Addiction Free Forever

How to Permanently End an Alcohol or Drug Problem
(and have a deeply fulfilling life naturally)

Dennis Marcellino
Disclaimer: Although the withdrawal methods in this book are simple and standard, it is recommended that you confer with a medical doctor who is familiar with your medical history and present condition before you start the withdrawal process so as to determine what your body can safely handle. Please read the full disclaimer and terms of use of this book on page 223 before beginning to read this book or use any of its advice. This book provides a method for addiction recovery and recommends supporting materials. It is the sole responsibility and discretion of the reader to act on what is in this book or not. The author, publisher, staff and personnel of Lighthouse Publishing and any of its subsidiaries shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the use or misuse of the information contained in this book. The reader is solely responsible and liable for his/her use and the consequences thereof as a result of the information herein.
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Read Me First

The contents of this book can be absorbed by some without having to first completely stop alcohol and/or drug use. But if you feel a sense of urgency about your situation, or you need sharper clarity to completely absorb and carry out what’s in this book, then first go to Appendix A (called “Getting Through Withdrawal”) on page 195 and start or complete the process of withdrawal from alcohol or drugs.

While this book can be used on its own with success, it is also part of a larger overall program called the “Addiction Free Forever Program”. The program workbook, called the Addiction Free Forever Workbook, spells out a step-by-step, 10 phase, at-home, recovery and life transformation plan. It offers a helpful and supportive way to carry out what is in this book by starting with assignments that take you through a complete evaluation of your personal philosophy of life and life experience. Then it shows you how to transform to an addiction free life where you will have strength, deep fulfillment and no desire for alcohol or drugs. The Addiction Free Forever Workbook and program are available on the web at www.AddictionFreeForever.com/orders.html.
This book is dedicated to the success of all who desire, earnestly seek and are willing to work for a clean, joyful, deeply fulfilling life and the higher purposes and higher states of human existence as they naturally manifest.
Chapter 1

An Inspiring Message
from the Author

There is something central to all addictions. Observing and understanding that “something” is key to not only ending an addiction, but also to achieving a very happy and deeply fulfilling life.

Before I tell you what that “something” is, let me say that drugs and alcohol, to a normally sensitive person, are too intense experiences and would be rejected by a “normally sensitive” person.

So then what do I mean by “normally sensitive”? “Normally sensitive” means being sensitive to and staying in touch with every message that comes from your body as to what you should and shouldn’t do with your life and your body.
With that in mind, I can now say that the “something” that is central to all addictions is: not being completely who we really are.

Sounds simple enough, doesn’t it? Well, as you read on, you’ll see that due to the desires of other people and the world in general and how they want us to be, and the pressures, criticisms, rewards and punishments they use to try to get us to be the way they want us to be, it is actually a difficult thing to stay in touch with and maintain who we really are. (But I will be showing you something that will make that possible.)

What makes this an all the more difficult thing is: due to years of these pressures and “successful” attempts by others to train us, there often are many layers of self-enforced repression now covering our ability to be sensitive. And that enforcing is born out of a fear of re-experiencing the pain that we felt when we were initially wounded. So now we have these barnacles on our heart that have been piled on and glued in place through trauma and anti-natural training over the years since our birth.

And now these layers are buried in our subconscious... largely forgotten and now a part of our automatic pilot. They automatically prompt us as to what we can and cannot do and feel, without respect for who we naturally are. Thus we have been trained through pleasure and pain.
(By the way, not all training is bad. Yes we might have some bad inclinations that we need to stay away from and eventually retrain. But I’m mainly speaking about how we’ve been trained away from our good natural inclinations.) The problem here is that most people think that those things are who they are because they feel them, and they think that they are their feelings.

But just like a car or a DVD player, if you don’t operate them as they were designed to be operated, they’re not going to work correctly and produce smooth performance. In fact, just like a car makes funny noises to alert us to the fact that something is wrong and needs fixing, or it gives us a message that something is wrong through a light or gauge on our dashboard, we get uncomfortable feelings to let us know that something is wrong in our life or ways and needs fixing.

But when a person feels like they can’t respond to those uncomfortable feelings in a way that will be acceptable to the people in their life, or they don’t know how to respond to them and do the fixing and can’t find anyone to tell them how, they often try to take these messages and sweep them under a drug so they won’t have to see them and feel their discomfort.

The good news, though, is that we do have a homing instinct that wants to get us back to our normal, natural selves. And this homing instinct
has a driving energy of its own that won’t be denied. If it’s not going to be lived out, it must either be suppressed or sublimated or drugged.

But this book is going to show you how to fulfill it (instead of running from it into addictions). And in doing so, all addictions lose their power. When we think and act how we were designed to, a pre-designed range of good feelings are released in us, and the bad ones that are designed to correct us aren’t released in us. And one of those good feelings is strength with peace.

The other part of the good news here is that years of analysis of the darkness within is not required. As a wise teacher once said, if you want to get out of darkness you don’t sit and analyze it, which will just make you feel worse... you grope for the light switch. Because once the light is on, you won’t even care that there ever was darkness because you’ll just be enjoying the light... as you were naturally made to do.

The actor, Woody Allen, who has often made it clear that he was in therapy a lot, comically reiterates what I just said in his movie “Sleeper”. He gives a critique of how effective he thinks it is to analyze the darkness to solve problems. In this movie he was woken after being in a suspended sleep state for 200 years and said, “Gee, if I would have been seeing my analyst all of this time, I would have almost been cured by now.”
So in this book, I’m going to show you where the light switch is and how to turn it on. (That’s a kind of “turning on” that is good for you :-).

Another piece of good news here is that I speak to you and guide you as someone who was addicted to many things for many years and who now has been addiction free for 24 years. And I don’t call myself a “recovering” addict, because I’m an EX-addict. I’ll show in this book how a person can achieve the same thing I did.

I had to suffer and struggle to find THE cure because the world didn’t make it readily obvious to me (and I did try MANY different methods and counselors along the way). So now it pleases me to make it easier for you, by first giving you hope that a natural and permanent cure really does exist, and then giving you very specific instructions on how to not only rid yourself of the feelings that drive you to addiction, but also to show you how to have a deeply fulfilling life of great purpose. And that is a critical part of “the cure” because I recognized early on that you can’t expect a person to permanently “say no to drugs” unless they find something better to say “yes” to.

I mean, a person could be told (and this often is the message of anti-drug commercials) that when they use alcohol and drugs they are toying with the health of their brain and could possibly
impair its ability to function in this life. But that message could be about as effective as telling an overweight person that by overeating they are toying with the health of their body.

In other words, maybe an overweight person or an alcoholic or drug user doesn’t care about risking hurting their health because they are looking at their overall life experience and making an overall decision that a life that includes alcohol, drug or food abuse is better than what they are experiencing without doing those things.

That’s why the purpose of this book is to show how to have a better overall life, where the decision will naturally be made to not want to have to suffer the negative impacts of alcohol and drugs because frankly they are no longer seen as aids in their generally healthy life. Their impact would be solely seen and felt as negative and as offering nothing positive. That is the perspective of my life now (although for many years it wasn’t).

Let me also dispel here a notion that some might be having: this method will work for anyone... regardless of background, socio-economic status or circumstances. After a while with this method, you will understand why that is true.

And inherent in what I just said is an important part of an addicted person’s transformation – that they understand what they’re doing and
why they’re doing it... not just because they believe someone else’s words or instructions.

It is that understanding that will allow them to differentiate between the different offerings in the world, and strengthen their resolve and carry them through withdrawal, recovery and into a good life.

So if an addicted person truly desires to be rid of their addiction, the method in this book can satisfy that desire and show them how to be addiction free permanently.
Chapter 2

Why Traditional Approaches Often Don’t Work as Permanent Cures and Why this Program Does

The issue of “control”

If you are reading this book, I presume you are either a person who has an addiction problem or are someone who is trying to help a person with an addiction problem. Saying that there is an addiction “problem” is implicitly saying that the addicted person wants to be different than how they presently are. That also is implicitly saying that they don’t have control over their self. Otherwise they would just choose to change and there would be no problem anymore.

So let me make a very important point here… and it’s a point that makes this program different than most programs that are available. It starts with the thought that no one has complete control over his or her self. For example, can you stop yourself from dying, getting sick, feeling
pain, sleeping, feeling romantic, feeling heart-break, etc.? No. And for those who think they are their body: do you beat your heart, digest your food or breathe yourself? No.

There are many things that our body does that we have no power to resist. That is why merely wishing that we were certain ways is not going to solve the problem. And that is why willpower and “just say no” are not the best approaches for a permanent solution to any kind of internal behavior problem (including addiction).

So then, what is? Only a solution that considers all aspects of a person’s physical, mental, emotional, spiritual and social being and how the solution will affect all of these can be considered a solution. I’m talking about what is sometimes called a “wholistic” approach (meaning the “whole” being) or a “holistic” approach (which puts more emphasis on the spiritual aspect).

An analogy could be made here of having a problem with your car. For instance, if your car stopped operating properly in a certain way, would willpower or wishing fix the problem? No. You need to take it to a mechanic (or do the repair yourself). Then the mechanic might say “The reason why you ended up with this problem is because you’ve been operating the car incorrectly. If you don’t want this problem in the future you need to operate the car correctly.”
So that is the essence of this program. **You are going to learn how to operate your being correctly.** And frankly, if you don’t want an addiction problem (or any other internal problem), you ultimately have no choice than to take this approach. We may try to fight nature’s specific ways about how a human being was designed to internally and externally operate (just like a car was designed very specifically), but then we are left with the results of wrong operation. So if we want good results, we have to be good operators. **It is that simple.**

What makes this a confusing and difficult situation is the fact that the world in general doesn’t completely stand for or promote “natural operation”. Even most psychologists and rehab systems don’t understand or promote complete natural operation. **But after you read this book, you will know what natural operation is.** And you will know how to transform to it. And you will know how to receive the independent internal strength you need to carry it out, regardless of whether the world and other people go along with it or not.

You need to stop fighting nature, or debating with it, or following other people who go against it. For a person who wants full recovery, there is no other option but this principle. But on the positive side, being in harmony with nature not only can eliminate your problems, but nature rewards
with nice and pleasurable feelings those who follow its ways. So being that you are in this reality of not having complete control, it is wise to take the approach that is going to give you the best experience. And after reading this book, you will know how to do that.

And like I said before, I tried many other approaches, including the traditionally accepted ones, but none of them worked. Only the one that I’m about to show you did. (And it’s been working for me for 24 years now).

**What is the problem with the willpower and behavior modification approaches?**

Looking at the diagram, the thing causing the problem is not the leaks… it is the pressure of the water behind the leaks. **Similarly, the problem**
with a behavior problem is not the behavior itself, it is the pressure that is causing a person to choose the behavior. I mean, if it was just the behavior that was the problem, a person could simply choose to stop the behavior.

But what if a person decides that they want to stop a behavior but can’t? Obviously the problem then reveals itself to be this lack of a wholistic plan as well as the internal strength to be able to carry out what they want. That is why this program includes showing how to relieve the inner pressures that push a person into dysfunction, as well as how to have the strength and resolve to stay the natural course.

Also, like the cartoon shows, if you try to eliminate the inner pressures that lead towards addiction and abuse of the body and mind simply by stopping them, the pressure will find other ways to seek relief. And it’s good to keep in mind that the cause of the pressure is not completely pathological. It also receives some of its steam from natural drives and the “homing instinct” that is trying to get us to be who we really are. Therefore, some of the pressure can be eliminated, but some of it can’t and must be fulfilled. That is part of the recognition that we can never be in total control. But as you read this book you will be shown why that is actually a very good thing.
and something that you would choose if you could see and understand the whole picture of this process and your life and life itself. Therefore you will be shown how to gain the ability to “see” and “understand” all of that.

All of what I just said is how we take a wholistic approach.

**Why this method is more effective and quicker than the 12 Step movement**

First, let me say that I have a high regard for those who are in and who are promoting the 12 Step movement. And I agree with nearly all of the steps. But things do advance, and the method in this book has been said to be more advanced by some top people in the 12 Step movement for the following reasons.

(1) Steps 3 and 11 of the 12 step movement refers to God “as we understood Him”. I understand that the root of this is probably because that program doesn’t want to exclude anybody or get involved in theological debates.

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**Nevertheless, the science of logic tells us that there is only one truth. And to the degree that a person understands and is in harmony with that truth, is the degree they will be effective in their recovery and in their life.**
Chapter 2

In the program of this book you will gain an understanding of and proof of what THE truth is about life and God. It won’t be left to you to have to fish for this truth. But you will not be asked to just accept or believe anything. It will be fully proven for your acceptance. And this truth excludes no one. Just the opposite.

(2) Step 11 of the 12 step movement says that the approach to knowing God’s will and finding strength is through prayer and meditation. That is partly true but not enough. That could be a very long process that could subject a person still to a lot of experimentation in life that could drag on and not become totally settled for years. That was my experience and the experience of the communities that I was involved in that took that approach. And a lot of pain and failures happened because of not knowing THE truth during that experimenting. This program will show a shortcut on how to know God’s will in general and the will of God (who is the designer of the nuts and bolts of this existence and being that we find ourselves in) for every moment of your life. And living in that will is what brings strength.

(3) My complete Addiction Free Forever Program carries a guarantee in the sense that it is based on the credibility of the Bible and the guarantees in it. But that is something that you may not fully understand and accept until you are well into the program. So be patient with realizing that.

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Chapter 3

Defining and Understanding the Problem of Addiction

What is addiction?

What defines an “addiction”? More specifically when does a “normal action” become an “addiction”? That happens when we override the fact that the deepest part of our being either wants us to not do a certain thing or it wants us to do a certain thing… and we either continue in doing the thing that it doesn’t want us to do, or we don’t do the thing that it wants us to do and we do something else instead. That “something else” is what we can be said to be addicted to.

So a simpler phrase could be: addictions are things we do instead of what we are naturally inclined to do. Now “naturally inclined” doesn’t
mean “everything we feel” because our feelings can also be triggered by pathological programming in our subconscious. For example, we might feel like binge eating when in fact the deeper feeling might be to be romantic or relieve stress or express anger, etc.

**Therefore, an important part of regaining health and eliminating addiction is to develop a keen sensitivity to the deepest part of our being.**

A song once said, “Wonderful is what you’ll feel in you when you do the things you’re made to do.” That means being in harmony with and living out the design of your being and the purpose of your life.

Another factor is the difference between intoxicating addictions and non-intoxicating addictions. That is, with non-intoxicating addictions we still can be in touch with all parts of our being, including the deepest part. So even though we may choose to override certain internal messages with an addictive behavior… seeing and acknowledging them is still possible for us, and therefore we can move in the direction of correcting them.

But once we imbibe an intoxicant, we now mask our ability to see all of our internal workings and therefore lose sensitivity and control over them (which actually is a big reason why people use
intoxicants. That is they don’t want to be shown certain feelings that are going on within them -- like guilt or hesitance – and be pressured to have to act on them or let them “ruin their fun”).

An example of this would be: the body saying it doesn’t want to have sex or is not inspiring sex and then using alcohol to override that resistance or lack of inspiration.

Whereas, these natural feelings that are being discounted would lead to an understanding that sex should only happen within the safe confines of a marriage relationship with a safe, mature, committed partner. Therefore, it isn’t wise to go against our natural feelings because their aim is to lead us to a better place. The wisdom is in listening to our true nature and not the mores of the culture we find ourselves in. How to do that will be taught in this book.

Therefore, in order to be able to resolve any addiction, there ultimately can be no masks.

All Addictions Have This In Common

All addictions have one of these three approaches in common:

**Approach #1: Self-medication**
(1) A natural feeling comes up in a person.
Chapter 3

(2) The person is not able to naturally resolve it or satisfy it (either because of an outer block, an inner block, a self-induced block or all of these).

(3) They have to sublimate the energy of the natural feeling (which will continue to push until satisfied) into a “saccharin” or fake release.

(4) The real satisfaction of the feeling doesn’t occur, just an illusory satisfaction in which the natural feeling was put off for a time (just like “saccharin” puts off a craving for sweets).

(5) Also, just like with “saccharin”, the feeling will eventually become aware that it’s been tricked, (“It’s not nice to fool mother nature”) and it will push for true satisfaction.

(6) If the blocks are still there and accepted as unchangeable or irresolvable, the person will continue to sublimate the desire for satisfaction with more “saccharin” substitutes or a heavier dose (hence an addiction). With pornography, most serial rapists and killers said that they started out with a mild pornography addiction that escalated (e.g. Ted Bundy and Jeffrey Dahmer).

(7) The inevitable realization: Not until the need is truly and naturally satisfied will the feeling subside. This is also why fad diets don’t work. That is, they fill the belly, but do not satisfy the nutritional hunger. So there still is a natural
hunger that is waiting to be satisfied in a natural way. Only then will the hunger feeling go away.

**Approach #2: Wanting a continual joy ride**

In this approach, the person either takes a drink or uses a drug to have somewhat of a pleasurable experience...kind of like going on a roller coaster. But the problem here is if you ride a roller coaster over and over, you will eventually get sick. Another analogy would be: eating cotton candy. But if you overeat cotton candy, you might get fat and even get diabetes and low blood sugar headaches.

Now a normal, sensitive person will very much see the negative signals when using alcohol or drugs and respond to those signals by stopping their use. But here is another way in which I depart from the current status quo thinking on alcohol and drug rehab: a little bit of cotton candy or an occasional roller coaster ride might be okay for some (but not for others). Also they might be okay at one point in a person’s life and not another. I mean, God did make sugar, and Jesus did make wine at the wedding feast.

But in any case, **overeating sugar or getting drunk are not healthy ways and can lead to some very bad problems.** So this program is all about getting things into normal functioning. And addiction is not normal functioning. Therefore, an abuse of
“Approach #2” (wanting a continual joy ride) always becomes “Approach #1” (self-medication).

For the person who wants a continual joy ride, even though their body and life may at times be screaming for them to stop, there is an underlying problem that keeps pushing them in that direction which is the lack of joy and inspiration in their natural life. So this program (or any program) wouldn’t be able to be considered to be permanently successful unless it showed how to have natural joy and inspiration.

Therefore, the cure that I will present here will show how to remove any blocks (inner or outer) that prevent a person from satisfying their underlying natural hungers.

And what is one of the attractions of a joy ride? I mean, I don’t like roller coasters (chemical or actual) because I’m very sensitive now and have a normal life, so they are shocking and unpleasant experiences to me. But a person can be attracted to this kind of experience if they need a very dramatic shift in how they are seeing, approaching and feeling about life.

We can get “stuck” in wrong ways of seeing things and then not see that we are stuck… that is, unless something comes along to show us that. That “something” can take many different forms… a religious experience, traveling to
another country, a movie, a book, etc. And for some, that “something” comes in the form of alcohol or drugs. In this sense there was a VERY “dramatic shift” when I was in my late teens and twenties where I was living and grew up... in San Francisco. It was the hippie movement in the late ‘60s and the ‘70s. And it involved drugs.

I must admit that I learned a lot... but I also must admit that I suffered a lot... almost to the point of not surviving it (as many didn’t from among my fellow hippies, especially musicians). So a point here with this program is to show how to make those shifts to a deeply fulfilling and clear life by natural and not dangerous means.

Approach #3: A weakness to peer pressure

In this approach a person may be just drinking or using drugs because they are being prodded to do so by their peers and they are too weak to face the criticism or ostracizing by their (current) peers if they don’t go along. Their feeling of wanting to belong is causing them to override their natural desire to not want to use alcohol or drugs.

This was the case for me. My body threw up on both of my first uses of alcohol and drugs and I coughed really badly with my first cigarettes. But I didn’t want to come off as “uncool” or not independent or repressed and not free, so those feelings caused me to continue in smoking and
drinking and using drugs. The solution here is obviously choosing new peers. Of course that can be easier said than done, but it may be a necessity if a person doesn’t want their using to move into worse problems. So once again, this approach becomes an “Approach #1”, with the “natural feeling” being: a need to belong. So in the final analysis: all addiction approaches are “Approach #1” which is self-medicating.

Two types of addiction

There are two categories of addiction:
(1) Direct addiction
(2) Cross-addiction

A cross-addiction is occurring when ‘an unsatisfied need, where the natural outlet for that need is blocked, (which is my definition of the prerequisite for an addiction) looks to an addiction that isn’t related to this need for an illusion of satisfaction.’ This is where the person just accepts the fact that full satisfaction isn’t going to be found soon but they still have to do something… anything… to try to ground the energy from the need and relieve the pain of the unsatisfaction.

Examples of a cross-addiction would be: a person who is addicted to food because of loneliness… or a person who is addicted to pornography because of boredom… or a person who is addict-
ed to alcohol because of unexpressed pain... or a person who is addicted to sports because of unexpressed anger.

The *direct addictions* for each of these categories would be: food/unsatisfied nutritional hunger; pornography/unsatisfied sexual hunger; alcohol/a need to not be inhibited (in a good sense of the word); sports/a need to accomplish. And there could even be more natural needs tied to some of these addictions (which I get into in other books that focus specifically on each).

But a point to consider here is: **not all addictions can be resolved by just addressing the obvious need that could cause an addiction.** There might be needs that are not obvious fueling the addiction as well.

The cartoon of the guy with his fingers in the dam in the last chapter showed the problem that can come from taking a cross-addiction approach. That is, new leaks will keep springing up until he runs out of fingers.

Therefore in order to solve a cross-addictive tendency, there must be a wholistic treatment of the entire person. **That is, all problems of the mind, heart, soul and body must be resolved so that there isn’t any underlying energies looking to find resolution in a sublimated way.** Otherwise (and this is how I see many addiction treatments
in the world) the water pressure from the “dam” of one’s internal energy mismanagement will continue to spring new leaks, and even return to the old ones that a person thought they conquered. Only the wholistic approach will allow a person to realize a claim in the subtitle of this book: permanent cure.

So, if this cross-addiction factor is in play (i.e. there are a number of unsatisfied needs pressing on a person), my method will require normalizing a person’s mental, emotional, spiritual and physical life... kind of like a spring cleaning of all these areas and a retraining to how they should be naturally operated. Then the natural operation diffuses all underlying pressures.

Know that my method is a “root” method. Cutting off the top of weeds (i.e. symptoms) is not a solution that would merit the claim “permanent”... only pulling the problem out by the root can.
As I pointed on in the preceding chapters, if we really want to permanently lose addictions and gain a quality life, it is necessary to become an expert on life and ourself. When I say “self” I mean: every nuance of this being that we find ourselves in. Which specific actions, thoughts, decisions, automatic reactions and environments cause certain experiences within us (good and bad)? And how are we (active and passive) players in that game? That is, what control do we have, and how does that control cause our experience and actions to be good or bad?

One place that we can start in this quest is to look at this question: how do we respond to stimulus? First let’s look at the mechanisms that we have to work with.

Our basic state is inner peace. On top of peace we have movements of various kinds that require our response: physical, mental, external environ-
ments and actions, social, emotional, decisions by others, and spiritual.

Now all of the interactions between those and the environments that we’re in can cause us to move into states of greater pleasure or states of greater pain (or a combination of the two).

A key here is to not lose inner peace... which means not losing a specific connection to peace within us and “spin our wheels” into unnecessary action and thinking.

Now when I say that we need to become an expert on our self, I’m saying that we need to gain a good ability to see and understand how all of the “movements of various kinds” that I just mentioned work and interact with each other, as well as what the resultant experiences are when they interact in specific ways. That is, we want to become an expert on the mechanics of being human. But we also need to be an expert (from self observation) on how we specifically as an individual manifest in all of those movements of various kinds... both in good ways and in dysfunctional ways.

We also want to become an expert on the phenomenon of life itself. That means coming to an understanding of how humans are designed to operate smoothly... where all of the “movements of various kinds” are in harmony with each other.
and with the entire environment... physical, social and spiritual. I call this the **Natural Design**.

Also part of this is gaining an understanding of the meaning and truth about the bigger picture of life itself... in this unfathomably large universe, which no human created (and therefore there is something more), where we just appeared at one point, and will be forced to leave at another.

I will start with that thought, because all understandings sprout from it.

**The Natural Design**

**Question:** Would you rather have a healthy emotional life or a healthy spiritual life?

**Answer:** “a healthy spiritual life”

Why? Because when you have a healthy spiritual life you automatically have a healthy emotional life. **That is why the best approach to solving emotional problems is to do spiritual work, not emotional work.** And that is also why traditional psychology approaches usually don’t work as permanent solutions. (Reflect back on the cartoon of the man at the leaky dam in Chapter 2).

Therefore this program will have as a big focus showing you how to attain spiritual health. This is also why a lot of attempts to **permanently elim-**
inate addictive tendencies fall short of their goal. That is, the mainstream psychology approaches are operating under a muzzle of not allowing spirituality (because of insurance reasons, which are beholding to the erroneous assumption of separation of church and state, and because the mainstream institutions also don’t focus on this issue for the same reason. I hope to help resolve that muzzle problem with my work).

But…there is ONLY ONE design in nature (our physical and spiritual nature and the rest of physical and spiritual nature)... and the science of Logic tells us that there is ONLY ONE truth. That is, for every simple question there is only one simple answer. And those questions include what the truth is about whether we are spirits or not, and whether there is a God, and what the meaning of life is, and what THE designs for and within human nature are.

It is common to hear these days that, “There is no absolute truth”. My response to that statement is, “Well then is the absolute statement that was just made also not true?”

From my engineering background I know that there are many absolute truths as to how the physical world operates. I mean, a carburetor is not a car and can’t operate without the rest of the car. Well, I’ve taken that same engineering mentality into analyzing our interior world and the
spiritual world and have come to a great understanding of the Natural Design of all things that are not man-made (which includes all aspects of a human being).

And as a result, in the rest of this chapter I will be showing that THE nuts and bolts truth about life includes the fact that we are spirits and there is a God and we have built into us a “God-void”, and only being in harmony with all of that will bring us the peace and satisfaction that will cause us to not need alcohol or drugs. That is what it means to have a healthy spiritual life.

But, unlike how the rest of the world operates, I won’t be expecting you to place blind trust in all that I say. I will be proving all of that to you and to your satisfaction.

Following the most accepted ways of the mainstream world obviously reveals that the mainstream world does not understand the Natural Design because if it did, there would be little or no lingering problems in personal lives, there would be great social statistics and there would be readily available cures for internal problems. None of these are obviously true in the mainstream. But they will be true for you if you study and follow what is in this program.

Let me just say for now (before getting into this subject in detail) that two main areas we will be
tackling are the fact that we all innately know that there are higher states of being to be had than what is the norm for the mainstream (which is a big reason why people use alcohol and drugs... that is, to try to get to those states). And there is a real God-void within us that can only be satisfied by acknowledging and flowing with the personal connection we have to our creator.

And all of this is critically important because even though we are talking about achieving a good and healthy life now, we must also put that into its truest context. That is, no matter what we achieve in this life, it still is only temporary. And that is true for all, as the phrase for death – "the great equalizer" – so aptly puts it.

So it is very important that a person learns to view life from the “ultimate perspective”, which includes death and the entire physical and spiritual universe, in order to understand this life and gain the greatest degree of positive control over it that is possible.

And like I said, there is ONLY ONE TRUTH as to what that’s all about. So in the process here, I will be proving to you what that truth is.

Another aspect of the “Ultimate Perspective” is to stand back and take an overview of the proximate world in which you live. That world includes your home, place of work/school, fami-
ly, the culture you identify with, and the culture at large of your nation (aka the mainstream).

Now if television is a reflection of that culture, then from the perspective of the Natural Design, it is easy to conclude that that culture is very out of harmony with the Natural Design. And because you grew up in and have lived in that world, **it is safe to assume that you too are very out of harmony with the Natural Design.** (There is a deep part of you that knows that design, and a purpose in this program is to put you fully back in touch and in sync with that part).

**Therefore you need another option.** I’m going to show you what that option is. And I’m going to show it to you in a way that it’s never been shown to you before. I’m going to show it to you in a way that you’ll be sure of it and will be able to see and understand it. And it all starts with seeing and understanding the “spirituality reality.”

**The Spirituality Reality**

You’ve probably heard about the fact that in 12-step programs (like Alcoholics Anonymous) people are encouraged to lean on a “higher power” for strength “as we understood Him”. At one point in my life I too did come to **feel** absolutely sure there was a God and that God was love and permeated through everyone and everything,
and that God was perfect and the ultimate authority. And I also sought to lean on God and sought unity with Him. But that wasn’t enough to make me sober and settled inside… especially on a permanent basis.

Through regularly practicing a meditation I learned from a guru I came to see God manifesting inside of me and that through this meditation I often entered into an undistracted union with God inside that produced the highest, clearest, most pleasurable experiences I’ve ever had. But when I came out of those experiences and re-entered life, what I had seen and experienced in the meditations wasn’t enough to show me how to run my life in such a way that it made me sober and settled inside.

Now I’m going to hopefully save you the years (possibly decades) of suffering, searching, great expense, and disappointing experiments that I went through to find what did finally have the power to “show me how to run my life in such a way that it made me sober and settled inside.” (Drum roll please...) In short, I found my (pardon my use of this often misused word) “salvation” in Christianity. Now I’m going to give you a 3-step method for how you can find that also.

But first let me dispel any judgments about Christianity you might be carrying. The Christianity that I’m going to show you is not like
all of what you may have seen on television. So do put any judgments you might have on the back burner until you’ve had a chance to hear what I have to say.

I don’t blame you if you have negative judgments of Christianity due to watching television or even meeting some overly enthusiastic Christians whose enthusiasm wasn’t met by reality or a real, peaceful connectedness in their heart or sensitivity to you… because I too have those same judgments… but not of the message, just of certain messengers.

Mahatma Gandhi probably expressed this best when he said that if the world could see the Christ of Christianity they would accept Him… but, because they see the Christians of Christ, they reject Him. But I ask you to keep an open mind and allow me to introduce to you what Christianity is really about.

Jesus told a Samaritan woman at a well that the time had come for people to worship God in “Spirit and in Truth” (John 4:23). I just said that I did become aware of God’s Spirit within me and even meditated on it for many hours almost daily over a period of 5 years. And although it brought me momentary high experiences and great insights…as an overall plan for resolving the problems of my life, it didn’t work.
So in Jesus’ formula what was I missing? I was missing: Truth. But truth about what? The Truth I was missing was about the nature and meaning of this life...and about the optimum way we should operate while we are in it. I didn’t know those two things before coming to Christianity.

I was tossed about by the dysfunctional ways and views of the world, my friends, my co-workers and the effects of my past. And I was left to experiment and try to figure out for myself how my life should be run.

(Right now I’m talking to the executive part of you... the you that decides what you’re going to do with your life... that is, if you participate in that process at all, or just let the pressures and directions of the world, your emotions or others determine your life for you and toss you through life like a pinball).

But then how did I come to know that what Christianity was saying was correct? And how did I know that IT was correct and that everything else that I had been involved with was, in some way, either wrong or incomplete? The short answer to that is: Christianity was the only thing that worked.

What do I mean by “worked”? And how did I come to find that out? When I finally gained enough trust in Jesus’ words and saw their supe-
riority to anything else that I had encountered in
the way of practical advice on how to live this
life, I did what the Bible and some Christian rela-
tives told me to do: I made Jesus the head of my
life. But not just a figurative head (and this is a
**VERY critical point**), rather: **THE** person and His
words that I would look to on how to operate
every nuance of my inner and outer life.

When I did that, the magic that I had been look-
ing for for years finally happened... **peace and
strength came into my heart to not “sin”** (i.e.
engage in dysfunctional activities, which **I previ-
ously felt driven to do, even compulsively, and
had no power to stop them**).

When I saw this long sought after reality hap-
pening within me, I quickly elevated to the
proverbial “cloud 9”. **I was so happy and excited**, I studied the Bible every day and soaked up
what it said like a sponge and obeyed it. My life’s
main focus changed to: **continuing in that
process of purification and reprogramming, and
wanting to share that with others**.

That happened 24 years ago and it hasn’t
changed since. **The dark cloud that I once expe-
rienced for many years has been a thing of the
past**. (And for those who don’t think they have a
dark cloud) my time of taking foolish and dan-
gerous risks with my body, mind and heart just
for the hope of a thrill were over.
But let me go back to that first very important step and say that it didn’t happen overnight. My cousins had been trying to “turn me on” to Christianity, but given all the information, concepts and mindsets of the many groups and movements I had been involved in over the years, I had a lot of problems with it and wasn’t about to accept it. Plus I had become very skeptical given all of the ultimate failures of my past involvements to bring me peace and resolve the problems of my life. But my cousins were so enthusiastic that I at least committed to reading the Bible, hearing what they had to say, and carefully pondering it.

To make a long story short (which I’ll get into in more detail later) after months of pondering (that is, listening to and getting all of my questions answered and my heart resistances addressed), my insides finally cleared the way for me to accept Jesus as the head of my life. And it has worked BEAUTIFULLY ever since.

So now I would like to try to be for you what my cousins were for me. And I’ll try to make it easy for you by giving you a 3-step program. By the way, even though it took me a couple of months to accomplish what I’ve said here, don’t put a timetable on this very important step. It might take you longer… or less time. But whatever it takes, it is the MOST important thing that you could ever do in your life (and at some
point, if you pursue this, you’ll understand why, in this temporary life, that what I just said is true).

One last point is that I’m not claiming to be perfect now, nor am I saying that you will be perfect on the other side of this apex point in your process. But I can say that you will know perfection and will know that you will be moving towards it in the plan that I’m going to spell out (which is the most inspiring process possible in this life). And that this is THE key point in the most important transformation that you can make in this life.

Keeping in mind what this book is about, one of many benefits that this transformation and process offers is that you will be addiction free forever… but that will only happen if you fully follow the plan that I’m about to lay out.

**Step #1: Do whatever you need to do to be convinced that the Bible is all true.**

I’m happy to be able to say that I can probably make this easier for you than it ever was for me. Being that I had been involved in so many things, and being that my peers were very anti-Bible (seeing it as a book of restrictions), I wasn’t about to just accept the Bible easily. **It really had to prove itself to me, both intellectually and experientially.** The reason why it had to prove itself intellectually was because my background in science, math and engineering demanded proof.
If I saw any flaws that I couldn’t reconcile, I was going to see it as just another flawed thing... no different than the many I had been involved with.

But in 24 years of active study I haven’t found any (although I thought I did on a few occasions, but I was able to resolve those on closer study).

It also was going to have to give me a solid positive argument as to why I should follow it. From reading it and receiving teachings about it from others (that I could verify for myself in the Bible), it also did a very good job of that.

It also had to show me that it understood the very high experiences I had in meditating and with music and drugs. It did that too. When Jesus talked with the Samaritan woman at the well about the “inner fountain” we have, and when St. Teresa of Avila wrote about our “interior castles”, I knew that they understood the experiences that I had.

(By the way, I will be teaching you a hybrid form of that meditation that I’ve developed whereby you may be able to have the same clarity and experiences that I had. And here’s what Jesus said about it: “Whoever believes in me, as scripture says: ‘Rivers of living water will flow from within them.’” And “Whoever drinks the water I shall give will never thirst; the water I shall give will become in
them a spring of water welling up to eternal life.”).

So I say all these things to encourage you to pursue the same things that I experienced and saw… potentials that are available to ALL human beings. And I said that I was going to make this easier for you than it was for me. The way that I do that is through a book I’ve written called *Why Are We Here?* and its accompanying workbook.

In them I not only answer the basic questions about life, but I show you how to verify those answers for yourself...without having to “believe” me or anyone or anything else. I’m not a proponent of only believing... but rather of knowing.

And there’s a lot that we can “know” without having to resort to belief. Besides, my engineering side wouldn’t allow me to take any other route long term anyway. And in terms of logic, one belief is as valid as another. The goal here though is to come upon the “only one truth”.

**Step #2: Study the Bible thoroughly and live out all that it says as if it is all true.**

Putting that kind of faith and trust in the Bible will prove to be well-founded and will give you a shortcut to getting to the higher ways of living and understanding life. It’s like someone saying
to someone who has never tasted pizza, “Trust me and try this food. I’m pretty sure you’ll like it.” The quickest route for them to determine that is to actually take a bite. If they are like most people, they will be so pleasantly surprised that they will become regular eaters of pizza.

So it is with the Bible, which even says something about itself that is similar to our analogy here: “Taste and see” (Psalm 34:8). But unlike pizza, the Bible will work every time if a person puts the time in and is serious about following it to the letter. That is a promise made to us by our Creator in the Bible (which I PROVE to be an all true book in my book Why Are We Here?). Here are just some of God’s promises if you do what He says in His book:

Philippians 4:6, “Have no anxiety at all.”

Jesus said in Matthew 6:25-34, “Therefore I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they? Can any of you by worrying add a single moment to your life span? Why are you anxious about clothes? Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of
them. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith? So do not worry and say, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear?’ All these things the pagans seek. Your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be given you besides. Do not worry about tomorrow; tomorrow will take care of itself.”

Jesus also said in Matthew 11:28-30, “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light.”

And think about what a great deal that Jesus is offering. He’s saying that we can just forget about worrying about anything. All we have to do is do what He says, both in the Bible and through a sensitivity to the Holy Spirit within us. That is a TREMENDOUS bargain in this life... which I took Him up on, and He hasn’t let me down. He makes that same offer to you. And only you can mess that up. He never will. Plus He’ll give you the internal help you’ll need to carry it out.

And regarding the Holy Spirit and how we should view the world, Jesus said in John 14:26-27, “the holy Spirit that the Father will send in my
name — he will teach you everything and remind you of all that [I] told you. Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.”

There is another TREMENDOUS offer... we don’t have to be “troubled” or “afraid”. My testimony is that all of this has worked for me. Only we can allow* ourselves worry, fear, anxiety and feeling troubled. But Jesus says that if we follow Him, those things are unnecessary. (*I say “allow” because messages may be automatically triggering emotions in our heart due to wrong programming in our subconscious – which is the programmed, automatic pilot of our being that triggers feelings, attitudes and actions. But some bad programming may have happened in times when we were either too small or too unaware and had to deal with the shock of traumas and people being mean to us and pressuring us with the threat of harm – either emotional or physical.

But now we can reverse all that by saying in our mind when these programs and feelings come up: “I don’t trust those feelings anymore. They are not the peace that God says we should be in. Instead I trust God and what He is saying in the Bible and therefore will refuse now to even entertain or believe whatever my mind is saying to cause feelings of worry, anxiety or fear.” That is how reprogramming occurs, and that is the magical shortcut to mental and emotional health.)
“We know that ALL things work for good for those who love God, who are called according to his purpose.” (Romans 8:28)

“Consider it ALL joy” (James 1:2)

“Be thankful in ALL circumstances, for this is the will of God for you in Christ Jesus.” (1 Thessalonians 5:18)

“The Lord is my shepherd; there is nothing I shall lack.” (Psalm 23:1)

“Cast your care upon the Lord, who will give you support. God will never allow the righteous to stumble.” (Psalm 55:23)

“So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast ALL your worries upon him because he cares for you.” (1 Peter 5:6-7)

This, plus “Have no anxiety* at all” means “cast” and then don’t hang on to them. But do act on them as the Holy Spirit puts it on your heart and mind to. Don’t expect God to do everything. And not only is ‘making things happen and opening doors in the world’ parts of His doing (which are often the expectations of prayers), but also, inspiring and prompting you and instructing you through the Bible are parts of His doing. (*I mean if a person has ANY anxiety it means that they
don’t fully trust or understand God. This understanding can be had through *Why Are We Here?*).

Another important point is: if the Bible isn’t true, then there is no basis for being able to rely on an invisible* power for help, which is what anybody is doing if they pray or call on God in a time of need. That’s why it’s important to prove that the Bible is true. (*By the way, in my book *Why Are We Here?,* I show that although God might be “invisible” – that is, can’t be accessed by our eyes – He is accessible and provable through other senses, including indirectly with our eyes.)

I could go on and on with great Bible verses (which I hope that I’ve inspired you to check out for yourself), but here is one last one:

James 1:5-9, “But if any of you lacks wisdom, he should ask God who gives to all generously and ungrudgingly, and he will be given it. But he should ask in faith, not doubting, for the one who doubts is like a wave of the sea that is driven and tossed about by the wind. For that person must not suppose that he will receive anything from the Lord, since he is a man of two minds, unstable in all his ways. The brother in lowly circumstances should take pride in his high standing.”

One of my favorite verses when I first became a Christian and trusted the Bible as being direct communications from God is the “have no anxiety at all” verse that I just mentioned. I took that
to heart and didn’t worry about anything. Instead I lived in peace and joy and inspiration and didn’t let my mind or heart move in the direction of worry. And God never betrayed my trust in Him. And if you think that I was in a great position to not worry, I should mention that when I made that transformation, I was unemployed, sleeping on a foldout bed in my cousin’s front room, soon to get a cheap apartment in a bad neighborhood in L.A., restored my marriage, but had no prospects for employment.

But I can now say that I haven’t worked a 9 to 5 job (not that that isn’t God’s plan for most people but I’m self-employed) in the 24 years since then (not that that is bad… and I have worked hard) and now own a home, an inspired business, a nice car and everything that I physically want or need. Plus during that time I raised a family, with my wife only working a short spurt in the beginning and we had a good income.

In short, God kept His word about me not having to worry and keeps opening doors as they are needed to be. That is just another reason why I have faith in the Bible. And you’ll never know if that is true, or be able to criticize that it is not true, unless you try trusting the Bible yourself.

Step #2 can either be done out of the conviction you gain from Step #1, or you can use Step #2 as part of your Step #1’s goal of becoming con-
vinced. That is: **try the Bible’s complete way and see that you’ll gain a better overall feeling about life than any other way you’ve tried.**

Remember, “peace and love” was the motto of a whole movement (hippies) and a statement of its highest ideal. I’ve also found them to be the most pleasurable and dignified ways to go. And these are two things that the Bible has to offer.

But let me add this, you must sincerely try to be 100% obedient... with all your heart (and only you and God know if you are doing that), otherwise you won’t be able to expect perfect results. Nevertheless, do continue to work and try to get to the point where you are 100%. The positive rewards and the elimination of unnecessary negativity in your life are tremendous and unparalleled on this planet (and after this life too). I can attest to that having had most of what this world would deem to be the best it has to offer.

Another way to consider this is that you are graciously having extended to you an offer by the power that made this universe and caused you to come into existence. That power didn’t have to do that. And it is incredible that He continues to do that given how His ways have been largely disrespected by our culture and He’s been all but banned from the mainstream. (He was even made illegal in some national philosophies... which eventually fell, I might add).
Yet it’s incredible to think that God WANTS to work with you (towards having a very fulfilling life and be eligible for a perfect Heaven). He WANTS to forgive you. He WANTS to give you a new start. He WANTS to be your friend. He loves you.

These are awesome and very valuable offers by anyone, but they are especially so in this case, considering that they are coming from the power that created and runs everything and has the power over your eternal destiny. I think that just the possibility that this offer might be true should prompt everyone to at least investigate it. But I try to make that investigation easy (at least easier than it was for me) through my book Why Are We Here? and its workbook.

But if your mind has cleared the way for you to do so, and your heart is receptive, here’s all you have to do to accept this offer and make the transformation spelled out here. In the Bible Jesus says, “Behold, I stand at the door” (of your heart)“and knock. If anyone hears my voice and opens the door, I will enter his house and dine with him, and he with me. I will give the victor the right to sit with me on my throne, as I myself first won the victory and sit with my Father on his throne.” Revelation 3:20-21. Now all you have to do is accept His offer and let Him in.

But don’t let Him in as someone you may or may not pay attention to as the whim hits you. Invite Him in as an honored guest...the honor that He
rightfully deserves. Feel a loving bond with Him and allow Him to give you wisdom and vision, which He will do, both through your spirit and in His word. Then live life now with your new friend (and leader) as your primary relationship. Make Him your leader above all leaders (including your own mind and emotions), and friend above all friends. That makes great sense because He will be the only one in your life capable of perfection, and He will be the judge present at your death.

**Step #3: Continue in your growth and cleansing by studying and obeying the Bible and listening to God’s Spirit within more intently so as to be more in harmony with God’s Spirit within you.**

Also, try to limit your conversations, thoughts and focuses to what is prescribed in Philippians 4:8, “whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.”

After a while you will develop greater sensitivity, which will in turn cause a feeling of distaste for profanity and dysfunction (both in the entertainment industries and in real life, including your own life).
Plus, you’ll discover other ways of feeling “high”. One way is to “discipline” yourself to go to church (even daily), make communion, try community involvements, opportunities for education, and volunteering for opportunities to serve. (See my writing on “Discipline vs. Feelings” later in this book.)

In many instances you’ll see that God likes us to do these things so much that He blesses our experience with good feelings… the best of which is love (which is He himself entering into us more intensely).

**Great benefits for taking this approach**

There are many other benefits and great things that will result from this transformation of putting God first in your life and putting into practice the teachings in the Bible.

(1) **YOU WON’T TAKE PERSONALLY WHAT OTHERS THINK OF YOU.** That is because you will now only be a respecter of truth and perfection. Therefore either someone’s opinion of you is true or it isn’t. They might be pointing out your good points…or your imperfections, which you now don’t take as rejection or take personally. You take a workmanlike attitude about clearing up those imperfections (but at a peaceful pace without becoming scrupulous) and are not devastated by any truth, even if it is about your
flaws. You take a repentant attitude and even are thankful towards them for helping you in your utmost quest to become a clean person. Proverbs 9:8-10 “Those who correct an arrogant person earn insult; and those who correct a wicked person incur contempt. Correct not a fool, lest they hate you; correct a wise person, and they will love you. Instruct a wise person, and they become still wiser; teach a just person, and they advance in learning.”

By taking this path of transformation you aren’t a “fool”, but rather a wise person who welcomes correction (as long as it is accurate) because you now want to please God and present yourself to Him (and life) as a holy person, not a dysfunctional or sinful person. If someone’s opinion of you is untrue, then it has no effect on you because it is not truth. You can then merely set the record straight with them and others who might have believed what they said. If they persist, then it is a reflection on their flawed character and not you. You are only concerned with what a perfect and loving God thinks of you.

(2) YOU WILL NEVER EXPERIENCE BOREDOM. You now have very high purposes in life: your purification, living out God’s ways, and serving God’s high purpose with this planet. These high callings are never-ending projects that will absorb all of your time and continually give you inspiration. Plus, because of these high callings, you will find great meaning in everything
you say and do. And that (besides death) is a great equalizer in life because it is something that EVERYBODY can do, regardless of circumstances.

(3) You will be CONFIDENT that you will know (or at least know how to know) how to handle in the best way possible any confusion or problem that might arise.

(4) You will have ASSURANCE by learning the best scientific and experiential proofs that there is a benevolent God who is involved with you and who cares about you.

(5) You will experience DEEP FULFILLMENT and INNER PEACE.

(6) You will NEVER FEEL ALONE or INSECURE.

(7) You will feel ASSURED about your understanding of life and also about death and what happens afterwards.

(8) You will experience the SECURITY of having a perfect internal and external guide for the BEST LIFE POSSIBLE now.

(9) You will gain POWER over negative inclinations or impulses that might come through you.

(10) You will have GOOD SELF-ESTEEM.
(11) You will learn how to find rest in the ULTIMATE OASIS in this world.

And my personal testimony is that these transformations all happened for me, and relatively quickly, whereas previous to becoming a Christian I lived on the negative sides of these transformations. And none of them happened despite years of regular therapy and hard work.

But keep in mind that this is MY personal testimony. As to how soon they will happen for you, I can’t predict. But I can say that these are promises that the Bible makes. So if you follow the Bible, you can count on its credibility that these will happen for you. Look up these key words in a “Concordance” and it will point you to every place in the Bible that these topics are mentioned. Then read how they are spoken of in the Bible for yourself.

Once you have that feeling the Bible is all true and once you’ve intellectually verified that for yourself, then the Bible’s words and promises will always be real for you.

Another good way to get into the Bible is to get a “topical Bible”. That is where topics are listed alphabetically and then under each of their headings are the key verses in the Bible where these topics are talked about. That’s a great way to get immediate advice for something that you are
going through or pondering or seeking advice on in the moment (e.g. anger, raising children, marriage, political stands, friendship, love, sin, eternity, etc.).

You can see many testimonies like mine in the world and on television. But another testimony comes to us from King David, a writer in the Bible: “Blessed be the Lord, who has heard the sound of my pleading. The Lord is my strength and my protector, in whom my heart trusted and found help. So my heart rejoices.” (Psalm 28:6-7)

Regarding whether the Bible is true (and therefore whether everything that I’ve said and quoted here is true or not), here’s a very important point to consider: either the whole Bible is true, or anything in it is suspect and not worthy of acceptance. That is, if you think there’s a God, a Heaven, angels, and that prayers are heard, you got those beliefs because the Bible says those things are real. (Or you got those concepts from someone who got them from the Bible – either directly or indirectly).

So then, on what basis is it decided that some things in the Bible are true and some aren’t (which is what a lot of people and even denominations do)? My point here is: there is no rational basis for doing that. So if you don’t accept all of the Bible, there’s no completely solid, unchallengeable reason for you to accept any of it. But in
my book, *Why Are We Here?*, and its workbook prove why the Bible can be relied upon to be a book of all truth.

Another very important result of the point I just made is this: the Bible says a lot of things about our relationship with God, what we can expect from our prayers, what behaviors are acceptable to God and which ones aren’t (some of which we might be engaging in and publicly supporting), who is going to make it to Heaven and who isn’t (and why), etc. So this is a good reason to start studying the Bible intently.

Don’t live blind to what your (and humanity’s) relationship is to God. You will probably be very surprised at what you read... and relieved that you didn’t go through life not knowing these important things that have a big impact on your destiny and your present life, explaining why certain things happen the way they happen.

I mean, why live not understanding why things are happening around you and in your heart the way they are, when you could have this wisdom? For that reason I experienced a great “hunger and thirst” for reading and studying the Bible. And my hunger has always (and continues to be) satisfied greatly.

From another perspective, as a word of warning, there is something else that should motivate you.
Having analyzed natural disasters, pain and diseases, I would say that you are in a dangerous position by not surrendering to and merging with your Creator (which is THE purpose of this life). That’s why the Bible says “The fear of the Lord is the beginning of wisdom.” Psalm 111

It’s not that He’s a mean God. There is an ultimately superior reason for having this fear over total comfort. It’s just that people ignore Him and the purpose for which He created us and therefore give Him no alternative in being able to get their attention so as to get them to fulfill this very important purpose of their life so they can have the GREAT eternity He’s prepared for us.

But if we could really see the whole picture of this life and eternity (which I’ve been showing and proving to you here), we would welcome Him even having to be harsh with us to lead us to a better life now and a GREAT eternity. And as to how great it is, we don’t even have the capability to imagine it. “Eye has not seen, and ear has not heard, nor has it entered the human heart, what God has prepared for those who love him.” 1 Corinthians 2:9

Now that I’ve shown you how to fulfill the first part of what this section of the book suggests (becoming an expert on life), I want to show you how to fulfill the second part of what the title of this chapter suggests: becoming an expert on your self. What I’m going to show you now will
also support and help prove what you just learned. That is, you just learned something by intellectual means, now I’m going to show you how to verify the reality of what you just learned through direct experience and observation.

“First Know Thyself”

That is a key statement of ancient Greek philosophy (which in Greek is better translated by “come to know thyself” or “learn to know thyself”). And I’m saying here that “knowing thyself” is a necessity in order to gain control over oneself instead of being at the effect of what goes on inside and outside of you… which has “prompting to addiction” as one of those effects. I mean if you want to have a great experience in this life and be addiction free, you have to have a clear vision of what invades your peace and robs you of it. And that starts with introspection so you can directly observe it happening.

Personally, that has not only been an easy thing for me to do, but it has also been the main fascination of my life. For many years now (since my late teens), I’ve found the operation of my being and the mysteries behind life itself to be the most fascinating things I could pursue. So it pleases me to be able to share my 40 years of insights with you.

So how do you come to “know” yourself? Well, it requires a lot of inner observation and self-reflec-
tion. And you continue in this pursuit until you have seen every nook and cranny of how you function and understand how it all works. Then, coupled with an understanding of the Natural Design and the meaning of life, you transform yourself into being in harmony with these perfect ways.

Although it took me just one paragraph to describe it, you will not complete that process in your lifetime (nor does anyone else). But you do get to a point where you are in control of your being and are having a good experience. Plus, this process is a great inspiration that will never leave you bored, but instead leave you very gratified. It will also lead you to satisfying your needs and not doing harm to yourself (like with addictions).

The 6th Sense

A portal for understanding life is to start by observing and understanding what has generally been called our “6th sense”. And that “understanding” happens in two steps:

(1) Observing reality directly through our senses. (Through science instruments we can also observe things our senses can’t observe directly).

(2) Understanding what you’ve observed. (The Scientific Method can also be used to gain this understanding, which I show in Why Are We Here?)
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It is first interesting to note that we can’t observe all of reality. We live in a soup of physical realities… some of which we can see directly, and some of which we can’t. But we can observe their effects and conclude their existence and even develop devices that can not only detect their existence but also measure their effects. Included in this soup are realities that we can’t pin down either their nature or source (e.g. light, gravity), and also spiritual realities (which I’ll show how to prove their existence).

In fact, we can’t observe any realities without a “sense”. We are just an “observer/experiencer with limited free will”. So, from that perspective, I will show how we have 8 senses with which we can detect existence (but like I just pointed out, not all of existence).

The 5 physical senses are obvious, and the heart and mind (which I call the 7th and 8th senses) are obvious too. So let me talk now about the 6th sense: the sense by which we detect the spiritual realm, including the spirits of people and the “kingdom of God”. I’ve numbered it as sense #6 because it is already a commonly used phrase in the world to call it our “6th sense”.

Before getting into that sense though, let me clarify why these last 3 senses are just as much a sense as the commonly accepted 5 physical senses. It can best be illustrated by answering the fol-
lowing question: by which of our senses do we observe interiorly? That is: by which sense do we (and only we) see what we’re thinking and feeling? The answer is: by none of the senses. We see these things because we are viewing them as an observer/experiencer. That is the same way that we are “seeing” what comes through the 5 physical senses. Therefore, what we can conclude from this is: we are not any of the senses… and all of the senses can equally be classified as a sense.

So now let me get into something that we can observe from the observer/experiencer position (which has been called our spirit*): a 6th sense within us. (* I have a long writing that proves the fact that we are a spirit and not just brain-functioning like the animals… which is too long to go into now. But an additional supporting proof for now is from the Bible (which I proved scientifically in my book Why Are We Here? and its workbook to be a book of all truth) which says we are not only a body, but also a spirit. (This is not to be confused with a “soul”, which the Bible says that animals also have.)

Jesus said that “the Kingdom of God is within.” (By the way, I’m not expecting anyone to just accept that statement as fact, but I base the truthfulness of that statement on the proofs I alluded to earlier). So is Jesus saying for us to not look outside of ourselves for God, but rather to look inside of ourselves? That seems to go against the way most
people look up when they think of God. But no, Jesus is saying to look within our self. (But of course God is also responsible for the existence of every natural thing outside of us and does permeate everything and everyone).

But if that’s the case, where within do we look? Where within is this kingdom? And by what “sense” can we experience it? I mean, I just pointed out how we can’t access all of the things going on in the soup in which we exist. So is there a way that we can access this kingdom?

Yes, there is. Through what I’m calling our 6th sense. Soon I will show a method I call **Interior Silent Observation** by which we can observe it directly. But first let me talk a little more about it.

Like I just pointed out, Jesus said that the kingdom of God is within. The 6th sense is the means that we’ve been given to be able to detect, experience and even be in and a part of that kingdom. It is how the Holy Spirit’s messages are translated to us. It is the place where our prayers are presented to God (after being put into proper form by the Holy Spirit if need be: Romans 8:26 “In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.”). It is the place where the experience of God – who IS love – comes into us (which is the “living water” that Jesus described).
It has been given many names throughout history, such as: intuition, gut feeling, a place of knowing, inspiration, God in our hearts, the higher self, the inner fountain that Jesus talked about (with God as the water), and of course, our 6th sense. In my book, *Sweeping It Under The Drug*, I called it “the truth meter” that gives us a simple, unemotional, undebatable yes/no, thumbs-up/thumbs-down reaction as to whether something is true or not. In my book, *Why Are We Here?*, I called it “the truth channel”, because it is more than a meter but rather a living portal for God to communicate with us and either energize or de-energize our every thought, word and action. It is the “door” at which Jesus stands and knocks. (Revelation 3:20-21, “Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me. I will give the victor the right to sit with me on my throne, as I myself first won the victory and sit with my Father on his throne.”) [I also included verse 21 to show a great additional benefit that can come about from all this work.]

People who say they are psychic really are just saying that they are listening to the 6th sense and not censoring or suppressing its messages. (But I’m not saying that all people who say they are inspired or psychic are necessarily listening to the 6th sense. They might just be listening to their heart or subconscious mind.)
There are two things that have let me know that this sense is from God and not me. (1) What comes through it is always perfect and true. (2) It tells me things that I don’t yet know.

On the heels of #(2), let me interject a great thing that you can do to reveal things about your self and about life that you aren’t presently seeing.

In India the practice that I’m about to describe is called Satsang, which means: speaking the truth. It is a simple thing that you’ve probably experienced many times. Basically the process is where you let the 6th sense speak through you without you censoring or manipulating its messages or thinking about what is coming out of your mouth. You observe what you are saying as if it isn’t even you, with the same perspective that others who are listening to you have.

For some, that is just the way that they typically talk with their true friends or their mate. Others are more guarded with what they let out. But even if you deem your environment to be an unsafe place to totally reveal yourself, you should find at least one confidant who you can trust completely and be open with. Of course you do always have that perfect safety available to you if you talk to God.

Satsang is a great way to discover one’s self. But the 6th sense has other ways of expressing itself
purely and bypassing any censorship attempts by you. One way is through writing and keeping a journal. When you write, as long as you are not censoring and manipulating, you’ll be surprised at the revelations that come out once you get the “pump primed” and the “ball rolling”. In fact that’s a lot of how I write... even what you’re reading now. It just comes out of me through my typewriting skills and onto the computer screen. So I’m enjoying it and reading it right along just as you are. I want my writing to be directly to you from God. Therefore, everything that I write has to be riding a feeling of inspiration. Otherwise, I try not to write it. And because of that style of writing, things can be revealed to me that I didn’t know before or in new ways. I especially enjoy the fact that I can read my own books and learn.

Another way to let your body be taken over by the 6th sense is: music. Having been a musician most of my life, I’ve come to see that the best way to make music (after technical development) is to just surrender to the 6th sense and let it use you (and your voice or instrument) as its instrument... and then you go along for the ride, just like your listeners will.

But really, this is the best way to do everything. I know somebody who drives their self crazy by all the thinking they do. This made me reflect on something about myself, which I said to them: “I
don’t think anymore”. That doesn’t mean that things don’t go on in my mind… it’s just that nothing goes on there that doesn’t come from the 6th sense. I try not to proactively think or control my thinking. I try to only act out of inSpiration. Oh yes, I do use my thinking ability (8th sense) as a tool sometimes in order to accomplish tasks… but only if the tasks themselves are inSpired.

But let me be clear here about the fact that not everything that comes spontaneously out of us is coming from the 6th sense. Things might come from our emotions, our subconscious, compulsiveness, impulsiveness, addictive behavior, bad habits, bad training, bad influences, etc. What I’m saying here is that we should only surrender to the 6th sense, which is never wrong. Therefore we must become good at discerning what is coming from the 6th sense and what is coming from the other places I just mentioned.

So how do I know that what comes out of the 6th sense is “never wrong”… whether through speaking or writing or playing music or the actions of everyday life? Well, it comes from years of surrendering to the 6th sense and seeing that it never leads me to any expressions or actions that are bad. (But it also took me years of learning and trusting to finally be able to do that… which I hope to cut that time short for you by what I’m teaching you and saying to you and how I’m trying to encourage you).
But here’s another great thing that has come out of that. I’ve come to see that what the Bible says is in perfect harmony with my 6th sense. That gave me a lot more confidence both in the Bible and my 6th sense. The chronological order of my discovery of the truth was: wanting to solve personal problems + curiosity about the meaning of life + getting good feelings from spirituality + wanting to be a better musician/vocalist/writer... led me to... psychology + meditation... which gave me a lot of insights and put me in touch with myself and God, but didn’t give me all the answers... which I then found in the Bible.

So, the Bible came AFTER I discovered many truths through meditating, psychology and self observation. And a lot of those truths that I clearly saw weren’t things that I could find hardly anyone to agree with. But I knew they were true and wrote them down as I saw them (I encourage you to do the same thing). So when I finally saw ALL of those true things in the Bible, that gave the Bible a LOT of credibility to me and made it easy for me to accept and trust all that it said.

So this is going to be a process of discovery for you on many levels that involve self-reflection and reflection on life itself. You may not discover things in the same order that I did, but as long as you “get” all of it, that’s all that matters. And each area that you develop in, as you develop, will help the other areas as well.
And let me say this about this work you will be doing: you and God will be the only ones seeing your inner progress (although others will see how this will change you in an outer way). Pope John Paul II made a great point in his encyclical, *Salvifici Dolores*. He said that within each of us there is an interior life that is non-transferable and non-duplicatable. So in one sense we are alone in our endeavor. But like I pointed out, we’re not really alone because God is in there with us. Once you recognize that and develop your relationship with God, you will be way ahead of the game.

So let me get back to talking more about the 6th sense. I do this because I really want you to know that you are dealing with God within you and that being in union with Him is the greatest way to go. I want you to have all your questions answered and end up with no doubts as I have (in spite of the fact that I’ve been trained and educated as a scientist to be very doubt prone), because the world is a very active place that is not in union with God, and it is full of distractions which work to pull us away. So the clearer you are and the surer you are and the greater your ability to be IN peace… those things will be what will give you the strength to be unwavering in your connection to God and His responses to you. They will also give you the strength to not be intimidated by anyone or anything in the world. (Of course you avoid dangerous situations and entanglements with evil people.)
In forming a Christian perspective, it is good to be able to answer all of the counter points that might come at us from others and the thinking in the world. Regarding the 6th sense, a viewpoint that might be presented by others is: it is not a separate portal to spiritual realities, but rather just a function of our heart, which is a function of our body and brain. What could we say to that?

Well, it is true that our emotional heart is filled with emotional experiences that are triggered by the brain and the environment, which then in turn create effects in our body (tears, pain, raised blood pressure, tension, excited energy levels, etc.). And in turn our mind sees these emotions and it too gets involved by deciding how to react to them.

Whereas what comes from the 6th sense permeates both the heart with feelings and the mind with clear visions... and all in a shell of peace. It is our reactions that can cause the peace to leave, but not what comes from the 6th sense itself.

So, while the 6th sense does impact the mind and heart, it must be seen as another source of input because it introduces things to the mind and heart that they aren’t capable of themselves. Another proof of it comes indirectly by the proof that the Bible is true. And the Bible says that we have a “fountain” within and a “door” within.
So, to recap, the differences between the 6th, 7th and 8th senses can be seen in their different way of relating to one another. The 7th sense (heart) presents things to the mind and causes reactions in the body; while the 8th sense (mind) can cause reactions in the heart. But the 6th sense permeates both mind (with clear visions, but not thinking) and heart (with peace, but not emotions), but not the body. The 6th sense is not a function of the 8th sense because it is not linear thinking.

The 6th sense is also not to be confused with the subconscious (which is a collection of programmed and innate proddings to our being and functioning in life) because, although these proddings are also not initially linear, they are either changeable (the programmed ones... aka our conscience) or predictable (the innate ones. Speaking of which, the Bible says that God’s law is “written on our hearts*”. That is called Natural Law, which without being in harmony with, we can’t be in harmony with God or our own being. That is one big reason why we end up having bad feelings. But the good news is we are in control of whether those bad feelings are going to happen simply by being in harmony with the Natural Law within us.) (*By the way, when the Bible uses the word “heart”, a study of all verses that contain the word “heart” shows that the Bible is using this word in a much broader sense than we do in English. Besides the physical heart, we see it as
being the seat of emotion. Whereas, the Bible sees it as being our entire interior, non-physical life, including the heart, mind, subconscious and will.)

The difference between the subconscious and 6th sense is: careful observation will reveal that the subconscious comes at the mind and heart, whereas the 6th sense appears within the mind and heart. The ultimate manifestation of this is when the Bible says, “It is not I who lives, but Christ who lives within me.” And in this sense, Christianity is somewhat of a unique religion in that it says that God is not a distant being but rather an indwelling one.

Another way to differentiate the 6th and 7th senses is that the 6th sense ONLY presents truth, whereas the heart will react to untruth even as if it is truth (which is why fantasies about things that aren’t really happening can cause emotional and physical reactions). It can’t tell the difference. It needs the 6th sense to show it the difference. That is why we need to have this valuable 6th sense to guide us. That is why I make a big deal out of it. It is a direct benefit to you...and even ‘need’...to develop your ability to hear it.

But like I’ve said, only you experimenting with hearing and enacting what it says will give you the ultimate proof of all of this. People have come to say that they “trust their intuition”. Well, you
accomplishing a trust of God coming through your 6th sense, as well as your 6th sense’s validation of the Bible, is going to be your ultimate liberation, not only from addiction but from all dysfunctions and inertia in the world in general.

And the way that we know the source of the 6th sense is by my proofs of the fact that the Bible is all true. And when you are deep in the meditation I’m about to show, you will just somehow “know” that God is the source. But I know that doesn’t sound very scientific, so you’ll just have to experience that for yourself. And you will be able to do that through the meditation I’m about to show you.

**How to be high naturally**

In this chapter I will be talking about something that I don’t see in other addiction recovery programs, but that I think is critical to being successful in eliminating an addiction to alcohol or drugs.

It starts with recognizing WHY people use alcohol and drugs in the first place (that is, after perhaps first being coaxed by peer pressure or curiosity): to get “high”. What does “high” mean? An expanded description would be: a higher (that is, more pleasurable) state of experience... filled with higher degrees of love, peace and clarity. Now what is wrong with that? Nothing. I mean, if a person knows that more
pleasurable states of experience exist, why wouldn’t they want to be in them? Of course they would want to be in them. I mean, if you had the choice to be at a Hawaiian beach or an Oregon beach, the choice is a no brainer.

But here are the problems with using alcohol and drugs to get into the higher states (keeping with the ‘flying to Hawaii or staying in Oregon’ analogy).

1. You don’t always know if your plane is going to crash land or not.
2. The plane fare can be very expensive.
3. When you take those particular kinds of airplanes, they wear out your body.
4. There have been a number of fatalities with these airlines.
5. You can’t always count on the plane actually going to Hawaii. (It actually might go to some very bad places).
6. Not being in complete control of your body, you might cause harm to self and others that might not have ordinarily happen.

Nevertheless, in this life, which can be very mundane, compromising and problematic, a person is going to choose the best thing that they know. And they are often willing to pay the above prices given the overall picture of their life.

Well let me say that I have used alcohol and most of the different kinds of drugs there are at one point or another… and some of them for a long
time... but the highest experiences that I’ve ever had have come from the natural ways that I’m going to describe in this chapter.

And one thing that I never see acknowledged by people dealing with alcoholism and drug addiction is that once a person becomes acquainted with the higher states, it is difficult to get them to reject them. I mean, addiction recovery programs work to get people to say no to alcohol and drugs. But they are just really getting them to say no to the bad effects of alcohol and drugs, while “the baby is getting thrown out with the dirty bath water.” That is, along with the bad effects being thrown out, “high” is also lost too.

But I don’t think that it is realistic to expect a person to not crave having those higher experiences once they’ve been introduced to them... even if that introduction came through alcohol or drugs. In fact, I think that inherent in our being is a natural craving for those higher states.

And I’m going to go one step further and say that those higher states are the states that we were naturally designed to have and that we have a homing instinct to get us into them. There is just a general lack of knowledge in the public as to how that is naturally done. And the general lack of harmony with nature in our culture just makes this an even foggier picture (and also creates a feeling of lack in people).
I deal with why that is all true in the chapter where I talk about the reality and meaning of life… from the “ultimate perspective”. But for now, let me show how to naturally satisfy our natural craving to be in the higher, more pleasurable states and to see and understand the current dilemma more clearly. And like I said earlier, having used most forms of alcohol and drugs, the way that I’m going to show you now will show you how to get into the highest states possible in this life. But to help inspire you, let me first describe those states.

They start with peace. When I was mainly into drugs in the ‘60s and ‘70s, we would describe this state as being “laid back”. You would feel more “real”… that is: being connected to only how you really are naturally. Being that I was a musician, these were especially important skills for being able to be good at playing music. That is, instead of being erratic or mentally controlled, in the higher states you would be more “connected” and the music would flow out of you more smoothly and with good timing. Like it used to be said, “the empty spaces were just as important as the notes we played or sang.”

Let me briefly mention that there is another way to get higher (but not “highest”), and that is through frantic emoting, like in acting and in music (especially rock music). The reason why that gets a person into higher states is because
two “weeds” that keep us out of the higher states are: tension and suppressed emotion. And the ‘frantic emoting’ route is chosen by people who have suppressed emotions. That is actually the case with a lot of modern music. And it is an indictment on the culture of these times that people have so much tension and heavy emotions.

Those suppressed emotions are what drive a person to want to be a performer. A problem there though is that at some point the well runs dry… that is, all of the suppressed emotion has been emptied, and yet if you created a music group around them, you still have to perform those same songs. But the feeling is not there any more. Not pleasant. And I’ve been there. That is one reason why some musicians use alcohol and drugs… to try to stoke the fires that have all but gone out so as to put on a good performance.

Or perhaps the exhaustion of being on the road can dull a performance and therefore some self-medicating is often turned to. I used to even have in my “rider” (that is, the contract that a performer has with a concert promoter of what they need and expect) that there be a bottle of champagne on the side of the stage for me to go and take “hits” off of as I felt I needed. But I’m sure my reasons here can also be typical to how and why people use alcohol and drugs in the scenarios in their life: being at family functions they don’t feel completely comfortable in, being at a
job they don’t like, having sex when you don’t completely feel it, gambling, just being awake :-) Another example of the “expelling tension” route to higher states is: playing a sport. If you’re in relatively good shape, don’t you feel in a higher state after playing a sport? The main reasons are: you’ve eliminated tension, and you haven’t done the thing for a while that is the main cause of tension which is: think. So, physical activity can be seen as a more natural path to getting into a higher state. But that, like music, is just a way of dealing with the “weeds” (symptoms) of suppressed emotion, unfulfilled needs and tension from bad thinking. In my recovery program I show how to pull these weeds out in such a way that they’ll never grow again. And that can only be done through “root” solutions, which I will show.

But back to my discussion about the higher states. I’m talking now about the highest states, which are entered into through taking the relaxing route, not from the ‘overt expelling of emotion and tension’ route.

Another good analogy here is to see our lives like driving a car in the snow. If you’ve ever done that, you know that pressing down the accelerator and giving too much gas has the opposite effect of moving the car forward. You just (as the common phrase says) “spin your wheels” and go nowhere. You actually might even fall off the side of the road (as I once did while I was in the Elvin
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Bishop group, having grown up in San Francisco and never having driven in the snow. I was driving a station wagon with the band in it while we were on tour in Iowa. But the car didn’t overturn and no one was hurt.)

What you want to do while driving in the snow is make sure the wheels have traction at a slow speed and then you can gradually increase the speed in such a way so as to not lose the traction.

Well it’s the same with relaxing into the higher states. And once you get your traction, your momentum can take you into some incredible experiences… in fact, as I said earlier, the MOST incredible experiences possible in this life (as I’ve experienced). And I’m saying this as a person who experienced the supposed best that this world has to offer via my very successful career in the music business. I also had great experiences in romance and marriage and knowing that I had the money to buy whatever I wanted and didn’t have a 9 to 5 job to go to. I had fan adulation and rode in limousines, etc. But none of that could compare to what I’m going to show how ANY human being can have, regardless of their circumstances.

Let me give a brief description in words of what those experiences were (although words are inadequate to actually duplicate in another per-
son what those experiences are, but in a book, words are what I mainly have to work with).

It starts with getting into a state of peace... then it moves into a feeling of love. (Note how the hippies main slogan was “peace and love”). But if the same technique is prolonged, its momentum moves you into higher states still. Not that peace and love aren’t very pleasurable, but in these higher states, the pleasure increases dramatically.

A Catholic mystic, St. Teresa of Avila, had a wonderful way of describing these states of experience. She called them “Interior Castles”. And they really are just more advanced and more intense forms of peace and love. They have been called bliss and ecstasy.

And let me tell another wonderful aspect that comes along with these states: clarity. In these states you are able to “see” yourself, others and life very clearly... without a lot of thoughts, emotions and misperceptions clouding the picture.

And when you see very clearly, you also reflect on how in your “normal” life you don’t see very clearly... and worse yet you might respond to those unclear visions in very toxic, emotional and problem causing (and unnecessary) ways.

So, now the big question is: how do we do that by relaxing? How do we get our experiential trac-
tion and then gain speed into the highest states? What is the actual technique?

Psalm 4:4 says, “Upon your beds ponder in silence.”

That is a perfect description of the technique that I’m about to show you. The idea here is that you want to look at what is... and just as it is... without evaluating or thinking or analyzing or judging or planning... just being with it. In that way you will see who and what you really are, and what life and others really are. It is constant thinking that gets in the way of us “clearly seeing”... the barrage of thoughts that comes into our minds. But obviously our thinking is not well based if it leads us into sin and dysfunction. Therefore we need a new way of thinking. And that includes also having new thoughts to think.

My searches, studies, experiments and pondering have shown me that the optimum thoughts can be found in the Bible. But in order to get to that point I had to do a LOT of searching, studying, experimenting and pondering. But for right now we are going to work on developing your “pondering” ability.

So what do I mean by “pondering”? Well that could be taken two ways: (1) Dwelling on an issue (which is a mental function), and (2) Gazing on some reality and then letting the fullness of its reality and meaning “hit” you.
The first way we dealt with already. Now we are going to develop the second way... the way in which you are going to be able to see yourself, God and life more clearly than you’ve ever seen them. So here is the technique on how to do that.

When Psalm 4:4 tells us to “ponder”, what exactly are we pondering? We are pondering where the 6th sense goes... what it’s connected to... what is coming through it. We are sitting silently at this “fountain” and patiently waiting for the “living water” to come out.

Then we experience this the same way we might experience watching a movie... perhaps a movie like “Fantasia”. That is, not a movie with a plot where we must pay attention to a lot of linear verbiage, but rather, a movie that hits us with beautiful images and feelings.

But unlike with a movie, this fountain also hits us with wisdom... in the form of insights, visions and impressions. We see and then we know. And if you are patient with this technique and have the same experiences that I had, you are going to LOVE this movie. But it’s not just a movie, it is a living, in the moment, spontaneous experience... a relationship between you and the infinite.

So I tell you all of this to inspire you to be patient through the developmental phase of this technique... which could find you squirming, antsy,
bored, with your mind racing and not being able to focus well.

Both the east and the west have come to a realization that this is a very important thing to do in personal growth and spiritual development. In the west it reached its apex with the Christian mystics St. Teresa of Avila and St. John of the Cross. St. Teresa of Avila called it a “loving gaze” on God within. And Pope Benedict XVI called it an “exchange of loving gazes”. St. Teresa of Avila even nicely described the gloriousness of what she encountered within as “Interior Castles”.

But before you get to the loving gaze and interior castle experiences, there has to be a reason for this love to occur within you. And that reason is: seeing just how beautiful the visions and feelings are that happen in the gaze.

But I don’t want to get ahead of what you can expect in this technique. We need to start at the beginning, which, like with starting to exercise, may not be so glorious. But also like with exercise, can eventually have great results. How soon that happens I can’t predict. It could be on your first time... or it might take many times.

I learned how to do this through an eastern technique, which I found to be very valuable. That is, sitting in silence and maintaining a gaze might not be an easy thing to do at first, and we may
need a crutch. But over time the crutch will become less and less needed and you’ll be able to go right into the gaze.

The way to identify and observe the “fountain” within us is to isolate it, amid all of the other inner voices. The best way to do that is to stop the other voices (mind, subconscious mind and heart). Being that the heart is a reactor, only the mind needs to be quieted.

But we can’t stand at the threshold of the mind and forcefully stop thoughts from coming in, because that would also be a mental action. (“You can’t fight fire with fire”). You need to let mental activity ebb away. You can do this by focusing your attention on your breathing, right above the stomach. That is the crutch I just mentioned.

But while you are just observing, thoughts will be flying around, trying to break in to your widening peaceful center. This might just be habit or it comes from the pressure from your backlog of things that you need to think about and problems you need to solve... things that are pressing on you. But don’t worry, you will eventually get to them. For now you need to let them go in order to accomplish something very important.

So don’t fight them off. Just don’t listen to them, or follow their train, or get in a conversation with them, or make plans to take action because of them.
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After observing for awhile, you’ll notice that there is a non-verbal stream inside that is trying to influence you and give you wisdom. You will also notice that the voice of this stream is not yours (i.e. you don’t initiate it). And it can communicate to you things you’ve never heard before and let you see and understand things that you haven’t yet seen or understood. And all of these things are very beautiful and inspiring. None of them will take away your peace. Only fighting them takes away your peace. What is... is just what is. And if things are bad, you now have the vision to move them in a positive direction.

After practicing this technique... when you become outer-focused again, you’ll start to see that this voice never leaves... you may not just have been paying attention to it. And it does try to continually influence you and guide you and correct you. I see this voice as the voice of God because (1) I don’t initiate it, (2) it is in perfect agreement with the Bible, (3) it only expresses that which is positive, health-causing, and constructive, (4) it is in perfect peace with itself, and (5) the Bible says it is God (“the fountain”). The Bible also supports what I’m saying here when it says that God speaks to us experientially in a spiritual (not verbal) language, “describing spiritual realities in spiritual terms.” 1Corinthians 2:13.

After spending a lot of time formally practicing the observing of this inner voice, I gradually
became less inclined to let it slip out of my consciousness during my life when I was outer-focused. That is, **through meditation, I was able to retrain myself to maintain a greater sensitivity to God for a greater amount of time in my life.**

I have since observed that the more that my focus is both inner and outer simultaneously, the more peaceful I am. I believe that this is what St. Paul was talking about in the Bible when he said to “pray without ceasing”. It would be impossible to literally verbally pray without ceasing while conducting our life. But we could non-verbally pray without ceasing in the way I described above. That is, always walk with (an awareness of and partial focus on) God (in our heart), clearing every thought, word and action through Him for approval. And the longer we do this, the clearer we become about what the very specific philosophy and heart-nature of this inner voice is.

Before moving on though, let me clarify something about the truth channel. I’m not saying that **any voice or impression that happens inside us is from God.** There have been too many dangerous and harmful people in this world who’ve said that they’ve done what they’ve done because God told them to. It is critical that a person knows how to discern the source of the messages that happen within them. The fountain’s source is not the subconscious mind or emotions.
One way to know if a message is or isn’t from God is: does it agree with God’s word - the Bible? And, is it in peace?

Also, for support and sharing this new reality, you might want to get involved in a Christian organization that is devoted to meditating and contemplative prayer. “Centering Prayer” is a technique that has a lot of followers and there are many groups who meet and do it together daily. This could also help develop your discipline with meditating. (By the way, the semantic “meditating” means something different in the east and the west. In the west it is a mental dwelling, whereas in the east it is as I’ve described the technique here).

You don’t want to cast your fate to just any spiritual wind, so I would recommend finding fellowship with one of these groups. They can be found in some Christian book and/or cassette catalogues, at retreats or on the internet.

And when you meditate, try to do so by surrendering to and resting in the God of the Bible… but not in a mental way… but just having a sense that that is what you are doing.

A main purpose of meditation is to show us how to find strength and guidance in our one-on-One connection to God. And being that God is love, if meditating properly we should be immersed in peace...somewhere on the peace-to-ecstacy spectrum.
I would also like to point out that the right kind of church service, where every word and action is intently followed by us, is a meditation (which is one reason why we feel high after church... and by “high” I mean filled with peace and love).

And if a person is very mental, as a bridge to the deeper state of silence in meditation, praying the rosary is even better than an eastern mantra-style meditation when it is prayed as a series of heartfelt messages directed towards God. Then at some point you will more easily slip into the silence.

Spontaneous prayer is good too... both as a time set aside for prayerful assessment of our life at the beginning and/or end of the day, but also as we walk through life. The bottom-line reason to meditate is to transform to a more agape* state, in communion with God. (*Agape is the Greek word for the higher love that the Bible describes).

So I would recommend that you faithfully practice this technique an hour every morning and an hour every evening. The best place probably is to sit on your bed (as Psalm 4:4 says to) with your back against the wall. (If you lie down you might just fall asleep). You don’t want your concentration broken, so lock your bedroom door and put a “do not disturb” sign outside of it.

I used to put on a sleeping mask and wore earplugs and put a thin, small blanket over my
head. You want to eliminate all distractions. Then just go inside and enjoy the adventure of seeing who and what you really are and what’s going on inside you... in what I call Internal Silent Observation. Then while you are in there you will discover God. You will see, as the Bible says, His Kingdom “within you”. Enjoy. And be patient with your progress.

Now, let me tell you what the bigger purpose is for engaging in that and how it has affected my life and fits into it now.

Our life is continually bombarded with inner and outer messages. And most of them have to do with determining how we are going to respond to our needs, others and the world. And there are correct ways to respond to all of those and bad ways to respond. Once you learn how to limit your responses to just the correct ways, you will be on a natural high and have no inclination for alcohol or drugs.

One of the necessary components to achieve that is that retraining yourself to live not from your mind, not from others, and not from the world... but through the pool of perfection in your gut that the meditation/prayer technique that I previously described not only introduces you to, but greatly amplifies. And you need to continue with the technique until you mainly live in harmony with this pool of perfection... sensitive to every nuance of every message and feeling that comes
from it. Jesus described that pool of perfection in John 4:9-14. “The Samaritan woman said to him, “How can you, a Jew, ask me, a Samaritan woman, for a drink?” (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, “If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” [The woman] said to him, “Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?” Jesus answered and said to her, “Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.”

Then once you are connected to the perfect God inside (which is the purpose of the meditation) and the false concepts, bad training and effects from traumas in your life are not there and are now ignored, you will not feel the need to engage in the technique anymore. You will get into manifesting your life in great ways... unimpeded by negativity and dysfunction from within, and negativity and dysfunction from the outside will no longer be allowed. As St. Teresa of Avila also said: “The purpose of prayer is works, works, works.”

And a good thing to note here is that this way of getting high has none of the bad side effects that
I mentioned in the airplane analogy at the beginning of this chapter. Although it may not be instantaneous and might require some work, this technique will gradually transform you into higher states permanently. Your life won’t be a roller coaster anymore. You will have earned the higher states instead of having stolen them with instantaneous transformers like alcohol and drugs and then having to pay a price for your theft.

Although I have to admit (and this is another way in which I am different than the standard recovery programs), alcohol and drugs can be a way to discover higher states. And in a person’s life, these higher states may have gone undiscovered without them. I would say that was the case for me (and many others who I know). Even wine is used in the Bible and in some current Christian religious ceremonies. And smoking substances found in nature are used in a “peace” pipe in the religious ceremonies of some native American tribes. But the problem being dealt with here is “addiction”. That is, once the higher states are discovered, the healthy route is to work to get to them naturally, not through continually turning to alcohol and drugs in hope of a higher state.

Nature takes a dim view of that kind of behavior and will often judge it harshly. Also the approach of using alcohol and drugs just to avoid our regular experience is a very non-high (and actually
low) approach. We must take the responsibility to be clean. But I imagine that many may want to be clean, but given their feelings and lives and what is offered by the world, they may have lost hope that there is a way that can be done. That is why I wrote this book... to give hope by showing that there is a way that it can be accomplished... and that that way is very satisfying.

Another reflection on what Jesus said to the Samaritan woman is that true worship involves Spirit AND truth. That is, I learned the technique I described in a spiritual community that was run by a guru from India. But even though we were able to get into high states, we weren’t taught how to operate our lives in such a way that the high states would remain. That is, we would open our eyes from being in the high states from the meditation/praying and then would have to face our constructed lives, our feelings, other people and the world, where we were left to experiment as to how we should relate to all of that in such a way that the highness wouldn’t go away.

To make a long story short, the people in this community were very deficient in how to do all of the above... especially when it came to male/female relationships, romance and sex. The experiments produced a lot of bad results.

So then, what is this TRUTH that Jesus spoke about? That leads me to the next great revelation
that occurred in my life (and that needs to occur in every life): discovering the truth about how to operate this life... and even what this life is all about. An analogy here is: when you operate a car or a DVD player correctly, they run smoothly and you get good results. When you don’t, the desired results won’t be achieved, and even bad things can happen.

Now when it comes to operating the vehicle we’ve been given to go through this life – a human body, with heart, mind and Spirit – when it is operated incorrectly, we end up feeling not so great...which then sets us up for alcohol and drug use to try to make us feel better.

So, what did I discover regarding TRUTH... and how can that benefit you? Let me say that I can’t see a recovery program being completely successful or permanent without this next step. That certainly was my experience. That is, I didn’t receive peace and strength in my heart and clarity in my mind until I did what I’m about to describe.

**Just to be sure**

Before I describe this part of the journey, let me point something out about my life and how I experience it now. Even though I haven’t been into alcohol or drugs for 24 years now (which is why I say that I’m an EX alcoholic and drug addict, not a “recovering” one), I did at one point
give myself permission to use them. After about 15 years of completely abstaining from them, along the way on a couple of occasions, I did use them... just to see if there had been any change in my being since I used to use them, and to make sure I wasn’t denying myself anything. What I discovered was a couple of things.

When I smoked marijuana (and I was told that it was pretty strong stuff and to be careful), I noticed that it had no effect on me (although it did have a big effect on the person I was with).

What did that tell me? It told me that I had achieved the goal that I set out to achieve, which was: to be high naturally. I used to always ask myself when I came down from being high, “Why don’t I feel that way all the time?” being that it felt more “real” and natural. That one question is what inspired me to do a lot of the psychological and spiritual searching and work on myself that I did over the years.

And when I have my occasional (on average once or twice per year) 1/2 of a glass of wine over the last 10 years, I notice that it has little effect on me except slight relaxation and then a headache and drowsy feeling that comes on after a while. And who wants that? And when I had a couple of harder drinks, I felt like I was in a fog and not completely in control. And once again, who wants that? (Not to mention the painful headache hangover).
As for any other drugs, they would be too intense experiences for me to even consider trying. I’ve increased my sensitivity to a point now that those would be very shocking, negative experiences. Also for that reason (my increased sensitivity), I can’t go to almost any movie anymore. The violence, profanity and dysfunctions are too shocking and just engages in me the natural feelings designed to correct them (disgust and anger).

Being that these dysfunctions are so prevalent in our culture, and being that there is nothing that I could immediately do about them, and because I once believed in that culture I already know them pretty well…therefore I spare myself the trauma of being exposed to them. And I have relegated my response to (and have even devoted my life to) writing and speaking and making videos in an attempt to expose their errors and help people see their way out of the current prevalent fog of dysfunction that exists in our culture… and into the beautiful and perfectly functional world that actually exists in the Kingdom of God.

**Building Sensitivity**

So then, how did this sensitivity get developed, and how did I respond to my question, “Why don’t I feel that way all the time”? It started with me taking a more honest look at myself and what I experienced. I noticed that there were a number of feelings that I avoided that went on within me…
such as pain, anger and fear. And I saw that I was using alcohol and drugs to (as I say in the title of another book I wrote) sweep them under a drug.

When I took this look I realized that I was never going to be “free” and I would always be weak for alcohol and drugs if I kept running from those feelings. **So I made the decision that I was going to stop and face those feelings, as unpleasant as they were, and try to resolve them.**

And I did this without even knowing if there was a way to resolve them. It was almost like stepping off of a cliff in the hopes that someone would catch me. (That’s one reason why I wrote this book... to say, yes there is a way to resolve them, and here is how).

And yes those feelings did turn out to be very unpleasant. But the unpleasantness of them is what drove me to try to seek help in getting rid of them... but not through alcohol and drugs anymore (or any other addiction for that matter... which is the purpose of an addiction. I describe this process and the many other psychological addictions – such as money, sex, television, gambling, etc. – in my book called *Sweeping It Under The Drug*).

My first attempt to get rid of the bad feelings was to go to psychologists and psychiatrists. I mean I still had the illusion that I grew up with in the
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‘50s that the world was a completely trustworthy place that you could give yourself to. So when you have a physical problem you go to the doctor. Well, when you have an inner problem, you go to the inner doctors, which are (by the standards of the mainstream) psychologists and psychiatrists.

When they weren’t effective, I later expanded that to include spirituality and new age practices (which you can see in a chart at my website http://www.UltimateTruths.com which shows the 22 approaches to lifestyle and personal growth I tried. This chart includes “what attracted me to each approach”, “what I learned in each approach”, and “why I left each approach”. Also at my website, you can get a video/DVD that is even more detailed and shows some nice graphics.)

Wanted: a shepherd (an ad by the sheep)

I’m going to make a long story short here so as to get you right to the solution, then I’m going to show you how you can be convinced that this truly is the solution.

How many of us see ourselves as sheep? Or how many want to feel like they are in charge and leading their lives? Well, if you’re making mistakes in life under your or others’ leadership, wouldn’t it be nice to have a shepherd to guide you in such a way that you won’t make those
mistakes? Of course. Is there such a shepherd? Well there are many in the world who would be happy to be your shepherd, but are they qualified to be able to do the job I just stated? **The answer is there is only one who is qualified...the God of the Bible.** Now let me tell you the short version of the story of how I found that out.

Early on I realized that I didn’t have all the answers and that I was not running my life very well. I think that I also was predisposed to looking elsewhere for my direction in life because I always had dominant personalities around me that left no room for leadership other than themselves. They made that a reality by enforcing their leadership in harsh and painful ways. Of course when the leadership role in your life is filled then you just succumb to that and feel like the executive branch is filled and therefore you are free to do whatever you want within their rules – or you could even break their rules (and I was a bad little sheep :-).

But like I said, my life wasn’t working well, so I continued to look for a shepherd. That search went on for 14 years and included a lot of experiments (some of which I described earlier, as well as I told you how you could see all the rest). I tried the youth culture, the sports culture, the rock culture, academia, etc. But none of them brought the peace and order in my life that I had hoped for. **But at the end of the 14 years I did**
find one shepherd that made it all work. Jesus is that shepherd. Following what He says to do made my life, and most importantly my inner life, work. Therefore, to make a long story short, my overwhelming message here is: if you want the truth, the whole truth and nothing but the truth, in all my searches I’ve found only one place to get all that: the Bible (correctly interpreted).

An advanced meditation/contemplative prayer technique that is both experiential and mental

One important reason for having a meditation/prayer technique is that you can’t completely or clearly see your self unless you are in peace. Otherwise you will be caught up in something. That is where meditation and/or contemplation becomes a great help. But now that I’ve shown you a lot of the basics of how to understand and really see this life, I’d like to present to you an advanced meditation as an option.

The purpose of this meditation is to keep bringing your experience AND mind into the higher states. That way you are less likely to let it slip away during “lab” (which is: walking through life itself in an awake, active state). I call it “lab” because in college you first get the class to learn about a subject, and then you also have a lab time to put into practice what you’ve learned.
Through this program you’ve gotten all the classes that you need and you even got some lab techniques. But the final lab is: life itself.

So you want to make sure that you are in the right state to approach it. And there are many ways to change our state. Just flip through the television channels and you’ll see that there are many different “vibes” and philosophies on each channel. Some more calm than others… and some more energetic than others (even to the point of “hyper spinning wheels”). So you are going to set the tone for how you are going to be in life. **THE KEY IS: TO BE ABLE TO MAINTAIN THAT TONE REGARDLESS OF WHO OR WHAT YOU ENCOUNTER.**

If you see that someone or some focus or an environment is pulling you away from the God connection you have 3 choices: (1) Make an attempt to correct the people or environment to bring them into the peace state (or at least release your tension by stating how you feel in a calm way using “I feel” statements); (2) Leave the environment; or (3) Allow them to cause you to acclimate to their dysfunction.

You mustn’t let #(3) happen. That is what many are accustomed to do because we don’t like being in disagreement with others. But if you get good at priming your own experience, you will quickly recognize the dysfunction and its resistance to
being corrected, and you’ll know that it is bad for you to stay there and you’ll find graceful ways to leave those situations. But of course another option is that we also can be a source to set a vibe tone and not just be at the whim of others. If we maintain peace and love, people will often acclimate to us, because that’s what they want.

Another tool that you have at your avail is: spot meditation and spot prayer. That is, if you see your mind or vibe start to wander into bad territory, you can always go into a meditation (even while walking) or prayer to God. And the way to do this praying is to see and feel that God is always within you (now knowing that this is the case having had it proven to you earlier in this book), then you can go into dialogue with Him by talking to Him (telling Him your concerns and giving thanks and expressing your love and appreciation for Him) and then receiving His responses (through impressions, thoughts and visions… but all in peace and from the 6th sense, not emotions, mentalness or hyperness).

Then once you feel like you’re “back”, then you can stop doing it, while still feeling God’s presence within you and seeing it outside of you. It’s kind of like walking in a cloud of love… perhaps something that you tried to accomplish with drugs.

Another thing that you can do is to pull out the Love Test Card and read it. The Love Test Card is
something I put together that you can get at my website. I always keep one in my pocket. God’s word is a good way to refresh your mind in such a way that it puts you into the state of peace. Above all else we want to stay IN love (agape). And the Bible says that without love we are “nothing”, not 5% or 10% or 50%...nothing. And it says that no matter how much knowledge, wisdom or understanding we think we have, without love we are nothing. 1Cor. 13:2 “And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.”

Another thing that I do is: when I get a good insight, I write it down. I always have a lot of note pad papers in my pocket (both empty and written on) and a pen to be ready for these insights. That is a good way to develop. Re-reading these writings is also a good way you can bring yourself back to the higher states you were in when you wrote them.

So, here is a more advanced meditation/contemplative prayer technique that I’ve developed. I say “more advanced” because it requires a prerequisite: that you have enough experience in the previously described meditation that you are familiar with that place within you... the fountain... and you’ve spent enough time at the fountain in a state of contemplation and “no thinking” that you could more easily slip into it than some-
one who hasn’t had those experiences. If that is not the case, then continue to work on the meditation I previously described until you are comfortable resting in that oasis for at least 10 minutes.

But once you’ve accomplished that, then do try the following meditation. Its main benefit is that it’ll develop in you the ability to walk through life and not lose your connection with God. Don’t even remotely be discouraged if that doesn’t happen right away because maintaining our connection to God in this world that is very out of harmony with God and His ways is not an easy thing to do...especially at first.

Do you see the process here? It is to make you very aware of your inner life and experience God as your source of strength and clarity within. It is to make you more inner focused than outer focused. Then instead of being tossed through life like a pinball, yielding to the peer and family pressures around you, you can become a source of setting the tones in life. But of course, really getting this means you see yourself not as the tone setter, but rather as the conduit for letting God be the tone setter through you.

As a person who’s been on stage a lot, I finally realized that an error I was making was to let the audience set the tone (and I often projected onto them that they were critics). It took me many years to realize that that’s not a good thing. Why?
Because the audience comes to be transformed by what’s going on on stage. They even pay for that. Therefore by me taking my cues from the audience, there was no leader in that situation.

But of course, once the tone is set, then the audience and the person/people on stage play off of each other. But there is a guideline that must never be sacrificed, no matter where the audience is going. And that is, while on stage I never want to lose or compromise my connection to God.

Well living everyday life is like that stage experience I just described. And we should take the same approach in it. There are tone setters, leaders, and parameters that groups of people operate in. And people often wrestle with each other and even argue over what those parameters will be.

Obviously the easiest approach is to be centered in God and then just hang around and be associated and bonded with people who also hold that as their main parameter. And that should be our core group of people in life. Then that will give us good momentum to not compromise when encountering people who don’t have that standard... and even help to bring them to that standard by giving them the opportunity to be around a person who is like that.

Also, if we are still in the early stages of transformation, we need that opportunity ourselves so
that we can acclimate to that approach and not have our weakness for the ways of the world tempted into acclimating to the world’s ways.

Something that I used to do when I started out as a musician was to join bands where everyone was more advanced than me. Why would I do that? Because I would let the pressure of not wanting to embarrass myself by being the weakest link cause me to do whatever I had to to get up to the standard of the band I was in. And using that approach, I kept moving on until I became a member of some of the top bands in the world.

I also took the same approach in spiritual and psychological development. I remember feeling very inferior intellectually and not very “hip” when the hippie movement started in San Francisco where I grew up and lived in the late 1960′s. Previously I had been a 1950′s, Fonzy kind of guy… impulsive, crude, wild, etc.

So the new hip crowd looked at me like I wasn’t “cool” and like I just wasn’t able to “see” from the higher ways of seeing. But I wanted to see (LOL). I wanted to be cool. I wanted to be accepted by the more intelligent and spiritually evolved people. So I did the same thing that I did as a musician... I hung around those kinds of people (many of whom were my fellow musicians) and joined growth and higher consciousness groups.
In that sense I kept evolving, like I did as a musician. **Finally I came to a point where I saw the top. And what I saw there was God and His Kingdom and His Bible.** I’m very happy now because I am totally comfortable with the fact that **God is perfect and He will always be someone I can look up to.** I’m also very happy that Jesus calls His followers “friends” and “brothers and sisters”.

So now I just want to spread His most beautiful and functional of all groups on earth. That is my purpose for the rest of my life... at which time I’ll then join Him in Heaven. That is my hope based on what is said in the Bible, which I’ve proven to be true.

Back to an essential part on how to live life... it all starts with us getting good at not leaving our center of peace with God. And that’s why this meditation is important. So let’s proceed with what it specifically is.

The way that you would enter into this meditation is the same as the last one (go in your room, close your door, etc.) But an additional benefit of this meditation is that once you get good at it, you can do it while walking around in life. In fact, at the end of this section on teaching this meditation, I’m going to give you a **“7 Second Technique” that you can use as a tool to dispel any moments of doubt, insecurity or confusion**
you may have in life while you are working on all of this becoming second nature to you. But first here is this meditation.

I think that a good way to start a meditation/contemplation is to focus on what is observable. That makes what you are doing so much more real. Plus it gives a provable way to know that what it is that you are meditating on is really how you are perceiving it. That is important when dealing with invisible realities.

The preparation for contemplation

Meditate on these things and in this order.

(1) The universe is very real and can be observed. But it is unfathomably large… and human beings can’t take credit for it being there. Therefore there is something more than human beings and planet Earth.

Now dwell on those realities until you can directly see and feel their reality. Then move on to the next point. And do these last two things with each of the points coming up. Don’t move on to the next point until you’ve felt that the point your on is true.

(2) The science of Logic shows us that there is only one true explanation as to what that universe is all about. Either there is a someone or
something that started and designed it, like God, or else there is not and it all just somehow appeared.

(3) Dwell on the proofs that I present in Why Are We Here? and its workbook as to what that explanation is. Another form that I have this in is in a DVD of my speech called “10 Conclusive Proofs That God Exists And The Bible Is True” as well as a TV/DVD series of the same name. That makes it easier because after you’ve heard, understood and agreed with all 10 proofs, this step just becomes a checklist of reflecting on the names of these proofs.

(4) I don’t have the ability to stop my own death.

(5) I want to be on the good side of God and have the good afterlife that the proven Bible promises to God’s followers.

(6) I want to live out, stand for and spread God’s ways, now, in this life, because they are all good… better than anything on Earth.

(7) Now move your focus onto the “well of living water” deep inside in a silent, loving gaze.

I call that my “Making God Real” meditation because that is exactly what you are doing… both mentally and experientially.

Along the way in my development I also developed another very effective tool that in 7 seconds
would take away any feeling of doubt that I might have had about God’s existence or any disconnect that I felt with Him. I call this “The 7 Second Technique”. This is more for when you are just being in life and reflect in the moment how you don’t feel connected to God right then and want to do something about it.

The 7-second technique
(for eliminating doubt about the existence of God or the authenticity of the Bible, or for eliminating separation or distance from God)

(This is only for those who have read Why Are We Here? because the understanding acquired in it is part of the reflection in this exercise.)

If you ever experience (momentary or chronic) doubt about the existence of God or the validity of the Bible, or feel distant or separate from God (because you’ve been caught up in a “worldly” or unholy focus, thought, feeling or environment), the following 7 second technique can gain or regain the secure, agape, “consider it all joy” feeling that God is real, His Bible is perfect and His Spirit is present both within you and outside of you.

(1) Look out into the huge universe... either physically being outside or through a window or mentally picturing it... and say: “If there is no God, then how do you explain that?” (The best
way to do this is to go outdoors and stand and gaze into the sky and really see that what is being dealt with here is not just a mental concept... it is reality. **Fully immerse** yourself into the fact that you are **actually looking** into a seemingly endless universe that is right in front of you and that really exists. The next thought is to dwell on the fact that the unfathomably large universe that you were looking at was not made by humanity and therefore there is an other-than-humanity explanation for its existence. This will take longer than 7 seconds but is well worth it. Any other time you use this technique it will take you less than 7 seconds because you can refer to the feeling and vision that you will have this time. But then again, it is always a great thing to do this technique while actually looking into the sky.)

(2) Then know that the question posed in “(1)” would start a train of inquisitive thought and investigation that would just lead to rediscovering the same things that were discovered in *Why Are We Here?* (and understood and agreed with by you) as a result of 30 years of following this ‘train of inquisitive thought’. By using the same logic, data, proofs, experiences and conclusions that are in *Why Are We Here?*, it would be scientifically and logically proven that God exists and that He authored the Bible. **A feeling of comfort should then ensue.** If it doesn’t, then *Why Are We Here?* and its workbook need to be studied more. Also reflect on the very real not-you presence within.
These 2 reflections take approximately 7 seconds... and therefore can quickly get a person back on track, possibly saving them from getting mired in lengthy thinking and possibly stuck in confusion or other negative emotions.

This is a good thing to do because people tend to lose focus of the universal reality in which they live. They tend to have their focus limited to just “the world” or even smaller, just the realm of their own lives and who and what they come in contact with. This limited focus is called “the proximate perspective”. The all-encompassing focus caused by this exercise is called “the ultimate perspective”.

For the 7-second technique to work, two pieces of training are required:

(A) For the hugeness of the universe to be real to somebody, they will have had to at one point contemplate and grasp the physical reality of the numbers on page 27 of Why Are We Here?

(B) Study and seek to fully understand what’s in Why Are We Here?... especially chapters 1 & 2... and do the exercises in its workbook.

An alternative option to (B) is to have studied and understood the 10 conclusive proofs in the DVD speech or DVD series “10 Conclusive Proofs That God Exists And The Bible Is True”.

Chapter 4
Chapter 5

No Longer Being a Slave to All of Your Feelings or the World

Habits: The absolute unavoidability of self-change if you want permanent life changes

Here is a very important psychological principle: how we presently are has a lot to do with "habits" that aren’t in harmony with the Natural Design. That is, when we're being spontaneous we mostly run on automatic pilot, which consists of a lifetime of programming (including wrong programming that is not in harmony with God or nature). The problems with that are (1) people mistakenly think that those habits and their resultant feelings are who they ARE, and (2) it takes concentration and work to change them, which can be a chore that people might not want to take on. (But there is no other way).
The solution to all that though is when people finally realize that: if they want to have certain things in life - like inner peace, a good marriage, a good job, health - they must acknowledge that if those things aren't happening in their life now, they must change the "habits" that they approach life with.

That has nothing to do with their self-esteem because the habits that must be changed are only inanimate programs... not who a person really is (unless they are willfully choosing not to change). That is especially difficult for a person who has the habit of thinking that they must be "right" and that everything they do is the right way to do things. But for a humble person who REALLY wants to be right, then there is no alternative but to reprogram into God's ways (aka the Natural Design). The sooner that a person realizes that, the sooner they will accomplish their goals.

Another way to look at this and gauge whether you are IN the Natural Design is: in everything you do, say or think, make sure that you have peace with God about it and He is energizing it.

And do be ultimately concerned about that, even to the point of "fear and trembling" (as the Bible says) if need be. (And fear ONLY God, as the Bible also says. But that Doesn’t mean to stand in the path of danger from others. Stepping aside might be the wisest thing at times).
And really, that is the ONLY thing you need to do. Because if you take that approach, ALL things will work out exactly as they are supposed to. You may lose outer peace with some people at times (and even the society in general because the Bible says it is an enemy of God), but it is better for your light to expose the darkness of others (implicitly or explicitly) than for you to succumb to being mousy in the face of darkness.

You will learn to fish for what the best approach is in those situations though, which might mean correction sometimes, silence at other times, and changing your environment at other times... but in all of them, the constant is: never lose your peace with God.

And the Bible says that we should “stand guard” over our mind and tongue and never let anti-peace thoughts invade our consciousness... having observed within that we lose our peace when we give in to wrong thinking. For example, it says in Philippians 2:14, 15, “Do everything without grumbling ... that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine like lights in the world.” And that means “without grumbling” both externally or in your mind.

But what if we can’t change the situation? Read on for what to do.
Maintaining Peace

So the main retraining that we need to do centers around one top priority skill: maintaining peace. And that all starts within us first. That is a new “habit” that we want to form. Then once we are in peace, we can then expand out into being with others. And God does want us to be with others, which is why He invented loneliness. He wants us to work out the problems of free will beings coexisting… because in Heaven there will not be any of those problems. So in order for us to be good citizens of Heaven, we must have the skill to never break the peace. And then, like I described how the results in meditation of just being in peace bring us to higher states, like bliss and ecstasy, that’s how Heaven will be among all the free will beings there… very high, pleasurable states. But we work on that in our life now, which also gives us a higher life now.

So if we FIRST need to develop our ability to be in peace (and to the point that we won’t be swayed by others losing their peace around us), we may have to go through some alone time to develop this.

I mean, hermits used to live in caves because of this. But we don’t have to be so drastic. We can have our hermit times while practicing meditation. Then we can be with others and see how well we can maintain our peace. Then if we find
ourselves losing our peace with others, we need to go back and be alone again to regain our peace. One mahatma called this the need to be in “divine quarantine”.

And then from that perspective of peace, we can start to see how peace is left in our interactions with others. It might be that either we or they are bludgeoning with what we or they want to say or do without a sensitivity to what others might want to say or do. (But of course it is every individual’s responsibility to make known if they want a conversation or course of action to go differently. Silence in expressing our feelings is also a big problem that only we are responsible for. We can’t expect others to know exactly what’s going on inside of us unless we take the initiative to explain it to them so they understand. Otherwise we can’t blame them for not understanding us).

Then we recognize that life is a matter of compromise (of our personal preferences and whims). But it becomes smoother as we recognize the dance of life... we move forward while our dance partner moves back to make room for our forward movement, and vice versa. In that way we still act as one, like two dance partners. But like I said, that all starts with us becoming smooth in our inner dance with God. Then we are ready to expand and be with others who also are dancing smoothly in their inner dance with God.
Chapter 5

Emotions

Now, in that dance with God, we come to recognize that there are many moves that God makes that we are not at liberty to change. Some examples of that would be: He wants us to live in holy ways (or else He will not respond in the dance with giving us a feeling of peace); feelings of stress, sleepiness, hunger, romance, etc. And one faculty by which some of these things (and other things) are made manifest to us is through the phenomenon of “emotions”.

So, for a person to gain control over the quality of the state of being they’ll be in, they must develop a healthy relationship with and understanding of the emotions that happen within them. And the emotional faculty and the design of what will trigger them has purely been determined by our Creator/Designer. Oh yes we can abuse and misuse this faculty, but when operating in a shell of peace, they act in very predictable ways.

Unfortunately most people wait until emotions appear in them and then just react to them in the best way they know how. And those reactions are what often lead to alcohol and drug abuse.

But we can be proactive to a degree as to which emotions we will experience and which ones we won’t. And of course it is the goal of everyone that they experience the greatest amount of plea-
surable emotions possible and the least amount of unpleasant ones.

So let's take a clear look at the incredible phenomenon of emotions, which we are indelibly tied to, whether we like it or not. (But we can like it if we gain a good understanding of emotions and be pretty much in control of what causes them, and not have to be like most... at the effect of them and a slave to them.)

One purpose of an emotion is to overtake us and drive us to an action, communication, or modification of a viewpoint/stance/plan. This function of emotion can be seen as ‘the will of the body’ attempting to overtake or influence our will.

**Question:** Is ‘the will of the body’ always wise? The answer is: no.

The source of ‘the will of the body’ can be viewed in 3 ways:

(1) **In harmony with nature.** That would cause a clash with us if our will wanted to follow a dysfunctional way in the world or with others. In this case, emotion has a positive, corrective function that has health in its intention and therefore is good.

(2) **The emotion is triggered by faulty programming in our subconscious.** Perhaps this pro-
Programming was based on a past trauma and now we carry it as a fear of the real possibility for the trauma to reoccur in our present. But in this case the emotion could be out of sync with the Natural Design. That is, living in a bad neighborhood in the past may have justified an emotion of a woman fearing to walk to the store. But what if she moves to a good neighborhood? Is that fear still justified? No. Yet she still feels it. Why? Because it was programmed into her subconscious as an automatic reaction. So now it must be reprogrammed with the appropriate response for taking a walk in the new, safe neighborhood. In this example it could be as easy as her just recognizing it. But what about someone who grew up in a mean family or went to schools with mean kids who hurt them? The feeling of fearing people in general isn’t as easy to give up. (But in this book I show how to do that.) There are three extremely important psychology principles that need to be recognized and understood.

a. **We are not our emotions.** They are things that happen within us and therefore we don’t need to identify with them. (Although many see how they are emotionally as being who THEY are, and don’t see this as being able to be changed. Not true. And it doesn’t help that that is how people often view each other.)

b. **Our emotions will REact to whatever our conscious or subconscious mind says is true... as if**
it really is true...WHETHER IT IS TRUE OR NOT. An example of that is the woman going for a neighborhood walk that I just mentioned. She might feel fear during her walk, while another woman taking the same walk might feel peace and happiness. So which one was appropriately responding to the safety or danger of the walk itself? Well, that will only be able to be answered at the end of the walk by what actually happened during the walk. But the point here is, the fact that two different emotions can happen in response to the same stimulus proves that the emotions we feel may not always be reality.

c. Therefore, emotions and what triggers them can be changed. It is of prime importance that we reprogram what triggers our emotions to be in sync with reality and the Natural Design. That is what produces good feelings and fends off unnecessary bad ones.

(3) Concupiscence. This is defined in the dictionary as “to desire eagerly”. It is the tendency of a human being to want a lot of a pleasure, even when it is to the detriment of their overall health (e.g. gluttony, sex, thrills) or the overall good of the people they’re involved with and society in general (e.g. greed, rape, violence). This can even be classified as selfish or self-centered. In some ways it is an understandable tendency… it is just not a workable one, both in a human body and in a social setting. One look at human history and
the fact that people have actually killed other people just because they wanted what they had (e.g. land in wars) shows that this is a major problem.

Positive emotions also exist as rewards for "good" (by the standards of the Natural Design) behavior. Unfortunately, these pleasant experiences are often sought after addictively because of their pleasurableness. But negative emotions and unpleasant physical feelings will come in as secondary feelings to try to correct any tendency towards overindulgence. Trying to eliminate these negative emotions and feelings is often a motivation for alcohol and drug use.

For example, a woman might want to have a sexual encounter to try to satisfy her need to be loved and cared about (which is an emotional prerequisite in the Natural Design before a woman can have sex because it can be traumatic to bring children into the world where there is not enough emotional and physical support for them), while her body is trying to warn her of the potential for pregnancy and disease through the emotions of guilt, shame, worry, fear, etc. And those feelings (also a part of the Natural Design) might even be so strong (as they naturally should be) that they prevent her from being able to go through with the sex act (which is the designed good purpose for those feelings). But her will might make a determination that she’s going to go through with the sex act anyway and she’ll
use alcohol or drugs to enable her to be able to physically and emotionally do so. In this case her emotions are right and an alcohol or drug approach is wrong because her emotions are trying to protect her (and potential children) from greater harm later.

Behind her emotions is an innate wisdom that says that for a short time of pleasure and fulfillment of one or two unconnected needs taken out of their full natural context (under the wrong circumstances by nature’s design), she might spend years of emotional and physical suffering and even do permanent damage to herself and others.

A female comedian once said that she read on a beer bottle that “drinking this might damage the health of a pregnant woman.” Her response was, “How ironic, because if it wasn’t for this stuff I wouldn’t be pregnant!”

**Sex**

On the heels of that last story/joke, here is a very important thing to recognize (although this is a wisdom that has been largely lost recently in this culture): **sex is not to be toyed with.** It has a very serious function in life (procreation and the unity of a man and a woman) and therefore is to be taken seriously... with respect, romance, and occurring only in a properly put together heterosexual marriage.
That’s not just an opinion of mine, it is the stand of nature. I mean, notice nature’s feedback: the only place where sex is predictably safe is in a monogamous, heterosexual marriage. And with the modern NFP methods (Natural Family Planning) a couple has natural control over when they do or don’t want to have children. (See www.ccli.org for more information).

There is no need for artificial birth control (some of which can cause cancer and other health problems later in life for the woman) or abortion (which is the grossest form of birth control and can bring on intense emotional problems).

Did you ever see the commercial whose punch line was, “It’s not nice to fool mother nature?” Well, if you don’t want to have intense emotional problems, which could then drive you to alcohol and drugs as well as other addictions, then it is very important to develop and maintain a healthy respect for nature (that is, how things were designed to be operated). And that is an aim of this program and really, a necessity of an all-around good life.

The God-void

There is another very specific feeling that occurs within us (whether we like it or not) that has been called “the God-void”. We might all like to be our own god but that doesn’t ultimately work and
anyway, that’s just not the way it is. I mean, we were created and brought into existence not by our own doing. And I’ve already proven that there is a God who did that.

But think about it, that didn’t need to happen. It is solely by God’s will that it did and you exist.

So then, WHY did God make us? Well He had a reason (and I prove what that was in Why Are We Here?). But in short, for now, that reason was to have a relationship with free will beings and create a perfectly loving and harmonious community that included Him, them and the other types of beings He’s created (e.g. the many different kinds of angels).

Now we can either choose to be a part of that community or not. But if we choose not to, there are consequences (both here and in the afterlife). That might sound to some like we’re stuck and God’s going to get His way no matter what. Well, those things are true. BUT, if we analyze it, that is the best that it could possibly be, given an existence with a number of free will beings. And therefore we should be fully on board and in joy about it being that way, because any other way would be disastrous (as the present and past state of this planet is and has proven).

But it might take a while (if ever) for people to get what I just said and see and understand God’s
plan. So God planted into the design of our being a feeling that would cause us to yearn for a god...that is a higher perfect being...to be in charge. Unfortunately (and for reasons that I describe in *Why Are We Here?) people often try to satisfy that yearning by worshipping other people, groups, nature (etc.) on Earth. That is why God made the First Commandment what it is: Exodus 20:3-5, “You shall not have other gods besides me. You shall not carve idols for yourselves in the shape of anything that is in heaven above or on the earth below or in the waters beneath the earth; you shall not bow down before them or worship them. For I, the LORD, your God, am a jealous God, inflicting punishment for their fathers’ wickedness.”

BUT, He’s given us one entire lifetime to work this situation out. And that is probably the main reason why I write and speak... to help others see the truth of all this and the main thing they need to accomplish in their lifetime. (But putting that off is partly a gamble because you never know how long your life will be).

But when you finally satisfy your God-void by yielding to the one true God, and not saccharin substitutes, you will feel the peace and joy and strength that I so often talk about in this book. That is something that you won’t know though until you do it. So I encourage you to at least try it. I mean, what have you got to lose? You have an entire lifetime to experiment with other
things. You should therefore at least try this experiment even if it’s just on the heels of my enthusiasm, the enthusiasm of many others, the accepted main focus of the majority of human history (even to the point that the way the years are counted is divided by Jesus’ birth), my proofs and therefore a strong feeling that maybe what I’m saying is THE truth. (But like I said, we don’t know how long our lifetime will be so don’t put it off too long as it should be the #1 priority above all else we can or will ever do on this planet.)

Our Feeling Management Approach

We all have an approach to how we manage our feelings. We basically have 4 options.

(1) We can suppress them

(2) We can satisfy them

(3) We can put them on hold. In this third approach we maintain an awareness of them (unlike in approach #1) but we suffer in an unsatisfied state.

(4) We give the reins of ‘what we should feel’ over to others and then we try to manufacture or act out what we think they want us to feel. That approach, as well as the first approach, is obviously not natural and a person would have to be trained through trauma to take it on.
Obviously only the second and third approaches can be considered to be ultimately healthy. And the third one is being considered as healthy only because circumstances may not be amenable to immediate satisfaction. For example, perhaps we are in a marriage that is having problems, or a job that can’t be changed for now until we find a better one or something similar. We must learn to have peace inside even in a situation that can’t be changed for now (as everything changes in time). An excellent tool in those kinds of situations that is popular in the 12 step movement is “The Serenity Prayer”. It goes like this:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

--Reinhold Niebuhr

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No Longer A Slave To Your Feelings Or The World

(By the way, if you are having trouble or feel stuck on any point in this book I am available to answers questions through e-mail or on the phone. For information on personal coaching e-mail me at: Dennis@UltimateTruths.com.)

By applying The Serenity Prayer, we can maintain our inner peace no matter what our circumstances. We might become jolted into an unpleasant emotion due to the unholiness of others at times. But it doesn’t have to be prolonged if we use the Bible’s advice on how to respond in those situations.... some of which is: 2 Corinthians 6:14-15, 17-7:1, “Do not be yoked with those who are different, with unbelievers. For what partnership do righteousness and lawlessness have? Or what fellowship does light have with darkness? Or what has a believer in common with an unbeliever? Therefore, come forth from them and be separate,” says the Lord, “and touch nothing unclean; then I will receive you and I will be a father to you, and you shall be sons and daughters to me”, says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of flesh and spirit, making holiness perfect in the fear of God.”

Proverbs 9:8, “He who corrects an arrogant man earns insult; and he who disproves a wicked man incurs contempt. Disprove not an arrogant man, lest he hate you; disprove a wise man, and he will love you. Instruct a wise man, and he becomes still wiser; teach a just man, and he advances in learning.”

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Psalm 1:1, “Happy those who do not follow the counsel of the wicked, Nor go the way of sinners, nor sit in company with scoffers.”

Matthew 10:12-14, “As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words — go outside that house or town and shake the dust from your feet.” (“Shake the dust from your feet” in those days and that culture was like saying, “Brush them out of your heart the same way you will brush the dust off of your sandals as you leave.”)

Proverbs 22:24-25, “Be not friendly with a hotheaded man, nor the companion of a wrathful man, Lest you learn his ways, and get yourself into a snare.”

There is another option that we have in our Feeling Management Approach. We may need to recognize that our “habits” need to have a forceful approach taken to reprogram them. That approach has been called “discipline”. (Notice how the root of the word “discipline” is “disciple”, which is what we want to be: a disciple of Christ, which, by definition, is what a Christian is). We may choose discipline because certain habits are so strong and have been going on for so long that overpowering them will give us the quickest results.
Now I know that I said earlier that the “willpower” and “behavior modification” approaches were usually not successful. But what I meant there was they weren’t successful as stand-alone, isolated approaches. But some of that is very helpful, and even necessary. But only if it is within a shell of total understanding about life and self. And in most behavior modification programs, because of the general mainstream blindness and the resultant legal muzzles, an acceptance of spirituality and religion as part of the program is not an option.

The reason that approach doesn’t work is because the MAIN purpose and meaning of our life is to discover and unify with (the real) God. And if accomplishing that isn’t in those programs, they can’t be considered to be a full recovery program. And the reason why the 12 step programs don’t claim permanent recovery is because its answers to spirituality are too nebulous… whereas very specific instruction is needed in that area (which this book gives).

So a warning about choosing the discipline approach is: **be absolutely sure that what you are disciplining yourself to is actually the right thing.** I mean, isn’t ‘disciplining ourselves to the wrong things’ what got us into trouble in the first place? I mean, forcing ourselves to drink alcohol, which initially tastes very bad, is a form of disci-
pline too because we are overpowering our body’s message of ‘tastes bad’ and forcing ourselves to continue to drink it (for a variety of possible reasons which I’ve gone into in other parts of this book).

But this is where the Bible becomes a most valuable tool. Once we’ve developed complete faith in it, we can discipline ourselves to do what it says.

But of course that brings up another warning. We must be sure that we have the correct interpretations of the Bible. What the Bible instructs is generally obvious. And even the Bible says that we have the Holy Spirit in us to guide us into its correct meanings (which manifests as mental clarity and a pure feeling of peace). But still we can be deceived within us by other feelings from a not pure source (i.e. wrong programming in our subconscious). Also we must recognize that there are many disagreements among supposed Bible scholars, preachers, and denominations in the world as to what the Bible means by what it says in certain passages.

My advice is to just focus on the basics for now. The Bible is very clear about those. And I have found that those, and growing in obedience to what they say, are enough to have a full, rich life. Then address the other issues as you become more of a Bible expert (based on your studies) as
the Holy Spirit leads you through heart desires and inquisitiveness. Then apply the basic skills that I have shown you how to have in this book...that is: how to study the Bible and how to hear the Holy Spirit inside of you. But it is very important that you build a strong foundation first. And that means a clear, direct heart and mind relationship with your Creator. In that way you won’t be snared by error and dysfunction. If you rely on people (all of whom are imperfect to a degree) then you will be incorporating error into your foundation. But if you rely on God (who is perfect) then you will have ensured for yourself a safeguard against error.

Towards the end of building a solid intellectual and experiential foundation, I would HIGHLY recommend you reading my book *Why Are We Here?*). It is objective, logical and backed by science. It not only gives you proofs, but also gives you UNDERSTANDING of what God and this life are all about. Those understandings are valuable rocks in my foundation that have given it (and me) a lot of strength and clarity.

You see, what is currently going on in Christianity is a mess that the Bible forewarned us to not be in when it said in 1 Peter 3:8, “All of you, be of one mind.” Obviously the over 30,000 Christian denominations aren’t of one mind. (So then why aren’t they all having a big concern over this?)
The Bible also says that it is a sin of the flesh to not be one. Galatians 5:16-17, 19-23, “I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh. For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want. Now the works of the flesh are obvious: immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.”

(I included all of that because it is such a great teaching and affirms a lot of what I’ve been teaching in this book. As relates to this book, notice the “drinking bouts” and “self-control”).

And the most telling verse is when Jesus prayed this on the night before his crucifixion John 17:18, 20-21, “As you sent me into the world, so I sent them” (the Disciples) “into the world. I pray not only for them, but also for those who will believe in me through their word,” (that includes all Christians today) “so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me.” (So maybe the reason the world doesn’t believe is because of the disunity of the Christian world. I mean, why
should people believe in Christianity if even all Christians don’t agree enough to stay unified?)

Another interesting thing to note out of this is that even though Christians are so quick to pray to Jesus, they aren’t hearing Jesus’ prayer.

Oh well, as unfortunate as this all is, this is the condition of Christianity that we live in. But with the skills that I taught you and your direct relationship with God (in heart and mind) will give you a way to weed through what is truly effective and what is true. Then I’m leaving it up to you to go on the adventure to discover who is and who isn’t right out there. But you know that God will always be right, and if you put into practice what I’ve shown you, you will be in touch with God and have the tools that He’s given us to know Him: the Bible and the Holy Spirit within us.

And like I’ve said before, it all boils down to having peace with God. So see where you feel the most peaceful and fulfilled. If you can’t find fulfillment in the church community you’re in, then try another church community until you find what you want and best resonates within you with the Holy Spirit. Don’t leave yourself stuck where it doesn’t feel right... keeping in mind that no church community is perfect except the one in Heaven, which you are tied to “within”, where Jesus said the Kingdom of God is, and through the Bible, whose interpretations are verified to
you by the Holy Spirit. Therefore, really, it all comes down to your ability to hear the Holy Spirit, which I covered earlier in this book). On the other hand, do make sure that you are always plugged into a church community.

And make sure you get involved in something besides just going to church on Sundays, because you might not experience much fellowship there. So you’ll need to get involved in a church group that interests you for fellowship and ministry and small group participation.

Also, don’t feel like you’re having a full Christian experience and are experiencing all that Christianity has to offer or is about just by showing up at church on Sunday. Check what Bible studies, small groups or organizations are available already, or start your own even if it is just getting together with some family members or friends to read the Bible.

But like I said, it all boils down to peace, which comes from doing things God’s way. So see where you feel the most peaceful and fulfilled.

Here is what I see as a problem with many Christians. It’s like they joined or were born into this big club, their denomination, but they never joined the Kingdom of God in their spirit and mind. For some their primary relationship and attachment is to a group of people they grew up
with or what feels emotionally best to them at the time or something else, not with God. And this all might be just a surface activity. They never did really fall into love with God in the first place.

You want to be around people who sincerely love God and are applying His holy ways to their lives. So then how can you tell who these people are? The Bible gives us perfect advice regarding this when it says “You shall know them by their fruit”. And what kind of “fruit” are we talking about here? For one you will be able to feel it...a love, a joy, an enthusiasm for ministry, an interest in Scripture, a strong desire for purity and growth, a desire to impact the immoral culture that we live in, an excitement about Christianity in general.

Here are a couple of other Scriptural guidelines.

James 2:26 “For just as a body without a spirit is dead, so also faith without works is dead.” So if there is true faith somewhere you will also see a lot of works...that is, ways that people are putting their faith into action so as to promote the Kingdom of God and live out what Jesus said we should do for the poor (both the physical and spiritual poor).

In Matthew 3:8 Jesus said “Produce good fruit as evidence of your repentance.” And in 3:10 He tells of what will happen to those who don’t bear good fruit: “Therefore every tree that does not bear good fruit will be cut down and thrown into the fire.”
Also there is spiritual fruit. Galatians 5:22-23 “In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.”

Matthew 7:17 “Just so, every good tree bears good fruit, and a rotten tree bears bad fruit.”

Actually, that verse was taken from Jesus’ very famous Sermon On The Mount. I wanted to include here some of the verses that are around the one I just quoted because they are very key verses in Christianity. They talk about the “fruit” issue in more detail, as well as who and how many will make it to Heaven.

Matthew 7:13-27 “Enter through the narrow gate; for the gate is wide and the road broad that leads to destruction, and those who enter through it are many. How narrow the gate and constricted the road that leads to life. And those who find it are few. Beware of false prophets, who come to you in sheep’s clothing, but underneath are ravenous wolves. By their fruits you will know them. Do people pick grapes from thorn-bushes, or figs from thistles? Just so, every good tree bears good fruit, and a rotten tree bears bad fruit. A good tree cannot bear bad fruit, nor can a rotten tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. So by their fruits you will know them. Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven."
Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name? Did we not drive out demons in your name? Did we not do mighty deeds in your name?’ Then I will declare to them solemnly, ‘I never knew you. Depart from me, you evildoers.’ Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and buffeted the house. But it did not collapse; it had been set solidly on rock. And everyone who listens to these words of mine but does not act on them will be like a fool who built his house on sand. The rain fell, the floods came, and the winds blew and buffeted the house. And it collapsed and was completely ruined.”

Another way that you can tell is by what a Christian song says: “And they’ll know we are Christians by our love”.

Matthew 22:36-40 “Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

1Corinthians 13:2 “And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.” So obviously, love is the most important prerequisite to life and living.
But what kind of love are we talking about here? I mean, even though we only have one word in English for love, there are many words in Greek for it (which I will get more into in Chapter 7). The kind of love being spoken about here is “agape”. And here is how the attributes of agape are described in the Bible.

1 Corinthians 13:4-8 “Love is patient, love is kind, and is not jealous. Love does not brag, and is not arrogant. Love does not act unbecomingly. It does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth. Love bears all things, hopes all things, endures all things. Love never fails”.

Galatians 5:19-21 Love is not “immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing,”

Galatians 5:22,23 Love is “joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control,”

Galatians 5:26 “Let us not become boastful, challenging one another, envying one another”.

Excerpts from Matthew 5:3-16 “Love mourns, is gentle, hungers and thirsts for righteousness, is merciful, is pure in heart, is peacemaking, is persecuted for
the sake of righteousness, is the salt of the earth, is the light of the world, produces good works.”

Therefore, “fruit” is not just works of action, but also works of the heart.

Now, getting back to the concept of discipline that I was talking about earlier in this chapter, the following is an article that I wrote.

**The Wisdom of Discipline vs. Feelings (a key to spiritual liberation and great experiences)**

Having spent my late teens and early twenties in San Francisco during the hippie era, I was heavily influenced by the concept “If it feels good it’s all right.” Feelings were king and discipline had gone by the wayside. Things that caused immediate sensations like drugs and “free love” were sought and those who escaped work were deemed to be “cool”. Having achieved a successful career in music, I was one of those.

But in the continual experiment of how best to live this life, I found something to be true that was counter to the feelings-first approach that was prevalent at the time, and that is: **sometimes you must go against your immediate feeling inclination to achieve an even greater feeling.** That is, following our immediate feelings can
sometimes lead to bad feelings, and going against our immediate feeling inclinations can sometimes lead to great feelings. **Therefore, feelings can’t be relied on as the ultimate indicator for how to have the best life possible.**

Let me give a few examples. Drug use created some very intense sensations, with some being very pleasurable. But it also led to a lot of deaths and “bad trips”… some of which I had the misfortune to experience, including very intense downturns in my life that caused a LOT of intense pain and whose effects lasted for many years. So the end result was FAR from the pleasure that I initially (and impulsively) sought. But there are many worse stories than even mine, which I especially saw having been in the drug saturated music business, including deaths.

As for “free love”, the attempted pursuit of the immediate pleasure of sex has often led to disease, broken hearts and broken homes. This attempt to follow a feeling and ignore the natural requirements for sex (which manifest in other feelings such as romance and a desire for security), has often led to many VERY bad feelings.

(By the way there is no such thing as “safe sex” using condoms as some advertising would suggest… as condoms do not prevent most disease transmission and don’t even prevent pregnancy all that well. The only “safe sex” is remaining a
No Longer A Slave To Your Feelings Or The World

virgin until marriage and marrying someone who is a virgin and then being monogamous and only having sex with your spouse. Or if that is not an option anymore, do the best you can given your circumstances. Condoms reduce some transmission of disease but do not prevent most STDs. There are 15 Million new STD cases in the U.S. each year. There is no scientific evidence that condoms prevent the transmission of most sexually transmitted diseases, according to a report released by the U.S. National Institutes of Health in July 2001.)

Another example here would be how many people treat eating. That is, in seeking the mouth sensations of candy and donuts or a continual parade of food often leads to the bad outcomes of low-blood-sugar, stomach aches, headaches and weight gain.

So the wisdom acquired here is: following initial feelings for pleasure can lead to just the opposite...very unpleasurable feelings. Therefore we can’t always trust our feelings to lead us into good experiences and situations. Our mind and its acquired wisdom must step in and steer the feelings to what not only will give us immediate satisfaction, but will also put us in situations that won’t later bring bad experiences into our lives. And for the desires for sexual and spiritual satisfaction, and food, this all can be done (as I later would find out).
So now let’s look at the positive side of this dilemma. That is, the opposite of ‘following our feelings’ is just as true and is a great piece of wisdom. The axiom goes like this: going against our immediate feelings can lead to some of life’s greatest feelings.

I would call this ‘going against’ approach: discipline. And the second component of discipline is: forcing ourselves to overcome ‘feeling inertia’ (which is when we don’t feel like doing something) to do something that we, based on our past experiences (or from hearing the experiences of others who we trust) know will lead us to good outcomes.

I’ll give some examples of this from my own life. In the mid 1970’s, many people were having problems with drugs, and yet they were still mesmerized by the high experiential possibilities that they had been introduced to by the culture. To fill this need for a drugless way to attain high spiritual experiences, a number of gurus came to the west from India. The fabric, incense, artifacts and love of deep wisdom that was coming from India had already given many people a deeper spiritual sense. So because of that, people were ready to experiment further into Indian culture with yoga and meditation.

I too was fascinated by this, so I got involved with an organization that promised to reveal “the
knowledge” that led to peace, bliss and high spiritual states, which many who knew this knowledge were exhibiting. To make a long story short, my experiences with the meditation techniques that I learned often started the same: I often squirmed and struggled through discomfort to tie down my body and mind, but then after enduring that for a while and sticking to the discipline of the techniques, I ended up in incredibly clear and pleasurable experiences. In fact I could say that they were the best experiences I’ve ever had, as the techniques led to peace, which at times led to a deep love, bliss and even ecstasy.

And as I went deeper into these experiences, my ability to see life gained great clarity. As the smog of mental chatter and evaluations cleared away, I could more and more see the complete picture of reality, myself and others.

I’ve also experienced this discipline-over-inertia-leading-to-a-better-state phenomenon in regards to going to church. Many times I really didn’t want to go to church but then I would force myself to do it as a matter of discipline (knowing where it always leads), because once I’m in church, and my mind acclimates to being there, a great peace comes into my heart and I’m also filled with love… kind of like going to a cosmic gas station for a refill. That to me is a proof that my choice of disciplining myself to go to church is a good one.
I’ve also experienced this discipline-over-inertia-leading-to-a-better-state phenomenon in my music career. That is, many times before a “gig” I’ve felt (especially in my advancing age), “Oh, I just don’t feel energetic enough to go today.” A great tiredness would come over me. But then I would load my car up with my music equipment and that bit of exercise would get my blood flowing, sending blood sugar and oxygen to my brain which would then make me start to feel better and not be tired anymore.

And then after the gig, in which I’ve moved around and got a lot of exercise and oxygen flowing (mainly because I play sax, flute and sing), I often feel GREAT, like all is well in my body and heart. I would feel a relaxed physical and emotional peace.

Because of that surprising revelation (because of how I felt before the gig), I’ve many times written the following note while driving home: “I’ve got to remember this experience of how good I ended up feeling from pushing myself to do something that I didn’t initially feel like doing.”

One more example from my life is that sometimes I might feel slightly antsy but not exactly motivated to do anything in particular. So then I look at the computer and think, “Nah, I’m not really in the mood to do a lot of thinking and typ-
ing.” But then, not being able to come up with anything else that feels really inspired, I end up sitting at the computer and giving myself to a work or writing project that needs to be done. Well, before I know it, I’m completely engrossed in and enjoying what I’m doing (like how I’m feeling writing this now).

So in this experiment of living, here is what it boils down to: in the ‘inertia and impulses vs. discipline’ dilemma, it is critical to attain the wisdom of knowing which disciplines to apply and when to apply them. This wisdom is important because some disciplines can lead to bad experiences, while others can lead to good ones.

An example of a bad discipline that seemed to be good is: my thinking that I should exercise more. But just a simple exercise led to a couple of shoulder injuries that cause me a lot of pain for years. I spent a couple of years not being able to comfortably turn over in bed or lift heavy things.

Also, I saw on the news today that they’ve found that Viagra use can cause blindness and in fact has caused 45 men to go blind.

Unfortunately, most people have relegated the search for the wisdom of which disciplines are good and which ones are bad to: following the winds of the popular social trends and the ‘trial
and error’ approach... in which they are willing to gamble with the errors they might run into and the suffering they bring.

I personally am not a big fan of the suffering that comes with errors, especially the big ones (heartbreak, divorce, diseases, loss of health, loss of finances, unpleasant-to-painful emotions, physical pain, etc.) But in my attempts to find out how to avoid errors I had a big breakthrough in 1982, which it is now my biggest desire to pass this wisdom on to my fellow human beings. And that breakthrough was: following the Bible to the letter (with the guidance of the Holy Spirit) ends with the best overall experience of life and is the best way to stay out of life’s pitfalls.

But because I have a background in engineering, psychology and hedonism I didn’t just accept that precept easily. I had to go through a lot of things before discovering that (including many years of many errors, many counselors and 22 approaches to personal growth and lifestyle). I always rejected the Bible because it seemed too restrictive and didn’t fit in with the culture... especially the world of professional music that I was in.

But on the experiential level, I can now say that getting into the Bible and being in harmony with God’s Spirit within me has been a big liberation for me and has given me what no other approach or line of thinking before could give me: peace,
strength, clarity and deep fulfillment. And that has been going on for 23 years now. The peace, strength and deep fulfillment that has been in my heart since taking that approach is the strongest reward and proof I could have.

But the analytical abilities that I developed in engineering had to also be satisfied that it was THE truth that I was involved in and not just another thing to “believe” in. Along with my spirit and my heart, my mind had to be satisfied as well.

In the final analysis, my mind also became satisfied. In fact, its leave-no-stone-unt-turned questions and inquisitiveness have led me to being able to scientifically and with irrefutable logic prove that God exists and the Bible is true. So to pass this proof on is why I wrote Why Are We Here?

In it I prove what the meaning of life is… on this spinning ball in this unfathomably huge universe, where we just find ourselves and we won’t be able to stop our departure from. One of my hopes in writing that book was to create a book that had the knowledge, understanding and wisdom that I wish that I would have run across in my searching for THE truth and the optimum ways to approach life. That could have saved me a lot of trouble and expense. (The article goes on, but I’ll stop there because I’ve made the point that I wanted to make in this part of this book.)
I think that the biggest obstacle to people really transforming their lives is: not wanting to have a loss of spontaneity. That is: people like to do what they want and when they want (even if that means compulsive things like binge eating, drinking, succumbing to peer pressure, taking drugs, gambling, etc.).

But that’s understandable because in one sense that is the easiest way to live... freely flowing with and responding to our feelings, people and life without always having to second guess our responses. But I say “in one sense” because in the final analysis it isn’t the best overall way to live because of the problems that spontaneity can bring. Living a life led by spontaneously following our whims and succumbing to the pressures in the world can diminish the overall quality of
our life and often leads to major problems, including (in the case of alcohol and drugs) divorce, health problems, financial problems, and even death. And this is in addition to the immediate negative physical and experiential repercussions that often accompany drug and alcohol use. So in that sense, transformation work is well worth it, because it will elevate the overall quality of our life.

Other obstacles are rooted in fear: how is transformation going to change your life; how is it going to affect your relationships; is it really the best thing to do; will you get bad feedback from others while you’re still learning it; fear of losing control... (I’ll talk more about that one in a little bit); will it be too much work; will I start down a path of change that I won’t be able to complete and therefore it’ll make my life more unsettled than the current albeit dysfunctional way; etc.

Another fear regarding personal change is rooted in a deep psychological assessment that if I’m not perfect (with “perfect” being based on the assumed expectations of others) I’m not “good enough” and therefore I will be rejected. That is, if I admit that I need to be changed then that means I’m not perfect and therefore rejectable. Of course the notion that we must be perfect in order to be loved and liked is not true because we all are imperfect to some degree.
Chapter 6

The problem with this psychological expectation of oneself is that it didn’t get programmed in without serious emotional trauma. That is, we wouldn’t normally reject our self and would just view our imperfections as things that need to be worked on as they are recognized. We normally would be gentle with our self and work on them in peace (although we definitely should take responsibility to see that we do continually work on improving and growing as a person. That too is a natural and normal drive.) When we see the truth that everyone has some imperfection we don’t need to lose our self esteem because of an imperfection (that is as long as we do take responsibility to see that we are doing something to eradicate it).

But because it was programmed into us through serious emotional trauma, the retriggering of that emotion (if a person fears rejection) can again be traumatic.

But rest assured, all of these problems are resolvable and you’ll come out MUCH the better for making this move. And the loss of spontaneity is only temporary, but well worth it. And the harder you work, the quicker you get it back.

But it’s not that hard to make this move if you recognize that although you’ve been in charge so far (even when you chose to let others be in charge) it hasn’t worked well. If it had you wouldn’t be reading this book.
So an important thing to recognize is that in order for things to get better, there inevitably has to be some kind of CHANGE. It’s been said that a component of insanity is: continuing to do the same thing and expecting a different result. That isn’t a perfect statement because our circumstances can always change apart from our influence. But the point is well taken if you recognize that last possibility has a very low chance of happening.

So what is the wisdom here? We’ve lived our way or the world’s way or the way of others up until now and it hasn’t worked. What does work? My experience says: just wanting to please a perfect God (by learning and doing what He says) and be a part of His Kingdom.

It must be first recognized though that there are two “kingdoms” in this life: (what the Bible calls) “the world”… and the Kingdom of God. Where is the Kingdom of God? Jesus said: “within”. And isn’t “within” the place where (in the final analysis) people are having their problems? And according to the Bible, all problems can be solved by how we look at them… and then how we act based upon how we see them.

So really, our inner problems are a result of being in conflict with the nature we were born into…the Natural Design and how we should function within it.
But we can end this conflict by:
(1) Recognizing that nature is not something we can ultimately control;
(2) Recognizing that we are losing our battles with nature anyway;
(3) Coming to see that the Bible accurately describes how nature and nature within us is designed to function harmoniously;
(4) Recognizing that in terms of conflict, our attitudes, environments and activities can be changed, the people in our life can be changed, but nature can’t be. Therefore, because nature is the constant and our attitudes, environments and the people in our lives are variables, the wisest thing to do if we don’t want conflict is:
(5) decide to throw in the towel and let nature (i.e. how God made us) and not us or the world or others, dictate how we should act and think. To some that sounds restrictive and like they are giving up their freedom. But here’s an analogy that shows how it is actually the freest we can possibly be.

If you live in an open wilderness you are FREE to easily interact with the environment. But if you pick out just one area of the wilderness to live in and put up a big fence around yourself, you aren’t as free as you once were. But fences have a very positive function. They don’t just keep you in, they also keep things out... including things that could harm you... like wolves and bears. So maybe you aren’t in a complete freedom... but you’ve GAINED a new even better freedom: freedom to relax in safety.
Well that’s also what following the Bible will give you… a freedom to not have to worry about anything or be confused about anything.

So what does this transformation fence around our lives look like and how do we build it? Well it starts with the premise of coming to the knowledge that the best way to go in life is to obey God’s Spirit and Bible to the letter.

That means:
- We can’t be totally spontaneous (at least for a while).
- We can’t impulsively just say, think or do anything.

We now must:
- Stand guard over the words we say.
- Stand guard over what we allow to go on in our mind (instead of it being like a runaway train).
- And then determine if our thoughts, words and actions are in line with God’s instructions and are getting a thumbs up from the Holy Spirit.

If not, we must reprogram what we think by saying God’s instructions in our mind in opposition to the wrong things we are thinking.

Then, after doing this enough times (it’s been said 21 times), a new brain groove is formed and our automatic pilot is in line with God’s ways. That is then what we will spontaneously feel.
It’s like a person who just ate however they were compelled to do and now they are really overweight and can’t get a mate or are having health problems. So they decide to suffer with a diet and restrain themselves for a greater good. So it is similarly with a person who sees that they are dysfunctional and not having a great emotional life, who then comes to know (or hope) that obeying the Bible to the letter will solve their problems. (There is also the added incentive that the proven Bible says that they won’t get into Heaven unless they take this approach).

But this can be (but doesn’t have to be) a difficult task after living life many years with an automatic pilot (subconscious) that has been programmed for dysfunction (due to traumas, greed or laziness)…and unhealthy habits were accumulated to cope with the effects of the dysfunction.

**But in the final analysis, if a person wants to have peace, joy, deep fulfillment, great purpose and a great eternity... there is no other option.** Therefore, a big goal of this book is to show you how to come to know that all that I just said is true.

**Who is in control of your life?**

A paradox in this life is: by giving up control (but my experience says only to the God of the Bible) we gain everything we need. That was (and continues to be) the result of my “born again” expen-
rience… when I gave the reins of control over my life to Jesus. I resigned as the head of my life and also took back all of the power that I had given to others and gave it all to God. But not just a nebulous “higher power”… rather, the God of the Bible (both testaments). And that has been a trust that has never let me down.

Previously I had tried to control my life, my feelings, my mate, my family, other people, the world in general, my finances, my activities, my kids, etc. And by control, that didn’t always mean directly control. Sometimes it just manifested as expectations of how I wanted them to be (and I would be frustrated and disappointed if things didn’t happen in those ways), and trying to influence them to be that way.

As a result I was often tense and stressed and in pain and unhappy. That’s because: by having expectations about things I couldn’t control, I was making my happiness DEPENDENT on people and things manifesting in specific ways.

But when I decided to follow the Bible and I really did “let go and let God”, it said that I didn’t have to have any expectations or worries…other than that I was doing my best to be holy. But before that there was tension, arguments, addictions… until that extremely liberating time when I realized that the Creator would know better than me (or anyone else) how His creation
should be run. And when I fully realized and accepted that the Bible was God’s instruction manual to us and that He didn’t leave us abandoned in this giant universe without guidance or an ability to know the truth... I was FREE.

Then the main focus of my life become: studying the Bible to see how to be...and then get better and better at carrying those instructions out. But in order for that to work, there has to be full trust and faith that it is completely true. Therefore be sure to not skip over any aspect of developing that. Because it was that complete surrender and trust that was responsible for me experiencing all of the benefits that I’m listing below (which I’m restating here because they can be a good motivator).

Some great BENEFITS that can come from carrying out what I just said

You will be INSPIRED when you see the great purpose in every moment of your life.

You will NEVER FEEL INTIMIDATED AGAIN by any thought from others or the world.

You will experience DEEP FULFILLMENT and INNER PEACE.

You will NEVER HAVE TO FEEL ALONE OR INSECURE.
You will have ASSURANCE by learning the best scientific and experiential proofs that there is a benevolent God who is involved with you and loves you.

You will NEVER BE BORED again but will find great meaning in everything you say and do (to either be enjoyed or as growth items to work on).

You will feel CONFIDENT that you will be able to handle in the best way any confusion or problem that might arise.

You will experience the SECURITY of having a perfect internal and external guide for the BEST LIFE POSSIBLE now.

You will gain POWER over any negative inclinations or impulses that might come through you.

You will have GOOD SELF-ESTEEM.

You will feel ASSURED about life and also about death and what happens afterwards.

You will learn how to find rest in the ULTIMATE OASIS in this world.

How to be happy

Here is just one thing that the Bible says about happiness: Proverbs 3:13,4,5,7-8, “Happy the person who finds wisdom, the person who gains under -

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standing! For her profit is better than gold and none of your choice possessions can compare with her. Her ways are pleasant ways, and all her paths are peace; She is a tree of life to those who grasp her, and happy the person who holds her fast.”

And it’s true. There are many testimonies that will say that. And the main point of this book is to give you that wisdom and understanding.

I was free, liberated, happy and unwaverable from these things by anyone or anything in the world. That is how sure I was (and still am, 24 years later). Those benefits have mostly been my experience... whereas previously it was just the opposite. I was imprisoned by my expectations of how life should be (even if that meant me deciding to be imprisoned by some other person or group’s approach) and my struggles to make it that way.

Let me point out though that this doesn’t mean you can feel those things in any environment or relationship. People will still have an effect on you because we are sensitive to one another and in some senses we are interdependent and therefore some expectations are normal and natural. But, what it does mean is that we will have access to the wisdom and inner movements that will more quickly move us out of toxic environments and toxic relationships or at least show us the best way to deal with them.
I hope you are getting the picture here. **You will be moving into a very new world and life** (that’s why they call it “born again”). **That shouldn’t be a hard choice if the old one wasn’t working.** And in this new life you will have a solid, underlying support that you can always (and will frequently) fall back on as you encounter the many things of this life (inner and outer). That support is the Bible (and all that it says), the Holy Spirit, and the Creator of this universe. You will feel happy, confident and secure knowing that you have this support no matter what you encounter… seeing either a lesson or a blessing.

Another point that **I should make here is that just like in being born the first time, these transformations can happen quickly.** That was the case for me. Also I just saw on the 700 Club a man who was a Muslim and a drug addict for many decades. But once he became a Christian he was immediately released from his drug addiction. And I’ve seen many such stories on the 700 Club and other Christian television shows and in my personal life.

**How A Recovering Person Finds Support**

(1) **You first find inner support from God through the techniques I’ve taught in this book.** The strength, inspiration and guidance that God gives is the basic foundation for all support and all attempts at permanent recovery and a quality life.
(2) You can find and join support groups who are either good at the skill in “(1)” or who place as a very high priority working at acquiring or further developing that skill. At first, a recovering person should just try to be around people who have a high respect for God and make no derogatory statements about God and religion. After a person is developed in that skill, they can then put themselves in positions where people are talking it down. In those situations a person can then defend and explain the skill to others, which makes them even more clear and strong in it.

(3) You can make individual friends out of those groups who you can phone, email or get together with to mutually share your struggles, discoveries, interests, questions and successes in your quest to understand and be in union with God, to be clean and sober, and to have a high quality life. These can be already existing relationships… but only with people who are sincerely supportive of your current quest.

(4) You can find support and paths for advancement through the Bible, my writings and the methods of this book. And you can often learn something new in review. Also, when you read, notice if you are fully grasping every word or not. You might need to stop and dwell once in a while. Don’t let words just fly by while thinking.

(5) You can find support and paths for advancement through the writings of others and in wise media. But be careful here.
(6) You can utilize me for personal coaching (through phone or email). For information e-mail me at Dennis@AddictionFreeForever.com.

(7) You can join a church community or group.

Here is how to fulfill # 7.

**How to pick a church community or group**

The purpose of this book is not to discuss which church or theology is true or best, but to give you some pointers on how to find a supportive church community(s) and/or group(s) to help in your recovery and Christian growth.

When picking a church community or group there are seven things to keep in mind:

(1) Your primary relationship is with God.

(2) No church community or group is perfect.

(3) We are called in many places in the Bible to be in “one” body.

(4) There are many places in the Bible where it says that dissensions and factions are not God’s will.

(5) God’s purpose with humanity is to bridge the gap between free will beings (including Himself) and bring them into a unity of love and harmony.
(6) The Bible says that we are to be in a church community. (See Hebrews 10:25 below).

(7) Jesus said we are to worship in Spirit and in Truth and to be baptized and make communion (“Do this in remembrance of me”).

The conclusions that can be drawn from this are: Even though all church communities are imperfect in some way, we still are told to be involved in one (because God’s goal with humanity is to create a community, not loners. He wants us to come together and work out the problems that come with having a community, not run from them).

The Bible says in Hebrews 10:25: “We should not stay away from our assembly, as is the custom of some, but encourage one another.”

Now, imagine if all Christians were united as one (as Jesus prayed for)… how powerful a witness and a political force that would be. So do we as “one” Christian body have a big faction sin problem today? You bet. So then how will it be resolved? Well that isn’t something that is going to happen soon, and yet you must make a decision as to which church community(s) or support group(s) you’re going to be a part of. That is something that can happen soon.
I think that as someone in recovery you also need to look at it from the personal perspective. That is, **how will you meet all of your spiritual needs** ...a place to learn, pray, fellowship, serve, etc.? I personally came back to Christianity through a church where the Bible was loved and heavily studied and I’m very thankful for what I got there. It was a place that was a real community. People stayed around after church and talked or went out to eat together. There were many satellite Bible studies in people’s homes during the week. Every sermon was taped so that they could be listened to during the week. There were church services both Sunday morning and evening that were different (helping to keep the entire Sabbath day holy). You had many friends from the church with whom you could talk about your life and Biblical growth with and who you could form purer human relationships around. We talked to each other often using Bible quotes, which further solidified them in us. There were many ministries and social involvements. There was a gymnasium and childcare center. There was a bookstore, a huge religious library, and a religious college. There were a lot of ministry opportunities. There were many events. There was not only an interest, but also a passion to learn what was in the Bible and apply it to our lives. And as a result, I learned a lot about what was in that valuable book and how to be a Christian.
Chapter 6

A good church group is very rich soil for support in which to grow your new heart, mind and clean and sober life. It can make that process and life such a joy. For worship, because of the contemplative prayer technique that I taught, you might be drawn to a more prayerful kind of church service.

My advice is let the Holy Spirit and the Bible be your primary guides. Don’t ever go against or deny them. Process everything through the sense of truth that the Holy Spirit gives you. Then in terms of church communities, see where it guides you. You might like to be involved in a couple of different church communities or support groups simultaneously. But my primary objective with you here is to get you connected to God in mind, heart and Spirit. Then after that foundation is laid, you will best be able to determine which church communities and groups are most in line with the Bible and best for things like participating in a contemplative, prayerful, Holy Spirit experience, fellowship, ministry involvement and learning Truth through deeply delving into the Bible, etc.

Also, watch various religious programming and see what shows seem right for you. You can learn from them all. One thing that I love to do regarding television is that I tape the 700 Club everyday and the “Living The Life” show that’s on before it. In that way I’m guaranteed a God-centered source of television and news. The secular news
shows are just too focused on negativity and the bad things in the world. Whereas, the 700 Club gives a nice balance and a Christian focus. And “Living The Life” is both entertaining and informative. Then because I have this recorded, I am free to not be stuck watching negative television when I feel like watching TV. I can then see if there’s anything good on other channels but not be dependent on them for watching TV and getting news.

But don’t approach television with the blinders on and just accept whatever you hear as truth. Always refer to your own Bible reading and studies as well as the Holy Spirit. See your involvement with religion as an adventure of discernment through the Holy Spirit (as I’ve taught you to hear Him).

And remember, as you become more mature, you can (and should) be a contributing person to the growth of the church community you’re in.

In the final analysis... it’s between you and God within you. And that relationship is what this book works to develop in you. Take what I’ve said and wrestle with it in prayer (primarily being a good listener) and see where God leads you. Experiment. Then let peace and inSpiration rule. Also, take time to study what different churches teach directly from their source rather than just relying on sound bites and hearsay about them,
which can be and often are wrong. One idea is to look up various churches on the web and find their official websites to find what they teach, or go directly to a local church and visit ... all the while letting the Holy Spirit guide you into what is true and good and what isn’t. Try not to ever override its feedback. And learning about theology should be fun and interesting.

Our primary relationship is with the Holy Spirit and the Bible. And if we aren’t sure about something, we should just say “I don’t know”, as opposed to making a stand about something that we’re not absolutely sure about. There are plenty of things that we can know just from directly viewing the Holy Spirit in our heart and seeing what happens when we obey what is in the Bible.

For additional help with recovery and growth and assimilating and practically applying what’s in this book, there are exercises in the *Addiction Free Forever Workbook* (which you can get at www.AddictionFreeForever.com/orders.html) that take you through a personal inventory of where you are at when starting this journey of transformation, where you want to go, and chronicling how you get there as you get there.
Chapter 7

Achieving And Maintaining A Clean Inner State

Continued Personal Growth

This is the clearest, most concise way that I can describe growth. It is said that of our mental functioning, our conscious mind makes up 10% of it and our subconscious mind makes up the remaining 90%. This has to be somewhat of an accurate approximation because there are so many physical, mental and emotional actions going on in us simultaneously that, in our limited conscious capacity, we couldn’t possibly concentrate on each one of them and do them all at once. So we must rely on the computer-automatic-pilot-functionability of our brain.
The automatic responses to stimuli that are stored in our computer’s memory banks have been programmed in over the course of our lives. But like any new computer, there are many functions that it must immediately perform, and therefore the bulk of its programming is required to be done in the early stages of our life (when many particular responses are immediately required for the basic functions of living). After the initial responses are programmed in, it then becomes a matter of ‘editing’ if you want to change them. And any computer programmer or operator will tell you that editing is much harder than programming (still, that’s the situation that we’re in, which is why I showed how to do that in this book). Nature has seen to it that all of the programming needed by a person will naturally and properly occur at its proper time. But nature’s timing of when this programming should be done and its predetermined contents (which are in tune with nature’s optimum design) can be undermined by hostile, tragic, unnatural, unwise, demanding, pressuring environments. So what happens if, after a life of bad programming, we’re somehow lucky enough to change to a higher environment, or we come upon a large volume of wisdom (such as the Bible) and we want to transform to the higher planes? (This happens with drugs too. Drugs, especially the heightened-awareness drugs, may give us visions and experiences of higher, more
relaxed planes to live on, and then, after experiencing them, we don’t want to go back and live on the lower planes that we’re normally on. This is one of the problems with drugs. That is, we’re normally supposed to have our eyes opened gradually so that the inspiration from these realizations will lead us to subconscious and behavior changes that we can realistically edit in without being overwhelmed). So now the dilemma is this. We’re sitting on a higher plane recognizing the ugliness of some of what our automatic pilot pushes out (speaking of gradual realizations, how many even realize that these ugly impulses within us [with the exception of the ones that are due to selfishness] are inanimate recordings that were recorded in us under pressure, and are not really us, and therefore we should not take them personally or identify with them? [But we do need to take responsibility for having them and for the aberrant actions that they produce]). What can we do to transform them?

I equate this with having an unclean pond filled with worms that are creating havoc within and without, and we are sitting on the banks of this pond. (The ‘we’ in this analogy is the conscious mind, the pond is the subconscious, and the worms are the dysfunctional programs that are within it). What we can do is just sit there and pluck out the worms as they show themselves, and get rid of them. (Many times you won’t have
to reprogram something in though because ‘what comes naturally’, in the given area, will do that by default and will be the optimum replacement. And, vice versa, when you program something good in, it automatically will push some worms out that are trying to occupy the same space that it’s going to occupy). This whole process is just recognizing the lower-consciousness attitudes, perceptions, inclinations, concepts, impulses, emotional responses, philosophies, beliefs, values and interpretations that we have, and replacing them with greater wisdom that we’ve come into contact with. Simultaneously, we should be seeking higher and higher wisdom, because this will automatically motivate and energize ‘worming’ expeditions.

Keep in mind that our responses and feelings are based on what’s going on in 100% of our mind, not just the 10% which is the conscious mind, plus what’s pushing on the surface of the conscious from the subconscious. You might ask: “is there a quicker way to clean out the pond than plucking each worm out individually?” The answer is, yes. Brain physiology tells us that all of the data in our subconscious mind is intricately networked together. Therefore certain beliefs are foundational and common to a number of attitudes and spontaneous responses. So if you change one belief, you simultaneously alter many other related attitudes and responses. It’s like, if
you kill the queen worm, many more will die. Also there are higher and more condensed forms of wisdom that in a few words contain many paragraphs of knowledge. After all of my searches for experiential and intellectual wisdom (which have been extensive and many, have spanned almost 40 years, and have included most of what this world has to offer) I wish to make this statement to you: the Bible has the highest and most condensed wisdom on this planet. The speediest way to grow that I’ve experienced is to study the Bible. Also, just opening it and randomly reading it is good. This exposes you to new vistas that you might not have thought of checking out. Plus, like all other things that get you high, it’s a quick change of ‘frame of reference’ and, therefore, change of experience.

(As an aside, before moving on, let me say this about the Bible and people accepting what I’m saying here. One thing that my attempt to “turn people on” to the Bible has to battle is the bad PR that the Bible has gotten, due to screaming preachers, lifeless church communities, pushy evangelists, demons working to discredit it, and sinning/hypocritical preachers and people who call themselves Christians. I too was anti-Bible and anti-Christianity for many years until my eyes were opened).

The New Testament and Proverbs are the best places to start. They deal with your present life
circumstances, whereas the Old Testament is mostly history and examples of God’s principles through the lives of others and His dealings with the Jewish nation. But one of those examples that is particularly interesting is “King Solomon”. In the book of “Ecclesiastes” Solomon reviews his entire life and present situation, in which he has had an extreme abundance of everything that this life could possibly offer, including: money, gold, jewels, slaves, wives, alcohol and drugs, wisdom, knowledge, power, fame, etc. His final conclusion is that He considered all of these to have been inadequate in being able to bring him fulfillment, and that only a right relationship with God was able to do that (this also has been my final conclusion).

Also, get involved in a church group that teaches the Bible literally and has a good, knowledgeable teacher who can illuminate and clarify what the Bible is saying. I feel very fortunate to have found the church community that I went to when I first got back into Christianity. I generally came out of each service filled with love, joy, awe and a relaxed peace (and still do). This is because I had just deeply focused for one hour on the most beautiful thing in this existence: God’s word. Whatever happened while I was in there made the moment when I come out the highest point of my week. We can’t exactly see when another is receiving emotional treasures, but wouldn’t you agree that emotional treasures are the greatest
treasures of all? Isn’t that really why anybody does something special or tries to obtain something special, that is, for the good feeling that will happen inside of them, not for the action or object itself? Well when I’m focusing on God’s word, I receive great emotional treasures.

Also, by subjecting yourself to this highly condensed wisdom, you allow a spiritual worm exterminator to go into your pond and do a lot of work for you that you don’t even see being done. Logic tells us that there can be only one truth, and knowing more and more of this truth will gradually make us freer and freer (that is, free from the bondage of blindness and destructive works of ignorance). Focusing on God’s Word is the best thing that we can do. I mean, before a mechanic can effectively work on a car, he needs to read the car’s manual (that is, until he’s read and practiced its instructions enough that they become automatic). But with the Bible, there is never an end to how much you can get from it. No matter how deep you dig, there are always many useful, practical gems waiting for you.

But doing this isn’t always comfortable for the aberrant grooves of our automatic pilot. So sometimes it requires some discipline to ‘prime the pump’ and get us to go to church, or put on a tape in the car or at home, or watch a video tape (secular television won’t give you this kind of ful-
fillment), or go to a Bible study (“When two or three have gathered in My name, there I am in their midst.” Matthew 18:20).

I try to constantly be focused on God’s Spirit and His word in all of my activities and in my thinking. Not just because of a particular discipline, or just because I’m trying to accomplish something, but also because it makes me feel better than anything else I can do. This world and my mind had their shot and they failed miserably and brought me many problems. I try not to give them my time anymore. Now most of what this world has to offer, through its media, feels bad to me, because it’s so heavily polluted with ignorance, unnaturalness and evil (the “fruit” of the media is hyper-sensationalism because its “tree” is sales, ignorance and greed). The negative feelings that I used to have, in response to the sinful things in this world, I used to sweep under drugs so that I could exist in life with a pseudo-peace. But I’m living in a different Kingdom now, and I allow myself to recognize these negative feelings (they were always there anyway). But now I understand why I’m having them and why a lot of what the world has to offer is distasteful. The Bible says that God is love, but it also says that God hates sin and is grieved by it (sin is another name for what I’ve been calling ‘unnaturalness’ or ‘dysfunction’). It’s natural and optimum that we also have these feelings (whose purpose is to correct wrongs).
Get involved in church groups and live out the advice being given in the Bible. It will fill your heart to do so, and also will make you strong and happy. Plus, you will be a blessing to other natural, godly people, as they will be to you. Be in love. Needless to say, in that kind of life and experience, alcohol and drugs will be the furthest thing from your mind and would only be an intrusion. Love, prayer, service, fellowship, family, ministry and studying God’s word will become your new highs.

One thing about ‘experiences’ is that you can’t just see them in a store window or in a catalogue and pick them out. You have to try the actions that bring them on to know what they are. The tragedy about today’s media is that the actions that will bring bad experiences and destroy lives are getting the most attention. While the normal, natural ones that bring good experiences and fix lives are getting the least.

I hope that I’ve been of help to you in this book. And I very deeply and sincerely hope that I’ve persuaded you to try the approach that I’ve laid out in it. I hope that I’ve opened your eyes, given you a better direction, inspired you, dispelled any prejudices, and showed you the streams as well as the bears. And I hope that you experience the same success that I have (but of course I know that God promises you that success if you follow
His ways). As for me, well you know where you can find me, sitting by the pond hunting for worms, and then reaping the reward of being able to swim in a pond that’s getting cleaner and clearer, (as well as enjoying becoming closer and closer to the pondmaker :-)  

In the *Addiction Free Forever Workbook* there are many exercises whose goal is to help you achieve a clean inner state. Continuing in those same practices will help you maintain that clean inner state, and even dig deeper into making your state cleaner and cleaner as it clears out decades old concepts and life policy decisions that were made incorrectly due to trauma and bad influences. But this process will be an inspired joy and not a drudgery. That is because instead of being driven by vanity or peer pressure, God will be inspiring and energizing the process.

The workbook makes this easier with exercises and record keeping, in addition to living out a life that is obedient to the Bible. That is called the “purification” process.

If you have other addictions (e.g. “cross addictions”), you can see my writings for those specific addictions which include withdrawal and recovery programs for them. Also, *Sweeping It Under The Drug* addresses some of the issues regarding them.
The positive way of looking at God and His love for us

Yes, the Bible says that fearing God is the beginning of wisdom. And yes that is a very healthy help in us straightening ourselves out. But of course it isn’t God who we fear but rather the punishments, bad feelings and guidance He must give us in response to our sin. Otherwise He wouldn’t be a just or fair God. But our basic feeling about God is love… because He is perfect and loving and has a great plan for us individually and humanity in general.

But there is also a very positive way of viewing God and His motives and His sacrifice for us and His patience with our sins.

God wants to share Himself with us… that’s why He made us… because He has such great things that He’s created and wants to share… that He knows we will greatly enjoy… just like we are excited to share great things with others (as I am with my writing and ministries and music; or like telling stories or jokes… or making food… or a back or foot rub… or presents… or our work, etc.) And think about it, none of these things would exist had it not been for Him.

And all that He’s done was done in a feeling of love and the joy of relationship, sharing and giving.
So what are these great inventions of His that He’s sharing with us?

Nature, love, feelings, color, male/female, romance, the cuteness of children, life itself, a feeling of fun, music/sound, taste, intellect, peace, joy, a plan for a perfect society, a place for a perfect society (Heaven and the New Earth), the Bible (to explain it all), raw materials to be creative with and make new things out of, etc.

And through what He’s had to go through to bring these great things to us (including the suffering of Jesus), He shows how much He does care for us… in that He’s willing to not give up on us and to work with us and sacrifice and suffer for us (even though He almost gave up on us at times – e.g. Genesis 6:5-7 and the flood - because of the ugliness of selfishness and sin and how these were not what He had in mind when He made us.) Genesis 6:5-7, “When the LORD saw how great was man’s wickedness on earth, and how no desire that his heart conceived was ever anything but evil, he regretted that he had made man on the earth, and his heart was griev ed. So the LORD said: “I will wipe out from the earth the men whom I have created, and not only the men, but also the beasts and the creeping things and the birds of the air, for I am sorry that I made them.”

Therefore, we should be VERY thankful that we have such a great God (I mean, he could have been a bad, selfish God, like many past societies
have envisioned deity) who is desirous to have a relationship with us and share His great inventions with us. And we should seek how we could give back to Him in return (the main way of which is to just be an obedient citizen of His plan for a perfect society and obey all the instructions He’s given us in the Bible on how to do that).

Also, Jesus calls His followers “friends” (Luke 12:4, John 15:14,15) and “brothers and sisters” (Mark 3:35).

The Rolling Stones made a song called “Sympathy For The Devil”. Well, how about a little “Sympathy For God”... just like we’d have sympathy for a person who freely gave of themselves in love for others but was spurned.

Part time leader

There’s an important point that needs to be made here. I’ve been showing a lot of the benefits that can happen when a person becomes a Christian, including freedom from addictions. But that phrase “when a person becomes a Christian” is very broad and can include a lot of approaches that don’t really accomplish becoming and being a Christian. So now I want to narrow it down to what it really takes to become and be a Christian and achieve the benefits that I’ve mentioned.

I bring this up because we probably both know many people who say they are Christians, but
who still either have problems in their life or sin habits or emotional problems (based on how they are viewing what is happening in their life). Why is that? Haven’t I been saying that becoming a Christian will rid you of those problems? Yes I have. So then where is the error here? The error is in the understanding of what it means to be a Christian and how that affects their actions, priorities and thinking.

The general understanding of what it means to be a Christian has been wrapped up in this phrase: “Making Jesus your lord and savior”. But many people who say that they’ve done that still have inner problems. Why? 

It is because they’ve either made something or someone other than Jesus the leader of their life, giving them and not what Jesus says the biggest influence over what their attitudes, thoughts and actions will be (e.g. a denomination, a preacher, a religious group, a religious approach, a secular group, a secular approach, a relationship, a family, friends, themselves, their subconscious, etc.), or they’ve put Jesus in the position of being a part-time leader of their life. Neither of those approaches can guarantee the benefits that I’ve spelled out.

In Christianity, the people who take the “part-time” approach have been called “cafeteria Christians”... that is, in a cafeteria you choose a little bit of this and a little bit of that but leave some of what’s being offered unchosen.
Only making Jesus the leader of their lives 100% of the time will work. I’m talking about a real giving up of the reins of your life and doing what He says.

But I’m also saying how liberating that was for me. I mean, would you rather be the driver of a car in a foreign country, or would you rather relax as a passenger and let someone who knew exactly where to go do the driving? Well, that’s what Jesus is offering. But you then have to come to the point where you are never a back seat driver. That would implicitly be saying that you don’t trust his judgment.

Now, does giving up the reins of your life to Jesus 100% of the time mean that you’ll have to be perfect in order to receive the benefits that God offers you as a Christian? No. All God expects is that you try your hardest. So now we’ve got a new phrase to examine. What does “try your hardest” entail?

For one it means obeying the First Commandment: “You shall not have other gods besides me.” Exodus 20:3. Most would say that they don’t place any other gods above God. But in fact they do. They just don’t call them “gods”.

I gave a number of examples of people putting something above God: a denomination, a preacher, a religious group, a religious approach, a sec-
ular group, a secular approach, a relationship, a family, friends, themselves, or their subconscious. And I could add many other examples to this: sports, a sports team, sports stars, television (which I call “the secular church”), movie stars, music stars, people, etc.

All these examples play the role of a god in many people’s lives in that they let these examples dictate what they should do over what God says they should do... including worshipping them and giving them praise and being more interested in them instead of God and His instructions on how to live.

Another characteristic of a full-time Christian is that they spend all of their time in (or having as their top priority trying to be in) God. And that makes the air that you walk in feel different. My best attempt to describe this difference would be: it feels thicker, more peaceful, more comfortable, spiritually solid and brighter. (Sounds a little bit like what people try to get with alcohol and drugs). The Bible says that we are to “Pray without ceasing”, 1Thessalonians 5:17. Obviously that doesn’t mean verbal prayer, but rather it means that we walk with a continual awareness of the presence of God (and His love and peace) within us and around us.

I mean if you love someone, (and as a Christian you say that you love God), wouldn’t you want
to be with them at least a lot of the time... especially if they are perfect as God is?

And there is a “feeling” that comes with just being around someone that isn’t there when they aren’t there. We’d also want to have one inner eye always on the lookout for God’s feedback and guidance appearing within us.

I mean, if you respect God as being perfect, then who wouldn’t want to follow the directions of a perfect coach? What a blessing that is to have... especially if you’ve messed up in your life and need a perfect coach. (Once again, keep in mind that I said that we wouldn’t need to be perfect at doing the things I’m saying here, but these things would be our highest intention and our goals).

Another attribute of a Christian is that you are **excited** about your relationship with a perfect coach who **IS** love and **peace**... not only because that relationship gives to you the great gifts of perfect order, love, peace and a hope of a perfect heaven in the afterlife and offers you the opportunity to attain those attributes, but also because the world you live in greatly lacks those attributes of love, peace and order. And because you see that giant need in the world, you would barely be able to contain your excitement and would ground it in a ministry of some sorts. God will even help you in this: Philippians 2:13, “For God is the one who, for his good purpose, works in you both to desire and to work.”
Also, in comparison to a perfect God, you would see more fully your shortcomings and be ashamed of them and therefore want to do something about eliminating them. That means that you would have a zeal for continual study of the Bible and reprogramming your brain with its great wisdom. And that Philippians 2:13 verse I just mentioned doesn’t just mean desiring to do good works in the world. It also means desiring to work on yourself, which God will also help you with internally.

But remember, studying the Bible is useless unless you act in accord with everything you read. James 1:22, “Be doers of the word and not hearers only, deluding yourselves.” There are many people who think they are religious but their actions say otherwise.

And in our relationship with the world, we must try to not take on its off ways, as well as shed the off ways that we have picked up over our lifetime. James 1:27, “Religion that is clean and undefiled before God and the Father is this...keep oneself unstained by the world.”

Now I’ve mentioned that you don’t need to be perfect in order to fulfill all of this and receive the benefits that Christianity offers (although, the closer you are to perfection, the greater the benefits will be).
So then what is the optimum approach here? 
Well if you push yourself too hard you might 
violate a very important and even key principle 
in the Bible: “If I have the gift of prophecy and com-
prehend all mysteries and all knowledge; if I have all 
faith so as to move mountains but do not have love, I 
am nothing.” 1 Corinthians 13:2. It doesn’t say you 
are 50% or 20%, it says “nothing”…0%. So whatever 
we do it must be in love.

That requires another clarification. “Love” has a 
number of Greek words for different manifesta-
tions of it (two of which are used in the New 
Testament: agape and philia). Here are 5 defini-
tions that although are different in meaning, all 
read in English as the word “love”.

**Agape** is a pure, ideal, self-giving, divine love. In 
the New Testament this is the verb used to 
describe God’s love for humanity. It carries with 
it a feeling of “high”…that is, a heightened state 
of peace and love, with the higher, more intense 
manifestations being bliss and ecstasy (which, as 
I’ve shown, can be attained without drugs). The 
Bible even says that God IS this kind of love. 
1John 4:8, “Whoever is without love does not know 
God, for God is love.” 1John 4:16, “God is love, and 
whoever remains in love remains in God and God in 
them.”

**Eros** is passionate love, with sensual desire and 
even longing. Plato expanded this definition to
include an attraction to beauty. This is the other state that is expressed by the word “high”...that is, a heightened, passionate state of yearning and connection to someone or something. It could be music, food, sex, etc. Eros has been said to help the soul recall knowledge of beauty, and contribute to an understanding of spiritual truth. Lovers and philosophers are all inspired to seek truth by eros. Some translations list it as "love of the body" and that is how it is mostly thought of, but Plato’s definition includes all passions.

**Philia** is friendship based on having common interests.

**Storge** is associated with family love.

**Xenia** is hospitality.

In general, love is the glue by which unattached beings and things are bonded. In the bond and in the bonding process there generally is pleasure and joy. In the breaking of the bond there generally is pain or apathy (loss of interest or excitement).

The Greek word for love for the verse that I stated recently is “agape”. Putting agape’s definition and meaning into that verse means that in everything you do, you do it with the “peace” of God in your heart and a humble willingness and even an eagerness to bond with God and others (but only within holy boundaries). That is what keeps
you out of the “nothing” territory. Agape is how God bridges the gap between spiritual beings into a unity that is physically impossible. And in Heaven that unity will be complete and unpol-

Another way to gauge if you are in peace is to see the connection between your head and God in your heart as a tube that flows energy to your head from God. And when you are in “holiness” (i.e. obedience to God’s ways and in agape), you will feel a comfort in your heart, head and the tube and it will feel like your head is being kept in an energized comfort. If your head starts to feel drained, then you know that you left holiness and need to turn to prayer to reconnect. That prayer can start right where you stand or sit…or you may have to go lie down and pray to bring yourself back into a holy state. And remember the idea here is not to control (including your thoughts, body movements and facial expressions), but to surrender to God and His peace.

So now you see the high standards that come along with being a Christian. But these lofty goals are very beautiful and ones that God wants you to attain and that even are necessary in Heaven. Therefore you should take them very seriously.

This new life in God is the better “yes” that I talk about on the cover of this book.
And remember, peace...or I should say “agape”... always comes first. I’ve made a Love Test Card that spells out all the places in the Bible where the attributes of agape are described (e.g. gentle, patient, etc.).

You can get this Love Test Card on our web site at www.AddictionFreeForever.com/orders.html. It’s nice to carry it around in your pocket or purse and pull it out every once in a while and see if what you are experiencing in that moment is agape. It also will help make you more of a Bible expert, which is the highest and most important kind of expertise to have in this life, because after that, “ALL things work together for good” Romans 8:28. (Given that realization, isn’t it amazing how few people put that as their top priority? No wonder the world is so off).

So I wish you all the best in your endeavor to elevate yourself and your life and I sincerely hope that I’ve inspired and helped you. :-) Email me at Dennis@AddictionFreeForever.com and tell me of your successes. I’ll be happy to hear from you.
Appendix A

Getting Through Withdrawal

So now, let’s deal with the hardest part of making the transition from ‘being attached to drugs and living a saccharin, problematic life’ to ‘living a happy, natural, satisfied life’. That is, getting through withdrawal. This is the hump that, once gotten over and into a natural lifestyle, it would be very hard (if not impossible) to go back the other way. A lot of determination, inspiration and commitment are needed to get through withdrawal, as well as a lot of support from others. If a person going through withdrawal doesn’t have supportive people around him or her, he or she should seek them out. There are many of them out there in anti-drug support groups, personal growth groups, hospitals, clinics, church communities, etc. The purpose of these support groups is to keep a person knowing that they are doing the right thing and why. Plus there is strength in agreement. And strength will be needed because there might be some initial suffering that must be endured, and it is very helpful to have strength and knowledge to get through the suffering and over the hump. But it’s worth it because once over the hump you won’t be physically pressured again to use drugs.

Also, although the withdrawal methods in this book are simple and standard, it is recommended that you confer with a medical doctor who is familiar with your medical history and present condition before you start
the withdrawal process so as to determine what your body can safely handle.

Although relatively mild, I’ll use sugar withdrawal as an example. It goes like this. The body will give a person who is addicted to sugar a craving for something sweet. If the craving is not satisfied, a headache will start to come on as the blood sugar level lowers. And it will increase in intensity the longer that the craving goes unsatisfied. At this point there are a few choices, one of which is to eat something sweet. But this will eventually lead to the low blood sugar headache again if the sugar addict does not continue to feed it. Thus this sugar-hyperness/insulin-fatigue roller coaster becomes a way of life. But eventually, because the body wasn’t made to operate this way, the organs involved in this process will start to break down and this will lead to hypoglycemia and even diabetes. Another potential problem that is often suffered along the way is obesity, as colonies of yeast feed off of the sugar that is supplied to them. This often happens when the “good yeast” in the body is rendered helpless against the “bad yeast” during times of stress or antibiotic use. Now let’s look at the other choice.

The other choice would be to not satisfy the sweet craving and decide to get off of the roller coaster. What then ensues is: the headache gets worse and worse and maybe lasts for three days. So like
with other sicknesses, take some ibuprofen and take a bunch of naps. And when this process is over, you’ll come out on the other side with a stable blood sugar level and a much better feeling. You won’t crave sugars, you won’t have so much fatigue and headaches, you’ll probably lose weight, you’ll be in better moods and be more productive. **Now aren’t all those positive benefits worth going through the withdrawal symptoms?** And....never go back to overusing sugar again. Don’t even tempt yourself by toying with the possibility. You can wean yourself off sugar using fruit juice and frozen fruit juice but eventually try not even have much fruit juice because that is not how nature optimally intended us to assimilate fruit anyway. The roughage of fruit is there so that the fructose can be slowly assimilated into the body...not as a sugar rush. The heavily processed and condensed foods of today are not in tune with your body’s design. Try to eat foods in the most natural form that they present themselves in. If sugared foods burn your throat or give you stomach aches, see these as natural warning signs that these things are going to do your body harm. But of course, because the body adapts to addictions by lessening the harshness of the initial feedback it gives to try to make us not use addictive substances, the addictive person has a much lessened sensitivity to the body’s messages of how bad these substances are for it. But, after the sugar withdrawal, your taste buds will change back to a sensitivity to those mes-
sages and not like the overly sugary foods because they will taste too sweet, which will be unpleasant. And you can maintain this sensitivity if you don’t get into the habit of this kind of eating: see it (almost whatever it is)...open your mouth....and shove it in...trying to mask the inner messages for either social reasons or addictive “needs” or other kinds of frustrated needs.

**Psychological vs. Physical Addiction**

Now there are psychological addictions and there are physical addictions. And there are things that a person can do to help them withdraw from the momentum of either type. The length and the intensity of the withdrawal will depend on the length of their addiction and the power of the drug(s) they are addicted to. But whatever it takes, get through it. No matter how painful it is, you will make it. Many others have. Just accept the pain and see it as the penalty that you have to pay to nature for abusing its ways (of course, there are things that you can do to make it more bearable, which will be described in this chapter). Once it’s over, it’s over (that is if you’ve set up a natural environment and lifestyle). Besides, consider the alternatives: A lifelong drain of money, effort and health; inevitably having to go through it anyway; possibly death; the possible after-death consequences of suicide and/or a wasted, abusive life; missing out on high-quality living, losing important relationships, etc. And there are more.
Write down all of the pros and cons for going through withdrawal, and then talk yourself out of all of the cons and into the pros. I do want to restate here that you can’t say no to drugs unless you have something more powerful, inspiring and satisfying to say yes to. That’s why I spent a great deal of time in this book about drugs spelling out the specifics of ‘the natural lifestyle’. That is because it is the only lifestyle that our emotions will honor with peace and satisfaction and won’t dishonor with the emptiness, enturbulation and dissatisfaction that leads us to drugs.

If you’ve decided that you’re going to go through withdrawal and get it over with before beginning this book’s methods, here are a few suggestions. It might help, or even be necessary, to use a medically oriented facility that is designed to help you get through the physical part of withdrawal. It can give you an unencumbered environment, support, medicine, monitoring of your body functions to show progress and help in custom-designing your withdrawal program, an environment free from demands, pressures and people who might want to influence you in the other direction, a commitment that you are going to make it through and not be interrupted, a staff to talk to, not having to be around people who you’re usually around and therefore not feeling the pressure to keep up your usual ‘act’ (which you might be too weak for anyway), being around other people who are committed to rid-
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dissing themselves of drugs who you can share mutual support with, etc. The idea is that once you check in, you’ve made a commitment that you are going to finally rid yourself of drugs, and you won’t have to deal with any counter-intention or wavering by yourself. You’ll have a very focused environment and time to really devote to your goal of being addiction free. Withdrawal can be difficult, and once you get to the point that you’ve made your commitment, you want to do everything that you can to ensure that you’re going to succeed. Protect your commitment and your plan to make a better life for yourself and those who are close to you. Also, medical insurance would possibly cover a stay in a rehab facility.

Once you get the psychological and physical resistance to a lower level of intensity (or if you’re starting out there), here are some things that you can do.

When you absolutely feel like you can’t stand the tension from fighting off your body and mind trying to get you to go back to drugs, get up immediately and go out and do a fun form of exercise (basketball, tennis, bowling, golf, etc.). You’ll relieve the tension, and focus your mind on something other than the pain while your body is healing and transforming to a more natural and healthy state. Plus it will speed up the physical process of eliminating built up toxins through sweating and faster rates of blood flow, respiration, etc. But don’t satisfy the tension by
resorting to the drug. The feeling of wanting the drug feels very real and natural, but it’s not. If it were, we’d all feel like we had to have cocaine, alcohol, cigarettes, heroin, etc. This feeling comes from an ‘adjusted’ body to stay in the groove that it’s created (i.e. new enzymes, cell changes, internal chemical changes, etc.). The body initially makes these changes because it wants to lessen the intensity of the shock and unpleasant reactions to drugs that it would naturally have when it is normal and sensitive (in the case of physical addictions). In the case of psychological addictions, it wants to avoid facing suppressed messages and emotions.

If you make it through the withdrawal period, and if you’ve learned how to create a natural lifestyle (which won’t create a desire for drugs within you), and then you create it, you’re free. But ‘feelings’ are a strange and delicate phenomenon. Only the person experiencing them knows the intensity of the resistance that he or she is dealing with. This is why another person can’t just tell someone to do something and expect that they can do it. This is why each person who wants to rid themselves of drugs must oversee his or her withdrawal and transformation plan, and continue to adjust it in midstream. But in this book I’ve given all of the tools necessary for anyone to form a successful plan to rid themselves of alcohol or drugs and to achieve happiness and fulfillment in life.
Dealing with the Tensions of Withdrawal

Here are some of the actions that a person can do to help them deal with the short-range tensions of withdrawal: exercise, games, massage, sleep, conversations, nature outings, formal meditation, spot meditation, community service, church, involvement in community groups, music (playing or listening), classes, tapes (audio and/or video), television (but limit this to only programs where there’s a natural feeling. Say no to ‘junk TV’, which is a lot of it), going out, or whatever else that you can imagine (as you can see, I’m not really advocating withdrawal, but rather: withdrawal/replacement). But do get through physical withdrawal once and for all, and don’t ever flirt with the inclination to go back to alcohol or drugs.

But, once again, the experience of the new natural life that you are building (environment, relationships, jobs, ways of relating to your insides, ways of relating to others, etc.) is what will ultimately free you from drugs permanently because you will be happy and satisfied with your new life and enjoying the good feelings that come along with it. I mean you’re not going to opt for dog food if you’ve got a refrigerator filled with prime rib.

Keep A Daily Record So You Can Be Motivated By Your Progress
As you go through withdrawal, keep a daily record of your cravings (grading them on a scale of 1 to 10) and the activities you do that are recommended in this chapter (as well as any others you come up with). Listen to my New Beginning and Tenderly CDs with headphones (because they are very soothing and can transform you to a good state). (You can purchase these on the web at www.AddictionFreeForever.com/orders.html) Or listen to whatever CD that puts you in a good state, or even just kills the time during the initial more difficult times during withdrawal. Exercise is good to sweat out toxins, get your body into shape at a faster pace, and to release tension. My personal preference with exercise is if it is associated with a game. That helps take my mind off of the work and pain aspects of exercise. So with that idea in mind, another exercise option for those who are healthy is a Dance Dance Revolution mat. It’s fun and you can do it at home, indoors. Also, computers and the internet can be a great and fun focus. Play solitaire, do Google searches about things that you always wanted to know about, join chat groups, make web pages to let the world know about what you do best and have to offer, see what other people who are into life transformation are posting, do some of your favorite hobbies and activities, spend time with your family and friends, volunteer for service work of helping others (helping others can be surprisingly transforming and gratifying), develop some talents you’ve always
wanted to - like music or art, take classes, go to some of your favorite events (you don’t want to stay at home alone and have a “pity party”), etc.

There not only will be a withdrawal from alcohol or drugs, but there also may be a withdrawal from the old ways to the new ways while you wait for your brain grooves to form new automatic pilot promptings. But keep in mind that the withdrawal phase is only temporary and that brain grooves are inanimate, like a computer. Therefore you’re not changing the essential you, you’re just changing a physical brain and body and how they prompt you to do dysfunctional things. Also, feel free to take as many naps as you want and can. Naps can be very refreshing and stress releasing.

(Speaking of “naps”, here is a newsletter I wrote to give withdrawal tips. This is an excerpt from Tip #1).

Freedom from alcohol or drugs begins with stopping using them. But obviously a person who chose to use them in the first place did have a reason for doing so. And a person who continues to use them still somehow sees that as better than not using them, regardless of the consequences. But then you can get "stuck", either physically or psychologically, and be dependent on them.

Ending this dependence on alcohol or drugs requires two things in order for this ending to be permanent. (1) It requires coming to a point of

Appendix A
not FEELING any inclination to use them. To get to that state requires going through a process of doing what it takes to have an inner state that is strong, content and fulfilled. The Addiction Free Forever program shows exactly how to do that. (2) The "stuck" situation must be ended. That ending process is called "withdrawal". The degree of how much a person is stuck varies from person to person and therefore their approach will be different. The Addiction Free Forever program is unique in that a person doesn't have to immediately end their drug and alcohol use to get through the program. But of course they will be off of them once they are "strong, content and fulfilled" as a result of doing what the program says. In fact, they will see drugs and alcohol as repulsive and an unwanted invasion of the better life that they will be having.

Now, in dealing with the "stuck" situation, there are a number of ways to make the withdrawal process go smoother. It is first good to recognize that the body and mind have a "homing instinct" and will naturally gravitate towards health once unhealthy things are stopped from entering them. But it is also important to recognize that the body and mind have gone through some alterations in order to lessen the harshness of alcohol and drugs. That is, the body and mind may have at first given harsh messages that they didn't want alcohol or drugs to be used (e.g. nausea, paranoia, hangovers, etc.). But if a person
persists in using them, then the body and mind will do things to try to lessen the harshness of its messages. And those "things" can include: lessening awareness of the harsh messages; arguments that justify continuing to use alcohol or drugs; change in body functions; etc. So these new states now have their own inertia that have to be reversed.

All that is to say: it might feel uncomfortable and even painful to stop using alcohol or drugs. But that is only at first. Therefore, when ending alcohol or drug use, you can know that the uncomfortableness and pain are only temporary. And if you create a great inner and outer life (like the *Addiction Free Forever* book shows how to do), they never will have to be experienced again.

The body healing itself will tend to either need rest or activity. The activity releases tensions and toxins. The rest is so that the body can work on itself without having to use energy for anything else. So, the 7 tips that you will be receiving will fall into one of those categories, as well as ways to take your attention off of the uncomfortableness and pain. The first tip will be in the category of "rest" and is a very simple one.

Tip #1: Take as many naps as you feel to. And if possible, take them as often as you can...whenever you feel to. Similarly, give a high priority to sleep. And don't forcefully think when you nap. Just try to relax your mind. But don't try to forcefully stop it also.
Appendix B

How Big Is The Drug Problem In The United States?

How big is the alcohol and drug problem in this country? It is HUGE, when you consider the following.

CRIME: 25% of all prison inmates are there for drug related crimes. 16.4% are in prison for committing crimes to get money for drugs. 47% of crimes were committed while a person was on drugs or alcohol.

SEX: A lot of the sex outside of marriage wouldn’t happen if it weren’t for alcohol or drugs being used to try to drown out guilt and fear (which are nature’s feedback to try to stop us from doing something against its perfect order). And nature does other harsh things to try to stop sex outside of marriage. USA Today reported that shockingly, 1/2 of everyone under 25 years old in the United States has had an STD (Sexually Transmitted Disease). The U.S. Dept. of Health reports that there are 1.1 million current cases of AIDS/HIV in the United States. (So obviously, it needs to be recognized that nature is hostile towards sex outside of a monogamous, heterosexual marriage …which is the only sexual set-
ting that nature doesn’t punish with sexual diseases). Then there are a huge number of abortions and single parent families, which are burdensome to the parents and the emotions of the children and society (nearly 80 percent of unmarried teen mothers end up on welfare, costing this country $7 billion annually). As for sex-without-consent, one national study showed that 75% of men and 55% of women involved in acquaintance rapes were drinking or taking drugs just before the incident. A study at the University of Georgia said that of those individuals who experienced forced sexual touching in the last year, 88.2% had been under the influence of alcohol or drugs. Also, of those individuals who experienced unwanted sexual intercourse in the last year, 92.1% had been under the influence of alcohol or drugs. Twenty-five percent of U.S. high school students said that they were under the influence of alcohol or drugs when they last engaged in sexual activity.

TRAFFIC ACCIDENTS: Alcohol is involved in 50% of all driving fatalities. In the United States, every 30 minutes someone is killed in an alcohol related traffic accident. That amounted to 17,488 people last year alone.

MENTAL ILLNESS: Half of the mentally ill population also has a substance abuse problem. The drug most commonly used is alcohol, followed by marijuana and cocaine. Prescription drugs
such as tranquilizers and sleeping medicines may also be abused.

ALCOHOLISM & DRUG ABUSE: 22 million Americans suffer from substance dependence or abuse due to drugs, alcohol or both, according to the results of the Household Survey released by the Substance Abuse and Mental Health Services Administration in the Department of Health and Human Services (HHS).

EMOTIONAL HEALTH: The general emotional health of the public is very poor, as is evidenced by the high divorce rate and a teen suicide rate that is higher than the other 26 industrialized nations combined. Other indicators of the general state of the heart of America come from its entertainment industries: the shocking and harsh experiences in the movies, the rampant dysfunction on television, and the high percent of bad feelings (and the big void of good feelings) that come out of the music industry.
Appendix C

*How this book can even help people who seem “out of it”*

What about people who seem “out of it” from using drugs or drinking? Can the Addiction Free Forever program help them? Yes. The way that a person becomes “out of it” is if he or she has their natural drives unsatisfied for more than a normal period of searching for satisfaction, over time the frustration and lack of hope from this causes them to become more dulled and depressed and even sleepy and prone to drugs to try to make his or her self feel good and not feel bad.

But, the good news here is that the continual unnaturalness that got them that way can be reversed. But that can only happen on one natural path. The process that will awaken them and enliven them and make them even feel good and excited about their life is if they first are made aware of the deep-rooted nature of their problems, then given hope that there are real solutions for their problems, and then they actually get satisfaction by carrying out those solutions. Those drives can be romantic, business, loneliness, self-esteem, God-void, etc.
About the Author

Dennis Marcellino was born in San Francisco in January 1948. To him that was a perfect time and place to be born in relationship to the subject matter of this book because he was born early enough to have experienced the innocence of the 1950’s, and then was in the city during his late teens and twenties where the beatnik movement and hippie movement were spawned.

The reason that was important is because that is when and where drug experimentation started to enter into the mainstream. Along with that came a laxity about the sexual morals that had been going on for a long time, which really, haven’t stopped since, which was just one part of a wave of pushing on the many ways that were up until that time the pillars of society. Contraception was introduced, then there was women’s lib, gay lib, etc. And that spirit of rebellion was fueled by a strong feeling that young men were being forced to fight, die and be injured in a war that many questioned its necessity. Well the momentum of that rebellion hasn’t stopped even up until today, and many have been suffering as a result of it, and even have been using drugs and alcohol to try to cope with it.
But it was good to have experienced both sides of the 1966 divide because each new generation after that was just born into the current moral chaos and are left to fend and cope with it without a complete sense of what it felt like when things were different.

Dennis too was caught up in the excitement, adventure and newness of the new movements in the city where he grew up. He was marginally involved in Beatnik activities but still pursued the (at that time) American dream of becoming a successful engineer. But across the street from where he worked in the engineering department of the Bank of America was the Fillmore Auditorium, where hippie music was in full bloom.

Having played music most of his life, he was very attracted by the music and the freedom and the spirit of uncovering the mysteries of life. Plus he got introduced to the fact that there were higher states to be had and less vain ways to be and more organic ways to eat, so he left his job and became a hippie.

His new “job” became being a musician. Job is in quotes because it was a lot of very inspired fun.

It didn’t take long for him to rise to being a member of some of the top bands of the day, which wasn’t too hard to do because many of them were gathering in San Francisco. The more famous of
the bands he was a member of were: The Electric Flag, The Elvin Bishop Group, Sly & The Family Stone and Rubicon. (Later in his career he joined The Tokens, the band famous for “The Lion Sleeps Tonight”, and had successful CD releases of his own as well, which can be seen and heard at www.DennisMarcellino.com.)

But the initial excitement aside, being a part of these movements and the music business carried a peer pressure of drug use, and later in the ’70s, drinking. He ended up using most of the drugs of that time period and when they started causing him tragedies (like losing his marriage and severe mental and emotional pain from bad trips) he turned to drinking. In fact he recalls one time when there was nothing in his refrigerator but a bottle of Chartreuse, which was a sugar laden, high proof way to get drunk quicker. Although he went on like this for years, the initial desire to discover higher truths and resolve his inner problems remained strong goals. So he reached out to many movements, psychologists and psychiatrists to see if someone could show him the way to be rid of his problems. In fact, besides playing music and trying to have fun, that was his main activity in life.

But alas nothing that he tried worked, and after 12 years of living like that he ended up in such emotional pain from bad decisions that he made that he decided to end his life. But something

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interesting happened when he made that decision. The great pain that he was suffering under just stopped. What was the message there? Even on his way to file his will at city hall he ran into his manager who told him he never looked better. And it was true, he was at peace. Why? He realized it was because he had finally released all ties to the world and every concept that he had been carrying all of his life. It was through. There was nothing to be concerned or upset about. Well, he liked this feeling of peace and decided to stick around. But when he made that decision, the pain came back. It was obvious that he wanted to release his ties to whatever was causing him this pain, but couldn’t figure out how to do that.

Well obviously he didn’t commit suicide, so what saved him? It was a supernatural miracle that happened to him which is too long to describe here but can be read in his book Why Are We Here? on pages 164-167 under “Personal Signs”. What happened there stopped him from committing suicide because it convinced him that there really was a God who cared enough about him to step in at a critical time and show him that that was the case.

But it still took a few years more before Dennis finally got the whole picture. And it is that picture that he has painted now for you in the hopes of helping you in the same way that he was helped…because since him “getting it” 24 years
ago, he has never looked back or experienced that emotional pain. In fact he has lived a VERY inspired, fulfilling and basically happy life, which he describes the attributes of in detail in this book when he talks about the benefits you can get from following this program.
If you are having marital problems and both spouses want to resolve them, I can either offer you personal counseling (via phone or email) with assignments, or I highly recommend the Retrouvaille program. And there is probably one close to you. You can reach them through their website, which is: http://www.Retrouvaille.org.

In the program I basically wanted to stick to what was going to move you on to a quality life without addictions. But if you want to know more about the issue of alcohol and drug addiction, below are some references.

In my book, *Sweeping It Under The Drug*, you can get an explanation as to what the physiological effects are of alcohol and drug addiction. It also talks about how to approach each aspect of human life (e.g. work, marriage, raising children, etc.).

Here are some government websites with a lot of free pamphlets.

www.drugabuse.gov
www.drugabuse.gov/drugpages/Methamphetamine.html
Ecstasy: www.drugabuse.gov/DrugPages/MDMA.html
Alcohol resource: http://www.niaaa.nih.gov/
www.drugabuse.gov/ADAC/ADAC1.html
www.drugabuse.gov/PODAT/PODATindex.html
http://en.wikipedia.org/wiki/Psychotropic
http://science.howstuffworks.com/alcohol.htm
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Other Products Helpful for Recovery

(1) Addiction Free Forever Workbook  $19.95
This workbook allows you to take a full inventory of your life and experience and in 10 steps takes you through a transformation to being addiction free.

(2) Why Are We Here?  $14.50
This book proves what the meaning of life is in such a way that the reader really understands it.

(3) Why Are We here? Workbook  $19.95
This workbook takes the reader through a full inventory of what they think and feel about life and in a step by step way transforms them into knowing that they know what THE truth is.

(4) Sweeping It Under The Drug  $14.95
This book takes an overall look at what addiction is and talks about all the various forms.

(5) Personal Coaching  $35/half hour
(through phone or email)

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Reviews and Quotes for
Sweeping It Under The Drug

“...frank and friendly...sincere and optimistic...not only concerned with ridding people’s lives of drugs, but also with leading them to a higher state of being and greater fulfillment as individuals...a sympathetic voice which will affect readers for the better. This book is personal rather than systematically therapeutic or a ‘pop’ treatment of a current social concern...touches upon the important factors of human life---the self, environment, relationships, mates, and others.”
Corinne Buck, The Small Press Book Review (‘feature’ review)

“I highly recommend the reading of this book as an understanding guide for all of the 12 step recovery programs. It gave me greater insight into my need for continuous spiritual development in order to maintain quality sobriety and peace of mind.”
Gloria Montgomery
Chairperson, ALL/ANON GROUP.
Founder, RECOVERY SYSTEMS and many alcohol and chemical dependency rehab centers and hospital clinics throughout the U.S. & Canada
CEDARS SINAI Alcoholism Counselor

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Constance Elliot, U.S. Dept. of Health, Washington D.C.
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