1% of ITSELF can exist as one total as I have detailed in my too(\*A) books, but can fragment this heated weight into tinnier portion, but as ITS heated weight that can only exist inside of ITSELF, can exist as one, and it can exist as all the things that we can see that exist in outer space, which is really ITS cold clear transparent shell body, now ITS heated weight does have a particularity, and that is this that ITS heated weight wants to be one singular heated weight, and when this singular weight was fragmented, as all the matter that now exist inside of ITSELF that we call the empty universe, and we know that ITS heated weight has a built in quality, which is in its wanting to return to being one singular heated weight, is why we have gravity, that produces a certain effect, which is this, it produces change, and this you will notice as the things that are changing in our existence, for if you look closely you will notice that it is ITS heated weight that exist as matter, that is producing what we see as change, this is why we know that nothing will last forever, because it is made from ITS heated weight, that is looking to become one singular heated weight again, and IT made sure that ITS heated weight would return to being just one, when IT became what we now know as black holes, which is what IT is using to bring back ITS heated weight, so yes, we exist because IT is entertaining ITSELF with ITS heated weight that IT has inside of ITSELF, and that the way we now exist, which is vastly different from when we as humans where in caves, to where we now exist as a technological society, where we have been permitted to leave this planet were we existed from not to educated when we were in caves , to where we have been permitted to become very intelligent beings, where we could leave this planet that we came into being with no clothing on our bodies, to where we could exist outside of this planet with the aid of spacesuits, and I also wrote about this other possibility, where we as humans will venture into outer space, and why.*

*But for now I have to look at what it is doing, with ITS heated weight as a way it is entertaining ITSELF, for you should remember that it as God, and as pure energy, has no one else to be with, or share IT with someone else, and that it is, as us, that IT can also confirm ITSELF as existing, for the other ways that IT exist as, like dogs and cats, cannot understand who, and how IT exist as the pure energy that they are made from, and how they got here, where we can at least begin to understand who IT is as the pure energy that God exist as, and as how we exist from being this pure energy, so that we could see how IT has been reshaping ITSELF as the*

*heated weight that exist as pure energy, as the heat that everything that exist has, came from this pure energy.*

*And before I continue, I would like you to consider this, which is that we as humans can think, and it is from this way of existing that as we think, we can then do things that other life forms cannot do as in we can think before we do something, as in being able to plan what we will be doing,. And I say this because since we are made in ITS own image, means that everything we have as human qualities are because IT as God as pure energy has to have it also, and we can see that when God as pure energy, decided to take its one singular heated weight, and fragment this heated weight in to what we know as the periodic table does have perfection built into it, and we can also see this perfection when we look at what exist as life, as an example, we exist as ITS heated weight, in such a perfect way.*

*So now fallow me, imagine you are it, and you are going to use your heated weight that you also exist as, which exist inside of yourself, to entertain yourself with your heated weight, so you start by taking this heated weight that you have inside of yourself which does have a certain quality, which is that this heated weight can exist as just one singular heated weight, or it can be chapped up into quantifiable tinny portions, that can exist as tinny as the heated weight that solar light has, now you as IT can have this heated weight in one place inside of yourself as how this heated weight existed at the moment of the big bang, or you can chap your heated weight into smaller pieces, so that you can make many things from this one heated weight into a number we have not even comprehend like beyond millions, billions, trillions, and as I say guggles, bugles, muguls, pugles and there is still room for a word beyond all of these as what now exist as all the celestial bodies that exist in side yourself as what we see as all the heated weight that exist as planets solar sun, meteors, so the next time you the reader looks at what exist inside this universe, remember that it all comes from ITS heated weight, and I have to say thank you , for doing this with yourself, for otherwise I, and everything that exist inside yourself as what exist, for we should remember that everything that exist inside this universe, exist as matter, and all matter is made from atoms, and all atoms have ITS heated weight, as the weight that all atoms have, which exist inside of your (God) cold clear transparent body, and you the reader will understand this better if you read my 2 volumes .*

*Now I stay as close to IT as much as IT will allow me, for it is a gift to be alive, as one moment of ITS existence, and it is a gift to be as close to it knowingly, and I say knowingly, because we have to be with it anyway, because we are IT totally as every fragment of our heated weight, and we totally exist within ITS cold clear transparent shell body that exist as an energy that is made from a form of an energy that exist as a nothingness, which I detailed more in my 2 books.*

### ***Does everything have a spirit?***

*Let me explain this, but I will do so, in this way, first advising you to buy Omnipresent I & II. In my two previous publish volumes you will see more about this subject in detailed and it will allow you to understand and be able to merge what we understand as God as the general public, with what science found as pure energy. The reason for this is because as science, thing's either exist, or they don't exist.*

*Let me say that science, does not say it exactly that way, I do, for I do not want to blame them for anything that I do. And I say this because of this, I consider myself an unscientific person, but I do try and keep up with what exist as science, and I have looked at what we know as God, and I have found that in seeing both what science has found and what most people understand as God, we will see things that have been ignored until now.*

*So, let me start by using some of the things that I already wrote about, so that this subject will be understood.*

*Now, here is something that I found as I looked into what exist that is related to this subject that we call life.*

*Life changes, but it is not life that is changing, it is the heated weight that we exist as our life. What is changing are the events that occurred during our life, and all of these events are made from ITS heated weight only.*

⊗~~~~~⊗  
**\*\*\*\* Life is how IT exists as a constant. \*\*\*\***  
 ✂~~~~~✂

*Life is a constant from the moment we are born till we die for what is changing is not life itself, it is the heated weight that exist as matter.*

*Let me say that as omnipresent, there is only one life force, and that life force belongs to IT, and as the laws of pure energy state that whatever is made or exist as pure energy cannot be created or destroyed.*

*Let me try and explain this in this manner, since what we understand as life does exist, means that life also has to exist as the pure energy that exist, and this is easy to see, because it took the people as scientist to be alive in order to write about what they have found as the pure energy that this universe exist as.*

*Now, we also need to understand that since life does exist as this stage of our existence, we will need to take what we have learned as how life exist on the streets (as I refer to what we learn from one another), and then use what science has found, and merge them together we can get a better understanding. I say this because by using both our street knowledge and what does and does not exist, as what science found. You can then ask yourself, if what we call life does exist, then where and how does life exist as this pure energy? Let me mention that one of the things that I found as I looked at how IT exist, from as far back as when IT started to reshape ITS heated weight as what science calls the moment of the big bang, is that, if life does exist in our stage of our existence, then this which is referred to as life has to also be there as something that IT has as part of ITSELF, be it as god, or as pure energy, now as how this part of how IT exist as life, we can better understand if we use what science has found, and the reason for this is this, that science in its way of tackling things, or handling things, to them, it either exist or it does not exist.*

*So, that in using what science has found we will understand how God exist as the pure energy that they have found, and utilizing their findings, with what we at the street level understand as*

*our God, a little more, as what does exist, as what scientist found, for they too have this stuff called life, even if some of them may not believe in any of the different Gods that our planet has, and at least in us looking at what they found as this pure energy that does exist we can understand a little more of who our God has in common with how this pure energy exist as life.*

*I know that in saying, that this pure energy and god are the same, I am referring to something as being one, and the truth is that I am, and it is because of this, that when I looked at how God exist on this planet, I saw what everyone else has to see, which is that, the God that exist on this planet, comes with different names, and different shapes.*

*And when I looked at what science found, I also noticed that this pure energy also was being referred to as existing as one pure energy that exist, but that this pure energy existed as two different opposing entities, which as scientist, they had to label these 2 energies, for they both do exist, and not as hearsay, because for science, it either exist or does not exist. Since science was not looking for God, but rather what this universe is made from, and everything else they could find that would be related to how this universe exists as.*

*So, they started by taking apart what they could find, that could be seen and analyzed, and anything else that they could do to understand this place that exist as this universe. This is a good way to start, because (I/we) since our beginning of existence starting in the caves, till now, have at least stayed connected to IT, as the many Gods that the many sectors that we exist as on this planet, but when scientist got involved in their search to understanding things, they started clean, as in not having any pre-conceptions, of how things should be, but rather how things do exist, and the other good thing about a scientist is that they came in at different levels as scientist, some went into biology.*

*Biology: living being and life processes; and if you are wondering why I am using this scientific field is because of this we as our human body, is where our mind exist as our brain, and the brain, is made of matter, but more important is that our body, like our brain, like the whole universe, is made from this nothingness that this pure energy also exist as, and it is this nothingness that exist as pure energy that permeates everything, and it is the part of God that is all knowing. And some scientist went into mathematics, and the list goes on, but they all in some way contribute to understanding this universe we all live in, which in turn, helps us in understanding god, as this pure energy that exist inside this universe as omnipresent.*

*Like I have mentioned before in my 2 volumes, that I have to be grateful to what these scientists have found, because this has helped me in putting together a better picture for myself as to how things exist, which as it turned out, I too learned a lot from them, because as you will read in my writings, that I never started out to be a street level writer, I was just writing about what you can read about as my free sample, which is mostly on Trivia's. And it was these trivia that I wrote about that took me in the direction of understanding this universe, and it was when I focused on the word omnipresent, that I became aware that there wasn't much information on this word, and as I fallowed what this word meant, was when I became aware that as omnipresent that time is not universal, but turned out to be a human invention that existed as a human convenience.*

*But, let me continue telling you about what science found, and the reason is this, that when we refer to, is everything that exist, exist as life, or even does everything have life in it, we will understand the above better as science, for one very good reason, which is that to science, it either exist, or does not exist, and if something does exist then how does it exist, and (I/we) on the streets do know that we exist as life, then this in which is called life does also have to exist, and as I have explained it does, but in the a strange way that how science found it. But for this short article, in order to understand better how God exist as life, we have to use science, and when I write about how God exist as science, I did so as simple as possible, and in no way as a scientific journal.*

*So, returning to the understanding of God, as life as science, we have to see what science found that does exist as what they refer to as pure energy.*

*Now, I will try and stay as simple as possible for does people that have not read what I wrote more about in my 2 volumes, in a more detail way.*

*So, as science, they have found that there is this place that was given the name universe, and in this universe there existed things, like celestial bodies, and as scientist took these celestial bodies apart to see what they exist as, they found that everything inside this place named the universe, when taken apart, down to its lowest components, Exist as being made of atoms. So, to bring this back into perspective, our planet and everything else on this planet exist as the atoms that everything exist as, and this is where we too also exist in, as life. But let me stay with what we know, as existing, or not existing, so that since we as life are made of matter, and all matter is made of atoms, so that whatever we are looking for that exist as life, does exist inside this universe, and I will explain later why I will have to bring you back to this, but for now, if life does exist as being made, or existing inside of what science found as atoms, we will have to take the atom apart, and I will explain why. Remembering we need to know what science has found what does, and what does not exist, because if we are going to take this statement, we will have to ask our self does everything has this stuff called life? We will have to see who and what this stuff is made from, and as where life exist in or as, as science, for we should not be afraid of science, for science does have its good qualities.*

*Now, why is it necessary that we understand this huge place called the universe? Is it because of this, for one we exist inside this place, and so does everything else, including life, and the only thing that I found that existed in all places at the same moment was this clear transparent nothingness that exist as one of the ways that this pure energy exist as, and it is in this nothingness that exist as this pure energy that is housing this heated weight that is everything exist as, in which also exist inside atoms, now when science saw what existed inside this universe, as matter, they started by taking apart this matter, and what they found was that matter is made up of different types of atoms, and what made these atoms different was the heated weight that existed inside of them, so this is why these different atoms, that have different heated weight, and they labeled these different atoms because of the heated weight they had inside of them as the periodic table, and it is these different atoms that exist as heated weight, that are used by us as humans in making things, in the field of chemistry.*

*After scientist finally understood that matter was made from atoms, another group of scientist came into existence, known as Quantum physics, because as they looked inside the atom, they found that inside the smallest atom, there existed many other smaller things as sub atomic particles, and there were so many of them, that it was like a zoo, as there were so many other smaller things that existed inside an atom, they had to label them by giving them names like protons, neutrons, and peons, muons, hadrons, quarks, gluons, baryons, just to mention a few, and please remember that all the names I mention above, are referring to ITS heated weight, and all the above as heated weight exist in what science found to exist as an empty nothingness, and that the heated weight inside the atom, and the empty nothingness, is what pure energy exist as, and they both also exist as God, as omnipresent*

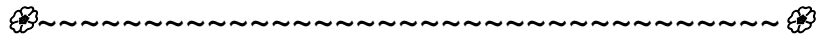
*And as I tried understanding what exist inside the atom, I realized that here is a place that is so small that one can get lost in there, but for me, what is important is, just how small ITS heated weight can exist as, but for now, I prefer to stay in contact with how ITS heated weight exist out here, where I exist in, and especially if it is a friendly female.*

*Now, why it is important to understand the things that exist inside the atom? Is because whatever life is, it has to be there, also if life is present in everything.*

*Now, we need to remember that science was not looking for God, or life, they were just looking for a way to understand what does, or does not exist, and by now, you will noticed that I keep saying what does and does not exist, because if we are going to understand life better, this stuff that does not exist as matter, but does exist(dark matter), needs more explaining, but slowly, because if you have not read my previous volumes, you may not be able to understand what I am now writing, also will not be able to understand that there does exist, something as pure energy, that exist as a cold clear transparent nothingness(dark matter), but for now lets return to how life does exist, as science, because science in taking apart this universe, and finding that everything that does exist as matter was made of atoms, and all atoms exist as a heated weight, and you will see that till this moment science is seeing everything that exist basically this way, for science focused on what does exist, and what does exist is basically the way this pure energies heated weight exist as, which I found it to be only less than 1% (A\*) to how this pure energy exist as a whole, which is good because science will tell you what exist, and how this something does exist, so as they explored what exist inside this universe, by labeling these entities, by starting by placing names to what they found does exist, and they gave it the name pure energy. And one reason why they used this name, was because everything that exist does have energy but it was as ITS heated weight only, and till this moment of their findings, they know that this pure energy as they call it, has no beginning or ending as that part which is made of a nothingness (dark matter), and that both these energies cannot be created or destroyed.*

*When science tried to find ways to see if this energy could be destroyed, they found that this energy just kept transforming into something else, which they labeled as transmutation, now knowing this, we should remember that what we are looking for as life has to be here as pure energy also, and it is, so let's continue.*

*So, as science we can know better what does exist as how it exist, for science can take this pure energy apart and study it, for they have tons of information on how this pure energy exist as, but basically as the heated weight, and how it behaves.*



***\* Life is where IT exists with mobility as ITS heated weight \****



*Now let me start here, in making things that science found a little clearer, I need to start with what they have found, which is this, they found all matter exist as atoms, and when they looked inside the atom they found something that exist as having heat and weight, and this heat and weight does have the energy to make things happen, so they labeled it the positive energy, of what exist as pure energy, and when they went to try and understand how this other part of this pure energy exist as, they ran into a problem, which is this, that our human mind is made to understand what exist as something, and when science got closer in to trying to understand how this other way that this pure energy exist as, they found it very hard, naturally, because our minds are not made to understand something that does exist, but it exist as a nothingness, and in my two books, I suggested that one way for science to try and be able to understand this other way that this pure energy exist as a nothingness, was for them to take what they have on ITS heated weight, and look for the reverse qualities, because two things that this nothingness that exist as pure energy does have, is temperature, and the other is distance. Now science does accept, that there exist something, which is not made of something, as what they found as this empty universe, they know that this nothingness that this universe exist as is there, they called it Dark matter, as a way to confirm that yes something is there, but not as matter, so they have had to continue understanding this pure energy as how this pure energy exist mostly as a heated weight, which they label as a positive energy, and as I followed this heated weight and mentioned the many ways that this energy exist as this positive energy, and science will tell us what they already have that exist as tons of information on how this heated weight exist inside this other way this pure energy also exist as.*

*So, if we are to understand why life could exist in everything, then let me first give you some of the things that have been used to explain why this could be so;*

*By giving you some of the things in my previous volumes that can help us to understand it better, why yes light has to exist in everything?*

*The first way to understand this is that since life does exist, as what God gave, then this quality that God exist as belongs to IT, and it only, and anything that belongs to God, cannot be created or destroyed.*

*I wrote more about this subject, that the reason why, we are aware of what we call life, is because we are here on this planet, but in removing our existence as life on this planet, and whatever this life that exist as pure energy, has to be there all the time, and if we now go to science and use their information, that will reflect on the subject of life, started out something like this, that there was a moment when all the heated weight that now exist in our existing universe as matter, existed as just one singular heated weight, which science referred to as*



*existing as tons per square inch, and I found to exist more like less than six pounds per square inch that exist as pure energy, and then this pure energy as heated weight fragmented this singular heated weight, so that we, could exist as one moment of this pure energies existence as ITS life, but not as our life, but as the way IT exist as life be it as God or as pure energy.*

*Now here is the way I can best express myself, if everything has life or not, it has to for this reason, that as the pure energy that we and everything exist as, cannot be created or destroyed, for what we are seeing in general is an illusion.*

*And as God, then life as God, cannot be created or destroyed, and you can understand this better, when we take the meaning of this word omnipresent, which means that God is in all places at the same moment inside this universe that science detailed in this way.*

*If we want to understand who we are, and why we are here, we need to see God as just being one, and everything that God is doing, God is doing it inside of ITSELF, as one, which you can read more about on this web page as the section called IT is entertaining ITSELF.*

*So, even if we look at God as what science found, it will still be the same energy that God exist as, for when we look closely we will see that there are not billions or trillions of life forms, there is just one form of life, and this one form of life belongs to IT only. And it has been there from the beginning, for this life force cannot be created or destroyed.*

*When we refer to if things that exist have life in them, the answer is yes, because everything that does exist is really this pure energy that exists as being just one.*

*Here is an interesting thing to ask a scientist, why this pure energy does not have a beginning or an end? They will tell you that since this energy is transmuting, which really means that ITS heated weight is changing as what exist as matter, atoms, we will see an object, and then destroyed, transmuted, as heated weight, as the object, for all objects do have a beginning, and an end, so what is it that does not have a beginning or and end? To which I detailed in my two volumes*

*Now, let me keep repeating that anything that exists now, as pure energy cannot be created or destroyed, for that is what science has found, and they explain this very well, and it can be understood as transmutation. Scientists have even established this as a law, which they refer to as the law of the conservation of pure energy, and when we think about laws, we will also have to accept that all laws made by us as humans on this planet will pass away when our planet or galaxy is consumed by a black hole.*

*Now, since IT exists as a constant as ITS nothingness, that means that everything, as this life force, exists because of this and if we look at IT as just being one, then you will see something else. Remembering that spirit and life are not things that have a tangible, material body. Since this spirit is made of a nothingness and everything that exists is contained inside of this nothingness, and since everything that exists is made up of matter and all matter, is made of*

atoms, and all atoms, exist as having as their existence a nothingness inside.

*Example: Buddhism teaches about the spirit only. The goal is nirvana: meaning to extinguish or to blow out of existence, like a candle in the wind. But this nothingness today is known not as annihilation, but means a release from suffering, desire, and the finite state of self. It explains that all life is connected to each other. Everything is equal to everything else – to all life, and yes this is true when we remember that IT is everything that exist and everything that exist is IT, (God-pure energy) then as I explained before, since life does exist, it is because IT, as God and as pure energy has this unique quality. Let us continue on...*

*Life and consciousness have been there from the beginning of the formation of the Universe and I would like you to understand that the consciousness that we have is something unique.*

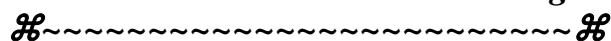
*imagine that there exist something (pure energy, God), and this something is huge, as huge, as how big this universe exist as something which is made of a clear freezing transparent nothingness, and this something (pure energy, God), has a heated weight inside ITSELF, as just one singular unit, and that this something (pure energy, God), that when it had all its heated weight as one, and in one place, could not see visually, the way we see things visually before we do something, but whatever this something (pure energy, God), that just exist as having a huge freezing cold clear transparent body, in which (I/we) can understand by just trying to see how huge this is. Now, this freezing cold transparent universe exist as, because what we are now seeing, as this huge freezing cold clear transparent universe, is the same huge freezing cold clear transparent that existed then because this is the way this (pure energy, God), is something that is a constant, and that as pure energy, cannot be created or destroyed.*

*So going back to imagining that this something, which exist as a huge freezing cold clear transparent body?*

*And this something could use its heated weight only, and chap (break into smaller pieces, as quantifiable fragments) this heated weight in to what now exist as matter, that we now have tons of information on as what happened at the moment of the big bang, so as to become the matter that now presently exist, so that you and I, could understand just a tiny bit more of who IT is as this pure energy, in which we are still understanding more about, that exist as God as omnipresent.*



**\*\*\* Nirvana is the ultimate state = nothingness \*\*\***



*Now, as we keep focusing more on IT, we will find more information, on this pure energy that will let us understand this something that does exist, as having a huge freezing cold clear transparent body, and it is in this area that exist as a nothingness (huge freezing cold clear transparent body) that IT exist as being alive and conscious, and I know that this may seem strange to you, but you will see this better this way , we exist as one, the same way IT exist as one, and we are alive, the same way IT is alive, and we are conscious the same way IT is conscious, and that we too as our human body, exist scientifically as being made of more than*

95% of this nothingness, that IT also exist as, as ITS huge transparent body, for we too exist in ITS own image.

### ***Illusion***

*You may have heard that we and everything around us is just an illusion. I'd like to explain this concept of illusion and how it works.*

*Let's start by thinking about a transparent drinking glass. Now, for you to even hold that clear glass, the glass has to exist as something, otherwise you could not hold it in your hand or use it for any one of the many things for which a glass can be used.*

*For our next step, let's take the glass apart and by that I mean separating the material that makes up the glass into its basic components. Glass itself is not an element. Most ordinary glass is made of silica (SiO), sodium carbonate, calcium oxide, magnesium oxide, and aluminum oxide and these compounds that make up the glass are made up of elements.*

*Now for the substance that we call glass to exist, first the elements that compose it had to come into existence and this goes all the way back to the Big Bang which made possible our existence and the existence of everything else.*

*As I have said elsewhere, before the Big Bang occurred IT existed as a singularity where all ITS heated weight was concentrated and is estimate by scientists to be so dense as to weigh tons per square inch. When the Big Bang occurred, IT fragmented ITS heated weight to become, first of all, hydrogen atoms and then all the naturally occurring elements that appear listed on the Periodic Table.*

*These elements that started out at the moment of the Big Bang have been constantly reshaping, which is also known in science as transmutation. You and what you are seeing, touching and tasting all came from this once singular heated weight, and this process of reshaping or transmutation is what gave rise to you and me and everything else that exists, including the glass to which we have referred.*

*Your body which appears to be solid is really made up of atoms and so is the glass you are holding, and atoms are made of the pure energy that makes up ITS heated weight and ITS nothingness. So at the bottom level, what we see, taste, and touch is all an illusion because it is all composed of ITS heated weight and ITS nothingness, which are the pure energy that is IT.*

*Now let us go back to the word illusion, for I have not forgotten about it. I'd like to give you my version of this illusion we exist as. When you and what you are seeing and touching and tasting, and feeling, all come from this once heated weight, which is what makes everything possible, everything that exists being made from this heated weight, it has certain qualities, and one of them is naturally that IT has heated weight. The basic substances that we call elements, as classified in the Periodic Table, are none other than ITS heated weight, and they all came from the way this pure energy exists. So understanding this, let us continue to define this word "illusion". If everything comes from this heated weight that existed as just one heated weight at*

*the moment just before the Big Bang, there is something else we need to remember, and that is that this heated weight is always seeking to return to its original manner of existence, as just one singular heated weight, for that is its nature.*

*There is something that our minds have neglected to see, and this neglecting is due to the way our minds exist and functions. Our minds were made to understand what they can see, touch, feel, perceive with the senses, ever since we were cave dwellers, but now in our high tech society, through science we now know that this heated weight can only exist within the other way this pure energy exists, which is as a nothingness. You can read about this in more detail in volumes 1&2 of my book Omnipresent.*

*Now see if you can see this: Whatever this pure energy is, (IT) does have a place to exist in inside this nothingness, and this place is what we call the empty Universe. What I am trying to help you realize is that this Universe that exists as a nothingness functions as a body and inside this nothingness that exists as a body, at the moment just before the Big Bang this pure energy has its heated weight concentrated into a singular point. What happened at the precise moment of the best description of the Big Bang is that IT took this heated weight and fragmented IT into smaller portions that we called the elements.*

*Now taking the next logical step, I would like you to realize that these elements that exist inside this nothingness as this Universe, also contain this empty nothingness because thanks to scientific investigation we now know that the elements are made up of atoms and atoms are mostly empty. So you see the emptiness inside each atom is the same one, total emptiness that exists outside, that we call the Universe. Therefore, nothingness is one total that this pure energy exists as. For this reason I say that everything that exists is really just this pure energy reshaping ITS heated weight with in ITSELF, so that you and I and everything that exists is an illusion. However, we should be thankful to this pure energy, for otherwise, I, like you, and everything that exists could not exist, for everything is really IT as pure energy as ITSELF. We only exist as one moment of this pure energy's existence, as its heated weight, that exists within this pure energy's shell body. Let us then be thankful for this beautiful illusion which makes our existence possible!*

*One final analogy that might help you to understand this concept of illusion: Let's say you have a 100 pound body. If you take your 100 pounds of weight, as the matter you are made from you will find your body is made from the atoms that IT as pure energy exists, as ITS heated weight. Furthermore, science has found that atoms are 95% nothingness. So your body is 95% basically made up of the way this pure energy exists as a nothingness, and if this empty space could be removed from the atoms that make up your human body you would be reduced to a 6 inch square cube of heated weight.*

### ***Pure Energy as a Battery***

*I'll explain why I am using a battery as an example of how this pure energy exist as, remembering that whoever IT is IT exists as 2 extreme temperatures. One, is the 1% IT has as heated weight which is what has been labeled by the Scientific Community as being the positive and second is what IT exists as ITS cold freezing temperature that has been labeled by the*

scientific community as being what they call the negative energy? When I use a battery as an example to describe how IT works and what was mentioned as the big bang without a bang is because if I take a battery that has a positive and negative pole you'll see that the positive pole of the battery is where the energy is. Just like the battery this energy just like the heated weight that existed as what is called the moment of the big bang, cannot be released by itself. For example, the positive energy that the battery has can only be released when it makes contact with the negative part of the battery. If the negative part of the battery never touches the positive, this energy will never be released. Therefore, the energy that existed at the moment of the big bang can only be released when it makes contact with how this pure energy existed as ITS negative part of ITSELF.

In order for what is known as the heated weight that existed at the moment of the big bang to happen, it needed this negative part of who exist as what is known as negative energy in order for this energy to be released and when this negative energy was released it had to be released within that which exist as negative energy. Let me add that in order for the positive fragmented heated weight to exist as a finite fragment by themselves inside of this pure energy as the negative part, IT placed what is known as an electron, as what exists in order to form a circular border around the fragmented heated weight. This is necessary otherwise the fragmented heated weight will look to return to being a singularity again.

Let me also mention that all the things that we have in our homes that run on electricity work the same way as the battery. When you use an electrical appliance, you are using ITS heated weight, and this heated weight is released when you turn on the appliance, but the appliance cannot use this heated weight unless it is connected to what is called a negative ground, because again, the energy that you are about to use needs to connect to how IT exists as a negative. Look at it this way, when you plug your appliance to the wall socket, you will notice that it has to have 2 slats, one of these slats has the positive, which is where the heated weight exist as, and the other slat is a negative that is there waiting to connect with the positive so as to release the energy. This energy is coming in as very tiny fragments that are traveling at the speed of light as how IT exists as electrons. And for those of you that have touched together the wires that have a positive and a negative you can see the light it produces and you can feel the heat that is released. You will all so notice that when you touch some appliances they feel warm which means that that appliance is always consuming some heat, even when it is not doing anything or is idle.

I always thought that light was a primary, but no, light can only exist when both of how IT exists as a positive connects with how IT exists as a negative. Take our solar sun for instance, the sun produces 95% as light, and it releases 5% as heat and if you think that what is hitting your skin is the light, the answer is no, because the light that you are seeing exists as a glare. The heat that you feel on your skin is the tiny fragment of ITS heated weight that is traveling from the sun to you as a particle of heat, not as light.

### **Pure energy as nothingness**

One of my main concerns is the existence of pure energy as a nothingness. Pure energy as a nothingness is what exists as omnipresent. The only other thing I've heard of having the

*omnipresence attribute is what people call "God." Now that I am aware of its existence I have dedicated much of my mind in trying to see more of how this nothingness exists throughout the universe and inside of me. I can say that when we meditate we are trying to be in an empty space that exists inside of us, when we are in that empty place we exist as nothingness and this produces a blissful feeling.*

*As I've mentioned before elsewhere, pure energy exists as one with 2 different extreme temperatures: the heated weight and the "place" where this heated weight exists. The latter one is what I call shell body or nothingness. Our eyes are not wired to see something so transparent as nothingness. But our minds can be reprogrammed to see nothingness. When imagining the universe from outside of it, all you would see is god's heated weight moving about in the form of celestial bodies. You could see these things only because they exist within the pure energy's other way of existence: a cold clear transparent empty space, also labeled by science as "dark matter." This term doesn't seem as appropriate as when I think about a cold transparent nothingness.*

*When scientists say that pure energy has no beginning or end, they are really referring to the nothingness that this pure energy exist as, for it is the heated weight that pure energy exist as, that does have a beginning and ending. When the heated weight inside a hydrogen atom changes to a helium atom, the hydrogen atom form ends. When this heated weight is portioned in many different elements it has a beginning and an end. An end does not mean destruction, it just means that it transmuted into something else, but this doesn't happen with the nothingness. For the nothingness always exist as one and is a constant. We should remember that the singular pure energy exists as a duality and in this duality only the heated weight (matter) can be fragmented into portions, which can be named by us. This is very important if you want to understand what IT is doing to ITSELF within ITSELF.*

*So imagine you are god, and you took your heated weight and reshaped this heated weight into atoms, supported by your (god) constant nothingness, gave form to our planet. You formed yourself into water, and using water along with the other elements you became a cell and you gave this cell movement. You continued reshaping this cell until it became an organ, and then a whole organism. This organism existed in a basin called the ocean where it could be protected from the sun, until you could reshape their organs and they could leave the ocean and exist somewhere else (land) where this new organism could continue evolving as a different possibility. And you gave this organism what it needed: nourishment from fruits and vegetables that you also became with your heated weight. You also reshaped yourself into something independent, something that could think for itself: us. The amazing thing is that when you reshaped yourself into humans you also made yourself fragmented in a way. So much that some of these portions of you think they create other humans by themselves. It is not their fault though, they are still learning more about you and somewhere along the road they will see that their lives are only portions of your heated weight existing in your body. What they cannot understand too well yet is that you have already taken them off this planet into your shell body's nothingness. I am grateful to you because you try all possibilities and in doing so you created me.*

*Before god became matter it first became atoms and all atoms have as their interior the same empty space that exists outside of them. I know that this may sound strange, but consider that you are made of atoms that are full of empty space. We are only fragments of heated weight, moving and changing in nothingness. If you could remove the empty space from all of your atoms and reunite all your heated weight if you weight one hundred pounds, you would be reduced to the size of a 6-inch cube. This is the way pure energy exists, an empty universe inside every atom. What I am saying can be confirmed by the scientific minds.*

*We must remember that god has always existed as one. IT does not have a gender, a mother or a father. The human mind needed these forms and names to “see” god. We do this by giving human form and names to non-human reality (anthropomorphism). To create a baby we need a mother and a father. To “see” pure energy we give it a human form, hence the bearded man living in heaven. We should always see god as one, but existing as a duality.*

### ***Humans and their new destination***

*In the new adventure that the human body is going through we’ll see how our bodies and lives will change. Already we’re seeing that new homes have been built in preparation for the big moving before planet earth becomes something else. Yes, outer space could be the next “home” for us humans. I would like to share some wandering thoughts about this.*

*Here on earth, god created us in a process of evolution. IT created us in such a way that we must mate with another human being of opposite sex to procreate. But this may not be what we’ll have in outer space. We no longer need the opposite sex to be physically present in order to fertilize a female egg. Furthermore, IT is already preparing ways to make human parts and IT already knows how to clone humans and it will get better at it by the time we exist in outer space. We should always keep in mind that it’s up to IT (god) to decide what IT wants to do with us, as IT takes us off this planet into other areas of ITS shell body. As little as I can see and understand IT, IT does not want to lose what IT has already done with ITS heated weight. Let me give you an example, some time ago humanity had to keep track of its accomplishments by transmitting stories orally. Then came written language and much later the printing press which allowed humans to record events and stories for future use, and now we are using computer chips to store information that can be retrieved faster, and it can be transported faster than ever. IT can carry enormous amounts of information using very little quantity of ITSELF. In this manner IT supports our evolution.*

*Returning to humans in outer space, we will have to accept that we are going to continue changing to adapt to the new conditions in order to survive in outer space, until humans are taken by IT somewhere else inside of ITSELF where humans can again continue their evolution process. As I’ve mentioned in more detail in Omnipresent Vol. II there’s a possibility that IT will help humans to start “anew” somewhere else, but with the advantage of the latest technology and knowledge about IT. Still, there will have to be great adaptations. These are just a couple I’ve thought about.*

1. *Our bodies are designed to roam this planet. In outer space there will be much room to roam about.*
2. *Our bones and organs are meant to function with the aid of natural gravity and this of course will not be the same in outer space.*
3. *Food in outer space will not be the same kind or quality. Our digestive systems will change because of this.*
4. *Culture will not be the same: all kinds of human relationship, learning processes, entertainment and spirituality, among other things will have to adapt to the new physical reality.*

### ***The scientific minds***

*There's a connection between science and god. This has been a problem for many.*

*I want to understand god better and since we are now in a society that has procreated more information than ever, I am able to talk about these matters without being a philosopher, a theologian or a scientist. To those that think that science and god should be separated I tell them that scientists are now looking for what they call the GOD particle. But these scientists will only find half the answer. From the beginning they've focused more on the heated weight of god. This is an expected behavior for us humans that live in a material world. But if they look at it differently they will notice that this heated weight has always existed inside the empty nothingness and that the nothingness present throughout the universe is the same emptiness inside our atoms.*

*Long ago when scientists started looking at the global GODS named by humans, they only observed confusion. Groups of humans gathered around their particular GOD, each claiming to hold the true. In time, science forgot about god in its wholeness and went looking only for what exists. They found something of interest: there's something that does exist. They do not know where it came from, but whatever it is, it cannot be created or destroyed, it keeps transforming itself. This is what scientists call pure energy.*

*Wanting to understand they have gone about IT in different directions. There's astronomy and astrology. They try to understand stellar systems: the dynamics of celestial bodies and how these affect us. There's chemistry and the understanding of these celestial bodies' as matter. They found 96 different elements in which this energy exists. There's physics and physicists. They have found that these elements are all made of something they called atoms and as they kept learning more they found that they could go inside this atom. There they've found that atoms have inside of them something hot and they called it protons and neutrons. Then they noticed that this heated weight is surrounded by 95% empty space. Outside this empty space they've found something circling the outer area, something that "separates" atoms from one another. They called this circling force "electron," which has a very tinny amount of heated weight that is moving near the speed of light. In this process they paid more attention to the heated weight that exists inside the atom than to the empty space.*



*Now remember that the human mind is not wired to understand nothingness. This is why the scientific mind did not give too much importance to the empty space they found inside the atom. They gave more attention to what they could detect, to such a point that when I tried to find information about the part that holds together the atom, the electron, I found that science has not given much attention to it. To them it is just something that is spinning at near the speed of light, but to me it is where god took a tiny amount of ITS heated weight and speed to begin the formation of matter.*

*By now you have noticed that I am not a scientist and will never be, I just got involved in this when I asked god if it would let me understand IT better. At that moment I became aware that god does exist, and that it has a shell body, where IT keeps its heated weight.*

*I have to be grateful that god did allow the scientific mind to exist; otherwise I could not use their findings. If you're a scientist remember always that the only reason why you exist is because you are totally made from pure energy and the only reason why you can continue your existence is because you are energized and will always be energized by this pure energy. I did not use the word "god" because scientists have accepted the existence of pure energy, but the "global GOD" is still too confusing. Nevertheless scientist, as everybody else, can meditate and find omnipresent nothingness inside themselves too.*

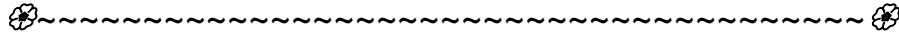
### ***The Scientific human God***

*Now I would like to discuss something I heard on TV concerning the fact that science may find that God does not exist.*

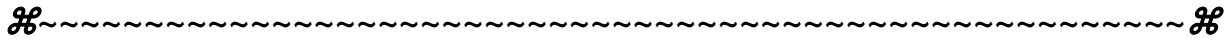
*First let me say that in the field of science there are only two possibilities: either something exists or it doesn't. If it can't be seen touched or analyzed it is purported to not exist. I find this to be a sound method of inquiry because if we think about it, if a scientist had to accept the various gods that humans have thought up they would find god quite confusing. All these gods have different names, sizes, shapes, and colors. Not only that, they also have different functions! Since the beginning humans conceived of different gods that were in charge or ruled over different things: for instance, a god of the sun, a goddess of the moon, a goddess of childbirth, a god of war, a god of storms, a god of wind. You name it and humanity at one time or another assigned it to a god or a goddess. So many gods and goddesses! We still even name the days of the week after them! On the other hand, humanity has tended to use these gods to meet its personal needs, to further its own ends or for its own satisfaction. I find it very strange that when we send our men and women to war we pray that "god" may protect them and at the same time the opposing armies invoke the protection of that same "god" over their soldiers. I also think the ultimate contradiction is the concept of a crusade or a holy war where armies go out with the purpose of killing other human beings in the name of and for the greater glory of their "god". For all these reasons I can understand why scientists stay away from accepting the different gods that exist at the human level, so to speak.*

*Going back to the statement that science may find that god does not exist. I think that there may*

*be some scientists that think this way, but there are other scientists who know that the only reason why they exist is because they are made from this pure energy that makes their existence possible in the form of every atom that they are made from, and that this pure energy cannot be created or destroyed. This is what I refer to as The Scientific GOD. Simply put, if God did not exist, then neither would we.*



***\* The scientific God does exist as the nothingness that exists as omnipresent \****



*Let me clarify that "god" is just a word we use in order to understand and talk about something that definitely exists as everything that is and we should never forget that we are a part of what exists, even though what we perceive to be "out there" as matter is really inside this pure energy's clear, cold transparent nothingness that we call the Universe.*

*On the other hand, it is easy to understand that as humans we have had to use something in order to understand that this God does exist even to the point of giving this God a physical body. But I think it is important to point out that when humans conceived of God as having a human body we were not yet aware of how this God exists as this Universe, consisting of a whole, as what we mean by the term omnipresent. We did not know about God having dual temperatures. However, with the advance of science we have been able to understand that these two temperatures exist in everything that exists as the atoms that make matter possible. We are only limited by what the human eye can see, with the aid of telescopes and microscopes, from what is in front of us to the farthest point we can see inside of this Universe, but in everything we have seen these dual temperatures have been found.*

*Here is another way to look at it: As scientists, with their optical and radio telescopes began seeing what exists inside this place called the Universe; when they discovered the area of it that is freezing cold and empty and when they saw the billions and billions of things that exist inside the Universe, it was not easy for their human minds to focus on this pure energy as one. Perhaps it is because this pure energy manifests as a duality: all the matter inside this Universe and the freezing cold nothingness inside of which everything is contained. Since the Universe is so huge the human mind contented itself with studying only what it could see, which is this pure energy manifested as matter, or ITS heated weight. I believe this happened because it is very hard for the human mind to focus on the infinite nothingness of this pure energy and so this placed a limit on our understanding of this pure energy. Now, in order to correct this lop-sided (so to speak) view, what we have to recognize is that this pure energy is really just one, and makes up 100% of the Universe and as it is so huge, ITS nothingness has plenty of space to do things with ITS heated weight. It is inside of this huge empty nothingness where we have been referring to how it behaves, because this is where its heated weight is moving about, as it transmutes or reshapes.*

*So returning to the thought expressed above, if we want to understand this pure energy better we should now see this pure energy as being just one (or as the one GOD that exists). For some*

*people it may be hard to see this pure energy as one and call IT God. If you do not want to use the word god then maybe it is time to change the word god to something else, because it really makes no difference what we call God or pure energy because IT will not cease to be that same something that exists as every atom we are made of and everything that exist out there, within what we call the Universe.*

*Whether you are a scientist or a non-scientist, I would like to share something I have concerning God. We seem to have created a separation between God as the Supreme Being and God as the Pure Energy that science has researched. But this separation is a false one. I invite you to see them as I see them, that is, to see them both as one and the same. This Pure Energy is the one that energizes me and everything that is alive; the one that is in all places at the same omnipresent moment, in this one place which we refer to as the Universe.*

*Now I know this won't be easy for some of you because of the way we have personalized God to fit our particular way of understanding God.*

*In any case all the "gods" that humanity has believed in have had and have to exist in this place called omnipresent where this pure energy exists as this Universe. There is no other "place" to be and there is only one God which is the same as the Pure Energy that scientists have researched. Just as humanity at one point came to the conclusion that all the gods are aspects of the One God that is located as omnipresent in this place where this Pure Energy exists, as scientists have discovered, it is just one small step to understand that God and this Pure Energy are one and the same. The logical conclusion is then to call IT the Scientific God.*

*I worry about not being clear. Let me try to explain this in another way: There is a portion of our human population on this planet which has come to understand that there is a God. There is another portion of our human population on this planet that has accepted that there is "something out there" that has been labeled Pure Energy. What I am looking forward to is seeing these two groups reach a point of understanding where they can accept and admit that they are both looking at one and the same thing, whether it is called IT, God, or Pure Energy. A perfect example is the photograph of the lady in the first chapter of my book. The meaning of the photo is not the young lady or the old lady, but the fact that these two images co-exist as just one photograph, showing two extremes, two opposites. We have conceived of God as a Being who rewards positive behavior and punishes negative behavior while science has discovered that this Pure Energy exists as a totality that manifests two extreme or opposite temperatures.*

*Now any scientist that understands this pure energy has to at least accept that the only reason he or she exists is because his or her entire body is made from this pure energy, in the form of atoms.*

*Some of us have had to use the word god, in order to accept that everything that exists had to be put there by someone, which is why we refer to God as the creator of everything that exists*

*And for those people that do not believe in anything, be it a god or a pure energy, it really makes no difference, for they still have to exist within the pure energy that exists, and within this God's moment of existence.*

*However, we really do not need to use the word God. We can use any other word or expression to signify that which caused everything to exist. But it at least has to exist as something that is omnipresent, because we now have to accept that what is out there as this clear transparent nothingness does exist, as IT, first, because IT does have measurable distance, and secondly, because this clear transparent nothingness does exist as an opposite to what all things that do exist have, which is ITS heated temperature as this pure energy, also.*

*I personally have to be grateful that I was given the opportunity to understand God as I was taught because at least I was able to hold on to God as existing as something, and then, later on when I became aware of this pure energy that does exist, I understood that both are the same and exist in the same place, as omnipresent.*

*I'd like you to consider something else that may help clarify what I am saying. Let's think of humanity's ideas about gods. Right now most people conceive of only one God, and this Pure Energy that science has discovered and researched is here. But before that, when people believed in many gods, that Pure Energy was there. If we go farther back to when humans were living in caves they may not even have had the idea of gods but this Pure Energy existed back then, too. If we think about a period even before that, when our planet didn't yet exist this Pure Energy was already there. And if we imagine a time even before that, to the very moment when this Universe as we now know it came into existence, it was all the result of this Pure Energy (the nameless, shapeless God). And IT was there even before the Big Bang, because this Pure Energy cannot be created or destroyed, which is something that applies to this one God that exists as nameless and shapeless, for they are one and the same. In any case, it would still make no difference how far back we can see our God as existing because the God that has always existed is the same God that now exists, be it as pure energy or called God or by any other name. The most important thing is that we are individually connected to this God, be it as a symbolic god or as this pure energy. This is why to me, the most important thing that can exist in my life is IT in relationship with me, and be it as a god or as pure energy.*

*I do have to mention that it is harder for me to accept the different gods that we as humans have put together, because one can easily get lost with the many variations and versions that humans have thought up.*

*I find it is much better, easier, and less confusing to look at God from a scientific point of view, as Pure Energy. It is also simpler for me to understand something about God if I focus on the part of this Pure Energy that exists as a clear, transparent nothingness, which could also be considered as God's shell body. This is so because God or this Pure Energy, in addition to ITS heated weight that forms everything that is made up of matter, also exists as this nothingness that has the following qualities: 1- a measurable distance, and this distance does exist as*

omnipresent 2- temperatures (hot and cold) that also exist as omnipresent, and 3- a speed that I refer to as Maxxspeed.

*I have to clarify that before I used to consider speed as existing on a scale where the maximum speed that could exist was the speed of light going down to the lowest speed that can exist, which would be that of something that is not moving. But now that I understand that this God that exist as pure energy that cannot be created or destroyed, I have come to realize that IT does have this high speed (Maxxspeed - which is a speed faster than the speed of light) which can be slowed down by placing ITS heated weight on it to a point where this speed will totally stop. For example, the next time you look at a rock or a concrete building remember that this Maxxspeed is present as just a few notches slower than the speed of light, because IT has placed a tiny fraction of ITS heated weight in the form of protons, neutrons, and electrons that compose the atoms that make up the rock, the building or anything else that exists that is not actually moving.*

*I feel it is easier for us as ITS heated weight to look out at things or into things as ITS heated weight than it is for us to look out into ITS nothingness because ITS heated weight can fragment into tinier fractions while ITS nothingness cannot.*

*Let me also mention that the only reason why I've written this piece was in hope of understanding IT better as ITS consciousness, for I have found that when I write about something I learn things about it that I didn't know before. In any case, whatever we may think will not change the way IT exists. It will only help us to understand IT better and maybe in doing so IT too will learn more about ITSELF. I think this is a distinct possibility because we can see that IT is always looking for all existing possibilities that IT can reshape ITS heated weight into, over and over, and again, and again. Another thing I'd like to mention concerning this thing called consciousness in relation to meditation is that sometimes when one is meditating one strives to reach a stage where one is here, yet one exists in a certain "place" inside of oneself where one does not see anything in terms of physical objects or persons. Let me give you an example. Buddha stated that he found a stage in meditation where what existed was nothingness, and Maharaji has said that he has found a stage in meditation that gives one a sensation of being in a light sleep, and I have heard that Christ also went into a stage where he did 40 days of meditation.*

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***\*\* Some humans have the characteristics of water, which is that when water is trapped, or blocked, IT will look for a different way to continue ITS travels as ITS existence.\*\****

⌘~~~~~⌘

*So it is clear to me that IT does exist as something that we as humans can make a conscious decision to enter during meditation. Now, in my observations I have noticed that the one thing that most people do in meditation is find ways to bring the mind to a stage where it does not interfere with finding and staying in this "place" that can be best described as a nothingness*

*which produces a blissful feeling when one is connected to it. I have also observed that for some people it takes years of striving to reach these stages of meditation and they must discipline their minds and bodies to get there, for it is not easy for the human mind to surrender being the master of its housing, called the body. Some people condition themselves by adopting certain body positions and practicing breathing techniques that make their bodies as comfortable as possible, so that they will not be distracted and be able to keep themselves in this stage of meditation for as long as possible without falling or collapsing or otherwise have their attention return to the physical world of material objects.*

*Some of these different types of body postures bring the body to a position where the body is not drawing attention, where then some other type of practice can be used to bring one's mind to a tranquil state. Some people will focus on the tip of a lit candle, some will chant themselves to a stage where the mind will be focused on the chanting, just to mention a few, for I am sure one can write a whole book on this subject.*

*Finally, I'd like to clarify that I have observed other groups in meditation but I have not felt their type of practice was for me because I am not a group person.*

### ***Why does life continue?***

*To understand this better, we should remember that the only reason why life exists is that IT exists, as the pure energy that all life must have, and since IT as pure energy is an energy that cannot be created or destroyed. So what we are witnessing as life only exists because IT has reshaped into our planet as ITS heated weight, so that IT could reshape into water, which is what allows the appearance of life having mobility. Now, if you see yourself as the pure energy that we exist as, then we as life only exist because every fragment of ourselves, every atom that makes up our body is composed of IT as pure energy. So, in the final analysis the only thing that is alive is IT, and IT has no ending, and everything that is alive, (including us) is alive because our lives are really ITS life, as the only life that exists within the whole Universe, because this Universe is really ITS cold clear transparent shell body along with everything that exists in the form of matter within this Universe (which is really ITS heated weight), is how IT exists as one Being.*

*The logical inference that follows from this is that life will always continue as life, because life is IT, as pure energy and as omnipresent. Here is how I at least have been able to see how life works as IT: Imagine a diesel vehicle, that first started out in its construction from the elements that IT exists as, where ITS heated weight was reshaped into the vehicle itself, then the diesel was put into the engine (remembering that diesel fuel once existed as life), and then the engine was ignited. Let's suppose also that this imaginary vehicle operated under certain conditions, that is, that it should never be turned off without certain dangers that could occur, one of them being that it may not start up again, and another being that if it was turned off then certain things on the vehicle would not work properly the way they did before it was turned off.*

*In addition, for this vehicle to continue its functions it would need fuel. This is why we need air,*

water, and food; and all of these elements are really IT also. Finally, if it would not turn on again, all the elements that made the vehicle possible would transmute back into pure energy, which IT would then use by reshaping it into something else as ITS heated weight.

### ***Why the Universe is not alone***

*So knowing that IT permeates the whole Universe, we can now understand that the Universe is not alone, because this huge, empty nothingness that is confirmed to exist by scientists in the form of a pure energy that has at least 2 qualities, one, as a freezing cold clear temperature, and two, as a measurable expansion that occupies space, which holds within ITSELF a hot energy that has weight, is omnipresent. The Universe itself is this pure energy's shell body, it exists as what God is: as omnipresent.*

*Another way to understand what we are discussing is to consider that, if God exists, God would have to exist somewhere, and the only place that has been confirmed to exist is this Universe. Now, with our more advanced way of thinking and seeing things, we can understand things differently from when humanity was still living in caves and had a more limited understanding of our existence. We should thank God that IT never totally let us get lost from knowing that IT has always been here, and how IT exists, for IT allowed the scientific mind to exist so that humanity could understand that God exists as pure energy, for science has confirmed that this pure energy cannot be created or destroyed. In addition, scientists have confirmed that they do not know where this pure energy came from. All scientists have been able to ascertain is how this pure energy behaves, and that this pure energy (God as omnipresent) has two basic characteristic qualities. First, as a heated weight that can be found in everything that exists, beginning with the heated weight that light has and also the heated weight that the electrons, proton, and neutrons that all matter is made from must have, including you and I, since our bodies are made from atoms, too. And second, this heated weight can only exist inside the other mode in which this pure energy exists, which is this huge, clear, empty Universe. These two modes of existence also have two characteristic qualities: a freezing coldness that occupies a measurable space and a heated weight that exists inside it.*

*So you see, for God to exist, IT has to exist somewhere and the only place that we know exists is this Universe, and we also know that the Universe is made of this pure energy that cannot exist anywhere outside of what now exists as this Universe, which is nothing more than ITSELF.*

*There is a free photo that you can download from this webpage what might help you understand better. When you look at this photo, remember that what is of importance is that it is one photo, (by analogy, the Universe is one God), and the photo is also made up of two extremes, as in the young and the old lady. Now, when you take the analogy of the photo and apply it to that pure energy that is God, you should keep in mind that IT, too, has to extremes. You can read more about this subject in more detail in the two volumes of the book I have written, called Omnipresent. Valium 1 & 2 .*





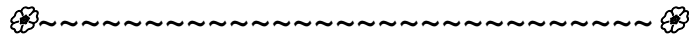
### ***What's in a name?***

*As I have said to many friends that have asked me what is the difference between the Being that Christianity calls God the Father of Jesus Christ or Jehovah; and the Being that Islam calls Allah; that Buddha referred to as the Unborn, that Zoroastrians call Ahura Mazda; that the Jewish people respectfully address as Adonai to avoid pronouncing The Name, that the Oglala Sioux call Wakan Tanka (the Great Mystery), that the Zulu people call Unkulunkulu and many others. To them I say there is no difference because no matter what humans may call IT, IT is still IT as this pure energy that exists.*

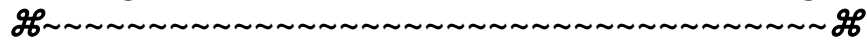
***Nothing exists without ITS heated weight***



Without ITS weight nothing could exist as we know it. What would happen if the tiny amount of ITS heated weight in the form of electrons were removed? This would mean that the 4.5 % that science has confirmed exist within the existing universe as matter, would not exist either as the weight of the protons and neutrons that make up each atom. And then nothing else would exist either, for it is only as ITS heated weight that matter can exist.



**\*\*\* Nothing can exist as matter without ITS heated weight \*\*\***



### ***We and the Sun as weight***

Here is something to think about: Now that we know that our Sun is one of the places where IT sends out ITS heated weight to other parts of ITS fragmented heated weight, and in this case, to our planet which receives tons of ITS weight in the form of solar heat and light, it could be that this heated weight is contributing to the slowing down of our planet. The way I see it, when our planet came into existence it had to weigh less than what it does now, after receiving tons of ITS heated weight from our Sun. I think that this extra weight will continue to slow our planet down.



**\*\* Even the heat that hell exists as belongs to IT as pure energy \*\***



### ***There is no difference***

Maybe you can understand this in this way, and we should not take it too seriously, for it makes no difference what we think or what we may do, for IT is in total control as the pure energy that everything exists as.

We are born and we die, our planet will stop existing , and our galaxy will be consumed by a black hole , for everything that exist as this pure energies heated weight will stop existing , as it searches to return to being just one singular heated weight again, and let me say that if I was to read this before I understood IT better, I would have found this a little depressing, and slightly negative but now that I understand it better, I understand that first I should be grateful that I am here at this moment , and I am here only because I exist as one moment of ITS existence, and I have to except that it was because IT once did have all ITS heated weight in one place, and then IT fragmented this heated weight so as to form this galaxy, and our planet, and in our planet began to rotate , so as to produce change, that after millions of rotations later, I could come into existence, and in falling into an addictive hole , I turned to IT for help, and begun to see that IT did listen to my call for help, and that IT keeps listening to me when I talk to IT, and I sill have to continually say thank you to IT, for IT has made a huge difference in how I am now permitted to exist in peace with myself, and at peace with what IT is doing out there with ITSELF, as everything we are seeing on this planet, and the whole universe as how IT exist as omnipresent .

*But let me return to what I started writing you about , which is that later , yes our planet , and our galaxy will be consumed by an already existing black hole in our galaxy but you the reader should not take this to seriously, for our planet will permit many human generations to come into existence so as to continue seeing IT at work, for when we remember that we once existed in a very un educated way, when we were in the stone age, to now when we are just entering the technological age, which was needed as I wrote about this because this may permit what we understand as humanity, to reappear , again on a new planet , and very educated, and bringing to this new planet the latest advances that we reached on to this new planet, I say this because , as I have observed IT, as how IT does things, with ITS heated weight , as IT searches for other possibilities, that IT can exist as, and believe me, if IT could use ITS heated weight to become this now existing universe, IT is a master at what IT does, and to me what is more important is not so much what IT does out there, it is my personal relationship with IT.*

***When do I know when I am right or wrong?***

*well first I have to except and understand, IT will not send me any written instructions as to what is right or wrong, so one of the things I can use to guide myself with, is this, 1- is what I will do going to hurt anyone physically, if not, then I am going to assume it is all right to do it, 2- will I be trying to manipulate anyone, to satisfied my desires, or is what I am going to do is just sharing what I have or know, 3 when I do things, are the things going to make some one else's life better, but the best one is this, does it feel right, as in what I am going to do feel smooth or turbulent , for I have learned to feel what is right or wrong , but most important is that I apply , this , statement to myself , which came from me asking IT , that if I surrendered to my wants, and desires, then how will I know what to do ? and the answer was, Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*

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**\*\*\* IT is the only one that does not have an outside to ITSELF\*\*\***

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## *IT is entertaining ITSELF*

*Forget about who you think you are, and what humanity is doing, so you can better understand what follows: Imagine you are IT and you know that there is no one else, so you know that you cannot seek company from anyone either for conversation or entertainment as God. Let's start by remembering that there was a moment just before the Big Bang occurred when IT existed as a singularity of pure energy. IT then took its heated weight and reshaped it in to what now exists as matter, all the matter inside what we perceive as this Universe, which is where we also exist in as ITS heated weight. Science has been investigating this pure energy, which they have found cannot be created or destroyed. And naturally, if God could be created or destroyed, then there would have to be something other than God, but there is not anything else, because science has found that everything that exists comes from this pure energy.*

*For those of you who do not believe in a God, then you should remember that the only reason why you exist is because you are made of matter, and all matter comes from this stuff that scientists call pure energy which makes up every atom that you exist as, and as every atom that you have to continue using in order for you to continue your existence on this planet. Also, let me mention that in reading or seeing this situation as how IT exist, will not change your way of life, but it will help you understand just a little more of who we are, and why we are here, as one moment of this pure energies existence (God), and let me mention that what does make a difference is when you take one step in trying to be with IT.*

*Because before I use to give more of my existence to the things that existed out there as having great importance, but now the only one that I give importance to is IT, in which I have to say, thank you to IT, for allowing me to understand you (IT) as how you exist as everything that exist as just being your heated weight, that exist within your cold transparent body, as a way that you are entertaining yourself as the heated weight that you have inside of your shell body that exist as the pure energy that exist as this empty universe, (\*A), but for now let me give you a brief explanation, in this way, the next time you look into what exist as this universe, or as what you have read about that relates to this, here is what you will find, you will find that this universe exist as having celestial bodies that are made from something called pure energy which exist inside what is called this empty universe, and all of these celestial bodies came from one singular heated weight known as the very dense heated weight that existed at the moment of the big bang, now I would like to take a moment here to show you the reader something , first you need to remember that at the moment of the big bang , because at that moment in gods existence, what we are now seeing as the billions or trillions of life forms did not yet exist, and as I explained in my two volumes, that what we are seeing as the trillions of life forms that exist on this planet are just really one, for we exist as life, only as the way IT exist as life, and at the moment of the big bang things that now exist as objects, like cars trains plains or jets just to mention a few did not yet exist, for all that existed was just one singular heated weight that science refers to as weighing tons per square inch, and I found that this heated weight is weighing more like less than 6 pounds per square inch and I explain more in detail why this heated weight does not weigh tons per square inch.*

*But let me return to this moment called the big bang, where this dense heated weight existed as just one weight that existed inside this same empty place called the universe, naturally because this heated weight that exist as pure energy cannot exist somewhere else, or outside of this way that this pure energy exist as ITS shell body, as what we are seeing as outer space, or what we call the universe. So now let me take you the reader through this as best as I can, but first please remember that there only exist one pure energy , and this one pure energy is also how God exist as the meaning of the word omnipresent, and this pure energy cannot be created or destroyed, the same way God cannot be created or destroyed, and that what exist right now as our moment of existence, came from this pure energy as its heated weight as the atoms, that we exist as matter, which is the same as what some will refer to as the phrase that goes like this: That God created everything that exist, to which I explained more in detail in my 2 books why god is not really creating anything, but that God is really just reshaping (transmuting) ITS heated weight that exist within ITS freezing clear transparent body that we see as this empty*

universe. So let me continue why IT is just entertaining ITSELF. Now, do not forget that you and I , and everyone that exist as life did not yet exist as this moment of ITS existence at the moment of the big bang, for the only thing that existed at that moment was IT, and that IT had ITS heated weight inside of ITSELF, in one place, as in not scatted, for this is what came later, but before I start explaining this, let me start with IT, has when IT had all ITS heated weight in one place. And why IT is entertaining ITSELF using ITS heated weight? Now, we should remember there only exist one, as in one God, and as there being just one pure energy, and that everything that has ever existed , exist, or can exist can only come from IT, as ITSELF , now whatever IT is , as what exist as pure energy, and why I say pure energy is because, some of us understand that which is referred to as God on this planet called earth, in different ways, and exist as different gods to our human mind, now some of this human minds, also know this God , in a more explainable manner, which are called scientist, for this group known as scientist, not knowingly, went out to see what does exist, as what exist as this whole universe, and what is inside this universe.

And I will be using this way of seeing and understanding what exist as God, in this manner, which is that since God as omnipresent exist in all places at the same moment, mind you , I did not say time, for I found that the word time is not universal, and it is a word that the human mind found as a way to exist as a convenience, to which you can read more about in my books, where I explain why time is a human invention that serves only as a human convenience,. And why I prefer to use the word moment, is because I also found that at this stage of our existence, the languish that we are now using is based on time, and money, and unfortunately IT cannot be described better. When we refer when we use the languish we are now using to describe God as existing as time and money, which you will understand better, if you remember that at the moment of the big bang, time and money did not exist as the way it exist as this moment we are now in; IT just existed as ITSELF, and that it is better explained what came next, as what scientist have found as how this pure energy existed, from that moment that they refer to as the moment of the big bang, which is really a very good way to understand God, as how God really exist materialistically, as something, or better still, as all those celestial bodies that exist inside of ITSELF as this universe, which also includes you and I, and everyone else, and everything that has ever existed, exist, or will exist comes from ITS heated weight only, and I say only as gods heated weight, because this is the part of God. God uses to make what we understand as matter, and it is better to understand God as science, because it is science that confirms that all matter exists, because of the heated weight, that all matter has to have. Let me explain this better this way; But let me start from when we were in the primitive cave stage of our existence, at that stage, and till now, our understanding of God, is everything that we now have as what God is, and it was not until science came into being, that more information started coming in as how this pure energy exist, and how our existence as being made from something called pure energy. For they, as scientist where not looking for God, they were just looking to understand what does exist, and they found that everything that now exist as matter when this matter was reduced they found matter to be composed of atoms, and when science kept progressing, and I say progressing, because 50 years ago, scientist where not yet able to go inside the atom so as to see what existed inside the atom, and when science looked inside the atom, they found that

what existed inside the atom was a heated weight (as the protons and neutrons), and it was this heat that gave everything that exist as matter the weight that matter has. Let me mention that sciences can tell the difference from a hydrogen atom, and a gold atom just by its weight, for they as science have labeled all the atoms that exist by their heated weight, And now that we know this at this stage of our existence, we can use this information to understand God better, and let me explained why. Using what we as the general population knows about God, which is this: I'll say that God created every thing that exist, and by this I mean, that you and I and everything that exist on this planet and everything that exist inside this place called the universe. Now if we take what science has found, which is that everything that exist comes from something called pure energy, and that this pure energy is what makes matter possible, and that all matter can only exist because of the heated weight that exist inside the atom. So, I hope you the reader, can see why I say that we exist, and everything that exist, is because God is using that part of ITSELF which exist as a heated weight, that exist inside of God, to which I have to say thank you to IT. As God, as the pure energy that IT used to make my existence possible, as this moment of ITS existence as ITS heated weight, which I elaborated more in my two books. (\*A) But let me return, so you can see and understand how IT uses ITS heated weight, that exist inside of ITSELF and becomes you and I, and everything that is made from matter. Which started at the moment of what science knows as the moment of the big bang, when IT existed as having ITS heated weight in one place, and how IT then took this singular heated weight, and fragmented this heated weight into quantifiable portions, to become atoms, so that IT could entertain ITSELF using ITS heated weight only, and why I say only, is because as I wrote in my two books(\*A), that IT as God is one, but exist as two extreme energies. And one of these energy is a constant, but the other is not, and it is the other way that God exist, as heated weight. That makes everything that has ever existed, exist or will exist, is only Gods heated weight that exist inside of ITSELF ?

Let me try and explain this in a different way. Look at it this way, let's take you as an example, you exist as just one, the same way God exist as being just one, now one thing that you will notice is that anything that can exist as being alive or not being alive has to have this heated weight, that exist as that which science found and calls pure energy, and this heated weight has to exist as being inside whatever is being referred to, so that if we use your body, and let's say you are hypothetically weighing 100 pounds, as you, and let's say that God is also hypothetically weighing 100 pounds also, now you being 100 pounds as one body, then take this 100 pounds and divide it into millions, billions, trillions, googols into portions of your one 100 pounds as all the different weight that you exist as your liver, your heart and blood cells, just to mention a few, so you are 100 pounds, but this 100 pounds, can be fragmented into million, billions, trillion, googols, now this is the same way IT exist as: As having one total heated weight that can exist as one total singular heated weight, or IT can fragment this one total heated weight into quantifiable fragments and it is these fragments that we are seeing as all the celestial bodies that exist in outer space, and let me take a moment and say that we say outer space, because we are looking out from where we are as this planet, but the reality is that we are not looking out, for we are really looking into this that exist as pure energy (God) look at it this way, we cannot look outside of God, or pure energy, for we can only exist inside of this

pure energy that we exist as, and our planet is also inside this pure energy, here is one more way to understand this, remember when we said that God created everything, well everything that God created is what we are seeing as being out there as what we call outer space, and this is easy to understand, because God does not create anything outside of ITSELF. So, do you think God is a spirit? Let me explain when it says God created us as ITSELF does that mean God is also what we visually see as flesh?, well I also explained more about this in my two books. And let me mention that there is a difference, in when we use our body as an example, to seeing this situation, which is that as our 100 pound body, this 100 pounds that we exist as already exist being fragmented, but we cannot bring our 100 pounds back to being just one singular heated weight, but IT can, and IT can do this as many times as IT wants to, for it is ITS heated weight that can be continually fragmented, and we cannot because the heated weight we exist as belongs to IT, as the pure energy we are made from. But returning, science does know that IT had all ITS heated weight in one place, has what is referred to as the moment of the big bang, see if you the reader can see this situation better this way, when you look into outer space, you will see matter, but remember that all matter is only ITS fragmented heated weight, now try this. Imagine that all that matter that exist as celestial bodies in outer space was brought back to just being one singular heated weight as existing as just one entity, and you could see what now exist as all the celestial bodies as just being one total package, that has to still exist inside what now exist as this cold clear transparent empty universe, now this is the same way it would look like if you could see ITS heated weight as being in one place, which is how this singular heated weight exist as at the moment of the big bang, which is how it would be when God as pure energy had all ITS heated weight in one place, and then God, decided to take ITS one singular heated weight and fragmented this singular heated weight into tinny quantifiable portions, so as to see what IT as God could make with these fragmented heated weight as possibilities, well one of these possibilities, is what now exist as this now existing universe, and I say one possibility, because as I explained in my 2 books, that there are other possibilities, and why. But for now let me return, to how God as pure energy now exist as this now existing universe, to which I have to be grateful that IT used ITS heated weight to make the universe that now exist. So that I, as one moment of Gods existence, could become aware of how this God that exist as pure energy is exploring what IT as God could do with ITS heated weight. And before I forget, that the majestic beauty of IT is, that ITS shell body is a constant, and that it is ITS heated weight which is less than 1% of ITSELF can exist as one total as I have detailed in my too books, but can fragment this heated weight into tinnier portion, but as ITS heated weight that can only exist inside of ITSELF, can exist as one, and it can exist as all the things that we can see that exist in outer space, which is really ITS cold clear transparent shell body, now ITS heated weight does have a particularity, and that is this that ITS heated weight wants to be one singular heated weight, and when this singular weight was fragmented, as all the matter that now exist inside of ITSELF that we call the empty universe, and we know that ITS heated weight has a built in quality, which is in its wanting to return to being one singular heated weight, is why we have gravity, that produces a certain effect, which is this, it produces change, and this you will notice as the things that are changing in our existence, for if you look closely you will notice that it is ITS heated weight that exist as matter, that is producing what we see as change, this is why we know that nothing will last forever, because it is made from

*ITS heated weight, that is looking to become one singular heated weight again, and IT made sure that ITS heated weight would return to being just one, when IT became what we now know as black holes, which is what IT is using to bring back ITS heated weight, so yes, we exist because IT is entertaining ITSELF with ITS heated weight that IT has inside of ITSELF, and that the way we now exist, which is vastly different from when we as humans where in caves, to where we now exist as a technological society, where we have been permitted to leave this planet were we existed from not to educated when we were in caves , to where we have been permitted to become very intelligent beings, where we could leave this planet that we came into being with no clothing on our bodies, to where we could exist outside of this planet with the aid of spacesuits, and I also wrote about this other possibility, where we as humans will venture into outer space, and why. But for now I have to look at what it is doing, with ITS heated weight as a way it is entertaining ITSELF, for you should remember that it as God, and as pure energy, has no one else to be with, or share IT with someone else, and that it is, as us, that IT can also confirm ITSELF as existing, for the other ways that IT exist as, like dogs and cats, cannot understand who, and how IT exist as the pure energy that they are made from, and how they got here, where we can at least begin to understand who IT is as the pure energy that God exist as, and as how we exist from being this pure energy, so that we could see how IT has been reshaping ITSELF as the heated weight that exist as pure energy, as the heat that everything that exist has, came from this pure energy.*

*And before I continue, I would like you to consider this, which is that we as humans can think, and it is from this way of existing that as we think, we can then do things that other life forms cannot do as in we can think before we do something, as in being able to plan what we will be doing,. And I say this because since we are made in ITS own image, means that everything we have as human qualities are because IT as God as pure energy has to have it also, and we can see that when God as pure energy, decided to take its one singular heated weight, and fragment this heated weight in to what we know as the periodic table does have perfection built into it, and we can also see this perfection when we look at what exist as life, as an example, we exist as ITS heated weight, in such a perfect way.*

*So now fallow me, imagine you are it, and you are going to use your heated weight that you also exist as, which exist inside of yourself, to entertain yourself with your heated weight, so you start by taking this heated weight that you have inside of yourself which does have a certain quality, which is that this heated weight can exist as just one singular heated weight, or it can be chapped up into quantifiable tinny portions, that can exist as tinny as the heated weight that solar light has, now you as IT can have this heated weight in one place inside of yourself as how this heated weight existed at the moment of the big bang, or you can chap your heated weight into smaller pieces, so that you can make many things from this one heated weight into a number we have not even comprehend like beyond millions, billions, trillions, and as I say guggles, bugles, muguls, pugles and there is still room for a word beyond all of these as what now exist as all the celestial bodies that exist in side yourself as what we see as all the heated weight that exist as planets solar sun, meteors, so the next time you the reader looks at what exist inside this universe, remember that it all comes from ITS heated weight, and I have to say thank you , for doing this with yourself, for otherwise I, and everything that exist inside yourself*

*as what exist, for we should remember that everything that exist inside this universe, exist as matter, and all matter is made from atoms, and all atoms have ITS heated weight, as the weight that all atoms have, which exist inside of your (God) cold clear transparent body, and you the reader will understand this better if you read my 2 volumes .*

*Now I stay as close to IT as much as IT will allow me, for it is a gift to be alive, as one moment of ITS existence, and it is a gift to be as close to it knowingly, and I say knowingly, because we have to be with it anyway, because we are IT totally as every fragment of our heated weight, and we totally exist within ITS cold clear transparent shell body that exist as an energy that is made from a form of an energy that exist as a nothingness, which I detailed more in my 2 books. (\*A)*

### ***Does everything have a spirit?***

*Let me explain this, but I will do so, in this way, first advising you to buy Omnipresent I & II. In my two previous publish volumes you will see more about this subject in detailed and it will allow you to understand and be able to merge what we understand as God as the general public, with what science found as pure energy. The reason for this is because as science, thing's either exist, or they don't exist.*

*Let me say that science, does not say it exactly that way, I do, for I do not want to blame them for anything that I do. And I say this because of this, I consider myself an unscientific person, but I do try and keep up with what exist as science, and I have looked at what we know as God, and I have found that in seeing both what science has found and what most people understand as God, we will see things that have been ignored until now.*

*So, let me start by using some of the things that I already wrote about, so that this subject will be understood.*

✿~~~~~✿  
**\*\*\* Life is how IT exists as a constant. \*\*\***  
 ✿~~~~~✿

*Now, here is something that I found as I looked into what exist that is related to this subject that we call life.*

*Life changes, but it is not life that is changing, it is the heated weight that we exist as our life. What is changing are the events that occurred during our life, and all of these events are made from ITS heated weight only.*

*Life is a constant from the moment we are born till we die for what is changing is not life itself, it is the heated weight that exist as matter.*

*Let me say that as omnipresent, there is only one life force, and that life force belongs to IT, and as the laws of pure energy state that whatever is made or exist as pure energy cannot be created or destroyed.*



*Let me try and explain this in this manner, since what we understand as life does exist, means that life also has to exist as the pure energy that exist, and this is easy to see, because it took the people as scientist to be alive in order to write about what they have found as the pure energy that this universe exist as.*

*Now, we also need to understand that since life does exist as this stage of our existence, we will need to take what we have learned as how life exist on the streets (as I refer to what we learn from one another), and then use what science has found, and merge them together we can get a better understanding. I say this because by using both our street knowledge and what does and does not exist, as what science found. You can then ask yourself, if what we call life does exist, then where and how does life exist as this pure energy? Let me mention that one of the things that I found as I looked at how IT exist, from as far back as when IT started to reshape ITS heated weight as what science calls the moment of the big bang, is that, if life does exist in our stage of our existence, then this which is referred to as life has to also be there as something that IT has as part of ITSELF, be it as god, or as pure energy, now as how this part of how IT exist as life, we can better understand if we use what science has found, and the reason for this is this, that science in its way of tackling things, or handling things, to them, it either exist or it does not exist.*

*So, that in using what science has found we will understand how God exist as the pure energy that they have found, and utilizing their findings, with what we at the street level understand as our God, a little more, as what does exist, as what scientist found, for they too have this stuff called life, even if some of them may not believe in any of the different Gods that our planet has, and at least in us looking at what they found as this pure energy that does exist we can understand a little more of who our God has in common with how this pure energy exist as life.*

*I know that in saying, that this pure energy and god are the same, I am referring to something as being one, and the truth is that I am, and it is because of this, that when I looked at how God exist on this planet, I saw what everyone else has to see, which is that, the God that exist on this planet, comes with different names, and different shapes.*

*And when I looked at what science found, I also noticed that this pure energy also was being referred to as existing as one pure energy that exist, but that this pure energy existed as two different opposing entities, which as scientist, they had to label these 2 energies, for they both do exist, and not as hearsay, because for science, it either exist or does not exist. Since science was not looking for God, but rather what this universe is made from, and everything else they could find that would be related to how this universe exists as.*

*So, they started by taking apart what they could find, that could be seen and analyzed, and anything else that they could do to understand this place that exist as this universe. This is a good way to start, because (I/we) since our beginning of existence starting in the caves, till now, have at least stayed connected to IT, as the many Gods that the many sectors that we exist as on this planet, but when scientist got involved in their search to understanding things, they*

*started clean, as in not having any pre-conceptions, of how things should be, but rather how things do exist, and the other good thing about a scientist is that they came in at different levels as scientist, some went into biology.*

*Biology: living being and life processes; and if you are wondering why I am using this scientific field is because of this we as our human body, is where our mind exist as our brain, and the brain, is made of matter, but more important is that our body, like our brain, like the whole universe, is made from this nothingness that this pure energy also exist as, and it is this nothingness that exist as pure energy that permeates everything, and it is the part of God that is all knowing (A\*). And some scientist went into mathematics, and the list goes on, but they all in some way contribute to understanding this universe we all live in, which in turn, helps us in understanding god, as this pure energy that exist inside this universe as omnipresent.*

*Like I have mentioned before in my 2 volumes, that I have to be grateful to what these scientists have found, because this has helped me in putting together a better picture for myself as to how things exist, which as it turned out, I too learned a lot from them, because as you will read in my writings, that I never started out to be a street level writer, I was just writing about what you can read about as my free sample, which is mostly on Trivia's. And it was these trivia that I wrote about that took me in the direction of understanding this universe, and it was when I focused on the word omnipresent, that I became aware that there wasn't much information on this word, and as I fallowed what this word meant, was when I became aware that as omnipresent that time is not universal, but turned out to be a human invention that existed as a human convenience.*

*But, let me continue telling you about what science found, and the reason is this, that when we refer to, is everything that exist, exist as life, or even does everything have life in it, we will understand the above better as science, for one very good reason, which is that to science, it either exist, or does not exist, and if something does exist then how does it exist, and (I/we) on the streets do know that we exist as life, then this in which is called life does also have to exist, and as I have explained it does, but in the a strange way that how science found it. (A\*) But for this short article, in order to understand better how God exist as life, we have to use science, and when I write about how God exist as science, I did so as simple as possible, and in no way as a scientific journal.*

*So, returning to the understanding of God, as life as science, we have to see what science found that does exist as what they refer to as pure energy.*

*Now, I will try and stay as simple as possible for does people that have not read what I wrote more about in my 2 volumes, in a more detail way.*

*So, as science, they have found that there is this place that was given the name universe, and in this universe there existed things, like celestial bodies, and as scientist took these celestial bodies apart to see what they exist as, they found that everything inside this place named the*

universe, when taken apart, down to its lowest components, Exist as being made of atoms. So, to bring this back into perspective, our planet and everything else on this planet exist as the atoms that everything exist as, and this is where we too also exist in, as life. But let me stay with what we know, as existing, or not existing, so that since we as life are made of matter, and all matter is made of atoms, so that whatever we are looking for that exist as life, does exist inside this universe, and I will explain later why I will have to bring you back to this, but for now, if life does exist as being made, or existing inside of what science found as atoms, we will have to take the atom apart, and I will explain why. Remembering we need to know what science has found what does, and what does not exist, because if we are going to take this statement, we will have to ask our self does everything has this stuff called life? We will have to see who and what this stuff is made from, and as where life exist in or as, as science, for we should not be afraid of science, for science does have its good qualities.

Now, why is it necessary that we understand this huge place called the universe? Is it because of this, for one we exist inside this place, and so does everything else, including life, and the only thing that I found that existed in all places at the same moment was this clear transparent nothingness that exist as one of the ways that this pure energy exist as, and it is in this nothingness that exist as this pure energy that is housing this heated weight that is everything exist as, in which also exist inside atoms, now when science saw what existed inside this universe, as matter, they started by taking apart this matter, and what they found was that matter is made up of different types of atoms, and what made these atoms different was the heated weight that existed inside of them, so this is why these different atoms, that have different heated weight, and they labeled these different atoms because of the heated weight they had inside of them as the periodic table, and it is these different atoms that exist as heated weight, that are used by us as humans in making things, in the field of chemistry.

After scientist finally understood that matter was made from atoms, another group of scientist came into existence, known as Quantum physics, because as they looked inside the atom, they found that inside the smallest atom, there existed many other smaller things as sub atomic particles, and there were so many of them, that it was like a zoo, as there were so many other smaller things that existed inside an atom, they had to label them by giving them names like protons, neutrons, and peons, muons, hadrons, quarks, gluons, baryons, just to mention a few, and please remember that all the names I mention above, are referring to ITS heated weight, and all the above as heated weight exist in what science found to exist as an empty nothingness, and that the heated weight inside the atom, and the empty nothingness, is what pure energy exist as, and they both also exist as

### **God, as omnipresent**

And as I tried understanding what exist inside the atom, I realized that here is a place that is so small that one can get lost in there, but for me, what is important is, just how small ITS heated weight can exist as, but for now, I prefer to stay in contact with how ITS heated weight exist out here, where I exist in, and especially if it is a friendly female.

*Now, why it is important to understand the things that exist inside the atom? Is because whatever life is, it has to be there, also if life is present in everything.*

*Now, we need to remember that science was not looking for God, or life, they were just looking for a way to understand what does, or does not exist, and by now, you will noticed that I keep saying what does and does not exist, because if we are going to understand life better, this stuff that does not exist as matter, but does exist(dark matter), needs more explaining, but slowly, because if you have not read my previous volumes, you may not be able to understand what I am now writing, also will not be able to understand that there does exist, something as pure energy, that exist as a cold clear transparent nothingness(dark matter), but for now lets return to how life does exist, as science, because science in taking apart this universe, and finding that everything that does exist as matter was made of atoms, and all atoms exist as a heated weight, and you will see that till this moment science is seeing everything that exist basically this way, for science focused on what does exist, and what does exist is basically the way this pure energies heated weight exist as, which I found it to be only less than 1% to how this pure energy exist as a whole, which is good because science will tell you what exist, and how this something does exist, so as they explored what exist inside this universe, by labeling these entities, by starting by placing names to what they found does exist, and they gave it the name pure energy. And one reason why they used this name, was because everything that exist does have energy but it was as ITS heated weight only, and till this moment of their findings, they know that this pure energy as they call it, has no beginning or ending as that part which is made of a nothingness (dark matter), and that both these energies cannot be created or destroyed.*

*When science tried to find ways to see if this energy could be destroyed, they found that this energy just kept transforming into something else, which they labeled as transmutation, now knowing this, we should remember that what we are looking for as life has to be here as pure energy also, and it is, so let's continue.*

*So, as science we can know better what does exist as how it exist, for science can take this pure energy apart and study it, for they have tons of information on how this pure energy exist as, but basically as the heated weight, and how it behaves.*

*Now let me start here, in making things that science found a little clearer, I need to start with what they have found, which is this, they found all matter exist as atoms, and when they looked inside the atom they found something that exist as having heat and weight, and this heat and weight does have the energy to make things happen, so they labeled it the positive energy, of what exist as pure energy, and when they went to try and understand how this other part of this pure energy exist as, they ran into a problem, which is this, that our human mind is made to understand what exist as something, and when science got closer in to trying to understand how this other way that this pure energy exist as, they found it very hard, naturally, because our minds are not made to understand something that does exist, but it exist as a nothingness, and in my two books, I suggested that one way for science to try and be able to understand this other way that this pure energy exist as a nothingness, was for them to take what they have on*

*ITS heated weight, and look for the reverse qualities, because two things that this nothingness that exist as pure energy does have, is temperature, and the other is distance. Now science does accept, that there exist something, which is not made of something, as what they found as this empty universe, they know that this nothingness that this universe exist as is there, they called it Dark matter, as a way to confirm that yes something is there, but not as matter, so they have had to continue understanding this pure energy as how this pure energy exist mostly as a heated weight, which they label as a positive energy, and as I followed this heated weight and mentioned the many ways that this energy exist as this positive energy, and science will tell us what they already have that exist as tons of information on how this heated weight exist inside this other way this pure energy also exist as.*

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**\*\*\* Life is where IT exists with mobility as ITS heated weight \*\*\***

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*So, if we are to understand why life could exist in everything, then let me first give you some of the things that have been used to explain why this could be so;*

*By giving you some of the things in my previous volumes that can help us to understand it better, why yes light has to exist in everything?*

*The first way to understand this is that since life does exist, as what God gave, then this quality that God exist as belongs to IT, and it only, and anything that belongs to God, cannot be created or destroyed.*

*I wrote more about this subject, that the reason why, we are aware of what we call life, is because we are here on this planet, but in removing our existence as life on this planet, and what ever this life that exist as pure energy, has to be there all the time, and if we now go to science and use their information, that will reflect on the subject of life, started out something like this, that there was a moment when all the heated weight that now exist in our existing universe as matter, existed as just one singular heated weight, which science referred to as existing as tons per square inch, and I found to exist more like less then six pounds per square inch that exist as pure energy, and then this pure energy as heated weight fragmented this singular heated weight, so that we, could exist as one moment of this pure energies existence as ITS life, but not as our life, but as the way IT exist as life be it as God or as pure energy.*

*Now here is the way I can best express myself, if everything has life or not, it has to for this reason, that as the pure energy that we and everything exist as, cannot be created or destroyed, for what we are seeing in general is an illusion.*

*And as God, then life as God, cannot be created or destroyed, and you can understand this better, when we take the meaning of this word omnipresent, which means that God is in all places at the same moment inside this universe that science detailed in this way.*

*If we want to understand who we are, and why we are here, we need to see God as just being one, and everything that God is doing, God is doing it inside of ITSELF, as one, which you can read more about on this web page as the section called IT is entertaining ITSELF.*

*So, even if we look at God as what science found, it will still be the same energy that God exist as, for when we look closely we will see that there are not billions or trillions of life forms, there is just one form of life, and this one form of life belongs to IT only. And it has been there from the beginning, for this life force cannot be created or destroyed.*

*When we refer to if things that exist have life in them, the answer is yes, because everything that does exist is really this pure energy that exists as being just one.*

*Here is an interesting thing to ask a scientist, why this pure energy does not have a beginning or an end? They will tell you that since this energy is transmuting, which really means that ITS heated weight is changing as what exist as matter, atoms, we will see an object, and then destroyed, transmuted, as heated weight, as the object, for all objects do have a beginning, and an end, so what is it that does not have a beginning or and end? To which I detailed in my two volumes*

*Now, let me keep repeating that anything that exists now, as pure energy cannot be created or destroyed, for that is what science has found, and they explain this very well, and it can be understood as transmutation. Scientists have even established this as a law, which they refer to as the law of the conservation of pure energy, and when we think about laws, we will also have to accept that all laws made by us as humans on this planet will pass away when our planet or galaxy is consumed by a black hole.*

*Now, since IT exists as a constant as ITS nothingness, that means that everything, as this life force, exists because of this and if we look at IT as just being one, then you will see something else. Remembering that spirit and life are not things that have a tangible, material body. Since this spirit is made of a nothingness and everything that exists is contained inside of this nothingness, and since everything that exists is made up of matter and all matter, is made of atoms, and all atoms, exist as having as their existence a nothingness inside.*

*Example: Buddhism teaches about the spirit only. The goal is nirvana: meaning to extinguish or to blow out of existence, like a candle in the wind. But this nothingness today is known not as annihilation, but means a release from suffering, desire, and the finite state of self. It explains that all life is connected to each other. Everything is equal to everything else to all life, and yes this is true when we remember that IT is everything that exist and everything that exist is IT, (God-pure energy) then as I explained before, since life does exist, it is because IT, as God and as pure energy has this unique quality. Let us continue on...*

*Life and consciousness have been there from the beginning of the formation of the Universe and I would like you to understand that the consciousness that we have is something unique.*

*imagine that there exist something (pure energy, God), and this something is huge, as huge, as how big this universe exist as something which is made of a clear freezing transparent nothingness, and this something (pure energy, God), has a heated weight inside ITSELF, as just one singular unit, and that this something (pure energy, God), that when it had all its heated weight as one, and in one place, could not see visually, the way we see things visually before we do something, but whatever this something (pure energy, God), that just exist as having a huge freezing cold clear transparent body, in which (I/we) can understand by just trying to see how huge this is. Now, this freezing cold transparent universe exist as, because what we are now seeing, as this huge freezing cold clear transparent universe, is the same huge freezing cold clear transparent that existed then because this is the way this (pure energy, God), is something that is a constant, and that as pure energy, cannot be created or destroyed.*

*So going back to imagining that this something, which exist as a huge freezing cold clear transparent body?*

*And this something could use its heated weight only, and chap (break into smaller pieces, as quantifiable fragments) this heated weight in to what now exist as matter, that we now have tons of information on as what happened at the moment of the big bang, so as to become the matter that now presently exist, so that you and I, could understand just a tiny bit more of who IT is as this pure energy, in which we are still understanding more about, that exist as God as omnipresent.*

*Now, as we keep focusing more on IT, we will find more information, on this pure energy that will let us understand this something that does exist, as having a huge freezing cold clear transparent body, and it is in this area that exist as a nothingness (huge freezing cold clear transparent body) that IT exist as being alive and conscious, and I know that this may seem strange to you, but you will see this better this way , we exist as one, the same way IT exist as one, and we are alive, the same way IT is alive, and we are conscious the same way IT is conscious, and that we too as our human body, exist scientifically as being made of more than 95% of this nothingness, that IT also exist as, as ITS huge transparent body, for we too exist in ITS own image.*

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 \*\*\*\* **Nirvana is the ultimate state = nothingness** \*\*\*\*  
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## **Spirit**

*Through nothingness, god (pure energy) can be present in all places at the same time and this does not have an end or a beginning. Think about this, only the ‘spirit’ of god exists as omnipresent nothingness through the empty space inside every atom.*

*When speaking of spirit we use human language to refer to something that is not made of matter or atoms, but which supports the existence of atoms and matter. The spirit is that part of*

*god that exist as a constant, opposite to god's matter that is always changing the way our exterior body changes. When something dies, the material part of that body will change, but not the spiritual part of the body.*

*When we say we die is because our body's heated weight transmutes. When we came into existence, we became something. When we die, we continue to be the nothingness we've always been. When we die the heated weight (matter) that constitutes our physical body changes, but not the nothingness inside our atoms, which is a constant. When we die we stop existing as we individually exist to become one with IT again.*

*You are a miracle of god's existence. God has allowed you to exist as one moment within ITS existence as an independent thinker and if you are not too happy with what you are doing then turn to IT and ask IT if IT could focus more on you and help you. There is one condition though, you must surrender your wants and desires to IT so IT can give you what IT knows you should have.*

*Remember that pure energy cannot be created or destroyed. We could say that god's "body" is cold, clear and constant nothingness. It cannot be destroyed because it doesn't exist as matter exists. This is why nothing is really ever being created or destroyed in the absolute sense of the word. What we are seeing day to day is a magnificent illusion, which is explained elsewhere in more detail.*

*We all have to be grateful for the illusion of material existence, otherwise we would not be here inside ITS nothingness as one dual moment of ITS existence. So, again I give thanks to IT for allowing me to exist in the illusion of matter and its forms in which I can see a portion of IT reshaping here and now.*



## Section # 3

### *Living in a Healthier Way*

#### *The Five Ways That We Can Die*

##### *#1 The first way we can die from is from our Head*

*So we'll begin from the head down. Most of us know that this way of dying comes from getting a head stroke which means that oxygen going to your brain has been cut off, forcing the brain to close down. It is known that when the brain stops for a long period of time, it's hard for the brain to restart again. The moment we're given the slap on the ass at birth, it starts up the engine that will keep the brain functioning for as long as it can.*

*But returning to the main point which is that if your brain should close down during sleep, this happens because the brain has been denied oxygen and shuts down forever. We can all agree that dying peacefully in your sleep is a good way of leaving our existence.*

*Here is a possibility of why this happens. It all starts with what we have been eating, our diet. The body that we have been allowed to exist in is basically as what is known as chemistry. I say this because when you take the human body apart, what you will find is a whole lot of different chemicals and in the world of chemistry something is either alkaline or acidic.*

*When we are born we are given a body that is basically alkaline. Since we are mostly  $\frac{3}{4}$  parts water, this water we exist in is alkaline based. It is important to remember that whoever made us, made us as this chemical balance.*

*And if you are wondering why I say, "Made" instead of, "created" it's because everything that exists including you and I, is made from matter. All matter is made from atoms and all atoms come from something called Pure Energy. The scientific community has confirmed that Pure Energy cannot be created or destroyed.*

*Here is another way of understanding what I am saying. I, like you, thought that we came into existence because our mother and father made us. You can read more about this subject at the end where I write about, WHO MADE US? At the moment of seeing their newborn baby, parents say, "look at what we have made, or created". And as I said before, I too, use to think the same way. However, now that I understand who I am and who really makes my existence possible, I see things differently.*

*I am aware that my parents did not have the means or intelligence to make me the way I came into existence. The way that I exist as my human body that has everything in the right place, such as: my brain, heart, liver, stomach, hands, legs, etc. I am glad that whoever IT is did not leave it up to my parents to put me together, otherwise I would have been born most likely*

worse than what Frankenstein was put together, who had more intelligence when he tried putting together his master peace.

*Let's go back to the discussion of the head, because the danger here is mostly when the carotid arteries are clogged preventing the blood vessels from carrying oxygen-rich blood to the head, brain and face. These arteries are located on each side of the neck and you can easily feel them by placing your fingers gently on either side. If you are interested in finding out what percentage of your carotid arteries may be clogged, you can have a test called an MRI. If that test indicates that the carotid artery is clogged over 70%, then that is what I call the red zone. As the arteries continue clogging, there will come a moment when the blood that is going to the brain will not be enough and your brain will shut down, and you are gone forever.*

## *#2 The second way we can die is from our Heart*

*The second way we can die is from our heart. The first alert sign letting you know that you are now on a dangerous path that will cause you many problems as you continue to age, is heartburn. Here is when you have eaten too much, especially red meats and the stomach has to produce extra hydrochloric acid in order to process the food. The continuous extra production of hydrochloric acid damages the opening of the stomach which is just a muscle. When the muscle loses its ability to contract, you will develop what is called GERD (Gastro esophageal Reflux Disease). GERD is when the hydrochloric acid travels up doing damage to the esophagus, developing ulcers which can eventually become cancerous. Meaning that your body that is alkaline cannot correct or repair the damage that the hydrochloric acid is doing and your body is becoming more acidic. If this extra hydrochloric acid does not go up to the esophagus, it can continue downward where it will wreak havoc if it gets into the urine and can eventually become cancer. If it goes into the colon, it can also do damage there.*

*I have found that if a person is not interested in a particular subject, he or she may not learn as much as the person that is interested. Therefore, if you are interested, Google information on how things like coffee and soda become acidic in the arteries and how coffee can change your PH levels. Information like this is so important when it relates to cancer. I have included information found on the internet and placed it at the end with other interesting findings. Something to remember that has been confirmed by the medical society is that cancer can only exist in an acidic environment; so the more foods consumed that change our PH from alkaline to acidic, the more it opens the door for cancer to exist.*

*Another reason why you can die from your heart is when you have been eating foods that bring up your acid levels due to animal fat consumption. The acid that is moving through your arteries to reach your heart will burn some parts of your arteries to where your body, to protect itself from this acid, will use some of the calcium from your body, to as I say, "plaster these arteries" so that the acid does not make a hole in the artery. However, in doing this plastering it also closes the arteries diameter and the first sign is when you're told that you have high*

blood pressure. Then here comes Dr. Bend-over and prescribes medication and tells you that you have to change your diet by eating more fruits, vegetables and eliminating red meats. I, too, went through this and found that there are foods that exist that will clean your arteries (as in opening the arteries) which are: garlic, peppers, onions and if you find it hard to eat these foods, you can do what I do which is to take garlic oil concentrate at 1,500 mg daily with your food. Garlic gel capsules can be purchased online for pennies when you buy them in bottles of 500 capsules. Remember that when you are told that you have high blood pressure, you are on the road to the possibility of dying and it is up to you, the reader, to make the necessary changes if you are to continue existing as painless as possible. And if you find this difficult to do, then ask that superior power if IT can help you because as I have found that when you take one step toward IT, IT will take a thousand steps toward you.

### *#3 The third way we can die from is Cancer*

When it relates to cancer, I can only share from my own personal experience. When I was told that I had Stage 4 cancer of the esophagus, I started to do research and wanted to find out how this happened. The first thing I noticed was that the doctors who were treating me took a very long time and tried many different ways to cure me. I realized that they really wanted me to stay under their care as long as possible because I was their "bread and butter." When they realized that everything that they tried was not working, they then turned me over to whoever was doing chemotherapy, which lasted one year. It was at that moment that I decided that I needed to understand how I got cancer in the first place and more importantly what was I going to do to prevent it from coming back.

As I began my research, I discovered that I, like 85% of the population, was born with what is known as cancer mother cells. This means that since my parents did not eat well either they may have had cancer developing in their own bodies and didn't even know it. To find out if you have cancer, there is a test called a PET SCAN that can detect where the cancer is located and the stage that it's in. This test is not readily available by medical insurance plans and doctors prefer to treat you with what they know first which will give them as many return visits to their office as possible, because return visits mean money in their pockets.

When I was sent to the hospital for chemotherapy, I was given the Pet Scan to see where and at what stage my cancer was in. I was lucky that I had cancer of the esophagus only and that it was at Stage 4.

Let's go back to how I believe this cancer got started as objectively as possible. The first thing I began to understand is that since 85% of the population already has these cancer mother cells, it's just a matter of time before the cancer cells can easily be activated. One of the things that I found worth remembering is that cancer can only exist in an acidic environment. So I asked myself what does this mean? And the best way to explain this is that whoever made us, made us as 75% water and as water we are 75% alkaline. The reason this is so important is

*that cancer can only exist in an acidic environment. Therefore, knowing this I asked myself what was it that changed my alkaline body to a more acidic body.*

*I began by examining my diet. The first thing I noticed was that I did not have too much to choose from. I was ignorant about food and its nutritional content. Mainly because, as a child I depended on what my mother could feed us. I remember one of the things I was fed was pork chops, fried in Crisco which is lard from pork. We often ate ham, eggs and cheese for breakfast and topped it off with a cup of coffee and a piece of cake. All of this will bring up the acidic level in the body and most people when eating breakfast are eating some or all of the foods mentioned above.*

*As I look back at my diet, it's easier to understand how I got cancer of the esophagus. I should have noticed it earlier in life, but I was still ignorant. When I got heartburn, I should have realized that it was a red flag and that it was going to cause major health problems. I also understand now that when I ate too much meat, I was forcing my stomach to produce more hydrochloric acid, in order to make my digestion possible. Since I kept eating too much meat and foods that were high in fat, the problem just continued to the point where my body was producing so much hydrochloric acid that it started to burn the opening to my esophagus.*

*Another way of explaining this is when we eat too much food at one time, we fill up our stomach so much that the food stays closer to the mouth of the esophagus, and when those foods are high in meat protein, they force the stomach to produce extra hydrochloric acid. Hydrochloric acid is one of the strongest acids and can burn even metal. Eating too much food at one time such as hamburgers, ribs or chicken will make your stomach produce extra hydrochloric acid. This acid can exist in our stomach because our stomach lining is made to hold the hydrochloric acid, but when this acid touches the end of our esophagus, this area is not made to resist the hydrochloric acid. The more this hydrochloric acid comes in contact with the end of the esophagus the more it burns the mouth of the stomach, which is really just a muscle that opens to let the food into the stomach, and then closes so that the food in the stomach cannot go up into the esophagus.*

*When the hydrochloric acid works its way up the esophagus, you get heartburn and the acid begins to burn the walls of the esophagus. Often, the walls to the esophagus cannot repair themselves and ulcers begin to form. This happens because the ulcer is trying to protect the walls of the esophagus, but since it is happening too often they become cancerous and now this area is too acidic, making the cancer easier to develop. By this time the whole body is also becoming more acidic, so it's harder for your body to fight this cancer that now needs urgent attention. And once this acid works its way down into your body, it will do damage elsewhere.*

*The way I see it, the high level of acid in the body is what's causing most of our health problems. We should be eating more fruits and vegetables and, foods that come from plants. The best diet is not necessarily a vegetarian diet, it is the vegan diet which does not include anything that is derived from animal products which brings down the acid levels and raises our*

alkaline levels. As an example, we should remember that cheese contains lots of fat and so does the delicious ice cream, the best tasting ice cream is 67% fat. The best thing we can do for ourselves is to eat more plant food for a healthier body. I realize that the vast majority of us are born into a setting that will eventually open the door to at least one of the four ways that I mentioned as the way we will die. Knowing this before getting into the danger zone can help us begin to correct our eating habits so that we can at least prolong our stay on earth and live a healthier life without as much pain as possible, before we have to leave.

#### *#4 -The forth way we can die from is Diabetes*

*I am sad to say that Diabetes is the disease that this generation will get much faster than previous generations. The reason is that it all starts with our parents by the foods we are fed. They, not knowingly have done more harm than good. I have already written about this in a more detailed way, so if you're interested, please read what is written at the end in the section called "Our First Encounter With Bad Food," and remember that consuming too much sugar will get you to visit a doctor or a hospital and can be one of the 4 ways that will kill you.*

*#5 The fifth way we can die from is an Accident , So that if any of the 4 above-mentioned doesn't kill you, one other way may be by just getting into an accident that can occur because of someone else.*

*The first four will kill us because of the things we begin consuming that can start as early as 6 months old. As I said before, you can read more about this in my section called, "Our First Encounter With Bad Food."*

*I write about this because I, too went down this road, and woke up when I came in contact with near death and realized that death is only a moment away. The best way for you to put this in perspective is to put yourself in a position where you are being told that you only have a few more earth rotations to go before you have to leave, or as it is said, to put your house in order.*

*Here is something to think about, if you are like the many people that have really few possessions as properties, then it will be easier for you to leave when you die. You won't have to worry about who you'll leave the properties to. But the more properties you have, the more you will have to take from your existing moment to figure out who you are going to leave them to.*

~~~~~

**\*\*\* The more possessions you have as properties, the more you will be possessed \*\*\***

~~~~~

*I realize that the information I have written about recently, could not have been written a few decades ago, because of the lack of availability on these subjects. There is a warehouse of information available to us now on the internet and we should all use it. My hope is that with*

*all this available knowledge, we can begin to take care of ourselves and the people we love, so that we can begin to have a better, healthier life.*

*If you have a little extra time before leaving this earth and if you have available resources and energy left, you should at least try to enjoy yourself and do all the things you should have done before. Also remember that as you travel through life, do as many good things for others because you never know if one of them will leave you something that they could not take with them and had no one else to pass it on to.*

*It is better to give than to receive and the more you give, the more you will receive. Don't expect it from the ones you gave to because most likely it will come from someone else, because they were giving from themselves without asking in return from the ones they gave to. Remember that what you are giving really does not belong to you and everything that exists comes from the heated weight that exists as Pure Energy or that which is called GOD.*

*And if you need help, always ask IT (GOD) first because IT is everything that exists as the pure energy that everything exists as. You are scientifically 99% IT, and everything you have is also 100% IT. One thing that I learned late in life is that I always thought that my mother and father made me, but as I kept trying to learn more about who IT is, and how IT exists, I found this which I did not know before. Now I look at things as if everything that exists is just one, which will always be clear if you look at everything that exists as coming from someone or something called Pure Energy.*

*I end these 5 sections with these thoughts: Don't wait until, what I call Dr. Bend-over, to tell you that you now have a limited time to put your things in order. There is no money or medication that can help you out of this situation called death when you realize that you have come to the end of the line. Therefore, whenever you can, take a moment to sit down and think about who is allowing you to exist and that this gift called life is limited. That moment will come when you are told that you have to leave but for now, while you are alive and conscious, say thank you to that which is called GOD for allowing you to exist as one moment within ITS existence. Let me let you in on a little secret which is that when you talk to IT as in talking to IT verbally, you are, 1. Making that connection that exists just between you and GOD, or Pure Energy, and 2. You and GOD or Pure Energy does exist and there is no greater gift than being alive.*

### ***Our first encounter with bad food***

*Our health starts with our parents. If they ate excess sugars, salts, and fats, they will later pass on their bad health to us in our genes. When we are born, most of us are fed the healthiest food possible directly from our mother's breast; however, after a few months of life, we are fed*

*cooked foods, which may or may not be healthy. Then, upon reaching our first year on earth, most of us have our first birthday celebration, and this is also the day that we are first introduced to the mechanical time system, and unhealthy things to eat in the name of feasting or celebrating, to which we also give the name “partying.”*

*Many of us will remember our first birth day party, where our parents presented us with a cake, soda, ice-cream, and candy, all foods high in sugar and other unwanted enemies such as salts and fats. Sadly it is hard to take these food enemies away without our children seeing their parents negatively. Halloween arrives, and in the name of “feasting,” kids are put on the road to becoming diabetics because of the high concentration of sugar, and the fat that clogs up your arteries and raises your blood pressure just a little more. I know some parents will say, “what else could we have given them as kids!”*

*Fortunately, there are many things we can still do to keep our children healthily such as by feeding them homemade banana popsicles, which are easy to make: take very ripe bananas, add a little honey, mix it together and pour the mixture into plastic cups and freeze them. It is a very easy and healthy way to start feeding your young, loved ones. In addition to mixing bananas with honey, you can also add wheat germ, granola, and chopped nuts to create a healthy candy bar that is good for them, and for us. For more on recipes visit my section on health in Omnipresent I.*

*As adults, we also need to change our minds about “partying,” feasting, or celebrating, and I say “our minds,” because at a certain age we are conscious of what we are doing. Before we are one year old, the fault is with our parents, but when we grow up, parties or feasts, or what we call celebrations, in most cases include soda or alcohol. Alcohol is bad for the liver, and it contains sugar, so when mixed with a sugary soda too, it will also put you on the road to becoming a diabetic, and if you smoke, no matter what kind of smoke you inhale, it will affect your lungs.*

*Additionally, many people eat on the road, because their lifestyle, and most fast food places serve burgers or ribs, and these foods unfortunately open the door to high blood pressure, and eventually a stroke, and furthermore, cancer. You can read more about this subject at my [web page](#), but you should remember that heartburn, which is due to a high intake of proteins from fatty foods, will open the door to an ulcer that can become cancerous.*

*Nowadays the pharmaceutical companies will tell you to take Tums or Prevacid, so they can make money from your bad eating habits, if you stay on this road of deadly eating. The health systems that now exist will cost you an additional “arm and a leg” making a guaranteed income for doctors and hospitals that benefit from your bad eating habits.*

*Therefore, keep an eye open. I went through this, and like many others I had to pay the price for the damage done by eating unhealthy foods, I asked myself how and when I began to get high blood pressure, and cancer, and when I nearly became a diabetic, I saw that WE ARE WHAT*

*WE EAT! I am so lucky to have been able to redirect my life, to continue existing in this existing moment called the omnipresent moment in a healthier way.*

*Our life depends on our health long before we are born, for it starts with the bad eating habits of our farther and mother when they were unaware of the time we now know as the year 2013, which is understandable. However, we are born with all the salt that our body needs via vegetables and the sugar that we need was also given to us in fruits. Of great importance is that the amount of food that our body needs for survival is in proportion with what is found in fruits. This is that the amount of sugar that our kids need in that ratio of sweetness. In the agrarian stage, it was natural to store leftover foods like fruits by boiling and canning them in glass jars for future use or used in making pies. But when we consume more than that natural quota of sugar and salt and when we see the world of fast food as the way to exist, we get into trouble and start on the road to diabetes. So I hope that what I am sharing can help you find a better way of eating.*



## ***PH FOODS***

***Below is information from the internet that relates to your PH***

A list of Acid / Alkaline Forming Foods

Your body pH affects everything...

Balancing the pH is a major step toward well-being and greater health.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

Human blood pH should be slightly alkaline ( 7.35 - 7.45 ). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks.

We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Shifting Your pH Toward Alkaline...

This chart is for those trying to "adjust" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic ( low on oxygen ) and numbers above 7 alkaline. An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. Balance is Key !!!

This chart is intended only as a general guide to alkalizing and acidifying foods.

...ALKALINE FOODS... ...ACIDIC FOODS...

***ALKALIZING VEGETABLES***

Alfalfa  
Barley Grass  
Beet Greens  
Beets  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard Greens  
Chlorella  
Collard Greens  
Cucumber  
Dandelions  
Dulce  
Edible Flowers  
Eggplant  
Fermented Veggies  
Garlic  
Green Beans  
Green Peas  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Nightshade Veggies  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Radishes

**ACIDIFYING VEGETABLES**

Corn  
Lentils  
Olives  
Winter Squash

**ACIDIFYING FRUITS**

Blueberries  
Canned or Glazed Fruits  
Cranberries

Currants

Plums\*\*

Prunes\*\*

## ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth

Barley

Bran, oat

Bran, wheat

Bread

Corn

Cornstarch

Crackers, soda

Flour, wheat

Flour, white

Hemp Seed Flour

Kamut

Macaroni

Noodles

Oatmeal

Oats (rolled)

Quinoa

Rice (all)

Rice Cakes

Rutabaga

Sea Veggies

Spinach, green

Spirulina

Sprouts

Sweet Potatoes

Tomatoes

Watercress

Wheat Grass

Wild Greens

## ALKALIZING ORIENTAL VEGETABLES

Daikon

Dandelion Root

Kombu

Maitake

Nori

Reishi

Shitake

Umeboshi

Wakame

**ALKALIZING FRUITS**

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Rye  
Spaghetti  
Spelt  
Wheat Germ  
Wheat

**ACIDIFYING BEANS & LEGUMES**

Almond Milk  
Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Pinto Beans  
Red Beans  
Rice Milk  
Soy Beans  
Soy Milk  
White Beans

**ACIDIFYING DAIRY**

Butter

Cheese

Cheese, Processed

Ice Cream

Ice Milk

#### ACIDIFYING NUTS & BUTTERS

Cashews

Legumes

Peanut Butter

Peanuts

Pecans

Tahini

Walnuts

#### ACIDIFYING ANIMAL PROTEIN

Bacon

Beef

Carp

Clams

Cod

Corned Beef

Fish

Haddock

Pineapple

Raisins

Raspberries

Rhubarb

Strawberries

Tangerine

Tomato

Tropical Fruits

Umeboshi Plums

Watermelon

#### ALKALIZING PROTEIN

Almonds

Chestnuts

Millet

Tempeh (fermented)

Tofu (fermented)

Whey Protein Powder

#### ALKALIZING SWEETENERS

Stevia

#### ALKALIZING SPICES & SEASONINGS

Chili Pepper

Cinnamon

Curry

Ginger

Herbs (all)

Miso

Mustard

Sea Salt

Tamari

**ALKALIZING OTHER**

Alkaline Antioxidant Water

Apple Cider Vinegar

Bee Pollen

Fresh Fruit Juice

Green Juices

Lecithin Granules

Mineral Water

Molasses, blackstrap

Probiotic Cultures

Soured Dairy Products

Veggie Juices

Lamb

Lobster

Mussels

Organ Meats

Oyster

Pike

Pork

Rabbit

Salmon

Sardines

Sausage

Scallops

Shellfish

Shrimp

Tuna

Turkey

Veal

Venison

***ACIDIFYING FATS & OILS***

Avacado Oil

Butter

Canola Oil

Corn Oil

Flax Oil

Hemp Seed Oil

Lard

Olive Oil

Safflower Oil

Sesame Oil

Sunflower Oil

### ACIDIFYING SWEETENERS

Carob

Corn Syrup

Sugar

### ACIDIFYING ALCOHOL

Beer

Hard Liquor

Spirits

Wine

### ACIDIFYING OTHER FOODS

Catsup

### ALKALIZING MINERALS

Calcium: pH 12

Cesium: pH 14

Magnesium: pH 9

Potassium: pH 14

Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

Cocoa

Coffee

Mustard

Pepper

Soft Drinks

Vinegar

### ACIDIFYING DRUGS & CHEMICALS

Aspirin

Chemicals

Drugs, Medicinal

Drugs, Psychedelic

Herbicides

Pesticides

Tobacco

## ACIDIFYING JUNK FOOD

Beer: pH 2.5

Coca-Cola: pH 2

Coffee: pH 4

\*\* These foods leave an alkaline ash but have an acidifying effect on the body.

## UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts

Brussel Sprouts

Buckwheat

Cashews

Chicken

Corn

Cottage Cheese

Eggs

Flax Seeds

Green Tea

Herbal Tea

Honey

Maple Syrup

Milk

Nuts

Organic Milk (unpasteurized)

Potatoes, white

Pumpkin Seeds

Quinoa

Sauerkraut

Soy Products

Sprouted Seeds

Squashes

Sunflower Seeds

Kombucha

Lima Beans

Tomatoes

Yogurt

\* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.



Here's a chart that ranks foods from most alkaline to most acidic.

## Ranked Foods: Alkaline to Acidic

### Extremely Alkaline

Lemons, watermelon.

### Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

### Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable). Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

### Slightly Alkaline

Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice).

Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

### Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

### Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized). Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

### Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulfured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined)

and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

### More Ranked Foods: Alkaline to Acidic

#### Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods Apricots, spices, kambucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

#### Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

#### Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

#### Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

#### Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

#### Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

#### Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts,

brazil nuts, fried foods, soybean, and soft drinks, especially the cola type.

To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

### A list of Acid / Alkaline Forming Foods

#### Alkaline Forming Foods

##### VEGETABLES

Garlic

Asparagus

Fermented Veggies

Watercress

Beets

Broccoli

Brussel sprouts

Cabbage

Carrot

Cauliflower

Celery

Chard

Chlorella

Collard Greens

Cucumber

Eggplant

Kale

Kohlrabi

Lettuce

Mushrooms

Mustard Greens

Dulce

Dandelions

Edible Flowers

Onions

Parsnips (high  
glycemic)

Peas

Peppers

Pumpkin

Rutabaga

Sea Veggies

Spirulina

Sprouts

Squashes

Alfalfa

Barley Grass  
Wheat Grass  
Wild Greens  
Nightshade Veggies

## FRUITS

Apple  
Apricot  
Avocado  
Banana (high  
glycemic)  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapes  
Grapefruit  
Lime  
Honeydew Melon  
Nectarine  
Orange  
Lemon  
Peach  
Pear  
Pineapple  
All Berries  
Tangerine  
Tomato  
Tropical Fruits  
Watermelon

## PROTEIN

Eggs (poached)  
Whey Protein  
Powder  
Cottage Cheese  
Chicken Breast  
Yogurt  
Almonds  
Chestnuts  
Tofu (fermented)  
Flax Seeds  
Pumpkin Seeds  
Tempeh  
(fermented)

Squash Seeds

Sunflower Seeds

Millet

Sprouted Seeds

Nuts

OTHER

Apple Cider Vinegar

Bee Pollen

Lecithin Granules

Probiotic Cultures

Green Juices

Veggies Juices

Fresh Fruit Juice

Organic Milk

(unpasteurized)

Mineral Water

Alkaline Antioxidant

Water

Green Tea

Herbal Tea

Dandelion Tea

Ginseng Tea

Banchi Tea

Kombucha

SWEETENERS

Stevia

Ki Sweet

SPICES/SEASONINGS

Cinnamon

Curry

Ginger

Mustard

Chili Pepper

Sea Salt

Miso

Tamari

All Herbs

ORIENTAL VEGETABLES

Maitake

Daikon

Dandelion Root

Shitake

Kombu

Reishi  
Nori  
Umeboshi  
Wakame  
Sea Veggies  
Acid Forming Foods  
FATS & OILS  
Avocado Oil  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil  
FRUITS  
Cranberries  
GRAINS  
Rice Cakes  
Wheat Cakes  
Amaranth  
Barley  
Buckwheat  
Corn  
Oats (rolled)  
Quinoa  
Rice (all)  
Rye  
Spelt  
Kamut  
Wheat  
Hemp Seed  
Flour  
DAIRY  
Cheese, Cow  
Cheese, Goat  
Cheese,  
Processed  
Cheese, Sheep  
Milk  
Butter

## NUTS & BUTTERS

Cashews  
Brazil Nuts  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

## ANIMAL PROTEIN

Beef  
Carp  
Clams  
Fish  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison

## PASTA (WHITE)

Noodles  
Macaroni  
Spaghetti

## OTHER

Distilled  
Vinegar  
Wheat Germ  
Potatoes

## DRUGS & CHEMICALS

Aspartame  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides

Herbicides

ALCOHOL

Beer

Spirits

Hard Liquor

Wine

BEANS & LEGUMES

Black Beans

Chick Peas

Green Peas

Kidney Beans

Lentils

Lima Beans

Pinto Beans

Red Beans

Soy Beans

Soy Milk

White Beans

Rice Milk

Almond Milk

### More Ranked Foods: Alkaline (pH) to Acidic (pH)

Alkaline: Meditation, Prayer, Peace, Kindness &

Love Acid: Overwork, Anger, Fear, Jealousy & Stress

Extremely Alkaline Forming Foods - pH 8.5 to 9.0 Extremely Acid Forming Foods - pH 5.0 to 5.5

9.0 Lemons 1, Watermelon 2 8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum)

4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless Grapes (sweet), Watercress, Seaweeds Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8

5.0 Artificial sweeteners

5.5 Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white, wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40

Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

Moderate Alkaline - pH 7.5 to 8.0 Moderate Acid - pH 6.0 to 6.5

8.0 Apples (sweet), Apricots, Alfalfa sprouts 9,



Arrowroot, Flour 10, Avocados, Bananas (ripe),  
Berries, Carrots, Celery, Currants, Dates & figs  
(fresh), Garlic 11, Gooseberry, Grapes (less  
sweet),

Grapefruit, Guavas, Herbs (leafy green), Lettuce  
(leafy green), Nectarine, Peaches (sweet), Pears  
(less sweet), Peas (fresh sweet), Persimmon,  
Pumpkin (sweet), Sea salt (vegetable) 12,  
Spinach

7.5 Apples (sour), Bamboo shoots, Beans (fresh  
green),

Beets, Bell Pepper, Broccoli, Cabbage;Cauli,  
Carob

13, Daikon, Ginger (fresh), Grapes (sour), Kale,  
Kohlrabi, Lettuce (pale green), Oranges,  
Parsnip,

Peaches (less sweet), Peas (less sweet),

Potatoes

& skin, Pumpkin (less sweet), Raspberry,

Sapote,

Strawberry, Squash 14, Sweet corn (fresh),

Tamari

15, Turnip, Vinegar (apple cider) 16

6.0 Cigarette tobacco (roll your own), Cream of Wheat  
(unrefined), Fish, Fruit juices with sugar, Maple  
syrup (processed), Molasses (sulphured), Pickles  
(commercial), Breads (refined) of corn, oats, rice &  
rye, Cereals (refined) eg weetbix, corn flakes,  
Shellfish, Wheat germ, Whole Wheat foods 32,  
Wine 33, Yogurt (sweetened)

6.5 Bananas (green), Buckwheat, Cheeses (sharp),  
Corn & rice breads, Egg whole (cooked hard),  
Ketchup, Mayonnaise, Oats, Pasta (whole grain),  
Pastry (wholegrain & honey), Peanuts, Potatoes  
(with no skins), Popcorn (with salt & butter), Rice  
(basmati), Rice (brown), Soy sauce (commercial),  
Tapioca, Wheat bread (sprouted organic)

Slightly Alkaline to Neutral pH 7.0 Slightly Acid to Neutral pH 7.0

7.0 Almonds 17, Artichokes (Jerusalem), BarleyMalt

(sweetener-Bronner), Brown Rice Syrup, Brussel  
Sprouts, Cherries, Coconut (fresh), Cucumbers,  
Egg

plant, Honey (raw), Leeks, Miso, Mushrooms,  
Okra,  
Olives ripe 18, Onions, Pickles 19, (home  
7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals  
(unrefined with honey-fruit-maple syrup), Cornmeal,  
Cranberries 30, Fructose, Honey (pasteurized),  
Lentils, Macadamias, Maple syrup (unprocessed),  
Milk (homogenized) and most processed dairy  
products, Molasses (unsulphered organic) 31,  
Nutmeg, Mustard, Pistachios, Popcorn & butter  
(plain), Rice or wheat crackers (unrefined), Rye  
made),

Radish, Sea salt 20, Spices 21, Taro, Tomatoes  
(sweet), Vinegar (sweet brown rice), Water

Chestnut

Amaranth, Artichoke (globe), Chestnuts (dry  
roasted), Egg yolks (soft cooked), Essene bread  
22,

Goat's milk and whey (raw) 23, Horseradish,  
Mayonnaise (home made), Millet, Olive oil,

Quinoa,

Rhubarb, Sesame seeds (whole) 24, Soy beans  
(dry), Soy cheese, Soy milk, Sprouted grains 25,  
Tempeh, Tofu, Tomatoes (less sweet), Yeast  
(nutritional flakes)

(grain), Rye bread (organic sprouted), Seeds  
(pumpkin & sunflower), Walnuts

Blueberries, Brazil nuts, Butter (salted), Cheeses  
(mild & crumbly) 28, Crackers (unrefined rye),

Dried beans (mung, adzuki, pinto, kidney,  
garbanzo) 29, Dry coconut, Egg whites, Goats  
milk (homogenized), Olives (pickled), Pecans,

Plums 30, Prunes 30, Spelt

Neutral pH 7.0 Ñ Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

Butter (fresh unsalted), Cream (fresh and raw), Margarine 26, Milk (raw cow's) 27, Oils  
(except olive),

Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and  
gastro upsets.

2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super  
alkalizing food.

3. Substitute for gelatin, more nourishing.

4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 11Ú2 years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.

## ***The Road to a Healthy Life***

*The road to a healthier lifestyle starts with a stop to bad habits of all kinds. Among these, one of the most harmful ones is a bad-eating habit. Any healthy lifestyle requires discipline and faith. If you are lost in the dense forest of disease, I'd like to motivate you to get back on the road of wellness so you can honor God with your body's wellbeing.*

### ***Exercising the mind***

*Here is something to think about. From birth to death we are in the process of searching and reaching for a maximum development. Once we are fully developed physically we have to continue to transfer energy to our bodies. One of the ways we do this is by exercising, which does not become any easier as we age.*

*This also applies to the brain. Luckily, it is easier to exercise this organ; all we have to do is think. A thought does not have any physical weight. The only part that is physical in the using of our brain is in the carrying it around in our skulls.*

*We know that our brain is physically smaller than that of our primitive ancestors<sup>7</sup>. Our modern day brain is smaller, with more tightly compacted capabilities; it is a brain that does much more thinking (exercise) than any of our predecessors. We have so much more information and such a more complicated environment today that our brains are much more agile and exercised than ever before in our history.*

*We must always exercise our brain, the older we get the more necessary it is so that we can avoid as much as possible the onslaught of diseases such as Alzheimer's. It is clear that challenging mental activity keeps the brain sharper and healthier.*

*The process of writing this book has been a growing experience for me. I think it can be the same for you, dear reader*

### ***A piece of cake as a gift***

*Here's another analogy: Imagine you receive a huge cake, something you didn't have before and that you didn't really need, so that it is easy for you to give away pieces to people who you think might enjoy it. So you start giving pieces away and even before the cake is gone, IT sends you more free cake. Friends start asking you: why don't you sell it? You reply that since IT sent you this cake for free and still continues sending you more than you really need, why sell it? After all it was a gift to you to begin with. If you find this strange just remember that I am not a capitalist or a socialist, so I don't look at things either from a capitalist or a socialist point of view. This is something that I should do with out thinking why or what will happen, for to me it makes no difference, for I have what I want, which is IT and as I have said before, IT keeps giving me more than I need.*

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<sup>7</sup> The brain of *homo sapiens neandertalis* averaged 1450 cubic centimeters, while the brain of modern humans, *homo sapiens* averages 1350 cubic centimeters.

*Let me tell you what happened to me when I started writing about this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself, for what little money I received I had to use to take care of my needs. After I finished the book something happened out of the blue. I took what money I had to have the book printed, but then a person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think about money, for IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door as life, as I refer to it, offering me another business proposition that would grantee me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT was who sent this to me, as IT also sends me everything else I need in abundance.*

*The way I see it, it is a good feeling when someone gives you something that you really enjoy for free. Maybe it's something you would not have gone out to buy for yourself, but since someone brought it to your doorstep, and for free, why not just view this gift that was given to you from IT anyway, for everything all comes from IT. So, Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques things would get better. And in my case they not only got better, but they keep on getting better as far as material things go. In addition, I have asked IT if IT could keep me in the best condition possible mentally and physically, for this is more important than material things, for I need these to conditions to be able to enjoy what exists outside of me as ITSELF*

### ***Losing weight in a healthy way***

*Here are a few things that I have used to lose weight and keep it off.*

*I eat 4 different kinds of meals each day. The first one is my vegetarian sandwich, as I call it, but let me mention that I am not a vegetarian, for I do eat meat, but have reduced it to only 2 ounces a day, which I eat with my mixed bean meal, which is a high protein meal.*

*Things to buy:*

*7 grain bread*

*Whole wheat pancake mix*

*Oat meal*

*Ground corn meal*

*Dry milk*

*Egg whites without the yolks*

*Raisins*

*Now the first thing is the making of the pancake mix. Follow the instructions for the pancake*

*mix, but add a little oatmeal, a little corn meal, a little dry milk and some egg whites to the mixture. Then proceed to cooking. However, instead of a frying pan I prefer to use a waffle maker because it makes 4 bread size waffles. You see, I like to cook military style, that is, I cook in big quantities of the same thing at a time, so that I can store it to use on other occasions. This way I don't have to cook every day but just reheat what I have already cooked. Now as you are cooking the waffles, before you close the top of the waffle maker sprinkle some dry raisins on top of the mixture so as to incorporate the raisins.*

*After you have cooked the waffles store them in a closed container so they don't dry out in the refrigerator.*

*In order to complete the vegetarian sandwich there is something else that needs to be done, namely my peanut butter spread.*

*Things to buy:*

*Fat-free cream cheese*

*Unsalted Walnuts*

*Unsalted Almonds*

*Unsalted peanuts, and any other unsalted nuts.*

*First I dry mix all the nuts together, then I take the amount that the blender holds as a maximum quantity and I add a little water and then blend until it has a spread consistency. Then I transfer the spread to lidded containers to prevent drying and place them in the refrigerator for later use.*

*Now that I have all the necessary ingredients I am ready to put together my vegetarian sandwich. I take 2 slices of bread put them into the toaster and while they are toasting I get one waffle and spread some fat-free cream cheese on it and on top of that some of my pre-mixed peanut butter and I then reheat the waffle. When the toast pops up I put the waffle between my toasts and eat this veggie sandwich with tea, coffee or a cold drink. I must say that after eating this sandwich I do feel full and satisfied and ready to begin the day.*

*Let me mention that the above meal is high in fiber and has two different types of proteins, one from the fat free cheese and the other from the mixed nuts, and also the 7 grain bread (or you can use whole wheat bread) for both are good for the cleansing of the intestinal system.*

*Remember: If you want to lose weight you have to control what you are eating, for it is what you were eating that caused you to become overweight.*

### ***Vegetable meal***

*I also advise people to eat a mixed vegetable meal in which you chop the vegetables up in a blender or mixer, for you will notice that the vegetables release their flavor and taste better. Chopping them up like this also makes them easier to digest because your stomach doesn't have*

*to work so hard or release excess acid to break down the plant cellulose. This is good for people that have GERD.*

*Apropos GERD, if you happen to have problems with your stomach, it is wise that you find a good gastroenterologist, for we are lucky that there are more specialized doctors out there now to help us live longer as one moment of ITS existence, and these doctors too are a manifestation of ITS pure energy.*

*When mixing the vegetables in the blender add some boiled water and some apple cider so as to preserve them longer while in the refrigerator. Another advantage to using the blender is that you won't even notice the taste of the broccoli or the cauliflower for you will sample the tastier ones instead.*

*In any case, we should start returning to eating more fresh fruits and vegetables and less food with artificial chemicals in it so as to reduce the use of drugs to counteract the effects (diseases) that these additives and preservatives cause. When it comes to taking care of the human body, simplicity is the key.*

*Another important consideration is that when the human body is high in alkalinity cancer cannot exist, for cancer exists when the acidic level is high. This is a proven fact and has been shown in labs time and time again. What makes you alkaline? Fruits, vegetables and other alkaline foods eaten in the right combinations. For this reason we should find meals to keep stomach acids low, make digestion a snap, and keep all our systems working smoothly.*

*And here is something that I found good for losing weight: When you start feeling that hunger sensation, then is when you should try and hold it for just a little longer, for that is when your body is trying to tell you to eat something. If you refrain from eating your body will have to start using its reserves and the first thing it will use is the fat that it had accumulated for later use.*

## ***The Acidity of Food***

*So let us begin to understand what Acidity is, and how it is measured, as a scale that runs from 1 to 14 and is expressed as a pH value. A pH of 1 is very acidic, a pH of 14 is very weakly acidic or more commonly referred to as being very basic. A food or drink that has a pH of 7 is neutral, neither acidic nor basic. Distilled water has a pH of 7. Foods or drinks that have a pH below 7 are acidic, and those above pH 7 are basic. On the acidic side of the scale, a lower number means more acidic. A pH of 2 is more acidic than a pH of 3. On the basic side, a higher number means more basic. A pH of 10 is more basic than a pH of 9.*

*But remember that 1-14 pH scale is not a linear scale however, which makes it a bit more complicated to understand. The pH scale is in fact a logarithmic scale. So a food that has a pH*

of 2 is 1 unit of pH different than a food with a pH of 3, but in fact is 10 times more acidic. If two foods have pH's that are 2 pH units apart, their acidity is 100 times different.

Just about all foods that we eat are acidic - have a pH between 2 and 7. But the stomach is also a very acid place. Once we start eating, acid is secreted into the stomach to start the digestion process. The secretions mix with the food in the stomach and the resulting mixture can have a pH of 1.0-3.0 - very acidic. So when you eat carrots that have a pH of 6, they end up in the stomach that can be 10,000 times more acidic. Even acidic foods such as oranges, lemons or wines are not as acidic as the as normal stomach contents.

Oranges, lemons or wines are not as acidic as the as normal stomach contents

It is often not the food we eat that causes acidity problems in the stomach, but an over production of acid that is secreted into the stomach following a meal. Some foods can in fact help reduce the acidity in the stomach by neutralizing (reducing) some of the acidity. Foods higher on the pH scale will tend to do this. The beneficial effect of milk probably has more to do with reducing the acidity in the stomach contents than its reported coating of stomach lining effects.

Table 1: pH of Some Common Foods

*pH of Some Common Foods*

eggs 7.6 - 8.0	Bananas 4.5 - 4.7
Corn 6.0 - 6.5	Carrots 4.9 - 5.3
Oysters 6.1 - 6.6	Cherries 3.2 - 4.0
Cow's milk 6.3 - 6.6	Oranges 3.0 - 4.0
Wheat flour 5.5 - 6.5	Soft drinks 2.0 - 4.0
Potatoes 5.6 - 6.0	Wines 2.8 - 3.8
Squash 5.0 - 5.4	Lemons 2.2 - 2.4

Source of Information : Handbook of Chemistry and Physics, CRC Press

### *Acid and Alkaline Foods*

The pH (acidity) of our bodies is important. The body maintains slightly alkaline pH of about 7.4 (pH 7.0 is neutral). Since waste products tend to be acid, we need sources of alkalinity. To help this, you should eat less acid-producing foods than you eat alkaline-producing foods (perhaps 3-to-1). It is not the acid in the food that matters (e.g., citrus are acid), but what they lead to in the body (citrus are alkaline-producing). Small amounts of bicarbonate ( $\text{NaHCO}_3$ )



or, better,  $\text{KHCO}_3$ ), just under 5 grams, daily reduce acidity and can increase rate of bone formation, but it can also interfere with digestion so, firstly, don't take it at mealtime and, secondly, adjusting diet is probably better.

- *Consequences of acidity: The body will use calcium from bones and break down muscle tissue to achieve the desired pH. Risk of osteoporosis is greater and the risks of cancer, heart disease and arthritis appear greater.*
- *Signs of high acidity: fatigue, out of breath easily, muscle pain/cramping easily.*
- *Some people are too alkaline, but this is quite rare.*
- *In contrast, many people in our society are too acid, due to excessive consumption of sugars, grains, animal protein and (legal) drugs.*

<i>CATEGORY</i>	<i>ACID (limit amounts)</i>	<i>ALKALINE (good)</i>
<i>protein (some)</i>	<i>meats, fish</i>	<i>eggs, tofu</i>
<i>Dairy</i>	<i>cheese (hard is worst)</i>	<i>yogurt (unsweetened), whey, milk</i>
<i>Nuts</i>	<i>Brazil, cashew, filbert, macadamia, peanut, pecan, pistachio, walnut, dried coconut</i>	<i>almonds, chestnuts, pine, fresh coconut</i>
<i>seeds</i>	<i>pumpkin, sunflower</i>	<i>flax, sesame; sprouted alfalfa &amp; radish</i>
<i>grains and grain products</i>	<i>common ones (including corn &amp; rice)</i>	<i>flax, millet, quinoa, amaranth</i>
<i>legumes</i>	<i>Most</i>	<i>peas, green &amp; lima beans, soy</i>
<i>Other vegetables</i>		<i>most (including potato)</i>
<i>Fruits</i>	<i>blueberry, cranberry, plum, prune</i>	<i>Most</i>
<i>drinks</i>	<i>alcoholic, caffeinated, cola &amp; other drinks with phosphates</i>	<i>milk, most herb teas, vegetable juice, juice of alkaline fruit</i>
<i>Oils</i>	<i>Corn</i>	<i>most unprocessed, cold-pressed oils are neutral or alkaline</i>
<i>sweeteners</i>	<i>most, including sugars, molasses, maple syrup, processed honey, aspartame</i>	<i>raw honey, brown rice syrup, Sucanat*</i>
<i>Herbs and spices</i>	<i>salt, mustard, nutmeg</i>	<i>Most</i>
<i>condiments</i>	<i>mayonnaise, soy sauce, vinegar</i>	
<i>miscellaneous</i>	<i>most drugs, tobacco</i>	<i>gelatin, arrowroot, miso, brewer's yeast</i>

\*Someone else labeled Sucanat acid-producing.

*How I Fixed My Vascular Plaque Buildup and Reduced My Blood Pressure Naturally*

*In a Nutshell: understanding why we get bad cholesterol*

1. *Modern lifestyles and diets cause our bodies to become too acidic. This means that the pH (that measures acidity) is too low.*

*Here is something that most hart doctors will not tell us; one reason is that they only have a few minutes for us, and that they prefer to give us a Rx prescription for our solution*

2. *When acids build up in the body, the blood carries the acids. The corrosiveness of the acids threatens your arteries. Reacting to this threat, the liver takes body fat and converts it to cholesterol. The more acidic you are, the more cholesterol your body makes. The liver makes the bad type of cholesterol known as LDL. It is the bad type of cholesterol because it is the cholesterol that is placed as linings/deposits in your vascular arteries (and will eventually impede blood flow).*

*So the liver makes plaque to protect the arteries from the acid burning the arteries?*

3. *The LDL cholesterol is deposited in your artery as protection. It is deposited to protect your artery from the corrosive and damaging effects of the excess acids that are being carried around by your blood. The plaque is actually protecting you. It is actually a protective lining that your body has made to protect the arteries. Should the acids in your arteries corrode your arteries, you could bleed to death. Your body knows this, and strives desperately to protect your arteries from this acidic corrosion.*
4. *However, with time and increased levels of body acidity, the protective plaque itself becomes a problem. The plaque builds up in your vascular system to the extent that it begins to impede blood flow. Reduced blood flow leads to heart disease.*
5. *These cholesterol build-ups can lead to blood clots forming at the restricted passage points. This leads to heart disease, and eventually, a heart attack.*
6. *The cholesterol build-ups also make the inside diameter of your arteries smaller. It makes it harder for your blood to be pumped by your heart. As you know, it is harder to pump a liquid through a small pipe than it is to pump the same liquid through a larger pipe. Thus you develop high blood pressure as your heart has to pump the blood harder to get it circulated through your vascular system properly. And your heart tires and wears out early from all the extra work. This leads to all forms of heart disease and heart attacks.*

*So remember that even if you take medications to open these arteries , you can never bring that arteries down to being normal, because you would then put your arteries in danger*

*of being perforated due to your body still having to process excess acids to process the foods you are still eating , unless you start changing your eating habits so as to reduce your body's acidity , where your body would be more alkaline, and the way to start that is by eating more vegetables and fruits, and reduce your meat intake to at least only white meats so that your stomach would not have to send more acid to decompose the meats .*

*As a result of the above, your heart, artery and high blood pressure health problems concerning your heart and arteries are, in actuality, caused by the foods you are eating that produce over acidity in your body.*

*Now let me explain some basic things about how your body works. Each individual cell of your body is an independent organism. It needs to be fed oxygen and food in order to live and prosper, and it also produces waste products that have to be removed from the cell for it to remain healthy. It is the job of your blood to perform these functions. Your blood carries fresh oxygen and food to each cell of your body, and then having completed this task, it picks up the waste products (also called toxins) from the cell. These waste products are carried by the blood to the walls of your intestines or to your kidneys... There the waste products (toxins) are passed through the walls of the intestine, to be excreted from your body along with your body's food waste products, or they are processed through your kidneys.*

*That is how it is supposed to work, and that is how it works for most of us during our younger years. But as we age, things begin to change.*

### *Body's ph Balance*

*Now let's talk about your body's acid/alkaline balance (also known as ph). Every farmer and agronomist will tell you that plants grow best in soils that have the proper ph for that plant. That is because every organism has a range of alkalinity/acidity in which it will prosper. Outside of that range of ph, the organism dies or is greatly stressed and is in pain just to survive. Thus it is that corn will not grow well in soil that is too alkaline, and carrots will not grow well in soil that is too acidic.*

*Our bodies are the same. There is a range of acidity/alkalinity for our bodies in which they function perfectly. But should the body's acidity/alkalinity balance fall outside of this range, the body becomes stressed, its ability to function properly becomes decreased, pain develops, and eventually this stressed condition will lead to a degenerative disease (and/or obesity) that may eventually cause death.*

*In today's world, there is a strong tendency for our bodies to become too acidic. That is because we eat too much acidic food. Red meats are highly acidic, as is soda pop, most processed food, and fried foods. Even carbohydrates and sugars turn acidic during the digestion process. How many years has it been since my high school physics teacher soaked a dried chicken leg bone in a glass of coca cola? Within an hour the bone could be tied into a*

*knot because of the acidity of the cola. But we tend to ignore all this. Thus it is that our bodies slowly tend to become acidic. It is a slow process, and we don't notice it. That is okay when we are in our twenties and thirties. But by the time we reach our forties, fifties and sixties, the accumulated effect of eating too much acidic food begins to show up, and our bodies become dangerously acidic and fat.*

*Let's talk specifics here. At a ph of 7.2, the body is in perfect ph balance, neither too acidic nor alkaline. A ph range of 7.0 to 7.5 is the acceptable range for a body to be in good health. When the ph drops to between 6.5 and 7.0, the body is beginning to get pain, is stressed and fatigue and a feeling of lethargy begin to set in. When the ph drops to between 6.0 and 6.5, the body is beginning to become seriously acidic, and it is probably developing one or more of the 150 specific degenerative diseases, and excess body fat that are associated with an acetic condition. Then when your ph gets to between 6.0 and 5.5, you are in serious trouble, period. Your energy levels are shot, obesity crops up and degenerative diseases such as high blood pressure and heart disease are upon you.*

### *How Illness Begins*

*Now let's talk about how this situation leads to your heart disease or high blood pressure. Okay, you have led a good life, used moderation in most things, and have good health. But gradually, unknown to you, your acidity has slowly, over the years, increased. As your acidity has increased, your body has experienced several reactions to this changed condition. Pain and a general feeling of fatigue and tiredness have set in. Periods are more stressful. Obesity sets in. The acidic condition of your blood now affects its ability to perform a function that it used to perform with ease. The ability of your stressed blood to carry food and oxygen to the body's cells, and its ability to carry away the waste products from the cells is lessened.*

*You can check your PH by having a blood test as a complete urinalysis*

*Your blood, now unable to easily perform these functions, becomes overloaded with waste products (toxins) that it cannot easily dispose of. So it looks for other ways to dispose of the waste products.*

*Some of them it stores in your fat deposits. Others it stores as deposits in the linings of your veins and arteries. This leads to high blood pressure as your heart struggles to pump blood through constricted passages in your arteries. This contributes to a weakened heart. And other toxins it deposits on places where your bones are exposed, such as the bone joints of your body, or in your pancreas. It is these deposits of certain toxins (waste products) in your bone joints that eventually manifest as arthritis. Toxins stored in your pancreas lead to diabetes, and acids and toxins that are stored in your body fat leads to fat and obesity. Why? Because your body will produce extra fat in order to have a storehouse for excess toxins and acidity.*

*So, as I have outlined here, many health issues (including high blood pressure and heart disease) are in actuality caused by long term over-acidity in the body. Once I realized this, I*

*began to look for a direct and simple treatment to change my ph balance (acidy/alkalinity) back to a healthy range. Eventually I found a blend of mineral compounds and herbs that did the job, leading to total symptom reversal. After I began treatment, my recovery from arthritis was dramatic. Within 6 weeks of treatment my ph had gone from 5.0 to 6.5. Not only did my arthritis stiffness and pain and symptoms begin to disappear, my high blood pressure was gone. I also regained much of my prior energy and zest for life. And, wonder of wonder, I experienced significant weight loss! Fat loss without dieting! What a delightful bonus.*

### *A Weight Loss Secret: Why Our Bodies Cling To Their Fat*

*Once upon a time, our bodies used to break down food and dispose of the acid waste with our kidneys and livers. But now, because of the sheer amount of acid waste the average American produces, our inner bodies are being turned into a war zone, where our body is fighting to protect its most strategic reserves --- our kidney and liver -- from total degradation and failure.*

### *Uric Acid*

*One of the ways that our body does this is by finding somewhere else to store the body waste products (including crystallized uric acid). May times this somewhere else is in fatty deposits. So, as far as your body is concerned, you fat is important to it because that is where your waste toxins are stored.*

*You exercise and diet in order to make your fat go away. But your body says to itself, "I need that fat. That is my warehouse for stored toxins." So it holds onto the fat. It resists losing weight. And you get frustrated because you remain fat (because you do not understand the real problem). It is important for you to appreciate this wisdom and knowledge. In actuality, your body thinks that it is saving your life by clinging onto that fat!*

*.After ingesting these un wanted types of foods, the human body is forced to protect itself from all of the damaging acids by either flushing them out via the digestive system or storing them in fat cells in order to keep them from harming vital organs. Over time, the excess acid intake naturally contributes to an increase in the number of fat cells, which further translates into "packing on the pounds."*

*Natural Ways to Lose Weight, Get enough sleep, Fortunately for snoozers, a 2004 study by researchers at Columbia University concluded that sleeping was a great way to manage weight. Theorizing that a lack of sleep alters metabolism, and affects the hormones which dictate appetite, researchers found that people who slept only two to four hours a night were 73 percent more likely to be overweight. Those who slept only five hours a night were 50 percent more likely and those who slept only six hours a night where 23 percent more likely. On the flip side, people who regularly got over ten hours of sleep a night were 11 percent less likely to have excess pounds.*

## *Exercise*

*We know, we know: getting yourself out of bed in the morning to run five miles isn't your idea of a good time. But, for those who want to lose weight or even maintain weight, Exercise is necessary. Not only does exercising burn calories, but it sky rockets your metabolism, burns fat, and builds Muscle mass. It also gives you the ability to feel healthy Overall; a feeling that helps you sticks to your weight loss Plans. If you can't bear the thought of running five miles, start with something easier: walk, ride a bike, or join an Aerobics class. Keeping your exercise plan varied will Increase your ability to stick with it. Here is what I do as exercise at home, 1- just walk up and down a few times on your stairs, until the heat pumps more blood than normal , 2- just do pushups, and 3- and one very economical exercise is, a pull up bar, which can cost less than \$30 which is what I do , Eat more during the day, sure, it sounds too good to be true: eating more to lose weight can't possibly work. But, it has been proven that those who graze over several small meals instead of two or three ones have an easier time losing weight. The reasons behind this are that "grazers" keep themselves somewhat full throughout the day. Thus, they rarely sit down to a meal, half starved, and gorge themselves on a plate of ribs or a bucket of chicken. Simply, they aren't hungry enough to do that.*

*Drink water, the easiest way to lose weight may be found in - of all places - a bottle of water. Drinking water helps a person feel full, curbs hunger cravings, and helps the body detoxify by eliminating excess waste. Oftentimes, a person's cravings for food can be met simply by drinking a bottle of water. Replacing other drinks - such as sodas and juices - with water is a sure fire way to cut calories and lose plenty of weight in the process. Another way that water can assist with losing weight is to reduce acidity in the body with alkaline water.*

*high alkaline foods-----*

*Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass*

*Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas*

*alkaline foods-----*

*Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob*

*Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins*

## *APPLE CIDER*

*So it is best not to assume that your body is FIT and it is best to assume the worst and just add the baking soda with apple cider as a precaution.*

*Making it alkaline will give you the extra benefit of more oxygen in your body and greater buffers the body need so you should in fact feel better with the newer formula. In fact, athletes*

*take pure baking soda to relieve them of muscular pain from long physical endurance. Thinking along this makes it easier to use this newer formula as well as protect against enamel erosion.*

### **APPLE CIDER VINEGAR AND pH BALANCE**

*It's suggested that Apple Cider Vinegar has such curative abilities because it causes one's pH levels to become more alkaline. If you are going to try apple cider vinegar for allergies, or even to prevent sickness, it is suggest you do an investigation of your own by buying a pH test kit at a local pharmacy, garden nursery, or even pool supply store. You can use these kits or pH strips to test your urine to see if you are more alkaline or acid during an allergy attack, virus or bacterial infection. Once you ascertain your pH levels, you can adjust your dosage of Apple Cider Vinegar accordingly.*

*And if you are going to mix apple cider with baking soda use a very big pot, because when you mix both of them together, it will momentarily produce a huge form, like in it will make a lots of bubbles so you want the pot to be able to accommodate this temporary uprising, otherwise it will end up on the floor.*

*In fact, vegetables are some of the BEST foods for someone with gastritis to eat: -They're easily digested with a minimal amount of digestive enzymes necessary (good news for an already inflamed stomach).*

*-They are alkaline foods which are essential to neutralize the acid that's in the body and reach an alkaline pH. This helps reduce inflammation (in the stomach and everywhere else) and help prevent disease.*

*-The body gets the benefit of all of the nutrients from them because they're not destroyed by too much acid. This helps contribute to great health and fight disease.*

*-They pass easily through the rest of the digestive system too, avoiding constipation and other difficulties "further down the road."*

*high alkaline foods-----*

*Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass*

*Watermelon, Mangoes, Papayas*

*alkaline foods-----*

*Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob*

*Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins*

***Your stomach** was designed to comfortably hold about a liter (about 4 cups) of food in a meal. So if you regularly eat more than that, you're stretching your stomach and practically begging for a hernia.*

*Yup--packing it away day in and day out literally makes your stomach burst on through your diaphragm because it's so stuffed and stretched beyond capacity, and when your body is nourished with nutrients, you don't feel hungry until you truly need more food. So you end up eating less, and therefore are less likely to create a hernia or aggravate an existing one.*

*When you eat badly combined meals, your food can sit in your stomach for 8 hours or more, while the stomach secretes acid over and over trying to digest it. As this is happening, the food isn't being digested like it should, there's a ton of excess acid in your stomach and there's nowhere for the food and acid to go except up, up, up. And you get the three alarm acid reflux fire in your*

*Chest. You should combine your foods and eat mainly alkaline-rich foods to make digestion easy, comfortable and keep stomach acid at a minimum.*

*When you don't have overproduction of acid and food is digested quickly and easily like it should be, it's much less likely to come back up "over the dam" and into your throat.*

*It's a sad truth, but millions of people have been suffering from acid reflux and other stomach problems for so long that they think it's normal for them and that they're stuck with it-- that because the pharmaceutical companies and the FDA have conspired to call it a disease. skroood.*

#### *Acid reflux*

*So if you have lived decades or lifetimes with regular heartburn, chest pain, hoarseness, acidic burps, chronic throat clearing, sore throat, persistent cough and being unable to sleep at night and come to accept it as the way they're meant to be.*

*They've taken tanker loads of medicines think that's OK.*

*Let me make this clear--it's NOT normal for you or anyone else to be this way. I don't care who in your family has had similar problems or how long you've been suffering-- it's not the way you're meant to be.*

*And if you've been suffering for decades or even for days with acid reflux or other stomach ills, one thing and one thing alone is the biggest cause of your agony—and that is what you put in your mouth.*



*When you eat in a way that causes overproduction of stomach acid and poor digestion of food, you get acid reflux. It's not a disease--you bring it entirely on yourself.*

*The medical community and big pharmaceuticals want to label it a disease so they can get you dependent on drugs. But it's not. It's your body screaming that you're doing something wrong and pleading for you to change.*

*Listen to your body. Don't continue to abuse it day in and day out by eating the wrong foods and sending your stomach into turmoil, then taking pills to put out the flames.*

*Why eat PAPAYA: and more*

*And here is one more food item that we should look to consume more of , and that is Papaya ,originally cultivated by the Maya of Belize,as,a prophylactic medicine against diseases that affect the gastro Intestinal system, including ulcers, cancers, nematodes and other parasitical diseases, for these are also results of bad eating habits, The active ingredients in papaya are Papain and Chymopapain, a collection of enzymes which are effective in the human G. I. to digest foods, especially proteins and fats.*

*Papain, contained in the plant's whitish juice, or latex, is an enzyme that breaks up protein. In its pure form, it can "digest" up to 35 times its own weight in lean meat, and so it is in great demand as a meat tenderizer. Medically, it is prescribed for people who have difficulty digesting protein and is used to break up blood clots after surgery,*

*Look at your stomach this way, a large meal; you would see a biochemical battleground, pitting the good guys (the digestive juices) against the bad guys (too much food and too much fat). And the good guys are getting the worst of it, when we eat fast foods, 1 because we are putting too much meat, look at it this way kfc 3 piece has more than you needed as proteins, then add the french fired potatoes which are also part protein, and then there is the fatty oils that were used for cooking.*

*In the first place, the enzymes and hydrochloric acid in your stomach are having an extremely difficult time breaking up that mass of food. The digestive juices, which are produced by some five million glands lining the stomach, also have to work much harder on foods that have a layer of fat around it. This is true of foods that are naturally fatty, such as sausage, as well as foods that have been fried or otherwise doused in fat. And when the gastric juices can't break through all that bulk and all that fat, they call for reinforcements and more and more juices are secreted. Unfortunately, the additional acid, instead of limiting itself to attacking the food, also attacks your stomach, and may even reach up into the esophagus, causing acid indigestion and heartburn.*

*Eventually, if left alone, the food will slowly but surely be digested and your stomach will get back to normal. But waiting for this to happen is no pleasure.*

*So what do you do? First of all, resolve never to overeat again -- knowing, of course, that you will. After that, start thinking about dessert. But make that dessert papaya.*

*Papaya, besides being one of the most luscious tropical fruits, has the extraordinary ability to actually help you digest the food mass in your stomach.*

*It does this chiefly through a group of enzymes known as papain. Among the constituents of this natural balm for bursting bellies are the proteolytic enzymes, alpha and beta papain, and chymopapain. A proteolytic enzyme is one that has a special function of breaking down protein. Chymopapain is an especially potent enzyme which helps break down all food in the stomach.*

*Buy the cheaper, less fatty cuts of meat and sprinkle papain on them as tenderizer. Papain retains its activity for one to two hours at extremely high temperatures, while all other plant enzymes are quickly destroyed. In fact, it seems to actually do its work while the meat is cooking, rather than beforehand.*

*Of course, since papain is available in a number of different forms, there is no need to depend on someone else to inject it into your food. Nor is there any need to limit its use to beef. By simply eating some before a meal that you think is going to give you some trouble, papain will do its work right in your stomach.*

*The beauty of papain as a natural digestive aid becomes even more clearly defined when this enzyme is compared to commercial antacid preparations. The latter should definitely be avoided, as they pose both short-term and long-term risks.*

*First let me mention just why I got involved in writing about this subject, it is because I too like many have this problem called GERD, (Gastroesophageal reflux disease ) so I had to have had to make many changes as to what I should now eat , and learn more about certain foods , which most likely came from my smoking and drinking, and this also started burning my throat lining, to the point that I was told by doctor bend over ,that I had to give this situation immediate attention , or it was to the operating table , so one thing I had to do was to control the acid in my stomach , and to avoid foods that could irritate the throat lining , and it was because of this that I started to do a research into this subject ,to which I am glad that I did for I have learned a lot a things that I did not know before, that has helped me live in a healthier existence*

*And it is now, that I understand why it has been recommended that we eat more at early hours, as our main meal, and less before bed time or at least when it relates to me, for this is what I found in my case ,*

*Now since I never gave any attention to my stomach, mostly because it did not feel like there was a problem there, so in giving more attention, to my eating habits, The first thing that I*

*notice was that it started when I started drinking my coffee, (now I drink caffeine free tea, like apple cinnamon which has a sweet taste without using sugar, so the first thing that I noticed was a very undetectable burp,*

*Burping was the result of not having enough food in my stomach, so all I get is a burp*

*And when I did eat a light snack (merienda) I got a bigger burp, and sometimes some reflux,*

*And it was when I had my heavy meal, that I really notice the problem, and if you are wondering why I never gave this situation any real attention, is this, that my burps, and my refluxing never came with the acidic taste at the beginning of my burping, it was at the very end, when it had a little bitter taste, so I never really focused on this issue, but I did notice that I did get a mild heart burn from time to time*

*Now my doctor told me that my problem had been developing over a few decades,*

*And that it could have come from the many years that I did smoke, for the hot smoke entering my mouth would begin to burn the lining entering my stomach,*

*So that eating heavy, is better during earlier hours , so that the refluxing of the food will not happen during later hours , were it can happen while you are laying down sleeping , this is why people with reflux problems are recommended to sleep with their head raised 6 inches or more ,to which I found it was better not to have my head higher at night , but rather to switch to eating earlier, so that there would be no food in my stomach when I was laying down, for I found that It took from 6-8 hours after my last meal for my stomach to be totally empty*

*Let me explain what I found , I found that if I eat my last meal from 12-to 1 PM , my refluxing kicked in from one to 3 hours later after eating, and it happened every 4 -6 minutes continuously, and after 3 hours my refluxing, then happened at 15 minutes , and gradually getting longer as minutes,*

*Now what I did find of interest was this that after 5-6 hours after my last meal the refluxing stopped, most likely due to not having any more food in my stomach.*

*And I now know when the refluxing is all over, for I then again get a light burp,*

*And I also noticed that what I eat last that gurgitation was not acidic, it was what existed as the —end of what I last eat, for what came up first had not been in the stomach yet, for it was what was last processed in the stomach that came back with that acid taste*

*Now this is good because this refluxing does not take place during my sleeping time, for there is a danger, which is that you can choke on your reflux material.*

*Now let me also detail something that I am now doing , which is this , that as soon as I begin to get refluxing, I right away , wash down this reflux with clean water , so that every time I get a reflux I take a few swallows of plain water, and after I wash down this reflux material with water , and I also went on to substituting water to wash down the gurgitation , with papaya juice or with mango juice , which are none acidic , but are like nectars and when I finely got my last reflux, with a burp, I then left my throat coated with a honey coat , and I use a bottle similar to a mustard or ketchup bottle that has a conic tip so as to put only a few drops at the back of the throat, -and when I awaked during the night , I would also give it one more coat of honey so as to keep the throat lining lubricated with honey , and this is why, since my throat was irritated from the acids, I found in the internet that honey is antibacterial , for honey heels cuts, plus it is very healthy .*

*And let me mention that if I eat heavy at 1 pm as my last meal, I felt no more need for extra food,*

*And when I want to lose a few pounds , I just eat a little less, so that I can still go out and feast at sizzler , but I stay away from the greasy foods, for greasy as fat will look to float inside your stomach , and then become part of what you gurgitaed gurgitation*

*And As I searched the internet I found a lot of packages that had a cost to buying them , so stick to your doctor first and then do as I did go into the internet, and do a search , let me give you an example , for I asked myself can I keep eating mustered , well I did this I put in a search like this is , is mustered good or bad for GERD I say this because we as humans have such a diversity of the things we eat that the best I can recommend is that you try and find out , if what you are eating is good or bad for you if you have GERD. By going into the internet and asking for information on that particular food, and whatever you find, and want to share it send it to me, and I will post it in a section that will be dedicated to general information from visitors*

*And I also noticed that I got less refluxing (gurgitation gurgitating) when I eat soft foods that my stomach could process better, for I use to eat whole walnuts, but when I saw that they kept gurgitation) I stopped eating them and any other food that was hard in its texture, and the best way I found was to use a blender or mixer*

*So blend foods will do you better, and even when I saw that my vegetable salad was gurgitating as the spinach leaves, I then did something I never did before, I took my vegetable meal which is a combination, of land vegetables, that I cook, and then mix with fresh vegetables, that are mixed with apple cider, In a blender and to my surprise this blended mixture tasted better,*

*Now I have said the above, so that if anyone out there as a reader is having any of the things I have mentioned, then start making some changes, and also go do see a doctor before it is too late*

*And if you feel you need help , do what I did which is ask IT (as god , as the pure energy that god exist as ) to help you, for IT exist inside of you , and outside of you as the meaning of*

*Omnipresent, and if you do ask IT, be prepared to listen to IT, for that relationship exist only between you and IT, and I feel that my present problem with my stomach was , so that I should make some changes in my eating habits , so that I can stay longer as one moment of ITS existence*

*So if you have this problem called GERD ,start by eliminating ascetic drinks, or anything that can burn the lining of your throat, for it is better that we take care of our body's then having to see doctor BEND-OVER*

*So if you the reader have any of these symptoms, please look into it, for this problem can land you into a hospital operation*

*We should eat early in the day, so that we are up right as food is going downhill, and we have the most part of the day, for that food to be processed.*

*Rather than at night where we are mostly laying down flat, which makes it easier for refluxing to happen*

*that is why it is recommended that people with GERD sleep with their heads higher by 6 inches or more, so that the refluxed material can find its way back down again into the stomach, but it is altogether better if you eat earlier like 6-8 hours before bed time, and also take some apple-cider mixed with baking soda, before eating and after you finish eating to has to help neutralize the acids in your stomach*

*And here are some of the things that I did in order to avoid Doctor Bend-over*

*so one thing I did was that after I found out how important honey was, as an antibacterial , I found an empty plastic bottle that I used similar to an AFRIN ?? bottle, and made the hole a little bigger , and I washed it out, and I then filled it with honey , so that after every reflux ,I had when I was away from home , , so as to wash down the acid that came up with the reflux , I then took my honey dropper into my mouth so as to take in about a quarter of a tea spoon of honey , where I then moved it around the walls of my mouth and then let it lubricate the walls of my throat with honey, and I did this every time I had reflux , which was mostly on my last meal, so that between the water cleaning the tissues of my throat and fallowing it with honey to protect these wall , is the best I could do as a constant treatment to heel my reflux walls which the acids had begun to eaten up , to a very dangerous stage , where if I could not stop this deteariation (worsening ) then it was the operation , but I was lucky , for with the changes I made, I did get better , at least far away from the operating table, I now have to return every year to make sure my GURD does not worsen ,*

*So below is a small portion of some of the things that I found interesting about honey, so hope you enjoy it,*

*I actually started looking for candy trays to see if I could put together a honey candy drop the size of a 1/4 (quarter of a tea spoon of honey, so as to be able to take these honey drops with me*

*when I was away from home,*

*Throat and research also indicates that honey's unique composition makes it useful as an antimicrobial agent and antioxidant.*

*The health benefits of honey - like all foods - depend on the quality of the honey. But in this case, the situation is even more extreme, because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as diverse as those plants. In addition, the processing of honey often removes many of the phytonutrients found in raw honey as it exists in the hive. Raw honey, for example, contains small amounts of the same resins found in propolis. Propolis, sometimes called "bee glue," is actually a complex mixture of resins and other substances that honeybees use to seal the hive and make it safe from bacteria and other micro-organisms. Honeybees make propolis by combining plant resins with their own secretions. However, substances like road tar have also been found in propolis. Bee keepers sometimes use special screens around the inside of the hive boxes to trap propolis, since bees will spread this substance around the honeycomb and seal cracks with the anti-bacterial, anti-viral, and anti-fungal resins. The resins found in propolis only represent a small part of the phytonutrients found in propolis and honey, however. Other phytonutrients found both in honey and propolis have been shown to possess cancer-preventing and anti-tumor properties. These substances include caffeic acid methyl caffeate, phenylethyl caffeate, and phenylethyl dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals by shutting down activity of two enzymes, phosphatidylinositol-specific phospholipase C and lipoxygenase. When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.*

### ***PH and ACIDIC***

*Excess acidity is a condition that weakens all body systems.*

*Excess acidity forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. As a result, the body can suffer severe and prolonged 'corrosion' due to high acidity – a condition that may go undetected for years.*

*A high acetic environment where disease can easily manifest, as opposed to a pH balance environment, which allows normal body function necessary for the body to resist disease.*

*However when excess acids must be continually neutralized, our alkaline reserves are Depleted, leaving the body in a weakened, disease - prone condition. It affects virtually every person in our society because of the way we live, the way we eat, and the environment we live in.*

### ***Did You Know?***

*Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.*

### *Infinite Wisdom*

*In its infinite wisdom, the body has chosen to save the kidney and Liver from degradation by excess acid. Of course, there is a cost. It's Called obesity, lowered immunity, lack of energy and the whole host Of acid related diseases we are subject to including cancer, diabetes, Osseo-arthritis and more - much more.*

### *Leftover Acid Waste*

*Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.*

*These acid wastes move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them or, as we have mentioned, they can be stored in fat. Cholesterol and*

*Crystallized uric acids are solidified acids that have been dumped within the body for 'later' removal- the 'later' that never comes.*

### *The Harmful Acid Effects*

*Acid coagulates blood. Blood has major problems owing around fatty acids. Capillaries clog up and die.*

*The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle. Even with a face-lift or liposuction, the acid remains and continues its relentless advance.*

*Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin – are involved in the maintenance of correct blood pH.*

### **FAT IS SAVING OUR LIVES**

*When we are faced with shortage of options due to an acid- besieged inner terrain, we dump toxic wastes in fatty deposits as far away from the organs and heart as possible; on the buttocks, the chest, the thighs and the belly.*

*Weight loss and the regaining of energy occurs more easily when we take the first steps toward an Alkaline “re-balance.” Another theory is that sugar is an acid and the reason we are so fat, but not quite as we have been taught. The body has to protect itself from the excess sugar we consume, and so it creates fat - to encase it and protect us from it. So you could say that fat is actually saving our lives!*

*The pH scale is logarithmic and as a result, each whole pH value below 7 is ten times more acidic than the next higher value. If any substance changes from pH 7 to pH 8, it has become*

*ten times more alkaline. Conversely, if it has changes from neutral pH 7 to pH 6, it is 10 times more acidic.*

*As an example, a popular Cola, at pH 2.5 is almost 50,000 times more acidic than neutral water, and needs 32 glasses of neutral (pH 7) water to counteract the consumption of one glass of Cola.*

*(Active ingredient: Phosphoric Acid) Therefore, pH 7.365 is the ideal environment in which microorganisms remain in co-existent or symbiotic harmony with the body. Allow the blood to shift slightly either way and results will be felt in every part of the body. Beneficial microforms die, and aggressive microforms sustained by an acidic environment begin to multiply and mutate, taking the form of aggressive, parasitic and pathogenic agents.*

*You can now see that a change from the normal level of pH in the blood of pH 7.365 to pH 7 would mean that your blood would suddenly be around 4 times as acid as it should be. You would die from poisoning by your own blood. This is why every body system is used to support the correct blood pH.*

*If we look at an atomic scale chart of elements, those at the lower end are capable of assimilation over a broader pH range. Those 'higher' on the chart need a progressively narrower pH range to be assimilated.*

*It's not an understatement to say that we live in a world plague of "microforms." These include more than simple germs. Yeasts, fungi, viruses and molds are all microforms that exist within our bodies.*

*Summarizing, if you are not balanced, your body will simply reject most minerals.*

*Why is this relevant? It's not just their presence within us, but the excretions they deposit within us. These toxic wastes are produced when microforms digest glucose, fats and proteins in our body. They steal our food, turn it to poison, and dump it inside of us.*

*A healthy thyroid gland*

*Let's look at iodine as an example. High up on the atomic scale, it requires near perfect pH for its assimilation into the body. Iodine is required for a healthy thyroid gland. But our thyroid will receive no iodine unless the body pH is almost perfect. Thyroid deterioration has been connected to arthritis, heart attacks, diabetes, cancer, depression, obesity, and fatigue.*

*So if you are having problems, then the next time you have to eat food, remember that you have to eat food not for its flavor as taste, but for what it will do to help you exist longer and healthier, I say this because if we leave it to the mind, it will take the cheesecake, or fried foods, or the many other fast foods that exist, over more vegetables, or fruits, and nuts and beans which is what are human body really needs, and if you are not having any problems,*



*then look around you, for this maybe what will await you if you do not change to a healthier diet as a life time procedure, here is one more way to look at this situation, the more natural foods you eat the less your human body will suffer, and the less it will have to visit a doctor like doctor bendover, who wants your time and \$.*

### ***Why we need to understand what Calcium is ?***

*Calcium is the number one mineral needed by the body (by quantity), and it is alkaline. But the calcium must be in a usable form--otherwise, not only is it worthless, but it's harmful (more on that below).*

*The usable form of calcium is called ionized calcium.*

*The calcium found naturally in fruits and vegetables is ionized, but the diets that most people have don't include a lot of fresh produce. Instead their diets are mainly acidic, horribly combined meals that load the stomach, body and bloodstream up with acid.*

*And if you don't get adequate ionized calcium from your foods, your body has to get it from somewhere, so it takes the calcium from your bones in order to neutralize the acid in your body. Biology 101.*

*Many people, skip the fruits and vegetables, thinking they'll get calcium from dairy products.*

*True, dairy products DO have calcium. But it's not usable by the body. You can thank pasteurization for that.*

*Pasteurization, while it does have certain benefits, kills and destroys everything of worth in milk and dairy products, including ionized calcium. Science 101.*

*Plus dairy products are by their very nature extremely acid forming to the body.*

*So not only do you not get the benefit of the calcium in dairy products, but they make you MORE acidic--therefore your body must use up even MORE calcium from your bones to neutralize the acid.*

*Talk about a Catch 22.*

*Is this making sense? I hope so, because this is important.*

*And if you're someone who relies on calcium supplements, unless you change the acidic nature of your diet, you're*

*spending LOTS of money and getting absolutely nothing...actually, you're harming yourself.*

*Here's what I mean.*

*If your body is acidic, it can't possibly use the calcium you take in, no matter how many capsules you swallow. An acidic body cannot effectively absorb vitamins and minerals- -period. Not from food. And not from vitamin supplements.*

*The excess calcium that can't be used by the body is not just harmlessly eliminated.*

*Oh, no--it's MUCH worse.*

*Instead it's picked up by the bloodstream and deposited in the blood vessels, skin, eyes, joints and organs.*

*Unused calcium bonds with fat and cholesterol in the blood vessels and forms atherosclerosis (hardening of the arteries).*

*Calcium build-up in the skin leads to wrinkles Excess calcium in the eyes makes cataracts.*

*In the joints it crystalizes and forms arthritis.*

*And in the kidneys--OUCH! Kidney stones. Pain like giving birth for hours and hours.*

*Are you starting to think a little differently about where you get your calcium and what you're eating? I hope so.*

*and if you are taking Fosamax, here are some of the side effects of Fosamax can include:*

*1- Osteonecrosis--loss of blood flow to the jaw bone that causes incredible pain and a "dead jaw."*

*2- Heart arrhythmia (atrial fibrillation). This in turn can cause palpitations, fainting, fatigue, or congestive heart failure. They can also lead to embolic strokes.*

*3- Unusual thigh bone fractures*

*4- Painful eye inflammations, and*

*5- Cancer of the esophagus*

*If you want to make sure you get the calcium your body needs and prevent osteoporosis, is watch what you are eating you have to maintain an alkaline pH, so your body can use the vitamins and minerals in your foods and your supplements and will stop leaching calcium from your bones.*

*for there is lots of scrumptious fruit and vegetable recipes that will make getting your ionized calcium a true joy. Best food you've ever tasted,*

*Don't let big pharma, well-meaning but narrow-minded doctors and the dairy industry lead you one step further to osteoporosis.*

*Fosamax, drinking milk and gulping supplements are NOT the answers. If they were, osteoporosis would be decreasing-- not on the rise like it is.*

*If you're an acid reflux sufferer, then you should read this, because chances are you're eating in away that will eventually lead to it.*

*And if you have symptom of acid reflux is heartburn.*

*And even if you do not have heartburn at all, but instead have a dry cough asthma symptoms or trouble swallowing. This are also related ,*

*Once acid reflux has been diagnosed, it's likely that any doctor you see will recommend that you avoid spicy food, tomatoes, citrus fruit and peppermint...*

*And to take drugs, of course.*

*Worst advice in the world--does nothing to help acid reflux.*

*Here's why:*

*Spicy food, tomatoes, citrus fruit and peppermint have absolutely NOTHING to do with acid reflux. Nothing.*

*What DOES cause acid reflux is the overproduction of acid in the stomach resulting from eating too many individual acid-forming foods and acid-forming food combinations.*

*Antacids neutralize the acid in your stomach. H2 blockers stop the action of histamine (a hormone that signals the stomach to secrete acid). Proton pump inhibitors shut down the little "pumps" in the acid-secreting cells of the stomach.*

*But acid digestive enzymes are NEEDED to properly digest proteins. So when the stomach secretes acid when you eat meat, cheese or other protein, it's doing its job and should not be interfered with.*

*But that's exactly what the drugs do.*

*They all stop the stomach from doing what it must do to digest your food.*

*And what happens then?*

*Digestion is destroyed.*

*Your stomach senses this and tries to secrete more acid to kick-start digestion again, but it's either stopped in its tracks or the acid is neutralized again.*

*All that acid has to go somewhere, and that somewhere is usually UP.*

*Also, your barely digested food ends up sitting in your stomach for 8-10 hours or MORE, fermenting and rotting.*

*And that means gas, bloating, constipation or diarrhea, and a tremendous build-up of toxic wastes and bacteria in your colon.*

*if you want REAL relief from acid reflux (or to prevent it to begin with), do the only thing that makes any sense. Eat foods and food combinations that digest easily and naturally. Eat foods that the human body was designed to eat.*

*we are eating more meat then necessary , and in so our body has had to produce more acid to process this meat*

⊗~~~~~⊗⊗~~~~~⊗  
 \*\*\*\* If peanut butter cookies are made with peanut butter what are girl scout cookies made with? \*\*\*\*  
 ⌘~~~~~⌘

### ***Alkalizing With Food as an 80/20 rule***

*By following the 80/20 rule (80% of your food chosen from alkaline-forming group, and 20% from the acid-producing group) and avoiding STRESS – you can create a healthy and fulfilling lifestyle and change your pH. The foods listed below relate to their potential to form alkaline or acid-residual minerals in the body and therefore, affect your acid/alkaline balance.*

### ***Alkaline Foods***

*Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard Greens, Cucumber, Eggplant, Garlic, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic),*

*Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squashes, Alfalfa, Barley Grass, Wheat Grass, Wild Greens, Nightshade Veggies, Vegetables, Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussel sprouts, Oriental Vegetables, Daikon, Dandelion Root, Shitake, Kombu, Maitake, Reishi, Nori, Umeboshi,*

*Wakame, Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon Fruits, Protein Almonds, Chestnuts, Chicken Breast, Cottage Cheese, Eggs, Flax Seeds, Millet Nuts, Pumpkin Seeds, Sprouted Seeds, Squash Seeds, Sunflower Seeds, Tempeh*

*(fermented), Tofu (fermented), Whey Protein Powder, Yogurt Sweeteners, All Herbs, Chili Pepper, Cinnamon, Curry, Ginger, Miso, Mustard, Sea Salt, Stevia, Tamari, Xylitol & Spices*

*Other: Apple Cider Vinegar, Banchi Tea, Bee Pollen, Dandelion Tea, Fresh Fruit Juice, Ginseng Tea, Green Juices, Green Tea, Herbal Tea, Kombucha, Lecithin, Granules, Probiotic Cultures, Organic Milk (*

*Alkalizing With Food*

### ***Acidic Foods***

*Protein Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison*

### ***Fats & Oils***

*Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil*

### ***Grains***

*Barley, Bran (oat and wheat), Bread, Corn, Crackers, Flour (wheat and white), Hemp Seed Flour, Kamut, Oats (rolled), Rice (all), Rice Cakes, Rye, Spelt, Wheat*

### ***Nuts &***

*Brazil Nuts, Cashews, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts*

### ***Butters***

*Beans &**Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Rice Milk, Soy Beans, Soy Milk, White Beans**Legumes**Dairy**Cheese (cow, sheep, processed and goat), milk, butter**Beverages**Beer, Distilled water, Hard Liquor, Reverse Osmosis water, Spirits, Wine**Fruit &**Blueberries, Canned or glazed fruits, cranberries, currants, plums, prunes.**Corn, lentils, olives, winter squash**Vegetables**Other Distilled Vinegar, Drugs (Medicinal and Psychedelic), Herbicides, Pesticides, Potatoes, Wheat Germ*

*honey does not spoil . It was actually found in Ancient Egyptian Tombs. Raw honey will darken over time but still remain edible. Honey does not spoil due to the enzyme invertase, which is incorporated by the honeybee during the nectar gathering and is still active after honey is extracted. The action of the enzyme invertase changes the sucrose (a type of sugar) into two simple sugars, glucose and fructose, thus creating honey.*

*Health Benefits of Honey*

*honey has long been known to have a multitude of healing powers with everything from relieving a sore throat, allergies, healing wounds, etc.*

*Research shows that a spoonful of honey is more effective than DM cough syrup in treating coughs - and is safe for children over 12 months old, according to Archives of Pediatrics and Adolescent Medicine, December 2007.*

*Other research from the University of California, Davis reveals that honey consumption raises antioxidant levels. Honey soothes on contact and has well-established antioxidant and antimicrobial effects, which helps explain its contributions to wound healing.*

*In the study, 25 people were told to eat between four and 10 tablespoons of buckwheat honey, depending on their weight, each day for a month. They could eat the honey in almost any form, but it couldn't be baked or dissolved in tea. Many chose to eat straight from the spoon. Antioxidant levels rose in the participants. Antioxidants provide defense against free radicals, which cause cell damage.*

*The darker shades of honey are believed to have more antioxidants.*

*In addition, the researchers suggested that the absorption of calcium increased as the amount of honey taken was upped.*

*here are a few facts about plain sugar , one bad thing about Sugar, is a crystalline carbohydrate extracted from sugar cane and sugar beets. It is a non-nutritive empty calorie that robs the body of vitamins and minerals. Sugar is addicting. The biggest culprit? Soft drinks, which account for one-third of our total sugar intake.*

*If you have allergies, honey can be beneficial. If you eat honey that is local to your area, it may prevent your seasonal allergies. Bees use the pollen from local plants and eventually it ends up in your honey.*

*a typical composition of honey is 41 per cent fructose, 34 per cent glucose, 18 per cent water, and 2 per cent sucrose with a pH of 3.8 to 4.2.*

*According to the US researchers, dark-colored honey, such as buckwheat honey, is generally thought to contain higher levels of antioxidants than the light-colored varieties.*

*In international terms China is currently by far the largest honey producing nation in the world, with around a 40 per cent slice of the market. The next biggest producers are the US, Argentina and Ukraine. According to the American Honey Producers Association, China and Argentina have been adversely affecting America's domestic honey industry with cheap imports, although there is a counter argument that both China and Argentina have been helping to counterbalance falling production in the US. Also starting to emerge onto the world honey production arena are Thailand and Vietnam.*

*Here are some of the things that can be used as honey*

*Honey contains vitamins, minerals, and amino acids, and is a wonderful beauty aid that nourishes the skin and the hair. Honey acts as an antibacterial and antifungal agent and helps disinfect and speed the healing process in wounds, scrapes and burns.*

- *Honey mixed with ground almonds makes an excellent facial cleansing scrub.*
- *A tablespoon of honey whisked together with an egg white, 1 teaspoon of glycerin and about 1/4 cup of flour makes an excellent firming mask. Just smooth on the face, leave on 15 minutes, and rinse off with warm water. You will be pleased with the results.*
- *Honey also makes a great moisturizing pack. Just mix 2 tablespoons of honey with 2 teaspoons of whole milk, smooth over the face and throat, and let it do its job for 15 minutes. Rinse off with warm water, and finish splashing with cold water.*
- *Honey also makes a great lotion for dry patches of skin on hands, elbows, or other parts. Just mix 1 teaspoon of honey with 1 teaspoon of olive oil and a 1/2 teaspoon of lemon*

*juice. Apply to hands, elbows, heels of your foot, etc., and wash off after 15 minutes. Fast relief!*

- *Honey works well on chapped lips and for acne because it has antibacterial properties.*
- *To give your hair lustrous shine, mix 1 teaspoon of honey into 4 cups of warm water. Use as a hair rinse.*

*Mix 1 tablespoon of honey with a cup of warm water. Use it as a mouthwash. Honey cleans teeth and dentures, and kills germs in the mouth.*

## **HONEY AND IT'S HISTORY**

*The value of honey has been appreciated since ancient times. In Egypt, scrolls 3500 years old showed that honey was thought of as a therapeutic method. In the book of life of the ancient Indians, it was thought that life is prolonged when our daily diet includes milk and honey. Nectar made up the diet of the immortal Olympian gods. Zeus was raised on nectar made for the larva of a queen bee. Hippocrates recommended honey as a therapy for many ailments, as did Aristotle who believed that the digestion of honey prolonged life. The ancient Egyptians offered their gods honeycombs overflowing with honey as a valuable gift to show devotion and worship.*

*Honey is a natural biological product that comes straight from nature and is not susceptible to any changes. It contains at least 180 substances or essences that are combined organically in such a manner that no one, throughout time, has been able to manufacture it in any other way than it has been for thousands of years.*

*In Kefalonia, two types of honey are produced. The first is made from the nectar of flowers. Under this category comes Kefalonian honey made from the thyme plant. The second is honey made from the sap of trees. Under this category comes honey made from and firtree saplings.*

*Thyme honey is aromatic, flavorful with a light golden color, and satiny. It is considered one of the best.*

**NUTRITION FACTS:***Honey has antiseptic attributes. It is strengthening, it increases the heart rate for those who suffer from heart problems, and it decreases chances of ulcers and other stomach afflictions. It is also antibacterial and stops the growth of microorganisms. It can also be used as a disinfectant for small degree wounds and due to its iron content, should be consumed by those who suffer from anemia.*

## **HONEY**

*Ancient Egyptians so revered honey as the food for gods, that in a hieroglyph, one part of the country was described as a Bee Land. \\*





\*\*\*\* *Honey is the best nectar that IT sent us* \*\*\*\*

⌘~~~~~⌘

*Honey comes from the nectar that bees extract from the fragrant blossoms of plants and trees. Honey, even more than wine, is the essence of terroir (combination of soil and climate), a direct line from plant to bee then to the tongue!*

*Bees travel up to 3.2 kms (two miles) from their hives in search of nectar and prefer to return to the same type of flower repeatedly for whatever they have been gathering. If an apiary is next to an apple orchard, or orange grove, or buckwheat or lavender field, the apiculturist will end up with buckwheat, lavender, orange, or apple blossom honey.*

*There are many types of honey; some are mild others more assertive, and some bold with deep penetrating flavors. Farmers depend on bees for success of their crops since more than 80 percent of the world's food and bees pollinate fruit crops.*

*There are as many flavours of single-flower honey as there are types of flowers.*

#### *Different types of HONEY*

*the best honey is a matter of personal preference predicated on cultural background, locality of childhood and evolution of your palate. Some like mild honeys, like clover (light and mild in sweetness); others prefer assertive Italian chestnut honeys, yet others go for subtle French acacia honey. There are those who like the buttery sweetness of New Zealand Pohutukawa honey with a taste akin to vanilla, and those who go to great lengths to obtain southern Black Sea grown Anza honey from hives made of beech trunks.*

*Wild honey, i.e. not pasteurized, is coarse in texture, but delightfully complex and infinitely more pleasant but difficult to obtain. Commercial honey made from bees fed with sugar syrup tastes just sweet and offers nothing else. Most honey sold in North America is churned to render it transparent and pasteurised. Pasteurisation, however, is a double edged sword; it stabilizes the product but diminishes its taste.*

*Honey aficionados can buy honey in comb which looks great but presents difficulties in spreading, unless you don't mind eating waxy and sticky comb, which has pleasant taste but somewhat "unusual" texture.*

*Honey lends itself well for cooking, in not only desserts but also main course like honey-basted roast, chicken, or salmon fillets in white wine and honey. Your palate will experience an epiphany if you start experimenting with honey in cooking.*

## Honey

*"honey stipulates a pure product that does not allow for the addition of any other substance...this includes, but is not limited to, water or other sweeteners".*

*Honey is significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners.*

### **Why children should not eat honey**

*Most micro-organisms do not grow in honey because of its low water activity of 0.6. However, it is important to note that honey frequently contains dormant endospores of the bacteria *Clostridium botulinum*, which can be dangerous to infants as the endospores can transform into toxin-producing bacteria in the infant's immature intestinal tract, leading to illness and even death*

*The study of pollens and spores in raw honey (melissopalynology) can determine floral sources of honey.<sup>[6]</sup> Because bees carry an electrostatic charge,*

*Honey is laid down by bees as a food source. In cold weather or when food sources are scarce, bees use their stored honey as their source of energy., a seasonally variable number of drone bees to fertilize new queens, and some 20,000 to 40,000 worker bees<sup>[12]</sup>. The worker bees raise larvae and collect the nectar that will become honey in the hive. They go out, collect the sugar-rich flower nectar and return to the hive. As they leave the flower, bees release Nasonov pheromones. These enable other bees to find their way to the site by smell. Honeybees also release Nasonov pheromones at the entrance to the hive, which enables returning bees to return to the proper hive<sup>[13]</sup>. In the hive the bees use their "honey stomachs" to ingest and regurgitate the nectar a number of times until it is partially digested<sup>[14]</sup>. It is then stored in the honeycomb. Nectar is high in both water content and natural yeasts which, unchecked, would cause the sugars in the nectar to ferment<sup>[11]</sup>. After the final regurgitation, the honeycomb is left unsealed. Bees inside the hive fan their wings, creating a strong draft across the honeycomb which enhances evaporation of much of the water from the nectar<sup>[11]</sup>. The reduction in water content, which raises the sugar concentration, prevents fermentation. Ripe honey, as removed from the hive by the beekeeper, has a long shelf life and will not ferment<sup>1</sup>.*

### **[edit] Nutrition**

Honey

Nutritional value per 100 g (3.5 oz)

<i>Energy 300 kcal 1270 kJ</i>		
<u>Carbohydrates</u>		82.4 g
- <u>Sugars</u>	82.12 g	
- <u>Dietary fiber</u>	0.2 g	
<u>Fat</u>		0 g
<u>Protein</u>		0.3 g
<u>Water</u>		17.10 g
<u>Riboflavin (Vit. B2)</u>	.038 mg	3%
<u>Niacin (Vit. B3)</u>	.121 mg	1%
<u>Pantothenic acid (B5)</u>	.068 mg	1%
<u>Vitamin B6</u>	.024 mg	2%
<u>Folate (Vit. B9)</u>	2 µg	1%
<u>Vitamin C</u>	0.5 mg	1%
<u>Calcium</u>	6 mg	1%
<u>Iron</u>	.42 mg	3%
<u>Magnesium</u>	2 mg	1%
<u>Phosphorus</u>	4 mg	1%
<u>Potassium</u>	52 mg	1%
<u>Sodium</u>	4 mg	0%
<u>Zinc</u>	.22 mg	2%
<i>Shown is for 100 g, roughly 5 tbsp.  Percentages are relative to US  <u>recommendations</u> for adults.  Source: <u>USDA Nutrient database</u></i>		

*Honey is a mixture of sugars and other compounds. With respect to carbohydrates, honey is mainly fructose (about 38.5%) and glucose (about 31.0%)*

*Honey contains trace amounts of several vitamins and minerals As with all nutritive sweeteners, honey is mostly sugars and is not a significant source of vitamins or minerals*

*Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin*

*The specific composition of any batch of honey will depend largely on the mix of flowers available to the bees that produced the honey.*

*Honey has a density of about 1.36 kg/liter (40% denser than water).*

*Typical honey analysis<sup>[16]</sup>*

- *Fructose: 38.0%*
- *Glucose: 31.0%*
- *Sucrose: 1.0%*
- *Water: 17.0%*
- *Other sugars: 9.0% (maltose, melezitose)*
- *Ash: 0.17%*
- *Other: 3.38%*

*The analysis of the sugar content of honey is used for detecting adulteration.*

## **[edit] Types of honey**

### *[edit] Blended*

*Most commercially available honey is blended, meaning that it is a mixture of two or more honeys differing in floral source, color, flavor, density or geographic origin.*

### *[edit] Polyfloral*

*Polyfloral honey is derived from the nectar of many types of flowers.<sup>[21]</sup>*

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## **] Honey processing**

- *Comb honey Honey sold still in the original bees' wax comb. Comb honey was once packaged by installing a wooden framework in special honey supers, but this labor intensive method is being replaced by plastic rings or cartridges. With the new approach, a clear cover is usually fitted onto the cartridge after removal from the hive so customers can see the product*
- *Certified Organic Honey, according to theorganicreport organic honey is quite scarce to find because most beekeepers "routinely use sulfa compounds and antibiotics to control bee diseases, carbolic acid to remove honey from the hive and calcium cyanide to kill colonies before extracting the honey, not to mention that conventional honeybees gather*

nectar from plants that have been sprayed with pesticides." [http://www.theorganicreport.com/pages/461\\_organic\\_honey.cfm](http://www.theorganicreport.com/pages/461_organic_honey.cfm)

- *Raw honey* Honey as it exists in the beehive or as obtained by extraction, settling or straining without adding heat above 120 degrees fahrenheit. Raw honey contains some pollen and may contain small particles of wax. Local raw honey is sought after by allergy sufferers as the pollen impurities are thought to lessen the sensitivity to hay fever (see Medical Applications below).
- *Chunk honey* Honey packed in widemouth containers consisting of one or more pieces of comb honey surrounded by extracted liquid honey.
- *Strained honey* or *Honey* which has been passed through a mesh material to remove particulate material (pieces of wax, propolis, other defects) without removing pollen, minerals or valuable enzymes. Preferred by the health food trade - it may have a cloudy appearance due to the included pollen, and it also tends to crystallize more quickly than ultrafiltered honey<sup>[citation needed]</sup>.
- *Ultrafiltered honey* Honey processed by very fine filtration under high pressure to remove all extraneous solids and pollen grains. The process typically heats honey to 150-170 degrees to more easily pass through the fine filter. Ultrafiltered honey is very clear and has a longer shelf life, because it crystallizes more slowly due to the high temperatures breaking down any sugar seed crystals, making it preferred by the supermarket trade. Ultrafiltration eliminates nutritionally valuable enzymes, such as diastase and invertase<sup>[citation needed]</sup>.
- *Heat-Treated honey* Heat-treatment after extraction reduces the moisture level and destroys yeast cells. Heating liquefies crystals in the honey, too. Heat-exposure also results in product deterioration, as it increases the level of hydroxymethylfurfural (HMF) and reduces enzyme (e.g. diastase) activity. The heat also affects sensory qualities and reduces the freshness. Heat processing can darken the natural honey color (browning), too. [3]
- *Ultrasonicated honey* Ultrasonication is a non-thermal processing alternative for honey. When honey is exposed to ultrasonication, most of the yeast cells are destroyed. Yeast cells that survive sonication generally lose their ability to grow. This reduces the rate of honey fermentation substantially. Ultrasonication also eliminates existing crystals and inhibit further crystallization in honey. Ultrasonically aided liquefaction can work at substantially lower temperatures of approx. 35 °C and can reduce liquefaction time to less than 30 seconds.[4]

### [edit] Other descriptions

- *Churned honey* or *creamed honey* See whipped honey.
- *Crystallized honey* Honey in which some of the glucose content has spontaneously crystallized from solution as the monohydrate. Also called "granulated honey."
- *Honey fondant* See whipped honey.
- *Organic honey* is honey produced, processed, and packaged in accordance with national regulations, and certified as such by some government body or an independent organic farming certification organization. For example, in the United Kingdom, the standard

*covers not only the origin of bees, but also the siting of the apiaries. These must be on land that is certified as organic, and within a radius of 4 miles from the apiary site, nectar and pollen sources must consist essentially of organic crops or uncultivated areas[5].*

- *Set honey All honey will eventually set or granulate and this process can be reversed by gently warming the honey to remelt it. Some honeys set naturally with large granules and taste a little like granulated sugar in honey. Others set like royal icing - very hard and unspreadable. To overcome this problem beekeepers will mix in a small amount of fine-grained honey before it sets and then gently stir the honey to fix the setting prematurely, before it becomes hard, thereby producing a "soft set" honey.*
- *Spun honey See whipped honey.*

### *Honey preservation*

*When conventional preservation methods are applied, it is not recommended to preserve the honey for longer than 2 (maximum 3) years. As the honey has a strong tendency to absorb outside smells, it is advisable to keep it in clean, hermetically sealed vessels. It is also advisable to keep it in darkened (not lucid) vessels, or in dark store-places. When the honey remains in direct sunlight for about one day its lysozyme (antibacterial albuminous enzyme) is being destroyed Honey should also be protected from oxygen inflow—the accelerated crystallization is brought about by it. Optimal preservation temperature is +4-10°C. The store-place should be dark and dry, preventing the honey from absorbing the moisture. When excessive moisture is soaked up by the honey, it might start fermenting. "Bee honey can absorb the moisture from the air, therefore it might ferment in a damp place*

*"Exposure to fresh air brings about the soaking up of external smells, oxygen and moisture, which cause fundamental chemical change of the product—decay of valuable amino acids, vitamins, enzymes and "antibiotics". The light has a similar influence."*

*Due to the above reasons (high tendency to absorb outside smells and moisture) it is not advisable to preserve the honey in a fridge, especially together with other foods and products.*

*Honey is considered to gradually become toxic when preserved in metal containers. "Honey must not be preserved in metal containers, because the acids contained in its structure may cause oxidation. This leads to increased content of heavy metals in honey and decreases the amount of valuable healthy ingredients. Such a honey may cause obnoxious sensations in the stomach and even bring about a poisoning... It used to be preserved in ceramic and wooden containers in ancient times. Glass bottles are recommended nowadays. "*

*Honey should not be heated above 40°C (104°F) "The best honey is in the uncut honey combs. After being pumped out from there it is very vulnerable, and the main losses of quality take place during preservation and distribution. Heating up to 37°C causes loss of nearly 200 components, part of which are antibacterial. Heating up to 40°C destroys the invertase—the main bee enzyme, thanks to which the nectar becomes honey; heating up to 50°C turns the*



*honey into caramel (the most valuable honey sugars become analogous to synthetic sugar). Generally any larger temperature fluctuation (10°C is ideal for preservation of ripe honey) causes decay."*

### ***Distinguishing quality honey***

*The high quality natural honey can be distinguished by its fragrance and taste. The best period to stock up on honey is in summer, when it is being collected in large quantities. The ripe, freshly collected, high quality honey at 20°C (68°F) flows from the knife in a straight squirt, without breaking into separate drops. After falling down the honey should form a clear hillock. A saying goes: "the honey rustles and glues like viscose". The ripe honey is being collected from the sealed honey combs, therefore it should always be of high quality.*

*The honey should not lay down in layers. If this is a case, it indicates the excessive humidity (over 20%) of the product, and such a honey would not be suitable for long term preservation.*

*A fluffy thin layer on the surface of the honey (like a white foam), or marble-coloured and white spots in crystallized honey at the wall sides of the bottle are caused by filling of liquid honey with subsequent sealing—the air bubbles are surfacing and part of them is concentrated at the wallsides. This is an indication of a high quality honey, which was filled without pasteurization (heating).*

*If the honey is transparent, burning with amber-like colours, then (unless it is very fresh) it has most likely been heated and is of little value. Transparent and reluctant to thicken honey can also indicate its being a result of feeding the bees with sugar syrup or even sugar itself, which is bad both for the bees and for the honey they produce, as naturally they are supposed to feed on flower nectar.*

*A true honey that is at least one month old is usually of demure (not translucent) colours.*

### **Honey in history, culture and folklore**

#### **Honey comb**

#### ***Honey collection***

*Honey collection by humans is an ancient activity. Bee Wilson (2004) states that humans began hunting for honey at least 10,000 years ago. Bee Wilson (2004: p.5) evidences this with a depiction a line drawing of a Mesolithic rock painting showing two honey-hunters collecting honey and honeycomb from a wild nest. The two men are naked and employ a long wobbly ladder which appears to be made out of a kind of grass in order to reach the wild nest. Both men carry baskets or bags. This rock painting is on a wall in a cave in Valencia, Spain.*

#### ***Biblical Period***

*The Old Testament contains many references to honey. The book of Exodus famously describes the Promised Land as a 'land flowing with milk and honey' (33:3). However, the claim has been*

advanced that the original Hebrew (*devash*) actually refers to the sweet syrup produced from the juice of the date.<sup>[31]</sup> In The Book of Judges, Samson found a swarm of bees and honey in the carcass of a lion (14:8). In Matthew 3:4, John the Baptist is said to have lived for a long period of time in the wilderness on a diet consisting of locusts and wild honey. The word "honey" appears 73 times in the King James Version of the Bible.<sup>[citation needed]</sup>

In Jewish tradition, honey is a symbol for the new year—Rosh Hashana. At the traditional meal for that holiday, apple slices are dipped in honey and eaten to bring a sweet new year. Some Rosh Hashana greetings show honey and an apple, symbolizing the feast. In some congregations, small straws of honey are given out to usher in the new year.

## **Buddhism**

Honey plays an important role in the festival of Madhu Purnima, celebrated by Buddhists in India and Bangladesh. The day commemorates Buddha's making peace among his disciples by retreating into the wilderness. The story goes that while he was there, a monkey brought him honey to eat. On Madhu Purnima, Buddhists remember this act by giving honey to monks. The monkey's gift is frequently depicted in Buddhist art.

## **Mediterranean region**

In the Roman Empire, honey was possibly used instead of gold to pay taxes. In some parts of Greece, it was formerly the custom for a bride to dip her fingers in honey and make the sign of the cross before entering her new home. This was meant to ensure sweetness in her married life, especially in her relationship with her mother-in-law.

In the accounts of the Ancient Egyptian Pharaoh Seti I, one hundred pots of honey were equivalent in value to an ass or an ox.<sup>[citation needed]</sup> Ancient Egyptian and Middle-Eastern peoples also used honey for embalming the dead.

Scythians, and later the other Central Asian nomadic people, for many months drove a wagon with a deceased ruler around the country in their last rites mourning procession, carrying the body in a casket filled with honey.

## **Honey output in 2005**

In 2005, China, Turkey and the US were the top producers of natural honey, reports the Food and Agriculture Organization of the United Nations (FAO).

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## **Medicinal uses and health effects of honey**



*For at least 2700 years, honey has been used to treat a variety of ailments through topical application, but only recently have the antiseptic and antibacterial properties of honey been chemically explained.*

[

### *In diabetic ulcers*

*Topical honey has been used successfully in a comprehensive treatment of diabetic ulcers when the patient cannot use other topical antibiotics.*

### *Acidity*

*The pH of honey is commonly between 3.2 and 4.5.<sup>[41]</sup> This relatively acidic pH level prevents the growth of many bacteria.*

### *Nutraceutical effects*

*Antioxidants in honey have even been implicated in reducing the damage done to the colon in colitis.<sup>[43]</sup> Such claims are consistent with its use in many traditions of folk medicine.*

### *Other medical applications*

*Some studies suggest that the topical use of honey may reduce odors, swelling, and scarring when used to treat wounds; it may also prevent the dressing from sticking to the healing wound.*

*Honey has also been used as a treatment for sore throats and coughs for centuries and according to recent research may in fact be more effective than most common medicines.*

*Honey (especially when combined with lemon) is often taken orally by pharyngitis and laryngitis sufferers, in order to soothe them.*

*Though widely believed to alleviate allergies, local honey has been shown to be no more effective than placebos in controlled studies.<sup>[47]</sup> This may be because most seasonal allergies are caused by tree and grass pollens, which honeybees do not collect. Precautions*

*Due to the natural presence of botulinum endospores in honey, children under one year of age should not be given honey. The more developed digestive systems of older children and adults generally destroy the spores. Infants, however, can contract botulism from honey.*

*Honey produced from the flowers of rhododendrons, mountain laurels, sheep laurel and azaleas may cause honey intoxication. Symptoms include dizziness, weakness, excessive perspiration, nausea and vomiting. Less commonly, low blood pressure, shock, heart rhythm irregularities*

*and convulsions may occur, with rare cases resulting in death. Honey intoxication is more likely when using "natural" unprocessed honey and honey from farmers who may have a small number of hives. Commercial processing, with pooling of honey from numerous sources generally dilutes any toxins.*

*Honey and weight loss are often associated. Why is honey a smarter choice than table sugar honey a smarter choice than table sugar if you are watching your weight?*

*Refined dietary sugars lack minerals and vitamins and are often called empty calories. They draw upon the body's nutrients to be metabolized into the system, and when these nutrients are depleted, metabolizing of cholesterol and fatty acid is impeded, contributing to higher cholesterol and promoting obesity due to higher fatty acid on the organs and tissues. The good news is that honey, the natural sweetener, on the other hand, contains 22 amino acids and a variety of minerals essential for its metabolism and hence is helpful in preventing obesity. It is believed that drinking lemon juice with a little honey the first thing in the morning is an effective anti cellulite treatment as it helps to increase body metabolism. If you are determined to shed weight and speed up your sluggish metabolism, try this honey and lemon diet tip. If you like, another very popular recipe associated with honey and weight loss is a drink that uses honey and cinnamon as ingredients. Many people have found this home remedy very effective in losing pounds. The steps are easy: mix a teaspoon of honey and half a teaspoon of cinnamon powder (or ground cinnamon) into a paste in a cup and pour a cup of boiling water. Stir and cover for half an hour. Filter away any big particles before consumption. Take it in the morning with an empty stomach about half an hour before breakfast.*

*For people who tend to overeat or feel discomfort in the stomach after meals, honey can be taken for better digestion. Honey is a simple carbohydrate because it contains easily digested sugars. Foods that are rich in sugars or complexes of sugars are carbohydrates. How the sugars are arranged will determine whether we call a food a source of simple or complex carbohydrates. When sugars are bound into rows, as they are in starches such as whole grains and legumes, they are called complex carbohydrates. It takes the body much longer to digest the sugar from a complex carbohydrate.*

*The latest theory based on the hibernation diet also builds a link between honey and weight loss. It suggests taking a generous spoonful or two of honey at night, either as a warm drink or straight from the jar, and promises to help us sleep and lose weight at the same time by fuelling the liver, speeding up fat-burning metabolism and easing stress hormones.*

*And if you are considering artificial sugar or sweetener like Aspartame to help you lose weight, you are completely on the wrong track. It might get you off from a few calories but it gives you a bunch of other serious health problems.*

**Honey is as old as written history**

*Honey is an organic, natural sugar alternative with no additives that is easy on the stomach, adapts to all cooking processes, and has an indefinite shelf-life.*

### **Honey history**

*Honey is as old as written history, dating back to 2100 B.C. where it was mentioned in Sumerian and Babylonian cuneiform writings, the Hittite code, and the sacred writings of India and Egypt. It is presumably even older than that.*

*Its name comes from the English hunig, and it was the first and most widespread sweetener used by man. Legend has it that Cupid dipped his love arrows in honey before aiming at unsuspecting lovers.*

*In the Old Testament of the Bible, Israel was often referred to as "the land of milk and honey." Mead, an alcoholic drink made from honey was called "nectar of the gods," high praise indeed.*

*Honey was valued highly and often used as a form of currency, tribute, or offering. In the 11th century A.D., German peasants paid their feudal lords in honey and beeswax.*

*Although experts argue whether the honeybee is native to the Americas, conquering Spaniards in 1600 A.D. found native Mexicans and Central Americans had already developed beekeeping methods to produce honey.*

### **Honey trivia**

- *Honeybees must tap over two million flowers to make one pound of honey, flying a distance equal to more than three times around the world.*
- *The average worker bee will make only one-twelfth of a teaspoon of honey during its lifetime.*
- *The famous Scottish liqueur Drambuie is made with honey.*

*Honey is also noted for its antibacterial properties. Manuka Honey is said to possess the same antibacterial effects as a 10 percent phenol solution, and it has been shown to eradicate infections and stop the growth of many bacteria, including E. coli, Staphylococcus, Streptococcus, Helicobacter pylori, Pseudomonas and Klebsiella pneumoniae,. This is perhaps due to honey's ability to promote beneficial bacteria.*

*Don't like spinach? Try honey. It contains about the same level of plaque-fighting antioxidants as the leafy green stuff. And according to research presented at the national meeting of the American Chemical Society, the world's largest scientific society, the range of antioxidants in honey is comparable to that in apples, bananas, oranges and strawberries. A five-week study of blood from 25 men between the ages of 18 - 68 indicates that drinking a mixture of water and honey, about four tablespoons per 16-ounce glass, improved the antioxidant levels in their blood.*

*" Although it's been known for some time that honey contains varying levels of antioxidants — with dark honey generally having the most — this is the first in vivo study to consider how honey may affect human blood.*

*An earlier in vitro study by Engeseth's lab, which prompted the current research, showed that the darker the honey, the better it was at lifting antioxidant levels in the blood. The honeys tested (from darkest to lightest) were Buckwheat, Hawaiian Christmas Berry, Tupelo, Soybean, Clover, Fireweed and Acacia.*

### *Honey for Your Sweet Tooth*

*Everyone likes a sweet treat now and then, but too much sugar can be a bad thing, particularly for your teeth. However, there is a natural alternative that might actually be good for your teeth: honey.*

*Thinking of honey as helpful for teeth may seem strange, especially since the bacteria in dental plaque, which cause tooth decay, need sugars to survive and multiply. But, according to researchers at the University of Waikato in New Zealand, honey may stop the growth of dental plaque bacteria and reduce the amount of acid that it produces. Since this acid is what causes cavities, honey may be able to combat tooth decay. So how does it work?*

### *A potent antimicrobial agent*

*Honey is well-known for its antimicrobial qualities. In fact, it has been used in traditional medicine as a dressing for wounds, burns, and skin ulcers. The medical community is now rediscovering the therapeutic value of honey.*

*Honey's antimicrobial power comes from an enzyme that produces hydrogen peroxide, a common antiseptic agent. Unlike most antiseptics that use hydrogen peroxide, however, honey is gentler on tissue and contains anti-inflammatory agents that reduce swelling and pain. It even helps cells repair themselves.*

*Of course, it's important to take things in moderation. While a little honey may be beneficial, too much may still cause damage to your teeth.*

### *Types of honey*

*The color and taste of honey depends on what kind of nectar the bees used to make it. The lighter honeys have better aroma and taste, but the darker honeys have a greater nutritional value. The darker the honey, the more minerals it contains, including potassium, magnesium, phosphor, and iron.*

### *Cooking with honey*

*Honey is sweeter than sugar, so you can use less honey in a recipe than you would sugar. Ideally, you should start with a recipe that calls for honey. However, you can substitute honey for sugar; use half the amount that is called for in the recipe. For example, if the recipe calls for 1 cup of sugar, use half a cup of honey.*

*You may also need to make a few other adjustments when you bake with honey:*

- . Reduce any liquid called for by 1/4 cup for each cup of honey used.*
- . Add 1/2 teaspoon baking soda for each cup of honey used.*
- . Reduce the oven temperature by 25°F to prevent over-browning.*

*eating as*

### *Honey-Orange Chicken*

*1 whole chicken with skin  
1 orange, sliced in half  
3/4 cup orange juice, fresh-squeezed if possible  
1 Tbsp olive oil  
1/2 cup honey  
1 tsp salt  
1/2 tsp pepper  
1 tsp paprika*

*Remove the giblets and stuff the orange halves into the cavity. Place the chicken in an oiled baking pan, preferably on a rack. Mix remaining ingredients and use a pastry brush to coat the chicken with the mixture. Bake at 375 degrees for 1 hour or until the chicken is cooked through (test with a meat thermometer).*

### *Honey and Almond Cookies*

*1/2 cup butter  
1/4 cup brown sugar  
1/2 cup honey  
1 egg  
1 tsp vanilla  
1-1/2 cups flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 cup almonds*

*Cream the butter, sugar, honey, and egg. Add the vanilla and mix well. Mix the flour, baking powder, and baking soda in a separate bowl. Stir this mixture into the butter mixture and mix well. Stir in the almonds. Drop onto a greased cookie sheet by teaspoons. Cook in a preheated*

oven at 400 degrees for 12-15 minutes.

### *Honey Lemon Tea*

*1 cup tea  
2 tsp honey  
1 tsp fresh lemon juice*

*Make a cup of hot tea. If you're ill, you may want to use a good herbal tea. Stir in the honey and lemon juice until honey dissolves. This is a great way to soothe a sore throat.*

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### *Life Paradox 45: Honey Fights Tooth Decay!*

*I am a honey enthusiast and I just found out that some university professor believed that certain honeys could stop plaque-forming bacteria in teeth and gums from growing. The honeys work to reduce acid in your mouth and stop the production of dextran, a gummy substance that helps plaque stick to your teeth. And the result is less tooth decay and fewer cavities! Ironical isn't it, I mean, I am very surprised because we always warn our children not to take too much sweet stuff as they are not good for the teeth.*

*Pesticides used on farm crops and residential flowers have been found in commercial honey. Honey can be fatal to an infant whose immature digestive tracts are unable to deal effectively with Botulinum Spore growth. What nutrients or enzymes raw honey does contain are destroyed by manufacturers who heat it in order to give it a clear appearance to enhance sales. If you are going to consume honey, make sure it is raw, unheated honey. Good to use in special cures, but not as an every day food. It is not much better than white or brown sugar.*

*-Feb-2001 - Honey could help reduce dental cavities. This is the finding of recent research by Dr. Peter C. Molan, Associate Professor of Biochemistry at the University of Waikato, New Zealand.*

*Dr. Molan has shown that honey not only stops the growth of the dental plaque bacteria, it reduces the amount of acid produced, which stops the bacteria from producing dextran. Dextran, a component of dental plaque, is the gummy polysaccharide that the bacteria produce in order to adhere to the surface of the teeth. This research reveals the potential for the use of selected highly antimicrobial types of honey in the treatment of periodontal disease and gingivitis.*

*Honey contains an enzyme that produces hydrogen peroxide which is believed to be the main*

*reason for the antimicrobial activity of honey. Types of honey differ greatly in their antimicrobial potency, varying as much as a hundred fold.*

*Dr. Molan heads the University of Waikato Honey Research Unit. In New Zealand and Australia, honey producers have batches of honey tested in the laboratory in order to identify the samples with high activity. Those types are now labelled and marketed as "antiseptic."*

### ***WHY Honey for smokers ,***

*I have incorporated honey in my daily existence,*

*I am going to include below some more things that I found on the internet that are related to honey for it is good information to know*

*And one thing that I found of interest was that Archeologist? found that in an Egyptian tomb there was a bottle of honey still in tack , I am going to assume that it was because the honey was in a cool dry place, and there was no sunlight hitting it*

*Yoghurt,*

*yogurt, yoghurt, yoghurt or yogurt (see spelling below), is a dairy product produced by bacterial fermentation of milk. Fermentation of the milk sugar (lactose) produces lactic acid, which acts on milk protein to give yoghurt its texture and its characteristic tang. Soy yogurt, a dairy yoghurt alternative, is made from soy milk.*

*It is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12.[1]*

*Yoghurt, full fat*

*Nutritional value per 100 g (3.5 oz)*

*Energy 60 kcal 260 kJ*

*Carbohydrates 4.7 g*

*- Sugars 4.7 g (\*)*

*Fat 3.3 g*

*- saturated 2.1 g*

*- monounsaturated 0.9 g*

*Protein 3.5 g*

*Riboflavin (Vit. B2) 0.14 mg 9%*

*Calcium 121 mg 12%*



### *Homemade*

*Yoghurt is easily produced in the home kitchen without any special equipment, except for possibly the right type of thermometer. The basic steps in yogurt making are to heat milk to 185°F (85°C), cooling it to 110°F (43°C), stir a starter of live yogurt cultures (usually lactobacillus bulgaricus and/or streptococcus thermophilus) or a small amount of plain yoghurt (from previous batch or store-bought), ferment at 110°F (43°C) for seven hours, and then chill overnight in a refrigerator.*

### *HONEY*

*Dry, refined white sugar lasts forever.*

*Honey stored in sealed containers can last for centuries however it is susceptible to chemical and physical changes during storage.*



## **Sleep**

*First, let me start by saying that, if you are not sleeping well you should try exercise because our minds were made to always stay active. If our minds do shut down this could put us in danger, for science has shown that a human can exist without the use of the brain, but if this happens then the person in question would need help from other humans. This is the state that doctors call brain dead or existing in a vegetable state.*

*Here is a scientific fact that relates to sleep. We sleep in 90 minutes cycles, that is, we sleep for 90 minutes (1½ hours), 180 minutes (3 hours), 270 minutes (4½ hours), 360 minutes (6 hours) or perhaps 450 minutes (7½ hours) at a time. The reason we say we slept 8 hours is because during our sleep we might have woken up one time and it took 30 minutes to return to fall back asleep. Sometimes it is because you have really just slept 6 hours, but woke up a few times during the night, and you used up 2 hours in tossing and turning.*

*When you do not work too much during the day, you might find that all you need is just 4½ hours of direct sleep, yet when you are truly physically tired, as soon as you put your head on the pillow you are out cold, and may wake up 6 hours later fully rested.*

*But let us return to our existence in terms of our human mind for it is obvious that we do need our brains as ITS heated weight in order to be aware of our existence and so that we can do things while we are awake, because we already know that when we sleep we are not really doing anything productive on the outside and it is only when we are awake that we are more conscious of things.*

## **Vegetable meal**

*I also advise people to eat a mixed vegetable meal in which you chop the vegetables up in a blender or mixer, for you will notice that the vegetables release their flavor and taste better. Chopping them up like this also makes them easier to digest because your stomach doesn't have to work so hard or release excess acid to break down the plant cellulose, and if you happen to have problems with your stomach, it is wise that you find a good gastroenterologist, for we are lucky that there are more specialized doctors out there now to help us live longer as one moment of ITS existence, and these doctors too are a manifestation of ITS pure energy.*

*When mixing the vegetables in the blender add some boiled water and some apple cider so as to preserve them longer while in the refrigerator. Another advantage to using the blender is that you won't even notice the taste of the broccoli or the cauliflower for you will sample the tastier ones instead. And you can always add a olive oil to the mixed vegetables, and when you are about to eat this mixture you can also add a ¼ teaspoon of tuna or salmon with out there juices, one as an added taste, and two as a small amount of proteins.*

*In any case, we should start returning to eating more fresh fruits and vegetables and less food*

*with artificial chemicals in it so as to reduce the use of drugs to counteract the effects (diseases) that these additives and preservatives cause. When it comes to taking care of the human body, simplicity is the key.*

*Another important consideration is that when the human body is high in alkalinity cancer cannot exist, for cancer exists when the acidic level is high. This is a proven fact and has been shown in labs time and time again. What makes you alkaline? Fruits, vegetables and other alkaline foods eaten in the right combinations. For this reason we should find meals to keep stomach acids low, make digestion a snap, and keep all our systems working smoothly.*

*And here is something that I found good for losing weight: When you start feeling that hunger sensation, then is when you should try and hold it for just a little longer, for that is when your body is trying to tell you to eat something. If you refrain from eating your body will have to start using its reserves and the first thing it will use is the fat that it had accumulated for later use.*

*So the best thing to do is keep this hunger feeling for as long as possible, and even better, try to keep this hunger sensation all the way until it's time for your bedtime, and here is something else that I found works wonders that stops the hunger feeling, use honey with a dropper or a very small spoon and place it at the very back of your tongue so as to spare your teeth. All you are looking for is to trick your mind into believing that you have satisfied the sensation of hunger.*

*And you can always add just a few drops of olive oil to our mixed vegetables , and ¼ teaspoon of tuna or t saloon*

### ***Tofu with mustard***

*I have a suggestion for people who like to eat tofu or must do so for whatever reason but do not like its bland taste. I take a pound of tofu, put it in a blender, add one big bottle of liquid mustard, and then I pour the mixture back into the mustard bottle to use as seasoning on foods that one would normally put mustard on.*

### ***More about exercising the mind***

*While it is medically possible for a human to exist without the use of a mind, in this moment that I have come to understand as the here and now, IT, has reshaped our minds into the most intelligent of all known beings. IT has allowed us to participate in what we call life. Some humans are even considered geniuses because of their minds. A genius usually has a mind that has not been damaged by say a blow to the head. So duck any flying frying pans to hold onto your intelligence and know when to duck! Head trauma may lead to craziness, which is the other side of genius. Being crazy does have a merit, however, as crazy people might feel more freedom to try what geniuses or normal minded people won't.*

*For our minds to achieve their maximum, they require an ongoing transference of energy. You would think that this organ would be easier to exercise than the others since thoughts do not weigh more than carrying the brain itself.*

*Our brains are even smaller in this moment of our existence than they were during the lifetime of our primitive ancestors, perhaps because we have to think about more in order to survive than we did at the onset of our human existence.*

*We have exercised our minds with more information. And we should continue to exercise our brains by thinking outside the boundaries of our limited perceptions—perhaps this could help prevent Alzheimer's.*

*Fifty years ago, if you noticed someone walking and talking to him or herself you might think he or she was a little crazy. We see this today all the time; the difference is people are talking into cell phones. And for those who are a little crazy and want to talk to themselves without looking crazy, fake cell phones are available. Or, you could hold a microphone while talking to yourself and be mistaken for someone famous. Additionally, if you look like you are thinking without moving your mouth, you will look like a genius.*

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 \*\*\*\* If you say that I am crazy, I am to you only. \*\*\*\*  
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### ***Diet, exercise, and health care***

*Dear reader, I am placing in this section subjects that have to do with taking care of this wonderful gift we have that is our body.*

*I am aware that many of the things that I will mention may not be of use to some of you. But I bet there are people out there that could make good use of some of the things I have learned while I have been dieting and learning to take care of my body.*

### ***Weight***

*From the beginning of time, the human body has been conditioned to gain weight; It is a normal and natural process. Weight gain is a safety mechanism. The storage of fat in the body guarantees the necessary fuel and energy it needs to maintain daily operations and survive until the body reaches maturity.*

*During our primitive development, excess fat storage gave human beings a better chance of survival, as the body will burn fat before it burns muscle. This can still be seen in developing countries where food is not as abundant as we are accustomed to.*

*Developed countries have an abundance of food and drink and plenty of waste, eliminating the need for the body to store as much fat. It is easy to see the effects of overabundance by looking at the obesity around us. Food transfers an incredible amount of energy to our bodies. We apparently have not learned this, as we generally eat much more than we need for survival. If we still had to worry about surviving without food it would not be a problem.*

*But as it is, 90% of us will gain weight over the years.*

*Weight accumulation is sneaky. If you consume an additional quarter of an ounce a day, you*

*probably will not notice it on a day-to-day basis. But multiply that extra quarter ounce of food a day by ten years and you end up with a weight gain of fifty-five pounds!*

*To prevent obesity we must develop healthy eating habits early in life. One way to prevent weight gain is to reduce your daily food intake by a quarter ounce or more. It's not enough to affect your pleasure of eating, yet it would make a big difference in maintaining a healthy weight as the years pass. Of course, you can always let the weight accumulate then try an extreme diet. You might even lose the weight, but it's likely only temporarily, as your metabolism would slow significantly in an effort to survive.*

*According to current scientific dietary measures, one pound of extra weight is equivalent to 3,500 calories. This means that a 100-lb body has 350,000 calories as stored energy. For a 100-pound person to lose weight then, he or she would have to take in 500 less calories per day. This should result in a loss of one pound for every seven days. The body will not initially notice a change this small; therefore, it will not fight to survive. The body will actually get used to losing weight.*

⊕~~~~~⊕  
 \*\*\* *We will not likely die due to a lack of energy.* \*\*\*  
 ✂~~~~~✂~~~~~✂~~~~~✂

### ***Resistance to losing weight***

*If by dieting you obtain a lesser weight, you may find it difficult to maintain that weight. The same 1000-calorie diet that enabled you to arrive at a weight of 100 pounds, for example, will eventually cause an accumulation of weight as the body's survival mechanisms create a safety reserve of energy.*

*This happens as your body's digestive system and organs, your intestines for example, accustomed to the fullness of more calories, function in the image of IT and strive to reach a maximum in development.*

*When the dieter then reaches the desired weight, he or she may have to increase the caloric intake so as not to continue losing weight. When I am at my ideal weight, I take the opportunity to feast at Sizzler Restaurant, which has a buffet of meat, fish, fruit, vegetables and desserts.*

*I would never eat there while dieting, but during my feast... well, it is the place to go when it comes to all-you-can-eat. And I can assure you that I am good at eating a lot, perhaps more than normal, which may actually be typical.*

*As for what we consume as food, my feelings are that our body uses 5% to 10% of what we eat and the other 95% becomes waste that ends up in the toilet. If there is a reader that has statistics on this and would like to share them with the rest of us, please e-mail it to [omnipresentrr@gmail.com](mailto:omnipresentrr@gmail.com)*

*Now that we are aware of the body's reaction to overabundance, we should try to establish our eating habits as early in life as possible.*

*So, even if you have reached, for example, 100 pounds, your body will resist staying at that weight. Combine that with the problem that as we get older our metabolism slows down, the same intake amount of calories with which you obtained your ideal weight will try and accumulate as emergency reserve bodyweight.*

*I also noticed that when I was losing weight I would feel just a little hungry at the end of the day. This hunger came from my body having to use up its reserve in order to continue its normal daily activities, since I knew that this was going to take place for a short while I would just bear with it.*

*I also noticed that when I ate more at night I would not be as hungry in the morning. This was because I still have stored energy from the night before.*

*So it is better to eat a higher protein diet in the morning, and before you eat again you should try and hold off until you are hungry in order to use up some of your reserve.*

*I am now trying to continue to drop my weight to 125 pounds. At this point I can still see areas that have fat, I am trying to reach that weight at which I will have no fat attached.*

*Here are some things I found when I got to 128lbs. I stopped evacuating on a daily basis, which had been my past rhythm. As I got closer to 125 pounds I started skipping a day as evacuating, which tells me that my body was trying to keep that weight. So I then started weighing myself every other day, because the difference was 3 pounds.*

*Also, I had to eat less as I loss weight, for the quantity of food I ate to reach 130 pounds became too much to if I wanted to continue reducing weight.*

*I notice that when I eat at Sizzler it becomes more difficult to lose the next pound; it takes longer. I also notice that I get hungry sooner. For example, I used to eat my heaviest meal at 4:00PM, now I eat at 11:00AM, which leaves me a little hungry by bedtime. Another thing is that this bedtime hunger disappears by the morning.*

*This may sound facetious, but it would be great if there were a tapeworm that we could swallow that would eat the excess away until we reach our desired weight. Of course there would have to be a way to remove it (the tape worm) without it being one great big headache.*

*The more you have the feeling of being hungry the more it is an indication that you are losing weight. Remember though, real hunger only happens when you are actually losing weight.*

*When I reach the point where there is no fat I will inform everyone, this is a very slow process.*

*The good thing about dropping down to 120 pounds is that I can make at least 10 visits a year to Sizzler, where I can enjoy some nice big meals while climbing back to 135 pounds, which is my normal weight.*

### ***Keeping the weight off***

*Let me offer you my personal findings in relation to dieting. When I became overweight I*

*started to analyze the situation, and I noticed that my problem started with my mouth. So the first thing I had to do was come to an agreement with my mouth. That was that what we have been doing was getting me into physical problems.*

*It was my mouth's turn to be disciplined. My mouth accepts being disciplined, I noticed it with alcohol. If I did not have one drop of alcohol I knew that I could lick the problem that follows after the first drink. And let me also share with you, a few more things that I found that are related to the mouth, or at least mine.*

*That is that it always wants just a little more, and that it is hard to satisfy the mouth when it comes to small quantities.*

*I can now understand why AA offers coffee as a beginning to becoming sober. Coffee helps you stay awake and alert, which is the opposite of being drunk. But what I really wanted to say is that I noticed that I was drinking a lot of liquids, which I still do, something like two gallons a day between my consumption of coffee, tea, and the liquids that my meals contain. It has helped me lose and keep off thirty pounds since ten years ago.*

*When I am preparing my meals for the day I do it when I am not hungry. I prepare fixed quantities for what I will be eating that day.*

*So we, me and my mouth, have come to an agreement, which is that it (my mouth) will only eat what I have prepared for each day. As a prize, my mouth can go out and feast from time to time. Actually, I need to because sometimes I drop below my ideal weight.*

*I have also notice that I cannot buy sweets, like fruits and granola, or cakes. When I dropped below my recommended weight I told myself that I could reintroduce some sweets to bring my weight up again, and this is when I noticed my mouth becoming undisciplined again. Like the old days with alcohol. AA has a saying that goes "One drink is too much and a hundred is not enough." For me, that also goes with sweets.*

*When I tried regaining a bit of weight, I bought cheesecake, granola, and fruit. Then I wanted to get them in bigger sizes. Then I had this big struggle at home just trying to deal with portion size. My mouth just wanted bigger and bigger pieces; it was ridiculous.*

*I noticed that if the stuff was not in my home, my mouth would not have that much of a problem. You know, out of sight out of mind. I stopped buying sweets and have maintained the discipline. I will add that for other people the big weight gainer food might be something else. For me it is sweets.*

*The upside for me is that I indulge in Sizzler when it is time to gain weight. I have a feast and revel in it for the moment. Then I go back to the discipline of the diet. My mind and mouth are at rest. It is all part of my maintenance program, the balance I have found.*

*The good thing is that I can enjoy the feasting out with friends, and it is all working for my betterment.*

### ***Your future weight***

*If you would like to know what your future weight might be, here is what you should do. Let us say that when you were 25 your weight was 100 pounds, and that now you are 35 and your weight is at 111 pounds, which doesn't mean much as far as your present appearance if you continue with your eating habits.*

*This is what happens to most of us as a natural way to gain weight. Let me share with you an observation. I have observed normal, everyday people in foreign countries, and they also have weight problems just like you and me.*

*I say this because we in the USA should not blame fast foods for our being fat. This is happening worldwide, and like I have mentioned before, it is basically that most of us are designed to store energy as weight. The slowing of our metabolism after the age of 35 is also a contributor to this problem, for it seems that our body is programmed to slow down our metabolism, which contributes to storing energy as weight.*

*But let us get back to predicting your future weight. Try and recall what you weighed 10 years ago and then keep adding this difference to every 10 more years. If you weighed 100 pounds at 25 and you now weigh 111 at 35, you can more or less predict that at 45 you will weigh 122, at 55 you could weigh 133 pounds, and at 65 you might weigh 144 pounds. Now, at this stage you most likely will be having problems with your health, for you have gained 44 % of your weight since you were 25.*

*I feel that it is more important to dedicate some of my existence to continually monitoring my weight and continually disciplining my mouth. I now realize that this gift that I have as a human body has to be kept at its best by me, and not so much by others, like doctors. And like I have replied to friends that have commented that I now look skinny; I prefer to look slim and be healthy and well, then to be fatter with health problems.*

*More importantly, I can now visit Sizzler more often. I just do not like to eat out alone, so I invite single friends to eat out with me. Like I have told my friends: Getting fat is not the problem, all I have to do is eat more; especially sweets. And I know that in my living alone I can control my weight much easier than people who have to eat as a family.*

*I have offered this information so that you can look into the future and see if there is a problem coming.*

*This bears repeating: Weight accumulation is sneaky. If you consume an additional quarter of an ounce of food a day, you probably will not notice it on a day-to-day basis. But multiply that extra quarter ounce of food a day by ten years and you end up with a weight gain of fifty-five pounds!*

⊕~~~~~⊕  
**\*\*\*To better enjoy life, you need good health.\*\*\***  
 ✂~~~~~✂

*You should remember that this ¼ ounce is equivalent to 54 calories, (because it takes 3,500 calories to add one pound of body weight) for as strange as it may seem, it is these extra 54 calories a day that will get you to add 55 pounds in ten years.*

*But there is a chance you can start heading it off now by reducing just ¼ of an oz of food daily, in foods like fats, sugar, and carbohydrates.*

*You should start taking care of your gift. You should also remember that, like I found out, after your partner (mate) leaves you (if this were to happen to you), you will be faced with this overweight problem which you will always have to deal with on your own, for it is your problem and it is up to you to control.*

*Let me mention what inspired me to write this piece. It was because a friend mentioned that I was looking skinny, and she was on the fat side. Since I knew her when she was skinny, I knew that she would continue to get fatter. But since I am not here to tell anyone what they should do with their lives, all I can do is offer what I see, for I have noticed that people can see other people's problems and comment on that rather than seeing their own problems and find ways to deal with them. It is easier to say what others should do rather than to do the things we should do to ourselves. This is not very logical, for I know that it is easier for me to make my own corrections because they are within my reach, and more possible than changing others.*

*I guess it is easier to say that people should change than to come to an agreement with oneself. Anyway, it is up to us to attend to our bodies as much as possible.*

### ***One pound a day***

*Here is something to think about. Let us say you weigh 100 pounds. Now, it is known that to maintain a body weight of 100 pounds you are required to consume 1,000 calories daily.*

*In my case, I dropped to 120 pounds to see where any fat left behind would remain. Like most people, that turns out to be in the belly area. I actually wanted to keep losing weight until I lost all residual fat but my friends told me I was getting way too skinny. So I decided to stop losing weight and started looking at calorie counts on food products, especially peanut butter.*

*For instance, the last time I looked at a jar of peanut butter weighing 18 ounces, it contained 2,850 calories. I started using peanut butter as a sweetener to my meals. I stay away from sugar, although I did accept a birthday cake from a friend, which had to have sugar; but that is another story. Anyway, I apply peanut butter to my whole wheat bread.*

*The calorie count on the 18-ounce jar of peanut butter gave me an idea about what 1,000 calories would actually weigh. By dividing 18 ounces by 2,850 (calories) I got 158.3 calories per ounce. Taking that further, I divided 1,000 (the necessary calories to maintain 100 pounds) by 158.3 and I got 6.31 ounces (which is what I would have to eat to get the 1,000 calories).*

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**\*\* TO GAIN WEIGHT IS A PIECE OF CAKE, DON'T DO IT. \*\***  
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### ***Eating well for the single person***

*This section is more for those readers that live alone, or people that want to eat as well as possible without having to cook every day. There are different items:*

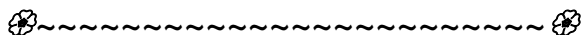
*To begin with, let me just say that as soon as I started eating better I started to notice my health improving. I continue to eat well; I also exercise every other day, and benefit very much from it. I know that is the way to stay away from doctors digging into my colon, prostate, heart and who knows what else.*

*At this point I am still looking for a colon doctor with a smaller finger and who will not have such a gleam in his eye as he tells me that he expects me next year, same time same place. Just kidding!*

*Here is a diet that I put together based on recommended foods:*

*With this diet I cook fewer times, bigger quantities, and know that when I am ready for my meal it takes five minutes to heat and eat.*

*I found that eating out alone was boring. I found myself eating what was available on the streets, which was high in fats and sugars. That was what existed as what I had to eat if I wanted to survive. When I was ready to change I started preparing different types of meals, quite varied, to keep from getting bored. It has worked well to get my weight down from 155 pounds to 122 pounds.*



**\*\*\* There is no greater virtue then a conquered vice, and there is no greater vice then a conquered virtue. \*\*\***



### ***Coffee***

*It is said that too much coffee is bad for us. I have developed a mix: I take one pound of regular mild coffee (fresh ground is better), then I mix it with one pound of garbanzo bean coffee (which is a great coffee substitute). This gives me two pounds which I call half and half. The beauty of it is that even as you continue to consume the same amount of coffee as before you still have reduced your coffee consumption by half. And being that garbanzo beans are high in protein you should get good energy burst from it.*

*I also prepare another mixture on the side, which involves mixing different dry flavors to spice up my 50-50 mixture of coffee; I use chocolate, cinnamon, nutmeg, ground cloves. And from this mixture, I add a small amount to my 50-50 mixture, so that when the water goes through the coffee pot, it also picks-up the flavors, but it does not stop here, because before I start the coffee pot, I also add a few more flavors, that I have already put together using different liquid mixtures like vanilla, anis, brandy flavoring, coconut, almond extract and orange. The variety of combinations can be endless.*

*I use an eyedropper to add this liquid mixture to the water while the coffee is brewing. I put other flavors in, whatever I am hankering for at the time. You want the flavorings brewing with the coffee to get that really great blend when it is ready.*

### **Whole-wheat pancakes**

*This one is easy because all you have to do is follow the instructions on the box, and I use dry milk, but not so fast, what I do is that I also add a little oats, and ground corn meal for extra fiber. For added taste, as the pancakes are cooking on their first side, I add raisins dry granola on top, and I use the biggest frying pan, and this is because after the pancakes cool off I cut them into 4 sections. And I also make as many pancakes as I can, for I store them in the refrigerator. So that when I have my coffee I sometimes use one slice of whole wheat bread with one slice of pancake, which I do in the toaster.*

*I stopped using sugar in my coffee. At first it was a little difficult, but I did get use to it and I never bother with it anymore. Actually, I used to enjoy honey in my coffee but it is too high in calories when dieting.*

*While dieting you should remind yourself that it is a temporary situation, your body and mind will find it easier to accept.*

*I also like to toast one slice of whole wheat bread with half a bagel. When toasted, I add a few drops of mustard for taste. The slice of whole wheat has eighty calories; the half bagel has seventy, so the total is 150 (without the mustard).*

*There is a saying: "An apple a day keeps the doctor away." I say: "Use whole wheat bread to keep the colon doctor away."*

### **Beans**

*Later in the day I have one well prepared meal. This meal is based on the fact that we should eat vegetables, fiber, and proteins. Again, for reasons of variety I like to take out time and cook different bean meals.*

*I picked beans as an important meal because they are high in fiber and protein, and low in fat and cost. I began having meals consisting of just one type of bean; like just black beans or red beans or lentils. Then I got curious about how it would be to mix and match, and that way enjoy a greater variety of flavor and nutrition.*

*I find that this cooking "in mass" is great because it leaves me plenty of food that I can have ready to eat in five or ten minutes. When friends come over I can offer them something quick and nutritious.*

*I start by purchasing one pound of every kind of dry bean I can find at the supermarket. By the way, in most cases, dry beans are really cheap. Let me suggest that you try different precooked canned beans, maybe just one kind at a time, to be sure you like them.*

*OK, here are some of the beans I find in the supermarket: lentil, green and brown, all the different sizes of white beans, all the different red beans, pink beans and black beans, black eye. I usually find about twelve different types of dry beans. I mix all the dry beans together and divide them into smaller packets for dry storage.*

*When cooking time comes, I use the biggest pressure cooker available for cooking. The bigger size allows me to cook more in one batch, when I do this right I save a lot of trouble and time.*

*Leave the beans soaking overnight, or at least for a few hours before cooking; this makes them softer, easier and quicker to cook.*

*By the way, to reduce the gas that beans can cause some people to have do not cook them in the same water you use to presoak them. Also, cook the beans without condiments or flavorings and then eliminate that water also before final preparation. You will lose some of the nutrition in this process, but still, it is a good idea if you do not want the gases.*

*Cook the beans until the largest of them gets soft. I have found that at around fifteen minutes I hear the hiss of the cooker and the beans are ready. I then shut the stove off and let the cooker cool on its own; this takes another fifteen minutes more or less.*

*I then proceed to add five six-ounce cans of tomato paste and one can of creamed corn. I also add the condiments, to my taste.*

*For different batches I add different meats. I can make beans taste like chicken, beef, liver, ham, rabbit, goat and any other meats I can find. I also like to make a small batch without meat, for when I feel like a vegetarian and for my vegetarian visitors. One of my favorite batches is the one I make with different kinds of sea food, like tuna, salmon and codfish. Many other varieties can be left to one's taste.*

*A pot of one my batches will render about fifteen 24-ounce jars. When it is time to eat, I go to the refrigerator, I open one of these jars and I add precooked brown rice, which is part of my main hot meal.*

*I have accumulated many glass jars that I buy with my applesauce, and I also buy the 20 oz jar that I buy of olives with no pits and filled with red peppers, which I dice into smaller pieces which I then add to the beans not so much for their taste, but for their nutrition. They are excellent for storing meals in the refrigerator; and the meals keep for weeks to months.*

*Before pouring my cooked beans into the glass jars there are a few things I do to improve cleanliness and freshness. After cleaning the jars, and before pouring the beans in, I put the glass jars in the microwave for 3 minutes; this kills the bacteria that may exist on the glass. I then make sure the beans are completely ready and at their hottest in the pot. That is the time to pour the beans into the jar.*

*My practice is to then take the lidded jars and run cold water over them to clean the run offs and set them to dry at room temperature. You should hear the lids pop after a few minutes; this*

*is a good thing because it means the jars are airtight. Those that do not pop I separate, these will be eaten first.*

*For those of you that are interested in why the lid pops down, let me explain. You have applied heat to the beans while cooking them. You pour the beans into the preheated jars. Then you tighten the cap as much as you can.*

*You will notice that the cap will be a little bowed outward in the middle. Due to the heat the beans are pushing and expanding. The more heat the better, up to a certain point.*

*As the beans cool down at room temperature they will contract and with the same force that had been used outward they will go inward. The lid comes down along with the contracting beans, tight enough to keep bacteria from even fitting inside. By the way, this makes it virtually impossible for your next batch to have bacteria.*

*And in the refrigerator cold will further the contraction, this will hold the lid so tightly down that I have had to force lids up with a small spoon as a crowbar. Vacuum packed. The beans can be stored for months.*

*This is why when you are buying canned food you should check to see that the lid is not up. If it is it means that air has gotten in, bacteria is growing, and this is bad for you.*

*Next I label the lids: P for plain beans, C for chicken, B for beef (grade A of course), H for ham, S for seafood and R for rabbit. Actually, if I did not label them I would probably forget what is in them half the time. I tend to eat more chicken than any of the others.*

*Here is how I prepare chicken. I buy ten pounds of cheap chicken and put it in the pressure cooker. I let it cool down overnight. When I get back to it the fat is floating, I take that and after peeling the skin it gets mixed in with the dog food, they love it when I cook.*

*I remove the bones, which I have to hide from my black and white German Shepherd dogs; we all know they should not fool around with chicken bones. After cleaning the bones and everything else from the chicken it goes into my 32-ounce plastic yogurt containers, which I use for two different servings. For the bean mix. I take what I will be using that day and the rest goes into the freezer. I mark them chicken. From the freezer they go into the refrigerator before being used.*

*So, on different occasions I make different batches with different flavors.*

*By the way, aside from using tomato paste and creamed corn along the other ingredients mentioned, I also mix in six eggs.*

## **Macaroni**

*Macaroni with wheat and oats, I also use olives in macaroni, which along with other pastas, I like very much. I start by buying an assortment of them; I recommend whole wheat pasta above*

*the rest.*

*Get the biggest pot and pour the water in. Something that works for me is to not add anything to the water (oil nor salt), but you have to stir the pasta continuously.*

*I make an assortment of pastas and store them in the freezer. At first you should make small amount until you figure out what fits in your freezer. The pastas can be stored in plastic 32-ounce yogurt containers. They get marked MAC on the lid so as not to confuse them with chicken, which I also store in the freezer with the same kind of container. You can also store the macaroni in the 24 ounce preheated glass bottles in the lower part of the refrigerator.*

*So getting back to cooking, I should mention that I buy different cans of spaghetti sauce that are spiced for spaghetti, some say that they have mushrooms, other say they have cheeses, some say meat flavor, some say plain spaghetti flavor, well I buy all of them this way, I am not missing out on anything.*

*I also add fresh tomatoes to these canned assortments. Then I add the real beef meat along with half a dozen beaten eggs, along with some wheat pancake mix and ground corn for fiber. A portion of this gets done with the boneless chicken. All of this goes to the freezer in the plastic 32-ounce yogurt containers, for future use.*

### **Brown rice with barley**

*Please do not be bored, dear reader, because this is not yet over. You see, I also like to make brown rice, to which I add a small amount of barley for extra fiber to a two pound bag of rice. During cooking I use no condiments, the beans already have them. The rice gets cooked in Corning Ware, in the microwave oven, which is good because you can walk away and do something else as the rice is cooking. So far no burnt rice. In the end it all gets stored into the 32-ounce plastic yogurt containers.*

*The two pounds of rice with barley will render about 15 small portions, when added to the beans; actually, mixed together just right you get something like a bowl of chili. Anyway, I label my rice containers with a big RI.*

### **Vegetables**

*This is something like the beans, preparing my vegetable meal. It is a fact that each vegetable has its own nutritional value. This tells me to buy the freshest vegetables available, especially potatoes and green bananas, and whatever needs cooking, but in small amounts. Then I go to the frozen foods area and buy all the different frozen vegetables.*

*I cook all the vegetables that need cooking in a big pot with water. When they are done I let them cool down. Then I add all of the frozen vegetables and mix them together. I add vinegar to the vegetables that are still in their water (this helps them keep longer in the lower section of the refrigerator). Before putting it in the 32-ounce plastic yogurt containers I add dry mustard for added taste, and tofu to what I will presently be eating*

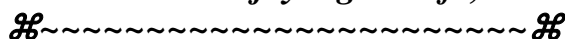
*Then some of the vegetables go into smaller plastic containers for freezing, I leave some space for the 9% expansion freezing brings. Frozen vegetables can last for months.*

*Guess what letter the vegetable containers get lettered with!*

*So that when I decide to eat, I have a wide variety of hot nutritious meals that are just minutes away from eating.*



***\* The first thing that is needed to enjoy a good life, is to enjoy good health \****



## ***Dessert***

*Let me say that since I could never stomach milk, and we do need a certain daily amount of calcium, I use yogurt which is a very rich source of vitamins, but more important, yogurt will reproduce itself inside the stomach as very healthy bacteria at stomach temperature. It will keep your stomach very clean.*

*For those that have never tried yogurt I recommend you start out with a small teaspoon to check out the bitterness. You might have to give it some time to get used to it; it is an acquired taste for some people, but it's well worth the effort.*

*Here is what I do when it comes to yogurt; as you should know by now, I buy the biggest and cheapest generic brand. To this I add the cheapest brand of the 24-ounce glass jars of chunky applesauce; great jar for storing beans.*

*I then divide this 32-ounce yogurt in half, which I use for two different days.*

*I then place this yogurt in the freezer prior to eating. With proper timing it will look and feel like ice cream, sweetened by the applesauce sometimes I add some of the liquid coffee mixture; there are many ways to flavor what was just plain yogurt.*

*When dieting I find that staying away from fruits that are high in sugar will help me bring down the weight faster. And fruits have become so expensive that I virtually only eat them at Sizzler. It is highly likely that I am well known at the Sizzler I usually go to, because I am the one who will pile every fruit on display on my plate. Many trips are made by me to the salad bar on one of my visits. Money's worth! Thank you very much!!*

*I am fortunate in that since I take care of myself I have not yet been told that there are certain foods I should not eat. While dieting I convince my stomach that sooner or later we will get even at the Sizzler salad bar binge. Their sweets are totally destroyed by me, ice cream, apple pie, sweet toppings, but only for that day. Make no mistake about it, after a Sizzler meal it takes longer to drop weight again.*

*Once I was on a fat free diet, it consisted of eating my bread with 95 to 97 percent fat free cheese, and 95% fat free chicken and turkey ham. You know what? I could not drop weight with it, even as I kept a diary of my daily caloric intake. So I stopped using the 95% ham and cheese deal, which I must say was tasty but not good for losing weight.*

*Without preaching let me just say, we should not forget or ignore what we eat, for it is our fuel for the moment and it maintains our human existence.*

*You can imagine that my friends find jars and jars in my refrigerator when they come over. And they do, it is a veritable jar jungle in there!*

## Tea

*As a cold drink let me offer you iced tea. I never drink water directly from the faucet. I use different types of teas and mix them in various ways. Here is one: I have a pitcher which I fill to the top, and to this I add one tea bag of mint and one of cranberry, both are decaf. After a few hours in the refrigerator it is ready. I have found that if left overnight it will taste better; I do not boil the water. Another mix I like is peppermint with strawberry, also decaf. In the end I add concentrated lemon juice. This is what I drink when exercise to take care of the rising temperatures. On days when it is hot, coffee will not do.*

*I use to question the cost of good food, but I have found that it makes up for it in not having to see the doctor more often and in not having to use more medicine. I gave up certain luxuries, but what the heck. Food costs for me have gone down while the taste, nutrition and quality I get have gone up.*

### *Remember*

*What we are really doing is looking for a better way to keep from having to see that group of doctors that exist only because you do not take care of yourself. Do we want to pay them to take care of us? I see them once every few years just to see if there is anything that needs attention. Thank God, so far I have not needed their scalpel service, or pills.*

*Your body is a gift and it is up to you to keep it clean and in the best operating condition.*

*So, for those who need a change like the one I made, go to the store and buy the things that will do you good in the long run, for we can only do our best.*

\*\*\* *IT has no FAT areas. Just kidding!* \*\*\*

### 3 meals a day

*IT found it was necessary for us to have three square meals a day for our primitive body to have the energy needed to keep up with the industrial revolution. Now we need to use less food to exist in this high tech society. Many have already found out that we now need to be as lean as*

*possible and give the fat to the robots that are continuing to run with what still exists as the industrial revolution; and see if they will get fat too.*

*For mankind, fat was a form of stored energy with which we survived the lean, difficult times. As for the robots, they can use this fat as a last resort from locking up from friction (from working so hard), as a substitute for grease. We should also remember that from that bulky industry we now have the industry of electronics that IT reshaped into, which is run by IT more as robots and less as humans. We should be grateful to IT for the electronics, computers and circuits that are necessary for the space ships that will take humans into ITS other area, that we call Dark Matter, or ITS cold, clear nothingness, outer space.*

### ***Neck and back pains***

*The dry swim: In a standing position pretend that you are swimming. Raise your right hand over the left side of your head and bring it down like a swim stroke. Repeat, but with your left hand. As you are doing this move your face from side to side, this will loosen up the neck. Also, as you raise hands over your head, move your hips to the left and to the right, this will loosen your middle. Try to get to the point where you can repeat this exercise one hundred times, we don't want bones welding themselves together due to all that sitting.*

### ***Pull-ups***

*Pull-ups are a very good exercise, very efficient and inexpensive. A pull-up bar can cost \$10.00 or less and is easy to install. With pull-ups you use your own body weight to stretch the muscles of your shoulders, elbows, wrists and fingers. Even your whole back and waist will feel the tug of gravity as you hang and pull yourself up. And you will also feel your heart pumping faster*

*I use a pad to jot down what I do when I exercise, it is interesting to go back and see one's progress documented. When I started doing pull-ups I barely did two, little by little I kept building up until I got to 15 times , I then take a few seconds to catch my breath , and I then do another 15 pull ups , and I do this for a total 7 times the 15 pull ups. That is where I leveled off and stayed.*

*To these same pull-ups I added an exercise to strengthen my abdominal muscles. As I was hanging and pulling myself up I started raising my feet in front of me as slowly as possible, without bending my knees.*

*In a way, it was like getting two for one. Because of the extra effort it took to add this routine to the pull-ups, there was a drastic reduction in my repetitions, but little by little I got it back up to 105 again. Raising ones legs while not bending the knees really strengthens the abdominal area.*

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***\* Laughing is a good exercise. It's like jogging on the inside.\****

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