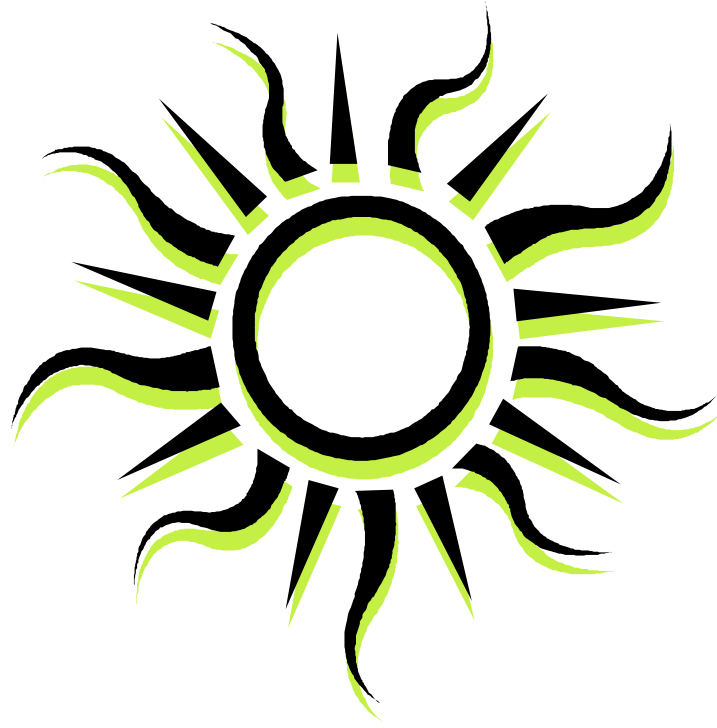


My Thoughts



These pages contain my beliefs and philosophy on life.

All that I experience is based on what I believe, so naturally to create new experiences, I am constantly creating and changing beliefs. Even if you agree with what I have written, please don't take them as absolute truths, because I certainly don't (the only absolute truth, is that there are no absolute truths).

All that I ask is that you have an open mind, explore and feel your beliefs and truths. Your beliefs define who you are and what you experience. If you enjoy your life and the direction you are heading, great! If you're not enjoying your life and the direction your heading, then your beliefs are in conflict with the reality you want to experience.

My intent is not to convince you to believe the same as I do. My intent is to explore my own beliefs and the reality I create. I have found that by sharing my ideas with others and with an open mind asking others their opinions; I can explore and expand my reality.

I truly would like to hear your opinion, so please feel free to contact me and share your beliefs and experiences.

All the Best



K. Steve Dahl

09/21/2004

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Science & Spirituality

“A blurring of the line”

Max Planck developed and proposed the basis for Quantum Theory in 1900 for which he was awarded the Nobel in 1918.

The more we learn about the quantum world, the stranger and more counterintuitive it becomes.

We know for example, that an ocean of particles continuously pops in and out of existence all around us. If you took a box into the empty void of space and looked carefully inside, you would find it is not empty after all; particles would appear in the box out of nowhere, only to vanish in an instant and be replaced by others. True emptiness doesn't exist.

For over 100 years science has said that light behaves like a particle and a wave. Science is proposing that light wave behavior observed, is actually an invisible particle from another universe paired with the particle in this universe. They have experimented with paired particles separated by hundreds of miles and found that manipulating the local particle affects the remote particle. Scientists have even been able to teleport atoms, (to move them from one place to another).

**Discover Magazine Sept 2001, Page 37-43
physicist David Deutsch**

"Dr. David Deutsch has proposed that quantum mechanics doesn't just apply to sub-atomic particles, but also objects created from sub-atomic particles, such as you & me. Taking this a step further he proposes an infinite number of universes containing you & me representing every possible choice and outcome of those choices made by us. In some universes you may not exist because your parents never met or maybe you forgot to look both ways while crossing the street."

What if we took this theory further and looked at the possibility that besides occupying multiple universes we also occupy multiple moments in time simultaneously (what we understand time to be), and what might be considered reincarnation is actually us in those moments.

Normally we are taught that time is linear running from left to right, birth to death, from some finite point to some finite point. I like to look at time vertically with all past, present & future moments existing simultaneously, like a stack of books with each page and book existing simultaneously. Each page in the book representing a different moment, with all of humanity occupying that page, as the moment passes we flip to the next page. Every decision that we make that changes the plot or ending of our story would create a new book and because we have an infinite number of choices in life we will end up with an infinite number of books. If you ponder on this for awhile, you can see that when you decide to re-live this human experience, you can look at all of the infinitely available novels of humanity and

decide which story you want to experience and even decide what page in this novel of life you want to start at. You can decide who your parents will be and what situations you are born into. You create the basic outline of your life, but because of free will, you again have the opportunity to help create a new book with a new ending.

Because time doesn't exist, every infinite number of choices and outcomes in life has already occurred, for past, present and future. This almost sounds like predisposition, but because we have an infinite number of choices and outcomes to choose from we still have free will.

I feel that your soul or consciousness exists in every novel and on every page. This means that you exist in more than one place and moment simultaneously. As you become conscious of these infinite moments of life you will know whether you have had a particular experience before and you will be able to consciously decide if the experience defines who you are, if not you can decide on a different adventure.

We exist "all the time" on different levels or at various points in space and time simultaneously. If one of me dies and then comes back as another person, then who "Am I"? I would have to exist as two people at once. And if I kept on doing this through out all of eternity, then "I Am" being a 100 people at once, a thousand, a million.... At this point it doesn't take too much of a leap to realize that we are all ONE.

If we accept that time does not exist, then all possible decisions and outcomes have already

occurred and exist simultaneously. That means there are an infinite number of our individual selves.

We have all heard the "New Age" thought that we are all part of the "ONE, The Great I AM", we all started as One Consciousness. So try to visualize how upon your birth, you had an infinite variety of moments and potential experiences to choose from. Because all moments exists simultaneously and time is not linear, you could even decided to exist in this current moment of life as your spouse to experience an interaction with your self. Because time doesn't exist, then you could come back as anyone with an infinite number of possibilities. If you think about this further you can see how one soul or consciousness could easily represent every person on this Earth, past, present and future, as we understand it. Once we understand that we are all one, we can quickly solve the problems we think exist on this Earth. It is no longer us against them, no more victims, and no more villains. I AM You, You are Me, once we realize this, we will no longer create fear in this great illusion we call life. Remember every thing in this life has already occurred including every solution to every problem we imagine, as soon as we remember this; there will BE nothing to fear. Once we understand this life for what it really is, we can experience it for the wonderful game that it is.

I know many of you probably feel these are just some interesting ideas, but I sincerely feel that this is a correct path at least for me. No matter what experience in this life I have desired I have

been able to create. I have experienced, accepted and enjoyed poverty, wealth, boredom, adventure, abuse and Love. I am living a life that many feel I am lucky to have, but I know that every situation in my life is my creation from my poor and abusive childhood, to the Love and adventure I am experiencing now. I have learned to accept and embrace every experience of life for what it is.

I know I have had experiences that many would consider horrible, but I have fond memories of most of them, from being washed up on a beach during a hurricane to being stranded in the mountains of Tennessee for a few weeks with the group from "Deliverance". I have to admit that I don't have many enjoyable experiences from my childhood, but I accept and embrace those experiences for helping shape who I AM.

Even when I was 17, my wife's mother asked me what my plans were for my life, with out hesitation; I told her I plan to retire when I am 30. Well she was polite, but I could tell by the look in her face that she knew, I was just a dreamer. But I did retire at 31.

I can't think of an experience in life I have desired that hasn't occurred in my life. I have been a, child, husband, parent, student, farmer, engineer, machinist, factory laborer, carpenter, entrepreneur, electrician, teacher, banker, executive, sailor and many others, most of these experiences occurred before I was 30 years old. I have experienced them all and I look forward to many more adventures.

Every moment of every day, we are given opportunities to choose from, that will determine our path and define who we will BE. Most of us just let things happen to us without consciously choosing them; well not making a choice is still a choice. Most of us live 70 or more years just surviving, bouncing from crisis to crisis and experiencing unhappiness. We spend our entire lives working, to pay for a mortgage, a new car, and new clothes. We have forgotten what we are here for. We are here to just enjoy the wonderful experiences available to us on this Earth, no more no less. We are always trying to make this life so complicated, always looking outside ourselves for happiness.

Religion in America

Note: this paper is from a lecture by Steve Dahl given at the University of Wisconsin Eau Claire on November 19th, 2003

Hi; I'm Steve Dahl, I grew up in Wisconsin and went to college here in Eau Claire.

I've been on a unique spiritual quest my entire life, as have all of you.

I'm going to share some of my background to help explain who I am.

My mother was raped when she was 15, which resulted in my birth in 1960, to this day I still don't know who my father is. Because it was heavily frowned upon to have a child out of wedlock, my mother and my stepfather were pushed into getting married when they were both 16. Neither parent received a high school education. There were 5 children in the family before either parent was 25. My stepfather became an alcoholic which added to the stress and abuse in the family, it was a common occurrence for someone to need medical attention due to abuse.

I was raised in a fundamentalist Baptist environment which was very restrictive. I started noticing in my early teens that my religious teachings weren't reflecting what I was experiencing in life.

Why do we as humans create an immature God who needs us to worship him (and only in a certain way, Lutheran, Catholic, Islam, or most other religions out there)? Why do we create an immature God who needs us to obey his rules and which rules are these, Baptist? I was told only the good Baptists were going to heaven and maybe some of those Lutherans, but certainly not the Catholics or Jehovah's Witnesses.

Why do we create an immature God who needs to be satisfied by us or he will not just destroy us, but punish us for eternity? Have you noticed that most religions place human male traits on their deity and often some of the most ungodly human traits imaginable?

If my God or Creator, created it all and encompasses all that is, then in ultimate reality the Creator needs nothing.

There are certainly many things we can create in this game called life, in order to play the game in the fashion we have chosen. But there is nothing we Need!

From my religious teachings, there were two kernels of truth that I felt very strong about and that was the belief that we have free will in this life and that my real essence is an eternal soul created in the likeness of God.

As I explored the belief in free will, I started to wonder, if we have free will in this life, why not also free will before we were born into this life.

Psalm 82:6 *I have said, Ye are gods;*

John 10:34 *Jesus answered them, is it not written in your law, I said, ye are gods?*

Well I'm an eternal being, whose eternal essence can't be injured, and if I have free will before I was born, then, that means, I chose the parents and situation I was born into, then this physical life must be a game I've created for experiences. This new belief for me was very empowering; I was no longer a victim of circumstance. I create my life and I can change it as it suits me.

In my explorations I discovered, I'm not here to earn my way to heaven. I'm not here to endure punishments for past transgressions. I discovered there wasn't a good or bad experience in life, and all experiences are of equal value, I realized that life is just experiences for me to enjoy. I found that the way I create my life, is through my beliefs and that by changing my beliefs, I can create any experience as I desire.

I'll give an example of what I'm trying to explain.

Let's place a person in the Wisconsin outdoors in the winter, it is 10 degrees and they feel chilled. Let's place a different individual in the Florida Keys on the beach in the winter, it is 95 degrees and high humidity and they feel hot and are perspiring.

Now let's move both people into the same house, it is 70 degrees and low humidity inside. The person from Wisconsin experiences this house as warm; the person from Florida experiences this

house as cool. It is the same house but two completely different experiences and opinions based on the beliefs and experiences of where they have just come from in their life. The house was more than happy to give both people the experience they desired simultaneously.

We do the same thing with people. You may believe someone is angry; your belief naturally creates the experience of that person being angry. With that belief you will mostly notice aspects of that person you perceive as angry and even possibly create situations to increase your perception of that person being angry.

So I hope all of you understand that by just changing your beliefs, you are able to recreate your reality.

We even place labels on ourselves based on the beliefs we hold about ourselves, and those labels change the perception we have of our surroundings. At one moment you may create being a spouse, another moment you are a parent to your child, and another moment you may be with your parents and taking on the role of the child. Depending on what label you have placed on yourself, you will act and perceive individuals around you accordingly. Some of the beliefs we hold about ourselves, may not create positive labels for ourselves. You may not believe you are smart enough or you don't make enough money. Well remember these are just beliefs you hold, and by changing your belief you change your reality.

Back to my life story:

I left home at 13 years old and started working on a farm for room & board, while attending school in Amery, Wisconsin.

My wife Pat & I started dating when we were both 17. My future mother-in-law Rose could see that Pat & I were very serious about our relationship and she asked me, "What do you plan to do when you grow up?" I said well I'm not sure of the details yet, but I plan to retire when I'm 30.

Pat & I were married at 18 in 1979 and moved to Eau Claire, WI, where I worked on a computer science major. In 1981 we moved back to Amery, Wisconsin where we started our business and our son Nathan was born that year. In 1991, I retired at 31 and sold AMCI computers to the employees and we moved to the Bahamas with our son Nathan who was 10 at the time. While in the northern Caribbean, we lived on a 40 foot sail boat for 7 ½ years. The Bahamas were one of our favorites. The Bahamas consists of approximately 700 Islands and only 65 are inhabited, so we would sail up to an Island put our hammock between a couple of palms and call it home for a month or so.

We home schooled our son Nathan while we were sailing, but in 1998 he asked if he could graduate from a traditional school, so we moved back to Wisconsin where he graduated from Osceola high school. In 1999 we still had the desire to travel and purchased a motor home and we have been traveling the united states by motor home ever

since, discovering and exploring ancient ruins in the South West (most people don't realize there are still many undiscovered ruins in the Southwest).

I'm going to give an experience from my own life describing how my beliefs create my experiences:

On May 22nd 2003, I was camping in the Owyhee Mountains, which is on the border of Idaho and Oregon. National Geographic calls this the most remote area in the continental United States. My friend Jerry and I had a wonderful time exploring old settlements and looking at artifacts from the Clovis era dating from 7,500 – 10,000 years ago.

On May 26th (Memorial Day) my neighbor Jerry is ahead of me on his ATV and I'm on my motorcycle riding down a dusty dirt trail. Jerry follows the path around a corner, but being so dusty; I don't see the turn and launched my motorcycle off the cliff. As I'm dropping over the edge I didn't have a sense of fear, but a thought of frustration **"How could I call the game over and forget to tell myself."** (I still chuckle about that thought)

I'm racing down the mountain side bouncing from boulder to boulder and tree to tree, I finally wedged the motorcycle between two boulders and come to a stop.

I get off the motorcycle, I'm pretty shaken up and experiencing quite a bit of discomfort and I can feel myself going into shock. I feel chilled, yet

I'm sweating profusely and shaking. I felt my consciousness step back and observe myself and the situation, I remembered, I'm in control of how this game is played and shock is as much a mental process as it is physical. I felt my composure come back.

It took a few minutes but I un-wedged the motorcycle from between the boulders. I was still experiencing too much discomfort to kick the motorcycle over and restart it, so I found a deer trail next to the boulders and coasted down the deer trail to the bottom of the mountain.

At the bottom I stopped to assess my injuries. My left pants leg was soaked with blood from the knee down to my shoe and I was experiencing so much discomfort, that I couldn't stand on it. I took my knife and cut the left pants leg off above the knee and found a clean cut the full width of the knee exposing the white knee cap and the blood was just running out of the wound down my leg.

I started thinking about when I was 22; I was working 17 hour days, 6 days a week, very high stress. I saw the doctor just for a checkup and he told me I had high blood pressure. He gave me a prescription for high blood pressure medication. I asked how long do I have to take this and he said for the rest of your life. I wasn't impressed with that diagnosis; I went to Radio Shack and bought a bio-feed back monitor for \$10 and in a month I learned how to lower my blood pressure and pulse.

I figured that if I can lower my blood pressure and pulse, I should be able to stop this bleeding.

I visualized the muscles and vessels around the wound constricting and in about 30-40 Seconds the bleeding ceased, (boy I was impressed).

I still had the issue of the pain to deal with; I first tried just ignoring the pain, but I could only ignore the pain for about 30 to 40 seconds at a time and that just wasn't working. I then tried rationalizing that, pain is just a message from my body telling me I've been injured and it's not a big deal, well that didn't work either. After exploring the feeling of discomfort further, I discovered, I was having a belief that I was suffering and I was holding some fear with that belief.

I know suffering is a choice and I realized I'm not suffering; I'm just having an experience of my own creation. Once I came to that realization, almost all of the discomfort was gone.

I was able to stand on the leg, get back on the motorcycle and get it started. I rode across the mountain back to the road. As I rode the 10 miles back to camp, I found my friend Jerry circling back looking for me. We finished the trip back to camp and reloaded his ATV and my motorcycle and camping gear in the truck and we drove the 4 ½ hours to Boise Idaho. I did decide to let my friend Jerry drive.

We arrived in Boise Idaho, it's Memorial Day and there isn't a clinic open, only emergency rooms. I

figure I'm going to have to pay for this out of my own pocket, because I have a \$5,000 deductible on my medical. The bleeding and pain is under control, so we start price shopping the emergency rooms from a high of \$1,675 to a low of \$980. My friend Jerry thought I was a little odd, but it was nothing like the looks I got from the staff in the emergency rooms, as I asked for a price quote.

After getting stitched up, we drove 6 hours back to Salmon Idaho, where I have a home. The next morning I woke up with a thought to check my insurance policy on my motorcycle. On the policy I saw a line for medical coverage; it was real vague, I wasn't sure if it only covered a passenger. I called my Insurance agent and he pulled up my policy and said "Yes you're covered up to \$1,000." My first thought was wow, "I got to have this wonderful experience and it didn't cost me a dime." If I hadn't known that I create my experiences through my beliefs and if my beliefs had been different, I wouldn't be here to share this experience with you. I would have gone into shock and bleed to death on that mountain side.

I would like all of you to feel and think about the idea that there is no ultimate truth. What is true for you is not necessarily true for another.

Every religion has some wonderful scriptures and doctrines and every religion when taken from a literal fundamentalist view point has some scriptures and doctrines that create separation

and beliefs that are difficult to integrate with other view points and beliefs.

Most of us here have probably been brought up in a western Christian environment, so I will use some examples from the Bible, but please don't feel I'm condemning any particular religion or belief.

1 Corinthians 14:34,35 Let the women keep silence in the churches: for it is not permitted unto them to speak; but let them be in subjection, as also saith the law. ³⁵And if they would learn anything, let them ask their own husbands at home: for it is shameful for a woman to speak in the church.

Some of you might think well this is an outdated belief and no one believes this anymore. Well here is a quote from Religion News Service, reprinted by the St. Paul Pioneer Press November 29th, 2003.

Baptist husband-wife co-pastor cause rift

A Florida church has been removed from membership in its local Southern Baptist association because it has a husband-wife team as co-pastors. The Reverend Dave Phillips and the Reverend Sonya Phillips have been co-pastors since earlier this year at Central Baptist Church of Daytona Beach, Florida. Dennis Belz, director of missions for the Halifax Baptist Association, said the calling of a woman pastor is "in direct opposition" of the Bible and to the revised faith statement of the Southern Baptist Convention,

which declared in 2000 that “the office of pastor is limited to men as qualified by Scripture.”

1 Corinthians 7:36

But if any man thinketh that he behaveth himself unseemly toward his virgin *daughter*, if she be past the flower of her age, and if need so requireth, let him do what he will; he sinneth not; let them marry.

Deuteronomy 23:1-2

1 “If a man’s testicles are crushed or his penis is cut off, he may not be included in the assembly of the LORD.” 2” Those of illegitimate birth and their descendants for ten generations may not be included in the assembly of the LORD.”

Again I am not condemning religion, I am just pointing out that none of them are right and none of them are wrong. They all contain some wonderful wisdoms and relative truths and they all contain passages that may have been relevant when they were written, but may no longer reflect where humanity is heading.

Most religions run into problems when they are exclusive, they are right and everyone else is wrong. Especially when they believe that their holy books are the only holy books and their holy books are infallible and must be taken literally word for word.

Even if a religion insists that their scriptures must be taken literally word for word. Words are just

symbols, mere representations of the feeling, the original scribe had. When someone reads a scripture they will create their own interpretation of what a scripture means based on their previous experiences and beliefs.

Here are a couple of scriptures which are often used as a corner stone of some Christian faiths.

John 3:3 *Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God."*

John 3:7 *"Do not be amazed that I said to you, 'You must be born again.'*

Now if I were Buddhist, Hindu or a Jewish follower of the Kaballah, these passages would be a good example of reincarnation and possibly working your way through karmic debt.

Again, I would like all of you feel and think about the idea that there is no ultimate truth. What is true for you is not necessarily true for another.

Your beliefs create your perception and naturally your experience of this world.

If you believe there is evil in this world, that is what you will see.

If you believe you're a victim, that is what you will experience.

If you believe you are right and they are wrong, that is what you will perceive.

Your beliefs filter and create your experiences of Life.

All that separates us from each other, are our beliefs!

Through our beliefs we place labels and judgments on the world, each other, and ourselves.

The world is a reflection of You.

Can each of you repeat to yourself;

My world is a reflection of me?

Here are some quotes from a few popular books to point out the idea; your beliefs create your experience of life is not new.

Proverbs 23:7 (King James Version) For as he thinketh in he heart, so *is* he:

Mastery of Love by Don Miguel Ruiz Page 12

"You have the power to create. Your power is so strong that whatever you believe comes true. You create yourself, whatever you believe you are. You are the way you are because that is what you believe about yourself. Your whole reality, everything you believe, is your creation. You have the same power as any other human in the world. The main difference between you and someone else is how you apply your power, what you create with your power. You may be similar to others in many ways, but no one in the whole world lives their life the way you do."

The New Revelations by Neale Donald Walsch
Page 16

All behaviors are created by beliefs.

Aren't there such things as "automatic reactions"?

Even those reactions are based on what you believe is occurring, is about to occur, or could occur. All behaviors are sponsored by beliefs.

You can not make a long term change in behaviors without addressing the beliefs that underlie them.

Excuse Me Your Life is Waiting by Lynn
Grabhorn Page 25

We came here with a guaranteed freedom of choice mandated by the very nature of our existence. The time has come for us to exercise the birthright. We are caught in no one's web. We are bound by no circumstance. We are victims to no conditions. Rather, we are beings who possess the sacred ability to implement any outlandish desire our limitless minds can concoct, for we possess unregulated, unrestricted, uncontested freedom of choice, no matter what those choices may be.

It's wake up time. It's time to take our heads out of the sand and accept that it's no accident we get what we get in life. It's time for us to stop creating from the improper default setting....

The Four Agreements by Don Miguel Ruiz Page
29

During our domestication, our parents and siblings gave their opinions about us without even thinking. We believed these opinions and we lived in fear over these opinions, like not being good at swimming, or sports, or writing. Someone gives an opinion and says, "Look, this girl is ugly!" The girl listens, believes she is ugly, and grows up with the idea she is ugly. It doesn't matter how beautiful she is; as long as she has that agreement (or belief), she will believe that she is ugly. That is the spell she is under.

Remember the world is a reflection of You.

Forgiveness

***Is remembering there is nothing to
Forgive!***

We all can think of times, when we imagine someone has injured us, hurt our feelings or even our physical bodies, by doing or not doing something to us or for us.

What you consider YOU is the personality of you that has very little to do with any specific physical body. Through millennia sages, prophets and scholars have tried to help us see that we identify too much with the tool we call our physical body and we are missing the true self. It is by understanding more of the reality this self exists in that we can understand how this game called Life really works.

You are not your physical body, your true essence cannot be injured in any way. You have come here to experience this human creation that WE have made. Before you came here you knew everything and still do (you just need to remember). However, knowing something and experiencing it are not the same. Remember when you were younger and learning to drive a car? First, you read the instruction book on how to drive. After reading the manual, you knew how to drive but lacked the experience of driving. Do you remember the experience the first time you got behind the wheel and actually experienced driving? The first time you were excited, nervous, maybe a little frightened. As you gained more

experience driving you became more relaxed and it became a joyful experience. Life is the same; we are here just to enjoy the experiences of our creation.

We are not here to learn anything. We are not here to earn our way to heaven. We are not here to endure punishments for past transgressions. Once you recognize that life is just experiences for you to enjoy, you will remember there isn't a good or bad experience. All experiences are of equal value.

When we say something is bad it is just a judgment we have made of that particular experience, another person having the same experience, may say that it is good. Our perception of an experience is very relative to where we are at that particular moment. Example: You are outside in the winter and it is 20 degrees, you feel chilled and go into the house and it is 70 degrees inside and it feels warm. Now you are on a Florida beach it is 95 degrees and humid outside, you feel hot and go into the house, it is 70 degrees inside, and it feels cool. You have the same temperature and humidity inside, but you have two completely different experiences, which are relative to where you just came from.

Often we aren't conscious of why we feel the way we do, or why we experience life the way we do. We often forget we filter experiences through our beliefs and previous teachings and experiences trying to place a meaning or label on it.

I feel that reality is where we came from before we arrived here for this human experience, and that this physical existence is really just an illusion we created for the experiences.

I believe that before we were born into our present lives, we mapped out an outline of what we wanted to experience in this life. Who our parents are and the situations we were born into. We even chose the people we might interact with. Remember as a child, playing make believe? This time I'll be the mom and you're the kid, or I'll be the cop and you're the robber. This life you have created is the same; you have chosen the situations and individuals who will bring joy and pain in your life. Rather than being upset with the memory of the playground bully, be thankful they agreed to play that role in your human experience.

Remember this life is your creation; you are in control of how the game is played. We are here just to enjoy the experiences of Our Creation, no more, no less.

Once we realize that we create every experience we have; once we realize that there isn't a good or bad experience; we can move to a feeling of appreciation of everyone and everything.

Once we realize that we create every experience we have; once we realize that there isn't a good or bad experience; we can thank those that have assisted in our experiences.

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"Sadness, illness, and despair, are less conditions, than they are decisions - to see yourself as less than you really are.

Life is not what you see, but what you've projected. It's not what you've felt, but what you've decided. It's not what you've experienced, but how you've remembered it. It's not what you've forged, but what you've allowed. It's not who's appeared, but who you've summoned. And it's not where you've been, but where you're going.

When you play a game with family and friends, like hide and seek, or Twister, or even Monopoly, do you lose sleep the night before? Do you worry what people will think of your performance? Do you wonder how your past or your childhood years might influence your moves? Do you "replay" each turn in your mind the day after?

Ha-ha-hee-hee-hoe-hoe... No. Because you probably think that it's just for fun. You understand that no matter what happens, nothing about it can detract from who you are. That while you might not "win" you'll actually be richer and wiser for the time spent thinking, and calculating, and sharing with friends. You might even relish the refinement and development of your skills. Besides, in games you have nothing to prove; everyone you play with already loves you. Bottom line, you can become more for the playing, but not in a zillion years can you become less. And the more you see games like this, the

more fun you have, the more you grow, and the better you get.

Well, these are the exact same reasons that angels play the "Time~Space" game.

It's why you're here.

Game, game, life, life, same, same.

The board is your life, the tokens are your friends, and achieving particular dreams and overcoming customized challenges are the prizes you've all chosen ahead of time. There are health games, wealth games, and relationship games. Confidence games, pride games, and worthiness games. There are even games you've never heard of. Some play one at a time, others play many at once, but no one, really, has anything to lose." ©www.TUT.com® Enterprises, Inc. All Rights Reserved, Andy & Mike Dooley.

Andy & Mike Dooley have some **T**otally **U**nique **T**houghts on life please check out their website.

Once we realize that we create every experience we have; once we realize that there isn't a good or bad experience; we can realize;

Forgiveness, is recognizing there is nothing to Forgive.

Appreciate it All

We all find ourselves taking this wonderful game called Life too seriously at times.

No matter what you or others experience in Life, recognize that we have all created experiences in our lives, that at one time or another, we considered tragic. All of this is your creation and you have created it, for a particular experience, remember to appreciate and experience every one of them.

As you go about your day, appreciate everything around you (you create all of it). Feel what it feels like, to be the flower, appreciating the warm energy radiated by the sun. Feel what it feels like to be the flower, sharing your beauty and energy with the bee collecting pollen while resting on your petals. Feel what it feels like to appreciate that bee, for it's' part in your creation. Appreciate yourself for being the creator of all your experiences.

It is very easy to appreciate experiences we have judged to be good, but it is even more important, to appreciate experiences we have judged as imperfect or bad. As long as you resist an experience, you continue to recreate it. Appreciate every creation and yourself as the creator of that experience.

All of us have counseled friends that are down and inevitably we place ourselves in their shoes

and start feeling just as down as they are. Well, all you have created is; "misery loves company", so now both of you are miserable. Why not appreciate that person's creation, not pretend, but really appreciate their creation and appreciate them for being the wonderful creator they are.

If the person really feels their situation is tragic, I'm not saying to verbally congratulate them on their wonderful creation, they might help you co-create a wonderful black-eye to appreciate and experience. What I'm saying is to let your entire body feel and appreciate their creation and them as the creator of their experience. The other person can't help but feel your Love and appreciation for them and their creation. They will naturally feel better.

Can you imagine what would happen to all of this wonderful turmoil, which we have created in this world, if we all just started appreciating each other and their creations and stopped judging them and their creations?

Can you imagine observing your frantic waitress at the restaurant and appreciating his/her creation and he/she as the creator, or the person who has cut in front of you at the grocery store; appreciate your self as the wonderful creator of this experience, appreciate the experience you have created of being cut in front of; then appreciate the other person for the wonderful creation they have co-created with you and them as the wonderful creator they are.

Your beliefs change your perception and experience of this wonderful creation.

Remember, You Create it All.

“If you create something and you’re not willing to experience it, you keep creating it.” (Harry Palmer, Avatar™ is a registered™ of Star’s Edge Int.)

“Creators, who wish to create miracles for others, have to recognize; that the other people are only the ideas, they have created of themselves.” (Harry Palmer, Avatar™ is a registered™ of Star’s Edge Int.)

Don’t you just Love this Game!

Be the Cause

We often forget we are the cause of all situations that occur in our lives.

It is an interesting game to pretend that things just happen; "It's not my fault, things just happen to me".

Look at your life and where you are. Through our beliefs we create situations in our lives and when these creations finally materialize, we find we have forgotten what we intended to experience.

Be-Cause we have forgotten, we disown our creations. We become victims of circumstance, happenstance and chaos. We create stories of a punishing God, sneaky Devil or any other excuse, to explain why our lives and the world is the way it is.

Until we take responsibility and **Be the Cause** of our life, we can't change it. All we can do is make excuses; "Life happens because of this, or that, not **Be-Cause** of me".

We often don't want to take responsibility for the situations in our lives.

We don't want to **Be the Cause** of our Life, we try to create a separation between us and our creations.

Without taking responsibility for our creations, we create the situation of becoming victims.

Without taking responsibility for our creations, we can not change them.

Like I mentioned earlier "It is an interesting game to pretend that things just happen", I believe it is a wonderful game. We play this game in order to have a wide variety of experiences, we can pretend and experience being the victim, villain, mother, father, child and every other wonderful variety.

Once we recognize we are the creators of every experience in our lives, we can stop being trapped in them. We can have the experience and quickly get in line for a new experience of our own **cause**.

Rather than believing your life is the way it is, **Because** of out side circumstances, **Be** the **Cause** of your Life.

Everything is Energy; Energy in Motion, Energy Changing Form

Einstein's Special Theory of Relativity points out the equivalence of mass and energy, quantified by the famous equation $E=mc^2$ where E is the energy, m is the mass, and c is the velocity of light. So science is aware that particles such as electrons and protons are really concentrated energy, and that energy is the basis of the universe.

Author Jane Roberts wrote: **"All energy contains consciousness. That one sentence is basically scientific heresy, and in many circles, it is religious heresy as well. A recognition of that simple sentence would indeed change your world...."**

Indeed, while physicists recognize the equivalence of mass and energy, you might imagine that invoking consciousness in this way would send them running for the exits. Amazingly, though, there are a growing number of scientists who seriously entertain similar ideas. Freeman Dyson is a professor of physics at the Institute for Advanced Study at Princeton University. He contends that quantum theory has made all matter, even units as small as elementary particles, into active agents. By "active agent" he means that each particle in the universe makes choices between random processes. The following excerpt makes this quite clear:

"I think our consciousness is not just a passive epiphenomenon carried along by the chemical events in our brains, but is an active agent forcing the molecular complexes to make choices between one quantum state and another. In other words, mind is already inherent in every electron...."

The view expressed by Dyson is spreading among physicists and other scientists. Harold J. Morowitz, professor of molecular biophysics and biochemistry at Yale University, comments:

"The views of a large number of contemporary physical scientists are summed up in the essay "Remarks on the Mind-Body Question" written by Nobel laureate Eugene Wigner. Wigner begins by pointing out that most physical scientists have returned to the recognition that thought --- meaning the mind --- is primary." He goes on to state:

"It was not possible to formulate the laws of quantum mechanics in a fully consistent way without reference to the consciousness." And he concludes by noting "how remarkable it is that the scientific study of the world led to the content of consciousness as an ultimate reality."

When we interact with our surroundings, we are permanently changed by this interchange of energy.

Just the presence of another in a room with you, permanently changes the structure of your brain

as it stores the image and beliefs you have of that individual.

As you explore your consciousness, you are using energy to move and change the beliefs residing there. When you share your ideas and beliefs you are transforming energy from electrical impulses, to physical vibrations of the air as you speak these ideas. Others receive these energetic vibrations in the air against their ear drum, where it is changed back into electrical impulses. These electrical impulses are then changed, manipulated, integrated and eventually stored in the other person's consciousness.

When you share thoughts and beliefs, (which is just the exchange of energy) you are sharing your energy with another. Your thoughts and beliefs (Energy) are becoming part of the others energy.

Even if you don't want to accept the spiritual aspect of these ideas, it's difficult not to accept the physical changes you are making in yours and the other persons brain, as your image and ideas are permanently recorded there. You have become part of them, as they have become part of you in this exchange of energy.

Let's be conscious of this energy exchange. Let's pass energy to others that we would like to receive.

Ultimately how the energy is received, is determined by the beliefs of the receiver. It is your beliefs, which will determine how you

perceive this energy exchange, which could and probably is different than the perception of the other person in this exchange.

No matter what energy is sent your direction, it is you that determines how to integrate this energy. The energy doesn't care how it is perceived, it is just energy.

By your beliefs, it is you that decides if the energy exchange is positive, negative or more importantly, just recognized as a beautiful exchange of energy, in the wonderful game called Life.

Past, Present & Future

Our typical idea, is that time is a rigid line, moving from left to right, from the past to the present and on to the future.

Even science is questioning the existence of time. Some physicists even suggest our perception of time is an illusion.

According to Einstein's theory of gravity, space-time can be visualized as a fabric which is stretched and distorted by the presence of matter and energy. What we perceive as time is just us moving along this fabric of space-time.

I find this fabric of time easier to comprehend as a **where** rather than a **when**, similar to positions on a chessboard, each square on a chess board representing different moments of what we call time. Every square no matter how far away has the potential to become your next experienced moment. The squares of potential experiences closest to you have a higher probability of occurring in the next moment, based on the beliefs you hold and the choices you make.

The gravitational field of a black hole can be visualized as a funnel, with a dead, collapsed star at the very center. Anyone unfortunate

enough to get too close to the funnel inevitably falls into it and is crushed to death.

One puzzle, however, is that, according to Einstein's equations, the funnel of a black hole may connect our universe with a parallel universe. Furthermore, if the funnel connects our universe with itself, then we have a "worm hole". These anomalies did not bother Einstein because it was thought that travel through the neck of the funnel, called the "Einstein-Rosen Bridge," would be impossible (since anyone falling into the black hole would be killed).

However, over the years physicists like Roy Kerr as well as Kip Thorne at the Calif. Institute of Technology have found new solutions of Einstein's equations in which the gravitational field does not become infinite at the center, i.e. in principle, a rocket ship could travel through the "Einstein-Rosen bridge" to an alternate universe (or a distant part of our own universe) without being ripped apart by intense gravitational fields.

Even more intriguing, these wormholes can be viewed as time machines. Since the two ends of the wormhole can connect two time eras or different positions on this fabric of space & time, similar to positions on our hypothetical chessboard. Thorne and his colleagues have calculated the conditions necessary to enter the wormhole in one time

era and exit the other side at another time era or position on the fabric of the space-time continuum.

When we see something or someone, photons of light have reflected off an item or person, collected by our eye, converted to electrical impulses by the retina and moved to our brain for processing and storage. This process of sight is not instantaneous, by the time the images are stored the moment has passed. Because of the short distances involved, it seems instantaneous. If we start examining the distances to the stars, it takes light, hundreds, millions or billions of years for the light to reach our eyes from the moment it was emitted from the star. What we believe is a present moment as we gaze at the stars is ancient history.

What we perceive as the past and present are moments stored in our memory. Is there a difference in what we perceive as the past or the present? By the time we are cognizant of what we think is the present moment it has already passed.

I suspect what we feel and experience as time is just the way our brain processes moments.

Let's move back to the spiritual aspects of this discussion. Our consciousness is not limited as our physical bodies are. We can

easily move our consciousness, from thoughts of the present moment, to the past or the future in the blink of an eye. We can move our consciousness, anywhere we choose within this fabric of space-time. I suspect some of you are wondering how we can move our consciousness into the future, "the future doesn't exist yet right?" If you remember earlier the 1st chapter titled "Science & Spirituality; a blurring of the line", we discussed time briefly. Everything exists; every thought and every possibility exists, waiting to be chosen and brought into the present moment. Some possibilities have a higher probability of occurring, depending on who, what and where you are on this fabric of space and time.

Besides being able to move our consciousness anywhere we choose in this fabric of space-time, we can also change our interpretation of what we perceive in those different moments or positions in space-time. You could re-examine a traumatic childhood experience; feel it, look at it, re-experience it from a new perspective. You determine how you experience an event based on your beliefs. If you change your belief about a particular moment, you change your experience of that moment, which changes your present moment's experience, which naturally changes the different probabilities of your future.

I wonder about our interconnectedness of our consciousness with these other simultaneous moments. Is it possible that by changing our beliefs of the past moment in the present that we actually may increase the probability, that in that past moment we would hold a different belief and make a different choice to create the reality we are experiencing in the present?

What is history, just an interpretation of a particular moment? If you re-examine a particular moment with a different perspective, you will find a different interpretation of that moment and a change of history.

Let's play with some ideas on how to increase your probability of creating a future you desire.

- 1 Look at a particular moment from your perceived past. Move your consciousness there, feel that moment and re-experience it. Now look at the particular moment, examine it in minute detail. What beliefs were you holding at that time (e.g. "I'm a victim", "I'm smart", "I'm rich", etc.), feel those beliefs and re-experience them. Now look at the choices you made that created that experience.

- 2 Move your consciousness back to the present moment. Feel the present moment, experience the moment, and examine it in minute detail. What beliefs do you have in the present moment (e.g. "I'm a victim", "I'm smart", "I'm rich", etc.), feel those beliefs and re-experience them. . Now look at the choices you made that created your experience of the present moment.
- 3 What future do you desire? Feel what that moment feels like, experience that moment fully. What beliefs are you holding in this future moment? Feel those beliefs and experience them fully. This future moment exists now, look at the Beliefs that made the choices available to you to create this future.

Thoughts become things; choose ones that align with who you choose to be!

Can we play the game with out the Illusion?

I personally know that we can enjoy this life more, when we realize it is just a game and this game doesn't have any meaning, except for the meaning we give it. But could we play this game called life if we knew 100% all the time, that it is, just a game? I don't believe so?

We have to be in the Illusion in order to take on a role and imagine that we are separate, that we have needs, or else we couldn't pretend that we're a victim, a villain, a mother, a father, a son, or a daughter.

If we always knew this was an illusion, we wouldn't take this game so serious and enjoy the broad variety of intense experiences and emotions.

I don't want this to sound like we must walk around unconscious in this illusion all the time. That is what is causing much of the perceived turmoil and pain in this world. Just recognize the illusion for the wonderful game that it is.

There are many Illusions we create in this game and the biggest one is that need exists. We create the belief that you or GOD needs something. We create false beliefs that we

need money, a better car, or job. In reality there is nothing that you Need! You are not your body, but an eternal soul. As an eternal soul, there is nothing you need to exist.

But the biggest false belief about need, is that God needs something in order to be happy. Why do we as humans create an immature God who needs us to worship him (and only in a certain way, Lutheran, Catholic, Islam, etc)? Why do we as humans create an immature God who needs us to obey his rules? Why do we as humans create an immature God who needs to be satisfied by us or he will not just destroy us, but punish us for eternity? In ultimate reality the Creator needs nothing, because the Creator encompasses all that is.

Psalm 82:6 *I have said, Ye are gods;*

John 10:34 *Jesus answered them, is it not written in your law, I said, ye are gods?*

There are certainly many things we can create in this game called life, in order to play the game in the fashion we have chosen. But there is nothing we Need!

Enlightenment: Expanded Awareness

"Enlightenment is Pure Awareness. One is awake, alive, but without thoughts, free from the limitations of the body. The closest most of us come to this feeling is the first moment when we wake up in the morning or

the last minute before we fall asleep. There is awareness here but no content, no rush of thoughts in the brain, and if you pay close enough attention, even the sense of identity is missing – You feel yourself being present, but not bound by time or situations.”

By: Deepak Chopra

I hear many people talking about attaining enlightenment in this lifetime or being 100% conscious in the moment all the time. Why would we want to be enlightened? If Enlightenment is truly what we wanted, then why did we choose to be here? Isn't enlightenment where we came from?

I have a different definition of enlightenment; for me Enlightenment is remembering who we are. Remembering you aren't your physical body, but an eternal soul, who has chosen to have a human experience.

Rather than just know who we really are, I feel we chose to forget who we really are, so we can experience who we really are. We chose to experience it all, (Love, fear, up, down, hot, cold, etc.)

I feel that we can play in this illusion but not get trapped in it (Be in the world, but not of the world). The challenge in this life is to remember when you are in the middle of a painful or a pleasurable experience, to quiet your mind for just a moment, step back, observe and feel the situation and remember

this is just an illusion of your creation. With your mind quieted, try to find out why you chose to create this experience. Is there a larger experience you're creating or are you recreating an old drama that no longer suits you.

Conversation

God & I in space alone.... and nobody else in view...

"And where are all the people, Oh Lord" I said, "the Earth below and sky overhead and the dead that I once knew?"

"That was a dream," God smiled and said: "The dream that seemed to be true; there were no people, living or dead; there was no earth, and no sky overhead, there was only myself in you."

"Why do I feel no fear?" I asked, "Meeting you here in this way?" For I have sinned, I know full well and is there heaven and is there hell, and is this Judgment day?"

"Nay, those were but dreams" the Great God said, "dreams that have ceased to be."

There are no such things as fear and sin; there is no you ... you never have been.

There is nothing at all but me.

By: Ellen Wheeler Cox

Don't you Just Love this Game!

I'm O.K.

I've thought about the different ways I can play this wonderful game. I have spent the last couple of years playing "I'm O.K.". No matter what I have created, I know that in ultimate reality none of this is real and it has no meaning, except the meaning I give it.

There are many possible outcomes of playing in the illusion while realizing "I'm O.K. no matter what". To have this experience of "I'm O.K. no matter what", I have to remember who I am; I'm not this body, I'm not this mind, these are just tools I use to have this physical experience. Here are two extremes I have experienced, which have created some interesting circumstances:

- A. Complete detachment; I have found that I am missing the feelings and emotions of the experience. I have the feeling that I am an observer. I'm separate from life around me, even my physical body. I'm looking at life as if I'm reading it in a book. I can see it; I can analyze it, but no emotional feeling.
- B. Playing the game too intensely; I have found I often have no regard for my personal safety. With this

belief, I can really feel a light playfulness, with a sense of awe and discovery. When I experience life from this perspective, I will sometimes place my physical body in situations where I could and have damaged my body.

I feel to play in this illusion, with the perception that I'm O.K. and still get the full experience, I have to forget, even if just for a fraction of second, that I'm O.K. By forgetting, I can have the experience of exhilaration, anxiety, fear, etc.

Thoughts become things; choose ones that align with who you choose to be!

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