



The Light in Your Life is Spirit

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INTRODUCTION

This book is about two great forces on this planet,

- 1) Homo sapiens (man) and
- 2) God (who has many names).

Man in this era is technological man, and yet if he is measured in the mass as a population, it can be seen that he is still a primitive in terms of character and intelligence. Worse still, the modern world is about pressure to succeed, to earn high money, to be somebody of importance, and all within a structure that leaves people without support of family, friends or community, so one is more often alone. In short, the sad fact is that social relationships are becoming more and more negative, grasping and self seeking, to the point where each person is rapidly becoming an island of isolation. This is because the social criteria for living is now, with money, success, possessions, power and importance, all of which is unattainable for ninety five percent of any given society.

The fact that only a small minority achieve society's so called values, leaves the rest dissatisfied, angry, anti-social and with feelings of low self worth. For many, they just drop out of society to become misfits, criminals, drug and drink abusers, and so on.

The force commonly called God, (but has many names), has existed long before life on this planet existed, and with the coming of primitive man, coming together to create tribes. That force became the object of their worship under many guises and accordingly, many different Gods.

In our more recent history at the time of Christ, some began to believe in one God.

Christ's short life on earth was concerned only with imparting God's true word, which was simple and direct. That word was LOVE and he further attempted to teach people the full meaning of that word. The trouble was that humans naturally suffer from the need to feel important, and this, along with differences of language, understanding and self interest, allowed the priests of that time to change that simple word with all its powerful implications. They proceeded to change it, add to it, and give God himself the power to be angry, to punish, and to destroy those who displeased him (the gender is male because females were not considered equals). In fact God is neither, but could be described as uni-sexual.

So, for two thousand years, nearly all the religions which sprang up have been leading their people away from God's truth, and has caused much earthly unhappiness and fear. It has also by such deceits caused the development of the human soul to barely make progress. All people on earth (believers or not), have a soul and it contains four essences (or seeds), which are LOVE, SENSITIVITY, COMPASSION, and UNDERSTANDING. The purpose of existence on this earth is to grow these essences by developing and understanding one's own character, thus learning and developing one's higher self.

Giving man freewill and allowing him to choose the roads he wished to walk in life, meant that for most it was downwards towards a more earthly, and in many ways negative lifestyle. For some though, for a variety of reasons, they chose to walk upwards towards their God.

Amongst this group are some who were, and are today, receptive by various methods of communication, at a higher level through speech and hearing. Some of these are talked to at great length and are given material to transmit to others verbally, or as the written word.

As man's knowledge of human behaviour and all forms of life are studied, so some scientists are completely convinced that all matters to do with spirit (God), are products of man's imagination or wishful thinking. Undoubtedly much of what they claim is true, but equally, many scientists, physicists, and medical people have seen much that they cannot explain, and others become less and less convinced of their stand on this matter. In recent times, some have proclaimed that the existence of a force (God), is logical as it fits the facts.

May you find a kind
of peace,
and the time to
live in it.



Dear Reader, during early October 1995 I started to talk directly to spirit, and much to my surprise, I was requested to write down what was said (channelled) to me. At this point the more generalised conversations took a new direction in that I started to receive a series of writings which covered human nature, mans early beginnings, mans failings, straight articles on spirit (God). I never knew what was coming next.

Over two years I received some one hundred and ninety six written texts, as well as several hundred concerning personal matters for my family and friends. The writings included here came with two clear instructions 1) all must be dated and 2) all must be signed with my Christian name. The latter I had some difficulty with, but after some argument, I accepted spirits instruction. I have, however removed it from those contained within this book. Two writings are present which are treated differently at spirits request. It is up to the reader to decide why.

The writings are in four sections as chosen by spirit and each writing stands alone, irrespective of size, though all writings are related to man and God, and each one has seven different levels of

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GOD

The spirit that is God is called by many names and is referred to either as he or she. It matters not, as for practical purposes God is uni-sexual and as many colours as exists in the light spectrum. But as spirit, it is constantly trying to communicate with all humans via their own soul.

Communication is not an easy matter, since by giving all human beings freewill, they can choose to lead any form of life they want and choose to walk a more earthly path than spiritual. God has therefore to talk to those that are receptive to him, and in turn communicate more at higher levels with those who can hear him with varying degrees of clarity. Here and there throughout the world certain people are chosen to receive his channelled material and to take that material to all who will listen or read.

The materials contained in the following pages are channelled from that spirit, and are explanations or clarifications of his true word.

A PERSONAL CREED FOR DAILY LIVING

Faith is the Nourishment of my Mind

Hope is the Breath of my Body

Charity is the Wisdom of my Soul

Truth is the Measure of my Being

Trust is the Measure of my Understanding

4/3/1996

T = Thought

T = Truth

R = Reason

R = Respect

U = Understanding

U = Understanding

T = Thoroughness

S = Strength

H = Honesty

T = Tolerance

F = Father (Spiritual)

H = Honesty

A = Answers

O = Obedience

I = Inner Self

P = Positive

T = Truth

E = Emotions

H = Heaven

3/3/1996

GOD THE CREATOR

God the creator! Why do so many people have so many ideas of what God is, or what he can do, or what he is responsible for? Or even if he is a he? That question has been asked for centuries, and more so when man decided as a whole that only one God existed.

Primitive man has always worshipped gods, and these gods covered all aspects of man's life in those early times. As man could seldom see what their gods looked like, they created idols as a human representation of each particular god. Thus each tribe created their gods to suit their particular needs and environment. The result is that many gods existed, though there was similar worship of the same gods in a variety of different cultures. The main gods were those of the sun, moon, earth, wind, sea and fire, while others were more specific, such as animal gods. With the coming of gods there also came the demons, and these were born of the dark side of human nature, and so it is still that way today. The dark side of mans imagination, as well as his fears, created the demon creations in paintings and sculpture as a terrible warning of what a degraded and dark primitive mind can exist in man.

In time as the evolution of man occurred, so the number of gods decreased. Except for a few primitive tribes, man came to worship only one god, that is the true God, though he still has several names, and even today because of some mans negative nature, worship the dark side in the form of the devil. There are many who, because of the struggles in life, and because of their strong negative control of character, lean towards the dark side of their nature as seen by their violent, abusive, or victimised behaviour.

The most common statement heard is, "God is". Well, the entity called God, is Love, not vengeance, judge or jury, or a father to solve all human problems, but a God of love, and love is about sensitivity, forgiveness and caring for all life. God gave man a soul and the gift of freewill, but in giving that gift of freewill, he gave man the right to choose happiness and fulfilment, or the burden of pain and fear. Only by giving this gift could man reach the stars in attainment, or plumb the depths of human hell and depravity. Man and man alone creates his own hell on earth by his behaviour and pandering to his lowest bestial nature, and he alone can save his eternal soul.

During his duration on earth, man must grow in the virtues of his positive nature and learn to give rather than take, according to his understanding. He must also learn to stand as an individual in his own right and by doing so, earn the right to stand in the light of God's love and that of his fellow man, so in time, return to the pure energy of his rightful existence.

17/5/1996

GOD\HUMAN CHARACTER

When God created man and gave him freewill, he did so in the full knowledge that because mans character is influenced by ions of genetic inheritance and variations from the original early life forms, man has a diversity of potential emotions and behavioural traits automatically built into the human form.

A consequence of this in-built diversity in man means that he is potentially a very intelligent creature, but mans character can range from the great heights of human capability, to the deep depths of vicious degradation. Some can even be devoid of any decent instincts with all traits of character being negative. Naturally, this diversity of instincts is exhibited by the wide ranging behaviour seen in societies through the ages.

This aspect of human nature with added freewill, is the price to be paid for in the intellectual and spiritual growth of man, before, he can in time join his true spiritual life force. For this reason and no other, man must grow and control his human destiny. For as his intelligence grows, his soul will succumb to Gods gift of the four essences which will grow within his character.

Life is for living it is often said, but that is not enough to bring peace and contentment in that life, for the spirit (soul) must be nurtured also to grow. This is achieved by man overcoming his baser instincts of viciousness and negativity, by replacing this with more positive and gentler instincts that come with understanding and balance of character.

Man must learn to conquer and control his base instincts to stop diminishing his soul. By doing so, the genetic strength of the negative characteristics are weakened through each generation, and man becomes more enlightened.

The spirit is all to God, not the body, and man must learn this fact, as his spirit (soul) longs only to return to its rightful place in Gods universe and be at one again. Only mortal mans ignorance, avarice, violence and fears stop the spirit's growth towards its rightful home and true existence.

24/1/1996

SPIRITUAL INTERPRETATION

This is an outline of spirit needs as opposed to humans perceived desires and behaviour. Firstly, earthly needs and desires are very much dictated by the lack of inner peace and understanding, and therefore, spiritual content is very low. This produces in man an inner feeling of deep discontent, sometimes felt as an ache or hunger. This drives that being to try and satisfy these feelings by various means, such as, obtaining possessions or money, high profile activities, numerous sexual relationships which quickly wane, strong dissatisfaction, usually exhibited by irrational and controlling behaviour. Always trying to assuage the aching feelings, it is in this period of life that many mistakes are made, in such a way as to develop many strong inner conflicts of character, so drawing the soul away from its true home and spiritual fulfilment.

For some people, depending on their freewill, life's experiences and traumas gradually open the mind to greater understanding. These people begin to understand that most human desires are false, and are a modern equivalent to the worship of graven images, which excludes the truth of their spiritual entity.

It is for the above reasons that man returns to earth, time and time again to enhance learning, though for some growth is faster and more satisfying. The earth abounds with great riches, but not the kind man covets, and so, man sews within himself the barren seed of discontent. Some however, by giving of themselves to others, begin to dull that ache and grow. It is not the place of spirit to make life easy by supplying all the answers to human problems without that human contributing to their own growth, as gifts given freely are seldom appreciated.

Man was put on earth naked and will return to that earth the same way, and physical riches and possessions are measured spiritually as nil achievements. It is mans achievement as an inner being that is the true measure of his spiritual achievement. Spiritually, each person's growth can be foretold by the map created in the self judgement chair before their return to earth, but it cannot be guaranteed that road will be walked. God's gift of freewill is the x-factor in life, and spirit, if allowed by man, can teach and guide, but cannot dictate earthly moves.

Man must make his own decisions according to his development at that given moment of time, he has the ability to control his own growth, but only if he tries to understand his true nature and his role in his current existence. Spirit cannot wave a magic wand and cure mans ills, but are in the main silent witnesses to man's stupidity and destructive nature. The preaching of balance and inner peace is right, but this is not achieved unless man puts God before mammon and the individual before the herd. The herd may be a necessary part of society, but the downfall of that society is precisely because man is not an individual.

Mans idea of heavenly paradise is commonly one of golden palaces and tranquil gardens of great splendour. The spirit world can create any illusion because it is one entity of love, joy and growth. All of which is beyond the human imagination to comprehend, but all is instantly recognised when one returns to spirit.

17/2/1996

PURITY

The understanding of true spiritual purity is about the power of being at one with God and his teachings. Truer purity is not possible for any being whilst on earth, or for that matter in the first level of his kingdom. The closest a human can get to this wonderful existence, is to mentally achieve the position of being completely unselfish and devoid of the need to obtain possessions to create an image, other than those to sustain life. In other words, it means to walk through life virtually naked of greed and other aspirations of power and prestige, all of which keep the human mind in conflict with his soul.

This does not mean that possessions or money are bad or that in the normal course of existence these do not accumulate, but the essence of this criteria is one's attitude towards these items. To be at one with the soul, one must give up such desires to show self worth and image by such earthly symbols, and replace that with self worth as an inner being, since the true being exists within themselves. This is true inner peace and real spiritual growth.

It is not possible to have real spiritual purity on earth, but for those who are able to understand and accept these truths, they become highly enlightened, and are great value to human existence. God rewards those who follow his path by encouraging an existence, which gives great spiritual reward and physical riches beyond which would normally be achieved.

11/3/1996

SOUL

The soul (spirit) in the beginning of man as a higher animal could be represented as a small globe containing a faint glimmer of golden light. As man was a very primitive creature of low intelligence and fixed basic instincts, the soul remained that way during that particular lifetime. The same soul then returned in new birth and this cycle was then repeated over several thousand years with very little growth of the soul.

The natural laws of evolution and species extinction, are the divine foundation of Gods universe. The evolution of man and all living creatures is not even-handed due to the law of diversity. In the beginning this diversity produced a few creatures whose behavioural habits were slightly better than the species as a whole, so as the natural law of chance took place. Some of these paired and produced children and with each succeeding generation the ratio of higher pairings increased and eventually man, as a thinking and reasoning creature, emerged.

The soul of man followed the same pattern of life cycles, mostly remaining in a static state, except for a few that had their power increased by the positive growth changes that occurred in some humans.

Very slowly and gradually in increasing numbers, man began to grow beyond basic survival, towards sharing, caring and socialising as a species. With these events came the growth of new emotions beyond those of survival and procreation. These emotions were very primitive and childlike, and were very slow to develop real depth of feeling, but again, a few developed much faster.

I should explain at this point that man's soul is not just a glimmer of energy, but that it also contains within that energy the seeds of man's potential development above other creatures. These seeds which are really emotional essences, are love, sensitivity, compassion and understanding, and are the basis of all human life. So as higher man evolved and these seeds were stimulated to grow, not evenly balanced and very childlike, to match man's limited intelligence. So man marched forward through the ages towards modern man.

Understanding of man as a creature and his relationship to the universe, is relative only to the moment of man's history, and is firmly dictated by man's emotional growth, or lack off. Today, man and his emotional understanding of himself is still very childlike, if compared to his true potential.

The soul of man can be equated to a two-way radio, which responds to an individual's behaviour for better or worse, and transmits strength and emotional content according to character development. So the mind and soul grow more or less in tandem. The more man grows towards and practises the elements of his soul (spirit), the stronger his soul becomes, and the more aware man becomes of a higher entity, or the master and creator of the universe. Man's increasing awareness leads towards the complete man who knows inner peace and joy, complete self worth, and a genuine feeling of good for all mankind, finally feeling he/she is at one with their being and the universe.

Man at this time in spiritual development, is at the beginning of learning to walk the spiritual path, and only about a third of the world population is at this point. The rest are divided between struggling towards that path, or worst of all, by their behaviour and character, are walking towards living oblivion.

The soul enters many lifetimes over the generations, striving towards its own full growth as an entity, and its eventual return to its natural spiritual home to love and serve as part of its creator, and by doing so spread love and guidance to the less fortunate of mankind.

Man has to strive towards a better self, and a higher spiritual growth to feel the love of God, all without understanding the real power and direction of God's work in the universe. All life has a pre-ordained path to walk towards fulfilment of the soul, but God gave man freewill to stimulate mans intelligence and development. The result is that man chooses according to his development at that time, and this often results in chaos, wars and brutality, and by their consequences causes many people to lose direction. This in turn causes suppression of the soul, so the ordained path of learning goes astray. That is Gods burden and his pain. To conclude, all life is a cycle, even chaos is a cycle, and all major elements of life are in divisions of four.

18/1/1996

SPIRITUAL BEING

There are two types of spirit - the earthly one, and the one on the universal plain. Man starts off as a soul (spirit), plus his four essences. Contained within the essences are the condensed omissions of their previous lives, plus their own ordained programme of their own perceived justice made before their return to the earthly plain. This behaves as a conscience, which awakens as the child grows towards adulthood. This is affected by their integrated existence within society, along with development of character. During this stage, freewill also comes much into play, and it is during these early years of moulding their future lifestyles, that inner conflicts can grow and their paths chosen.

The negative aspects of character tend to be more prominent in the early years according to childhood background, and so they create their own fears and hell on earth “so to speak”.

Those who develop the more positive aspects of character usually mature faster emotionally, and therefore develop what is called “strength of character”. But this can include some very negative aspects, which can become a burden, particularly to spiritual progress. So, the individual’s right to freewill is important in helping people, or hindering their development, and therefore their rate of emotional and spiritual growth.

With spirit, the conduct on the earth plain has then got to be examined and understood during that period as spirit when it is on the universal plain without the hindrance of the earthly body and social controls. This means in practise that the earthly behaviour and respective emotions are more ethereal, and therefore more detached. This may allow greater vision of the defects in character behaviour. However, the spirit is more divorced of the urgency created during the earthly body experience. Accordingly, spirit does not feel the full impact of pleasure, pain, hatred or horror that it may have felt. It does however feel surrounded by the overwhelming feeling of love.

The consequences of the above detachment makes it extremely difficult for the spirit existence to comprehend the real depth of any particular deficit, and the spirit often spends part of its existence repeatedly reliving the problem, until a higher understanding is reached. This is made more difficult since spirit lives in an existence of pure love and joy, and there are no bad ethereal feelings around, only positive loving emotions.

This dilemma has to be understood since every negative aspect of the previous earthly life has to be worked through to a point when spiritually, one chooses to face the self judgement seat. Surrounded by one’s peers, you pronounce the chosen punishment for the previous mistakes of the last earthly existence. The spirit then returns to the earthly plain for future growth, and so the cycle of development is repeated. Each spirit by choosing its own punishment, does so with a view to raising its own spiritual level to the point of true love and complete understanding, with the single aim of returning for good to its true home and the sanctuary of the creator.

SPIRIT EFFECT ON HUMAN EXISTENCE

What effect does God have on human existence? Firstly, because God is Love in every sense, those who accept Gods love try as beings to remove all the dark or negative aspects from their character. By doing so, they become a more spiritually loving person. The effect of this on their emotions is to quieten the inner conflicts which afflict much of the human race.

Within themselves as individuals, there is a transformation on their outlook on life, their needs and desires, and how they value themselves. The stronger the pull of God's love, the more they know inner peace and happiness. The effect of this is to transform their outer radiance and this spreads outwards to others around, so in turn they feel better and give back a more positive ambience, all of which gives a higher degree of happiness and feelings of security. The expression "I was lifted by the presence of God" is in fact what the giver feels, and so radiates it to others.

It is not easy for a person to overcome their perceived shortcomings, for as always there is tension and excitement in the dark side of ones nature, which many need to feel alive, for like fear it is a body stimulus. It is only when they give themselves over to God that they become aware just how truly alive they are, and their zest for life gives full excitement, and at the same time inner peace, tranquillity and happiness. Loving God and living for him gives a spiritual and physical high that cannot be explained or matched by anything on the earth plain.

7/3/1996

DESTINY

In the world of spirit destiny is a pre-ordained map of each creature's future life. The simpler the creature the more limited its potential course throughout that future life. However, though man is a primitive creature his ordained destiny, though laid out, is open to many potential divergences and these are created by man's freewill which brings about changes in his original chosen path.

The closer man's intelligence is to an earthly being, the more uncertain, difficult and confusing life is for that individual. In many cases, what is called the mid-life crises can often bring them back on the right road to God. It is unfortunate that less have walked that road over the last hundred years. This is a problem and is due to man's modern intransigence towards the quality things of life, and his pervading attitude towards human greed and desires, whoever or whatever suffers in this quest.

It will take events beyond the control of the masses to change their own desires and these events are coming, and will cause many to question their lifestyles. Strong inner fears and discontent will bring about these changes. The most earthly and primitive type of man will be the worst problem, as these will move towards the oldest demon of man's behaviour, survival of the strongest, and if this gets bad enough, societies will break down. Some of the coming events are in man's control, therefore, spirit cannot tell the direction and course of these events.

The overriding concern must be for those who have awakened their spiritual soul, since these could be lost to spirit, mainly due to the conflict of their human weaknesses against their spiritual needs. Though spirit cares for all souls, even those who are barely alive, these can continue to stay still or move forward. It is those on the path that are a worry, since their conflict is harder, and often the person has not developed their character well enough to resist the easy earthly options. Life's desires are always treated as "I MUST HAVE". The instant satisfaction syndrome is man's greatest failing and the cause of much human dissatisfaction, which badly affects human relationships. It is the main cause of societies breakdown.

Man must learn to live within his true character and recognise the importance of his spiritual soul, for failure to do so will leave man living in a void of nothingness and conflict.

5/1/1996

THE HUMAN SOUL

The needs of the human soul and the conflict of man's aspirations start early in life, so to begin with one must understand the needs of the soul. Man's soul is bright but very fragile at the beginning of life, and it then has to fight for survival and growth, often because man's primitive nature is at odds with societies rules, and the spirit itself can be crushed under the occurring conflict.

Society's rules are, on the whole, made by the more enlightened members of that society but they are not always right. However, the more primitive members of that society tend to live by their most basic instincts and family abuse is an example of this as it was normal in early primitive man. Another example is women who have children and cannot love them, or at puberty reject the girls as rivals.

It is therefore easy to understand why the soul can be crushed, for it must gain the strength and nourishment to grow. The conflict, pain or misery of the earlier life must be overcome and the spirit nourished with love and understanding. Spiritual growth is very difficult in an age where conflict and social attitudes are more self centred and less caring. For this reason alone man must recognise that his choice of road leads either to self destruction or to his salvation. It is his choice.

11/1/1996

THE PROBLEM OF SPIRITUAL SANCTUARY

All human beings have a need for a personal sanctuary, so all people have an inner quiet place of retreat in the mind just for peace, or to think out personal problems closed off from external pressures.

True sanctuary lies in complete trust in God, but people on the whole are incapable of knowing how to use that trust to solve their problems, since few really understand blind faith and its acceptance. So they need their earthly inner sanctuary to retreat into. The problem is how to enter that deep part of the mind and for some meditation is the answer and for others chanting. But most however, are unable to go deep within themselves to relieve their problems. Again each must find their own answer whether it be staring at a candle, listening to quiet music or thinking of a quiet private place they know etc. The main point is that everybody has the ability to find a way and go deep.

This ability to switch off the mind and go deep must not be confused with switching off due to fear, panic or pressure, or as a means of avoiding a difficult situation, for these ways are steps to becoming a chameleon. The true inner sanctuary is a good way to handle difficult situations providing that it is used to solve problems, not run away from them.

If and when people become spiritually aware enough to come to God and believe in him, then they will receive a broader understanding of their problems and accordingly, arrive at better solutions. For the earthly sanctuary in the mind can only give solutions equal to its knowledge and understanding of the situation.

Man's situation is clearly beset by the introspective nature of that person, so it is naturally emotionally charged by the very nature of that man. It is for this reason that spiritual help can give a more accurate and balanced answer. Man must learn to discipline his mind towards his inner sanctuary until he grows to understand and accept his higher self, and so teach others by his example of spiritual enlightenment and the benefits of higher learning and spiritual fulfilment.

2/4/1996

MAN'S PERFIDY - THE SPIRITUAL TRUTH

Man's perfidy is the difference of what man aspires too, and the reality of what he does. Man's expressed intentions are seldom the truth, and his real intentions are more often than not, the very opposite of what he does in reality. This conduct is often a battle between how he/she perceives themselves and the strength of their spiritual truth.

Understanding and knowledge is the key to human growth, and this is too often blocked by fears and selfishness, and causes irrational behaviour. When the spirit content of human nature is high enough to speak to him as an inner voice, then in some instances that human may be able to communicate with a higher spirit by speech, or writing, or visions, and this can cause emotional irrationality due to fear. Here learning and understanding is important to overcome the fear and allow the real spiritual growth to be achieved.

Humans are more earthly than spiritual in most instances, so when they go against their inner voice, or not depending on their subconscious desires at the moment of decision, conflict arises. Spirit may go along with this behaviour and then try to enlighten the person with an illustrated lesson.

Spirit cannot dictate or alter what man has freely arrived at, even if his decisions are wrong, and as time is irrelevant to spirit, it may take many lifetimes for the wrong decisions to be unlearned so progress can then be made in that lifetime. This is how humans grow towards their spiritual home.

Spiritual enlightenment in God's name is the sole purpose of spirit and the human being requires to understand God's word and practise enlightenment. The riches of the spiritual world are often accompanied by those on the earthly plain when truth and understanding leads the way.

Existence on earth is about spiritual growth or otherwise, and is very much individualistic to each soul, so spirit's difficulty is to reach man at his level. Their transparency is stretched to the limit since spiritual truth is so fundamentally simple that is often misunderstood by man.

21/2/1996

ADVERSITY OF THE HUMAN SPIRIT

Adversity of the human spirit. Well firstly, the spirit does not suffer anguish unless that human is being tormented by doubts about God. It does however, suffer the pressure of human emotions, particularly if negative. Prolonged negativity weakens the spiritual growth, and can and does deplete its strength. Human doubts over the whole gambit of character persistently held, has the same effect.

Man must strive to understand his character, in particular, what he assumes are his failings. This of course must be done with logic and reason and if these are distorted, understanding and correction fails. Spirit does not work on this practical plain of reason, but on the purity of spiritual reality and faith, for it is this that brings true understanding and awareness, so reducing man's earthly problems to their true perspective, and thus allows real positive growth of character.

22/2/1996

THE GOSPELS

The gospels of St John and others are the basis of the bible, and consist of stories passed down by mouth for nearly three hundred years. Accordingly, these stories were embellished by storytellers, and in the telling, myths were invented and all became distorted by time. In the simple age of Jesus, people knew a great deal less of the earth, its peoples and the mysteries of the universe, and what was considered as miracles. Much that has happened in the past man has more rational explanations for, although not all, and some rational explanations are not the only truth.

Jesus did die on the cross. He was not taken down and recovered and his soul did go to what man calls heaven shortly after the event, and then returned to earth as spirit to help and guide his disciples and others, to teach God's word. As a result of this, many in other lands became God's messengers, and in this way God's word was spread. Again by the nature of the tribes and their backgrounds, the word of God took on different meanings and paths. This in turn created a continuation of the "house of Babel syndrome". In religious matters all this has lead to a further diminution of God's simple truths by man's perfidy. But as always, God's word is at the heart of all religions, though distorted by mans weaknesses, vanity and lust for personal power.

So today, all faiths must try to return to the true word of God, and live by that, so that man may once again start to rediscover his true path in life, and rise above his cultural and philosophical differences to live God's truth.

25/2/1996

IDENTITY

For the purpose of this writing man is gender neutral.

What is man but his identity and beliefs and by that he stands judged on the earthly plain. But will he be found wanting! The answer for most is yes. Why! Because man's true character is what his soul has become on this earth. Did he, for instance, from childhood to that point of judgement, grow and enlighten his soul by understanding his nature, and developing the good positive aspects of his character? Or did he swim with the negative aspects of his nature and follow society without thought or conscience? Did he pamper his savage thoughts and turn them into deeds? Can he say he has walked through life without harming his fellow man! Did he try?

All men are born with their essences at some level for sensitivity, compassion and love, and these attributes, when developed and nurtured, lead to understanding and further enlightenment. In turn, the soul grows until it lights up his life, and those of others around.

Man asks, and seldom has an answer, to the purpose for existence, since in reality, the purpose is to advance to a higher spiritual existence. Which by, that existence gives man a reason for being and by doing so, man experiences an inner wealth combined with happiness, fulfilment, success and the joy of just being as he becomes at one with his soul. Man who overcomes adversity and rises to enlightenment, is a true man of worth and at one with his creator.

1/3/1996

FATE AS A CONCEPT OF HUMAN AFFAIRS

Man talks in terms of being lucky, or coincidences or fate taking a hand in the wheel of life. This does not happen as people envisage, but happens because of a pre-ordained path for that life ahead. So if that life goes forward basically on course as planned, then the incidents described will happen.

The law of random chance does occur however, when freewill takes that person off course in a dramatically different path. There the possibilities can be vastly changed for the better or worse. This occurs because other people's life paths interfere with the pre-determined patterns for that individual. This matter is not controlled by spirit, but because of man's freewill.

In the last couple of centuries, this situation of cross interference has dramatically increased, with the net result that there are more confused or lost souls in existence, and spiritual advancement is appropriately at a lower level. Order out of chaos is required, but this will not happen until societies change their concept of the values they live by. Dramatic events must happen before people will think and re-evaluate the important essentials of true living and spiritual growth.

4/3/1996

SPIRITUAL GROWTH AS RELATED TO HUMAN UNDERSTANDING

Spiritual growth verses human understanding and behaviour in life, since spiritual understanding is linked to the soul, and therefore speaks from the inner truth. Those who accept and believe are constantly faced with the fact that their everyday thoughts and behaviour are challenged by Gods inner truth.

Because man is always seeking more than he deserves, and his desires are strong, conflict between the spiritual inner truth and his living behaviour is a constant battle. This conflict causes all sorts of emotional and physical upsets, leading to nervous disorders and physical defects, including disease. Spirit abhors this situation but cannot do anything about it as freewill allows people to choose this way to live.

Spirit can and does try by various means to awaken each individual towards a greater spiritual awareness, and a true acceptance of their inner voice (soul). This is very difficult because many do not accept that God exists, while others pay lip service and others again lay down terms for acceptance. These listen to their alleged inner voice, which tells them to have their desires. This voice is not that of God, for truth has yet to touch this type of person.

The spiritual world of God and its wonders cannot be described to the living of this earth. Many on earth have written wonderful descriptions, but even these fall far short of the truth, so it is like this when trying to explain the true feeling and acceptance of God within each being. So each that have known the blessing of accepting God's truth, are unable to comprehend the full virtues of God's will and power, all of which exists on earth in spite of man's freewill.

The spiritual growth required to become pure spirit is beyond man's comprehension, but by endowing each human soul with the four essences, God gave man the ability to be a true individual and with growth of these essences a pure spirit. In doing so, you have the ability to overcome all obstacles and negative failings of character, and so return to his true spiritual home.

When spirit looks down on mother earth in the darkness of the night, millions of pinpricks of light with varying brightness is an indication of God's will working on these human souls. In some parts of this myriad of lights there are some bright stars, indicating highly spiritual beings touched by the hand of God. Their lives will never be the same again until they answer the call to inner peace, happiness and true belonging, joining the spirit universe and living an existence where love is the power and light of existence.

6/3/1996

LIFE AND HUMAN CHARACTER TYPES

Spirit is confronted on earth by what we call the House of Babel syndrome, for this aptly describes the differences in societies and religions. We have to start from the fact that all humans have the same spiritual essences, and that the strength of these vary between individuals. However, attitudes, aspirations and behaviour vary between societies and within societies, and there are vast differences of social structure throughout the earth. So social environment affects people's emotional development and physical behaviour, and actions considered normal in one society are considered abnormal in another.

The more primitive and simpler a race is the more basic their nature and needs, and the easier it is to accept the literal simple spiritual message given. However, very few live up to the spiritual belief, because basically their earthly primitive instinct is stronger.

Spirit basically adopts a graded approach to the intellect, coupled with character development. Again however, the more complex the society, the higher are the human aspirations for the material things of society and the more profound the negative effects on their character. Therefore it is more often more difficult to accept God's truths and their simple teachings. Man is less able to accept these inner truths without great conflict, and therefore struggles to be his true self, so being oneself is a great achievement.

5/3/1996

SPIRIT NEEDS

The human soul has one overriding need for power and that is the power of love. It is a simple word that covers the two strongest emotions in man - love and hate. The other most primitive instinctive emotion which sits like a shadow on these two emotions, is self preservation. This emotion is initiated, only when man feels threatened, and in the final analysis, is the deciding factor in the strength and behaviour of the other two emotions.

As the spiritual strength of love beyond that of oneself grows, so the chance of allowing self preservation to dominate recedes, as man becomes greater than himself. So also, if hate and self preservation combine so strongly beyond reason, man will fight his way out of any trapped situation, but only because he wants to survive, whatever the cost to others. So we have the twin paradox of emotions often acting like one for different reasons, one to save others, and the other to save oneself.

So, it is with many other emotions of man, in that their positive and negative twin emotions often have that paradox effect. As is so often said, the balance of emotions leads to what is called thinking man, open to a more spiritual countenance, whose love for others, grows greater than his love for himself. Eventually, even sometimes without knowing it, man develops a love for God, and by doing so, this love becomes so out of balance, that it reduces its opposite hate emotion to near extinction.

There is a saying on earth "every cloud has a silver lining". That is a true paradox in that bad and good are interchangeable in the wheel of life. But this is often difficult to understand and accept from a personal point of view, or a moment in time.

Man has, since his existence of higher emotional thought, always believed he is a unique being in all the universe. This has coloured his thinking beyond true reality, namely in that he is just one more organism in the creation of the universe. Valuable, yes, but not unique and in fact, still very primitive.

Man in time will develop his emotions and understanding beyond his current imagination, and he will, on the whole, move to a higher spiritual dimension. Then, and only then, will man be master of his own destiny on earth, all of which will be controlled by his spiritual outlook. This is man's future, but until then man must strive upwards against his current weakness and tendency to self destruction, which is the cause of so many disasters. The world is in a black cycle at this time, but this will pass, and return to the light, but only if man curbs his weaknesses.

13/1/1996

TIME AS A FACTOR IN SPIRITUAL DEVELOPMENT

Spiritual development of the human soul occurs over a period of time (exceptions excluded), and in this context time is human time. The human spirit at birth can be described as a globe which contains four essences, these being carried forward from previous life times and the level of these essences reach a level of maturity which allows understanding and the need to walk Gods path. So in reality, the spirit present at birth already has its essences present at varying levels of power, but are static at the start of this new earthly life. Their development during that lifetime therefore, depends on that human walking their ordained path and the resultant development of the whole character.

Since man has the gift of freewill and those who surround him also have freewill, his own, or others can interact and alter the chosen path. This can, and usually does affect spiritual growth. In many instances, however, man may in later years return to his chosen path, but in a retarded way and some may chose to return to the spiritual path.

It is essential that love, compassion and sensitivity are at a very high order, with a fair degree of understanding before that spirit on its return to the first kingdom can stay and develop higher growth and learning. If this becomes too hard, then they can return to earth for another lifetime, or several more lifetimes, depending on the effect of freewill influences on their future development. It can be said, however, that the more advanced the human character becomes, the more likely, the spirit is to reach higher essence value and the higher it reaches up the spiritual path.

Man spends more time chasing his earthly desires and not enough chasing his true needs. He fails to understand as a mass that true love and joy in life comes from understanding his own character and making the best of it. The pull of the mass and his desire to be accepted as part of it, is his own undoing. To be true to his own character requires that he/she must be an individual in their own right. That is the penalty of freewill, but this was God's gift to thinking man, however primitive he may be as a spiritual creature. His growth to a true spiritual being will take many hundreds of years yet, but spiritual growth will continue in spite of man, not because of him, simply because, those who tread the path will see that man slowly understands his future.

22/1/1996

CRUCIFIXION OF THE HUMAN SOUL

Crucifixion of the human soul happens when man returns to the beast, and continues to live in darkness by consistently allowing and encouraging the dark primitive and negative side of his nature to rule his life from puberty to death.

Man's freewill, combined by personal desires usually over several lifetimes, diminishes and finally extinguishes the light of the human soul. The soul is not dead, but is so weak that it remains in stasis and goes to the in-between world or netherworld as it is sometimes called. This is the dark world of repetitive cruelty and corruption for the rest of eternity. Man calls this hell, but in reality, there are two hell's - one man creates on earth during his life-span and the other is as stated above. Recovery from hell on earth is possible in a future lifetime, but spiritual hell is for eternity, though a very few, can, by learning to break their repetitive behaviour, strengthen their spirit enough to be rescued from this existence for another chance of spiritual growth. That is in another earthly lifetime, but failure to grow in that existence returns them to the netherworld forever.

20/1/1996

SPIRIT OF GOD/HUMAN NEEDS

All humans suffer mental or physical trauma in their early years of childhood. This may, or may not be caused by others and can range from mild through moderate, to very severe. For those who suffer severe or very severe trauma, this leaves them emotionally crippled at a stage of life when they are unable to comprehend the problem. This is because they are not at a stage of understanding, or have the strength of character to handle such a blow to their physical or mental well being.

Spiritually there is none, as though they have a soul, it is in its infant state, and therefore it is unable to give the strength and support required to help grow beyond the crippling incidents as they occur. It follows, that the character development becomes one of survival at any cost, so that person is able only to make decisions that enhance that survival, and emotions such as love and compassion are practically non-existent. So, this condition of survival remains until around mid-life, at which time the inner mind begins to function to a degree where conflict arises between their true being and its chameleon other self. At this point the soul starts to grow, and so enhances this inner conflict. This is why so many humans start to question who they are, and begin to feel that something else exists beyond their own feelings and desires.

The soul, and what it represents in true life, has to overcome the strongest emotions of existence, that of fear and survival and this battle is often presented as a battle of “good over evil”. This is a misrepresentation of fact, for in reality it is a battle between the true positive character of the being and the negative, but powerful character of the chameleon.

Those who have been affected by their hurtful past, have to overcome much before they come to the spiritual need for God and even then, will be faced with the fact that much of their future will be decided by their own indecision. It will be noticeable that even when a decision on some fairly important matter is made, the decision to act on that decision is poor and as time passes, action becomes non-existent.

Faith and trust in God and a belief in themselves as a being, is the only way forward, but for many, they remain in limbo as they are always looking for a bit more proof or more understanding. Spiritual acceptance is the answer, but for many, this is too hard and for some, it comes only in the latter stages of life, when making decisions about themselves is no longer important. The human soul however, does not give up its quest to return to its true spiritual home, for that love cannot be destroyed by man’s inability to rise above his negative and primitive character.

12/3/1996

SPIRITUAL LOVE

Spiritual love is different from human love for another, since to be true, it must be unconditional. Spiritual love for God is an absolute entity in itself, it is blind, trusting, and beyond comprehension for most. It is often said by people, that they have “BLIND FAITH”, but this is seldom true, in that it has not been tested. For some, when tested it remains untarnished, but for many, doubts and pain bring despair and lack of understanding, particularly when the help they call for is not answered, for it will not be answered because it is a test of their own understanding.

God is not present on earth to solve their problems, but rather to give them a depth of understanding to rise to their true potential and have the courage and clarity to understand. Also, to act on their personal problems, to the point of inner peace and love for themselves as a being. So often they fail the test, but by working towards understanding themselves, the power of their soul rises. If this happens, blind faith again exists as an inner truth from that moment onwards and this truth leads them forward to a better existence, and a more fulfilled life on earth, as well as a higher existence in Gods kingdom.

Human love as expressed between two people, unfortunately, is more often abused by the conflicting emotions that dwell within man. Real love consists of many facets of man’s nature, but when the being is a true Being, then the overpowering emotion is that of being only half a person without their chosen one. If spiritual content is present, then whatever the cost to them, the happiness of the other is paramount. This love is heightened by the compatibility of inner feelings of trust, respect and positive feelings towards the other, where truth is more important than the negative feelings of jealousy, pride, anger and vengeance.

Real binding love is rare, but other types are more common, though these do not always stand the test of time and break under pressure, for in themselves they are conditioned.

The highest and most fulfilling existence in life, is when love of God and love for a partner is combined to create a future existence and is instrumental in heightened character development for both. Mostly, human aspirations are the cause of much trouble in human relationships. But for those who experience true earthly love, this is an experience that transforms their earthly existence and enhances the human soul and its four essences.

10/3/1996

THE UPKEEP OF THE HUMAN SOUL

For the benefit of the individual, it is necessary to strengthen their own soul. Firstly, the individual requires to develop purity of emotions towards God, then the practical application of their thought and actions towards their inner spiritual self. This is mainly achieved by removing their negative emotions and actions towards themselves and others. This in practice means that one must work on self respect and the firm principle that they will not harm themselves or others and to that end, truth, particularly self truth, is all.

Mostly, people have the right desire to be better and more understanding in their personal traumas in life, but this is too often negated by fear and indecision. It is these factors that cause pain and trauma to get worse, so in practise, their good intentions end up with the opposite effect.

God's judgement, is not to judge, but people judge themselves and as it is subjective, it is neither accurate or self healing and so detracts from the purity of spirit with its negative attitudes.

All, who walk the spiritual path, tend to feel unworthy when caught in this dilemma and are reluctant to ask for help from their spirit guides, but it is at this time, they must do so. If that human can understand and accept with absolute trust their inner spiritual needs as a being, then they will overcome all problems, including the darker side of themselves and walk forward in their own light towards God and their salvation.

16/3/1996

GOD'S GIFT AND THE PATH

Man over the centuries has had the ability to heal with the power of his hands and also has the power to see with his mind. Today there are many groups, such as spiritualists and holistic healers who practise these arts, which was once called witchcraft, or the devil's disciples.

Those who practise the healing arts or the psychic visions, have many different views of who or why they have these powers. In reality, whatever their views, this power comes from God. The question is why do these people have this power, even when they firmly deny the existence of any power and claim this power is dominant in all humans? This claim is justified, but only to the extent that this power lies within the human spirit and that spirit is God given.

So why do certain people have these gifts? In essence, these gifts are given to those who, despite their human experiences and attitudes, have in their inner self acknowledged Gods existence, and have a desire or need to walk Gods path in life. However, man has freewill and a very variable character, so having been given the gift can, for many reasons, lose his way, walk many paths and have many illusions because of poor character understanding.

God gives this gift to help that individual to develop their character and their understanding of life, their own role in life and most of all, to help their progress towards the true spiritual path. Because all of these paths of growth are difficult and can take many years to learn, the gift and its powers may grow stronger or weaker, according to progress.

For those, mainly with bad backgrounds, that have cried to God for help, a spirit guide or teacher enters their existence (the guide has always been present, unknown to the individual). The aim is to help with growth, give assurance and guide them through their personal traumas. These guides do not dictate, but work only on the basis of God's love for all and will continue for that lifetime with their host. Always teaching, encouraging, gently scolding, towards that individuals growth and spiritual understanding. Sadly however, man sometimes believes that the gift is all his own doing and compounds this error by denying Gods existence. The gift then stops, not because God is angry, but because that person has become a danger to others and so the purpose of that healing gift, that of love and care has gone and become one of self esteem and love of power.

God is not open to deals or deceit. He gently, but firmly demands that he comes before all human desires, even freewill and all must come to him with love and joy in their hearts. Having done so, will receive all the riches of spirit desired on earth and his spiritual kingdom. But beware the liar, the cheat or the vain, for you shall receive hell on earth and the void of existence of your own making.

20/3/1996

SURRENDERING FREEWILL

Surrendering your freewill to God is the ultimate act of spiritual faith and trust. In practise, it means giving over your life and freewill and the right to control your future and leave that choice of future in Gods hands.

This, unless true acceptance occurs, places a burden on that person, mainly because of fear of the unknown. Also, if they are not confident in who they are as a real Being, there is a tendency to measure themselves by what they possess or have achieved and see this as part of their identity. It is natural for those who have too little or too much, to fight to keep their possessions or place in society. God does not expect them to give up everything, for what is important is their attitude to possessions or position, for that indicates that their character may still have the desires of greed, insecurity, or the wish to control their destiny as a prime driving force in their life.

The character forces that should be leading them forward are love, sensitivity, compassion and understanding. These are what gives the mind the innocence of trust. Those who have truly given their freewill have remained with God, while thousands of others are at the point of decision and spirit help is always there, mainly to help overcome the major emotion of fear. God only wants those who come with joy to him, for he does not want unwilling converts to the truth within man.

27/3/1996

THE HEALING GIFT AND GOD'S WISDOM

Man has a limited gift within himself of being able to channel energy to another creature. This is, however, mainly dormant since man on the whole does not live close to nature in his thoughts and understanding. This ability to channel comes from man's spirit and is the power of God's energy passing through man's spirit. It is activated by two factors, the desire to need God and the need to help their fellow man.

In life, most humans turn to God because they have in themselves suffered some terrible trauma, which makes them reach out beyond themselves. This need to help comes about because certain emotions arise within themselves to guide this need.

The gift and the ability to use it, is given to those individuals who have the possibility of learning about God's love and conscious desire to improve their own character, for their own good and for others.

The gift is given as an encouragement to live up to their inner needs or desires which is always accompanied by some form of spirit contact. The ability of that person to use that gift as a benefit for others is utterly dependent on the development of the recipient, either spiritually, or with their own character, ideally with both. The power of the gift is a step by step process, which builds with the development of the recipient. This gift is also a lesson and a warning and about inner development. For instance, if false ego, pride or arrogance becomes a feature of character development, then the gift fails to perform to expectations, even to the point of complete failure.

The above is a lesson and a warning. The pattern described is normal in all to some degree and if it persists, then it is either due to some severe character defects, or the individual turning away from God. Usually, the strongest cause of this condition is self delusion of the recipient so time is given, plus much effort by the spirit guides to lead the recipient back to the right spiritual and character path. In the end however, the gift is withdrawn, either because that person has turned away from God, or their character has developed too many negative aspects. Withdrawal is temporary if character is the problem, but permanent if the person turns from God.

God does not punish by removing the gift, but rather, loss is caused by that person destroying the gift from within. This is because they have in their character strayed completely from the original needs or desires that created the gift. The lack of understanding, or the development of negative characteristics and their failure to ask truthfully why that gift is failing over a long period of time, is a clear warning that a wrong direction has been taken. In the latter stages, anger, isolation and self delusion are the terminal stages of the loss of the gift. The person at this point in time, is oblivious to truth and refuses to hear or read anything which does not fit their view of reality.

25/3/1996

THE TRUE SPIRIT WITHIN MAN

The true spirit within man commits to God and accepts his teachings and life forms as a means of returning to its true and spiritual home.

In man with his many religions and creeds, the diversity of God's alleged teachings is very comprehensive and often wrong. This has been caused by misinterpretation of the spoken word, then later the written texts. This was and still is twisted by a lack of understanding of his real truth, and has therefore, suffered from man's desires or defects of character. In spite of this however, millions have, by their own efforts, made progress in understanding the true meaning of the written word from many sources.

Today, the problem for man is to understand the simple word of God and to enlighten themselves to the true meaning of spirit. This means removing from their conditioning all the misinformation learned within the many religions and be aware where man, for his own motives, has pronounced God's word, when in reality it was his own. Man's history is bedevilled by so many false prophets, all by their actions, leading man from the truth and his true salvation.

7/3/1996

GOD'S PURPOSE ON EARTH

God's purpose on earth is to help all his creatures to return to their true spiritual and natural home. However, as freewill rules the higher intelligence, this means that man given free choice, can allow his basic nature to control his future and that is what usually happens. The main problem is that man allows his basic instincts to control him, since it is easier for him to follow these than for him to use that God-given intelligence to strive for a higher purpose.

Man, rather than strive for his own self interest, has to learn that his own interests are best served by using his intelligence for the good of others.

Because man, when a child, was aware of a spiritual content in his life, it is what gave that child the innocence and wonder of all things. But by adulthood, this is lost due to life's confusions and their own inadequacies quickly destroying this openness and innocence, so the soul retreats and for most, becomes only a glimmer in the human existence.

In later years, the maturing mind awakens and it is against this background of existence that God's desire for man's true spirit must grow. Though there are exceptions to this, it is the mass that must grow. As always, growth starts by like minded people coming together in confusion and/or fear, with a strong feeling that something is missing in their lives. So groups are born, small in numbers, or right up to the large religions and in their own way seeking to understand or believe in something beyond themselves. Spiritualism and the many religions, covers a broad church of ideas and beliefs, all of which must learn to teach the true word of God without man's misconceptions colouring that truth.

Man's aspirations are mainly those of self desires for worldly possessions, or image and power and a position that society will envy and wish to aspire to as achievement. They do not realise that they are not a clone of that society, but a one off, who has an identity of their own to grow and nourish and that they will always be in conflict with their inner voice or soul until they strive to be their true self. God gave man freewill, but this has meant that man's progress towards becoming his true spiritual self is extremely slow. Man cannot choose to ignore his true inner being or spirit, for that is what makes him man in Gods true image, and his spiritual being belongs only in its true home and will not be denied, whatever man's stupidity. So, until man accepts this truth about himself, he will go on destroying himself and his planet.

15/3/1996

POVERTY OF THE SOUL

Poverty of the soul is the most common affliction of man today. It occurs simply because people's aspirations are all too materialistic and this sets people's attitudes on to the earthly plain. Under such conditions, the nourishment of the soul becomes static, or even slightly regressed and weakened.

This earthly approach by people has the effect of weakening the moral fibre of people and the reduction of self respect and pride in their own achievements, to the extent that they expect others to take responsibility for their stupidity or lack of character. So we have a situation when people take all they can, lie to get more at others expense and regard honesty as, to quote, "A MUGS GAME". Even worse, they regard such behaviour with pride.

One is well aware that decency and standards for many, are commodities to be bartered for a price, usually self gratification and certainly for money or position. So, man is bartering his real upstanding character and consequently, diminishes his soul to his peril.

It is therefore unfortunate that such tawdry satisfaction gained by such weak behaviour is inevitability passed onto each generation, so compounding the destruction of each generation by lack of their own moral rectitude.

By doing and believing in the motto of "me first", man has sown the seeds of his own destruction, and future generations.

1/4/1996

GOD AND MAN'S MISUNDERSTANDING

Man has a multitude of misunderstandings of what he thinks God's word and teachings are. This is clearly evident in the many different religions and their numerous interpretations of God's alleged will. It is, therefore, hardly surprising why so many are confused about God and suffer turmoil from these confusions.

God is Love, therefore, by this definition, means no act which will cause man to suffer for his mistake, can be attributed to that statement, for it is not love to make a man's suffering, either physically or emotionally, it is man himself causing affliction.

Gods' spiritual guides on earth try to see that all those who call on God for help receive the light of understanding to help them work on their own emotions. Spiritual guides do not inflict pain or illness on that person or others around them when such afflictions occur. It is that person's own aura which causes the problem and if in time they learn this truth through understanding, then the affliction usually recedes, that is, unless an illness already exists.

Man, on the whole does not understand the power of the human mind, though some learn positive control of some aspects. Man's mind has tremendous power and when character development and the power of the spirit combine, this power, since it is in the deep subconscious part of the mind, exerts power beyond the understanding of the conscious mind, though it may be evident by the physical aura.

God is Love. Therefore, if a human understands this, then any thoughts or messages that may be received can be judged on that. So, if self interest or negative thoughts are present in any answer, then the answer is not the correct answer. God does not expect people to become martyrs to themselves or others, but to be a true being to themselves. The only real sin (if one can use this word) as such, is to ignore the proper growth within and fail to recognise that life on earth is a learning process for higher life. So, false images of oneself is destructive, and a diminution of that being.

It is not enough to believe in God, but to act in the spirit of God is the only way to self growth and higher spiritual reality. Piety is seldom the way forward in life or doing good deeds, especially if it is the need in that person for self image or recognition from others. These are backward steps on the path to God and that is why spirit lays great store on truth and trust. Man must learn to take responsibility for his own actions, for only then, can he grow in God's light. It will always be a problem for man to understand God, but he can reach a point in his nature when blind faith, truth and trust, can lift his understanding and bring the fruits of being, a loving and true Being.

6/4/1996

MAN AND SPIRITUAL COMMUNICATION

Each human being has with them a spirit guide who in the main is a silent watcher. This is because, proportionally, few humans pay much attention to their own inner voice, or attempt to communicate with spirit. There are many reasons for this lack of communication, a few of these being that the person does not believe in God, or their desires are too earthly, or they are afraid, or are simply unaware of how to make contact. But many, who do not apparently believe, in fact do communicate by listening to their conscience or higher self.

Many people however, are what they themselves would say are religious or spiritual and pray to God or speak to spirit, or communicate through mediums. All however, are communicating via their own inner spirit or soul with God, who is part of their very existence. The latter does not have much meaning for much of society. The main reason for this lack of interest, is namely because very few understand the existence of God, or what God is and are unable to grasp the idea that he is pure energy.

Man is therefore faced with a learning process on two fronts. One, each individual has to learn about themselves as a character of positive energy, to be in tune with the larger force, and, two, as they develop, so they begin to feel and understand that force in the universe that is God. That knowledge lies within each human being as an energy and small universe in their own right. As a practical earthly way of seeing this, each individual is a small universe amongst millions, circling the main universe that is God and as the purity and enlightenment of the human soul grows, so they spin closer and closer, until they become spiritually absorbed and at one with God. Those who do not follow this path are, by their own actions, thrown outwards towards the edge of this spinning mass, until they are thrown into the void of darkness and non-existence.

Man's universe is but a small part of the larger universal existence and for many, true understanding of the power of God's energy takes many existences on earth and even as spirit, to grasp and be at one with.

The power of God's love and its full meaning has to be felt as a force in the spirit world before the human spirit can be uplifted to that point of purity to be as one with the power and spirit of God.

In human contact, because of the nature of man's understanding, man tends to require names from spirit, so that contact feels more of a one to one conversation. This spirit obliges if required, by supplying a name for ease of communication. In reality however, spirit guides have no name in the upper kingdom, for the only name that exists, is that of master, so when an earthly being talks to spirit, they are talking directly to God, via each individual's higher spirit. During certain periods in daily existence, an individual's conscious mind communicates with their inner voice or higher self and this is what a person hears as a voice in their head. It is only valid however, if the advice given is positive and loving. If anything else, that person has problems in their character, (such as, a strong chameleon, or mentally ill). Listening to one's inner voice must not be confused with the conflict that arises between conscious and subconscious thoughts.

It is common to converse with one's individual guide or teacher by using the name given by spirit, as this is easier for the individual to deal with in terms of ease or comfort, but one should always be aware that one is directly communicating with God.

For the many millions of non-believers, the existence of God is human weakness. For them, man is all, with his intelligence and reasoning powers. They are entitled to believe as they will, but they should recognise that not all that exists on earth can be explained by science or reasoning, but one day they will know the ultimate truth.

8/4/1996

THE SPIRITUAL REASON FOR MAN'S EXISTENCE ON EARTH

Humans are temporally on earth to improve their spirit content of understanding and higher growth of love towards their creator God. It is an essential pre-requisite, that their character and standards rise as a being towards that goal. Though life is pre-ordained, it seldom follows the route laid down. The usual reason for this, is that in selecting their new earthly role, their choice of self punishment and enlightenment is seldom strong enough to obviate their past life mistakes. As this lesson must be learned for future growth, it does mean that their inadequate self selection adds to their lesson. This mainly occurs by the input of other beings surrounding them.

Some input from others are good and some are bad for spiritual growth, so in essence, the experiences suffered in that existence either add to positive character growth, or detract, with negative growth. So that particular life, either grows nearer to God or regresses further from God.

The full strength of human emotions are only present in the earthly life and it is not possible to feel these with the same intensity as spirit, since the aura of love in the spirit world removes the sharpness and pain of that emotion as experienced on earth. For this reason, it is considerably more difficult in spirit to understand the impact of these negatives and can take considerably longer to achieve the necessary understanding.

On earth, man has to learn and increase his four essences of love, sensitivity, compassion and understanding and the only way to do this is to learn and control the negatives of his character. By doing so he increases the power of his essences.

Man suffers badly from fear, indecision, lack of faith, and lack of individuality, whatever his outward appearance. The ability to make valid decisions is the key to further growth and failure to control fear, or to be an individual are negative forces and these must be overcome.

Love and trust are positive forces that drive character forward and upwards. The force of spirit is seldom apparent, except in those who had strong faith in previous existences. Here, there is tangible proof of that existence, usually in the form of some spiritual contact, or belief, without apparent proof of a spiritual afterlife.

Man seldom follows his true needs in life, more often than nought, it is his desires and accumulation of baggage, again usually beyond his abilities, what drives him in life, with disastrous consequences to his true self and his mortal soul. So, lessons can take many lifetimes to learn and failure to learn causes living hell on earth, lifetime after lifetime. To become a complete being is the first step towards recovery, and the everlasting joy to come.

11/4/1996

GOD AS KEEPER OF THE HUMAN SPIRIT

The human spirit enters the body shortly after conception and as befits the child, so the spirit is that of a child. The growth of that spirit is dependent in the years ahead on the extent of development of the human character and the degree of negativity of that character.

Where the essences from the previous existences are fairly well developed and balanced, the soul tends to make better progress towards growth in spite of character growth. However, humans seldom develop much of their character until the point of the final physical maturity in their forties plus. For it is at this age that there is a widening of their mental approach to themselves and life and from then onwards there is a greater reflection on life and their role in it.

For many, the strongest feelings experienced are that of physical ache and a mental hunger, often referred to as “an itch that cannot be scratched”. This is the soul challenging its identity and that of its host. Life becomes a new challenge for the person at this point and because that challenge is felt inward, for most this is a very confusing and difficult time. Since they as people have been so busy running to keep up with their perceived aspirations and self image, the rise of inner doubts growing ever stronger, start to change their perception about themselves and their true identity. This becomes a major battle, heightened by their soul’s increasing need for true existence.

God gave man freewill to raise him above the other creatures on earth, all of which have a conditioned existence on earth, but by doing so gave man the right to walk any path in life. That was the price required for true spiritual growth, but also, the path to repetitive lives in the search for compatibility of man with his soul.

Man may be a solid entity in his physical existence on this planet, but the reality on earth is an illusion created by re-arrangement of God’s energy. The universe exists as God’s creation, but the planets live and die over the ions of time. The spirit entity grows and adds power each time a planet dies and although it is not expected or necessary that man understands this, only that by his growth to a pure spiritual entity and at one with God and his universe, will he truly be at one as part of a wonderful existence of eternal creation.

The human race must truly earn its place in that future by rising above its right of freewill and giving, not asking of God and by such growth, ensure its eternal spirit.

13/3/1996

INNER SPIRITUAL PEACE

The need for inner spiritual peace is a problem for all who walk the path, since the human conflict is that of their desires, fears, and indecision. People talk about and believe that they have trust, but in reality, they do not have enough trust, since that level of trust means giving up their right to freewill and the need to control their own life. Here, fear and their own desires come in conflict with the true needs of their own soul. Man has the feeling that they should control their own destiny and even the simplest person likes that feeling. Of course, this is an illusion, since what control they exercise is subject to the whims and moods of others around them. The reality of their existence is to be fully in control to survive and no human is in that position, but are dependent on others.

This behavioural instinct is a primitive one from the long distant past, when man survived or perished according to his ability to find food and shelter. This primitive instinct has not adapted evenly, so man's instinct in this area is extremely variable and is the principle cause of man's sometimes erratic and violent behaviour today. It is fed and nourished by other negative emotions and as a result, man's ability to trust is far from perfect. So, faith is the key, in that it does allow man to accept trust and give up freewill with grace, and in turn find inner spiritual peace and a more fulfilled life on earth and beyond.

12/4/1996

HUMAN DECREPITUDE

I refer to decrepitude in the terms of the reduction and closing of the mind to the reality of a person's true needs. Today, people's priorities are reduced to money, goods and position in society, and for most, a plentiful supply of these will be beyond their reach. It is because of this fact that a high level of dissatisfaction occurs within people and results in a very negative character and attitude and an increasingly narrow, and often bigoted view of existence within the mind.

The above is dangerous, since it is in fact a backward evolutionary step for mankind. One just has to look at the emotions the above engenders, such as envy, greed, hatred, bigotry and the retreat into insular social groups and societies. The latter two, being the early stages of wars and chaos.

Man has gone too far and lost a sense of proportion in how to conduct social life and arbitrate for fairness in his society. And as a result, "the tail wags the dog", exactly describes modern societies. This creates ever increasing social disorder, so that man is returning to his primitive past where the strong gain and the weak perish. This behaviour is one more aspect of man's downward path, leading to the destruction of his world. The earth has several million years of further existence, but for man time is running out. So, the question is "will man turn back to God to save his immortal soul?" or will his own negative nature destroy his future existence.

15/4/1996

SPIRITUAL EXPLANATION OF WHAT IS CALLED FATE

Fate is usually interpreted as an incident that was meant to happen and nothing could stop it. However, in reality fate is the happening of an incident as it was ordained, but only if a series of happenings occur which either continue along the chosen road, or takes a person back onto that road towards that incident that becomes fate.

When the word fate is used about a meeting or incident, it is because such an incident causes the change of the future in such a way that the lifestyle is different from the past. FATE is a major change in one's life and there are many minor incidents of co-incidence, often called fate that are not, but are important in guiding one's destiny to that major incident of fate.

Why fate is important, is that it was ordained as part of this earthly life whilst one resided in spirit and when it happens in the earthly life, it means that the person is on course again in their human destiny. In most instances, the major incident of fate is bypassed, due to freewill changing one's direction before that point and as a result, the chain of co-incidences leading to that point of destiny called fate, may only partly take place

22/4/1996

JOY OF SPIRITUAL CERTAINTY

The joy and acceptance of spiritual certainty that enters the lives of those who give their existence to God, is difficult in the beginning to be aware of. Also, the changes that happen to the whole character and to the new outlook on life that occurs, but gradually the inner strength of certainty that pervades the whole being brings about a radiance and peace never before felt. Its main advantage in human affairs, however, are the way that being starts to make decisions on their own true needs and in turn, places less value on the monetary riches of life. Since this is a major source of human conflict, this need for possessions are much reduced as aspirations to its proper level in life.

It does not mean that comfort or money are not to be valued. But it is wrong to place them as important, when the reality is the true need to be at peace with one's soul and to transform the being's importance and happiness to a higher physical and spiritual level and by doing so, live a life of abundance and love. For love, in every sense, is the key to all riches on earth and heaven.

Man must find his true meaning for existence on earth and must learn all the truths of himself and the world he lives in. For he must always progress, not regress in the lives leading to his ultimate spiritual truth.

17/5/1996

FREEWILL - ITS MEANING

God's gift to man was freewill and was given that man, by using his intelligence and growing understanding, would learn to lift his spiritual growth to the point when his soul could return to its true spiritual home.

But man, by receiving this gift, could also choose to use it to return to the darker side of his nature and therefore, by this action reject the needs of his soul.

What is freewill? Well, it's the ability to choose any course of action at any moment of time that can affect the future of that individual lifestyle, for better or worse. The disadvantage of freewill, is that it can be exercised at any time and takes no account of understanding, knowledge, or temperament and therefore, leads to many bad decisions which adversely affect that future, or others.

When spiritual creed is involved in decisions, it increases the prospects of better decisions, but not necessarily correct decisions for the future. For those, who by their spiritual growth on earth, reach the ultimate point of giving themselves to God and therefore, their freewill, it means that they are protected from making bad decisions detrimental to their future. So, when exercising that freewill, God does not allow the negative aspects of character to interfere, or for material desires to take precedence over the true spiritual needs of that being. Freewill under God's guidance is a stronger presence for the positive and loving aspects of nature, so that little or no turmoil of the inner being is present.

Fear and other negative aspects of character are controlled, to the extent that they do not destroy future spiritual growth. As always, by giving over ones freewill to God, such action brings great comfort, better understanding and peace of certainty to those who commit themselves and with it, a greater understanding of the full meaning of human life becomes more apparent. God is Love and this pervades all thinking and actions for those who give their one true freedom on earth, their freewill.

So, by giving over ones freewill, one must accept that the future, however blind it may be, is under God's guiding hand.

20/5/1996

BLIND FAITH IN GOD

Blind faith in God. Firstly, you must believe in the existence of a higher entity and the power of what is called God's Love. It follows that one must accept blindly the existence of an unknown future, in the certain knowledge that what will happen was meant to be. It does not mean that by your own actions, or the actions of others, your future may not know fear or distress. It does mean that your faith and acceptance of God will help you overcome life's problems and that your soul will grow in spite of these times of stress, for his strength will help overcome these times.

For those who reach their level of spiritual growth and give their freewill to God, thus transforming their earthly existence, it must be understood that God does not want, or demand, blind obedience. It is important that the mind and spirit grow in knowledge and understanding, because blind dogmatic obedience closes down all growth.

So, blind faith is trust in GOD. Giving over freewill is spiritual clarity and growth beyond the normal human stature, while blind obedience is regression of character and stagnation of the human soul. That is not God's desire. For only by growing of all the senses can man understand his true destiny by understanding the full meaning of love and therefore be truly at one with God, and all his wonders.

21/5/1996

PURITY OF SOUL ESSENCES

The essences within each human soul are love, sensitivity, compassion and understanding and are carried forward, through each regeneration of the soul as an earthly existence. Each time they grow or diminish according to the development of inner truth and understanding during that particular life existence.

For most humans, the essences are generally weak, so the average person does not fully use their capacity to learn and grow, which means that their essences barely grow, or remain static. So, man's growth towards the ultimate truth of his existence is less than what is called "a snails pace" and existences are many.

Victims of the worst of nature in life, by being victims, draw to themselves those in life who take cruel advantage and by doing so often add onto the victims misery, more than can be humanly tolerated on the wheel of lives existence. For these, in some cases, God acts extra spiritual strength to overcome past traumas. He cannot, however, help the freewill, this must be the choice of the victim. But if spirit is given access, it does more to help with growth and understanding and is responsible for keeping the essences that exist at the birth levels, so avoiding their destruction until early maturity of that being. Their future as essences is then up to that individual and the choices they will make with their freewill and their growth of understanding.

All victims are liars of the worst kind and as they emerge from the shadow of their chameleon, their biggest challenge is to overcome fear, lies and deceit. As this behaviour has been a way of life to that point in time, spirit needs earthly help to break through, as spirit is helpless against a closed mind. So, the battle for that being's soul must be given earthly help, if it can be found.

Human helpers must act to see that truth prevails at all times, for this is the only weapon against the negative chameleon. By recognising and telling the truth, this helps the essences to grow and with it understanding, so the wheel turns more strongly in the favour of the victim. Because the essences are not the same between individuals, each chameleon must be attacked and eliminated by the strength of their victim's background and their current behaviour. The less self illusion, the more the strength of truth is present and the higher chances of success for the future. Essences cannot be faked (though a lot of very insincere people are very good actors) and their growth due to understanding and character development, is the key to any future happiness.

29/5/1996

MEANING OF SPIRITUAL TRUST

The highest achievement in life is to trust another human being and to have that trust reciprocated in full. To achieve that trust however, requires that you have brought your faith in another, to the point of understanding of your own limitations and recognition of that other's limitations.

Spiritual trust however, is on a different plain, in that you have no guide on which to base that trust. There, you have to function on blind faith and therefore trust. By having that trust however, you accept that all happenings in life have a purpose and are meant to benefit your life, if not immediately, then in the future. As some happenings can be, or are, detrimental at the time, it is difficult to understand what personal good can be learned from such instances. Accordingly, trust and faith can be shaken. Again however, such instances help you grow and by doing so, strengthen your character, which in turn strengthens your spiritual soul and increasing faith and trust.

Most negative responses to adversity arise because of lack of understanding, coupled with fear and too much self pity due to unbalanced character. So, having faith and blind trust, including spiritual guidance for the future, acts as a positive influence for character growth and makes it easier to know inner peace and have a better, more fulfilled future.

3/6/1996

CHRISTIAN CONFUSION - ITS BEGINNINGS

The true word of God, which was preached by his son Jesus to those who would listen, became distorted in many ways over time. Firstly, his own disciples, because of their simplicity, explained his teachings according to their understanding of the word and then others distorted Gods word by using their own tongue. As certain languages did not have equivalent meanings for the same words, so the distortions grew. So, as time went on and storytellers told their stories of God, they embellished the stories with distortions, through their own lack of understanding and their own inadequacy of character. Some even claimed importance for themselves by weaving their own presence into events with their own words as part of their recital of events and preaching.

Then some two hundred or so years later, came the writings of the scribes, as well as others, who, by their interpretation of stories heard, different languages, overbearing egos and sheer lies, wrote much that had not been said, or distorted the truths to suit the times. Other religions grew up and with them further distortions slanted towards their particular religion, or to suit the leaders of that religion. So, by the cults of religion the word of God became twisted and misunderstood and with that came the ever increasing syndrome of the “house of Babel” and man began the great religious divide that has caused so much pain and confusion, even today.

God’s word is simple and can be expressed in one word - “love” but as yet man has failed to understand its meaning. It has nothing to do with anger, punishment, pain or retribution, these are the negatives of man’s nature, all leading to control and suppression of others and mankind.

12/1/1996

AN OPEN LETTER TO MANKIND

This is an open letter to those who seek God and the salvation of their soul. The world today is one in which human values centre on wealth, image and human desires. Man and society use these as an individual yardstick of achievement. Since these values are instilled at an early age when human understanding is very low, it follows that this yardstick of measuring human worth will cause society to split into three groups.

These are the high achievers who meet society's criteria, a larger group, who will spend their life trying to achieve that elusive standard, and thirdly, the failures who are so inadequate, that they cannot even reach the mass group. These are society's misfits, the so-called drop-outs and the anti-social individuals. The fault lies not in the individual alone, but in society's failure to set proper standards of moral biological criteria to encompass the real needs of the people.

Man is not a machine who can be made to work to a set code of procedures. All individuals, are within themselves unique, but as the bulk of society have a need to belong for their own sakes to some form of organised behaviour, the need for a governed society exists. In essence, the bulk of society are herd animals.

In the godless society of today, man fails to recognise that he has within his physical existence a soul. To ignore that fact is to ignore his true needs and growth as a human being. Because his concept of himself is set in image terms at an early age when understanding is poor, man strives to achieve society's image. Later life he realises that whatever he has achieved, it is not enough and does not satisfy that feeling of inner hunger that has been growing within him. Then reflections begin, and with it questions within the mind which steadily increase, as his dissatisfaction with life, and himself, grows stronger. For some, the realisation that something greater than himself exists and his need to be part of that unknown existence becomes stronger and stronger, then a hunger for God materialises into existence. At this point, a struggle for knowledge and understanding awakens within that being, as to who or what he is and why do I exist.

So, that human starts to walk the most difficult road of their existence to date and much of the concept of the meaning of their existence is challenged and found wanting. For to walk forward, means to think and relearn what their true character as a being is and to revalidate what they consider what is important in life to them. The lucky ones develop the strength of character to walk towards God and the real meaning of their existence and with it comes greater peace and joy. For some, there is acceptance that the soul survives beyond death as spirit, to grow on towards its true fulfilment of its higher existence. For others, their cycle will wax and wane, through many lifetimes towards that salvation, or for the unawakened, the repetitive void of non- existence for eternity.

30/3/1996

THE LIGHT

The Light and the power of God, transcend all man's failings and man's inability to understand the great truth of God's universe.

He gave his only true son so man could crawl from the darkness of his primitive desires towards the light of his higher spirit, so that man could understand that his true glory as a being lies in the purity of his soul and the light of love. For, God's love is the power of the universe and man's salvation.

God does not forgive earthly sins or failings, for there are none to forgive, for when man stumbles he recognises his own shortcomings. God is Love and love is not judgmental, for its purity cannot be contaminated by lesser emotion.

6/6/1996

WALKING WITH GOD

Walking with God is every soul's dream, a need, a desire more precious than life itself. It is the essence of innermost thought that lies within every human being, yet it is the very last action put into practise by most every being, and even then it is usually prompted by some major trauma or catastrophe in that individual life.

So, for some, this is the starting point on the road to walking with God. Some fall by the wayside when the immediate trauma is over, but others continue on, and by doing so, find that life takes on a new richness, both in feelings and happiness beyond anything they have known before.

Occasionally, a person just feels compelled very early on in life to seek God out and follow his path, but usually this arises from being a member of some religion and their understanding comes from the religious books or teachers. Unfortunately, though these books have many truths present within them, they are not God's word, but more often man's interpretation of what they thought man needed to know for his own good.

What needs to be told to the peoples of the world, is not that Jesus made large quantities of food from some loaves of bread and a few fish, but he taught that God is Love and that walking with God is as simple as anything a human has ever done. There is no need of churches or books of instruction to teach you how to behave, just love for the Lord and the ability to go within yourself, so speak to Him and getting the truths direct.

God speaks to all beings and all that is required to hear him is to go within and open your mind to his word, follow his teachings and walk your path towards God.

8/9/1997

THE CONFLICT OF GOD VERSUS MAMMON

In the early days of mankind when people congregated in communities, the general intelligence and knowledge was limited and man as a whole had to work hard to survive, just to keep his household supplied with food and warmth. All life revolved around this, their general protection and their gods. Regular, and time consuming rituals and sacrifices were part of their daily existence and each person knew their place in their community. Their fears were basic in that they were all related to that daily existence and their lives were dominated to the pacification of their gods. Their priests (by many names) were the most powerful people in their existence, and were much feared. In later years, god kings stood above the religious hierarchy in many communities.

The early peoples, having limited knowledge and understanding, therefore tended to put their religion at the forefront of their lives and as such, all life and behaviour was controlled by that religion, and its beliefs. So, the collecting of items of desire always took second place in their lives to giving items to placate the gods. Over generations, growing settled conditions and the possession of property, animals and goods, brought with it increasing desires and self interest. This brought about minor rebellion against giving to the gods and the growing creation of class structures, particularly as artisan skills became valuable to shape the ever-increasing cultural and settled existence. So, as class structures increased, divisions began to occur more sharply in these societies and with it, envy, greed, jealousy, and power struggles grew. Into this came deviation, in what was considered suitable to give to the gods. The bonds of religion were gradually loosened by the higher classes and a greater burden put on the weaker members of the community.

The past however, dictated the future, right up to the present and the so-called religions of today still demand giving, though now it is money. But humankind has, over the centuries, developed more basic intelligence, greater knowledge and due to better lifestyles, more freedom to indulge their particular desires. Many now question, for many reasons, the need to support such religions. With this has come over the last two centuries, great advances in science and technology. This has come with a sharp decline in religious beliefs, as education has produced more questions than answers to the truths of religions and science has explained much of what was considered miracles of the past.

Humanity though, is better off because of religion, science and technology, but it has stopped many from questioning the truth of their own existence. For many replaced good humanitarian beliefs with their own selfish desires and greed, so they live a personal existence, which demands that they should have what they want, whatever the cost to others. So, these selfish desires has created a self centred, amoral society, which thinks that it is their absolute right to have all their desires met and for many others, confusion and conflict, where their desires clash with their true needs.

Belief is not a black or white truth on any matter, or is it simply right or wrong. But belief in God, by whatever name, is an act of faith in a faithless world, for no concrete proof is supplied to help one believe, though, for some, proof lies all around them in this living world. However, faith comes from the soul, which exists in all people and the division is those who reach into their higher being

and believe and those who do not accept that existence.

God does not say that you should not possess worldly possessions, but does ask on what basis you possess them, for he puts the needs of the soul of that being as more important than their desires. So, the development of the true being brings positive balance to that character and therefore, curtails man's greed, envy, hatred and avarice.

This makes it more likely that caring about, and for others becomes a better way of life for that being, rather than chasing power and possessions as a means of identity.

Science cannot save the population of this world, though it can help. Only recognition of the value of the human soul and its needs can do that, for without this, man will destroy himself and his world. Science has given him the means today, unlike the previous civilisations in history who destroyed themselves without ravaging the whole planet.

Humankind has to face the choice to survive as a species. This means either accept that the true needs of the soul are paramount to future existence, or continue down the road of human selfishness and self gratification, whatever the cost to their fellow man and bring about the destruction of mankind and the planet. For the truth of all existence is balance and regeneration, by sustainability of the soul and the nature that surrounds it.

10/12/1996

PEOPLE AND THEIR GOD

God-fearing people, - just who are they and why do they lose their way and then draw apart from God.

Well, to start with, these people are mostly always strong religious followers of one of the many religions that exist in this world. All their teachings come from the written word in the form of the Bible, Koran, Torah, and other written texts and these become the word to be lived by and the law of that religion. By accepting this written word, the door to truth and enlightened knowledge becomes firmly closed as the years pass.

To understand the human problem and the dilemma for the believers, one must understand and accept that most of the creeds the believer lives by are good and honourable. Though God did not lay down commandments or rules, such preaching was verbalised or written down by those who were fanatical believers in God. Being creatures of their time in history, they created in their writings two sets of forces to make God's word simple to understand and by doing so, have caused so many souls to lose their way and caused much suffering by accident.

The two sets of forces set in motion by the storytellers at the time of Jesus were - Good and Evil and Love and Fear. From these two sets of groupings of human emotions come all the stories, sayings, commandments and lesser laws claimed as the direct word of God within all the writings of holy origin.

So we have a situation where those who follow the alleged teachings of God, by whatever name he is called, believe firmly in the concept of good or evil, heaven or hell. Christian or heathen, they live in a religious time warp, created nearly two thousand years ago, where ignorance was normal and the storyteller was king. They are still faced with believing and practising these teachings, when so many are untenable in present day life and clearly not correct when judged by the extent of modern knowledge. So individuals emotionally challenge such beliefs and carry doubts and yet carry on living and practising the written word, whilst suffering confusion or a completely closed mind.

God is not, as most religions teach, a God who punishes, or gets angry, or rejects souls, or demands blood or sacrifice. He does not place one individual, nation or religion above any other. God is a loving presence who does not condemn or judge, or control human existence. He gave all human life the choice of freewill. Therefore, as time moves on, all those who live a God fearing life as expressed by holy books or religious sects, grow further and further away from the real truth of God. In the end those who claim, by their great piety, that they shall be first to enter the kingdom of heaven, shall in fact be the last.

God is Love and if any person lives their life with love and caring as a basis for all their actions, then that person is truly a child of God, even if they have never heard of God or any religions. Those who wish to grow with God must first of all learn to be their true selves and live their lives as such, only then will they truly understand God's love and all its powers. 5/5/97

MAN'S SEARCH FOR GOD

The first question each person asks when their mind opens from the darkness of personal selfishness, is a twofold one. "Why am I here?" and "is there a GOD?" For most, the answers are negative and life continues along its path. For others however, though they are unable to answer why they exist, they do decide there is a God and from this point onwards they start to search for their way towards God's path. For the highest proportion of those searching, this leads to the standard religions, or the particular "In sects" of that time. Whatever the case, for most, the fervour of the search and the discipline of that particular religious practise diminishes, so that though many believe in God, that belief becomes a more abstract practise in their daily lives.

For those who take the belief of God seriously and start to live by the rules or commandments of their particular religion, the battle begins between the religious teachings and the harsh reality of daily living, where greed, selfishness, and dishonesty are all around. So, conflict is always present and results in beliefs becoming fanatical and with it, a closed mind and behaviour pattern.

So in essence, each individual becomes more fixed in their behaviour and beliefs and as no human being is perfect, such traits as intolerance, greed, bigotry and self illusion fixes the living pattern. With this comes self composed conditions that prevent trust and change, which prevents growth of understanding and character and in turn makes it harder to live by God's simple command, Love. For to really love, one must trust and believe in the light, however dark the present and have faith strong enough to give one's freewill over to God without conditions and go forward like a trusting fool without fear, or a closed mind.

God gave man freewill and by doing so, gave man the right to choose for good or bad, though this would be more truly stated as a selection of choices, for good or bad is man's terminology, not God's. When that day arrives on this earth when the individual decides to be truly one with God, the challenge is to have enough trust and faith to give over their freewill and go blindly into the future, accepting that their life is now being controlled by an unknown force. When finally faced by this stark reality, that final step is just too much, and the individual is faced by their own shortcomings and this makes them defensive and they retreat from that final step in man's earthly progress.

19/5/1997

COMMITMENT TO GOD AND WHAT IT ENTAILS

People have many ideas about what is their commitment to God and mostly, their ideas are misplaced and contrary to the real truth. For instance, a common belief is, if one learns the bible or other holy type books and lives one's life by these, one is committing ones life to God. This is not true, for all these books carry edicts on living that are exactly the opposite of God's true word and therefore to live and preach these is to mock his truth and lead all who believe these untruths of their true path to salvation.

So, what is God's word and teachings? Well, to keep it simple as is his way, God is Love and that therefore means that all the negatives in human existence are the enemy of love, e.g., hate fear, greed, envy, violence, intolerance, subjugation and dishonesty. In fact all, aspects of human character which replaces love with a lessor ideal.

It follows, therefore, that each individual must concentrate on developing their own positive aspects of their nature and face up to the pressures of living in a society where the negatives of human nature are worshipped as a way of life and success and instant gratification, whatever the personal cost to the individual or others, is the way. A common saying in life is, "you cannot take it with you" referring to worldly wealth. That is a truth, but you can spiritually take stronger soul essences forward.

When one commits oneself to God, one is taking on the hardest challenge one will ever face in life and the reward for success is beyond human emotion. For what is being asked of each who accept the great challenge, is to think and live love in every thought and action in one's daily life and most of all, to truly understand the complete meaning of that word "Love". It is the most important of the four essences of the soul, the other three being sensitivity, compassion, and understanding. All one can do is live in the light of his love, knowing that there is no reproach or punishment for failures, only encouragement to try again, since each failure is itself a learning experience. Commitment means learning and living God's truth, not man's truth, however kindly mistaken that is. So, walk in God's footsteps and overcome one's personal failings.

5/10/1997

GOD'S JUDGEMENT AS PEOPLE SEE IT

From distant times past, the human race has credited their gods with special powers and always with harsh powers of retribution on those who displeased them. This attitude of people towards their gods lies not in the gods themselves, but in the deep violence and retribution instincts of the human race itself, for therein lies the human dilemma, the battle between good and evil as the preachers would say. In reality, it is a question of positive or negative character growth.

So, what is God's Judgement? The reality is that there is no judgement, only loving support and anxiety, for God does not judge or take retribution. People judge, the law judges, society judges, and institutes all pass judgements, but most of all, individuals judge themselves, with dire consequences, for themselves, and often others.

People by their very negative nature give God false credence by such statements as, "God will punish me for my sins", or "I will suffer God's retribution for breaking his commandments". Or "I will confess my sins, do penance, and God will forgive me". So people, including religious leaders, state that God will punish, will be angry, will take retribution, will condemn your soul to hell, and so on. All of which are LIES. All these and many more are made up by man, usually those in authority, or on ego trips, to control others by fear of retribution.

People create their own hell on earth by their actions, not God, just as they sin and should be punished, or enjoy it as it is wicked! The reality is, that sin does not exist in God's vocabulary, but negative character growth does. As God is Love, it follows that all the negative and violent actions attributed to God cannot be true, further, since man's soul cannot develop without the growth of his four essences, it follows that this can only occur if man himself learns by his own efforts, not by coercion. It must be remembered too, that God gave humanity freewill to help its development, but it is a double edged gift and man chooses to use that freewill to let the negative aspects of character develop and control events.

So, people, due to their own aspirations and failings, expect God to deliver cures, judgements, punishments and retribution, and judge God accordingly. That is, except those religious fanatics who expect it all to happen in the next life and have such a closed mind that they have fallen off their true path to God.

5/10/1997

CHRIST'S EXISTENCE ON EARTH

Nearly two thousand years ago, a man appeared on earth called Jesus. His coming had been foretold from many sources and distant lands, for it was said that he would lift the burden of man's misery and despair and instead replace it with love and eternal life in his Father's kingdom.

Jesus spent his early life quietly learning about life and work and also learning about his Jewish faith, including how the hierarchy of that faith had twisted the word of God to suit their personal desires. This he also observed in other religions. So, as his education grew, so his conversations with God increased and his understanding of why he existed on earth at that time became clear. Then he started to preach his Father's word to all who would listen and to attempt to correct the many falsehoods created by others about the kingdom of heaven. For here on earth, man could create a better life if he followed the word of God, for God's word is simple and direct, "God is Love", and those who really understand its true meaning will have heaven on earth and eternal life. Unfortunately, man believes that God must have the power to destroy or punish those who disobey their edicts, so the hierarchy and leaders embellished God's word with commandments, tributes and hell, to control the people by fear and increase their power.

Jesus was called many names in the latter part of his life as he walked towards his ordained death on earth, but he ended up being called Christ, who died to take the sins of all humanity back to heaven. But as the human race was too backward in its understanding of such an opportunity and freewill was man's right, it was not long before man reverted to his cruel and greedy ways. Some, however did believe Christ and his disciples and started to try and walk God's path, but were misdirected by God's word being twisted and misrepresented by the religious and other leaders and this continues right up to the present day, where GOD is secondary to the religion.

Jesus did rise from the dead in the form of resurrection, but it was strictly ethereal, and for two days only. Since then, for a few hundred years after his crucifixion, he returned to earth in a number of different lifetimes, to become the power in other religions, all of which have God as their central focus, but often under a different name. On each occasion, his words and actions suited the social climate and knowledge of the people of that time.

The main focus of Jesus on earth was to teach people that by loving God and understanding what is meant by God is love, would lift human life to a heavenly state in a few generations and lead to the soul returning to its true spiritual home and to the wonder of its new life among the stars.

29/9/1997

MAN'S FUTURE ON EARTH

What is man's future? Does he have a future, or will he continue to go forward worshipping progress? What progress! The one which sees more and more of the earth covered in concrete and pollution, where the people themselves become more insular and greedy and climb over the less fortunate to obtain more riches. That human will be even more devoid of the attributes that their creator endowed them with, so in reality, people will return back to their distant primitive past.

The other possibility is that the new age approach, which is spreading slowly across the world, may take hold and the human race may at last begin to go forward to its true future of lifting humanity to a more spiritual and loving journey. One thing is certain, man does not have unlimited time to grow to his true potential.

At this point one should look at what God gave all humans when he first created them. Firstly, he endowed them with a soul which contained what he called four essences, these being love, sensitivity, compassion, and understanding. Finally, he gave man his potential Achilles heel, by giving him freewill. This was necessary to develop the four essences and to separate him from the beasts. The reality of the human race to date is that man has used his freewill more as a negative force individually and as different cultures.

Over the centuries from the creation of the human race, the negative forces of man's nature has ruled his behaviour, so the prominent emotion in the world today is fear, instead of love. For this reason, universally, man's essences have failed to grow properly to their full potential. This will not alter until man as a whole starts putting his own spiritual needs before his desires and both governments and religious organisations preach humble truth, particularly God's truth, not that superimposed by man on his true word and existence as man's creator.

From the year 2462 great traumas will rock this earth, and will greatly reduce its ability to sustain life at its present level, so, unless man concentrates on producing a better balance of resources and preservation, this planet will wither and die prematurely from man's own greed and stupidity. It will take a collective will by the human race to give man a future of value, so as always the choices of one generation decides the future of those to follow, if they are to have a future!

29/9/1997

COMMITTING YOURSELF TO GOD AND WITHSTANDING HUMAN PREJUDICE

What does one mean when we say, “I am committed to God?” Well, no two people mean the same thing and further, few could explain what they mean by the statement, so we have a problem, which is all concerned with depth and understanding.

Let us start with the simplest statement. “I am committed to living a good life, and loving God”. That is a start, so let us go on to try and understand what is meant by God saying, “I am Love”. That statement means a lifetime of learning and this must start by first of all understanding your own character, taking all its negative aspects, understanding why they exist in you, controlling them and allowing their positive opposites to grow. As each of the negatives of character are understood and controlled, so your nature changes towards a more loving, sensitive, compassionate and understanding person. This is the greatest early commitment one can make to God, for by doing this, your mind will open up to communication with him, at first, indirectly through others to him, then directly.

As one learns about one’s own nature, so one learns the nature of those close to you, so is given the opportunity to improve your understanding, and with it the chance to improve your sensitivity and compassion. All growth and learning should include an understanding of how the negative aspects of human nature destroy happiness and love and increase fear and malice, leading to self destruction of human emotions.

Commitment to God is a firm decision to develop one’s character towards love and understanding of oneself, the human race and the creatures of this living planet. For all matter has a purpose on earth, and as that purpose recedes, so it is replaced by the new. Each individual, who proceeds along that committed path will one day, if enough progress is made, be faced with the ultimate decision. That is, to give back to God the freewill which he first gave you. It sounds simple, but it is the hardest thing you will do in your life, for once given, your whole existence will follow where he leads while on this earth. For those who succeed, life takes on a new dimension of love and happiness and your soul and body are truly in harmony. One must not fool oneself about committing to God. This is the unfortunate truth for so many who think they have made a commitment and end up suffering much mental stress, which is self induced. This happens mainly because they do not understand God’s simple truth, so they start off with a wrong understanding of their own needs. So, there are more failures than successes, but for all, who walk Gods path, enrichment of body and soul is the reward.

The struggle of commitment is made even harder by the attitude of most people, who range from the God does not exist brigade and treat you with derision, or the yes I believe in God, but I do not need him in my life. Or the silent believers, who are too frightened to say they believe in case they are ridiculed, or appear to be different from the mass. Perfectly nice harmless people ruled by fear who allow dictators and bullies to flourish for fear of being out of step with the mass.

The main problem of standing up to the prejudice and ridicule, is that one is groping the way forward, learning a bit here, a bit there, and is usually all alone. The one topic in life which can raise

tempers very fast, is to talk about religion, for it creates much bad feeling and violence. The irony being that religion created God, not God creating religion and as a soul has no skin colour or country, it is purely spiritual, not religious and it is this misunderstanding that causes so much prejudice.

8/10/1997

REINCARNATION - DO YOU BELIEVE?

Reincarnation is one of the two great questions that has troubled the human race since man began to think. The other question is “why am I here?” Both these questions are inter-related to each other. One must first of all start by stating that it does not matter if one does not believe in reincarnation because it will happen to your soul whether you believe or not.

Reincarnation is the rebirth of your soul (spirit) into a new earthly body at a given time. It may be days after your physical death, months or many years, depending on your spiritual progress in that place you humans call heaven. The soul’s development in heaven is taken up with understanding its past omissions in its previous lives on earth and to keep it simple, how to correct these in its next existence. This is far more complex than this simple explanation, but as you develop your soul essences of love, sensitivity, compassion and understanding, so comes the growth of spiritual understanding that enlightens the soul and takes it nearer to its final return home. When that happens, there are no more earthly reincarnations or physical existences on earth.

As to the question why does one exist on earth, every group or religion seems to have a different answer. Even scientists, who will tell you that man is a product of evolution. That is true, but only as far as it goes, for man is a lot more complex than simple evolution. All human existence on earth, whatever road they may walk, is a prelude to a higher existence and that can only be achieved by man growing and developing the four essences described above. So you could say that your existence is a learning curve in an easier environment where emotions for better or worse are more sharply felt. What is important, is that each human walks their own ordained path and gives up earthly existence at their ordained date, having made full use of that existence to grow their own soul essences.

3/5/1998

THE HUMAN EXPERIENCE

Human development has come a long way over the generations in terms of more civilised behaviour and the many advances in worldly knowledge. But the one area that still lags behind is emotional relationships, ranging from family relationships, understanding between the sexes and increasing differences between the generations. This is what makes man still backward after all these years of development. The reason reduces down to two of the most powerful emotions in man, which are love and fear. From love comes the most positive of man's emotions and from fear, come the most negative emotions and behaviour.

Before any human can treat another human with respect, care and love, they must first be truly themselves. That means understanding their strengths and weaknesses and most of all, they must love themselves without pride and arrogance. Then they are ready to love and respect others.

Relationships tend to go wrong in marriages in the earlier years of that relationship, due mainly to the fact that both are immature. This starts a build up of hidden grievances due mainly to misunderstandings, so by the time children come along, hidden stresses are evident and their effects are felt by the children. It does not take children long to sense the undercurrents and weaknesses in any relationships and play on them and at the same time they themselves begin to feel insecure and gradually begin to isolate themselves from the stressful and painful tension of the situation. So begins the start of the negative fears that destroy so many lives from living their full potential.

Nature teaches all who care to see, that there are rules of behaviour in all stages of life and parents must start by taking responsibility for their children. By that I mean that all children need guidelines of behaviour to create a learning situation, coupled with love and security, so guidelines must be laid down and adhered to. Chastisement and discipline given with love and consistency are essential, for all life must have parameters within which to live. It is a fallacy to believe that children can be treated as adults and that reason will work. Children have very immature brains and see everything in simple black and white terms. So, treating them like adults before they have learned the parameters of right and wrong, social behaviour and responsibility leads to a young teenage misfit who finds they are aliens in the social community within which they live. The responsibility for this situation lies directly at the door of parents, social workers and now the law, with its so politically correct practises which lack common sense.

Modern parents within the masses today fail to understand or accept their responsibilities towards children and expect teachers, social workers or the law to take that responsibility if they fail to care properly for their children. The law should then deal with the parents harshly. Irresponsible people do not pay any attention to a smack on the wrist or a few hours community service and few people can be shamed into correction by such minimal treatment.

The mark of a society is its attitude towards proper care of the less fortunate, or those who have temporarily run into hard times. Unfortunately, liberal ideas have brought about this mistaken attitude of political correctness and equal treatment for all. As a principle it is correct, but as a

reality when examined against human behaviour, it lacks understanding and is doomed to failure and constant abuse. No society can support a high proportion of its population constantly out of work, or keep people who will not work and expect others to keep them. Equally wrong, is the modern trend of single girls having children without the ability to support them and this creates problem children in greater numbers. Of course, this problem is not one sided, for the men concerned must not be allowed to shelve their responsibility. This is not a moral argument, but a social one where constant lack of responsibility will create a major breakdown within that society with the largest proportion of that society being incapable misfits, the result of which will be violence and chaos.

The human race requires direction, control, security and education and should be relevant to the time and place of each existence. So each child requires love, encouragement, discipline and security and added to that is social inter-relationships. Children need time from their parents who must also act as a role model, so consistency of behaviour and attitudes are important. As they grow, children must learn boundaries and this they do by challenging parents, teachers and each other. They must be given boundaries, otherwise they become frightened and insecure and this leads to difficult moody children. It is a common fallacy that if one keeps all forms of violence from children, they will grow up kind and gentle. Natural violence within the child simply becomes exhibited in other ways and out of sight and parents who preach non violence with some form of disapproval end up with a very confused child at school where the rough and tumble is part of co-existence between children.

These children end up very confused and unhappy and this is the start of a poor future existence with a strong negative character. There are as always, exceptions to this pattern of behaviour, but that itself is part of man's genetic variability.

Education leading to understanding is the key to the human future, but that education must also include understanding of oneself and human emotions and includes firmly grasping that not all aspirations will be met and that anything worthwhile in life must be earned. For in that understanding and striving, lies the development of character and the growth of emotions which makes that human creature a being of worthwhile substance and inner happiness. If one doubts this value, one only has to look at those children who grow up having everything they desire, to see an adult who is spoilt, obnoxious, negative in character and basically useless.

Man is slow to learn anything of real value to the human race, especially in the development of societies. One just has to take note of the rise and fall of previous societies where great development occurred in knowledge and wealth due to technological discovery. With the wealth and easier living came the so-called enlightenment of liberal ideas with the approach that anything goes, including the erosion of moral and social behaviour, until each society or civilisation self destructed, always only the so-called peasant classes were left with their poor education struggling to survive. The same evidence of decay in standards can be seen in so many countries today including Britain.

All societies struggle to create a situation of stability, peace and security in which their ordered society has respect for the individual, their laws, and property. The balance is always in favour of

the society as a whole, as opposed to the individual to reverse this order, as many societies are trying to do so today. This leads to anarchy and chaos, since it presumes that all individuals will be reasonable and responsible and this will never be the case. In fact, what happens is an increase in violence, child and animal cruelty, crimes of all varieties and societies breaking into secular groups according to money, position and power at one end of the scale and at the other end groups such as criminals, perverts, misfits, and racial groups. The signs of such breakdowns in society are increased disrespect for Institutions, increased bodily violence such as rape, child abuse, muggings and murders.

Also, increased selfishness and lack of feeling for others and increasing insularity between individuals. Again, drugs are becoming the catalyst for much of this behaviour and its continuing effect will lead to what is effectively walking, breathing zombies who are incapable of decision making, or recognising right or wrong in their social behaviour.

Providing that societies are not wiped out by some form of complete extermination, the remnants will as always, be the equivalent of the peasant, and so the cycle will be repeated, until man begins to grow emotionally and learns to recognise the seeds of his own destruction.

12/5/1998

YOUR SOUL - CHANNELLED WRITING

I am your soul and I am singular, belonging only to you. I do have a closed area of attachment, you would call it a string connection and that is attached to the universal spirit that is God. This is what confuses many people when they talk about soul or spirit. Your soul is singular and it contains the four essences of love, sensitivity, compassion and understanding at various levels. The string or as it is often called, the silver cord, is silent and is affected in terms of its strength by your conduct on earth for better or worse.

Your soul is eternal, but the brightness of its future is entirely dependent on your progress in each earthly existence. For though you may have a varied existence on earth, your sole purpose is enlightenment of your soul for one day. It must join the spiritual mass to live its true future and contrary to popular belief your physical self has no value, except as a vehicle to understand your emotions and develop your character to its fullest. That is how your essences grow to maturity. Once reached, an entirely new existence beyond human reach becomes available.

The human race is at its most advanced technologically, and yet it has not risen above the primitive emotionally or spiritually, like other races before them. They have taken my teachings and twisted them to suit power, greed, self importance and prestige. In short, the creation of false images in religions even today still demand wealth from you for the good of your soul. You cannot buy my redemption or my forgiveness, my love and understanding is given freely without strings and there is nothing to forgive.

18/5/1998

CHRISTIANITY AND THE CHRISTIANS

Christianity was born out of the worship of Jesus and the word of God and those who followed Jesus as the Son of God were worshipping him as God's living word on earth. Neither God nor Jesus created complicated rules or distinction between peoples. In fact God's word was and still is simple "love". For God is love and all who follow him tried to live all aspects of their existence with love as the central theme of all they do. There was only one Christianity and God's church was wherever two people prayed together for the common good. It did not require large buildings or offerings, as was the case with the Jewish religion or the various pagan religions.

God's word was too simple for those who had not listened to his son and for many, simple love was not enough. Within their makeup was the old knowledge of rituals, sacrifice and the understanding that all gods could react with displeasure if one did not please them. So began the distortion of true Christianity into so called Christian religions. At one end power, pomp, punishment, great ritual and payment and at the other, simple ceremony coupled with rigid adherence to the written word, usually the bible and selected books within it. The result is that over the years, bigotry, closed minds and power struggles have caused misery within families, community strife and even wars where millions have died, all in the name of religious righteousness.

The modern Christian today is far removed from the original follower of Jesus, for his words were about love, tolerance, compassion, generosity and forgiveness. He preached peace and learning, development of character and friendship for all. But instead, we have a breed of closed minded, often bigoted self satisfied grouping of people who proclaim that if you do not think and believe as they do, you are not a Christian and you will suffer eternal damnation. Or we have the hypocritical types who go to mass, confess their so-called sins and promptly repeat them the following week. Or again, we have the priests and ministers condemning moral behaviour in all levels of society, whilst at the same time covering up child abuse within their own ministry and children's homes. Again, not because of Christian charity, but because it embarrasses the controlling bodies.

The hypocrisy of the world religions is brought about by the fact that their holy books and scriptures have been altered by many hands for both good and bad reasons. So God's simple message has been altered out of all recognition and the emphasis on real values nullified. The result of this is that countless generations have failed to understand God's real truth and love for them, for they have been and still are, being led astray by false teaching based more on fear and retribution, rather than love and compassion.

The Bible, Koran, Torah and other ancient scriptures contain good humanitarian principles which are equally religious principles and the enlightened thinking being, would automatically live by these rules for living. It should be realised that many of these biblical commandments existed before Jesus or the written word, as we know it.

Spiritual reality is the basis of all religions and for those who grow to understand and try to live by God's true word end up being true spiritualists not burdened by false vanities or fears. For they will

know that to walk the path requires only love and a desire to learn and be themselves. For those in this life who become healers, it must be remembered that however valuable that skill may be, it is only the beginning of their journey and not the means to form yet another organisation to glorify their own image.

The true word is love, for yourself, family, others, animals and the living planet. Love is to build not destroy, love is optimism, love is positive and opens the mind, for it overcomes fear, and fear is the basis of most religions. That itself shows how far removed from God's truth they have moved. So think, open your mind, give yourself a chance, walk the ordained path you were born on this earth but, do not accept blindly the tired expressions uttered without conviction from any quarter. God gave you a brain and the freewill to use it, so give your soul a chance to live its proper life and be happy, for you are God's child and his love is all.

18/5/1998

GOD'S TRUTH - 1

The time has come when those on earth must understand that I have for well over 2000 years, tried to make the human race, my children, understand that they are on earth only as a passing phase of their continuing life-span. For there will be many such life-spans on earth, that is, until such times as each individual understands the road they must walk on earth, to create their new future in my kingdom.

I gave to man the gift of freewill so that he may rise above the animal kingdom and develop the ability to think and reason. To some, over the centuries, I gave the knowledge of events to come and the knowledge of my son, his sacrifice, resurrection, then the growth of my word. Also, in these latter years, the knowledge that my son would come once again to earth. This time his coming is to correct the misunderstanding and mysteries that have bedevilled the growth of the human soul for centuries.

On earth today, many religions, under many different names, apparently teach my word. I say apparently, because, only a few understand the basics, that is, that I am love and all my teachings are of that meaning and emotion as the way forward to the return of each soul to its rightful place as part of me. I do not seek vengeance or any form of retribution and no creature, human or otherwise, has ever felt my wrath, for that does not exist.

When I created humans and gave them freewill, I did so in the full knowledge that such an act could give that person a choice to use freewill to improve their life, spiritually and physically. They could also use it for selfish uncontrolled gains, you could say for good or evil, though this latter statement is a human interpretation, and not mine. It has taken man thousands of years to reach his current point of mental development and always events have occurred in human affairs that has taken man a long time to understand. Where spiritual matters are concerned, the real problems arose for two main reasons a) man brought forward from his pagan past, his rituals and his fears. So, for instance, we had sacrifices and punishments. Gods have always, in human affairs, been able to punish those who displeased them. Also, b) those who were in power over others used the Gods to increase their own power and wealth. So to do this meant that a cult of pleasing the Gods was created, with dire consequences if one displeased the Gods.

For the above reasons, man could not accept a God who required only love. Not even for me, but for one's self and for others and did not want sacrifices, or to exact vengeance or punishments for alleged misdeeds. So, people in power created me as a loving or vengeful God and just look at some religions who exact money, or create fear, or ostracise those who do not accept exactly their teachings.

I say to you, this must stop, you must listen to your soul for it speaks only of love, compassion and sensitivity. There is no room in my philosophy for fear, wrath, or retribution. All humans are welcome in my kingdom, for that is their true home.

GOD'S TRUTH - 2

Man has, by his own freewill, created diversity of opinion and behaviour. When one adds the existence of intelligence and reason to this, then such differences of language, culture and religion, one has the "house of Babel". This is the price of freewill. It is important, therefore that the people as a mass must learn my truth, or as my true messengers will tell you, God is love. It is necessary that my truth is understood by the people and that you learn the real meaning of this simple word in your life, for it is now, or in a later life, your salvation. Yes, only your body dies, not your soul, so there is life after death, but living an earthly life is about the quality and growth of your soul.

I say to you, the ordinary people trying so hard to live well, you must change society for the better by believing my simple truth. First the family, then the community, country, then abroad, but this appears too much for one individual, however truth is like a ripple in a pond, it spreads outwards.

The enemy of my word and its implication for your own personal happiness, are those in authority, politicians, ministers and those who are trying to sell you their religion as the only way to salvation. I am not a religion, but a way of life, for I am universal. I live in all that exists and I live here and beyond the stars. Your soul understands this, for we are one and all the denials or slick pseudo scientific put-downs by the closed minded, will not alter that fact. The universe is ours, as each one of you, somewhere in time will witness, all mankind and I are indivisible and my truth spoken to you now, is deep within you, just open your mind and listen.

My word has been terribly misused by so many over the centuries. Sometimes, simply by error, by misunderstanding, language difficulties and by the so called learned, suffering too much pride and self importance and others again, twisting my word, so as to give them power. But tragically, so much harm was done by disciples and followers in the years after my son's death, for the very best motivation, to make people listen and follow my word.

I can, if you will, let me in to your heart and soul and show you the way to your future and along that journey, give you peace and happiness. But you must decide, for by giving you freewill at your creation as human beings, I gave you the right to choose your destiny and be influenced by others, for better or worse. The conflict that occurs in all humans is twofold, a) to be an individual in their own right, this feeling is part of the earthly existence and, b) to be as one with all humans, and always close. This is your soul recognising what it was part of in your spiritual existence. These two feelings need not be in conflict on earth. All it requires is for you to be positive about your growth of character and not be tempted by your baser and darker side of that character. I say to you all, do not be tempted by the glitter of a false existence, for that has no durability of existence, but be proud of yourself, love yourself and listen to your inner voice, for your soul will guide you to your true destiny.

1/2/1998

G

Grown men can learn from very little children, for the hearts of little children are pure. Therefore, the Great Spirit shows them things which older people miss.



The truth shall set you free.....
but first it will make you miserable.

GENERAL WRITINGS - ONE

The purpose of human existence is to grow the Soul by achieving a high level of growth in the Soul's Essences, which are that of love, sensitivity, compassion and understanding. To do this requires that the individual learns to understand their own character and change it from a negative one to a positive one and that, coupled with an open mind, allows the Essences to thrive.

The following writings are split into the simpler attributes of human character and in General two, the more complex material of man, his beginnings, growth and character. These writings have been channelled to the author to make people think, understand and grow towards that growth of the Soul.

Further, these writings illustrate just how far the world religions, however good their intentions have been, or are, continue to lead people away from God's real truth and intentions.

For those who learn his real truths and develop their character accordingly, will lead a better, richer and fuller life and will continually improve that lifestyle.

AWARENESS

To be aware, means that you are acutely conscious of a thought or problem, your surroundings, your strengths and your weaknesses. But, awareness can only be measured by the degree of that understanding. So, the broader and deeper your understanding is on any aspect of life, the stronger and fuller your awareness is.

People often claim to be aware of an issue, when in fact, though they are conscious that it exists, it has no depth or meaning beyond that it does exist. So, in essence, they are aware, but do not grasp its significance in terms of their personal character development. This is a common problem and such false belief is responsible for poor and distorted character development.

In worldly terms, it is the failure to grasp the meaning of awareness and therefore deep understanding, that causes so much trouble and misunderstanding between people of different races and

COMPASSION

Human compassion is a mixture of understanding, love, awareness, sensitivity and human frailty. However, as a human attribute, it should rank high in one's creed, but it should also be necessary that the recipient also learns its meaning in practical terms. Often, the recipient sees it as a balm to their conscience or behaviour and something to be taken and used to their advantage, so they are slow to learn, sometimes, until it is too late.

In personal affairs, forgiveness is part of compassion and applies to the giver, who may have had bad hurt inflicted upon them by the recipient. The recipient, again must learn to forgive themselves for their hurtful actions, but only if they are truly repentant and learned a lesson from that particular experience.

Obviously, compassion is not easy in personal relationships, since often intense pain and conflict has been inflicted, but those who can give compassion under such conditions, are able to keep their inner light bright and are a better person for that.

9/2/1996

COMPARISON

Comparison means to compare one item or situation against another similar one. It may be an object, a situation, or a choice of direction. It does not, however, mean to compare oneself with another, for one cannot compare that which is not alike and comparison means comparing like against like.

Each individual is a different character, with different life experiences, different strengths of emotion and thought processes, all governed by their experiences to that date.

People do compare their progress in terms of money, career, success and possessions, but even these cannot be expressed as a true comparison. To compare oneself with another, simply says that you are not your true self and you require some form of yardstick as a way of trying to identify that which appears to be you.

To compare yourself against others is a completely negative mental attitude and is self destructive to character. It shows clearly that you are not happy with your perceived image and this brings out the negative feelings of envy, hate and bitterness.

One cannot compare that which is not alike, for to do so is like trying to compare an oak with an elm. They are different, but each has its own strength and beauty. You can contrast the difference and have a preference, but they are not alike and this is more so with human beings. This is the way with so many things and situations in life, but comparison should never be made, except with single facets of character and even this is flawed and subjective.

24/6/1996

REPRESSION

Repression of true character starts in the childhood years and is based on fear and poor self esteem. Repression usually stems from dominant and bullying parent/s, early schooling, or an abused childhood. The common denominator is, however, that of an under developed character and, as a result, physical symptoms are anger, stubbornness, low self esteem, nervous or neurotic behaviour, depression and non specific illnesses. Some, or all of these, may be present in the individual. Repression is not generally recognised by the individual, since as the word implies, the cause of it is buried deep in the subconscious. To remove the cause of repression requires two basic aspects of character to develop in tandem, 1) Honest and open appraisal of the past and 2) Development and understanding of self character, aiming always towards balance of character.

Adults, who suffer repression, tend to have a defence mechanism in-built against seeing and understanding what caused their early repression. Since fear makes them feel that to see the past will reduce them into being less than they already are, this of course is not logical, but purely emotional and as most of their emotions are already distorted by that past, their reluctance is understandable, though self destructive. It requires truth, trust and faith in themselves, or if possible, in their God, to go forward. Repression is a destroyer of happiness and self fulfilment in too many lives.

16/6/1996

INCIPIENT INNER DESPAIR

Incipient inner despair and maligned impairment is common in those who suffer some form of deep personal trauma. This sometimes causes these victims to turn their ill treatment into a deep hatred, with strong paranoid despair. In practise, this means that instead of turning all their negative emotions onto the people who inflicted their pain and suffering, they start to believe and blame all people, or one sex that they were responsible for their pain. In time, those responsible for the problem take a back seat in the mental picture and everyone else becomes the focus of blame. When this happens, the victim is at war with the rest of society. The net result is increasing paranoia until a major incident occurs, usually fatal, or the victim has a serious mental breakdown.

For many, the behaviour does not reach the above extremes, but shows slight to medium paranoia, often indicated by their hatred for certain sections of society, e.g. doctors, figures of authority, one sex or the other. Most can be helped to some form of rationalisation. The key however, is for the victim to recognise that a problem exists and seek help, but nothing can happen until the problem is recognised and faced. Failure to treat the problem results in a steady deterioration.

13/3/1996

SELF LOATHING

Self loathing is an emotion which consists of a number of feelings, all negative and destructive. These consist of:

Inner Disquiet	this is a feeling within yourself, in that you believe that you have failed to live up to your own ideals.
Shame	this is the feeling of deep remorse at being less than you are and exposing your disgrace to others, even when no one else knows the truth.
Guilt	that inner feeling that you have committed some deep sin within yourself, or against another and as a result, want to be punished, sometimes over and over again.
Anger	this is an inner anger at yourself for being so weak an individual and that you have failed your own self perceived image. This anger may erupt against yourself or against others in violence.
Hatred	of yourself because you could not help yourself and you are convinced that you could have helped yourself.

All the above are negative aspects of character, which grow increasingly self destructive, so they must be turned around to a positive outlook by understanding the real truth of what caused this inner turmoil. Understand the problem with complete truth and forgive yourself if necessary, even though you may not have been responsible in anyway for the situations.

The above is very common in cases of severe abuse, particularly those of the childhood years and is also present in those who grew up with a low level of self worth.

22/3/1996

MAN AND HIS TRUTHS

Self respect (esteem) is caring for your inner self without illusion or delusion and recognising the truth about yourself, your strengths and your weaknesses. In human affairs, few people look at themselves in this light, but rather, live in a state of self deceit and self illusion of their strengths, without recognising their dark negative self.

To truly respect yourself, you have to learn inner truth, love yourself and have self worth. For many who have had a sad and painful life, this is doubly difficult, since in their eyes, they live in a world which is trying to destroy them and as a consequence, build barriers between them and their real truth of existence.

For those who wish to cross the barrier to peace, understanding and self respect, it is necessary to face the real inner truth. To face that truth, they must be positive about themselves and realise that all human beings have a value and only they themselves can destroy this with distortions, self delusion and self deceit.

Human growth and understanding is gained by overcoming the unknown fears within oneself. It is a fact of life that facing fear and going forward, is far less harrowing than the unknown fears of the imagination which destroys a being's ability to grow and to know understanding and inner peace.

God values all life, but cannot, because of freewill, control destruction of the person and the diminution of the soul. So, the duty of all beings is to grow towards a higher self and spiritual existence and stand tall as a person of worth in their own eyes.

Victims of society take upon themselves the guilt and shame from others and make it their own, so adding to their feelings of low self worth. They therefore compound their negative and self destructive emotions within their character.

When man trusts man on an individual basis, they are seldom let down, for to give trust to the receiver, usually lifts the recipient to return that trust. So, that moment of self respect grows for both.

1/3/1996

GUILT AND MISTRUST

Guilt is a strange emotion and is very negative, since it principally derives from behaviour, which the true being cannot conceive themselves being capable of. However, it derives from the darker part of human personality and the normal person finds it very difficult to accept this, leading to feelings of guilt. This is quite irrational, since in practise, if one is not aware, how can one be responsible! In fact, one does feel responsible and on that basis, the thought is, "I have done that and it is distasteful to me". It is this illogical, but subjective attitude that causes guilt and the need to seek some form of punishment to purge that guilt.

The effects of this behaviour, is to belittle one's own character and consequently, correction and growth are stilted. If guilt has to be felt, it can only be on the basis that the real person was fully aware of their actions in advance and chose to carry on for reasons of their own. At the moment of such action, guilt becomes evident, but only grows on reflection of the action. The way to purge guilt, is by learning and understanding the motive that caused one to take such action, then resolving and correcting that action if possible, but never again to repeat that action, or punish oneself for such negative behaviour.

Uncalled-for guilt is a detrimental burden, which can destroy all future progress and happiness, as guilt becomes a monster and a festering sore, destroying the being within and weakening the soul.

Mistrust is the negative of trust and originates in two ways, the obvious earthly way where an individual places a burden on another individual and that individual fails to accept it. The giver, however, is guilty of misjudgement and blames the other for their own failure, so reacts negatively.

Real mistrust lies within oneself, in that having full knowledge and understanding of a situation or problem, one is unable to accept that point of understanding to the point of action. This is simply because one does not trust oneself and/or does not have enough faith in one's inner voice of truth. To overcome this lack of trust requires a leap of faith and a belief in oneself. In practise, between two humans, trust is a matter of faith and balance of character and mistrust is a clear lack of faith, due principally to inadequacy of character. For again, all matters of character concern balancing one's emotions and understanding these better.

16/3/1996

THE DARKNESS OF FEAR - AN OUTLINE

Fear. This single emotion has brought darkness to the development and growth of the individual and mankind in general. Its first impact is generally as a child and colours all thinking and actions from then on, unless that is, it can be contained, understood and controlled. It does however, remain present throughout life.

The chemical, adrenaline, produced in the body, is stimulated by fear and this makes the body alert, ready for action and flight. All of which causes the nervous system to overreact, so when fear rules that life, the body is in a constant state of tension and nervousness.

Fear is a typical state of existence in all those who are victims, so fear becomes a way of life and the body needs it to function in a semi-normal daily state. Otherwise, the body collapses into a state of tiredness and naturally, this constant state of tension in the body shortens the life span.

The effect of fear on the brain of a victim, is one of panic and indecision. Most chameleons live with this behaviour as part of their daily existence, so whatever there outward appearance, they are in a constant negative emotional mood ruled by fears. That fear is mainly irrational and causes all thinking to be unstable and mistrustful. The mind blocks nearly all information that may change circumstances and outlook for the better. So, fear is destructive to rational existence and must be understood and challenged for the good of happiness and health. A positive attitude must be adopted towards all problems, however small, to overcome all fears.

21/3/1996

HUMAN EGO

Human ego is part of human nature and when normal, should be classed as balanced self esteem. However, there are two types of ego which are not normal. These are 1) the egotist and 2) the chameleon.

The egotist exhibits a completely self centred attitude in life and is endowed with dark emotions that are out of balance, with mainly negative emotions being prominent. Some of these may be self delusion, arrogance, selfishness, extremely deceitful, vain, dishonest, strong fear of failure and the constant creation of a false image. All of these make the egotist a very immature and insecure person who will crack under any form of sustained pressure, particularly when it affects their self image.

The chameleon egotist is a defensive image to keep other people at a distance and to protect themselves from being hurt. But again, it has a range of very strong negative emotions in varying degrees; self deception, arrogance, selfishness, deceit, dishonesty, envy, fear of further failure, uncaring and cruel, with a very strong false image. The latter, not just for other people, but also for their own perceived safety. The chameleon ego is seldom vain as they do not look for avid attention, or dress well as a rule.

Normal ego should not be apparent to people as a general rule, but should come over as quiet confidence, if properly balanced.

22/3/1996

AN OUTLINE OF ANXIETY

Anxiety is a condition that pervades the mind and causes darkness of the mind and physical symptoms on the body. Anxiety is based on fear and it is not important that it has a firm foundation to work from, but rather that it can create a feeling of foreboding. In effect, it can take small instances of doubt, longings, or deep-seated fear and create an emotional and physical effect far beyond the simple initial incident that started the anxiety state. It is normally created by uncertainty, upon which other elements feed and grow.

Anxiety causes nervous stimulation which makes that person feel alive, even though it is uncomfortable and frightening and it is also a way of drawing attention and concern for that person. It is a common denominator in all types of victim and is a temporary condition in so-called normal teenagers in the early stages of adulthood. In others, it becomes a way of life.

This condition is caused by lack of love and security and the cure is by creating a stable environment and trusting relationships. The cause must also be understood and this is not easy to accomplish in long-term victims, since their life is one of fear and a low feeling of self worth. It is further complicated by liberal self deceit, as well as deceiving others and as this is difficult for the subject to recognise, so patience is required by all concerned. Truth and trust are required for the victim to be able to examine the fears that have caused the anxiety and a better understanding of their own strengths and weakness of character.

12/2/1996

BEHAVIOUR VERSUS INNER PEACE

Inner peace is about resolving life's problems, weighing facts, making decisions, knowing one's character strengths and weaknesses, looking forward in life, becoming spiritually aware and to arrive at well thought decisions. The higher the spiritual understanding, the quicker inner peace is evident.

The lack of inner peace is always confusion, anxiety and a deep discontent with oneself and life. Usually, the real answer to any fundamental problem is blocked by lack of self recognition, or desires, greed or self delusion. Mostly, those who suffer this confusion are not keen to see the real truth and want the best of both worlds.

A common symptom of the above is, "I am thinking about this, but I am not ready to make a decision". This attitude goes on for weeks or months, then conveniently forgotten until someone challenges the issue. This behaviour is normally twinned with leaving a number of escape routes open to help return to the previous status. So, only when this behaviour is faced up to and the problems faced openly, is there a chance to know inner peace.

11/2/1996

THE CONCEPT OF FORGIVENESS

Forgiveness is an emotion brought by understanding feelings such as pain, rage, hate and despair. Understanding these emotions however, is not enough in itself, since the vital factor is a belief in God. Before true forgiveness is a reality, all these emotions come into play and the addition of grief heightens these further.

Those who do not have spiritual belief hang onto hate and anger and constantly feed the fires by their behaviour. Hate and anger are blind emotions, which have to have a focus to survive and flourish. These emotions are strongest in inadequate people who have lost their way in life and have little purpose in their existence. The more spiritual and believing a person is the easier it is to stifle these negative emotions and allow natural grieving to occur. Once a person is over the initial grieving and are at peace with themselves, sorrow for the aggressor then occurs, and finally in time, forgiveness.

Forgiveness for oneself as an individual is more difficult and usually, this is more difficult if the person was, or is, a victim of life. The problem here is generally one of low self esteem, guilt or shame. All of these the victim does not understand, but again continues to feed these negative emotions with self illusion and loathing and so have the need to chastise themselves on this basic delusion.

Understanding and spiritual growth, leading towards enlightenment of their own self worth, is the road back to clarity, self knowledge and self worth, all of which leads to a more accurate assessment of self inflicted guilt. This in turn creates a rationalisation of the real truth and finally inner peace and forgiveness.

10/1/1996

THE NEGATIVES OF SENSITIVITY

The sensitive child, in its growth towards adulthood, develops two roads to walk in life in their search for the true adult.

- 1) They either behave and live a very timid controlled existence and to all extent and purposes exist as a quiet shy nonentity, or
- 2) They develop some fixed traits, such as false ego, vanity, or the constant drive to be one better than anybody else. They can also develop the need to control others, usually with a mixture of cold cunning and devious behaviour.

In effect, depending on the strength of their chameleon, they develop and live their lives on the constant game of getting their way by manipulation of others to satisfy their inner feelings of inadequacy. This behaviour is basically that of a spoilt child and continues into adulthood, so effectively at times that their desires are in control of adult behaviour.

The above behaviour is counter-productive to true growth, since if one behaves as a child, one is treated like a child. Also, this behaviour is magnified by constant conditioning and a point is reached in adult life when mature adults, however loving, stop responding or caring about that person. So the future becomes a living hell, as people withdraw from the source of all their pain, frustrations and ever increasing unhappiness. So the sensitive child who so badly needed love and security, coupled with understanding, destroys that very part of their nature which, for all its early pain, is so special for the future of a happy and contented adult existence.

The worst effect of this growth pattern is the strong, manipulating behaviour which develops. This leads to the need for constant attention and self centred adulation, usually also combined with the desire for emblems of prestige, such as money, prizes and other trappings to make one appear better than others (snobbery). This is the sure road to inner destruction, extreme future neurosis, unhappiness and increasing loneliness.

In social terms, the sensitive victim who does not control and balance these negative aspects of character will end up being a social outcast and very unloved. Malevolent control is a very dangerous poison to the soul and character and usually ends up nearly pure chameleon.

The Sensitive person must grow to live their proper destiny and therefore must fight their negative chameleon to become their true self, so all their earlier repression's must be cleared from their past to enable them to live as their true selves and enjoy the richness of life.

2/8/1996

CONFLICT OF THE MIND

The mind, or to be more correct, the ability of the mind to reason and understand. Firstly, the behaviour of the mind cannot be isolated, but has to contend with the physical aspects of the body, in the form of biochemical changes which in turn affect the emotional content of the mind in terms of input into the reasoning ability. This is further complicated by the effect of past behavioural influences of man (singular). This usually takes the form of fixed behavioural ideas, or automatic response symptoms from the sub-conscious mind, being input into the reasoning process. These factors therefore, affect the ability of the conscious mind to reason or understand.

So in essence, one must take into account the holistic approach to the problem of understanding and reason. In practise, understanding and reason should be in balance before anything like a correct answer can be arrived at. The idea of logic in terms of the best answer is only possible when the physical and emotional content has been allowed for, or eliminated from the process.

In human situations, or one to one discussions, the emotional dimension has to be added again to the logical answer to allow for inter-actionable behaviour, since human response is seldom logical, when the answer may affect that person. Basically, intelligence is about knowledge and understanding, but mostly about the balance of emotions and the elimination of prejudice and fears, right through to pride and arrogance. The spiritual approach to this problem is to encourage the use and understanding of the four essences to achieve balance of all emotions to arrive at inner peace. This is the source of all nourishment that the mind needs to achieve real wisdom and with it, real spiritual understanding.

21/1/1996

FAITH AND CHARITY

All souls at birth have an essence for love, sensitivity, compassion and understanding, each like a seed requiring to germinate. The first under normal conditions is love and this is in response to parental love, or those who stand in that place. The second is limited understanding and as the child grows in a loving atmosphere and this is heightened by brothers and sisters. Next is sensitivity, as the child reacts to other people's actions. Last is compassion, as this requires the food of understanding, inter-relationships and experience of pain and suffering.

The rate of growth depends very much on the immediate environment, family response and the feeling of security engendered by those around. This growth rate is further increased by the rate of intelligent conversation and attitudes within that environment.

In all cases, if love is missing within that environment, poor development and emotional starvation is the net result. None of these emotional attributes grow evenly, but compassion is a late developer, late teens being normal, if the others have developed reasonably well.

However, too often the nourishment to develop good growth is often missing in part, or even altogether. This results in emotionally retarded adults with strong negative emotions.

Love, being one of the two strongest emotions in all humans, means that it does grow slowly, despite barren soil. The trigger is more often than nought animals or birds, which is the main reason why so many people prefer animals and are more at home with them. In time, this usually leads the human to learn to love his own kind, even if only on a singular basis.

There are some people who's spiritual soul is so strong, that in spite of being deprived of the necessary emotional nourishment, grow one, two, three or four of the soul's essences, in spite of the circumstances. These people are noticeably emotional and erratic in behaviour and have a strong tendency to be highly volatile and pedantic. However, if they can be guided, taught and counselled, they become very worthwhile members in society, but only if they can overcome their feelings of pain, rejection and low self esteem.

This latter group of people who, because of their past experiences and learning, are the best and most sincere in their development of spiritual belief and truly become God's children. THIS latter group is by far the largest section of society, though approximately only one third are aware of their spiritual leanings. The rest are completely unaware, or have deep feelings of dissatisfaction within themselves, which does not go away.

16/1/1996

SELF JUSTIFICATION

What is justification but a righteous verification of your own particular actions and mental attitude. Is it an expression of, "I am right because", but was it arrived at because someone upset you, or some practical experience did not go your way?

A measure of how correct a justification is would be, how does it stand up to an independent witness viewing the behaviour or attitude. Justification carries within it a high degree of self righteousness, which is an emotional response used to justify your own attitude and behaviour.

You may be justified in holding your own view of a situation, but it must concede that others are entitled to their opinion.

Justification in life must be measured against facts and not against malice, spite, hurt, or other negative attitudes. Justification is often used to hurt or malign others and as a salve for a guilty conscience. Justification should be a positive result of true reflection and understanding, with the minimum of emotional content and should be open to scrutiny by others, without the individual being defensive on the issue. In human affairs, it is often used to reflect negative behaviour, rather than true behaviour in a given situation.

6/2/1996

CARE - MAN'S INTERPRETATION

Man's interpretation of care is a generalised one and in this context does not include his soul. Man talks of conscience, which is a combination of sensitivity and understanding combined with that person's upbringing and social awareness of societies beliefs. Plus, if awakened, man's soul or inner voice.

Care of man's soul starts with the basic learning of what is right or wrong by the standards of the society within which he lives and the pressures to conform or accept that society's codes of conduct. So conscience is variable according to each society's pressures. So, development has therefore got to grow according to man's understanding and beliefs, which is normally linked to man's intelligence, or more correctly, man's ability to reason.

The care of the soul is therefore about man developing greater humanitarian principles for all creatures, including his fellow man. This prepares the soul with more positive growth, whilst each failure within man, usually the application of man's negative nature, causes contamination of the soul and a reduction in its ability to grow.

These changes in physical man at certain stages of his existence, usually, though not always, allow a sharp increase in spirit growth. At this point, many become aware of a higher existence and some may start to walk the path. With many however, as the saying goes, "they just wither on the vine" and exist.

17/1/1996

PEACE OF MIND

By peace of mind, I mean that state of mind that has come about by solving the inner conflicts and desires that bedevil man from the age when desires become the foremost thought in the mind. It is not a problem when these desires are small, easily satisfied and quickly forgotten. It is the desires that loom large and are persistent, that become the canker. These are the ones that start the road to lies, deceit and scheming, so turning the human mind on its downward path. These desires have one common denominator, they are all about possessing things, or having power, or belittling or harming others for self gratification.

The mind is like a baby, all innocence and little understanding. It does not know what is right or wrong, it does not even have an instinct for self preservation to begin with. It requires rules, values and knowledge to grow and ideally, it should be surrounded by love and security. Then it will learn the fundamental needs, desires and traits which will help mould the being and eventually the inner soul.

Modern society today sets a bad example, since it has little left of the real values of life and persists in self interest, greed, lack of real caring and so societies are breaking down faster in this era than ever before.

7/2/1996

JEALOUSY

Jealousy is a human negative emotion, often linked to envy. Both emotions can be very destructive when they overpower reason and clear thinking. Jealousy is often present in close relationships and gets suppressed, becoming the trigger for anger and rage. It is usually kept alive by envy and inadequacy. The normal things that start it are brains, looks, personality, success and control. It also manifests itself in relationships between the sexes, when doubts, mistrust or inadequacy occurs, but in this instance, envy is not a problem.

It becomes dangerous in all relationships or circumstances, when it becomes obsessive and out of control. It is an emotion which is often present when relationships are under great strain and it becomes the trigger for fights and highly charged emotions, leading to violence and often highly brutal sexual behaviour.

Jealousy is a very difficult emotion to root out in terms of the real underlying causes. It is, however, very destructive when it becomes a focal point in human thinking and behaviour. Again, like so many emotions, it is very primitive and is linked to man's possessive behaviour. It is equally strong in both sexes and the trigger for much destructive behaviour and misery.

8/2/1996

HUMAN DOUBTS

Doubts are man's greatest problem during his existence. Man has doubts for many reasons, but principally, because of his fear of failure and his self worth. Here, man should listen to his inner voice (soul), but seldom does. Man has the ability to keep an open mind, but too often his doubts get in the way. If man would just accept one of his own sayings such as, "sleep on it", a solution would come. This is true to the extent that the mind is more susceptible to the release of inner conflict at this time, so is more able to hear his inner voice without the conscious barriers. Also at this time, the question of self worth does not arise, since this emotion can only be felt during conscious thought periods.

Conscious thought periods are responsible for much indecision and individuals are not a good judge of self worth, even when they are overflowing with it, as this is a subjective emotion.

For most who are thinking and feeling the growth in understanding causes the issue of self worth to veer towards negativity. This is because the human mind, however much it contains in knowledge, is aware that it is ignorant of true knowledge in universal terms.

Recognition of one's vulnerability and a rationalised balance of outlook, becomes essential in recognising one's self worth under these circumstances. This balance of values becomes the challenge in this particular area of human vulnerability.

8/3/1996

ARROGANCE

Arrogance. There are two types of arrogance in human behaviour.

- 1) The commonest, where a person has an over opinionated view of their abilities and exude this in the way they talk, walk and behave. They are generally immature and childish, especially when challenged, then anger and petty behaviour is a common reaction.
- 2) The other type of arrogance is a defensive ploy of character, usually to be found in people who have been badly hurt in earlier life and are in a semi-state of isolation. This is a defence mechanism to cover a severe inferiority complex. Providing the reason for that inner hurt is sorted out and rationalisation occurs, this type of arrogance slowly recedes to a more normal behaviour. The trouble with this type of arrogance is that it becomes overpowering on occasions, usually when the person goes into a defensive mode due to some form of confrontation. So it is a very variable type of arrogance.

Either way, both types of arrogance are negative aspects of character, and leave the individual isolated from positive human contact.

20/3/1996

AN OUTLINE OF LOVE

There are three basic types of love:

- 1) Love for yourself as a being.
- 2) Love for a partner.
- 3) Love for mankind.

Love is an inadequate word which covers all types of emotions, both good and bad, but when pure, contains only positive emotions. But being humans, it does not reach this height, but it can obtain the level of having only two or three negative emotions present. What signifies the differences between the three types, is the degree of intensity between them and the level of intensity of the individual emotions. Also, the number of negative emotions present within each type.

Love for oneself - This is essential to have, because without it the others cannot truly exist. To achieve this self love requires a degree of self honesty and the ability to forgive and respect oneself. It also requires that false illusion or delusion are not present to any extent. This type of love is not easy to achieve or keep in balance, but the higher the understanding of one's emotional makeup, the higher the success. It is essential to being a true being and knowing inner happiness.

Love for a partner - This is a confusing love, since it often starts with high passion and terrible emotional high's and low's. Only when one becomes aware of their partner's emotions concerning sharing, giving and oneness, (all being positive emotions), is one moving into a true situation where need, trust and respect are high on the emotional list and can trust the feeling of real love. Again, depending on character, various negative emotions may be present to some degree. If these are obsessive however, this is not true love.

Love for mankind - Is not really that common, but it is in those with a positive balance of love, sensitivity, compassion and understanding. This all grows from a deep spiritual untapped feeling for God and the ability to rise above the negative and sometimes brutal nature of man. Those who achieve this love (truth - not lip service) have worked their way through many major tribulations in life and retained a pure soul.

All love is beneficial if true, simply because it raises that person above the normal aspects of their character. This in turn makes it easier to grow in understanding and gives a more positive outlook on life. This has far reaching effects on all those who come in contact as it radiates like a light in the darkness.

The two most powerful emotions in mankind are love and fear (outward sign of fear is hate and anger). The more love grows, the more fear recedes and these illustrate clearly the light and dark of man's nature. 21/3/1996

AN OUTLINE OF ANGER

Anger - There are four types of anger as an emotion:

- 1) Righteous anger.
- 2) Helpless frustrating anger.
- 3) Hateful anger.
- 4) Anger due to self loathing. The latter two are not normal anger, but belong to the victimised or inadequate.

Righteous anger - Is the outburst of emotion due to feelings of sensitivity, compassion, or injustice and is due to the result of having strong principles.

Anger due to frustration - Erupts because an individual is faced with a situation that goes strongly against their principles and leaves them unable to alter that situation. It has to be said that uncontrolled anger in the above two situations can lead to severe disharmony of the physical and mental self due to the inability to understand the real truth of that situation.

Hateful anger - Is anger directed against another human due to many different emotions, but a prominent one will be because one recognises some of that person's bad traits or emotions in themselves.

Anger due to self loathing - This anger is prominent in the inadequate person whose self image is a front. The focus of anger in these people is driven by suppressed frustrations, dominance, control of others, cowardly fears, contempt for the weak and the need to punish physically or mentally. This type of anger is not recognised by the person, since to do so would mean facing up to their true image and that takes courage that they do not possess. Anger is controllable to a point, after which blind rage takes over.

Rage - Is the physical reaction to anger and all that is present then is the uncontrollable need to hurt, maim, or kill. The latter types are the bullying cowards who are so inadequate inside, that they must lash out and hurt physically or mentally. Their cowardliness often makes them say sorry and swear that it will never happen again, but it always does.

The inadequate type of person, prone to instant anger and violent mood swings, are always attracted to society's victims, since this boosts their self image and allows them to satisfy their need to control, generally mistreat, vent their anger and administer violence. They have complete contempt for their victim and instinctively know that there will be no fighting back, whatever they do. It is this group that contains the violent, character retarded, sexual perverts and the most cowardly

elements of human society.

It should be noted, that the only answer to this type is to protect yourself, keep away from them, or leave them if you live with them, for they are always destructive to all around them.

22/5/1996

AN OUTLINE OF SELF DELUSION

Self delusion is a mental state of complete deceit about all matters concerning oneself, to the point where the only truth is your own truth, whatever may be the facts, so all truth is in your own favour. Delusion has its beginnings within a group of negative feelings and the principle ones present are dishonesty, distrust, deceit, selfishness, arrogance and failure.

The condition arises gradually, as more and more negative emotions grow within. The primary cause is always some form of terrible experience, which left great fear and a loss of self esteem. It is a difficult condition to cure, as nothing can be done until that individual is prepared to accept this truth and then try to co-operate in facing their past and then work forward to understand the feelings that go to make this condition.

It is curable, but personal courage and trust is required and is a great challenge to character. It is always important that the individual is made to recognise that they are of value and do not need to perpetuate this condition, as it eventually leads to withdrawal from reality and the real world. As it is self inflicted and self progressing, it is always difficult to assess at what stage it reaches a point of no return. It is one of the strongest conditions in the character of an advanced chameleon where it perpetuates this particular condition.

23/3/1996

DECEIT

Deceit is about the illusion of being in control of a situation to one's personal advantage. But in fact, those who practise this behaviour do so because of a feeling of being inferior and as long as this feeling continues, deceit becomes a way of life to the detriment of character growth.

The commonest feelings associated with deceit are illusion, distrust, dishonesty, lies, self interest, cowardliness and self image. This aspect of feelings arises due to some severe blow to self image, which causes pain, shame, or loss of self worth.

Deceit is common in those who have not found their true self, or failed to live up to they're own expectations. The cure is to learn and practise self truth and be honest with others. Once this defect is faced, then help from others will reduce this problem to the odd occasion. The danger of deceit is that if it continues, it can lead to self destruction of character and greater self delusion.

It is common to a certain extent under conditions of stress in most humans, unless their character is in balance. It is very common in insecure people who lack support and supplying security in some form is often sufficient to reduce the problem.

23/3/1996

SELF DEPRECIATION

Self depreciation is about a person who belittles themselves in their own eyes and are not just being modest. This problem is always confined to the inadequate person who is too sensitive and there is always a history of some form of abuse or degradation. The main problem is that it is not recognised by that person, until that is, some form of mental growth occurs, then having recognised it, are trapped by the incidents that caused it, mainly. This is because they judge themselves, so though it is good to recognise the problem, it serves no purpose unless it is tackled, spoken about and written in detail. But this requires choosing a person that can be trusted. If the choice of person is wrong, and then they will receive exactly what they fear - judgement and this will just compound their own guilt to an adverse reaction, so they must be selective in their confidant.

Self depreciation is a negative aspect of human nature and has to be brought into balance, since it negates such emotions as love, respect, self esteem, and situation judgement of people and life. It, like many emotions, requires all the hidden fears to be expressed and examined with a high degree of truth, which is not normally present in these situations.

26/3/1996

SELF HATRED

Self hatred is about inner hate for yourself. Its origins are varied, but the most common reasons are hating yourself for being a coward, or an ignorant fool, or letting other people control you, or being frightened of others disapproval or violence.

This type of self hatred arises from your own awareness, but you can alter this state of affairs by overcoming your unreasonable fears, or by refusing to allow others to control you, or inflict their own burdens of inadequacy on you. This inner hatred arises from self loathing and despair over a period of time, because you are aware deep within your character that you have allowed your fears to control you and behave in ways that are alien to your true self.

Over time, feelings of disillusionment with your existence and growing feelings of unworthiness, has caused deep anger against yourself, which in turn becomes self hatred and hatred towards those who made you behave and feel this way. The only answer is to be selfish about your own instincts, to act only for your own good and not the martyred ghost of your real being. You must recognise and accept that you are a being in your own right and are more important than any other. You have a right to be recognised as a person of worth in your own right. Each person's immortal soul has the right to grow and each being must develop into that true Being, which is the only way forward.

29/3/1996

FALSE PRIDE

It is normal that a well-balanced person has some pride and is usually just enough to be confident of their statements, or to keep control of their composure with confidence when necessary. That is the ideal level of confidence, even slightly more is not a serious fault. On the other hand, failure to have any pride in oneself, even for small achievements is bad. That person will lack the ability to make even the smallest decisions without great effort and more often than not, fails to make decisions unless under great pressure of such emotions as anger or fear.

Though man can learn to balance his nature by understanding and development of character, one of the major failings that occurs in earlier years, (if they are inadequate for any reason), is a surfeit of pride as a defence mechanism against the world and themselves. This is false pride and once obtained, tend to control all reason and learning. As a consequence, real development of character stops or is retarded. False pride is frequently seen in bigoted people or in those with strong tendencies of delusion. This is very prominent in advanced chameleons and is the principle reason for lack of development in this type of person.

It can only be cured by facing the real truth about their character and all past situations, where behavioural problems have surfaced. Once established however, it is difficult to correct without great effort.

31/3/1996

SELF LOVE

Self love is an emotion that has to be true so it can be productive to the wellbeing of that person. It must be based on self knowledge and the awareness of one's real character. That character is not all positive and helpful, but has a darker side, which must be understood and controlled.

True self love is about accepting ALL one's own character and balancing that character to make a real complete being. Since the human mind is subjective, it tends to concentrate more on its so-called faults, when it should give them equal weight with all the other qualities so that there is always balance. That is the secret of achieving balance. So, in learning to love oneself, one must learn to forgive and understand one's destructive negatives, bringing them under control.

By controlling the negatives, the mind becomes more positive and less subjective, so making control of character easier to deal with and its efforts more productive. Self love is the essence of being a real person in the true sense, having a positive affect on all behaviour and makes that person less likely to make mistakes, with poor consequences and less hurt to other beings. As always, controlling fear is the starting point. If people looked at their traumatic mistakes with more clarity, then they would see that fear and poor self worth is the cause of so many mistakes in life.

5/4/1996

JOY AS A CONCEPT OF LIVING

Joy is inner exuberance and happiness and is the result of being in harmony within oneself and with life that surrounds you. To achieve this state of joy requires that person to be capable of having an understanding of themselves, with sensitivity, compassion, loving care and forgiveness for themselves. It also requires the ability to make decisions, small and large, with clarity and resolution.

The main problems achieving such a state of internal peace leading to joy, are the usual ones of guilt, fear and a lack of real respect for their judgement. Again, when people talk about being an individual, they do not allow for past conditioning, or the influence of the herd instinct on their being. So in reality, the individual allows others to create indecision in their thinking and as a consequence of such persistent influences, leads to a reduction of self respect. This in turn leads to constant excuses or trivial reasons being blown out of context to reality and added to this, a fear of the individual's own capability as a person. This leaves that person in a state of limbo and dissatisfaction.

When one looks at this problem as a mass problem of humanity, then one can see the effect on general living, in that we see a greedy, dissatisfied and godless society destroying itself from within, with all the worst negatives of human behaviour. The masses of society outweigh the minority who live and practise the joy of living and by their advance, their faith in God. So until all people learn to take responsibility for themselves and their actions, the disintegration of society and the world will continue.

9/4/1996

EGO AND ITS IMPORTANCE

Ego, as part of the character, should, if correctly balanced, be slightly above neutral. One requires just enough ego in life to argue your case on issues and hold that position, if you think you are right. That does not mean however, that you close your mind to new facts that may alter your stand. A correct level of ego is required to make calm, measured decisions in life and this means that arrogance, or loss of confidence is under control.

Indecision in life is usually due to lack of confidence, or a shortage of real facts on a situation, though the latter is seldom the case. It is necessary to look at the negatives of character, to see what is causing the necessary confidence and therefore a sufficient level of ego to achieve balance in thought and behaviour and as a consequence, being a true individual.

One seldom sees a correct ego balance in those people who have not coped with the trials of childhood, or worse. With some, lack of confidence and self esteem is evident. With others, too much ego and arrogance, sometimes to the extreme is evident. Arrogance is not always outwardly seen, since fear and its control often masks this feeling.

As always, the development of a balanced and genuine positive character is the key to future success as a human being and this aspect is greatly enhanced when the person learns to love themselves and feels the love of another human for them. This is important, since all beings have two in-built needs for proper growth. One, the need to love another person and to be loved and two, the need to be needed.

10/4/1996

STRESS, OR INNER DISHARMONY

All living creatures during their daily existence suffer slight stress, to the extent that all activity creates this. It is not, however, harmful to life.

However, when people introduce into their lives on a daily pattern, situations in which they have difficulty coping with emotionally, then they alter their physical structure in such a way, that their whole being is in a state of tension and imbalance. All strong chameleons live in such a state and even depend on it to feel alive and exist. Periodic stress is normal in life and does no harm for short periods, though stress due to shock is harmful and can be fatal.

Permanent stress is, however, harmful and over time leads to emotional breakdown and physical infirmity, such as obesity, clinical disease, or a general physical deterioration of all the body systems. It is important that no person should stay in a stressed situation for long periods, to avoid illness. Each individual should learn to recognise stress within themselves and correct it, usually by changing their lifestyles and attitudes towards living.

The body has its own safety mechanism to some extent to counter stress. It simply closes down and becomes physically tired. The mind's approach on the other hand, is to withdraw from reality, or to withdraw the whole person to some quiet place and seek oblivion. These measures are a last resort to protect its sanity and if applied to the extreme, frequently causes mental disorientation and eventually, complete withdrawal from the world of the living.

In this chaotic world today, far too many people suffer chronic stress, so it is essential that all should recognise this problem and try to resolve the condition. The older one gets the more chronic and difficult the condition gets and even when corrected, it leaves physical and mental scars. Too many people make excuses as to why they cannot do anything about the condition at that time and heart attacks usually solve the problem. The worst type of stress is the self inflicted type and this is common amongst those who have poor self esteem for whatever reason. Again, fear is the main culprit in this condition.

11/4/1996

SOME CAUSAL PROBLEMS OF FEAR

One must first start by recognising that fear is a basic emotion of survival and therefore, a natural part of the human character. But, it becomes a recognisable force when in childhood, some apparently dangerous incident occurs which causes pain or terror and from that point onwards, it plays a predominant part in all life's unknown experiences. Some people even stimulate it to feel the high of the adrenaline surge.

However, the main problem is that fear enters all decisions taken outside the normal daily decisions and can reach such proportions. That is clearly seen in such people as agoraphobic and the very timid, or in those who are unable to make decisions outside a very limited daily range. It can even get to a point where the fear of fear can paralyse people.

Because fear creates strong negative attitudes in people, it means that in practise, it builds into attitudes the negative repeat syndrome, so that failure is built into decision making and consequently, mistakes are repeated over and over again. Fear then becomes imprinted on all thought patterns. It is not a way of life, though many behave as though it was, but it can be stopped by positive thought and understanding.

It does require a change of attitude, but the person must be prepared to fight fear. It does help if there is something more important than the present existence, or if one develops an attitude of, "I will do this and presume that it will be all right, but if not, too bad, I will try again". However, the real change must be of character, to a positive outlook and the will to succeed. The latter is so often sadly lacking, but if self respect can be added to this equation, success is the usual outcome.

Like all aspects of character, this is a conditional problem and must be tackled as such. Conditioning is normal in many aspects of life and is not normally recognised as such, or is brushed aside as, "as a habit".

Some conditioning is essential in life, like regular eating or sleeping etc., but those of a negative nature are the most responsible for unhappiness, tension, or failure to achieve in anything and it is always the fear aspect of the conditioning that causes such negative existence.

The strength to overcome this problem lies in positive thought, courage, love, self respect and blind faith to step into the unknown territory. It comes down to; does one confront fear and control it? Or does one allow fear to control one's existence and in turn cause ever-increasing misery to the point of non-existence. Complete faith in God can help in overcoming fear, but even fear can block this belief.

14/4/1996

MAN AND HIS ILLUSIONS

What I refer to in man, is how he sees himself in relation to his world. Man's illusions are tempered and fixed by the society and environment within which he exists. For instance, in western society, man judges himself against his particular peer group, so one-upmanship, position and status reigns as his desires. Basically, he wants others to envy him and his self gratification, by proclaiming his virtues and successes are uppermost. When this is added to the rest of his character, we have a man who has a false illusion of the real person.

Other societies, where survival is more primitive, tend to have a false illusion that standing is measured by how strong and even vicious one is and in others, how many wives one has to give prestige, self importance and image. Though these illusions are more obvious in males, females have their own equivalents in status terms. For instance, exercising control of their family or man, or having more clothes and goods, etc. This type of illusion is, however, false and usually indicates an absence of maturity and understanding of their own true needs and personal values, as opposed to the false values of that society.

If mankind could raise itself to learn true spiritual values, then man's negative nature and false desires would be put into real perspective. Man would then rid himself of false illusions that does so much to destroy his growth and real value in life and robs him of happiness and success.

17/4/1996

INDECISION AND ITS AFFECTS

Indecisive behaviour is always illustrated by an inability to make incisive decisions. As a result of such behaviour, there is a steady lack of self confidence, further complicated by regrets. The expression, "if only I had", adds to the negative conditioning, growing stronger. Postponement of decision making and the action required for completion, is, providing all the facts are known, based on fear of the unknown and past negative conditioning and are in themselves, harmful, as they create greater stress and physical disharmony.

Decision making in life, is about the growth of positive character and even when decisions are wrong, that in itself, should be a positive learning experience, since one should learn from all that life brings forth. Usually, if any decision is wrong it is because it was based on wrong information and poor understanding of the situation.

Life is full of people who, for a variety of reasons, cannot make calm decisions. These people can be spotted by their irrational behaviour or negative outlook on life in general. These are the types that make decisions when they are angry and once it is made, are extremely stubborn or closed minded. When and if it goes wrong, they tend to blame others, or circumstances, for forcing them into making the decision.

Indecision is the biggest single factor concerned with ill health and a poor life existence. It will always be found that there is an inadequate character development fault behind this problem and for many, a severe conditioning background.

19/4/1996

SELF CONFIDENCE - THE LACK OF

The lack of self confidence as applied to the victim's state. Victims are often too aware that although the prominent emotion of fear controls their behaviour, they are not always aware that it is also reinforced by a strong underlying lack of self confidence. This is mainly because some aspect of their life has come to the fore, in the form of some specialised practise which they are good at, or perceive they are good at and this is used to give them the appearance of real self confidence.

However, the above is all self illusion, for in reality, their deeper self lacks that confidence. Evidence of this can be seen by certain physical patterns, such as the extremes of obesity or anorexia, dressing up or down (peacock or dowdy), excessive gaiety or the quiet mouse, extreme stubbornness or very indecisive nervousness or persistent agitation.

So firstly, the person concerned must recognise the aspects of their character that indicates the problem, understand the reasons and learn to gain confidence. This is done by firstly setting simple targets for themselves and achieving these, then making simple decisions based on facts, not emotions and controlling their past conditioning and ignoring those who try by words or actions to demean them. This is best done by looking at the character of their victimisers and seeing them for what they are, which are bullies and cowards.

Lack of confidence in oneself is a constant stress and is harmful both mentally and physically. This gets worse as the years pass, so it must be tackled by learning one's own real character. Greater understanding is the key and learning not to use one's mistakes as one more weapon to beat themselves with. It is essential that self confidence grows with disciplined effort and a greater understanding of other people around is part of the process. It must be recognised that most people have problems and are often wrestling with the question of self confidence, whatever their appearance and often as a result dump their feelings on others they see as weaker than themselves.

Society in this modern age, places greater stress on people and this can be clearly seen by the increased irrational behaviour in people, the increase of violence, the increase of obesity or anorexia over a wider age range and the general decrease in tolerance of society. So, curing one's mental attitude to one's character is the main area to start on, followed by the necessary physical disciplines which become easier to achieve, then success.

21/4/1996

PRIDE

Pride is seldom an accurate guide to the real person, since it changes according to age, understanding, and maturity. It is usually at its worst from the teens to the late forties in men and the late thirties in women. Again, it is usually more dominant and often obnoxious in men and more subtle in women. With man, it is more primitive and destructive to human relationships and also at its worst in the ignorant minded, where sensitivity and compassion are low, or non-existent.

Male pride is generally based on the more primitive aspects of character, such as macho-image, so it centres on ego, dominance and sexual powers, with secondary aspects being power, position and arrogance.

Female pride is more specific and tends to centre on self esteem, good looks, intelligence, responsibility, family or character.

The less justification there is for any of the above, the more pride is built on stubbornness and magnification of small achievements and for some, brute strength and creating fear in others by man and cunning and coldness with women.

All humans require some pride in themselves to live among others, but it should be derived from confidence of realistic understanding of character and should not contain arrogance or attitudes of superiority and should not be seen as high profile, but quiet confidence. False pride is dangerous to all human development and is just as bad as lack of pride and self respect, seen in the worst cases of victimisation.

18/5/1996

INNER ILLUSION

Humans as a species, have the need to be loved, to love and be needed. Because of these, all their close relationships must, to some extent supply these needs. Logically and emotionally, people can give many reasons for that relationship, but it all stems from the above needs.

However, with life's victims, they suffer from being completely devoid of these aspects of love and need and consequently are affected in two ways. Firstly, victims who have been physically or mentally abused tend to keep themselves in, or return to those who abuse them or deride them, simply due to the conditioning which placed them in the situation of abuse. They inwardly feel, that in a perverted way, the abuser cares and needs them, so perversely, their own need for their inner needs are met and this very perverted thinking causes further pain and confusion.

Secondly, since the victim's life is not living, but existing, the victim only feels alive during these periods of physical and mental torture. Since fear is the main emotion, followed by pain, the need to feel these stimulates the whole feeling of being alive at these times, as opposed to the rest of the time when existence is devoid of any real emotions. The inner illusion, is that they are needed and loved in a perverse way by the victimiser, when in reality, they exist only to gratify the victimisers perverted desires and they have no caring feelings for the victim, just sadistic contempt.

22/5/1996

LOSS OF ILLUSION

Many humans, for a variety of reasons, live in the world of illusion as a way of living within their conception of life and so answering their own desires in life. So for instance, if they are constantly failing in some endeavour, their mind gives them acceptable reasons that they can live with and these reasons can range over a wide area, from - they were not given a fair chance, to - the equipment was faulty, or it was prejudice etc. This problem of self illusion is at its worst however, when it directly applies to their need for love, or their own perceived needs. This is the main area that causes the most trauma and pain and because these represent the deepest need in humans, they are the most difficult to dislodge from the world of self illusion.

It requires a deep instinct for truth to emerge, to shift this world of illusion. When one reaches the point of being able to see the real truth of a situation, to recognise and accept the truth of the situation, then that being is moving along the road of true understanding and acceptance. The more that being sees and accepts the truth of a situation, the more that person grows in stature and the less the confusion and pain.

When all situations are faced with the real truth, acceptance and understanding, then, and only then, is that person free from their world of illusion and they can then stand tall in the shadow of their own existence and go forward with confidence and clarity of their own true value.

27/5/1996

SELF CONTEMPT

Self contempt is a problem that besets so many victims when they start to recover from the trauma of their past and become aware of much of that past. Self contempt is a mixture of emotions and feelings and these are disgust, shame, anger, fear, self loathing and embarrassment.

Self contempt is in two parts. It exists because of the memories of the past behaviour of themselves as victims and also how others treated them and each emotion varies according to that past. This is all recognised with the doubtful benefit of hindsight and is therefore sharper in focus and strength of emotions.

With the present and too often the future, the strength of emotions alter, so that anger and fear predominate. Anger at themselves for allowing the situation, or anger at others for inflicting the victim state on to them. Fear, because in their eyes having done nothing but accept their situation, the victim is frightened and they cannot change their future. Shame within themselves, because they are too frightened to try and these feelings are mainly due to long conditioning and a low self opinion.

A simple change of attitude and recognition of self worth is, however, all it takes, coupled with recognition of the truth that caused their victim state and conditioning. This condition is rapidly changed when the victim starts to make decisions for themselves and act on these decisions. That is providing they feel these decisions is right for them and are not forced on them by others, or circumstances. Self respect then slowly follows and transforms their whole outlook on life and themselves.

7/6/1996

MIND, BODY, SPIRIT AND THEIR RELATIONSHIP

The human being on earth is just one more species on the planet, except that they have one major difference from the rest. They have a mind with the high ability to think and a power switch from God in the form of freewill; to enable them to use this powerful tool called the mind. Needless to say, it does not follow that all humans use this double gift of mind and freewill, for strange to say, man has barely crawled out of the stone age in terms of understanding himself or his planet. Barely 10% of the world population have raised themselves towards such understanding.

The human body is a very complex biological machine. It contains miles of roadways in the form of blood vessels, lymphatic system, intestines, nerve pathways, building structures and motors in the form of bones and muscles. In short, if you feed it, it becomes the most sophisticated automatic machine ever conceived. It can carry out automatically, a number of functions and it has some ability to repair damage to its structure. But it is a living organism and as such, it requires a brain to make full use of its functional abilities.

The brain which lies in the skull, controls bodily functions by controlling hormones which are secreted in the brain and other organs within the body, all of which are dispatched along the roadways of blood vessels and nerve pathways. However complex the body is, it only functions as a great machine when the mind situated within the brain functions and orders the body to react as required. The relationship between mind and body is all, in that a mindless body would function to the extent of keeping its basic functions going, but could not do any work, or walk around. Add the normal mind and it can work, play, run, feel pain or pleasure.

The Mind is a very complex biological, electromagnetic learning machine, which is split into three parts, those being the conscious, the sub-conscious and the deeper higher conscious. The conscious mind handles everyday problems, taking in what the vision sees, the ears hear and simple interpretation and action. It then passes back to the sub-conscious any matter that requires deep thought or understanding. So, all complex matters that are not readily solvable are passed back for deep thought and more complex reasoning. The higher conscious, one could call it your conscience since this is the area that holds your ideas of right and wrong, is the most important area of the mind since it holds your soul and its growth essences.

One cannot separate the mind, body or soul, for they all interact with each other. For instance, if one gets drunk, the alcohol poisons the body by damaging the liver and kidneys, the sore head is caused by the brain swelling and the alcohol dilutes the mind chemicals causing loss of memory information. Continue the process long enough and you become a mindless zombie or the living dead. The higher conscious tries to stop this behaviour, but if it fails, then in time all conscience dies and the soul recedes into a static position.

One can use the mind to heal many conditions within the body by positive thought and this can be further strengthened if one believes firmly in God, since this allows the soul to extend healing power

into the mind and body. It has to be recognised that by seeing that the mind, body and soul working together in harmony, it is possible to stimulate the natural immune system of the body to a very high state of energy.

The soul (spirit to some) is a living entity, for it is who you really are and while on this earth, it tries to help you develop yourself into the person that you really are, genuine and caring and walking your own chosen ordained path.

22/10/1997

VISIBILITY AND TRANSPARENCY OF LIFE

In life most creatures see all their surroundings clearly, but only the human being sees all with the full clarity of colour. Therefore, the full richness of all they look at is a real irony, as few seldom truly see what they look at, for their clarity of vision is faulty to match their inner confusion of life and their part in the future.

It is the human being's main problem in life that they are unable to use the same clarity of vision upon themselves and the workings of their mind, for the reality is that the human mind is capable of very clear visible thoughts and clarity of action. The main problem for the mind is that the human being is confused by the world they live in, their role in that world and who they really are. Few people really know who they are and behave as, and are, chameleons. Each person must learn to make each of their emotions visible to themselves. In turn, they can understand these emotions and their effects on the character as a whole and as each one is seen and understood, so the inner clarity of vision occurs and with it, a new wisdom.

Increased vision and wisdom opens the mind and the other senses to a new outlook on oneself and life. This in turn brings about a transparent understanding of many aspects of life, including the differences that cause so much trouble and fear in the world. The more understanding and the greater the transparency of the situations all around the person, the greater their ability to walk the path of peace and reason and help others to do so as well. In very personal terms however, the greater vision and transparency on all personal matters leads to a happier and more self fulfilled personal life. With aspiration come the greater communication between the higher mind and the soul, which in turn leads to higher enlightenment and a deep inner peace, bringing with it slowly but surely, the meaning of life and your part in it, as well as the future.

31/10/1997

PROMISES

Humans in their everyday life have a habit of promising to do something, then failing to live up to that promise, not realising that each time this promise is broken, they demean their self respect.

People make all sorts of promises to other people, usually when in some emotional situation when feelings are running strong and high. In most instances however, they do not usually understand the implications, or have any intention of keeping their promise. In either case, the result is negative on their character, since making a promise is a commitment to another, or to oneself. Not keeping that promise brings forward feelings of guilt, shame, or resentment directed towards the recipient and causes the person themselves to be on the defensive and/or aggressive.

If a promise was given and was a deliberate lie, then aggression and contempt is the outcome towards the recipient for believing that promise. The trouble with broken promises, is that they strengthen the negative characteristics of that human and in later life, come back to haunt that person for all their deceit and lies. This is a definite case of a hurried and poorly thought out action, that in time ends with a long period of slow repentance and self denigration of character, along with a diminished soul.

A promise kept in the daily course of life however, strengthens character and self respect and on each occasion, lifts that person towards being a whole person with a stronger sense of inner happiness.

8/6/1996

INNER CONFLICT IN MAN

The basic problem of inner conflict in man is that this conflict is split into two or three areas and is between the conscious mind, the subconscious mind, and the soul (spirit). All are affected by the positive or negative attitudes engendered by that existence. All are further complicated by the body's biochemistry, fatigue, or what is called stress. Stress is a problem in that it is emotional or physical or both and as these have different effects on the mind and body, their assessment is on a different basis, according to character.

The conscious mind reacts to its surroundings on a constant basis at any given moment in time and unless any deep understanding is required, usually lets go of any routine events. If however, it has a constant reaction from the subconscious part of the mind, usually as an attitude or emotional response, this enters all its momentary conscious thinking and causes over-reaction and deep storage of that particular event. This in turn becomes the trigger event for any future perceived similar situation, so the conscious mind, which should be normally placid, alert and clear, retains these trigger events from the past and reacts. Triggering causes a massive adrenaline surge in the body, which in turn causes a flight or fight situation, so the mind's ability to be rational and coherent is impaired due to the brain's narrow focus.

The real culprit in this behaviour pattern is the deep subconscious where all of life's negative incidents are stored. If these incidents go back to early childhood, then the subconscious mind was too immature to comprehend and rationalise these incidents. The effect of this immaturity was to isolate any incidents that caused pain or terror and as stored memories are not separate, but linked together with all the other learned material, each has its own emotional content and reaction stored with it. All memories linked with negative emotions act like defective isolator switches and as a result, trying to clear the problems associated with these negative incidents is very difficult. It is the emotional content which acts as a lock on the door to the truth and must be cleared and each negative incident must be cleared one at a time. Those, whose soul has been awakened, usually find the strength to go forward and face reality.

Man, by reaching beyond his earthly fears to his soul, can learn with conviction to understand and apply that to healing these deep wounds so that they can be eliminated, or reduced to their true size by positive understanding. So again, by removing the negative emotions of hate, fear, anger, bitterness and self loathing, allowing that person to become more like their true self and lead a more worthwhile life.

Man is afraid to accept this truth, but must learn to have the faith that when they have cleared their negative past, they can lead a happy life. Unfortunately, most prefer to live in the misery of their own creation and exist on pills and palliatives, instead of fighting for their own salvation. They are usually paralysed by their own fear of some unknown revelations, which are more imagination than truth.

EMOTIONAL GROWTH

Emotional growth in man is gender related. Firstly, emotional growth is generally stronger in the female and is mainly due to the fact the females are more sensitive on the whole and have a very protective instinct towards their offspring, which is also partly genetic. These factors tend to sharpen their emotional growth and widen their vision of life. Unfortunately, their lack of maturity often causes misunderstanding of their true emotions, since they fail to understand much of their own true character.

Males on the other hand, are generally slow to mature, mainly because their instincts are the most primitive ones in humans, so it takes a series of shocks or setbacks in life before man begins to develop an understanding of his better nature in terms of his character.

So in practise, women develop some of their better characteristics faster, but also, they equally develop inner conflicts or “hang-ups” earlier which tends to cause in some cases, extreme emotional behaviour. This affects their standing in their community. Men on the other hand as a mass, suffer the “peer syndrome”, or macho behaviour approach, even when it is not in their character and causes great personal conflict and poor emotional development.

So, man often sees women with contempt or fear as a mass and is his defence against a deep feeling of emotional insecurity. The lack of true self, understanding and character development is principally caused by the “instinct to be part of the herd” and lasts until age and maturity start to coincide. For many however, this never happens.

The lack of emotional growth is characterised by selfish, self centred and often bitter behaviour. This group of people is generally lost to spiritual growth. They have to start again in their existence, often repeatedly returning to the earth plain without learning spiritual truths, resulting in more negative lifestyles, until there is little soul of worth left. These humans are self destructive and therefore to quote, “create their own hell on earth” and very few create another chance for themselves.

Spirit wants to save and nourish all souls, but has to accept that by giving man freewill, he has the right to choose at every stage of his life. The tragedy is that one wrong step, when taken, can affect so many lives, when better understanding of some simple self truths could have led upwards towards a better and more rewarding life on earth and some spiritual growth. Whatever man says, his inner voice of understanding exists, too often dormant until given a chance. Man cannot deny his soul, however much he decries its existence. Superstitions and truths, however strange, are buried in the essences within man’s soul, which will see the light one day.

6/1/1996

MAN'S EMOTIONS - PROBLEMS

Human emotions pose a problem for people, in that they have a great struggle to find their identity as a person. Each reaches a point in their behaviour (depending on intellect), when they feel that their identity is threatened or out of control. When this happens, they become cold and withdrawn and what could be called hard and uncaring, even when it is against their own interests. These instincts are present in all human beings, though this fact is seldom recognised and people in general refuse to accept that they are capable of such behaviour.

It is during the above phase of behaviour that bad decisions are taken, usually with drastic long-term effects. Such behaviour is often responsible for wrecking families, relationships and even careers, all simply because of negative aspects of character and distorted emotions. It is the single cause of so much self inflicted damage in an individual. Man is a very primitive animal who often develops strong selfish desires, the stronger they are the more emotional growth is negative and retarded. So it remains, unless the individual is prepared to listen to their inner voice of truth and develop their true character. For some, this can happen in their forties, but if it happens much later, it is usually too late for full development.

In the event that man tries to balance his emotions and live by their positive aspects, then his life will be more fulfilling. This in turn will allow his soul to grow and for some, God to enter their lives. This has a positive effect on his needs and true values.

Man does not understand his emotions or driving force in life and is in constant inner conflict, while at the same time embellishing his ego, vanity and ambition as a means of identity recognition. While those of lower or limited intellect tend to exhibit a strong macho image by being dominant, aggressive, and often blindly stupid, these are the mass of any given society. Reason is not a word that is prominent in this section of society. It is for this reason, that the so-called civilised society can be easily turned into a mob, or make wars. Each generation of man takes a small step forward in their overall pattern of behaviour, but as always, it is the small number of thinkers rather than the mass, who have been responsible for such development, the mass being always at least one generation behind.

Man has to develop emotionally and intellectually before he can claim to be in control of his destiny, but left to Homo man, this will be far off. It is the women who tend to lead the way forward, mainly because of their feminine instincts. However, they follow the proscribed behaviour as described previously though in more subtle ways. The exception with females is that there are twice as many who find their spiritual way on to the path towards God and in turn their eventual salvation and happiness. Again, their basically gentler nature is the main reason for this upsurge.

4/1/1996

BEHAVIOUR OF THE MIND

One must start by first looking at the behaviour of the human mind in its relationship to earthly and spiritual approaches to life. Because the human race basically lives on the law of survival, its whole approach to any problem, instinctively starts from the basis of, “my survival” and goes on to tackle any problem with the attitude of how does it affect me, or benefit me. The more unawake the intellect, the stronger and more primitive the basic instincts are.

It is basically the above instincts, which cause people to avoid real truth, but rather answer by omission, half-truths, or downright lies. But as the perceived danger recedes, they return more to their normal behaviour. The higher and stronger a character grows in understanding and balance, self confidence and inner strength, the more self honesty and general honesty becomes apparent.

This growing experience can be painful at times for the individual, but overall, the benefits to them are greater and more fulfilling. Somewhere in this growing process, spiritual awareness often begins and depending on how far progress is made, the real human attributes of man begin to show. This brings with it awareness of real feelings towards their fellow man, as opposed to the false behaviour usually practised to enhance one’s self esteem from others. This behaviour does not change until spiritual feelings begin to occur.

True spiritual growth is evident when man begins to think truly of others before himself. Spiritual feelings, unlike earthly feelings, are purely a matter of blind faith, since there is nothing in the way of tangible proof. Many stumble onto this truth by accident, or by reading text from the bible or Koran which brings a flash of realisation. Others try so hard to believe in God because of their earthly deficiencies and for some, their prayers are answered as changes in of their character bring this event about. Many however, claim to believe in God, but only on their terms and for those, the message is “you cannot barter with God”. This is an absolute. However, spirit does try by many small positive acts of guidance to help man grow.

As can be seen because of man’s nature, it is not easy to make such a leap of faith, simply because it appears to go against man’s very primitive instincts. It is however, encouraging that so many do, even though some fall by the wayside and a few are lost completely, but others make better progress in another lifetime.

3/1/1996

AN OUTLINE OF NEEDS VERSUS DESIRES IN LIFE

Needs - food, water, security, identity, love, self respect, hope, faith, knowledge, growth, procreation, fulfilment and inner peace.

Desires - self importance, admiration, love, respect, wealth, property, friends, social standing, power, sexual prowess etc.

The human being consists of a physical body, a mind and a soul and all have needs. The body requires food, water, shelter and clothing, and providing these are adequate, the body will survive in good condition. The body's sexual needs are not seasonal and are self controlling.

The mental aspirations of the mind are variable according to intellect and emotional power, but all levels have a basic need for identity, mental security, love and self respect. Curiosity and intelligence are linked together to bring mental growth and knowledge. In-built into the human brain are such emotions as hope, faith and procreation. The latter three are static unless these are nurtured with reason and opportunity. For instance, procreation becomes sexual awareness at puberty and the sexual act, whatever the thought is at that moment, is based on the human need to reproduce its own kind. This is the basic law of all living creatures, so procreation also included the instinct for a partner, however briefly.

In reality, the mind and body when normal, cannot be separated, as the body's biochemistry and hormones influence the brain and the brain hormones and behaviour affect the body functions.

It is essential that real needs are compatible with desires or aspirations and that perceived truth verses inner truth as the only measure of verification. Mostly because of upbringing and social aspirations, mankind has great difficulty in being realistic about their true nature and has aspirations and character assessment well above the true situation.

Those who have been badly victimised in life seldom know what truth is and are often very self delusional. In mid-life, usually because of inner despair, faith often appears and offers a way forward by giving strength and understanding. For others, the inner confusion and its consequences remain throughout the rest of life. This outline is just that emotions that control life are very complex.

5/3/1996

SILENCE

There are three kinds of silence. The normal one in everyday living where sound is so low or so high that it is beyond the range of human hearing and the other two are those within the mind.

The second is the silence of the closed mind, where the individual has fixed their thoughts on a narrow road to walk and way to live. This person's life is controlled to a very definitive existence and accordingly, refuses to see any alternative way to think or live. This is the silence of living death.

The third kind of silence is that of the spiritual soul. This is the silence of completion and harmony and this is a silence that is seldom heard, simply because spiritual growth is not complete.

For many, awareness of their soul is completely unawakened and their lives are one of turmoil and inner conflict. They are plagued by negative emotions such as envy, greed, power and worldly desires with little true happiness. But for some, the inner turmoil reaches a point where they begin to reach out for more inner understanding of themselves and the purpose of life itself. Some grow to revalidate their perceived desires and even recognise that their needs are different from desires and these begin to seek that existence which is true for them. In the process, they begin to develop a more balanced character and sensitive emotions.

Development to this point means that they begin to ask the right questions in the search for their true self, so they become aware of their inner voice and eventually recognise their soul. This journey forward brings with it an ever decreasing loss of turmoil and fear within and by doing so, allows the mind to open towards real truth, so the upper spiral of spiritual growth begins to blossom.

For many in life, this is a hard road to walk and it is sometimes very painful. But each step of learning becomes a closer step to tranquillity and happiness, so though they will not know the full silence of spiritual peace, they will know fulfilment, joy, peace and happiness, as their soul, mind and body move together in closer harmony and well-being. Those who are well on the path radiate love, inner peace and outer loving tranquillity.

26/6/1996

UNDERSTANDING

Understanding is an emotion, which varies with age, life experiences, maturity and spiritual growth. To begin with, understanding is rudimentary at birth and is limited to association response, such as sucking for food, crying when wet or cold, so this association leads to a very simple understanding response. A simple difference of understanding occurs when, for instance, a dummy is given and sets up a feeding response, but no food, so starts the road to understanding by trial and error. So the early years of life are governed by this method. It is a long time however, before the child learns the real meaning of mother or father and as they grow, it is the ability to use learning experiences and observation which marks their level of understanding.

However, all learning experiences are seen in black and white terms when young and there is no understanding of variables which can effect any single learning experience. Gradually, providing childhood is normal and secure, parental guidance and education start to widen understanding to the point of seeing some grey variables and therefore, possibly more than one solution to a problem. But even at this point, understanding is limited and simple.

By the teenage years, the effects of sexual puberty has entered the area of understanding and for most, it inhibits the growth of understanding, since it introduces variables which tend to distort the growth of true understanding, due mainly to the hormonal effect on emotions. This is a time of great confusion for most teenagers, which can continue into the late twenties. Gradually however, hormonal balance occurs for most, when then and only then, does the width of understanding begin to grow again. Understanding, even at this point, is still more black and white and very immature, so it is still a slow process of growth.

Around the age of forty, physical and mental changes occur towards maturity and from then on, the ability to widen the horizon of understanding develops at a faster pace. This should also give more perspective and deeper understanding towards the decision-making processes of the mind and therefore, a higher success rate in making correct decisions.

It is a sad fact of modern life however, that society has created a life style that has relieved people of the responsibility to grow beyond the needs of daily survival. As for most in society, their future is limited and their needs supplied by the technology of that society. So their need to develop an understanding of their place in that society's future is limited, and the need to develop in line with their physical maturity becomes retarded, more so in the male population.

A small section of society does achieve true normal growth of understanding and therefore rises above the rest of society, that is, providing other aspects of character have developed reasonably well. Victims in society from an early age are always under-developed in understanding, until they are helped to remove their mental blockages and bad conditioning. Then development becomes normal, even accelerated.

26/6/1996

EMOTIONAL AVARICE AND ITS PROBLEMS

Avarice is an excessive love of gain in some form or other and in this context, covers a variety of emotional needs according to the background of the subject. For instance, most people brought up in poverty have a desire to be rich and if this desire becomes strong enough, it becomes an obsession and rules their behaviour from then on. With those who are victims of their childhood past, these desires take many forms, but some are consistent for all, such as sanctuary and the adrenaline kick of pain and fear. The others in common are security, love and control and are always allied to safety and security. Identity is another and this obsession is always the chameleon, not the real person.

The problem with this emotional avarice is that by surviving as a chameleon to maturity, these obsessions have become imbedded in the character and are regarded as normal by that person. These are not considered thought of as a point of emotional conflict, or even worse, will not be looked at as part of their character to examine, this is part of the chameleon behaviour. It is for this reason that many victims cannot break away from their chameleon behaviour and its past.

The window of opportunity to become a whole being in their own right is for most, between the ages of forty and sixty. After that, the chameleon controls the road to destruction of that person and the diminution of their soul.

17/3/1996

EMOTIONS - INTEGRATION

Emotions are not simply feelings in the mind, but they have a definite effect on the physical body.

Since the mind and the body have a constant interplay on each other, it follows that a severe physical illness has a severe depressing effect on the mind. However, if that person is an optimist, then the mind will cancel out some of the worst affects of the depression (unless affected by drugs). On the other hand, if the mind is troubled, or in severe conflict, then the result of this is to go to the weakest part of the physical system first, then spreads gradually to the whole body system.

If the above behaviour is a constant problem in an individual, then the body and the mind will be in complete disharmony, leading to chronic mental and physical impairment. So in effect, all treatments are palliative, unless the underlying problem causing the mental conflict is resolved. The result of this simple inter-relationship between the two major systems of man, are responsible for man's increasing ill-health at various levels today and is particularly so in the more advanced societies.

In a general sense, it can be put down to self image, peer pressure and aspirations beyond the individual's ability, causing inner discontent. More specifically, because people do not want to recognise their own true needs, this latter fact is man's greatest problem and can take many years for some to take the smallest step forward.

11/3/1996

EXPEDIENCY AND INDECISION

One of the common failings in the human race, is the tendency to always look for the easy way out of all problems that confront them in life. This tendency however, leads to indecision, or spontaneous decisions, which are expedient, but seldom right and therefore, creates a backlash that follows all ill thought out decisions.

For those who are ruled by fear, this type of behaviour has the effect of creating further indecision and fear and in turn, further re-enforce the very same patterns that have ruled that person's behaviour. This inevitably leads to a further loss of confidence and as time goes on, that person becomes more indecisive and erratic and the chameleon effect of retreating back into childhood behaviour becomes more and more normal. For that is the reality of existence when one fails to face up to the challenges of life, or their own character.

Some have recognised fear as a controller of their life, while others go through life never recognising that controlling power. So for the latter, their existence on earth has been a wasted experience. For the former, being aware of this negative force is not enough, for they must face up to that fear and overcome it, otherwise it will be their nemesis on their own judgement day and they will have to return to earth to overcome that fear.

It is for the above latter reason that so many are given life to the power of their dormant gift from God, so that they may strive to overcome their negative character faults. Few learn the secret of blind faith, but in trying to overcome their negative character defects and improving their understanding, they at least reduce the power of fear, which helps in their next existence.

So, in learning to make decisions based on fact and truth rather than expediency, plus the courage and faith to implement these decisions large or small, this is the measure of growth and the controlling of fear.

28/3/1996

INNER PAIN

There are two basic types of pain in human existence. One, physical pain, as suffered through injury or disease to the body and is normally removed as the injury or the disease is healed either by medicines, or the natural healing properties of the body systems. With few exceptions, the body suffers because it is not in harmony with its mental other half. The more out of balance the body is, the more prone to injury and disease.

The other pain is the inner pain of the mind and this too manifests itself in physical ailments and physical pain. This pain is the most difficult to cure, mainly because man himself perpetuates it by his lack of understanding of its root cause, mainly that of lack of character growth and poor self worth.

For man to cure this inner pain and many physical symptoms, he requires to understand himself and all the negative influences that beset him to that point. So it becomes a battle in the mind between the good positive emotions and the dark negative emotions and thoughts and its resultant behaviour. Most, though not all emotional problems, stem from early childhood and again, are not always due to bad parenthood or a fear ridden background, but rather some form of deep obsessive behaviour of the victim. This is usually some deep-seated fear that developed from some minor fright blown out of all proportion, so colouring the child's view of life and people. In some instances, their genetic makeup is such that it reinforces the problem.

Man's character is a learning and development process throughout his life and if badly impaired in childhood, controls all thought processes, attitudes and behaviour from the on. A few people are strong enough, even at an early age, to correct this problem to some degree, but sadly, most are impaired for life by their inner pain and confusion.

For some, a helping hand in the form of a skilled councillor can help them towards an understanding and cure of their emotional problems and the consequent growth of character with a positive outlook and growth. Others, by turning towards spiritual belief, start to walk the path. It is best however, if both earthly help and spiritual help is given together, since spiritual help can be shut off by a closed and frightened mind. Once a start has been made with spirit and trust established then progress and growth is faster, deeper and more thorough, since it contains none of man's negatives of behaviour problems. It is a general fact that most people do not start to clear their past inner confusions until middle age, or the onset of maturity, at which point there is a major shift in the body systems. This helps to bring about mental change, but does not mean that problems are easier to tackle, since the conditioning of that person has become ingrained and a relearning process has to be undertaken. However, if this is tackled with patience and love, it can be overcome. This problem of inner pain is the largest single cause of human misery and if it can be cleared, completely changes life and its prospects.

1/2/1996

NEEDS AND THE SOUL

Human needs are in reality desires. True need is a spiritual response to the true needs of the soul and as such, is the request of the inner voice, so that inner voice pushes one towards recognising and in time, communicating with one's spiritual guide.

So the inner voice tries to communicate to one as a physical being and therefore one's true needs as a human being in terms of love, sensitivity and compassion. It is not concerned with the physical comforts in life, for in the end they mean nothing if the real need of a being is to give and receive real love is not accomplished.

God is love, which is true on earth for all humans. It is for this reason, that so many are continually searching and becoming more confused and dissatisfied with their numerous relationships. Since there are so many interpretations of love, it is hardly surprising that the search goes wrong on so many occasions. The soul's prime need is for love, for from that, the other seeds can flourish and with it, all other aspects of character. So, the spiral towards true life goes higher and in time over several lifetimes, the spirit returns to its true home and a new beginning.

17/3/1996

THE KINGDOM OF INNER PEACE

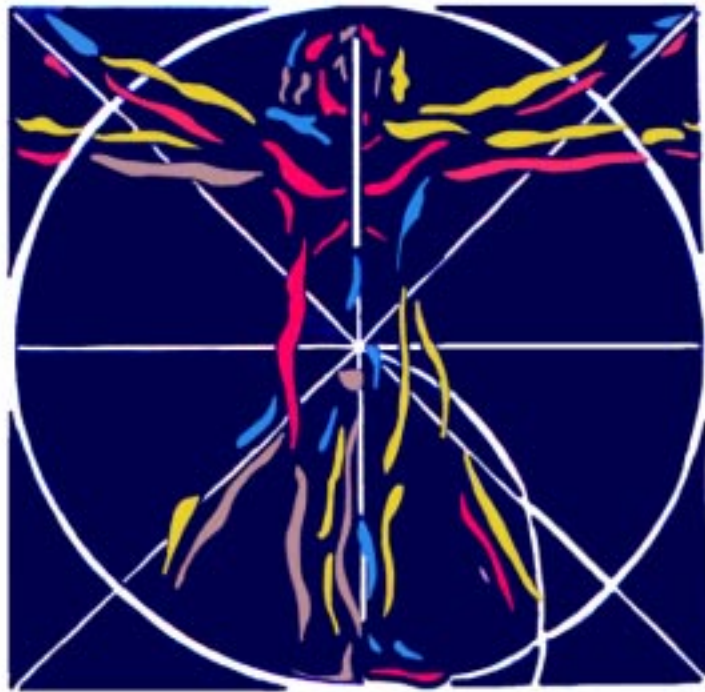
Man, whatever his role in life, seldom realises the importance of inner peace, for to achieve that peace, man must bring his character into near complete harmony. In doing so, he must grow towards becoming a complete Being, whose spirit grows in radiance, naturally leading that being onto God's path for his upward journey.

For most in life, it is a hard struggle to become whole, for one way or another, they have been victimised by life's traumas, so the recognition of this need for inner peace comes late to their lives. As fear is the strongest force within them, it becomes a struggle between fear and their awakening courage, the latter coming from faith and need.

In the world of Zen, FEAR is shown in many guises, past lives, control, fighting, mind, stress, exhaustion, isolation and others. In simple terms, they all indicate negatives of character, all ruled by fear and fear is the enemy of inner peace and true happiness. So, one must understand fear and conquer it by the strength of will, or blind faith according to your creed of life and the need to be your real true self.

27/3/1996

Man the CREATIVE



Man the PRIMITIVE

BABEL

The House of Babel was not a reality of structure, but rather a symbol of man's diversity of nature. It gained significance as a symbol when man first congregated as a social group and created a hierarchy of rules. Man either accepted the given order, or was cast out or killed. So, as groups established their territory, all others became the enemy, territorial wars began and groups either enlarged or perished by the conquest of the strongest.

Additions to these societies were by captured slaves and women, so societies grew, with the strong getting stronger and the weak either fled or perished. Those who fled, travelled by land or sea to new territories, thus the world of man grew, always killing, taking or destroying. But slowly, here and there, building and defending.

These societies built and fortified their settlements and grew with their own rules and religions, all of which was tempered by the climate and environmental riches or otherwise. In time, man's shape, colour and thinking were changed by their environment and diet, so the resultant diversity became wider and man's thinking and mistrust became more diverse and entrenched. Thus man became more estranged from man, even within his own society, so the house of Babel became firmly established.

Man has a soul and slowly over the centuries, some have come to realise this, which has caused him to congregate into religious groups. These are deficient in many ways, but are striving towards a higher purpose and have by their presence, lifted the masses from their downward spiral. Even today, the spiritually inclined are still outnumbered, but do act as society's conscience and try to prevent man's worst excesses, and by doing so, try to destroy the House of Babel.

Man's nature, deeply inherited, will be man's downfall unless he learns that his worst attitudes and characteristics limit the control of his destiny. Only by lifting his vision beyond his own limited abilities and desires can man move forward to a better and fulfilled existence.

The House of Babel is as I have said, man's mistrust of man and his mistrust of himself. Over the centuries as man began, for many reasons, to move away from his chosen God, man has gradually began to mistrust his own feelings to the point where inner truth is difficult to perceive, and behaviourally plays a game of self deceit. Therefore, he deceives others as a way of life. It is this habit, so strong in those who are constantly running away from their true selves, or from life, which creates a sense of mistrust in others. So, in return, others react to that mistrust by developing their own mistrust.

For those who are growing within themselves, they recognise this mistrust and feel resentful and guilty, which creates turmoil within them, causing them to retreat into themselves and put up barriers against others. So in effect they cause the House of Babel within their own mind. The problem is very common in the inadequate, the lost and the self centred and it is a very difficult problem to

deal with, since self truth does not get a high priority in those afflicted.

This is a great problem spiritually, since breaking this type of deceitful behaviour is difficult, especially since this type of behaviour starts in childhood and becomes a way of life. However nice the rest of the character may be, this behaviour of lies and self deceit is very destructive to relationships and is very common. It is one of the main reasons for returning to earth for another existence.

It requires a great increase in knowledge and understanding by that person, plus a deeper personal insight of their character, to see the harm done to themselves and others by the negativity of mistrust

19/6/1996

MODERN MAN

Modern Man is not genetically as the name implies modern, for man's in-built inheritance goes back to the first single-celled organism to be created in the sea. This beginning happened around the areas of undersea volcanic eruptions. As in all nature, variations within the environment in due course caused what is called today, mutations, to occur due mainly to a combination of chemistry, environment and chance.

Over millions of years the creatures in the sea evolved from single-celled organisms, to multi-celled and beyond, taking on various shapes and food habits. Only those who developed the ability to survive change and multiply survived over time. In time, because of the variation of their particular microclimate, diversity occurred between those of the deep-sea layers and those of the shallow layers and from the latter, came the first of the land creatures. Again, food and environment culled out those who failed to adapt genetically and physically to their new environment.

So, the process of diversification and genetic selection continued and in time, earth began to see larger animals colonise a planet which was becoming less hostile and producing a wider range of foods. As time rolled on, the natural laws of selection allowed the strong of both the planet and the animal world to thrive. In time, primitive man made an appearance, as one more savage beast among many to prey upon and to be preyed upon by the stronger, but the same laws of survival applied to him and man was not a single species, but one of several. Again, genetic adaptability and some interbreeding led to one species.

This creature called man had within his genetic structure, a variety of chromosomes, which if seen in terms of characteristics, showed a tremendous range of behaviour, ranging from the most savage and cruel behaviour to the most gentle instincts, or what could be called cowardly instincts. All this range still exists within man's genetic makeup, even today.

As time moved on, adaptability, according to the laws of survival, created a creature to use tools to survive and to kill and slowly, primitive man began to think and reason in a very limited way. At this point, loose forms of bonding began, which in time developed groups into tribes, so man began to form his first society.

Over the centuries of time, man's thinking abilities grew and with it, the need for his herding instinct of survival and security. This has gradually diminished, or controlled his more savage and crueller instincts under a thin veneer of what is called civilised behaviour, but the primitive genetic material within man is still viable. The very weakest material was lost in the primitive failures of life, but modern man still contains some very powerful negative and positive gene material that creates the diversity of behaviour in man.

Man is still a very primitive creature who will, in time, if given that time, grow towards a higher creature. This transformation is currently beyond man's intelligence and understanding.

19/6/1996

FATE

Fate, or ordained destiny for each human being, is planned out in advance, but it rarely follows that plan on earth as it is usually altered by the interaction of others. This in turn has a chain reaction on the lives of many.

Those who have had a reasonable character development usually, after a lot of struggle, find their way back onto their chosen course. Unfortunately for many, they develop by walking too many paths under the guise of different characters. This means that the person is pulled in too many directions, depleting and weakening their true character. Some find their way back in time to walking one or two roads, but end up having to re-learn the real truths of life before they can walk the spiritual path again.

During the process of life to that point in time, their spiritual destiny still exists and with some hard work on character, they can still go forward, but only if they have been innocent victims in that life. This does not count against growth and only their behaviour is a measure of that growth. This becomes the lesson in the next life to learn and relearn, before they continue towards their ordained destiny.

Destiny's are individual but interact with others to strengthen or weaken their walk through life. However, it is the conditioned character of that person which settles future existence.

Human beings do not like facing such facts in life and argue that as freewill is their right and having this, means that they will lead the life of their choice. This statement is true, but it can have a high price on their soul, which is their choice, not God's.

It is true that ordained destiny can be abruptly stopped, simply because freewill can lead to sudden death (the law of chance). In this instance, after a recovery period, the soul returns to earth to continue its walk towards its original destiny. In general, the more primitive the human character, the longer and more difficult the recycling of the human soul and consequently, the slower the journey of destiny.

14/2/1996

MAN

Man, like all nature's creatures, is programmed by his genetic makeup and to some extent by environment. It follows then, that the harder the struggle for existence, the more those with ruthless and primitive instincts will succeed, since the first law of nature is survival. On this basis, the chances of the more sensitive, compassionate creature surviving to adulthood are greatly curtailed, since the latter emotions are linked to growth of the enlightened genes in man.

It is obvious that the latter type of being will be small in number and relative to the population, but it is from this group that the higher intelligence and development comes from, as societies have developed and the struggle for survival has decreased. So, the proportion of the so-called weaker elements began to survive in higher numbers and in time, that survival began to push man's development forward, to what is commonly termed civilisation.

It is however, evident to all clear sighted people, that civilisation is a very thin veneer covering and for the majority, their more primitive nature when their survival is threatened.

Man's genetic variability, so essential to his long-term survival as a species, brings with it in varying degrees, the most primitive and savage self serving being at one end of the scale of human variability, to the softest of beings, unable to survive into adulthood, at the other end. In between, we have the mental and physically defective, the perverts and tyrants so often seen in man's history. During times of social breakdown, or periods of over liberalised social behaviour, the latter groups increase in numbers due to them being only controlled by social laws on behaviour and any breakdown of social laws allow these groups to revert to their true nature.

The future of mankind lies not so much on science and technology, but in learning to live together as social creatures who live for each other in tolerance and love. Society's challenge is how to control the dominant, the ruthless, the selfish and greedy. There can be no place for the parasite or the anti-social violent misfit, though these will always exist due to man's genetic makeup.

Man cannot return to the time of small social family groups where each individual had a role in the social order, making their lives viable in that existence.

19/6/1996

A WALK IN THE WILDERNESS

A walk in the wilderness arises from a dream or a vision, or from the inner mind. It is about understanding and feeling the inner truth about yourself and the loneliness and frailty of man. By understanding the strengths and weaknesses of yourself, one can develop your true self and can, by developing the positive aspects of your nature, learn to be at one with life and the universe.

The wilderness provides only the very basic needs of life, plus only what you can carry. These are the apparent true needs for physical life and all other trappings are a burden. When you walk alone in the wilderness and challenge the real truth about yourself, the light of understanding occurs. You suddenly become aware of an inner truth that you are not alone, for you have a soul and it is from this that your true understanding comes from. So, you begin to know your soul and by doing so you begin to grow in character and inner strength, finally accepting and trusting that you are watched over.

When this level of awareness is reached, you no longer fear the unknown, the darkness of life, or the frailty and loneliness of your existence. For now you will walk forward in life bathed in the inner certainty that your soul is part of God and however little you have, or how far you will travel into the unknown future, you will be loved and protected.

You will feel rich and rewarded within yourself because you are being true to yourself, for you now understand for the first time where your true home is and know that one day you will be there forever, at one with your creator. So you, a frightened child whatever the age, who entered the wilderness with a few precious worldly possessions, walked out a true being carrying nothing, yet loaded with riches beyond the dreams of mortal man.

7/3/1996

THE BARREN SEED

The barren seed. At birth the mind of a child is empty and for the mind to grow in harmony it needs to be awakened by the feeling of love and security (bonding). From this beginning, simple understanding occurs when stimulation is given by the interaction of others, loving voices, playing non-frightening sounds in safe surroundings. From this comes the stimulus to take in and activate the emotions of the mind, so the seed begins to grow. In the event that few of these factors are present, the prevailing emotion is fear and a feeling of loneliness and if the environment is hostile and negative. Then the mind and its emotions become retarded in growth and emotional content and mainly the emotions of survival are prominent.

The child then grows up to see the world as a hostile and dangerous place, which produces an introverted, frightened, hostile and irrational growing child. From this beginning, foul sanctuaries and the chameleon syndrome grows and life becomes controlled by all the negative aspects of that character. As these are the strongest developers, all behaviour and emotions are conditioned on survival. Normal intelligence is limited to all areas concerned with surviving, so the broad input that all humans' experience in life is retarded for many years and it may never change.

16/3/1996

HUMAN FOLLY

Human folly and its detrimental effects on man's spirit are self evident. Man has walked two main paths since his so called intelligent existence. 1) The path of greed, envy, self indulgence, hate and anger, are all negative and self destructive to his character. The effect of this negativity has been wars, famine, slaughter and destruction of the planet. All done under the guise of "it was morally right, or it was for God", self justification is always the underlying theme.

The second way is that of the many religions proclaiming peace, understanding and God's will, though these are generally better as an outcome. Much of this behaviour has been self motivated towards God's word being distorted to suit that particular religion, or an individual's desire for power or self delusion. So effectively, the House of Babel persisted, since each religion was crying, "ours is the only way to God and his word". Mostly, these varieties of faiths have been fairly harmless and neutral in their effect, but others have caused great divisions in mankind, frequently with bloody effect.

Sacrifice and ornamentation was brought into many religions from the so-called pagan religions of the distant past and much of these practises still exist today. The reality is that wherever people pray to God, or acknowledge God in their lives, that spot at that time is holy in spirit. The money-changers of old, or the many who claim to be preachers and advocate that the more money you give the closer you will be to God, are modern con-men who live on the back of the confused and frightened as parasites. One day they will sit on the judgement seat.

The human race today is on a roller coaster towards self destruction and ever increasing numbers of tortured souls. Man's Armageddon is his own doing and the catastrophe's are in man himself. Man must fight his false attitudes and aspirations and turn to his inner voice (soul) for his true road forward.

12/3/1996

MAN AND HIS WORLD OF CONFUSION

People throughout the world have a great diversity of views on a wide variety of subjects that exist within the human mind. But, probably the most commonly talked about and the most difficult, is, “Is there a God, or Not?” Here, the population of the world is divided into those who say, “Yes”, those who say, “No” and those who sit on the fence. But even within these groups is a wide spectrum of individual truths.

For those who believe that God exists, their problem is, what is the true word of God and this is very confused, since each religion seems to say something different and therefore, each religion has its own truth. The reality is that in the creation and continuation of all religions over the centuries, God’s word has been distorted by man, myth, misinterpretation and social needs, according to region and social temperament. So man, by his misunderstandings, has continued to further the House of Babel syndrome through each generation.

To the question, “IS THERE A GOD OR NOT?” the answer is YES and he is called by many names, if he is named at all. The truth is, there is a spiritual power that created all that exists on this planet and there are spirits who help and guide all mankind. They of course, can only do this if the person allows, for man, by his freewill, can choose to lead his life the way he/she wants. For though man can walk many diverse roads in life, he starts off with only two. One, towards the light (Gods Path) and the other towards the dark, which is that of man’s negative nature. He can then take many diversions on either path.

For those who believe in God, their biggest problem is to know and then to understand God’s word, while at the same time, growing and improving their basic character. By doing so, they begin to feel the power of God grow within. For those who reach this point by various routes where they have communication with spirit, they have now reached a point where they have now started to walk the path of light. As they overcome their fears and doubts, their communication with spirit gets stronger. This can happen in a number of ways, such as visions of extreme clarity, writings often in a different hand, or hear a voice. All this is extremely frightening at first and a common reaction is, “I am going mad!” This is not true and is simply fear of the unknown. The problem is that there are many fakes who claim they have such abilities, but are emotionally unstable and are caught out in time.

Some people, who are firm believers in spirit and the power of God, develop to the point where they can channel spiritual energy in such a way that it can be used to help people who are sick. Others can give predictions of a spiritual future or accurate writings, dreams or visions and for a few who are more in tune with spirit, their gift is more powerful. These are, if a name must be given, called medium-mystic healers. These people are able to channel spirit words, writings, or energy and the best can heal with words, touch or natural remedies, or a combination of all these.

Spiritual beings are all on a learning curve about themselves, about the world they live in, about the true meaning of God's universe and their relationship with their fellow humans. For some that have progressed to a certain point of development spiritually, but lack earthly understanding, they may be directed to meet and learn from an earthly spiritual master. This master will help them to develop and understand the true meaning of God's word, so each may, by growing in God's light, know spiritual salvation, happiness and inner tranquillity on earth.

9/8/1996

THE INNER HOUSE OF BABEL - MAN

Man suffers the problem of mistrusting others and this is compounded for many by mistrust for themselves. Man by nature finds it very difficult to tell the truth and behaviourally plays a game of self deceit and therefore, deceives others. It is this habit, so strong in those who are running away from themselves or life, which creates a sense of mistrust, recognised by others as lies.

Those who are growing within themselves know that they are behaving in this way and develop feelings of resentment and guilt. This in turn causes turmoil within and builds barriers against other people, so they create the inner house of Babel.

This problem is very common in the inadequate, the lost, the self centred and those with low self esteem. It is a very difficult problem to overcome, since self truth does not get a high priority in those who practise it.

It is a major problem even for spirit to deal with, as many of this group are turning towards the spiritual path and spirit has great difficulty in getting them over this deceitful behaviour. The problem usually starts in childhood and becomes a way of life, however nice the rest of the character. Since this behaviour is very destructive to individual behaviour and all relationships, it is one of the most common reasons for returning to the earth plain.

It requires a great increase in knowledge, understanding and insight by that person to see the harm that is created by this behaviour within and to others. It must be recognised that a personal version of truth is not always the real truth and negative behaviour is detrimental to growth.

25/1/1996

SIN - THE HUMAN CONCEPT

Sin is a word used by humans to cover certain aspects of negative character behaviour. It is not however; a word that is used in the spirit world, though for the sake of human questions, spirit may use it to help human understanding of a given problem.

Sin is a human word used by people to describe certain actions by that person, which is interpreted by the mind as conflict between the conscience and the inner voice (soul). For many, creating this condition by their negative behaviour is like an adrenaline fix, for it makes them feel alive and daring. When they recognise this behaviour as negative or wrong, they develop another high, in the sense of drama or nervous tension. Mostly, this behaviour is then followed by admitting this action to another, or in their religious behaviour. This brings great emotional relief, which in turn brings another emotional high shortly after the release of tension.

The problem for many people, is that to feel alive and be somebody, they persist in this same behaviour pattern, seldom knowing the real truth, until lying becomes a way of life. Then, when the tension builds up to a certain level, confession (seldom complete), followed by relief then flatness follows, but just as quickly, they return to the same pattern of behaviour. So what is called sin, becomes an essential part of existence. In time, such behaviour becomes part of the hell on earth syndrome and its negative and destructive effects on character causes severe trauma over the lifetime and a long time to overcome in the spiritual world.

The deceit practised by the human mind starts with small lies and builds as the needs for the high's and low's become harder to achieve, until a point is reached when the subject has to practise severe hurt and deception on their fellow human beings. The closer the beings are the higher the emotional drama and the resultant adrenaline high. This is a very dangerous drug to live on and shortens the life span.

This pattern of behaviour is mostly found in people who behave very sincerely and are highly emotional, so their lies and bad behaviour does not show consciously, but enters the subconscious mind, which then creates the high and low emotional charge. Some people grow out of this behaviour by self knowledge and better understanding.

Many such people start to walk the spiritual path, but bring with them this built in behaviour, which is well practised and often shows great conviction. But their inner voice knows the truth and this results in them faking spiritual contact, so they are eventually exposed.

This condition is really a sickness of character in its need to stimulate fear, deception and high emotional drama. In its need to be and feel a somebody it is curable, but takes real will to overcome lies with truth, then develop strength of character to tackle the underlying causes.

9/2/1996

SURVIVAL - MAN'S

Survival is the strongest instinct in man and has no boundaries of control, except survival. Man in his early beginning knew only this single instinct, so his life was bounded by the need for food, shelter and procreation. His survival relied on him being strong, ruthless and cunning and he took from the weak and the helpless without mercy, sparing only the women and the female children for mating and had no hesitation in killing them if food was scarce. This is the most primitive instinct in all humans.

As man progressed through the centuries, tribes, cultures and then societies grew, bringing with them, slowly but surely, a more lightened approach to each other, as emotions and crude intelligence appeared. So it continues up to this present day.

However, that basic instinct of survival which rules all creatures, still survives, though less potent on the surface. With man, society's laws of community control this instinct in varying degrees, but it still exists at different levels of savagery throughout the world.

This instinct is where all the dark negative emotions spring from, such as emotional coldness, cunning, power complexes, cruelty, control, greed, ruthlessness, hatred and bestial lust, which are present in all humans. To survive, the inadequate members of any society tend to develop many of these characteristics, but are on the whole held in check, because of fear of others, or society's laws. So, though they develop great cunning in their outward behaviour, many of these characteristics only show when they have power and control, or during wars or chaos. In modern society, many of these primitive instincts appear as murders, rapes, bullying, or aggressive behaviour against the weaker or more enlightened members in that society.

Throughout the centuries, it is from this instinct of survival and negative emotions that physical and mental abuse victims have been created by this class of victimiser. These people have always caused considerable confusion within societies and even today, a physical abuse victim engenders some very dark emotions in people.

Victims fall into two categories, survivors, or early death, usually before they are thirty. Those who survive are emotionally crippled and generally unstable. However, to survive they split into at least two emotional characters, the true introverted and innocent being and the others with a number of different characters. But all have certain characteristics in common - survival, ruthless cunning, articulate liars and a delusional attitude about themselves. In time, usually with some help and growing maturity, only two characters exist, the real one and the chameleon. The latter controls all life at varying degrees.

The nature of man however, comes to the rescue to some degree in the form of a maturing mind, in that questions and conflict arise between the conscious and sub-conscious. For most, around the age of forty onwards if help in varying forms is available, that person may develop into their real self. The victim must want to be themselves, as their fight to control their chameleon part is a hard one, particularly as the chameleon was born to help them survive. 8/3/1996

MODERN LIFE AND MAN

Modern life started with the advent of industry and its need for people to live in large numbers. The effect of this was that large numbers began to live in an existence where they lost their identity as well as close relationships, which helped make that identity. This calamity was compounded by the continual need to work to survive and this combination caused the return of the most primitive instincts of survival. All this was compounded by the clear evidence of the “have’s and the have not’s”. This increased the negative feelings of envy and greed.

All this bred into society as a whole, “the dog eat dog” syndrome, still prevalent, even today. It was the rise of wider education in society that set the seal on man’s behaviour and though education is a good thing, it brings increased knowledge and understanding. It compounded the above attitudes and caused these to develop at an even faster pace, plus causing people to aspire for a greater share of their desires.

In reality, most people are not capable of emotionally dealing with their desires, as their character or intelligence is not up to the challenge. But society measures the individual on their success. These pressures pushes most to try and failure leaves them bitter and disillusioned, whilst others who do not try, end up the antisocial misfits, who do not accept the rules of behaviour within that society. For those who measure up to society’s ideals, life is good for a while. But as time passes, their inner self recognises that their achievements are not enough and that society has new idols to strive at, so they in turn start to be aware of an inner self, crying out for its real identity.

In this modern world, man’s problem is to exist within his own identity and to develop his own character and in turn, he will survive and flourish within his own capabilities. If he is a humble road sweeper, so be it if he knows inner peace and happiness, for at least, he has become a true being in his own right and does not know envy or greed in his existence. Sadly, too few can claim such a happy existence today.

Man must always reach for the stars, but this must be man’s real growth of character and understanding. His career for existence is only secondary to man having his own true identity. God measures man by his growth of soul and that only comes by man understanding himself and developing the inner truth of his real Being. From that comes man’s recognition of God and the value of his immortal soul.

15/3/1996

UNDERSTANDING WITHOUT ACCEPTANCE

Understanding without accepting. The problem here is simple, when the brain takes in information on a subject or problem, it requires all the information possible to arrive at a conclusion, then normally, a decision for action. If, on the other hand, the understanding of a problem is apparently achieved and no decision is made, this means one of three things. One, that some of that information is wrong, or not complete, or two, that the problem was not really understood. Thirdly, that the information is correct and therefore understanding at that point is correct, but other emotions are blocking the decision, as this would be the end result of understanding.

Decisions of course are not always part of understanding, since knowledge does not always require some decision to be made, just understanding and acceptance if the information is correct.

Many people, who understand a particular problem, often have a stronger emotional reason for not acting on their understanding, so it is that emotional influence which is the real problem. Although this is a subjective input, it should still be examined for its validity, as often it is no more than a preconditioned response arrived at under previous different circumstances. However, if one understands a problem requiring decisions, then the motive for inaction should be carefully examined, otherwise indecision becomes a way of life to one's detriment.

18/3/1996

SIMPLE UNDERSTANDING OF THE FAILINGS OF HUMAN BEINGS

The failures of human nature cause much turmoil and misery in life, so it is well to understand the basic background. Firstly, all human character has emotional light and darkness, so basically each emotion has its opposite side, though human genes have also a role to play. Under normal circumstances, it is the microenvironment that has the strongest influence in the early years of development, then the macro-environment takes over. So by maturity, the individual is a product of the combined influences of life. It is this factor, more than any other, that causes the diversity of human behaviour.

Most societies, by their very nature, have strong conditioning influences on human development. Therefore, to develop into an individual in this environment, requires the ability to understand one's own character, then to mould it by the strength of one's reasoning powers to the point of true understanding. In the course of this process, that individual develops a set of principles by which they live, (good or bad), depending on the strength of the positive or negative aspects of each individual emotion.

Emotions all function at two levels - the deep subconscious level and the conscious level. In the deeper subconscious, the emotion is pure in its reaction, but at the conscious level, it can and does mix with other emotions and are called feelings. These have a physical display, so what one sees visibly is not one emotion, but several and it is this display that causes so much discord, or misunderstanding in human affairs.

Man, by the standard of intellect, is still too primitive to have true understanding which could avoid this conflict, but there are some individuals in society who can grasp most of this problem.

In individual terms of development, man can, by having an open enquiring mind, in a simple way learn to understand his emotions and balance them towards a more equitable growth. But this will only happen if self truth and trust in their own judgement is applied faithfully. Few are able to keep an open mind about themselves, mainly because of false illusion about themselves. But when this happens and is checked, they are open to growth.

People, who live by truth and trust, are the people who know inner contentment and happiness and grow onwards and upwards into the realms of higher understanding. These people, however humble their own position in life, have far reaching influence on others for the good and in time, their spiritual development soars above the normal. Each individual strives mostly without being aware, to become a true being in their own right, for that is why they exist as an earthly body and then to grow spiritually, to follow their true path home for good.

23/3/1996

Microenvironment refers to the home and family only.

Macro-environment refers to the world and societies outside the home.

EMOTIONS AND INDECISION

Emotions are responsible for the ability to make, or not make decisions in life and understanding one's emotions makes for a more positive character and therefore improves the ability to make decisions.

Negative behaviour is normally characterised by indecision. Indecision is common when a person is not able to assemble enough facts of information to make a decision possible, so in practise, no decision is made until more facts are obtained. That is normal.

However, in life, most people do not make decisions because of strong inner fears usually accompanied by an overactive imagination and negative past experiences. So, instead of examining the facts of that moment in time, they allow all their past negative experiences and fears to enter their thought processes. They make decisions based on that knowledge, rather than the true facts available, that is, if they make a decision. Further, if a decision is made it is often not acted upon.

People under the above circumstances, do not accept that their decision is based on fears, but block this out because their self image has no room for the feelings of shame or weakness. It is necessary that the individual faces their fears and recognises its power over their life, otherwise the conditioning and behaviour patterns of the past will become even stronger in the future and negativity of character even more entrenched. This will prevent future mature balanced development.

Decisions have to be made in life, large and small and should be based on the known truth of that time. If that decision turns out to be wrong, then the facts as known should be re-examined with hindsight, so one learns from it. This situation will not arise if fear controls all thinking and behaviour. Fear itself is not the main problem, but rather the edition of imagination, based on past negative experiences and this leads to magnification of that problem and its consequences. This is the main cause of indecision.

It is right to learn from past mistakes, but it is not right to assume that history will repeat itself, if for no other reason than that the human mind has matured just that little bit more, so perspective is different.

With those people who are victims of their past and are just starting to recognise themselves, this fear is the hardest problem to overcome, simply because it is embedded in all their thoughts and actions. So, they must constantly be on guard and fight this fear. The problem these people must face, is that they are always looking for absolute guarantees that any decision will be right and free of any consequences, that they may not like or agree with.

Life is about growing and learning to live right so that each individual will grow into their own true self. Part of that learning is making decisions and if that person cannot do this, then it is an advantage if they can embrace God and blindly trust in him and themselves, against all odds and in spite of their fears.

MAN AND HIS FUTURE

The question one must pose today about humanity is, “can man as a mass, overcome his basic failings to give a future of hope?” There is no yes or no answer to this, but one could ask, can man as a mass become frightened enough by his stupidity and blind longing for self destruction through ignorance and greed, pull back from the brink, or will he continue on his negative way?

The evidence to date shows that in the years ahead, human greed will get out of control and though voices are, and will, be raised in warning throughout the world, they will not collectively be strong enough to be heard. The world is being dominated by power struggles, national self interest, dictators, ever- increasing individual greed and self gratification. Even moral values are rapidly reaching downwards to the point which have destroyed earlier civilisations, when all values ceased to have worth.

Man has, over the years tried to bring peace and moral values to the fore as a way to live in harmony and progress, but always, self interest, lust for power and individual and collective greed has destroyed its impact.

Even the many religions have joined in this downfall of humanity, with their fixed attitudes that theirs is the only true path to God, resulting in wars and civil disobedience. So instead of creating harmony and progress, they have contributed much to the cycle of increasing misery.

The essence of this problem is that man must change and grow towards his true higher nature and collectively, societies must respond to this need. But only each single individual by their efforts can ensure a better society. The many problems of man’s negative nature are dominated by fear, for this is man’s devil within. The human population of the world is to a man very backward and even today, with all its technology, the very simplest in society can be induced by fear, mainly through their various religions. So fear, not love as it should be, is the weapon of control. The more allegedly advanced societies are not coerced this way, but by greed and self interest and again, fear rules these desires.

So, the question is still, “can man be turned from his path of self destruction to a higher path for himself, even towards recognising his own spirit and in turn God?” For God’s teachings are all about love, not hate, fear or damnation. That is man’s negative nature. Man’s positive nature can ensure the future of his kind, but time is running out, for man walks a road towards disasters of his own creation.

10/4/1996

PRIMITIVE MAN = MODERN MAN

Modern man is in fact little advanced from his ancestors, in that the dominant and barely disguised primitive instincts of survival and procreation still drive man's behaviour. But as man has developed in mental power and understanding, these instincts have been less obvious and in some, nearly dormant. For the mass of the population, however, they are still present in varying degrees.

These instincts can be seen in the existence of armies and the many power struggles, both national and singular. These instincts themselves are dominated by fear. It is therefore easy to chart the behaviour pattern of such groups or individuals that behave this way. Again with people in general, once their pattern of behaviour is known, they can fairly well be charted and the only hope of changing that behaviour is the growth of understanding and the elimination of the opportunity to revert back

One could quote many examples of the above reversion pattern throughout history where codes of conduct were ignored; world war two in recent times and most of the wars since, where man regressed back to violent brutality. Also, in individual terms, where man has so easily accepted abuse and violence as an everyday fact of life. All of which goes back to primitive survival. However, man's growth of intelligence has added new dimensions to this horror of man's inhumanity to man. So, as equality of the sexes has grown, this violence becomes more apparent, as primitive MAN is being threatened and hitting back with increased brutal violence. For the masses, loss of direction is becoming more evident and the world as a whole, more godless.

Mankind must somehow realise that the road it walks, i.e., more and more wealth, power and so-called liberal freedom, are causing the destruction of mother earth, mankind himself and all its creatures. It must start with each individual, who must learn to take responsibility for their own actions and behaviour and in turn, spread to communities, then nations in general. Aspirations must be more in line with need and necessity, not greed and self interest. The balance on earth that made life possible must be restored. So, if mankind is not to destroy itself, it must change or perish. The planet could go on for millions of years yet, but only if man changes for the better. If man could turn towards his creator, this road to survival could be that much easier.

13/4/1996

THE ORIGIN OF MISFORTUNE

The origin of misfortune starts its existence in the spirit world, when that particular spirit lays out its ordained path in its next earthly existence, all in the context of that spirit's need for re-education and growth. It then enters its earthly host as a human soul and so its physical life is born, providing it reaches birth. What we on earth call the laws of chance are now in control, since all other physical entities can affect the future of that being.

So, if because of some freewill choice of person A, affects the future of person B for the worse, that is misfortune and can change the life existence of person B, so that they will not recover to live their ordained future on earth. However, misfortune can follow misfortune and lay down a life pattern that simply repeats itself in constant cycles. That being then thinks and behaves in ever increasing negative patterns, until this becomes a complete conditioned way of life, attitudes become full of despair and expectations are, that the worst will always happen.

In reality, the laws of chance can and do throw up good fortune and if recognised, can change that existence for the better. But, it must be recognised and taken up. Failure to take the opportunity then, is misfortune and that being regresses back to the old life cycle.

Some people appear to be born lucky, in that they appear to have good fortune, but in reality, their misfortunes are small. For most people however, their lives are a mixture of good fortune and misfortune and their growth is dependent on how their character handles and solves each situation.

That section of society who are severely victimised end up, because of that trauma, having a life full of misfortune and as a result, have strong negative character as predominant. Again however, they are subject to the laws of chance, in that good fortune may present itself. This can take the form of rebirth of the true being, contact with an earthly or spiritual guide, meeting a soul mate, or the birth of a strong loving character from within. These opportunities will arise in their existence on earth and though they may miss one opportunity, another will come along. But if recognised, they must act upon it or that is misfortune and there is no guarantee of another chance.

Further, by their victim lifestyle, they attract constant misfortune and like the life of the chameleon, if allowed to continue, will overwhelm and destroy the true existence of that being. It is not enough to seek change or help, the opportunity for change must be recognised and the moment seized, for these windows of opportunity do not stay open forever and have a limited life-span.

The victim must always try to be aware that they are seekers of misfortune and act quickly. If they recognise the chance to change that pattern to one of good fortune, they change their life back onto its ordained path. Fight fear and have courage, should be their watchword.

23/4/1996

INNER CONFLICT DUE TO DENIAL

Inner conflict arises because beings deny their true nature and this has wide ranging affects on the whole being. To start with, it creates both mental and physical disharmony, causing trauma to the point that neither system functions in their own reality, thus exhibiting abnormal symptoms. This behaviour is popularly called hypochondria by fellow beings and the symptoms can range from neurosis, to madness, physical pains and paralysis.

The above patterns all happen for many reasons. People deny their true feelings, such as identity, love, sexuality, etc., with the strongest emotions being sexuality and love. These are the most dangerous to sanity and individuality, as when these are overpowering and suppressed, they severely upset the body biochemistry. This can create severe neurosis, paranoia, or such a nervous state as to border on the catonic, where the being feels quite removed from normal daily existence. Physically, such symptoms as obesity, anorexia, skin disorders and disorders of the immune system are common to this problem.

Though this problem of inner conflict is common to the human race, it is strongest in those who have suffered psychological or physiological abuse. This group tends not to recover well from this problem, mainly due to their in-built fear, secrecy and low self opinion of themselves. A small percentage has natural recovery, but most need good help and the right environment to start the process of recovery. Here in the early stages, self help groups, good reading material and a good, patient, trusted friend is useful. They cannot however, recover without good help.

Human beings, because of the way their character develops, tend to find it easier to lie to themselves and others and it necessary to help re-balance their character, to become a true individual. This is very difficult, since it means undoing past conditioning. But if that individual can grasp the true value of this change to their future lives, then they will recover and this in turn will attract love and friendship. This in turn, helps heal other inadequate emotions and either balance their sexuality, or fulfil it.

The female being has a higher success rate with recovery, since they are on the whole, more sensitive and mature mentally. The male has a tendency to remain more childlike, with more black and white emotions, so in practise, progress is slower and a lot less certain.

The love required can range from loving oneself, loving the family or friends, to the highest external love of a partner. The latter is most effective, since it also tends to expand the sexual emotions and these are important in creating greater understanding within the individual, particularly in relation to other emotions.

Inner conflict is the greatest single cause of human despair, violence and death in mankind today.

25/4/1996

SEXUAL EVOLUTION AND MANKIND

The salient point, is that man does, on the whole behave in a more refined way today, due mainly to the attitude of the society within which he lives. In some societies, the more uncertain relationships are between the sexes, though this does not apply throughout the world.

The basic function of sexual act is procreation and to this end, both sexes required the mating act to produce their own genetic future likeness.

Primitive man simply coupled with every female he could gather in and took no further interest after the act, so the law of survival and the strongest predominated. Man simply used smell and behaviour to indicate females on heat.

As time and generations moved on, small gatherings of humans took place. Further changes took place, to the extent that man protected his females from others and then to some degree, his offspring and his females, however old or young, were simply breeders, as the human emotional content was still very low. Females were the first to show some limited form of intelligence, basically directed towards their safety and survival, in that they wanted to secure the strongest and best providers. It was females who produced sexual pleasure in terms of time and behaviour. This was because primitive women had a strong taste for body smell, urine and semen and this, coupled with man's primitive urges for sex, combined together to give the female a subtle, but strong control of males. This combination has remained as strong today, as it was in human's early beginnings.

What has changed with man's intellectual growth, is what is referred to as deviant practises, which are the product of an abnormal mind. These have grown due to social attitudes, which tend to frown upon man's basic nature. I refer of course, to man's primitive instinct of regarding all females from puberty upwards as his sexual property, including his own female offspring. Male children felt the first stirring of the sexual urge and automatically attacked their sisters or any other female within their reach. Rape is the modern word for what was normal behaviour.

As generations moved on, with family life and social order in tribal existence become more normal, the above behaviour become regarded as antisocial, until it became a social crime in some primitive societies, though even today it is not a crime in some societies.

It is necessary today to control these primitive behavioural instincts, simply for two reasons. One, it is mentally damaging to the victim, due to the increase in human intellect. Two, offspring of such behaviour are genetically damaged and often backward. So, it is right for social and moral reasons, to make rape, incest and paedophilia a crime.

Homosexual behaviour, as it is called today, was relatively common in primitive man, due to their high sexual urges and as male grouping were predominant, the weaker or younger members of the group were the main recipients of such attention, though some men did have abnormal sex genes.

Again, as evolution occurred and in line with more females remaining alive, males, by self selection, graduated towards the more normal pairing of the genders.

Over the centuries of evolution and growth of societies, the sexual habits and behaviour has swung heavily in one direction, or the other. Even in this present day, bisexuality is normal in some societies. In some tribes, there is still the common practise of adolescent males having sexual experience with pre-puberty girls, though it is frowned upon when the girls reach puberty and are capable of bearing children.

It is therefore impossible to state that common sets of rules exist for sexual behaviour, as modern man has become controlled by society's laws. So, marked sickness and deviant behaviour has become more common and with it, rape, violence and various deviant practises, regarded with horror and disgust by society on the whole. Sex has, over a period of time, moved from a matter of procreation, though this is still the primary reason, to become a matter of social pleasure, sexual macho control, or as a physical pointer to feminine equality.

However, whatever society's rules, human sexual behaviour and urges have remained primitive and strong as a genetic characteristic, but diversity of its strengths, based on the broader and often weaker survival over the species range due to better human survival, as societies living conditions and attitudes improved. But, as the gene pool increased, so too did the abnormal sexual gene range and with this came the increased deviant sexual behaviour, such as infant molestation, torture and transvestite activities, though all of these are activities of the inadequate mind as a being.

28/4/1996

CHANGES IN BEHAVIOUR IN HUMANKIND AS A SPECIES

Humankind as a species has and is, constantly changing with evolution. But man's nature has in recent times, started to change more rapidly in response to living in a modern world of science and technology, putting demands on his performance and the uncertainty of his role in today's society.

The genders have, in the past, always lived within their respective roles. Man the provider, with women the homemaker and mother. Only in this last century has this division began to change and dramatically so in the last fifty years. The rate and progress of these changes have been faster in the developed world, but are happening also in the less developed areas, mainly due to communication and economic reality.

These changes are now bringing about irreversible attitudes within the genders and with it, behavioural problems that will destroy society. As it is today, neither gender will survive these changes without severe emotional changes for the worse. This will take several generations to come to fruition, but during that time, chaos will rule and societies will disintegrate into groupings, according to wealth and intelligence.

The role of the male will, in the main, revert back to the primitive role of the strongest and most savage where women and children will be the most unwilling victims. The law and order groups will return back to black and white justice, with a distinct loss of liberal and humanitarian principles.

Man's role will change so much, that he will revert back to the survivor's role on one hand and the enforcer role at the other extreme. In between, in the lost area, will be the sensitive, caring groups, who will survive the best they can and this group will include the most spiritual people of all. This will be a period of great tragedy and conflict. The males will split into groupings, ranging from the strong, uncaring, selfish ones, through the middle range (the largest), who will remain the normal caring and confused ones, to the lowest groupings of male followers, the mentally disturbed and inadequate victims.

The middle and largest female grouping will be those of a spiritual calibre and those at both extremes, who in later years will need spiritual growth to survive.

All groupings will struggle to find and understand their own role in this new existence. Their need for a true identity will be the overriding force in a confused and ever frightening world. As always on earth, this pattern will be uneven, according to social development and wealth. It will, however, be a black period in man's history and will arise due to man's inept behaviour in the world he is creating, being the human worship of money, power, science and technology, as a means to fulfil their perceived earthly needs. This will lead to his insatiable demands, destroying his world due to his own greed.

28/4/1996

MANKIND'S CHOICES IN LIFE

Mankind has many choices in life and these have an effect on their future existence in this life and their afterlife. I can start by saying that for many in life, on the surface at least, there are too many choices. When this happens, the choice of least resistance and laziness is the most popular. This creates little or no major changes in lifestyle and therefore, fewer traumas. Unfortunately, this choice usually turns out to be the disaster, which chain that person to a future of non-existence in human growth. The effect therefore, is in each new existence, this becomes a stumbling block, time after time.

This situation is the most common reason for lack of human growth and stasis of the soul. For those who reach the stage, where two choices in life are all that exist, we have a situation where one of these is giving their future existence over to God and the other being a deep personal commitment to the future. Both of these indicate a person who has travelled far in that life existence, but the dilemma of choice is between blind faith and acceptance, and their reluctance to give up their apparent earthly pursuits, or way of life. These are not incompatible, but earthly fears and the subconscious desire, to have the best of both worlds always burden the correct order of choice. So the choice is important.

Man as a creature, suffers the false illusion that they are in control of their own destiny, when in reality, their free choice often only leads to blockage of that destiny and extra pain and misery in their future affairs. Man's destiny is always being challenged by the behaviour of others around. The more compromises to the real truth are made, the more man loses control to others, and the more dilution of character occurs, down to a subsistence level. So, in the latter stages of life, that person is aware of growing dissatisfaction of their life and the choices they made along the way. Or indeed, choices others made for them, which leads to an acceptance of their non-existence and the need to look forward to a cessation of that existence, to find peace.

The proportion that looks for spiritual growth in the human population is not high, though the numbers who live by some religious creeds is around 50% worldwide. Mostly, these are unthinking and live by the doctrine of that particular religion, without true understanding of the real purpose of spiritual growth, and in living a life, that will lift their understanding of their real purpose on earth. So in reality, a large proportion develops no growth during their lifetime and is doomed to repeat the same mistakes, over and over again. God gave man freewill and this gift, which is so readily used to meet human desires for material possessions and instant gratification, has a tendency to decrease spiritual growth and by this inept behaviour, lower the true value of the human character.

Man therefore, has reverted more towards the beast within himself, being controlled only by the stronger around him, or his own passion for gratification. The human expression of, "live now pay later" so aptly sums up the position for so many.

The choice of freewill was given that so man could grow in understanding and spiritual strength by learning and thinking about himself, his purpose in life and developing his sensitivity and compassion for others. Man was not meant to live on a revolving wheel, but in the higher circle of life, always moving upwards to his spiritual home and to his future salvation for eternity. His failure to achieve this, is solely the result of bad choices in the use of his freewill and the controlling influence of others around him. The latter is in turn, being controlled by their inner demons.

The circle of individual existence must be broken, to allow man and his soul to live in the real wheel of life, not what is called on earth the, "hamster wheel" of repetitive mistakes. Man must always travel towards the light of truth and love, whose inspiration is beyond comparison.

7/5/1996

SERENITY

Serenity is a state of mind in which the understanding of character, the existence in life and its meaning, comes together with the certain knowledge that God and you are one as an entity. From this, flows the radiance of love, peace and understanding. It can only be achieved by being your true self, and living by the code of love and true understanding.

It is the power of Being and creates great harmony and inner peace by its existence. It spreads the light to all that come within its radiance and as the full power of serenity grows, so the light brings peace and harmony to all creatures within it.

Man, in his search for true existence, must learn that it cannot be without the power of his creator and in striving, must help others along the way. By doing so, it builds within, the power towards true understanding and the essence of real life and existence.

8/5/1996

ABUNDANCE OF SPIRITUAL REALISATION

The abundance of spiritual realisation develops a strong influence on the character, mind and soul. Its effects on character, is that many emotional aspects become more positive and the negative emotional content is much reduced in strength. So for instance, fear does not have the same dominance and therefore allows behavioural decisions to be easier and therefore more evident. This is due to a more positive outlook, which gives greater courage and positive action. In turn, this recycles more positive actions and outlook, so the character gains strength, all of which lightens the soul and in turn, allows greater radiance to emanate forth.

Such positive behaviour and instant decisions to act, creates an upward spiral, by the combined character, mind and soul. The effect of this is to transform the being in such a way, that even if they slip back on occasions because of stress, illness or excessive tiredness, the damage to their self image is minimal.

Abundance of belief and the will to maintain it, whatever the problems, is a strong cord towards being a true person of value.

11/5/1996

MAN'S INHUMANITY TO MAN

Man from his earliest days, developed his survival instinct on the basis that, "I alone must survive". This attitude gradually changed by evolution over the centuries to, "we must survive" and eventually, this attitude spread to the family must survive, then to groups and finally their own society. All this progress lifted man's intellectual and spiritual needs upwards. But as collective care changed to business, power, money, status etc., then man's negative instincts resurfaced back towards, "me first" with all its implications.

So man's intellectual growth continued, but started again to take the earthly road of selfishness and self gratification, so, man once again turned on his own kind and pillage, rape, and death became man's creed.

From this time onwards, man has been his own worst enemy, in that he has retained the worst instincts of his own nature and turned them on the weak, the innocent and the old. Even the strong fight each other, for little gain. This diminishes mankind's higher growth and reduces him back to his primitive early state of existence.

When man uses his creativity to enrich life for all, he makes good progress and all around are uplifted by the benefits, but such conduct in worldly terms are limited in number. But, when man turns on man, these occasions are more numerous and millions die or suffer and for what? No society has ever conquered and held new territories forever. Always the wheel has turned full circle.

Bad laws, victimisation and intolerance of creed and culture, has been and still is the creed of man. It is, by its nature, negative and unproductive and man's inhumanity continues. Religions through the centuries have fought wars in the name of GOD. This is blasphemy.

When mankind learns to understand and live by God's word alone, then and only then, will man stop man's inhumanity to man. The world will then live and breathe, for its future, and that of man will be assured. That is man's challenge, to rise above his inherent cruelty and ignorance and only then all mankind will know peace and plenty.

1/10/1996

MAN'S NEED TO CHANGE

Man needs to change his attitudes to allow his positive nature to overcome his predominately negative nature, if he is to bring about his true spiritual self. With it, come greater happiness, fulfilment and inner peace of mind. It requires that man examines his lifestyle and put his real needs before his desires. It also requires that he examine his character, to see if he is a natural follower of his society, or if he has developed his real character. Being enough, he is then able to walk his own road, even if alone towards his own true development and confidence as a Being.

It is natural that when man lives in a society, he follows the common rules of behaviour of that society. It is, however, a measure of his understanding and respect for himself, that he lives by a moral code. This is thought out by his understanding of what is right or wrong for his conscience and he does not accept blindly, any changes that goes against his own understanding of equal and fair treatment for all.

It is this dilemma in life that causes discontent, unhappiness and the constant feeling of unease in modern man. So he strives for worldly riches and prestige etc., and by doing so, continues to deprive his soul of its true growth and himself, from spiritual understanding what could transform his life and real growth. Man has a tendency to take the course of least resistance and by doing so, makes excuses, usually called reasons by him, for his failure to live by his inner truth.

15/5/1996

PERSONAL DECISION-MAKING

Making decisions of a personal nature is for many people extremely difficult, or practically impossible, simply because making decisions causes too much inner conflict and turmoil.

Decision-making must be based on assembling all the facts of a situation and weighing these up logically. This situation must then be added to the problems of subjective emotions and the overall character of that individual. Only when these are all balanced out, can a decision arrived and be acted out.

The people who have the greatest difficulty in decision making are those who have been, or still are victims of physical or mental abuse. For this group allow circumstances or others to make decisions for them and is brought about mainly by their negative and frightened character outlook on life. So, fear and negative conditioning are re-enforced by previous constant mistakes leading to increased stress and loss of confidence. So in practise, this becomes their conditioned way of life, that is, unless increasing maturity brings about increasing emergence of their real character. Even here, fear always tends to keep that emerging character, always leaning towards negative behaviour and this has the side effect of increasing rage and stress.

Spiritual growth during this time, if it occurs, tends to increase inner strength, but further success towards positive behaviour, does depend on positive willpower, and greater understanding of their problem, to make a considerable difference.

Under normal circumstances however, it is important to examine subjective emotions and overall character, since, providing all the facts are known, and weighed up, a logical decision is easy to make. Having arrived at the best answer possible, that answer should be challenged by these emotions, then that of character. The important point however, is that decisions that are altered by evading the known facts, will fail, or lead to constant indecision, equally decisions made on facts alone without some emotional input though correct, will not be satisfactory to any degree, due to emotional unease.

It is important not to avoid decisions and action, since this act constantly decreases confidence and increases stress, often to the point of emotional instability. Most people find it difficult to make personal decisions, simply because they allow emotional content to overpower reason and facts. So in practise, they run away or avoid facing the truth. This ranges from complete oblivion of a situation, excuses for the failure to make a decision, or blaming others for their failure. Or, even attaching impossible conditions to possible answers, the worst cases tend to use all of these in a variety of ways to justify their inactive position.

For those who must learn the art of decision-making, it is often easier to write down the facts, then their emotions, then character problems, tackle the facts, decide on the facts, then the same with emotions and character, then the final answer, so that is the decision. Failure to make even the simplest personal decisions causes heartache and emotional stress and is one of simplest causes of poor mental development. That is why so many victims are emotionally retarded in character growth. But this changes rapidly when the lesson is learned. 20/5/1996

THE MIND AND ITS PERCEPTION OF LIFE

The mind perceives life in relation to its own perspective. With this in mind, one must look at the effects of spiritual awakening on the mind's understanding and balance of judgement. The average mind handles its everyday problems in a narrow way, mainly due to the lack of knowledge of the bigger picture of human existence. So its decisions and judgements are concerned with self interest at that time and often as a consequence, the narrow decision taken, turn out later to be less beneficial than was expected at that time of making that decision.

The mind over time therefore, suffers erosion of inner confidence in judgement, accentuated by the constant repeating of the same mistakes. This behaviour continues until either one or two changes take place. Maturity ageing occurs in the forties to fifties, or if some form of spiritual awakening occurs. Age maturity brings changes in mental attitudes, mainly in the form of the mind asking deeper questions, before decisions are made. This improves the ratio of decisions that are more likely to be right and accordingly, reduces the number of repeated mistakes as seen with the benefit of hindsight. This leads to a more confident person, though not necessarily a more intelligent one, since though the vision of problems may be slightly wider, it is far from open, or much higher in intelligent content. However, some people, because of their background or their nature, become increasingly aware that something deeper and intangible is missing within them and are constantly seeking to answer this hunger, which cannot be satisfied by normal earthly pursuits. This is their soul seeking its future and gradually the mind starts to look for something beyond that person; some sort of existence that will satisfy that inner hunger. So they stumble towards God, groping blindly forward through various religions and some start to have thoughts, or even hear voices, or have visions (often mistaken for dreams). This is the point where confusion, fear and disbelief occur. But this is the start of conscious spiritual awakening and because man fears the unknown, or intangible experiences, this for many, is a period of trauma and insecurity, usually coupled with great secrecy and fear of ridicule is common at this time.

These feelings and with it, the opening of the inner mind and even increased visions, eventually overcome the fears, to allow the search for the unanswered questions of the mind, to be sought out. Reading books, asking casual questions and increasing attraction to others who appear to be involved in an alternative existence to normal social behaviour, is common. The mind under these circumstances continues to grow, even against conscious desires not to look forth, until a point is reached when events occur that are seemingly impossible, or some prediction occurs against normal probability.

Then, one day, the fear that has been holding back progress, suddenly changes to the inner excitement of a new awareness and curiosity. That is the day that one steps firmly onto God's path and from then on, life and inner understanding becomes a new way of inner knowledge and strength. One goes forward with a new confidence and an increasingly positive character outlook. The mind itself takes on a new dimension of growth and knowledge, which grows with each step along God's path. The result of such growth and understanding transforms the individual, to the point

where they become a more balanced and better individual. But it can and does bring about a new look and attitude to family and friends, or friendship circles and this at times causes a natural rift in relationships to occur, due to a clearer understanding of that relationship.

The higher the spiritual growth that occurs, the greater the recognition and transformation that occurs in the being. The resulting benefits to that being and their soul, and for some, the ultimate on earth of giving their soul over to God unconditionally by giving up their freewill, gives benefits not measured by human standards. But the transformation of the mind and its power is beyond measure.

24/5/1996

THE CONFUSION OF NEEDS ON THINKING AND ATTITUDES

In-built into all humans are three basic needs of existence, these are the need to love, the need to be loved and the need to be needed. This is the first thing that a child senses at a young age and how much of these feelings are realised and given, marks the behaviour, often for life of that child. Since need and love, appear to be one to a child, it is love that is the key to their future development. So the lack of love has the effect of emotional retardation and later, distorted emotional thinking.

Since this all happens at a period in childhood where all aspects of life are seen in black and white, coupled with poor understanding, it causes severe under-development of the character. So in adulthood, this type of victim tends to see all matters in black and white terms and this acts as a serious handicap in all life's functions.

When children are physically abused from an early age, their understanding of love becomes completely distorted, so even though they are badly treated, their need for love and eventually, to be needed, makes them want the abuser to continue giving them attention. In many cases, this situation continues throughout their life, even though growing into adulthood brings more emotions in to play. This becomes the main reason for mental instability in young adults onwards.

For those who start to release their inner and true self, the biggest trauma is twofold. Firstly, flashbacks of their past begin to enter their conscious thoughts and with it, the full realisation of their pain and suffering. This is coupled with feelings of low self worth, despair and self loathing. Secondly, they are appalled at their innermost thoughts that often accompanied the period of abuse. These thoughts they cannot understand and these bring terrible feelings of guilt and shame. These thoughts and feelings are those of a hurt child and very simplistic, all seen in black and white. But this is not realised by the victim, since all this past is being seen with the benefit of hindsight and little or no understanding of the real truth.

It is sometimes very difficult for the victim to understand that they were not to blame for others failings, so it is important for them to grasp the truth of their past and not to shoulder blame. But with the right help, they cleanse their mind and learn to understand their own true emotions, and face their own truth and learn to walk upright into their own true future, with love and self esteem.

25/5/1996

WHAT MAKES AN INDIVIDUAL

On the surface, all people are individuals. But in reality, this is not true, since most people are not truly themselves. The lucky ones do not have major emotional problems and as a consequence, have only a small part of themselves as a chameleon. So to all extents and purposes, they would be considered *normal*.

An Individual is a combination of their total character and their learned experiences of life to that point in time. However, to be a true individual in the full sense of the meaning, they must be capable in certain essential aspects of character. For instance, they must be able to make decisions based on fact, not emotions. They must be able to act on decisions, able to understand their behaviour and recognise their negative feelings and attitudes, overcoming them for their own good. Their opinions must be formed on knowledge and confidence, expressed when necessary and the mind must be open to change and truth. They must recognise that weakness in some aspects of character can be changed and that the mind must always be open to change and truth.

Understanding is essential to growth and balance of character and each individual must develop principles as a bedrock of character and behaviour, but accepting that growth and understanding may modify these for the better. They must not accept information from any source blindly, but must think everything out and reach their own conclusions. Most of all, it must be understood that no character is perfect, but grows only with an open mind and the quest for inner truth, whatever its consequences. Freewill should be used to enhance character by positive behaviour, not negative destructive action.

28/5/1996

ILLUSION OF TRUTH

The mind's illusion of truth is a major problem for much of mankind. By this, I mean how people can see the real truth of a problem, but prefer not to accept that truth. They inject into that truth a false situation, or reason, which blurs the real truth and alters it and having done this, they then place that new altered truth in the forefront of the mind and act on that.

Because people do not accept that they are liars, in this situation they blur, or even blank out the original truth and accordingly, claim the new situation is the truth. The subconscious mind however, does not accept untruths and reacts, by either causing troubled thoughts, or more often, with some form of physical symptoms. The most common stress symptoms are headaches or tiredness. Human beings seldom recognise the real cause of this behaviour and it is therefore common to see people who are behaving irrationally, or who are always complaining about a variety of physical symptoms.

This problem of illusion in the mind usually starts at an early age, when thought processes are in simple black and white terms. Children's behaviour is one of selfish attention seeking and for too many, this carries on into adulthood. This has a serious effect on the whole character and on other relationships. It is therefore necessary to check such behaviour and correct it. Illusion belongs only in the world of fantasies, where it must be returned and not lived out in real life, where it is dangerous to personality and deep character.

1/6/1996

THE CONFUSION OF MERCY

Mercy is part of a deep-seated emotion of compassion and is a mental thought response, which basically asks what can one do for the person in the focus of one's thoughts. Being a feeling, it is composed of compassion and a practical way to help that person. Because of its deep emotional content, it contains very little logic and has a strong desire to help. It is an admiral feeling, but it should be tempered with some caution, to allow some reasoned application of thought, so that any help given is of practical value.

Mercy in its everyday form, is more about forgiving another for committing some form of hurt against you as a individual, where you are able to forgive them, and even offer the hand of friendship, or give help if needed. But as stated above, this is part of a more complex emotion. It is beneficial to you, in that you have overcome hurt and pain that may have been inflicted on you by that person, since the feeling of mercy allows your own self healing to take place and removes the canker growing within your own character. To forgive and then feel mercy is an outward sign of compassion. All of which is a clear indication that your own character has grown beyond the pain. With those who have been victims in life, forgiveness is a difficult barrier to cross, but success has immense benefits to the person and their soul.

4/6/1996

MIND VERSUS BODY - THE CONFLICT

Man as a mass, has never understood the importance of balance between the mind and the body. The physiological organisation of the mind and body is one and each influences the other for better or worse. So, simply, the behaviour of the mind affects the body and vice versa.

I start by saying that all thought starts a process, which activates the brain chemistry and electro-chemistry with non-stressful thought. This is confined principally to the brain, but does increase the physiological flow of adrenaline slightly to activate muscle power, for such acts as writing or movement. This is a slight increase above the resting state of the body, (which is never completely at rest, even when sleeping). However, the body and the mind at this level, are in harmony. If this state were a normal situation, then any malfunction of either brain or body would be very rare.

In practise however, man's nature is such, (due to lack of understanding and control), that a state of virtual war exists between the body and the mind. This is brought about in the main, because man's mind is usually agitated by negative emotions and compounded by poor reason and understanding. If such circumstances of behaviour continue, the physiological imbalance occurs, producing a weakness or diseased conditions within the body. Once that occurs, then the body biochemistry takes over from the brain by inputting a stronger action on the brain, so causing a weakening effect on the brain's control of behavioural events. This is always a negative effect and causes further physiological damage.

This cause and effect syndrome can be reversed over time by increasing maturity and greater understanding, by using the power to reason better and by the biochemistry changes around maturity.

Basically, the answer to minimising damage to mind and body, is understanding emotions, learning balance in all things, including control over emotions, creating autonomic (rest) periods in a normal day, regular sleep periods with a disciplined pattern and the understanding and creation of the true self. Each time an emotion is brought into balance, or man takes a forward step in his personal understanding, so he moves towards greater harmony of his mind and body.

22/1/1996

SOCIETY AND ITS LOST SOUL

Primitive man was a hunter-gatherer who, gradually through time, collected into small groups through common interests, such as family groups. These groups gradually enlarged behind one leader, usually the strongest and most brutal. He laid down his rules, then laws and enforced with fear. However, the leader did not feed, or supply shelter for his group, nor did he protect the women and children. That was the role of the individual man and he had to protect his possessions from others, so strength and position became important. That was the beginning of hierarchy.

In time, generation after generation of groups grew into tribes and in time, countries (kingdoms) were born by conquest. With it grew the need for skills, according to the needs of that society and these took their place in the hierarchic system. That society became a pyramid structure, with the most powerful at the top and the weakest at the bottom. But even during this evolution from the primitive upwards; man still had to be the provider and protector of his house.

As societies evolved, so did laws to govern and taxes appeared under many names. But always, man had to fend for himself and his house, selling his skills or his labour for money or goods. During all this time, natural selection was the order of life, the weakest failing to survive.

Modern man has developed societies today, where help is given to the weak, sick and the poor. But this is not worldwide and is not universally approved within societies, but is reluctantly accepted by the more privileged ones.

The industrial revolution in the early 19th century however, started a chain reaction of change, principally due to the creation of large industrial cities housing thousands of people. Even then, man worked or starved, so however inadequate, self reliance and pride was the badge man lived by. In time, governments started in a small way, to look after the inadequate and the sick within that society and again, wealth, power and some enlightened leaders brought this about. Society itself, however poor, did have pride and respect in individual terms. Man within this society, was an individual within his own small community, neighbourhood, village, or workplace. So he had an identity, irrespective of the inequalities of his life within that society.

In this modern world of today however, man has lost much of his self respect, dignity, self reliance and worst of all, his identity. This has occurred due to society's attitude of the cradle to the grave culture, where man expects governments to feed him, clothe him, house him and take care of him. Therefore, man has become irresponsible and weak, to the point that he no longer takes responsibility for his own family and expects the schools, the law, or the government to assume what he should be responsible for.

Why has this happened? Namely because of social changes, women's emancipation, ever-increasing technology, the constant quest for more money, bigger houses, more possessions etc., which have all created a voracious monster. With these aspirations have come pressures and

stresses beyond the capability of most within society. So, society as a whole is becoming continually sicker and will, by its own laws and human greed, destroy itself from within. For no society or individual can survive who loses its collective will. Each individual, however humble, must have some true pride and self respect, built on self achievement, to be and remain a true being of worth to themselves.

In this society today, man as a mass does not recognise that he has a soul and its needs are not for money, power or self image, but that of love, sensitivity, compassion and understanding. These are his true needs.

The pyramid of society will survive, with the top third surviving without excessive strain. The rest will, in due time, destroy the world they live in, for each society, country, or mother earth herself, has only a finite supply of life's sustenance to give.

5/4/1996

GHOSTS, MANIFESTATIONS AND POLTERGEISTS

Ghosts, Manifestations and Poltergeists. What are ghosts? Do they exist? The answer to the latter is, Yes. So, what are they? Ghosts are manifestations of plasma in the form of concentrated ectoplasm, which consists of molecules of protein and are highly charged with energy. Where this ectoplasm takes the shape of people who appear to have substance, the atmosphere around this appearance tends to be very cold, as the occurrence uses the energy of the heat in the air. Mostly the apparitions are of people from the ancient past, since the ability to manifest takes a lot of learning.

Just what are ghosts? They are in fact, souls of deceased people who died suddenly, by accident or violence etc. They either wandered away from the spot, or refused to believe they were dead, so they spend x-amount of time going round in circles at the death spot, until a sensitive person in tune with spirit helps them over. Also, there are spirits who can take human form in order to get over a message to a recipient. Further, there are instances when spirits occasionally return from the first level to help a particular person and these are usually channelled via a medium, though this explanation is more complex than it appears.

Occasionally, a manifestation occurs which appears to be frightening and people refer to these as malevolent. This is not true, as they are very confused, frightened and frustrated. With the right help, will return home.

Ghosts are not common and few have the ability to manifest, but spirits are common, since each person on earth has their own spirit guide and are returned for that purpose. They do not however, manifest themselves and few are aware of their existence.

Poltergeists are not, contrary to popular thought, malevolent spirits, but strictly human in origin and are concentrated mental energy from the subconscious mind of a very confused unhappy child or adult from their chameleon other self. Since the energy is very powerful, it is capable of moving objects at great speed and is always manifested as destructive. It can be very temporary or intermittent over years. The cure is basically to identify the chameleon within that person and clear their problem. As the person is often very suggestible, a service of purification, (exorcism) can often stop that particular series of incidents.

This general writing does not cover all aspects of what is a complicated subject, but the essential element is that on rare occasions when a manifestation does occur, either the spirit needs help, or has been summoned to give help, though very rare. Never the less, there is no need for fear, but it should be used for communication, for as some sensitive people have found, communication between the two worlds is very satisfying to the genuine seeker.

15/9/1997

HOW SCIENCE DEHUMANISES PERSONAL GROWTH

The mind of man from its early beginnings has grown in learning by trial and error. The simple mind as it was, slowly began to think, resulting in personal experiences, usually stimulated by fear and the need to survive. This process has slowly but surely developed over many centuries. Along that path, individual minds learned the art of reasoning, so that they developed beyond the basics of life, as curiosity and self stimulation occurred.

The gathering of knowledge and the understanding of its use, gradually became part of human development and with it, came a greater understanding of the planet, seasons and behaviour of nature. All this contributed to the domestication of the races. Progress of intelligence, reasoning and the result of their application, spread with communication and education, though this was not universal throughout the planet.

The growth of education and the sciences over the last one hundred and fifty years has accelerated universal knowledge and understanding. With it came man's ability to build the machine age, to a stage where instant communications, pictures and information are readily available. Answers, from simple addition to advanced physics, are available from machines such as calculators, or computers etc. The result of this change is basically learning the simple groundwork of education. Therefore, the ability to reason out facts and answers to everyday problems are no longer required by the mass of the population. This essential requirement to the growth of reasoning ability, is now bypassed and as a result, understanding how necessary this function is to human development is being ignored and bypassed.

The new generation of society will be able to work these modern machines of communication and knowledge, but will not be able to understand how they work, or if the information they receive is correct. So in essence, they are slaves to the machines as a mass and not the masters of the machines. Basically, when man allows machines to control his life he is allowing the in-built ability to learn, discern and reason, as well as the ability to choose, to be diminished. This, in effect, dehumanises the human character and makes the machine, master over man. It means that a small, highly creative, thinking and reasoning elite will develop in the world population and these will become the rich and powerful. For the masses, they will retreat back into the darkness of a more primitive mind. If the mind is not exercised with thought and knowledge, it stagnates into decay like most of the older generation at the end of their lives, though this condition will arise in the earlier years.

Machines will dehumanise mankind, unless, education teaches the young to think, and solve problems in their everyday life. The mind is a thinking biological entity, which must be exercised with all life and its problems.

22/12/1996

THE EVIL OF SOCIAL PEERS AND IDOLS

During the early years of adolescence, when the young mind is full of questions and doubts, as well as the quest for its own identity, personal ambitions and desires fluctuate wildly between imagination and reality. For most, poor educational ability and social background tend to lead that individual towards looking to others to help shape their own identity. So in the past, these heroes tended to be explorers, soldiers, important figures, local heroes, or film stars. These people tended to live up to the public image and were not subject to the world of instant communications. So in affect, youngsters tended to look up to perceived images of their idols. That, coupled with a more responsible general public image, had the effect of leading the young, or most of them, through the turbulent years of adolescence to take their place in society with a reasonably responsible attitude.

During the last fifty years of this century, great changes have taken place, due to rapidly changing communications, great scientific advances and faster and greater personal opportunities. Like all past great changes, which occurred too rapidly, they have brought about great social changes with an overall decline in the personal and social reduction in moral and public standards of behaviour. This has resulted in a vastly increased desire for personal wealth, coupled with a greater desire to be someone of importance in a more crowded and less caring world. Instant news, showing horror, famine and death have resulted in a less sensitive society and a more selfish attitude towards the rest of society.

This changed world has resulted in a more selfish and self centred attitude at all levels of society and as a result, adolescents do not have the guidance from parents or society, which helped them to grow. In the past, this has, for too many, turned them to the modern idols of today - adolescent pop stars, footballers etc., who create a poor image with their drugs, sex scandals and public tantrums. All these lead to copycat behaviour from much of the masses and worse still, it has engendered envy, greed and instant wants, often at any cost. This behaviour causes so much confusion and negative behavioural attitudes and the idea that money can buy and solve any problem. This is the evil of today's public Idols, though they cannot be blamed, for they are just as confused and inadequate. Social behaviour has fallen so far, that few values of decent behaviour now exist. Such things as genuine achievement, honesty, educational standards, civic responsibility and parental authority, are now regarded with disdain and have been replaced with mounting attitudes of greed, envy and selfishness. These are at all levels of society, resulting in a "dog eat dog" approach to human relationships and instant success, whatever the cost, is the only road forward in life. So in essence, scientific and technical achievements continue to grow rapidly, whilst human growth continues to decline and with it, a decrease in personal happiness and general satisfaction, added to by fear and confusion.

The world's population has always worshipped human idols, such as envy, greed and individual need for identity grew. This combination has and still is the human plague, which has become vastly worse as populations have increased and the masses have reduced the ability to have an

individual identity. So increasingly, greed for money and power has become the substitute illusion of identity, instead of real character. This failure has caused populations to decline into confusion, despair, anger, ignorance, as well as moral decline.

Throughout man's history, empires have risen by the aspirations of their peoples, then declined and perished as aspirations have been replaced by greed, declining moral standards and selfish apathy. Today however, this process has accelerated, mainly due to the unachievable aspirations of the masses and the antisocial attitude of, "I, always before others". For no individual can be more important than the society and continue to live within it, for man cannot stand alone. Each individual's identity must exist and thrive within and as part of, that society, otherwise, society will fail. Freedom can only exist within the framework of society. Each individual must be responsible for themselves and the society must be their concern if they are to survive and thrive.

So in essence, if one must have Idols, (and it is not a good thing), then at least society should not tolerate, or make excuses for their poor behaviour. In this godless world, these idols have become the pagan idols of old and as history has shown, those who worship false idols have always paid a heavy personal price for such folly.

Man must realise that only good personal standards of truth, trust, integrity, love and compassion, are his way to grow and flourish. To continue down this present path, will bring only personal destruction and the demise of society.

9/12/1996

RELIGION AND ITS POTENTIAL CONDITIONING

One has to go back into what was called the pagan religions to understand what and why, the past has influenced the present and the future, of mankind's reasoning.

There has been and still are, thousands of religions or cults and these have grown from simple beliefs, to complex and theoretical beliefs in some cases. Primitive man, with his simple mind, began by accepting in his mind that some strange powers controlled his existence and from this fact, came the origins of the Gods. So, man began to worship the Gods he created and these Gods were derived from many sources, such as the seasons, the sun, the moon, the winds and the seas. Then this moved onto fertility, where great rivers flooded periodically. In amongst all this, came the human Gods and many others, but with this worship came rituals (all man-made). They nearly always required sacrifices of humans or animals, or with some warrior races, capturing their enemies, sacrificing them or ritual killing them and eating them. So Gods were many, as were the rituals. The important factor in all these was that primitive simple man had an instinct that recognised that something, or someone, existed more powerful than him.

As time moved on, some pagan religions were converted to the newer and more organised religions, such as Christianity, Islam, Buddhism, etc. But along the way to this happening came the great Egyptian and Roman empires, whose Gods' spread with conquest. So, we had living Gods and their lesser idols.

From all these powerful religions, offshoots or cults have grown and gradually over centuries, man has on the whole moved forward to worshipping one God under many different names. However, there still are today, cults which still worship living Gods' and others who worship the dark side of human nature, in the form of the devil, again under many different names.

In the early years of simple man, various types of ritual practise localised to the particular society reinforced all those religions. These rituals were kept alive by those in authority, who on the whole, killed or banished those who did not follow their religion. This was the start of religious bigotry, which still thrives today.

All these religions worked on the basis of belief and fear, (spiritual damnation) and so it is today we have religions who work on belief, hell, damnation, and bigotry, reinforced with fear and ignorance. These elements have got steadily worse as the stories, myths and ritual practises, etc., have been written down. These writings became the foundation of each religion or cult and since the writings were all biased and subject to the writer's knowledge and interpretation, the real truth of situations was distorted to become the literal truth.

So today, the great religious books became the word of God and each generation has interpreted these to suit that particular hierarchal system within each religion and defines the way that religion is

practised. Beside the fact that this confuses many people, it also encourages bigotry, wars and blind belief in that particular religious teaching. This is dangerous to the real growth of that being and their soul.

God's word is one of Love, not fear, hatred, bigotry, creed or colour. The problem lies clearly in man's interpretation of the written word and its practises. For even the simplest mind can accept that if God's word is Love, it cannot mean vengeance, hatred, bigotry or suffering.

God's gift to mankind was freewill. That gift gave man responsibility for his actions and allowed man to grow above the other creatures of the earth. But what has man done with this gift? Some have used it to raise man up by positive actions to benefit mankind, but overall, mankind has used it to benefit themselves, whatever the cost to others. Nations have used it to conquer others, create famine and generally destroy their own world, always claiming, "God is on our side", and acting as judge and jury on others. This means destruction one way or the other, often under the guise of progress, or alleged religious belief and is for the good of the victims.

So today, when one listens to those who profess, often sincerely, to love God and live by his word, one is too often aware that they have blind faith, which in itself prohibits reasoning. They have a very narrow, often bigoted conviction of God's truth and profess to follow his word, but in practise, fall far short, or do not even try to live by his word.

So, though in this modern world, religions on the whole, do much good, that good comes mainly from the ordinary people within it, rather than the hierarchy who run that particular religion. For one seldom meets a humble or even frugal dignitary. Not that God wants people to starve, or not live in reasonable comfort, but does expect them at least to live up to their spiritual obligations and put his truth, before their own. They chose that road as their calling, so hypocrisy is offensive. But then, man's perfidy goes back to the very first ritual created by man, if for no other reason than to increase his power and prestige.

God is Love and all true actions in his name should stem from that. This excludes vengeance, hatred, bigotry, envy, greed, power and self seeking prestige. So, to live by God's word, means to live by that word for oneself and for others and any other road is negative to his true word, depriving mankind of real joy and happiness.

3/12/1996

DEAR READER

In this modern world we live in, life for so many individuals, is one of emotional highs and lows. Why we may ask? Well, for most, it is a struggle to obtain all the essentials in life that they want. However, these essentials are not on the whole real and go far beyond the basic needs of food, shelter and clothing. Too many want more of everything. Bigger cars, salaries, houses etc., so they live in a world of greed and envy and as one so often hears, “keeping up with the Jones’s” becomes a way of life.

People are not all the same in character or desires. Neither are they the same in abilities or intelligence, but societies have their yardstick of measurement when it comes to success or failure and this alone causes what is familiarly called, “the rat race”. For this causes so much pressure on so many people, to strive to achieve an image that is successful in the eyes of others, which in reality, causes so much tension and illness. However successful one may be, one is incapable of enjoying good health and emotional fulfilment to make one’s existence worthwhile.

People have gone far beyond their ability to grow into true human beings and this in turn resulted in an imbalance of their character. This has caused people to be emotionally barren of real understanding of themselves, of who they are and what they are. Do they know real inner satisfaction of joy, peace and happiness? Since the answer is basically No, they are always striving for something to give that feeling of inner complete contentment. Why is this so? Why is it me first? What has happened to man that he returns to his more primitive nature of selfish self interest and violence?

There is no simple answer to why moral values are disappearing, why violence is increasing, why family life is disintegrating, why thieving and cheating is so common place, or why personal responsibility is not considered a mark of adulthood, but more often considered a mark of stupidity and weakness.

Human history is marked by the concept of broad religions, in the sense that societies have worshipped many different symbols over the centuries. The God kings, various earthly religions, such as industry, medicine, technology, king and country, the latest being chip technology, in their time were supposed to solve all man’s needs towards their individual utopia. All have failed.

The human race has developed from a primitive physical and emotional creature over many centuries, during which time they have changed the face of this planet, in some respects for the better, but mainly for the worse. This again was mostly due to greed and ignorance, but though man has grown in intelligence and ability, he still fails to understand his true self and his true requirement as a creature.

Man has true needs, variable character, many desires and for many in this scientific age, no individual soul. This is not true however, as man has a soul and all humans require a basic need of their nature, to be loved, to give love and to be needed by another human. They also need their creator; however, many deny such an entity. Until this fact is realised by man, the world will continue to slide slowly backwards in all its true essentials that humans need to lead a full, happy, satisfied physical and emotional existence.

Man's intelligence and knowledge of his world has grown over the centuries. With this growth has come increased greed, avarice and selfishness and with this a very negative to his true self and needs. So, insecurity and negative traits will continue to rule his existence.

3/11/1996

THE HUMAN DILEMMA

The Human Dilemma. The question must be asked, “what is a human being and what makes them different from other species?” There are many glib answers to this question, so what is the truth and is that answer the final truth?

Firstly, we can say that humans are the only creatures capable of exercising freewill, in spite of conditioned reflexes. We can also say that they have a higher ability to reason with greater intellect. Due to genetic diversity however, these factors are not necessarily true for all humans and much against popular belief, the bulk of humankind is, in fact, ignorant of their own character, or the world they live in and have a very limited vision of life.

So what is a human being beyond a physical shape and a thinking brain? Just what makes them different? Well, the potential power of the brain is significant, but in itself is not enough. Freewill however is significant, because that gives choices beyond conditioning behaviour. That does not mean, however, that humans are not conditioned to certain behaviour responses and as such, react in what appears to be a freewill choice, when in reality, it is nothing more than previous conditioning. NO – freewill is about making a deliberate decision to take a course of action, being fully aware of the consequences and either choosing to, or not to, follow that decision through. Such action requires conscious reasoning power and a code of personal ethics.

It does not mean that such decisions are necessarily based on intelligent reasoning, or the will to survive, or even that the decision is right in others eyes. But provided that decision is not based on previous conditioning, deranged thinking, or pressures from other human sources, it is that person’s legitimate choice and being in their view, fully aware of the consequences according to that persons level of intellect.

The level of that person’s intelligence, past conditioning, learning ability and the overall character of that person dictate all freewill choices. Since character and intelligence rules all behaviour, that level of understanding dictates the choices and behaviour of all freewill decisions.

The question is why does humankind have freewill, when all other creatures, however intelligent, have only conditioned behaviour, according to their species level? So, what makes humankind different? Scientifically, they are simply a higher creature in the specie range on this planet.

One does not argue with scientific background of Homo man, though there are still many missing gaps towards the complete understanding of humankind’s full development to date. But the one question that no one has seriously attempted to answer is “How man has developed a far higher intelligence and has freewill”. There is nothing to date in man’s genetic makeup that shows this vast difference between man and the other species of the ape family.

Scientific man does not subscribe to the idea of a “creator” on the whole, though more and more are beginning to find the idea of evolutionary development, not incompatible with the idea of a “creator” being responsible in man’s evolution. Of course, the evolutionary idea is not compatible with many religious fanatics, who believe that evolutionary history is untrue and accept only the version of man’s beginning as quoted in the bible and other religious writings, so we have two extremes in existence. That is part of the human dilemma.

This dilemma extends to the question of, “Does man have a soul?” Here again, there are more arguments and doubts and in the end, it comes down to personal belief.

So, the questions continue, “Does God exist?” “Did this entity create the human race?” “Is each human being’s destiny reside in their own hands?” “Does character make or break each individual?” “Does man have a soul, if so, where did it come from and what is its function?” “Does man’s existence cease on physical death?” “What is man here on earth for?” So the questions could continue and so the arguments.

For many of humankind, these questions are of no importance. For others, some, or all the answers, would be helpful to their lives. Others again, must have full scientific proof of all these questions and so it goes on. This is man’s dilemma.

For those who believe on God, the questions are just as difficult and puzzling, especially since, too often, their beliefs blind their mind to examination of other possible truths other than their own. So even here, few have true certainty, whilst many others have certainty based on blind faith in their respective religious teachings and symbolism.

Each individual must find their own answers to the reason for their existence. Each must strive to develop their full character potential, but this alone is too much for the mass of humanity. It is a failing in human society, that only when they are faced with extreme calamity, do individuals try to rise above their own closed conditioned existence. Man is extremely sceptical of all that they cannot prove and this has led to humans as a species, grasping the more negative aspects of reasoning and behaviour. This in turn has led to the constant decline in man’s approach to his existence and life on the planet. Not all humans are inclined this way, but those of the positive questioning group are small in number, when measured against the mass of humanity.

So, I shall say to you, God does exist as the creator of all. Yes, humans have a Soul. Life does not end on physical death, and when humankind learns to communicate with their own inner being (soul), they will learn that as yet, they do not understand their own creation, or that of all that exists on earth. They will learn that science is a long way off from explaining what is called intuition, spirit, ESP., etc., but if humanity does not destroy itself, then that knowledge will come and when it does, man will at last begin to grow towards his true self and his destiny.

5/11/1996

DOES MAN HAVE A SOUL?

The question is, “does man have a Soul?” The immediate answers to this question are YES, NO, I do not know. That is the general human response, depending on attitude, conditioning and intellect.

All societies are by the laws of nature diverse, both mentally and physically. This very diversity is very wide ranging, both within that society (or country) and between societies. The world is in the broad sense, the proverbial “House of Babel”. Today, that expression can be applied to society itself, or the family itself. So, it’s not surprising that there are very few common values to hold the family or society together. The only common value that unites all races is the need to survive. The rest are dictated by what is known as the backward societies, ranging through to the advanced societies. These statements are not however, an accurate reflection of the truth, since they are based on wealth and the so called civilised behaviour, and who can truthfully judge the meaning of either.

For instance, one society can hang a murderer, while another may send him to prison for life, then release him in twelve years, whilst another society may plea bargain the murder down to 2nd degree murder or manslaughter. The first example may be called barbaric by many. The second, hypocritical or soft and the third may appear to regard murder as just another 2nd degree crime, since it gives no real consideration of what murder means.

Again, some societies allow their old people to die naturally whatever the circumstances and others keep their old people alive as long as the costs are met. Who is right? Surely the ideal answer is the quality of life and must be the moral criteria.

These are just two examples of the problem of social values. In the diversity of human existence, there are thousands of others.

Man may have greater intelligence than other creatures on the planet, but he also has the fault of blind arrogance. Otherwise, he would have learned what his ancestors new about behaviour in social values, in that the social whole must predominate for the good of all and those considered anti-social, must pay the price of their behaviour, even though human error caused fatal mistakes on many occasions. Man has also failed to recognise the basic truths of behaviour as seen in the lessor species. Maternal instincts for example, for most all species, are based on safety, security, love and firm control. In short, parameters are laid down and enforced. Animal societies have their rules of behaviour, which for the majority, does not include killing their own kind and misfits in that society are driven out. So it seems, that for all man’s so-called intelligence, he lacks common sense and basic understanding of his own kind and nature.

This lack of understanding has led to the slow decline in social and moral values, as related to the true needs of man as a species. What is lacking are common sense, a true sense of values and a real understanding of what is required in a society to give that feeling of safety, security and a feeling of belonging.

I posed the question at the beginning; “does man have a soul?” Well it matters only to those who believe that they do. But for the rest, or the non- believers, the answer is YES. It does not matter if they do not accept this fact, as it is not something they can remove from their physical being. They can only diminish its power by continuous negative behaviour. The active soul does however, has a greater, more positive effect on the thinking attitudes and life’s values and the growth of character.

Man’s growth has a long way to go before he can accept and understand his true role on earth and harness his energies towards a more productive and happy existence.

6/11/1996

MORAL DECAY AND ITS MISUNDERSTANDING

Morals are standards of conduct and the knowledge of what is considered Right or Wrong, applies in individual terms and for societies. The question is, what are moral standards, where do they come from and are they natural and good for humankind? So we can see that this subject alone can be divided in the first instance, into two groups, even though they are inter-related in life. However, in personal terms, only the individual can set their own moral standards and this can and often does, conflict with those of society

The earliest set of moral standards laid down in writing, were those of the ten commandments and were in fact, laid down for individuals and their behaviour in society. One way or another, these have formed the basis for the so-called civilised societies and man's freewill choice too often prefers to reject those which do not agree with their particular desires.

So, if we start by looking at basic human needs, NOT desires, then we start by recognising the genuine needs of all humans. These are, to love another, the need to be loved, the need to be needed and the physical requirements of food, water and shelter. These are the only true needs and all other aspirations are human desires. So, these needs are present in all humankind, irrespective of if they are fulfilled or not. The need to be loved is the first feeling to emerge in a child and being deprived of this, leads to distorted growth of character, which may last a whole lifetime. For those who suffer this deprivation in the early years of life, are the most emotionally retarded and consequently, develop poor individual values, both for themselves and their perception of others in life. It therefore has a negative effect on their whole character, their happiness and their security. Fear and mistrust is the predominant characteristic of their nature.

Since one lives in a world where wars and civil strife tend to dominate, this causes great insecurity and confusion. Against this background, the human tendency is to take care of number one and this results in great uncertainty in social and family structures. This in turn, decreases any form of values, which interferes with an individual's desires, rather than their needs.

All moral values are derived from the family, the society within which one lives, education and religion. Therefore, such values are often at cross-purposes. For instance, many people live on the creed, "its us against the rest", whilst most religions teach "love thy neighbour as you would love yourself". Or, some societies, mainly the most liberal, say, "treat all children as young adults", while others, though loving their children, work on the principle that children are children and require known boundaries to live within and discipline when necessary.

If one took the commandment, "thou shall not kill"; this is not just God's commandment, but a natural law of most species. Or, if one took the commandment, "thou shall not steal", this is a basic requirement to existing in an orderly society and to do so is antisocial. To put "I" before "others", is then a poor moral attitude, since it shows no regard for others and is therefore a major failing in character.

It therefore follows, that if one takes so many of the other failures of values that exist, society will continue to decline in terms of moral values and return to the age of only the powerful and ruthless people surviving well. This will just increase violence and further destruction and decline in values. This decline can be subscribed to the anti-social misfits at one end, being the mass of the greedy unthinking group and at the other end of the human spectrum, the over-enlightened intellectual liberal who lacks common sense and has little understanding of human nature and the real world.

One thing is certain and that is the decline in good moral values within the family and their societies will reach a point of free fall, back into the darkness of humankind's early beginnings. That will come with the destruction of so called civilised behaviour and a breakdown of the social structures.

7/11/1996

IS MONEY THE ROOT OF ALL EVIL?

In humankind's early past, people lived on the simple basis of bartering goods or services to live. But as societies and populations grew, so did governments under various guises. At this same time, population and the evolution of change made it impossible for the barter system to continue, so a system of recognised charging emerged, which in time developed into money, in the form of precious metal coins. So, money became the currency as a means of buying goods and services. For this to succeed, it became necessary that individuals were paid in money for their labour. With all this, the tax systems became wider in their application and laws were developed that inflicted penalties for non-payment of debts. As with all such steps, the systems and thinking behind them were not evenly balanced, mainly because the ability to understand the effect of the systems on the way of life was beyond the intellectual ability of the time.

The problem with all large systems regarded as essential for control, is that they grow by addition to the existing systems and a point is reached, when it is impossible to scrap such systems and start again, with a new and possibly better one to suit the changing circumstances. In the case of money, which is required to run an organised society, it is the main measure of all aspects of life in that society and its relationship with all other societies. In this respect, since it has become for most people, "the be all and end all" of their life, it has become an evil to individual growth and happiness, mainly because it distorts true human values and unbalances character.

In the modern world of today, money rules all aspects of existence and the world could not continue its present style of existence without it. So, this very fact has turned the concept, "that money was devised to give man a market value", to one where, "man now services money". That very concept has created in man a greed for money. As a measure of personal worth, this has in turn unleashed strong negative characteristics in man, such as, greed, envy, cheating, stealing and avarice. All of which diminishes the true character and all of which, in the natural life span, destroys the real value and happiness of that life.

There is a saying, "sufficient unto ones needs", is a blessing and a benefit. To each and his own, this brings balance and joy into that character. But, if one substitutes desires rather than needs, then the dissolution of the real self begins.

This is man's problem, since it indicates a decline in personal moral values and consequently, attitudes to themselves and their role in life. As a consequence, the only way to maintain self respect is to devalue their true inner values, which is inherent in man. So man himself decides if money is a blessing or a curse and therefore the root of all evil in personal terms. This is a prime issue for all, rich or poor, for money as a god is a poor substitute for ones true self.

8/11/1996

EARTH, THE LAND BEFORE TIME

Mother earth, long before the existence of life, could have been described by man as Dante's vision of the Hell. In that the vision was one of the land cracking and heaving, with molten magma spouting and pouring out of the many surface cracks, orange, yellow and black, with thick fumes of gasses streaming upwards and creeping over the ground.

The sky was grey, orange and leaden in appearance, with great stretches of orange, greyish-white low clouds of sulphur laden gasses, full of acrid acidic poisons. The seas, small in area, boiled and spouted plumes of thick bluish black fountains and the waves were stormy in appearance.

Some parts of the planet were covered in an orange/yellow coarse dust. Here the skies were clearer and a hazy light from the sun filtered through the gasses. Elsewhere, mountains pushed upwards with the sound of thunder and loud cracking as large parts broke off, crashing down into the barren valleys below. Sudden heavy rainstorms lashed the planet, with giant hailstones falling in some areas near the poles. These were covered by ice and surrounded by larger areas of permafrost. Showers of meteorites, large and small, rained down on the planet with regular frequency.

Over millions of years, the activity of the earth gradually quietened, as volcanic activity became more sporadic. The seas, which had been a primeval soup of liquefied gasses and minerals, became more gentle and water like as the suspended material settled out. The sky varied in parts from an inky blackness, through various shades of blue, to a pale golden yellow, but the sudden storms and electrical activity still raged with great ferocity and there were no seasons.

At this point in time, a giant meteorite crashed into earth with such a force, that it moved earth off its axis a few degrees. This created a spate of violent volcanic activity, followed by severe pressure storms. It took two millions years for most of this activity to cease. The earth's climate was warmer, due principally because the earth was now nearer the sun and the skies cleared as the gasses were absorbed by the heavy tropical rain storms taking them down to earth. The seas had settled out and the landmasses were more stable, with undulating rolling barren plains and mountain chains along the major volcanic fault lines (called tectonic plates). The only fairly regular activity was the meteorites falling on earth and heavy tropical-like rainstorms. Both polar caps had ice and permafrost building up, but all life was still extinct.

Over the next two million years, two items of importance occurred. Firstly, a large shower of meteorites fell on earth over a wide area. These were very large and until they fell to earth, were heavily covered with ice. On impact on earth, they shattered into small fragments and from within these fragments a variety of seeds slowly took root in the rich, moist, mineralised soil. The other event took place around a lava outcrop in the sea, where a mixture of gasses, minerals and heat, combined to produce a single-celled set of organisms.

Over the next few million years, the grasses, ferns and trees spread over the planet. This spread was caused by the fierce tropical-like storms that swept the planet. The single-celled organisms spread outwards from their original source in large numbers and as they spread, they adapted or died to their new environment. With this came more complex organisms, including multi-celled organisms and so the diversity of nature began in the seas.

Eventually, over millions of years, fish appeared in many forms and plants grew in the shallow waters around freshwater inlets to the sea where dilution of the salt water occurred.

It was in these areas that fish developed the ability to breathe in the form of oxygen, created by the plant life and it was from this point that the transition towards land-living creatures began. Over the next few million years, vast number of creatures emerged from the seas in many shapes and forms. Basically, the bulk were small in size and most of them perished, but those who survived by adaptation grew strongly and larger on the rich varied plant life and high oxygen content of the atmosphere. To a lesser degree, some of the emerging species survived by cannibalism, off dead or dying species and in turn, over a few million years, grew large enough to kill for their food. This was the true start of the carnivores and in due course, the age of the dinosaurs.

At this period of earth history, the climate was tropically warm. Violent storms were frequent, as was volcanic activity. The seas were rich in all forms of life, including large carnivores that breathed surface air. The polar caps had grown steadily in ice formation over the millions of years, but were not threatening existence to life. Then came another event that changed earth for many millions of years. Again, a large meteorite struck earth, but with such a force, that the earth tilted violently on its axis. This resulted in major violent volcanic activity, which burned up much of the oxygen and vast areas of the plant life. But most of all, as volcanic activity practically ceased, the earth's surface cooled dramatically, and the heat of the sun decreased, the earth's surface started to freeze over and nearly ninety percent of the surface became a frozen wasteland. So began the ice age and many more of the smaller creatures that had survived, followed the dinosaurs to extinction. The bulk of the survivors existed in areas of Africa and part of the Middle East. The seas became very much colder and only those who could adapt survived, which was about one third of the total population.

The earth remained frozen for millions of years, until a large meteorite and accompanying debris fell into what is now the Sea of Japan. This tilted earth back, practically onto its original axis. As a result, volcanic activity, coupled with the increased warmth from the sun, slowly caused the ice to melt and so earth entered the third phase of its existence. One change that occurred was that earth now had a seasonal climate. Plants and creatures spread and adapted by the laws of diversity and environment, towards what is modern life. Over the next few million years, the planet slowly recovered, until it reached the stage of what is called primitive man, so the age of man has arrived.

There will be three more stages in earth's existence, but man as we know him, will cease in the third stage and new man will develop and go forward into the fifth stage of existence. 12/11/1996

THE NEW AGE OF INSIGHT

The history of the human race is filled with periods of obsessions. These usually took the form of new religions, where they either worshipped idols or the elements, or living or imagined gods. However, whatever was worshipped, these gods always had to be pleased, or their wrath would be terrible. Again, in the form of punishment or death. Some even made it a virtue to be sacrificed to the gods, thus saving the rest of the people, or making it possible to have good harvests.

Each of these cultural habits which started as obsessions by a few people spread to control that society. These eventually died out, as within that society, some younger individuals started to think differently and in time, changed the general attitude within that society. In many instances however, they created a new obsession and that has been the way throughout history. In the latter part of human history, the concept of one god appeared and spread to all the major religions. Though this was a great step forward, obsession is still prevalent in these religions, if one looks closely at the close-minded attitude that prevails and causes dissent and even wars.

So why do obsessions occur? Well, mainly because it is man who creates the rules and practises of what are now institutions, being either religious, political or social. As always, it will be a few younger members beginning to think differently, which eventually changes the thinking and practises and in turn create new obsessions with their own close minded rules.

Slowly, more and more people are becoming restless in their mind as they begin to realise that life, its institutions and pleasures, are not answering their needs. This leaves them feeling cheated. For many though, odd little bits of knowledge and insights are beginning to form in their minds, all of which is leading back to nature, its creation and its creator. All these indicators lead towards what people are calling new age living, such as homeopathy, spiritualism, new therapies such as Reiki, Aromatherapy etc. Of course, none of these are new. They are as old as man himself but what is new is the rediscovery, to some extent, of the lost arts and, more importantly, the awakening of the deeper insight needed to make use of this ancient knowledge. For those who truly succeed, this leads to communication with their higher self and in turn, conversing with their creator.

The importance of this new age of insight, is that for the first time in centuries, the human race may move towards reason, rather than wrath and love, rather than hate. Even giving to others rather than taking. This new growing insight may yet grow strong enough to prevent man from destroying his own planet and turn, his vision upward towards a new beginning.

28/9/1997

DEATH

The word death conjures up all sorts of negative emotions in people and as the saying goes, “few things are certain in life, except death and taxes”. But what is death? Why does it engender such feelings of fear for most people?

Death is when the brain, heart and other functions of the body stop. But contrary to what many people believe, it is not the end of life, but a new beginning. For though the body dies, the soul lives on and begins a different life of learning and joy.

There is much confusion about the subject and for the most, modern man has forgotten the simple truths of their ancient forefathers, who believed that there was another existence after death and therefore were not afraid. That is, except for those who had committed some terrible act, which condemned them to Hell, instead of Heaven. It was the possible idea of going to hell which introduced the element of fear into life before death, so people did not want to die in case they went to purgatory or hell. Contrary to popular belief and most religions, Hell does not exist, except in the mind of each individual, for they alone create hell on earth by their own attitudes and actions.

The human race has for centuries, failed to understand the true word of God and what God stands for. It is simple and direct. God is Love. If this statement is understood, then one knows that anger, punishment, retribution and fear does not exist in his world. Only humans talk and practise such actions.

All humans, even if they do not accept the fact, have a soul. That soul's presence on earth as a human being, is only one of many temporary existences on this earth. The purpose of such an experience is to grow and nurture the essences of love, compassion, sensitivity and understanding, towards a higher existence.

All humans have a pre-ordained life span on this earth, during which they must learn to understand themselves and grow their life essences. This is not easy for many reasons, including interference from family and others. But, the lessons of life must be learned and that includes the fact that death is a new beginning and not something to be feared.

24/9/1997

Life is like an onion:
you peel off one layer at a time
and sometimes you weep.



There is only one true you. All the others are
there to stop you knowing yourself.
Fight to be the real YOU.

THE DOWNFALL OF MAN

One must first of all look at the living planet of earth, which took millions of years to create into a living state. Firstly, the land itself emits and takes in a variety of substances and gasses. These include toxic substances, which are carried away by rainwater to streams and lakes, or to the sea. By this process, the substances are diluted, often far enough away to make them harmless. The gasses emitted from the earth are carried by the winds, so dilution again occurs. In the early beginning, the numerous volcanic eruptions poisoning the atmosphere were absorbed by the thick covering of grasses, ferns and trees, which covered most of earth. So though the planet threw up poisonous fumes and minerals, the living land neutralised its own pollution. Even the advent of large numbers of living creatures failed to create any problem of pollution.

Man was not a problem either, until that is, he began to farm and build shelters. Then he began to fell the trees and burn the grasses and eventually, this reached a level when man began to pollute the planet, as slowly the respiration of the air and water could not neutralise man's damage. This continues right up to the present, but man has made it impossible for the planet to recover, as he has created poisons to control plants and pests. These have to be broken down and rendered harmless. By mining vast areas of land, altering the temperature and structure of the land and by reducing the plant diversity, he is reducing the ability of the respiration process. This is further eroded by man's penchant for covering so much land in concrete, so souring the earth beneath and stopping its respiration.

Modern man destroys and pollutes, all in the name of progress, but the reality is man's incessant greed and vanity. He is not at peace with himself and fails to live in harmony with his own plane. For all his learning, he has failed to understand that he must keep the elements of nature in balance and that stripping forests and building dams has far-reaching effects, thousands of miles from the source of destruction, even though it is considered constructive.

One is not saying that man should not improve his living conditions for himself or his animals, but it should be examined for its effect on land, water tables and climate. For man is poisoning his own atmosphere and land and increasing the barren landscapes throughout the planet, all of which will lead to shortages of life's essentials and an increasing return to survival of the strongest and most brutal. Man has great capability to do good, but this instinct will only rise from his higher self. This is present in too few in this world at present and this must change and grow, otherwise man will continue down the road of self destruction, slowly and painfully, with each generation. So, man needs to look to his character and needs, not his base desires.

11/10/1997

UNDERSTANDING POWER AND ITS IMPLICATIONS

There are several kinds of power. There are power of the elements, the power of authority, the power of the voice and the power of the mind. The latter is the most important of all, for the mind, if positive has the power to learn, understand and construct. By doing so, this lifts the soul towards its full radiance and the positive mind develops to the full; the real potential of the human. In doing so, this creates a person who radiates love instead of hate, wisdom instead of stupidity, peace instead of war, achievement instead of failure and who walks in the light whatever the problems that life throws up. For that person knows with absolute certainty that they walk in God's footsteps as they climb the pathway home and they walk without fear and just love.

Here on earth, many people prefer the power that comes from authority. Unfortunately, these are too often inadequate, with too little development of character and can mainly be seen in the state system where uniforms and backing of the state signifies power. So, groups like politicians, police and army, tend to contain a proportion of those who like power and the control and fear it creates in other people. That is life's adrenaline kick for those inadequate people. The very inadequate are often found in children's homes, where they can indulge their need for power. Unfortunately, this often leads to paedophilic behaviour.

There is one power, which cannot be put into a category, for it crosses all social and religious barriers. That is the power of belief. This does not have to do with religion, God, or belief in oneself. It can be a strong rigid belief in a way of living a certain way. However, most strong beliefs are attached to one of the many religions currently on earth. These can be so powerful, that people will kill or die for that belief. Since society sees these groups behaving in such a way as to cause fear in that society, they shun or turn on these groups. But whatever society does, it will not change that group's attitudes and the more one tries, the stronger their beliefs grow.

The problem for the human race is that they require to develop a simple, strong and direct belief in God, not a false one created by the religious stories held within so many religions. The truth of God's simple word is love. Though love is a simple word, it covers every worthwhile feeling and beneficial action a person or nation can take and the more love, the less fear. But ultimately, a simple direct belief in God is a belief in the goodness of oneself and the understanding that God and your soul are one for all time.

22/10/1997

INTRODUCTION TO THE CHAMELEON

For the purposes of this book, the word chameleon (cham) is used to describe what happens to an individual's personality at an early age under certain kinds of pressure and fear, either physically or mentally.

Basically, the immature human character splits into two parts when a child is subjected to extreme pain or terror. This occurs very quickly when that life is devoid of love and security.

The innocent, vulnerable child which has little or no understanding of life, mentally withdraws into a closed box in the mind and is replaced with a false twin with stronger and more negative emotions, who's twin purpose is to protect its other self and survive and endure.

As time goes on in terms of age, particularly where the cause of the suffering continues, this character learns methods of behaviour which turns them into a person for all occasions, so no single image is genuine. The sole purpose of this false person is to survive and to protect the real person hidden away in the depths of the mind. Unfortunately, according to the depth of the mental injury, the false person (chameleon), grows stronger every year and reaches a point where it no longer protects, but instead becomes a jailer and eventually, a destroyer of the person it was created to protect. It continues to grow in strength right throughout life.

The strength of the chameleon depends on the original causes and the time frame concerned. The most powerful are those produced by physical and sexual abuse or mental abuse where constant denigration and accusation is present with no love or security.

The medium level of chameleon is usually present from the unhappy or broken home that lacks either love or security, or both.

The lowest level arises from the child being misunderstood, or from very reserved parents, or being brought up by nannies, or by demands of high achievement.

The key problem of a chameleon development, is the fact that a single incident, of fear of misunderstanding can create a sensitive or nervous child.

Those with minor chameleon problems tend to lose it, or it is so well under control that it is not seen.

For the others, the slow but steady growth of the real being creates explosive situations in the later years, mainly from the forties onwards.

OPENING STATEMENT

Human beings, like all the rest of nature, are governed by certain behavioural laws and provided these are basically adhered to during the growing period from childhood to adulthood, each person will be normal and physically and mentally healthy. From then onwards the success or failure of that life will depend basically on development of character and the choices made by freewill.

For many reasons however, most lives do not follow nature's rules and many are affected by a variety of afflictions, which alter their future. Some of the more important ones are listed below and each one will be briefly commented on.

GENES

Life starts with the genetics being a mixture of the mother and father's gene pool, so basically the child has some of each in different proportions. In the event that some physical defect is inherent in one or both parents, then this may be passed onto that newborn child and equally, mental defects may be passed on the same way. As this is a very complex subject and a book in itself, the above simple explanation will be sufficient, since what is present in the child is important. Physical defects, depending on severity, lay down the future of the child and can range from early death and constant hospital care, to limited education etc. But whatever is necessary, that child will not have a normal life and this has a severe effect on character and outlook, including social attitudes. Strong parental love has a very positive effect for the long-term good of the individual. Mental retardation, which can be slight to extremely severe, has the great difficulty in assessing just how much can be understood by the child and often great pain is suffered because of failure of understanding and communication. So here again normality is not an option, and self preservation within the mind of the child may create the split personality of the chameleon. The heavy responsibility associated with such children often deepens the chameleon's hold in one or both parents. That is, unless they were truly their own character before the birth and this is seldom the case in life.

The birth of a newborn child creates great changes for all concerned. For the mother, there is an added responsibility of a helpless infant. For the father there is a sideways shift in the relationship, in that he is no longer the centre of attention. For the child, a loss of warm security and the entry into a world of sound and movement, later sight and smell. The newborn requires loving attention, food and cleanliness and the security of a warm cot. At this stage, the child is very primitive but the future of that child is set by the love it should receive from its parents. Failure to supply that will mark the child's future behaviour forever. As the child grows it needs boundaries to live within, so it must be taught right from wrong, good from bad, boundaries and if necessary, discipline. During all the growing period love must be the key to development. Children are not young adults, as many would have us believe. They are far too immature and limited in their intelligence. So to treat them as young adults creates confused, unhappy adults in later life, with many problems.

So what about the parents? Well, parental behaviour is as varied as the countries of the world. So in essence, we have parents who are illiterate, inadequate, often frustrated and violent and who are often barely capable of looking after themselves. Children brought up from this background are often mini replica's of that parent and are usually strongly chameleon by their twenties. The vast majority of average, intelligent parents today, end up bringing their child up by some book, or are swayed by the latest child expert's views. In short, those who bring up their children themselves, lack the common sense understanding that previous generations of parents learned the hard way and look to others to tell them the way. Others of course, hand their children over to nannies etc, or the modern childminder. All this brings forth a child who feels unloved, insecure and alienated, often creating more than one chameleon within and a very confused youngster who does not feel

they belong at home or in society. These problems also exist in the richer and better educated families, where to distance oneself from the child is supposed to produce a more self reliant and stronger child.

Society is full of the evidence of failure of that idea. The responsibility of parenthood can be defined by giving plenty of love, giving guidance and boundaries, treating the child as a child, giving security and using physical discipline if necessary. Also, mean what you say and follow through, do not be your child's best friend - be their mother or their father, but be a friend later when they have grown up. These are the rules for bringing up a healthy happy secure and loved child, who will grow into adulthood with a minimal chameleon presence. These are the children who tend to succeed well in life, as opposed to those who remain unloved, confused, angry and at war with all adults who they feel betrayed them.

SOCIAL BACKGROUND

Social background does, for most people settle their upbringing and future prospects.

Those born into poor families, living in poor housing and with poor earning capacity, tend also to be poorly educated or illiterate. This tends also to create tension in the household with drink and violence. Children, even if not bullied, suffer from the tensions of that household, and too often from parents who do not want their children educated. Externally, gangs, drugs and violence leave their mark and very few children can survive as their true self and tend to view society as them against us, which creates hostility and anger.

The so-called middle class do tend to have some values, but here the pressure is on the children to do well at school, sports etc. Achievement is the road to success, so pressures from parents are high, as is bribery or threats to achieve. Either too much pressure or fear creates the chameleon and as a result, the child grows into an angry adolescent, very confused and rebels against all its middle class learning with drastic results for the future as an adult. In this instance, “the road to hell is paved with good intentions”, could be the parent’s motto! The parent also exhibits tension in trying to maintain their standing in their lifestyle and this too affects the children.

The upper end of society are the rich families and here the problem within the home is two-fold:

- 1) Too much money and too little understanding of its value.
- 2) Poor character and social values. The sarcastic joke, “poor little rich kid”, is often no joke, for money is used as a substitute for love and parental care. The result is lost children with few real values and many hidden fears.

Needless to say the above by its nature, must be a generalisation, but does refer to the majority rather than the minority. There are always exceptions who make you feel proud to know them, thank heavens. Over time, the reality is that many find some kind of living standard and cope with their hang-ups quite well, but that too is a reflection of our society and its values.

It must be obvious by now that no section of society escapes this problem. The tragedy is that people who suffer from the chameleon tend to suffer a negative and disturbed period up until their forties, before awakening and emergence occurs and for many there is a ruination of a lifestyle. It is hardly surprising that relationships break apart and violence and abuse continues unabated, as most people live in the same conditioned behaviour response.

What is required is a great deal more of loving, sensitive and disciplined behaviour from parents and a sense of responsibility towards the child’s future. This is the only way to prevent this destruction of young lives. Of course, a proper re-assessment of society’s values could create a kinder and more sympathetic world, where communication and understanding replaced greed and violence.

Peer pressure is always a problem with growing youngsters and starts with dominant family members, the apparent leader in the class or school, the pop idols or film stars, or sportsmen or woman and so on.

The question is why? What is the child trying to compensate or emulate?

In normal households, children tend to look up to their parents for guidance. That is, provided they have been given normal behavioural limitations. However, no parent is perfect and such matters as broken promises or lies, or failure to solve some problem of the child, starts the loss of the idol image, as well as leaving childish hurts or rejection. The incidents may be minor on the surface to an adult, but to the childish mind (which sees life in black and white terms only), this is a major trauma and can be the birth of a chameleon. The search then goes on for another idol and usually there will be two of these, a down to earth one like a school choice and one so high, as to only be a dream image. The school one will be one who is admired, appearing to be strong, dominant, confident, popular and often sporting. The male child will look up to that person and copy them so as not to be different and remain one of the herd. This behaviour causes severe conflict in a child, whose nature is not the same as this peer idol. The female equivalent is usually a good looking peer, who tends to be more outlandish in attitudes and dress, always has a male following and is generally fairly popular, often with teachers, which gives her a higher status with other girls and boys. Girls are on the whole very sensitive about their imagined shortcomings and become very hurt in a secretive way, so again we see the development of the other personality (chameleon). With both sexes, a problem which does a lot of damage is being bullied or ridiculed by their so-called friends or school peers. The undeveloped character is quickly full of fear and feelings of inadequacy if rejected by the herd. Very few children are strong enough to walk alone and remain balanced in these early years. In some cases a few children do not develop another personality and so become overwhelmed by their sensitivity and fears. These are the ones who commit suicide in their early teens.

The modern social peers of pop, sport, film etc., become the inspiration for many youngsters to dream about, or fantasise about. This has always been the situation. What has changed however, is the lifestyles and behaviour of this group which are now well published and the media even encourage these individuals to talk about their spend-thrift ways, of drug and sex abuse and even the bad behaviour is allowed to go basically unchecked. In short, the wrong message of antisocial behaviour is encouraged, rather than stamped upon (in the past, most of this behaviour was kept hidden from the public). So the young see this behaviour and think it is all right to copy their idols, so we get a generation of confused, foul-mouthed, bad tempered, moody and educationally ignorant children who have never found their way in life except as a copy of some equally ignorant idol! The problem is that their behaviour is basically alien to their true character in most cases and so their chameleon takes over their lives even more strongly. There is no simple answer to this problem, though if society brought back some standards of decency and the law and media functioned properly, then at least this would ease the pressures on the young and help encourage their growth towards their true self.

ABUSE

Abuse, either physical or psychological, is the biggest simple cause of unhappy, confused and very disturbed children and would require a very large book to just give a proper insight into the problem. However, physical abuse is basically divided into two types:

- 1) Physical beatings or torture etc.
- 2) Sexual abuse. This can start as early as a few months old and will persist normally up to puberty, though in some cases it will carry on throughout life.

The culprit/s are usually fathers, brothers or close family members in the early years and if the individual perpetrators are true paedophiles, then they will introduce other paedophiles to the victim. Children so abused, become strong chameleon very quickly in life and suffer much. This is the most abhorrent crime of the human race. It is very common and self-perpetuating, simply because many victims become victimisers themselves. The victim is always psychologically traumatised and many become hospital patients, but the real problem is seldom recognised. Others tend to commit suicide in their early twenties, or in their forties.

Psychological damage to children usually occurs due to uncaring parent/s, bullying parent/s, or an inadequate parent constantly belittling the child from an early age. The hurt caused is severe enough to create the chameleon syndrome, which grows. Unless the causal problem is sorted out, that child will grow up with a negative personality and suffer many problems, often of their own making in life.

LACK OF COMMUNICATION AND UNDERSTANDING

Lack of communication and understanding arises between the child (and eventually the adult), and others in their life because the chameleon personality is prominent most of the time and its agenda is survival on its terms. So it is basically a very negative personality whose reality is not necessarily that of truth and reason. It is hardly surprising therefore to hear expressions like, “two-faced” or, “a personality for all seasons”, since the chameleon personality is exactly that. For instance, during the worst of sexual abuse, a victim will co-operate and this is due to two reasons:

- 1) They have been conditioned to do so.
- 2) The chameleon exists to ensure the survival of that child victim.

Survival is the strongest and most primitive of all emotions and ranks along with fear as the most dangerous. Fear of course is the most negative and the most common of all emotions.

Lack of communication and understanding is the problem of the child due to the narrow range of life's subjects the chameleon is interested in, as basically the subject must be concerned with its survival. Parents and others do not understand where the child is coming from and get frustrated and/or angry, which just re-enforces the condition. The very worst cases of chameleon, mainly sexual abuse victims, are usually always retarded in educational and social terms, though much can be recovered if the abuse problem is identified and cleared.

EPILOGUE

This book by its nature does not attempt to itemise each level of problem. It is only a guide to a major problem in society, which is growing steadily, as life becomes more complex. Parents and education fails to address the real problems of children, for basically these all start with the parents who today, cannot cope with their own problems.

In late 1995 much to my surprise I found myself, after spending a lifetime in medical research and biological science, suddenly, but very clearly communicating with spirit (God) in the form of hearing and channelling a series of writings on many aspects of life. In this book those are concerned with what is called Chameleon are present, plus a few on recognition of the paedophile mind.

I challenge all who read these writings to honestly deny that none apply, or have applied to you and in most instances, still do! For within these writings lie the reason for most human failings and personal problems and with that recognition and understanding and the chance to turn your life around and march into happiness.

FINALLY

A small section is included in this book about the paedophile. For these more than any other member of society, are responsible for the destruction of mind and body of so many of life's victims today. For most of these, there is no prospect of recovery and society has a duty to stop this living death from increasing. It is a mistake to think that paedophiles can be cured or reasoned with. Try telling that to their chameleon victims who have lived in hell for the rest of their lives.

SURVIVAL - MAN'S

Survival is the strongest instinct in man and has no boundaries of control, except survival. Man in his early beginning, knew only this single instinct, so his life was bounded by the need for food, shelter and procreation. His survival relied on him being strong, ruthless and cunning and he took from the weak and the helpless without mercy, sparing only the women and the female children for mating. He had no hesitation in killing them if food was scarce. This is the most primitive instinct in all humans.

As man progressed through the centuries, tribes, cultures and then societies grew, bringing with them, slowly, but surely, a more lightened approach to each other, as emotions and crude intelligence appeared. So it continues up to this present day.

However, that basic instinct of survival which rules all creatures, still survives, though less potent on the surface. With man, society's laws of community, control this instinct in varying degrees, but it still exists at different levels of savagery throughout the world.

This instinct is where all the dark negative emotions spring from, such as emotional coldness, cunning, power complexes, cruelty, control, greed, ruthlessness, hatred and bestial lust. These are present in all humans. The inadequate members of any society, to survive, tend to develop many of these characteristics, but are on the whole held in check because of fear of others, or society's laws. So though they develop great cunning in their outward behaviour, many of these characteristics only show when they have power and control, or during wars or chaos. In modern society, many of these primitive instincts appear as murders, rapes, bullying, or aggressive behaviour against the weaker or more enlightened members in that society.

It is from this instinct of survival and negative emotions that throughout the centuries, physical and mental abuse victims have been created by this class of victimiser. These people have always caused considerable confusion within societies and even today, a physical abuse victim engenders some very dark emotions in people.

Victims fall into two categories, survivors, or early death, usually before they are thirty. Those who survive are emotionally crippled and generally unstable. However to survive, they split into at least two emotional characters, the true introverted and innocent being and the others, with a number of different characters. But all have certain characteristics in common, survival, ruthless cunning, articulate liars and a delusion attitude about themselves. In time, usually with some help and growing maturity, only two characters exist, the real one and the chameleon. The latter controls all life at varying degrees.

The nature of man however, comes to the rescue to some degree, in the form of a maturing mind. In that, questions and conflict arise between the conscious and sub-conscious mind occur, which for most, happens around the age of forty onwards. If help in varying forms is available, that person may develop into their real self. The victim must want to be themselves, as their fight to control their chameleon part is a hard one, particularly as the chameleon was born to help them survive.

8/3/1996

EXPEDIANCY AND INDECISION

One of the common failings in the human race, is the tendency to always look for the easy way out of all problems that confront them in life. This tendency however leads to indecision, or spontaneous decisions, which are expedient, but seldom right. Therefore, this creates a backlash that follows all ill thought out decisions.

For those who are ruled by fear, this type of behaviour has the effect of creating further indecision and fear. In turn this, further re-enforces the very same patterns that have ruled that person's behaviour. This inevitably leads to a further loss of confidence and as time goes on, that person becomes more indecisive and erratic. The chameleon effect of retreating back into childhood behaviour becomes more and more normal, for that is the reality of existence when one fails to face up to the challenges of life, or their own character.

Some have recognised fear as a controller of their life, whilst others go through life never recognising that controlling power, so for the latter, their existence on earth has been a wasted experience. For the former, being aware of this negative force is not enough, for they must face up to that fear and overcome it, otherwise it will be their nemesis on their own judgement day and they will have to return to earth to overcome that fear.

It is for the above latter reason, that so many are given life to the power of their dormant gift from God, so that they may strive to overcome their negative character faults. Few learn the secret of blind faith, but in trying to overcome their negative character defects and improving their understanding, they at least reduce the power of fear, which helps in their next existence.

So, in learning to make decisions based on fact and truth rather than expediency, plus the courage and faith to implement these decisions large or small, is the measure of growth and the controlling of fear.

28/3/1996

REPRESSION

Repression of true character starts in the childhood years, and is based on fear and poor self esteem. Reparations usually stem from dominant and bullying parent/s, early schooling, or an abused childhood. The common denominator is however, that of an under developed character and as a result, physical symptoms are anger, stubbornness, low self esteem, nervous or neurotic behaviour, depression and non-specific illnesses. Some or all of these may be present in the individual. Repression is not generally recognised by the individual, since as the word implies, the cause of it is buried deep in the subconscious. To remove the cause of repression requires two basic aspects of character to develop in tandem. One, honest and open appraisal of the past and two, development and understanding of self character, aiming always towards balance of character.

Adults, who suffer repression, tend to have a defence mechanism in-built against seeing and understanding and what caused their early repression. This is because fear makes them feel that to see the past, will reduce them into being less than they already are. This of course is not logical, but purely emotional and as most of their emotions are already distorted by that past, their reluctance is understandable, but self destructive. It requires truth, trust and faith in themselves, or if possible, in their God to go forward. Repression is a destroyer of happiness and self fulfilment in too many lives.

16/6/1996

INCIPIENT INNER DESPAIR

Incipient inner despair and maligned impairment is common in those who suffer some form of deep personal trauma. This sometimes causes these victims to turn their ill treatment into a deep hatred, with strong paranoid despair. In practise, this means that instead of turning all their negative emotions onto the people who inflicted their pain and suffering, they start to believe and blame all people, or one sex if they were responsible for their pain. In time, those responsible for the problem take a back seat in the mental picture and everyone else becomes the focus of blame. When this happens, the victim is at war with the rest of society, the net result being increasing paranoia, until a major incident occurs, usually fatal, or the victim has a serious mental breakdown.

For many, the behaviour does not reach the above extremes, but show slight to medium paranoia, often indicated by their hatred for certain sections of society, e.g., doctors, figures of authority, one sex or the other. Most can be helped to some form of rationalisation. The key however, is for the victim to recognise that a problem exists and seek help. But nothing can happen until the problem is recognised and faced. Failure to treat the problem results in a steady deterioration.

13/3/1996

SELF LOATHING

Self loathing is an emotion, which consists of a number of feelings, all negative and destructive. These consist of:

Inner Disquiet	This is a feeling within yourself, in that you believe that you fail to live up to your own ideals.
Shame	This is the feeling of deep remorse at being less than you are and exposing your disgrace to others, even when no one else knows the truth.
Guilt	That inner feeling that you have committed some deep sin within yourself, or against another and as a result, want to be punished, sometimes over and over again.
Anger	This is an inner anger at yourself for being a weak individual and that you have failed your own self perceived image. This anger may erupt against yourself, or against others in violence.
Hatred	Of yourself because you could not help yourself and you are convinced that you could have helped yourself.

All the above are negative aspects of character, which grow increasingly self destructive. So they must be turned around to a positive outlook by understanding the real truth of what caused this inner turmoil. Understanding the problem with complete truth and forgiving yourself IS necessary, even though you may not have been responsible in anyway for the situations.

The above is very common in cases of severe abuse, particularly those of the childhood years and is also present in those who grew up with a low level of self worth.

22/3/1996

INNER ILLUSION

Humans as a species have the need to be loved, to love and be needed, and because of these, all their close relationships, must to some extent, supply these needs. Logically, and emotionally, people can give many reasons for that relationship, but it all stems from the above needs.

However, with life's victims, they suffer from being completely devoid of these aspects of love and need and consequently affected in two ways. Firstly, victims who have been physically or mentally abused tend to keep themselves in, or return to those who abuse or deride them, simply due to the conditioning which placed them in the situation of abuse. They inwardly feel that in a perverted way, the abuser cares and needs them, so perversely, their own need for their inner needs are met and this very perverted thinking causes further pain and confusion.

Secondly, since the victim's life is not living but existing, the victim only feels alive during these periods of physical and mental torture. Since fear is the main emotion followed by pain, the need to feel these stimulates the whole feeling of being alive at these times, as opposed to the rest of the time when existence is devoid of any real emotions. The inner illusion is that they are needed and loved in a perverse way by the victimiser, when in reality they exist only to gratify the victimisers perverted desires. They have no caring feelings for the victim, just sadistic contempt.

22/5/1996

THE DARKNESS OF FEAR - AN OUTLINE

Fear. This single emotion has brought darkness to the development and growth of the individual and mankind in general. Its first impact is generally as a child and colours all thinking and actions from then on. Unless that is, it can be contained, understood and controlled. It does however, remain present throughout life.

The chemical adrenaline produced in the body is stimulated by fear and this makes the body alert, ready for action and flight. All of this causes the nervous system to overreact, so when fear rules that life; the body is in a constant state of tension and nervousness.

Fear is a typical state of existence in all those who are victims, so fear becomes a way of life and the body needs it to function in a semi-normal daily state. Otherwise, the body collapses into a state of tiredness. Naturally, this constant state of tension in the body shortens the life span.

The effect of fear on the brain of a victim, is one of panic and indecision. Most chameleons live with this behaviour as part of their daily existence, so whatever their outward appearance, they are in a constant negative emotional mood ruled by fears. That fear is mainly irrational and causes all thinking to be unstable and mistrustful. The mind blocks nearly all information that may change circumstances and outlook for the better. So, fear is destructive to rational existence and must be understood and challenged for the good of happiness and health. A positive attitude must be adopted towards all problems however small, to overcome all fears.

21/3/1996

THE NEGATIVES OF SENSITIVITY

The sensitive child in their growth towards adulthood and develops two roads to walk in life in their search for the true adult. One, they either behave and live a very timid, controlled existence and to all extent and purposes, exist as a quiet, shy nonentity. Or two, they develop some fixed traits such as false ego, vanity, or the constant drive to be one better than anybody else. They can also develop the need to control others, usually with a mixture of cold cunning and devious behaviour.

In effect, depending on the strength of their chameleon, they develop and live their lives on the constant game of getting their way by manipulation of others to satisfy their inner feelings of inadequacy. This behaviour is basically that of a spoiled child and continues into adulthood, so effectively at times, that their desires are in control of adult behaviour.

The above behaviour is counter-productive to true growth, since if one behaves as a child, one is treated like a child. Also, as this behaviour is magnified by constant conditioning, a point is reached in adult life when mature adults, however loving, stop responding or caring about that person. So the future becomes a living hell as people withdraw from the source of all their pain, frustrations and ever increasing unhappiness. So the sensitive child who so badly needed love and security coupled with understanding, destroys the very part of their nature which for all its early pain, is so special for the future of a happy and contented adult existence.

The worst effect of this growth pattern, is the strong manipulating behaviour which develops, as this leads to the need for constant attention and self centred adulation. This is usually combined with the desire for emblems of prestige, such as money, prizes and other trappings to make one appear better than others (snobbery). This is the sure road to inner destruction, extreme future neurosis, unhappiness and increasing loneliness.

In social terms, the sensitive victim who does not control and balance these negative aspects of character will end up being a social outcast and very unloved. Malevolent control is a very dangerous poison to the soul and character, and usually ends up nearly pure chameleon.

The Sensitive person must grow to live their proper destiny and therefore, must fight their negative chameleon to become their true self. All their earlier reparations must be cleared from their past to enable them to live as their true selves and enjoy the richness of life.

2/8/1996

THE BEING

The natural evolution of life demands that man is born and shortly after Conception, the soul has a pre-ordained life of its own choosing. It is in the lap of the gods if that path will be walked on earth. The gods I refer to are those other humans who are going to shape the existence of that child from birth onwards.

In practise, no life ordained in spirit is walked the way it was laid down. Freewill, from all those around, affect that chosen existence. However, the character of the individual and how they learn to develop, is the important factor in regaining the path. This is why so many lives have to be lived to forward the development of the spiritual soul and providing that step is firmly fixed in conviction, it will affect the level of understanding in future lives.

The problem of human growth is that during childhood two people exist in one mind. 1) The true being, which has the essences of its soul at various levels, but is an innocent child who, provided it is given love and space to develop, will on average grow up strong and true to their character. In which case, the other person will be held in check, but will have a negative effect on character on occasions. 2) The other self, called a Chameleon, develops according to the input of others and mostly, this influence will be negative and hurtful. The severity of this decides the development of character and the way the mind sees the world and its peoples. That is why only one in ten children grow up into adulthood without some emotional scarring. With most, the scarring is practically eradicated by growth and maturity. With others, the emotional scarring is deep and so they live life with the chameleon in control. That control varies from 100% down to 1%. However much is controlled by the chameleon, it does not allow the true being to be in control, or their soul to flourish. So two or more people can exist in one mind and by the very nature of their existence, this produces a non-person, or one who suffers constant inner confusion and deep dissatisfaction with their life and they are not their true self.

The true being is one who, whatever their past life to date, develops the courage and honesty to face the truth and difficult decisions about their own life, whatever the consequences. The main problem is always self image, illusion and delusion. The harder the past life, the more difficult it is to face the truth. One underlying fear is the fact that the individual cannot accept, because of their past conditioning, that a real worthwhile person exists beneath the facade that they present to the world

The first step towards being that true person is always the hardest, followed by the last stages to completion, where truth must overcome all their conditioned emotions. Those who have a strong resolute desire to know their true selves are the one's most likely to succeed and in turn, know the fulfilment of being their own true selves which transforms all life.

9/3/1996

THE LIFE CYCLE OF A CHAMELEON

The chameleon is born out of personal hell on earth. Its life usually starts from birth, but not always, or within the first eight years of a child's life. To begin with, it plays a minor role, being present when pain and/or fear is present. But as time goes on, it becomes more dominant and in doing so, suppresses the real growth of the being. By the teenage years, it has taken over 50-70 % of that being and during the twenties to thirty's, it has grown on average, to around 85%. Then by the forties, 85-90% of character is chameleon. Due to physical and mental changes that take place in the forties, if the real being still has certain strong aspects of character left such as love, sensitivity, and compassion, a change takes place and the real being struggles to emerge and exist. This battle goes on between the ages of forty to sixty approximately. During the sixties plus, further changes take place in the body systems and these start to work against the true being. Unless that true being has emerged to a higher degree, the chameleon personality begins to absorb the last vestiges of that being until only the chameleon exists.

The above text must be accepted as a generalisation, since the reason for the existence of the chameleon syndrome varies considerably, the strength and development of human character varies. A degree of stress during these life periods, all contribute to the strength or weakness of the chameleon and the real being. One thing is certain, real progress of recovery has to be made by the age of sixty, or there will be complete regression.

19/3/1996

THE DRAGON

The Dragon within the being, must, firstly be distinguished from the chameleon, for they are similar in many respects. But there is a vital difference. The dragon is natural and the chameleon is a causal effect.

Firstly, the chameleon is a product caused by physical and/or mental abuse in childhood. The inner dragons are a natural, but dangerous development of the growing person. They represent the inner conflict that occurs when the character is challenged by personal or social incidents in everyday life and is a battle of character balance. Not all the positive aspects of character are able to grow strongly enough to outweigh their negative opposites, so they become a prominent feature of the character at that time. As maturity occurs, so the negatives recede, though this is not always the case and leaves the presence of a poor negative character.

The Dragon is a natural behaviour pattern in many people in life and does not require an unhappy childhood to exist. For example, an obnoxious child can grow into a very nicely balanced adult and vice versa. Some however, never learn and remain obnoxious and anti-social throughout their life. This is due purely to the failure of positive character growth.

The crucial difference between the dragon and the chameleon is that the dragon knows what it is doing at all times, but fails to control its behaviour. The chameleon, however, seldom, if ever, knows what it is doing as there exists two or more personalities in the one being. Only when the real person struggles to emerge, is there some recognition of other behaviour patterns.

20/3/1996

CHAMELEON - ISOLATION (TO BE READ IN THE FIRST GENDER)

Isolation means in this instance, to close off from the world and the people around us and by doing so, reduce all our emotions to a frozen state. By doing this, we consign all our emotions to our other self, the chameleon and taken to its full extreme, leaving us devoid of all true feelings for oneself or life. So, why do it? It started its long road to this point back in childhood, with some terrible fear or pain and it grows with each bout of fear, pain or despair. On each occasion, one draws further and further into the world of isolation. This is especially drastic when tears dry up and feelings of shame, guilt and slow self worth grow to the point of a feeling of nothingness. This conditioning grows, so the negative feelings expand until you as a person no longer exist as a living creature, but only exist in a world of loneliness and despair where only illusion and delusion rule.

So if the chameleon is not in complete control, at a point in time the real you will try to emerge and the struggle begins to face and find all the hurts and fears that created this living death. This means looking in detail at each point of fear or hurt, rationalising and understanding the truth of each situation and recognising your own role in that situation. These matters only tend to clear when you openly face the situation with a person you can learn to trust and can give sympathetic understanding and insight. You must work at learning to love life and other people and recognise that all people are not bad or out to hurt you. You must also learn to respect and stand up for yourself, without being aggressive and that you are truly a worthy person, entitled to love and happiness.

20/3/1996

CONTROL

There are three types of control in human affairs, all having their basis in human character. They are a) Personal control, b) Leadership control and c) Chameleon control. There is a fourth, but though within the being, is not completely within their control, for it is Spiritual control.

Personal control. This starts with the basis that humans have a need to be in control of their lives. In practise, this depends on the development of character, the effect of others and society pressures on that character. So in reality, the best that can be achieved is to be in control of one's emotions, attitudes and decisions within the given circumstances. It is within this area that inadequate character development leads to the birth of controllers, with their need to control all aspects of their existence to the detriment of themselves and others around, particularly family.

Leadership control. This is an extension of personal control, plus the addition of strong personal beliefs about the way things should be done and ambition to change things for the better. Natural leaders are rare with most leaders are driven by personal ambition, ego, vanity and inner insecurity.

Chameleon control. This comes from a different basis of need, in that it develops from pain and fear to the point of madness and an overwhelming need to survive the pain and control from others. Blotting out each terrible incident and that physical being doing what is required to survive does this. The chameleon is not suddenly there, but grows gradually as the negative characteristics come into play along life's path. This control is about stopping others from inflicting more pain or control beyond that already present, so it becomes a cold calculating control that knows no moral or social boundaries. It will do or use whatever methods necessary to retain control of its perceived existence. The chameleon recognises no other existence but its own need for survival.

The tragedy of this behaviour is that it grew out of pain and terror and its need to survive for the best of motives. It grew and grew until it assumed a twisted life of its own and no longer recognised its reason for existence, or even its own controlling behaviour. For though it was born to protect the true being from further hurt and misery, it ends up inflicting more prolonged misery than sometimes the original cause and if allowed to continue unchecked, destroys the very reason for its existence.

Spiritual Control. Is that of the true inner voice of the spirit (soul) which cannot be controlled, for it refuses to let itself be destroyed by the attitudes or behaviour of the physical being. It often appears as guilt or indecision in the mind or body. Its effects over time, is often to make that persons behaviour better through mainly diluting the worst of the negative behaviour. This can be the main cause of erratic behaviour. Its single purpose in life is to create more spiritual awareness and a happier daily existence.

22/3/1996

THE INNER BEING - AN OUTLINE

The Inner Being (Soul), is born with four main essences (or seeds) contained within the spirit (soul). These essences are not mature, but their maturity at that time is a measure of their success, or otherwise, in a previous existence. They do however, contain all the emotional aspects of human character, both positive and negative, good or bad. Under normal circumstances of growing through that lifetime, depending on the experiences, for better or worse, all character aspects grow or diminish to form the character of that individual.

In the childhood years however, if life becomes unbearable due to severe trauma, usually physical or mental abuse, a split personality develops in those who will survive into adulthood. So, the chameleon is born. In due course this becomes the dominant personality (more than one chameleon can exist at certain times in life). The chameleon, who becomes the survivor, is the one who grows the strongest negative character, with the least positive attributes or emotions. The real person (being), or true self, has retreated into a state of virtual nothingness where it stays for many years until it begins to stir, with approaching physical and mental maturity (biochemical changes). When it awakens, it begins to grow and at this point, both mental conflict and physical changes occur.

The inner (real) being is an innocent creature and its emotions are mainly positive. The main ones are the essences, which contain within them honesty, inner truth, innocence, trust, generosity, tolerance, happiness, optimism and a strong feeling of fear and pain (the cause of the retreat in the first place).

The real being becomes more and more aware of the other person within as well as its attitudes and actions. When this occurs, rejection and denial is the first response. The real being cannot accept that this other loathsome person that exists within them, simply because they do not comprehend that this dark creature is part of them. But, as the conflict within proceeds gradually, bit by bit, some aspects of the chameleon character are faced and then guilt, shame, pain and self loathing enter the real being's mind. This can become so strong, that self denigration can become very destructive. When this happens, it is essential that the real person understand two points. One, the real being did not know about the chameleon's attitudes or negative behaviour and was not in any way responsible for that existence. Two, the real being's feelings of guilt or shame are not justified, for they are truly innocent and these feelings must be rejected.

The real being must fight hard to exist and be on guard against the chameleon, who no longer wants the real being to exist and has no scruples about using whatever method, to destroy the real being.

22/3/1996

SANCTUARIES

True Sanctuary means a place of safety and security when it is used in the normal context of life. However, this is a simplistic statement since in reality, there are several types of sanctuary. There is Inner sanctuary, Spiritual Sanctuary, Conditional Sanctuary and the Inner Child Sanctuary. In a general sense, a sanctuary is a place to feel safe, secure, less stressed, warm and comfortable.

Inner Sanctuary

Is in fact a small area of the human mind where the individual retreats at any given period of time when stress or pressures of life become too much to bear. It is in fact a mental safety zone to prevent the mind breaking down under extreme pressure. It is not possible to live in this zone for any length of time, otherwise the individual loses all contact with reality.

Spiritual Sanctuary

Is a retreat into the soul as a place of quiet contemplation of the meaning of life and its truths, in relation to God, the Universe and you, the Individual. It is also the place one retreats for strength, or when under life-threatening attack.

Conditional Sanctuary

Is brought about when an individual has been subjected to extreme pain and emotional hurt over a period of time. Starting in early childhood, the mind creates a place of apparent safety, which can be anywhere, but generally a cupboard, a room, or a house that is familiar. Even the place where the pain and horror took place, but empty of the cause of the pain. The reason for this is due to the fear engendered into the victim's outlook to the rest of the world around them, which becomes a place of terror and loneliness. So in essence, the sanctuary chosen becomes a familiar prison, where the pain and hurt is known. However fearful, this is less than what the unknown fear of the outside world will inflict and where people appear more hostile and uncaring and the loneliness within becomes more terrifying.

The Inner Child Sanctuary

This starts early in childhood where fear, loneliness and pain are prominent to the point that the child mind is overwhelmed. So the child detaches part of its mind, becoming two people within the one body, one of which attaches all its feeling to. This could be a doll, a pet, or a secret hiding place, where it represents a place of love, safety and security, all to the point of obsession. In later years, the child mind attaches to that childhood home, an association with sanctuary, which in later years becomes a conditional sanctuary.

Delusion Sanctuary

Is an emotional sanctuary where the individual creates a world of their own truth in their mind. This suits their own perceived character and they retreat into this when challenged by other truths or facts, or situations which do not meet their vision of truth. It is based on fear, hatred, or self loathing and conditioned survival and is a very common victim syndrome in humans. This is often the last consecutive stage after conditional sanctuary.

2/3/1996

REBIRTH

The first steps to the rebirth of a human being, particularly those who have been very victimised, are firstly, that they must recognise and accept that all that has helped them survive to that point in time is no longer their salvation. This has now become their enemy; so, this alone brings immediate conflict between their two halves, which are their chameleon and their true self. Secondly, they have to understand and try to believe that the real person is not a nonentity, but a person of real character and worth. How can they know this? Well, at this point in time they cannot, but at least they can be told that if this were not the case, they would not have survived to this point in time. For those whose basic character is not much higher than the chameleons, they would have had a very short life.

Many victims in their earlier years try to kill themselves. This occurs because the chameleon is not yet strong enough to have complete control over the victim and often there are more than two personalities present in the victim. So though the chameleon rules the life of the victim, the real inner true person, though mainly silent, is growing in strength with its own true character. Since this character is better than the negative character of the chameleon with its brutal survival traits, the new real child is born into a struggle for identity and existence.

This struggle for birth and life causes a love / hate situation. On one hand love, because the chameleon has protected and kept the other from suffering and hate, because the chameleon will not let the new child within grow and exist.

The first task is to get the victim to understand the true situation within themselves and to accept that they are a truly loveable and worthy person in their own right and a person of real character. Next, the situation of pain, fear and terror that created the chameleon must be exposed, rationalised and understood, with blame if any, apportioned to the right area and not taken upon themselves. It is this that makes the victim.

The victim always suffers from confused feelings or emotions such as guilt, shame, fear and mistrust etc. For most, there is an overwhelming feeling of low self worth and personal esteem and behave either completely cowed or very aggressive, or a mixture of both. To overcome these problems is the first step to understanding and the difficulty here is that the mind may release some of the problems in a generalised form. For instance, the statement, "I WAS RAPED, but I have coped with that", is typical. In truth, each part of that rape stirred different emotions and must be openly discussed step by step and faced before true healing occurs. It is helpful to understand how the mind and body works, both voluntary and involuntary, as this explains some of the actions.

Those victims who have spiritual faith have the best chance in overcoming their chameleon, but must give over to God each incident of pain and fear separately as it is understood and rationalised. The problem in simple terms (but not in fact), is that all the past must be faced by the victim, talked about with a trusted councillor, written down and handed over. The true being must recognise the fears of that past and what it has done to them.

The hardest concept for the victim to overcome is to learn truth and trust, since both of these were non-existent in the victim. The human experience of such cases teaches us that this seems impossible to the victim, since neither exist in the world of the chameleon. So, the newborn child (however adult in years) must take a giant leap in faith to overcome past conditioning. The reason for that is that it can take many years to take that step and so life remains a misery for so many and for some victims, all their life.

Real faith in God and a determination to be their true self gives the highest chance of success. I refer you to the other writings on the chameleon, particularly that on sanctuary, for this is nearly always the last and hardest obstacle to clear since it is a false sanctuary and deeply ingrained from the time of the birth of the chameleon. It is responsible for pulling the victim back into the chameleon state time after time. Failure to clear this condition leaves a future of increasing conflict, pain and erratic confusion until the chameleon eventually destroys the real being.

23/6/1996

INNER TRUTH

Truth is not an easy thing to identify, mainly because it is coloured by past experiences and hurts. Man's survival often means that the truth becomes distorted to allow for his survival. Unfortunately, however, this distortion becomes a noose to strangle true growth, resulting in the chameleon syndrome.

The inner truth exists or not according to the personality at that time. This split behaviour causes a deep inner turmoil of pain, guilt, anger and despair in varying proportions and often results in the victim lying to themselves and others as a way out of a difficult situation. The two conscious personalities are such that they do not recognise the other's behaviour to its full extent and can live quite openly, stepping in and out of each other's existence, each existing as if it were the truth. A bolthole is always needed, into which the victim can retreat if they feel threatened. However, even this can become a dangerous place to be, but the victim stays put because it gives the false illusion of safety. It is a place, which in the end will destroy the victim's will to live. It is important that the victim recognises that this is a false sanctuary. To do this however, requires that the victim looks back into their past, usually their early childhood.

Examining this childhood past is a problem, since it means exposing their secret sanctuary. This is frightening, as it has been the sole place of safety and security right up to the present and is now destroying the victim, even though the victim cannot see or believe this to be true. For inner truth to prevail under these circumstances, it is essential that the victim be aware of the problem and that they tell the truth under all circumstances. By doing this, they lift the barrier of that closed secret world and weaken the chameleon part of their character, allowing light into that dark world of fear and terror that the chameleon character has kept alive with such detrimental affect on the health and character of the victim. Conditioned behavioural response must be broken down and replaced by positive enlightened behaviour.

22/2/1996

CONDITIONING OF THE MIND

Conditioning of the mind is very important, particularly concerning its negative effect on future behaviour. Development of the mind starts in the latter stages of human pregnancy, but is very elementary, reacting to the stimulus of sound, vibration and the hormonal influence of the mother, particularly the negative effect of an unhappy mum. These conditioning effects are strongest in the early years of childhood and on the developing young adult, poor conditioning at these stages has a profound effect on character and on the future. Since early development is very black and white, its reality is not often a reflection of truth and is very simplistic.

Conditioning and attitude barriers are then built up in behaviour pattern, and if these are prefaced by fear, and/or bigoted aspects of character and means that all situations are pre-judged and dealt with from a closed mind. This leads to misinterpretation of the true situation and inevitably to the wrong conclusion on that situation. In addition, each occurrence re-enforces the conditioning. This type of behaviour leaves that person confused, unhappy and more and more alienated from their fellow man.

All humans are conditioned by their environment. Understanding and reason are required to alter pre-conditioned attitudes before a mature and truthful approach can be established.

Since much of the human race has suffered some sort of emotional or physical abuse to their being, it means conditioning, good and bad, has the strongest overall effect on human behaviour. It is also one of the traits in human behaviour most ignored and one of the hardest to change.

The problem of change is best tackled by taking a single attitude or facet of behaviour and try to work out the why and how of its existence from your past experiences. Conditioning may be hard to change, but knowledge, leading to understanding and reasoning is the best approach. With many people, an oblique approach is best so they do not feel threatened and insecure due to their feelings of inadequacy. Peer pressure is the common cause of so much negative conditioning and if the person can be removed to a better environment, this is beneficial.

Class structure, slums, poverty, poor education and prisons, are the biggest cause of conditioning since these breed ignorance, physical and mental abuse. Conditioning is best changed by education and understanding, providing that the victim does not go back into that conditioned environment and the people who control it.

4/2/1996

CHAMELEON - SPLIT PERSONALITY

Chameleon, split personality, is at its worst in those who have been severely abused physically and the chameleon is at its most prominent, being less so, in those who are mentally abused. It is very difficult for these victims to perceive just how controlled and conditioned they are by their chameleon self, but when they accept the presence of what is called their cham, they are still not aware how quickly the cham can take over their thoughts and actions.

As a guide to the presence of the cham, it is worth asking if these signs are present?

- 1) Are you really listening to what you are told?
- 2) Have you not done something you should have done?
- 3) Have you said you have done something, believed you have done it and you have not?
- 4) Do you panic, or switch off when you are confronted with the truth?
- 5) Are you suspicious of any matter that concerns you?
- 6) If you are told something specific about you, do you change it?
- 7) Do you feel fearful about certain personal situations and do you know why?
- 8) Do you claim to understand something, but do not when it concerns you or someone close to you? (Cham caring is generally very poor and limited to very short term).
- 9) Do you run away from the truth, by switching off, or by changing the subject?
- 10) Do you change behaviour drastically; according to whom you are with or talking to or in circumstances where you must take action that concerns you?
- 11) Do you get nervous inside for no apparent reason?
- 12) Do you find it easier to tell lies than to tell the truth about yourself?

It must be remembered that the cham finds it easier to lie and deceive where all personal matters are concerned.

15/3/1996

THE CHAMELEON HUMAN

The chameleon in society exists in large numbers and range from very mild, to complete chameleon. This creature exhibits a different face and attitude for each different occasion and blends into that relationship to behave and think as that relationship requires. This ability exists because the chameleon is not a real being, but an actor and accomplished liar. Through years of conditioning, the chameleon is able to play any role and does not know what truth is, so can appear normal with apparent ease and honesty, (unless cornered and challenged).

This condition is usually, but not always caused by physical or mental abuse in the earlier years. Alcoholic parents, or a very insecure background, (constant fostering) are also common reasons. When the chameleon behaviour is well established, a well ingrained pattern of lying is dominant and very difficult to break. The lying is defensive and usually is to avoid trouble decision making, or to make that person more acceptable in a given situation.

When situations become too defensive or frightening, the chameleon moves out of the situation by adopting what appears to be a very positive attitude, or course of action. A likely statement is, "I have to do this as it is right for me." This makes relationships an erratic and rapidly changing scene. The only cure for this is self truth, combined with facing the terrors of their past and in the long term, the consequences of the future.

So ingrained is the conditioned behaviour of the victims, that they are seldom aware of the lies and deceit practised in their everyday life and they live an existence of unreality, which to them is normal. One clue to their problem is that they are often looking for new pastures, or longing for some idealised, though imaginary existence in their past. But whatever they achieve, it rapidly disappoints them. They are prone to great drama and trauma to feed their desire for existence and many in later years turn to God for the answer and are guided to help. But determination is required to learn truth and trust and this is the major obstacle for many.

10/2/1996

THE HUMAN MANIPULATOR

The manipulator is a person who plays control games with other people's emotions. Basically that person is trying to gain power and advantage over others and in the process, cause pain and confusion, so causing diminished confidence in others. The background of a manipulator is complex, but is one of a person who has suffered physical or mental abuse and as they grow towards adulthood, their negative emotions have grown out of control to the extent that they inflict pain on others. They have felt feelings of insecurity, lack of love and low worth and have kept these suppressed causing them to lash out in pain.

The problem for the manipulator is to see their negative for what it is, so that they can put their character into balance. Those who are manipulators and do not stop this practise, face a future of increasing obsessive behaviour, leading to self destruction and bitter loneliness. These manipulators are not all negative in their emotions, and are normally very sensitive. But in their search for their true self they took the wrong path for this behaviour and this is part of the chameleon syndrome, but they are the last to recognise this fact. Their only hope for the future is to clear their past repression's and this can only be done by developing honesty and trust.

3/8/1996

PEOPLE AND THEIR CHAMELEON

The question so-called normal people ask is 'have I got a chameleon?' The answer is for most, YES, since only those who truly know about their character and who they are, will still have some form of suppressions buried in their sub conscious mind. At certain times this will cause inner conflict and all that is needed to identify a possible chameleon is to look at your desires in life, as opposed to your real needs.

Most individuals suffer some form of trauma during their early childhood years. Depending on their sensitivity or lack of understanding of a given situation, this can and does turn incidents into some degree of fear. If this is not rationalised by development in a relatively short period of time, it becomes a hidden suppression which is steadily magnified and added to by other small, but often significant incidents. So, the fears grow and produce more negative attitudes, all of which decrease the growth towards that true person.

One cannot generalise and treat each person on the basis that one set of procedures will help all recover and grow towards their true selves. People can be grouped into certain categories, but treatment for each is a personal thing and such problems as physical abuse and its associated mental trauma are the most severe. This should not be tackled by a beginner, since this requires a deeper knowledge of the paedophile's basic nature and outlook on life. So this is not for the unwary to delve into, since it can have serious consequences for councillor and victim. It is fair to say that even the simplest chameleon can be difficult, simply because of the deep instinct of survival and self image. It can also be complicated by the councillor's own so-called "hang-ups". So the victim must not feel that their attempt to sort out their problem is a failure if they do not make progress with a particular helper, but should try again.

One should also accept that in this area of development, there are no quick results and the victim must be prepared to try and not play role games. This just adds to the misery and prolongs the problem.

4/8/1996

DESPAIR AND MISUNDERSTANDING

Most people are victims of their childhood past and still are. As always, the problems start in childhood because the mind at that age is very limited in understanding and truly innocent. When physical and/or mental abuse occurs, the childlike mind creates the chameleon, the sanctuary and the will to survive what is perceived as hell (pain and terror). The innocent and real child retreats into a non-existent entity, depending on how severe and prolonged the trauma is. Then the chameleon over a period of time, becomes that person so completely on the surface, that it can develop other editions of itself, which characterise certain aspects of its behaviour, as dominant to that particular personality. For instance, a change of clothing or surroundings can bring on a new personality. But however many characters are created, their behaviour is always that of the chameleon.

The chameleon only exists to protect its survival, its sanctuary and to give pain, rather than receive it. However, the basis of the chameleon is fear, so it is seldom direct in causing others to suffer, unless that is, it can do so safely. Further, if it is suddenly caught out, it instantly reverts to another of its Characters. The chameleon, or its other characters, never lies, for all truths are its truth and have no bearing on fact or real truth.

The real Being has little or no existence until later in life, but a slowly maturing brain asking silent questions, awakens that Being and by doing so, causes much of that erratic behaviour so often seen in severe victims. The need to be the real person grows stronger and stronger as the years pass and as some aspects of real character develop a more positive pattern, so the real being begins to show itself with help. That is providing the victim is prepared to try, then they must be prepared to face and tell the truth and have the courage to face their fears and as unknown fears are harder to face than the known fear, this is sometimes very difficult.

The victim must truly face the fact that their chameleon is the negative part of their nature (and exists in all humans) and lives on fear, mistrust, deceit, delusion and hatred. It does not know love, but it will use that emotion to manipulate and control others and even its innocent being.

To overcome the chameleon, it is necessary to face unpleasant truths about one's behaviour and the negative aspects present in all humans when survival is at stake. When the true Being emerges frightened and confused, it is like the birth of a child and the enemy is not the world, but the dominant chameleon. The only weapons the child has are truth, trust and a determination to be their true self at last. So, they have to face the past world of their chameleon and when they at last lay that other them to rest and thank it for keeping them alive, so you, the true being can live in harmony with yourself and your true spirit. At last you know the real value of you, a unique and spiritual being.

14/3/1996

MAN'S INNER DESPAIR

Inner despair starts during the growing stages of childhood when relating to those of your own age, or adults around you. It is related to self expression and finding your place within that group according to your development of character. So in essence, the more positive the character, the more outgoing the child. But the negative child is shy and retiring and this process continues until puberty. At this point emotions develop faster and dominant or recessive emotions become more fixed in their behavioural patterns. Providing normal slow emotional maturity takes place, that person's existence within a society gradually causes the basic characteristics to mellow towards a more even basic level, which continues as long as emotional development and understanding takes place.

In reality, most people's development sticks at the adolescent stage, which means that the word, "NICE" is not on the whole applicable to the average person. In time, life experiences and how the individual copes with their problems, dictates the onset of maturity and the improvement towards a balanced character.

For those who are victims in childhood, the above process of development does not occur this way since their experiences are normally pain, fear and the instinct for survival (for many, the latter instinct is not strong enough, and they perish). So these victims develop the basic instincts of survival as an inner strength, which in essence means that those aspects of character being the most negative and primitive develop most strongly. So the chameleon is born, which has no regard for the rules of society. Fear usually stops the chameleon from overstepping the rules of accepted behaviour in the earlier years, unless that is, they are sure they can get away with it without retribution. In later years, their increased physical maturity often helps to overcome their fear and can lead to dangerous behaviour. The conflict of their behaviour is governed by the balance of three separate conflicts of character: 1) the existence of a growing true inner self 2) The chameleon 3) Their physical hormonal drive. The strengths and weakness of these three working together or against each other, decide the outcome of all future development and accordingly, the lifestyle of that being.

Knowledge, growth of character and understanding is the key to progress, but the attitude to themselves, their own sex, or the opposite sex is crucial in this development. Rejection of any of these guarantees a character imbalance, so the understanding of self and attitudes towards others and society is important and must be faced up to. Life must not be allowed to stagnate in mental and emotional terms, otherwise proper development can be too late and the chameleon exists as a growing existence forever.

4/4/1996

POLITICS OF THE SOUL

By politics of the soul, I mean the needs of the soul and the conflict of the perceived needs of the person. The soul has only the need for love, sensitivity, compassion and understanding and the strength and balance of these dictate the degree of conflict within the mind of that person.

Since most people do not recognise needs, but rather desires, conflict is already present. Desires are the usual ones of money, power, prestige, more of everything worldly and a mate. Some women even have such a strong desire to produce children, that it affects their behaviour and mental attitude very badly. So, these conflicts get stronger as the body rises towards full maturity.

From the fifties onwards, the maturing person experiences subtle changes in their desires and outlook on life, but only if the mind is also maturing. It is at this point that the type of factors causing inner conflict change as that person becomes more reflective about life and their role in that existence. This awareness starts a chain reaction in the thinking processes and their desires are gradually replaced by the more important needs (part of the so called mid life crises). The effect of this is to cause a closer examination of the person, in that they begin to question who they are and if they are happy with themselves. Here, the basic tenets of the soul start to get more prominent in the mind and often at this point, the realisation that a higher entity may really exist. So the searching for understanding really begins and mental and physical changes start to occur and change that person's whole being for the better, though these changes can cause major consternation amongst family and friends.

The main conflicts in those who are opening to change, is their past conditioning and the problem of trying to undo much of life's negative influences so deeply embedded in the physic. The changeover is hard on all concerned and can be very stressful until the problems are overcome. The negative aspects of character are very evident during this period, such as guilt, fear, anger and hostility. These have to be understood, rationalised and overcome.

For those, who in their endeavours to find themselves also find God, this transformation is both satisfying and calming as they begin to accept the meaning of their life and the potential future beyond.

16/4/1996

INNER LONELINESS

Inner loneliness is a problem suffered by all those who have been victimised as youngsters and have grown up introverted, insecure and frightened of life. This situation causes those who have suffered, to be retarded in their view and understanding of people, life and themselves. It leaves them feeling confused in two major ways. Firstly, their understanding of love is twisted by their past experiences and that it is a painful and terrifying experience. Secondly, they do not deserve real love (basic instinct in all humans), as they are unworthy of consideration as a human being and deserve only punishment, or pain.

The above feelings are further enhanced by feelings of guilt and shame and added to by their feelings of stupidity, illnesses and fears they do not understand.

The main problem for these victims is that they have no understanding of all the mixed emotions that they feel. Only fear and anger are evident. Most of the anger is suppressed by fear, so gradually they retreat into themselves and live in a lonely desolate existence, whilst on the outside they perform according to who is controlling them, with the strongest control by the person they are most frightened of.

Being young, these children are dependent on their controlling adults and have to accept what treatment is handed out to them, all of which confuses their emotions even further. But they become conditioned by that lifestyle and the people concerned, even growing up believing that is how life and relationships are supposed to be. But by retreating into themselves, they become more detached from real existence and so the chameleon is born to allow them to survive and that carries them forward through the years.

Always present as they grow older, is the early conditioning and constant fear, which detaches them from the real world and healthy relationships. Always deep inside is that terrible loneliness which has been strengthened by mistrust as some understanding occurs about people.

So, now we have a person who is more chameleon than their true selves and who has a deep sense of mistrust and fear, who's understanding of real emotions are twisted. Also, who is still controlled by their past and who, more often than not, repeatedly place themselves back into positions of control and fear, who lack self respect and are full of negative character defects.

At some point in later life, providing they are not complete chameleon, their real self starts to emerge. This happens with increasing maturity and then the battle begins to undo all the past conditioning and fears. This means facing each incident of trauma in their past with all its associated emotions, exposing them for re-examination and understanding. This is so the bitter twisted conclusions within the mind can be rationalised and all the past can come to emotional terms with.

It is important to understand and practise a discipline of exposure by keeping nothing back that is known of that past. By releasing this, the mind will give up the secrets that have been blocked out due to pain and terror, so gradually, that person can be made to understand what happened and hopefully why. But truth and understanding is required and with time with patience, trust can be born again, along with the need to be normal and have the will to succeed and be happy in life. The enemies of success are secrecy, lies and fear, along with guilt, shame and low self worth. So only by facing these dark fears, is it possible to become one's own true self and look forward to a HAPPIER FUTURE.

18/4/1996

EMOTIONAL INSECURITY

Emotional insecurity can have many causes, but basically it falls into two different groups which over time, fuse together in most instances. Firstly, there is mental abuse which is intentional or by plain ignorance. This usually starts by attacking confidence and physical ability, so that the victim is made to feel inferior to others around them. This leads in the beginning to the victim trying very hard to succeed in some area of life and how ever well they do, are still put down and made to feel useless. Since all this behaviour starts in early childhood where all the child's reactions and thoughts are seen in black and white terms, the impact on character is high and leaves the victim with strong negative attitudes and feelings of failure and insecurity.

So, the character that emerges can range from hostile sullen behaviour, to a frightened nervous one, with a weak physical being (constant illnesses), quiet introverted behaviour, easily led and controlled, all of which, leads to a constant failure in life's daily cycle. Mental illnesses are common where underlying fear and anger are the root causes.

Physical abuse has as its distinction, pain, terror and constant fear and is so strongly embedded, that long after the physical pain has ceased, the mental pain stays, stimulated by fear. Since this situation usually arises in the pre-puberty child, the understanding of what is happening to them is not present and the instinct of trust is confused. So, the child still looks to their principal victimisers for love and protection. This is what causes the mental turmoil and damage, as the child's basic instincts are confronted by behaviour, which is a complete contradiction of these instincts. The mind cannot cope with the strong conflict of mixed emotions they cannot understand.

The need for survival then causes the innocent child to retreat into a world of fantasy, where no pain or fear exists. This leaves the conscious mind and physical body to suffer the terrors that exist (this is the birth of the chameleon).

The innocent child within grows slowly through the years and though it is aware of the chameleon existence, it does not recognise what is happening to, or what the chameleon is doing as part of its own existence.

Therefore its own basic character is growing slowly and steadily, but innocently and unworldly towards that point in time when it wishes to live in the world as itself. At that point, if it succeeds, is the rebirth of the true being.

The chameleon part of that being to survive, falls back on its very primitive and negative instincts and continues its own existence at all cost. If it succeeds, then though it is ruled by fear, it gradually develops a twisted and negative character. After puberty, hormone changes affect it in such a way that it takes on a cold, cunning and ruthless strength to protect its survival and needs. Is controlled only by fear and its behaviour is erratic and mixed, according to the development of that chameleon character.

Since the character of the chameleon and the innocent true being is so diverse, according to the positive or negative growth, therefore strength and fixed patterns of behaviour cannot be laid down. So each victim has to be treated individually, even though the root cause of sexual abuse can be identified.

The chameleon can reach a point where it destroys the innocent true being, when it was itself born to protect that being. At what point this happens, is dependant on the strength of development of the innocent being and how secure the chameleon has made its stronghold of existence. But since its whole existence is based on lies, deceit and most of all self delusion, it is always vulnerable to the truth and in most instances, self destruction. This is mainly because it relies on material possessions and control by various means of the victimisers or their substitutes.

Only by studying each aspect of a victim's character can one form a picture of the victim. Since lies control their existence, this must be broken by truth and trust. Therefore, the real innocent being must want to live.

26/4/1996

THE USE OF CONTROL TO INHIBIT SPIRITUAL GROWTH

The human mind can develop control to enforce some aspect of character. In doing so, it spends varying amounts of mental energy in controlling that particular aspect and is usually negative in character. By doing this, the more positive side of character tends to remain unawakened or kept in a retarded state. The effect of this is to keep the inner voice of the soul in a next to dormant state of little or no growth.

Control is not in its early stages, a planned behaviour of the mind. It grows erratically, due to adverse or uncertain conditions and because it is intangible on the surface to identify, it is well-defined in strength before it is recognised, if at all. It is easiest to recognise as behavioural patterns and even the most disorganised person has patterns within that apparent disorganised state.

The strongest patterns are found in victims and inadequate beings, since they control situations by creating fear or disapproval or by their body language. Situations of mental stress create a conditioned response and the ploy is always centred on fear, violence, intangible threats, sexual domination, or cold hatred, all of which are planned patterns to produce control. These stop human growth and causes perpetual inner tensions. So for spirit to grow, such conditions must be recognised, faced up to and broken, for they are the unending wheel of adversity to growth and spiritual enlightenment.

3/5/1996

THE BURDENS OF PAST LIFE

The burdens of one's past has a direct bearing on the present and future, depending entirely on how well the character tackled the problems in terms of a positive or negative outlook.

As the human child grows through adolescence, puberty, the teens, early adulthood, maturity and finally old age, so their experiences and attitudes set the model for future existence. In the early stages of life, their own lack of understanding and the dominant control of others, set an engraved pattern of growth, or lack of growth on their character and consequently, stamps a behaviour pattern on that character.

Since life is full of variations, which are mainly based on two different lifestyles. These are 1) Normal growth, with its various mixtures of love, security and insecurity. This is mainly more positive than negative on character. However, 2) this second group is commonly called victims. These range at best, to those who grow in spite of their background but have some serious character faults, to those where victimisation was very severe and prolonged.

The latter group are the ones with a heavy chameleon presence and are those who need most help in life before it is too late. This group has very little in the way of positive character and are predominately negative in attitude and presence. This condition of character only changes when a combination of circumstances occur, mainly the emergence of the real being struggling to be born. The help of a wise councillor and, for some, the presence and participation of a spirit guide. Though all humans have their own spirit guide, only those who have sincerely asked for God's help can accept the presence of that guide. Since many victims are already terrified and downtrodden to admit a presence, they cannot see or understand. This is a hard battle and can last a lifetime.

So, the burdens of the past life, are any incident which bring mental oblivion, fear, guilt, shame, or negative insecurity of character, all of which stops the growth of the true being. Needless to say, growth into a full being does not, in its own right, bring about a good being, but it does make their freewill decisions less harmful to themselves or others. This in itself is a positive step.

Those who turn their pathway to God and his word, will always strive for inner perfection and peace, as they, by their own choice, decided to serve others in his name. These are the blessed on earth and the most valued, for they seldom see fully the results of their righteous work, but then they are not looking to impress themselves or others.

12/5/1996

COMPLACENCY OF THE MIND

Complacency of the mind is a condition that often arises in victims who are in the last stages of recovery from their past and regeneration of their true self. It is this feeling that causes great difficulty in overcoming the last gasps of their chameleon. This situation is brought about by the fact that the victim has overcome nearly all their past negatives after a hard struggle and are lulled into a false sense of security, in that in practise, they appear to be in control of all aspects of their existence.

This complacency occurs because there appears to be no major obstacles to overcome on the way to complete recovery to their true self. This impression is a falsehood, since there are many residues of the past still lingering within the mind and this is shown by signs of fear or indecision. It is often hidden by a feeling of growing confidence, which emerges after years of struggle and the fact that feelings of peace and tranquillity can be felt. These are feelings that can last for some period of time, or until some major event occurs that dents the confidence and a major setback occurs, so this can be a painful lesson for the unwary.

Complacency is a dangerous feeling to exist in a person, or in a society, for in time, it leads to some forms of trauma and is the death-knell of all learning, so in turn, the mind atrophies and dies.

13/5/1996

THE QUALITY OF MERCY

The quality of mercy as a human concept is related to and for, those people who live their lives in the darkness of a chameleon existence. There are literally hundreds of thousands who suffer this affliction because of mental and/or physical abuse over long periods of time. Its severity ranges from a medium, to a very severe affliction.

The problem is, at what stage can they be helped, should they be helped, how much control does that person's chameleon have and can the individual take the pain and fear when they start to awaken as their real selves? This is the so-called moral dilemma that has to be faced. From the point of view of spiritual love, one must try to help that awakening once it starts to happen. Until that point however, spirit can only keep a watching brief on their charge and for many, try to give strength to endure.

Spirit however cannot interfere when people try to help those in need, as victims lead an existence which tends to draw attention of many official bodies, such as the law, or medicine etc. For many victims, there is an early death. The survivors struggle on as victims, with the added burden of poor character growth in their four essences. As these vary in strength, it is always a question of what will happen; even in those who turn to God for help, which is given freely. The question remains "At what point is a victim too far gone to help, in this existence?" So those who help, have to know when to walk away for the good of all concerned, but this decision is a matter of judgement and understanding of that person's destructive power as a chameleon.

So it is obvious that any helper must have considerable knowledge of chameleon behaviour and that person's personality. So, this is the moral dilemma of the councillor or helper. It is also a great danger that the helpers are driven beyond the point of sensible logic and this can be fatal to one or both concerned.

The victim must be classed according to the strength of the chameleon power and the character and strength of the victim and also, the will of the victim to recover their true self. Spiritual strength is a big plus if present and can make a difference, but it should not be included in the assessment, but added to the conclusion. To have a chance of recovery, the chameleon should not be higher than 70%. 70-90% is high risk, low return, 90% plus is equivalent to destruction of the real person.

Age too is important. An average age of 56 years plus equals a high risk of failure, 40-55 years equals good prospects, if other factors are equally good. Where character is concerned, those with a higher sense of love, sensitivity and compassion are the best, providing they improve their understanding of themselves and control their fear. Those who have little or none of the above feelings are a very bad risk and are best left alone to the next existence.

In all assessments, FEAR is the joker and is the main reason for failure. As it is a very subjective assessment, it is difficult for the helper to judge its level. The ace in all assessments, is faith in God. This can and does bring success, often against the odds, but it must be strong enough to overcome fear. Fear is in the main a negative illusion, but victims have great difficulty in grasping this fact and is the principle reason for continuing inner conflict and further growth of the chameleon. A simple step of blind faith against fear is enough to curtail the chameleon and destroy its firm hold. That is the beginning of change for the better. There are always exceptions to this guide as written, but these are very few.

The chameleon, when it devours the real character of the victim, leads a life of surreal and delusional existence until death. Until then, their life can fairly be described as hell on earth, but even that is harder to unravel in their spiritual existence, since the negatives of character are harder to overcome without their sharpness. Freewill and the ability to make and act on decisions, is the final key to regeneration and rebirth of the real being. All made truly easier if they can give themselves to God, for he will give them the strength to overcome.

14/5/1996

THE MIND AND ITS CHAMELEON ASPECT

All victims live in two worlds within their minds. These are their own true inner self and that of the chameleon. These results of what they think, are seldom what are said in the spoken word. The chameleon part functions only to protect its own world, but does step in whenever possible to stop its other half carrying its inner thoughts into the spoken word or taking action, if such words or actions are against its perceived interests. It does this by inserting into the normal thought processes, that these thoughts or actions have been spoken, or the actions taken, so in reality, it suppresses any positive action.

It behaves like this only when its own existence is threatened. The typical example, is the awakening of the true being, and here such action, causes the illusion of action by the being. The consequence to the being varies from confusion, abnormal fear, insecurity, illusion of progress, lack of mental clarity and even feelings of insanity.

The physical manifestations, as seen by others, are commonly apparent absent-mindedness, perpetual lying, irrational behaviour and mental instability. The victim must recognise this behaviour and break it by speaking and acting on any action need and they must not say they have done something, when they have not. Check, for this is a dangerous illusion that leads to non- progress, only confusion and stress. It must be remembered that chameleons are accomplished liars, learned at a very early age in life. Only recognising this in themselves and learning to tell the truth, is the only way to defeat their chameleon.

23/5/1996

THE CONFUSION OF NEEDS ON THINKING AND ATTITUDES

In-built into all humans are three basic needs of existence. These are the need to love, the need to be loved and the need to be needed. This is the first thing that a child senses at a young age and how much of these feelings are realised and given marks the behaviour, often for life of that child. Since need and love appear to be one to a child, it is love that is the key to the future development in the child, so the lack of love has the effect of emotional retardation and later, distorted emotional thinking.

Since this all happens at a period in childhood where all aspects of life are seen in black and white, coupled with poor understanding, it causes severe under development of the character. So in adulthood, this type of victim tends to see all matters in black and white terms and this acts as a serious handicap in all lives functions.

When children are physically abused from an early age, their understanding of love becomes completely distorted. So even though they are badly treated, their need for love and eventually to be needed makes them want the abuser to continue giving them attention. In many cases, this situation continues throughout their life, even though growing to adulthood brings more emotions in to play and this becomes the main reason for mental instability in young adults onwards.

For those who start to release their inner and true self, the biggest trauma is twofold. Firstly, flashbacks of their past begin to enter their conscious thoughts and with it, the full realisation of their pain and suffering, coupled with feelings of low self worth, despair and self loathing. Secondly, they are appalled at their innermost thoughts that often accompanied the period of abuse. These thoughts they cannot understand and these bring terrible feelings of guilt and shame. These thoughts and feelings are those of a hurt child and very simplistic, all seen in black and white. But this is not realised by the victim, since all this past is being seen with the benefit of hindsight and little or no understanding of the real truth.

It is sometimes very difficult for the victim to understand that they were not to blame for other's failings. So it is important for them to grasp the truth of the past and not to shoulder blame. But with the right help, they can cleanse their mind, learn to understand their own true emotions, face their own truth and learn to walk upright into their own true future, with love and self esteem.

25/5/1996

CHARACTER TRAITS IN THE CHAMELEON

All humans develop character traits as they develop, some good and some bad. However, with the typical chameleon victim, traits tend to develop to extremes.

With victims, the main drive in their nature through to adulthood, is the strong will to survive and in many instances, this is taken to extremes. It results in an in-built hardness and stubbornness which is not easily recognised, because the overriding physical view is one of weakness and fear, coupled with a convenient absence of mind, cunning coldness and apparent detachment of behaviour. All these cause confusion for the onlooker. The hardness and stubbornness, which is selfish self interest, is often overlooked. This is the common traits of behaviour of the average chameleon, but a variable mixture of traits occur according to the strength of the chameleon, the degree of character and the level of the birth essences.

Because one cannot generalise for diagnosis or treatment, each victim must be treated as an individual. Each of these traits must be looked at and linked together, if present, at their various levels of strength, each of which has to be understood, then reshaped towards their true value for normality to occur. Stubbornness for instance, is double edged. It was necessary for early survival, but can be very negative when linked to a normal state when it comes to higher understanding. If linked to developing self pride, it can bring about a complete standstill of development, so creating balance becomes imperative.

The more the normal character develops, the more important balance becomes, learning and understanding and that is the challenge for the victim to face. It is therefore important that each high point of pain or fear be exposed and brought into reality through understanding, so that it can be fully exorcised and the trauma removed to allow healing and growth to occur.

This type of victim is the hardest to treat and generally help, since truth and trust is alien to their instincts. But if it can be achieved, their future as human beings is better than average and their contribution to society is very valuable. Recovery is, however, a hard road, due to the high content of re-balancing of character required, to lead to their future as a real being in their own right.

31/5/1996

THE MIND OF A CHILD AND BEYOND

During the foetal stage of life, the conscious mind is dormant, but the subconscious mind, though crude, does react to emotional stimulus. By mid-pregnancy, it is capable of reacting to stimulus from the mother and this partly comes from the mother's biochemistry and partly from the stimulation of sound. So for instance, a depressive mother passes that depression on as lethargy and fear and sound, such as music, stimulates the child's emotional and physical activity. Simply therefore, if a mother has a depressed and tense pregnancy, the child will be born with an over-stimulated nervous system and a negative behavioural response. On the other hand, a happy settled mother who is healthy will produce a healthy, balanced and positive child. This is an over-simplification of a very complex physiological and emotional process.

After the birth, the deep emotional necessities of love, food and security are required and the conscious mind, which is very basic, learns to respond to voice and tone instead of what was basically vibrations in the womb. So, if the sounds the child hears are basically loving and tender, the mind responds in a more positive manner and stimulates further actions. On the other hand, if the sound is harsh and the tone cold, this stimulates fear in the subconscious and results in a poor conscious response.

For the normal healthy child however, the first two years is a gradual learning process, where sounds, smells and surroundings are gradually assimilated. Slowly, a crude understanding is established, constant talking too and creating patterns of daily behaviour with much loving which stimulates the whole mind.

During the years two to five, when the speech centres begin to function well, the child's curiosity starts to develop overdrive and all items and surroundings become a source of great wonder and curiosity. Where possible, these will be pulled, pushed, tasted and smelt. Colour takes on greater significance, as does sound. Some of the latter causes crying and fear. For the unloved and insecure child, fear holds back much of the child's natural curiosity and there is a natural tendency to frequent crying and rocking in the same position.

From five to eight years, the normal child's imagination starts to function and combined with the natural curiosity, produces an increasing wonder at the world all around, with great exuberance and constant questioning. Playing shows more and more evidence of copycat behaviour and the growing imagination. The insecure, unloved child on the other hand, tends to be frightened of all that is new around, tends to play alone, becomes obsessive of a toy or some item and tends to retreat into their own imagination where they create a world of love and security. When they do, they talk to themselves and appear to create a mystery person to communicate with. Outwardly, they appear to be slow in learning, slow to respond, clumsy, frequently wetting themselves, crying for no apparent reason and do not respond well to people. They do not generally do well at school and tend to

stay alone, not mixing and are frequently bullied by others. They are also prone to many doubtful illnesses and what is often called day dreaming, which is more often a mental retreat from perceived reality.

The normal eight year old onwards, has developed a personality with strong traits of confidence and usually a cheeky, innocent, mischievous and open personality, being also extremely curious and active. Their conscious mind is always full of ideas, problems, schemes etc., but still sees all matters in black and white terms. This is normal, as the mind has not yet developed good reasoning ability, or any worthwhile understanding. So patience is not generally obvious, though childish petulance is often seen.

For the insecure and unloved child, the fears felt in earlier years become worse and apparent aloofness, day dreaming, moods etc., all get worse. Basically, that child retreats into the world of the imagination, often creating a happy life and loving family of friends, or a world of bleakness and sadness, only to be rescued by some loving friend who cares and protects them. Others retreat into a complete fantasyland with animals, fairies or angels and spend their days in total happiness. But whatever their imagination creates, it is simply to remove that child from the fears and misery of their daily existence and the worse that is, the more they retreat.

The mind does not have the capability at this point of development, to see or understand the truth of all that has happened to them, nor can it reconcile the behaviour issued to them by those who are supposed to love and care for them.

The loved secure child grows and develops in such a way, that as they grow older, they tackle everyday life with a brash confidence and accept its challenges. So the mind is constantly stimulated to learn and respond. When they get a knock, it causes only a temporary loss of confidence, basically because their knowledge is limited and other events soon overtake that incident. So, it simply remains a question of character, education and drive to secure their future.

The future of the unloved, fearful child however, just becomes one great mountain after another to climb, where all life and opportunity appears to be against them. Since character is normally underdeveloped and education retarded, life appears to be a fearful negative uphill struggle, where more things go wrong than right. Providing sufficient character is present, these children will reach their forties before nature, in the form of biochemical and psychological changes, will bring some form of changed lifestyle and for some, some form of contentment.

The simple fact is that the future of any child depends on its early life and it is not responsible or capable of altering that existence, one way or the other.

16/12/1996

ADOLESCENCE - 1

Adolescence is a physical and mental state of change, which occurs in the pre pubescent child as it changes to a pubescent young adult and beyond. In reality, it has no defined age time where the mental processes are concerned. Adolescence consists of two distinct parts, though they do run nearly in tandem, the physical changes, ahead of the mental changes. Evolution has brought earlier changes in the physical aspects and better nutrition has evened this out over different populations.

Firstly, physical changes occur in the form of menstruation in females, plus the enlargement of breasts and laying down of fatty tissue in certain parts of the body. All of this is hormonal and in preparation of the body for child bearing. The male child at puberty has a large output of male hormones, which affects physical growth and enlarges the testicles and stimulates the aggressive aspects of his character, coupled with more dominant behaviour and activity. The normal age ranges for such changes are, twelve to fourteen years, but there is a wide variation and differences between races. What is not so obvious, is that the mental growth changes have not kept up with the physical changes to the same extent.

Physical changes bring much confusion to the young mind and as a result, this is a difficult early period of growing up, for it brings mood swings, temper flare-ups, strange fears and aggressive outbursts. All of which tends to be well out of balance and this remains the case until the hormone levels settle down to their more normal levels.

One of the major problems during this period, is the strong fluctuation of the sexual hormones and both sexes begin to see each other in a different light. Sexual cravings and fantasies affect both groups (and are not understood) and curiosity leads to increasing awareness of their own bodies and at this time for most, experiments in masturbation and sexual exploration. It also brings about flirtation and boldness in behaviour, terrible mood swings and rebellious behaviour and also a noticeable loss of interest in many of the pursuits, previously engaged in. For some, the hormonal influence is so strong at times, that they lose all interest in matters not concerned with sexual fantasy or practise.

The physical changes also affect the mental processes, in that all behaviour now takes on the added dimension of sexual overtones and the childish innocence in all relationships disappears. The mind itself gets very confused, in that behaviour and moods etc., cannot be understood by the adolescent. This is a time of highs and lows, with plenty drama. Often, education suffers badly due mainly to a short attention span and a re-adjustment of perceived views on the future. Females in particular, who were sensitive in nature as younger children, now tend to become oversensitive and frightened and do not generally share their fears, so can become so volatile that some take their own lives for the most unexpected reasons. Much of today's child pregnancies can be attributed to overactive hormones and confused thinking. In short, a child's confused mind in a young woman's body. For most males, this period is one of trying to satisfy the constant sexual frustration and fantasies and a

few have serious problems. Mental development in the male is backward compared to the female and the difference can be as much as three to five years, in favour of the female. Male behaviour tends to be macho, stubborn, often blindly stupid and aggressive.

Though the hormonal levels tend to settle down by around eighteen years, mental development still lags behind. So too often, one is still dealing with an immature child in a young adult's body and this is what leads to some heavy mistakes and gross indecision's which influence long-term prospects. It is also why confused insecure adolescents are more prone to drugs, drink and "living life in the fast lane". Lack of standards in the home, school and society, have just made it easier for adolescents to get lost during this difficult phase of development. Less and less are coping with adolescence today and this trend will continue, since though physical maturity is faster today, it is not matched by mental growth and this gap just prolongs the confusions, fears and insecurity.

16/12/1996

THE UNAWAKENED HUMAN

When humankind is born on this earth, the conscious mind is like a blank sheet of paper. The subconscious mind however, has a series of emotions, so life progresses and within days, some of these emotions stir and develop into actions and reactions. Over time weeks and months, the subconscious emotions grow stronger and a glimmer of life stirs in the conscious mind. So over the next few years, the combined mind starts to understand and react as conscious behaviour. The conscious mind has to be stimulated by people, events and repetition and leads to recognition and simple black and white understanding. During the development years, learning, recognition and understanding become more complex and overall reactions stronger, as events and emotions trigger off human responses.

Evolution through the years brings greater variety of the learning and response behaviour. Through the teenage years, this brings much questioning and confusion of the mind and the growing awareness of life brings excitement and great curiosity. But the deep emotional type of questions such as, “who am I, or what am I” do not get serious consideration, for neither the conscious or the subconscious mind is mature enough to ask the real fundamental questions of existence. Mostly, that existence is a shadow of the parental aspirations until that being starts to find their own direction. So basically, for most people, their struggle for identity can last into the thirties or forties and a few never find themselves.

Even those who find their identity, do so without ever questioning the real truth of their existence. So in reality, their perceived identity is not real. The reality of humankind is that for most, their vision of existence revolves around their particular desires. Real in-depth fundamental thinking is beyond them, for in their earlier years, their vision of existence revolved round their particular desires and environmental influences. Although education was capable of opening up their mind to its full potential, in practise, weakness of character, combined with peer pressures and their own desires, limited their potential intelligence.

The human mind is capable of great reasoning powers of deduction, comprehension and understanding, but it must be nourished and used and this in turn must be supported by development of character and a disciplined responsibility to the development of the individual identity. The failure is that human desires, particularly when young, outweigh the pursuit of an open mind and the need to be different from the herd. So the influence of others, too often checks true human aspirations and determination to be oneself is underplayed. One has to be aware that genetics, environment, parental influences, society and education are all factors that can stop the young mind from developing and as such, these are a challenge to all who tread the path of life and must be recognised and overcome. Adversity makes or breaks character and once this is faced and overcome, then the mind’s full potential can be utilised to the maximum benefit.

The unawakened mind is deprived of understanding the full potential of its own capability and fails to delve into the great mystery of life itself. For contrary to common belief, the existence of man's soul and its recognition and needs, is the essence of each individual and the possible future such understanding can give to that being.

The greatest crime of any existence is to walk through life with a semi-dormant closed mind. Physical existence reaches the latter part of life and suppressed questions of that existence begin to surface and life becomes one of regrets, discontent and emptiness. Man has a purpose on earth and an individual reason for each existence. This purpose has to be strived for and when that understanding comes, then happiness, contentment and fulfilment as a being will be achieved. None of this is possible with the unawakened mind. Man is his mind and its aspirations, or he is nothing.

20.12.96

The place to improve the world first
is in one's own heart, head and heart.



The Darkness of your Desires
will bring only despair and
degradation to your future life.

THE CURSE OF FEAR ON HUMAN BEHAVIOUR

The strongest emotions in humans are that of love and hate (consisting mostly of fear). Ideally, at the start of life, the strongest emotion should be love, if the parental background is right. But as life progresses, incidents occur that engenders fears. This is caused by such things as accidents, or misjudgement of abilities and is common to all youngsters. Here, such specific incidents bring specific fears and in most cases, these can have a larger effect on the nervous or introverted child. So, as life goes on, many small fears are built up, mainly in the adolescent years, when physiological and psychological changes are quite dramatic. Normally however, the basic love and security already in-built in the character, tends to keep normal fears in check, so the individual grows steadily older with more positive character trends than negative aspects. So basically, only life threatening situations create such a condition that fear becomes overwhelming and alters lifestyles and personality.

However, when a childhood is devoid of love or security in the formative years, the child develops numerous fears and negative traits. These fears are often unfounded in fact, but rich in imagination. This occurs mainly because of basic insecurity and lack of love, and/or negative character development due to physical or mental abuse. Here, fear runs deep and is always a permanent part of behaviour.

This fear results in poor learning ability, introverted or violent behaviour and a strong negative character. Poor general physical health is common amongst this group, such as back problems, obesity, perpetual tiredness and a variety of stress symptoms such as skin conditions. Crying or violent outbursts for no apparent reason are common and a high number of anorexia cases can be attributed to this background. Psychologically, poor sleep patterns, poor attention span, high boredom levels, nightmares and phobias are part of the pattern.

In a more general sense, attitude and endeavour related to education, natural curiosity and excitement of life, is more common and evident in those from a happy loving background and makes it easier for them to accept the challenges of life and control their fears. So they tackle life head on and providing their character is growing and fairly well balanced, life and relationships are usually fruitful and success, a natural course to follow.

For those who have a poor unstable and loveless background, fear is too often the overriding feeling, so they are constantly negative in their emotions and often suffer physical symptoms. Their attitude, being always basically negative, resentful and often envious, creates within them a permanent fear of failure and low self worth. This therefore sets an attitude that all they will do is fail at most all things, so this becomes a self seeking goal each time and each failure drives them deeper into the dark negative world of their base nature. For others, increasing maturity sometimes causes them to break this self defeating mould of behaviour and achieve some form of

satisfaction and self esteem. For others, again perpetual failure turn them into bitter neurotic nobody's, who see their world as a place of fear, stress and darkness. Their resentments are such that envy, hatred and greed are common in their attitudes.

It is possible for all to get out of the lifestyles that their background has created for themselves and they can overcome their past, but to do so, requires that they challenge their fears. Most of these they created by misunderstanding, particularly during the years when all incidents in life are seen in black and white terms with little, or simple understanding. So in essence, all must understand that they must confront their fears and overcome them, for often these are not a mountain to climb, but just a small hill. Each time they succeed, they change their future prospects towards a more upward and rewarding road to their future.

29/11/1996

HOW BACKGROUND CAN AFFECT THE FUTURE

Does the background of a child affect its possible future? The answer cannot be 100% yes or no, since the unknown factor is always the potential strength of character.

Background does, however, settle the future of most young people during their early childhood years and teens, and placing children in the following broad groups does for most settle the whole future lifestyle. These groups are:

- 1) Orphanage and social service homed children.
- 2) Offspring of socially inadequate parents.
- 3) Offspring of the so-called working class group.
- 4) Offspring of the middle classes.
- 5) Offspring of the landed gentry class.

There is a sixth group of children from within these groups and these are the sexually abused. Here, whatever the potential advantages they start with, this is rapidly lost due to the mental suppression caused by that abuse.

All children require love, security and stability as a basis for progress and development of character. To this must be added stimulation of the mind and senses by education and strong parental interest in the broader aspects of civilised life. These requirements apply to all children, whatever their background. However, belonging to one of the above categories brings with it certain deficiencies that mark a child's life forever and proportionally, only a few manage to overcome these in-built deficiencies.

If one looks in broad terms at each level and their potential drawbacks, one is able to understand how background affects the potential for future development. For instance, orphans are deprived of love and security, coupled with loneliness and lack of identity, all of which has a negative effect on character and learning ability. As with those taken into care, they have the problem of confusion and fear due to the reasons for their removal, which is usually one of emotional deprivation and physical cruelty, or even sexual abuse. Again, lack of all the above are sufficient reasons for lack of emotional growth and even physical backwardness (it is an unfortunate fact that children's homes attract paedophiles as those are the ideal victims and supervision of personnel leaves much to be desired.)

Offspring of socially inadequate parents, who love their children, tend to fail their children by failing to mentally stimulate the child. As they are often mentally backward themselves, growth of understanding and character is backward and self-perpetuating each generation. Training and education would help, but it is self-limiting.

The modern so-called working class children belong to a different type of parent today. These parents are a product of the welfare state mentality and coupled with a social revolution which destroyed genuine pride in oneself and bred a lack of individual responsibility, respect for others and institutions.

This has resulted in today's children not being given the necessary care and guidance, and are subject to instant solutions to all problems. Parents have on the whole in this group, become irresponsible and inadequate and this has created a generation of children who feel unwanted and unloved, knowing no social or behavioural boundaries and lacking the discipline or educational requirements to ensure a decent future. The cause for this problem can be laid squarely on the parent's lack of responsibility, with poor discipline at home and school and poor social understanding of the needs of children. By that I mean not what the child thinks it needs or wants, but what it needs for normal growth within society.

Generally speaking, the damage is such that few of this group have a future of real worth and it will be those who succeed in spite of the background, not because of it, who will emerge in small numbers to a future. The masses' prospects do not augur well for the future, unless that is, some serious changes occur in social thinking. It must be remembered that this group is the largest section of any society. The main problem is the lack of serious ambitions, individual drive and lack of responsibility within the young. As this is extreme today, the next generation will destroy all hope of recovering the real needs of society.

The middle class offspring in society are encouraged to gain a good education and parent's attitudes and interest encourage this. The problem for these youngsters, is that they are very aware that their attitudes are in the minority and that their future is no longer certain, mainly because human greed and fear is driving industrial logic beyond human aspirations and consequently, into the realms of permanent fear and uncertainty. This scenario is causing great confusion between the young and their parents and the extra stress and uncertainty is causing rebellion in the young at one end of the spectrum and excessive stress at the other end. Here, the problem for the young is that middle class attitudes of self reliance, good conduct, good education and respect for law and order, is shrinking before the social attitudes of the masses. Being driven by greed, instant needs, such as money, sex, drink and drugs and as a consequence, insecurity, loss of ideals and loss of direction in life is evident in society, to everyone's detriment.

The richest class in society generally produce children which are spoilt and protected from the harshness and reality of life. Though generally well educated, the need to strive for personal achievement is low and as a result, few will contribute much to society or public service. As few learn the real value of money, or society's problems, the tendency is to indulge in the very problems that are destroying society, including their own rich protected environment. The parents themselves, are unable to give their children any values, as they are unsure of real values and live in the belief that money is power and will always protect them. But that fact is already placing them in a prison of their own making, and in turn isolating them further from reality.

Basically, each level of society gives few benefits to their offspring today, but does hand out many deficits, ranging from lack of parental interest, strong class bigotry, educational ignorance at one end, and too much pressure to achieve at the other. Lack of social control and the constant rising pressure of greed and self interest. For the mass of society, this is a gloomy picture of the present generation and the one to follow. However, there is still a large section in society with normal ambition, caring instinct and interests and awareness and excitement for the future. It is to be hoped that this section can turn the mass from greed and self interest, towards a more caring and responsible lifestyle for the sake of future mankind, for the current road is leading towards extinction.

24/1/1997

PARENTAL ABUSE OF CHILDREN

The abuse of children by their parents, fall into a pattern of mental abuse, or physical abuse of a non-sexual kind, or sexual abuse mainly by the father. Basically, in nearly all instances, the parents are backward and inadequate with severe problems of character. Mental abuse is in the main, constantly attacking the child's character with negative practises of being useless, stupid, lazy, dirty and so on. The child is given little or no love, kindness, or security. Physical abuse is in the form of physical punishments, neglect and further threats of punishment followed up by slaps or punches etc. at a later time, again mostly for reasons beyond the child's understanding.

Sexual abuse either starts with the male parent carrying out various acts on the child in secret, or with the worst type of parents, both indulge in some sort of perversion. Again, some mothers not indulging in any practises condone their partner's behaviour for completely selfish reasons, where they put their own interests before the child's. Basically, because both parents are backward, they tend to allow the most primitive part of their nature to control their behaviour. They are not in control of their external environment and have strong anti-social urges and resentments, all of which tend to be taken out on children as they have control.

The male, who practises abuse on children, tends to pick one or the other of the sexes, depending on their physical urges. Those who attack female children, are mostly those who are too inadequate to relate to females and usually have contempt, hatred and an underlying fear of women. So they require to control, beat or rape, to meet their idea of manhood and suppress their inadequacy.

It is from this kind of background of behaviour that most paedophiles come from and such behaviour tends to continue in some of the victims, who tend to become victimisers themselves because of the confused violent degrading effect on their emotions from such an early age.

To break this cycle of despair and pain requires that the victims are helped to understand their past and all the painful incidents are spoken about with understanding and compassion so that healing may take place. Education is given to clear the controlling attitudes from the past.

The real problem with those who have been abused is to break the behavioural cycle, particularly the mental processes which cause repeated patterns of behaviour due to lack of understanding and a poor self opinion. So, encouraging them to talk about their past, understanding it and then building self confidence is essential so in time they can look forward to a better future.

For many, keeping the past hidden leads to a terrible future of despair and misery. For others, there is the world of the sick paedophiles and their world of bestiality. For children rescued from sexual abuse, it is essential that those who care for them be loving, patient, gentle, Non Sexual in approach and teach openness and trust. For these children expect to be abused, so they move from one living hell to another if they are mishandled. The laws of society should be strong enough to deal harshly with those who abuse children in their care, though this is not the approach of God's teachings and those who practise abuse, seldom have the sense or courage to ask for help. 21/4/1996

THE HUMAN CONTROLLER

The human controller is a person who must be in control of all aspects of their own life and accordingly, must also control others who are closely in proximity to them. This form of behaviour gets steadily worse from adolescence right through to death and is accompanied by an increasing form of paranoia. The essence of this condition, is that the person must be completely in charge of every single aspect of their existence and where this is not possible, this causes great tension and suppressed violence within them, (violence is not always suppressed) causing excessive mood swings and much anger.

These people are not suitable for close relationships, since they must control their partners and children completely. This behaviour is such that this is done by emotional blackmail, or physical terror and a prevailing attitude that nothing done for them is ever good enough. Their behaviour can vary according to their background as children, their intelligence and their character weaknesses. But the overall problem is that they are inadequate, insecure people and control is a self image of their security, strength and power as a person. But in reality, they are bullies and cowards, so they easily resort to violence and follow this up with emotional terror to bolster this self image which is all to them. They work on eroding another person's self esteem and confidence, to the point that the person is reduced to a victim serving the controllers every whim. As the victim is reduced to a non-person, so the controller's contempt and satisfaction increases. Controllers do not see this image of themselves and commonly claim that this image is a lie and they love their victims dearly and they have always protected them for their own good.

There are many reasons why people become advanced controllers to the above degree. Some of these are dominant fathers or mothers who used violence to control to bring the children up and the insecure child learns by example. The unloved child, who learns to bully others smaller than them, either by verbal or physical terror, learns the meaning of power, without understanding. The inadequate child learns this behaviour as a defence. The sexually abused child survives without proper emotional development. The common factor in all these, is the imbalance of emotions and overall character.

The controller, who develops in early adulthood, are the types who are unable to compete with their peers in jobs and sport etc., because of their weakness to stand up to stress or the pressures of everyday life. Also, because of their delusional self image, they take their anger and frustrations out on someone close to them, such as mothers, wives, children, or someone in society who cannot strike back. Such actions usually start with violence and builds to complete control of their intended victim.

Controllers are all about self image, how they perceive themselves and how they think others see them. It is all self delusion so all their emotions are centred around that image. If this image is

attacked, they react violently and with barely controllable rages. The reasons for this self delusion are very strong and the controller's mind stores a variety of techniques, both with words and behaviour to keep them in control. So they are "top dog" in their own eyes. For most, real feelings of love and tenderness are practically non-existent and all their values are all centred on keeping their self image intact.

On the whole, they are generally inept when dealing with personal relations, balanced arguments, money matters, or decision-making in general. Many routine matters are passed to their victim partner, making it easy to maintain their image, since all errors, including their own, are the victim's stupidity. All of which helps reinforce their belief that all others are less able than they are and inadequate without them. The truth is, that any inadequacy lies within them.

It is difficult to change controllers, though some success can be achieved if they receive some very severe jolt to their lifestyle, which breaks through the delusion barrier. For a short period some change can occur, but to succeed, they must have reasonable intelligence and the will to try. This must happen in a short time, otherwise they quickly regain their illusions and return to their normal controlling state by blocking out the dent to their self image.

Controllers seldom admit they are controllers and when they do, it is to their victim, when things are slipping out of control. When this happens, this is just a change of direction to regain that control. This commonly happens when their own violence has gone too far and they are frightened of destroying part of their self image. They do not let go of any aspect that makes that image without a great fight, unless that is, it can be justified as being no longer to that image. The controller's word has no value on any matter, unless it serves their self interest and is important to that image. This must be recognised when dealing with a controller.

27/11/1996

ADDENDUM

It is part of normal human behaviour to wish and try and control some aspects of one's everyday life. To this extent, some evidence of control is present in all beings of normal confidence. It only becomes a problem when it becomes obsessive, or a means of putting other people down to bolster self esteem, or becomes a dominant part of the negative aspect of individual character.

PEADOPHILIA - A SIMPLE OUTLINE

The Paedophile is the creation of man's most negative characteristics and exist in two basic forms. One, THE NATURAL PAEDOPHILE and two, The Victim, who regresses to the negative character enough to become the Victimiser. The result in behavioural terms is much the same, except that the natural paedophile has no boundaries to his degradation of his victim or himself.

The name paedophile is a general name associated with those who like to sexually attack small children. Those who must have some form of sexual satisfaction from children. Those who practise sadistic rights on others, use animals on their victims, or have sexual relations on animals.

So, the paedophile is in fact one who likes sexual practises on children, to one who practises sadism, bestiality, extreme cruelty and even necrophilia in the ultimate stages of self degradation.

The question is what makes them this way? Are they mad! Well some are, what may be called insane, but are seldom recognised as such, since their general behaviour is on the surface quite normal in the public domain. Others are driven by abnormal sexual urges and since all paedophiles are inadequate people, attacking children is more satisfying, since it gives that ultimate feeling of complete power over their victim and therefore an added adrenaline high. Like so many things in life that are desires, once achieved the high becomes less satisfying, so new practises, or risks, or thrills have to be constantly added to achieve the same highs. So, the road to increasing degradation occurs and with it, the victimiser's moral conscience and understanding of right or wrong, which has never been very strong in the first place. Whatever their appearance, the victimiser has always been a misfit in society.

The real tragedy of this perverted world, is the damage to the victims who suffer unspeakable physical and mental torture. For no other human suffering can compare with this damage and because this suffering tends to start in early childhood, the mind is not able to understand the rights or wrongs of the situation of what is happening. This causes extreme mental confusion, particularly in ongoing abuse situations and the victim develops a form of split personality, to the extent that to survive, a chameleon is born. The real personality of the child becomes retarded, sometimes to the point of near non-existence. The chameleon is completely amoral, in that its behaviour is all negative, so if it grows stronger over the years as it tends to do in abuse situations. Then, as it reaches puberty onwards, it tends to want to victimise others as it was victimised. In the earlier years, this may be simple bullying or some form of cruelty. So this vicious and perverted form of man's worst nature is continued, generation after generation. In the latter case, simply because the more positive emotions of love, compassion and understanding have been left barren.

The paedophile lives in a physical and mental world of degradation, far beyond the average per-

son's understanding or belief. But to the paedophile who may hate society, or men or women, or their own lack of ability, or live in a world of complete self delusion, all other people are there to serve their particular desires. Their victims have no value as human beings, but are just objects of their perverted pleasures, so victims are disposable.

It should be recognised that this is a problem concerning both sexes, though women are not as prominent as men in this area of human sickness. Only those who have some positive emotions left may be cured, but only if they themselves are prepared to make the effort. Modern society, with all its increased pressures, is creating more inadequate misfits in its midst and this will bring more paedophiles, with all its consequences.

21/8/1996

PAEDOPHILES AND THEIR INCRIMINATING MIND

One must start this particular writing by explaining where all human character and behaviour come from. Humans are a product of both their genes and their early environment. Together, these combined are called phenotypes in the scientific community. However, since the genetic makeup of man is still not clearly understood, it is at this time impossible to point to specific genes as the cause of man's behaviour or character. However, man contains genetic material, which is triggered by a combination of mental attitudes and his early growing environment.

As the above problem covers a wide area of man's behaviour, I shall limit this writing to the area which creates the mind of paedophiles, sadists and extreme controllers etc.

The genetic material contained in certain people is extremely primitive and is of a dominant type, which is static, but is activated under certain conditions. Its influence grows slowly in most of these people, but it has a strong effect on those who by nature, lean towards the negative aspects of their character. These aspects usually flourish for two reasons; an unhappy childhood with little or no love or security present and poor emotional and intellectual growth during the formative years. The effect of this combination produces a "loner" in that they do not share themselves with others and tend towards hurting others. If not physically, then by devious behaviour and they are generally always suspicious of other people. Their instinct for cunning behaviour tends to make them on surface appearance, appear quite sociable, but apparently always an outsider, is their choice to begin with.

The problem is that the genetic material is stimulated by the biochemical function of the brain and the increasing hormonal activity of the body, so that the more negative and destructive the thought processes are, the stronger the influence of the genetic material. This in turn advances the downward destructive trend in the mind and the consequent behaviour in the man. So in fact, man creates his own dark hell on earth by his own lack of control and basic insight. It can be stopped, by simply not giving into the growing darker primitive desires that enter the mind.

It is unfortunate that the paedophile mind prefers to resist the chance to stop and goes on to develop such attitudes as "my behaviour is normal", "I am not harming anyone", "I want to do this, so I will", or "I will do this one more time and I will stop". So it goes on and as the downward slide continues, it changes to a point where that person will always try to fulfil his desires, then the scheming on how to fulfil the next desire, the desires change, getting ever more vicious and sadistic, then bestial. Somewhere along this downward road of ever-increasing degradation, comes the attitude "this is the right way for me to live, and it is right," "social attitudes or laws do not apply to me, for I am above these". But, since the basic nature of the paedophile is cowardly, there is always the fear of being caught and this heightens the thrill and ever-increasing desires.

When this stage is reached, the mind is devoid of all thoughts of human decency, or any form of tenderness and turns towards creating its own world of perpetual victims and victimisers, with a growing diversity of the very worst of man's most very primitive nature demanding constant feeding. So the paedophile, who knowingly, or unknowingly has been training his victims to satisfy every one of his foul desires, turns to helping the less advanced fellow paedophiles to come down to his level of degradation. Whilst those more advanced than him, seek to degrade him down to their existing level. Since this is a deliberate act, along with planning, abduction and disposal, this is all the act of a criminal mind and having reached this level of perverted degradation, there is no return or redemption from the sick perverted world of the paedophile.

20/11/1996

THE PAEDOPHILE AND SELF-JUSTIFICATION

The paedophile mind is such, that all their actions are justified on the basis of “this is my need and I must have my desires fulfilled to my satisfaction”. Many people who are self-centred think like that, but do not step over the boundaries of social behaviour, or the laws of the land. Basically for most, there is an internal control, which limits their actions. For the true paedophile however, this is not true, for their boundaries are only what does not suit their particular desires at that time. So in essence, as they slide down the slope of human degradation, their boundaries shift to suit that level and eventually, they are so degraded, that no boundaries of human behaviour exist. As such, they are unique in that no other creature on earth has such savage and depraved instincts and behaviour.

So, what exactly is the problem in the mind? In the early stages of their behaviour, the paedophile, to some extent, is controlled by fear of discovery and punishment. Also, some influence from social attitudes, the lack of opportunity and loss of nerve to carry out their aspirations. At this point, it is possible to control their problem, coupled with understanding of the problem and awareness of the future that awaits them. This can turn them towards more normal sexual activities, though they still must control their darker desires and a satisfactory adult relationship helps in leading a more normal existence.

Once past the above point of development however, their desires, which become obsessive, overflow in their thoughts. This point of time eradicates all other thoughts and reasonable behaviour and these are replaced with perverted reasons on what is their right. This form of self-deception, once started, leads them to believe that what they want is right and their due and all actions to achieve their desires of self-satisfaction are completely normal. This always leads to self-justification of all their behaviour. It is reinforced by such attitudes as “I am a superior being”, or “the world owes me this”, or “my victims have no human value” or “I hate all women and little girls grow up to be monsters”. The point is, that to believe in self-justification, all victims, male or female, must have some form of mental aberration of attitude attached to them. In individual terms however, the victims in the early stages must have some sexual attraction to go with the urge for power over the victim.

The full-blown paedophile, completely depraved, cleverly cunning and devious, cannot and will not, face the truth of their abnormal behaviour.

Nothing can shake their attitude of self-justification for their actions and it is a mistake to believe that they can be changed. All that can be hoped for, is that their behaviour to be curtailed, either medically or by some action of society. For, all paedophiles in time develop the herd instinct, to congregate to their own kind and they are no longer what is considered mentally sane.

It should be noted that there is not one simple set of reasons for the existence of such a group in society. There are many combinations, but they all fall into the same broad groups of, genetic malfunction, early upbringing, mental disorders and biochemical disturbance. Some, though not all, can be treated to some extent.

24.11.96

THE PAEDOPHILE MIND AND MODERN MAN

The mind of the paedophile is a complete aberration to the normal human concept of reasonable behaviour. Their actions are regarded with extreme loathing and contempt, but equally, there is little understanding by the paedophile of the apparently normal person. So, it is accurate to say there is little understanding on either side. The main problem is, that even in a world where violence and death is all too common, the average person cannot get over the sheer debauchery practised on innocent children by the paedophile. The paedophile, once started down that road of degradation, loses all desire to control his vicious abnormal desires.

The paedophile's mind is influenced by the most primitive behaviour of early man; a weak basic character and a complete amoral attitude to life, so any moral code of behaviour is minute, or non-existent. As age and ever degrading thoughts grow, so any instincts of decency disappear until a point is reached when all that exists, is sexual and perverted desires, upon which, the paedophile being lives. For no other values have any place in their existence. So, their world is ruled by their dominant dark primitive nature and this desire is linked to a mental state, which does not belong to the modern world. They thrive, because in the present confused world, they are able to function in the dark places of borderline sexual behaviour and they function best in the cultures of prostitution and homosexuality. Or, where secrecy breeds and where, for many reasons, lifestyles are reduced to self-survival.

The paedophile condition is not irretrievable, but it must be caught early, for it is in the early stages of turmoil that the mental confusion can be controlled. The others are, however, a problem for society to deal with, for the sake of all future generations.

Primitive man in the early stages of his existence had some very strong natural traits. Among these were cannibalism, sexual frenzies and little feeling for the weak, or the female of the species and strong tendency of blood lust and killing. Genetic diversity over time, reduced many of these tendencies as beings adapted to community living and more social behaviour. This change resulted in greater genetic diversity, but as is the law of nature, what one would call "throwbacks" occurred. When these procreated with strong weak character types, or other "throwbacks", they created more of their own kind, or greater variables of themselves. These have and always are the most primitive, savage and backward in each new generation. Over the centuries, the gap between these and the more enlightened beings has increased.

The paedophile grouping contains at the lower end of the scale, those with bestial behaviour traits; the sadists and paedophiles, whilst those nearer the upper end of the spectrum and the less harmful, are homosexuals, lesbians, transvestites and fetish types. Most of these do have the character ability to go downwards in terms of degradation and the dividing line is often no more than fear, character weakness, or the right kind of opportunity.

In comparing the basic paedophile mind to that of modern man, one is faced with one major contrast. That is, that modern man has adapted through each generation and as a consequence, contains more dominant and enlightened feelings of basic care and consideration. Though in proportional terms this fall far short of what should be present in man at this stage of his development at this time. Man is still too dominated by self-preservation and aggression, but compared to the paedophile mind, this is at a far higher level of development and the primitive instincts are less distinct. The paedophile mind can still be considered as prehistoric, but with the added addition of more intelligence.

This whole problem has to be seen in the context that man has grown from a very simple creature in his early beginnings on earth with very few emotions, to become, with each generation, a more complex emotional creature. Not all these emotions are positive to man's growth, but the one major difference with the paedophile mind, is that its aberrations get worse and more out of control with age. So, such mental aberrations must be dealt with by the late twenties. Whilst modern man on the whole, can change for the better, up to his mid forties this is a considerable advantage in development of character.

THE EXCLUSION OF SELF-DENIAL IN THE PAEDOPHILE.

Self-denial is a normal part of human character, in that people can and do, in their daily lives, choose to control their various character urges, when they may at that moment wish to do the opposite. For instance, because of some strong urge to do so, they may be very angry towards someone in front of them over some incident and want to strike out at them. But they choose not to do so and this is a free will choice and whatever their reasons for not doing so, they have chosen to deny their first instinct. This is self-control, but it is also self-denial to give in to their strong urges. This type of self-denial applies to many instances, large and small in daily life.

This behaviour is a clear indication that the individual can, and does, use their free will and therefore chooses to dictate their behaviour. This is learned behaviour and as such, should improve with age and understanding. This is the principal reason why people can learn to live in a society and be accepted by that society, so avoid being an outcast.

Some groups in a society want all the privileges of living in that society, without what they consider the drawbacks of the system. So to some extent, they try to cheat the system within which they live. Examples of these are thieves, cheats, thugs and some with mental disorders. However, all of these groups do exercise some control over their instincts and choose the road of self-denial, so exercising their free will and choose to remain in that society.

The paedophile mind belongs to this peripheral group in the early years of their life. However, they reach a point in time where they do not exercise their free will choice and to deny their instincts where it is concerned with their sexual or power desires. There is a complete mental block that develops and the only matter of importance is how to achieve their perverted desires. When this point of mental thinking is reached, then there is no control in terms of free choice, for all thought processes are amoral and self-centred. As the mind is unstable, any concept other than self-interest is blocked, so all thoughts are centred on self-desire, self-interest, self-justification and complete self-delusion.

This process of thought patterns, self-induced, are what makes the paedophile the most dangerous of all the unstable, twisted groups present in societies. Because they know no limits on perverted sexual and sadistic behaviour, they are the most reviled and loathsome groups in all human behaviour. 25.11.96

THE PAEDOPHILE'S SELF-ILLUSION

There are two classes of paedophiles, a). The sexually abused man, who from an early age was constantly sexually abused and debased to the point where by early adulthood, regarded all sorts of abnormal sexual behaviour, sadism, and bestiality as normal. So conditioned have they become, that they are incapable of normal emotions of love, compassion, or pity. For the victim, the behaviour that has been conditioned into them as normal. That is what the paedophile has ingrained, so their emotions are mainly those of the brutal, uncaring, worst abnormal dark emotions of the sick mind. For they have been conditioned by others, not only to be the perfect victim, but are trained to train and victimise others.

These victimised individuals are not mentally stable and are extremely unpredictable, for they do not understand what drives them in life and cannot come to terms with the very mixed emotions or fears that haunt them. As a consequence, they are unable to understand and are unwilling to follow society's normal rules of social behaviour. As they are retarded by their past experiences, they cannot find the strength to get help and live as helpless victims and victimisers. Many of these commit suicide.

The second type of paedophile is the naturally perverted type, sometimes because of a poor stable background. They are generally mentally retarded in social behaviour and grow up believing and behaving that what they want in life is all that is important. They believe they are entitled to satisfy all their perverted desires and are unable to comprehend what is right or wrong with their sexual or abnormal desires. Since being highly inadequate and often schizophrenic, the only world they consider right, is their world of dark sexual obsessions where they are all-powerful and above man-made laws. They have many glib reasons and justifications for their behaviour, mainly because the lack the normal emotions of love, compassion and understanding, or a real human need for another person.

Their nature is one of self-interest, cold calculating and ruthless and insatiable desires. Their victims are chosen to give vent to the many tainted desires within them and to release all their pent-up feelings of inadequacy, frustrations and failure as a human being. They live in a world of complete self - delusion, where the only right behaviour is theirs. The rest of the world is only there to feed their desires, or to be laughed at as inferior.

The feeling of power over another and the insatiable lust of their desires are what drive's them towards the young innocents. The high is obtained by corrupting, manipulating and terrorising their victim. The adrenaline surge is the thrill and they are incapable of any other feelings, except their need for further self-gratification. Like all thrills, particularly those of a sexual nature, leads the paedophile further down the road, from victimising the single victim, to group orgies, sadistic rights, fetish desires and bestiality. They are always looking to replace their jaded appetites with further degrading episodes. Ultimately, they reach the point where they may kill their victim in a sexual frenzy and even continue the act after death. The added thrill for some is to challenge the law, by odd apparently careless acts, just to heighten the thrill and show their contempt.

The paedophile lives in the dark and is outcast from society. Though living to some extent, an apparently normal life, but always in various ways challenging that society. For that gives a combination of arrogance and fear, which in itself is a stimulant to the sick mind. But however inadequate they are as people, they are extremely cunning and generally careful about keeping their perverted sick secrets.

The normal social person is on the whole, incapable of believing just what depths of degradation and depravity the paedophile is capable of, so are generally not aware of any tell tale signs that they may show.

Paedophiles start early on their victims, especially when they have access to their own children and molestation of children generally starts at two to three months of age, upwards. There are many variations within paedophile preferences; some prefer girls, others boys and others again will molest either. But all train their victims to silence and dependency upon them and training and conditioning them to the point that the victims become victimisers to lure other youngsters.

The paedophile convinces himself that his victims do not suffer; that they enjoy all the experiences and that no damage arises from his treatment in the early stages of his sojourn into depravity. But later, he does not consider the victim to be a human being, just an object to satisfy his lusts. His attitudes however, are just self-delusion and this is the biggest curse of all, both for the victim and his own downward path into his own personal hell on earth.

Self-delusion is the beginning of the end for all paedophiles, but if this is checked, it is possible for the paedophile to stop his downward path. It is always noticeable that drink, drugs, or stimulants are part of this vicious degrading human being that is the paedophile.

19/11/1996

This book is dedicated to all those victims who have suffered hell on earth without understanding why their life has been one of misery and mental illness, which never gets better. You are living proof of the damage done by cruel, inadequate and heartless people who, through their behaviour, consigned your lives to heartbreak and waste. Within this book I hope you can find some understanding of what has happened to you and with hard work and courage you may find a new horizon and a life of sunshine beyond. It is possible, for others have walked this path and won. God bless you all.