

"The Science of Being Great"



by Wallace D. Wattles

Edited by & with new material from Ellen Mogensen
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"The Science of Being Great"

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"The Science of Being Great" by Ellen A. Mogensen, www.healpastlives.com

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About This Edition: This edition of "The Science of Being Great" has been extensively edited as follows:

- 1> **Spacing & Spelling:** In Wattles' day, the high cost of book production meant that white space was minimized to the extent possible. Modern readers usually find large, undigestible blocks of text hard to read. So spaces were used to make Wattles' amazing book more accessible for the modern reader. Similarly, antiquated spellings were eliminated and replaced with their modern equivalents. Also, the use of Roman numerals was eliminated and replaced with the more familiar Arabic counterparts.
- 2> **Annotations:** Wattles wrote for the audience of his day. So he did not need to explain who certain people were: his readers would have already known that. I have added brief descriptions (inside parentheses) so that Wattles' points would be clearer to modern readers. Similarly, where word usages differed between his day and ours, I put the modern equivalents (inside parentheses) for ease of reading.
- 3> **Deletions:** There is one major deletion in this edition. Since Wattles' day, the "Science of Phrenology" has been discredited. Phrenology taught that one's intelligence was directly related both to the size of one's skull and to the location of "bumps" on the skull. In Wattles' day, Phrenology was at the height of its popularity... so much so that Wattles felt it necessary to discredit it because it was contrary to the points he was making about greatness. This is no longer necessary so the whole section was deleted.
- 4> **Rearrangements:** There is one major rearrangement in this edition. The quotes in this edition's "Preface" originally appeared between Chapters 17 and 18. They were moved for easier reading.

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Although from a karmic standpoint, I do take complete responsibility, and that is of more importance to me! Now I can breathe free... of lawyers. Know that we wish you well on your journey through life.

TABLE OF CONTENTS

***** PLEASE GIVE THIS BOOK AWAY AS LONG AS YOU DO NOT CHANGE IT! *****

- 2 - Copyright Notice
- 2 - About this Edition of the "Science of Being Great"
- 2 - General Disclaimer

"THE SCIENCE OF BEING GREAT"

- 4 - Introduction by Ellen Mogensen
- 5 - Preface by Wallace Wattles

- 6 - Chapter 1: ANY PERSON MAY BECOME GREAT
- 7 - Chapter 2: HEREDITY AND OPPORTUNITY
- 8 - Chapter 3: THE SOURCE OF POWER
- 10 - Chapter 4: THE MIND OF GOD
- 11 - Chapter 5: PREPARATION
- 12 - Chapter 6: THE SOCIAL POINT OF VIEW
- 14 - Chapter 7: THE INDIVIDUAL POINT OF VIEW
- 15 - Chapter 8: CONSECRATION
- 17 - Chapter 9: IDENTIFICATION
- 18 - Chapter 10: IDEALIZATION
- 19 - Chapter 11: REALIZATION
- 21 - Chapter 12: HURRY AND HABIT
- 22 - Chapter 13: THOUGHT
- 24 - Chapter 14: ACTION AT HOME
- 25 - Chapter 15: ACTION ABROAD
- 27 - Chapter 16: SOME FURTHER EXPLANATIONS
- 28 - Chapter 17: MORE ABOUT THOUGHT
- 30 - Chapter 18: JESUS' IDEA OF GREATNESS
- 31 - Chapter 19: A VIEW OF EVOLUTION
- 33 - Chapter 20: SERVING GOD
- 35 - Chapter 21: A MENTAL EXERCISE
- 36 - Chapter 22: A SUMMARY OF "THE SCIENCE OF BEING GREAT"

APPENDICES

- 38 - "Oversoul" by Ralph Waldo Emerson
- 40 - "Solitude of Self" by Elizabeth Cady Stanton

- 45 - Past Forward's: Clear Your Karma: 21 Days to Peace, Joy, & Freedom
- 68 - Past Forward's: Past Life Profile

- 81 - Glossary of Terms – Wallace Wattles
- 82 - Glossary of Terms – Ellen Mogensen

- 81 - About the Author – Wallace Wattles
- 84 - About the Author – Ellen Mogensen

Introduction by Ellen Mogensen

"Truth is the daughter of Time." - English Proverb

Time always reveals truth. What is great endures and what is not simply falls away. So greatness can be measured by time. In a hundred years, you will know - for sure - what was a great idea today!

For example, in Wallace Wattles' day, most people were convinced that air travel was a "bad" idea. "If God wanted man to fly, He would have given him wings" was the opinion. Flash forward one hundred years: the multi-billion airline industry is a vital part of the world economy. Clearly, air travel has proven itself to be a great idea. The "Science of Being Great" has proven itself an equally great idea.

In today's world, we are better able to appreciate Wattles' timeless wisdom. Today his idea that one's thoughts create one's beliefs and drive one's actions is widely accepted. In Wattles' day, that was a new and radical idea. Only now do we understand that anyone can become rich as Wattles proposed in his best known book, "The Science of Getting Rich." Only now do we understand how thoughts and beliefs can actually cure serious illnesses as Wattles showed in his book, "The Science of Being Well."

Yet of all his books, the "Science of Being Great", in my opinion, is the only one you really need to read. For when you agree to step into your own greatness, you automatically become more attractive to money, abundance, and vibrant health. As Wattles would say, "This cannot fail to be so." Why? When you consciously seek greatness, you naturally agree to expand your capacity to learn and grow.

By coming into agreement with greater growth - whether you realize it or not - you automatically are working on transcending your personal, past life karma. This is simpler than you think as Wattles' book will show you... it all can be reduced down to this one simple yet powerful principle:

"Consider that there is one great, perfect, intelligent Principle of Life and Power, causing all the changing phenomena of the cosmos. Think about... how you should live and act as a citizen of such a perfect whole. Think of the wonderful truth that this great Intelligence is in you. It is your own intelligence. It is an Inner Light impelling you toward the right thing and the best thing, the greatest act, and the highest happiness. It is a Principle of Power in you, giving you all the ability and genius there is. It will infallibly guide you to the best if you will submit to it and walk in the light." (page 23)

"If you think like a god you cannot fail to act like a god. Divine thoughts will surely externalize themselves in a divine life. Thoughts of power will end in a life of power. Great thoughts will manifest in a great personality... **Think of yourself as a perfect being among perfect beings... meet every person as an equal, not as either a superior or an inferior.**" (pages 24-25) When you can do this, you will start living a karma free life... which cannot help but become a great one in the eyes of God.

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PREFACE by Wallace Wattles

"THE SCIENCE OF BEING GREAT" (or "HOW TO BE A GENIUS")
by WALLACE D. WATTLES (1911)

This volume is the third of a series. The first of which is "The Science of Getting Rich", a book intended solely for those who want money. The second of which is "The Science of Being Well", a book intended for those who want health. This book is for those seeking greatness.

This book is for the men and women, young or old, who wish to make the most of life by making the most of themselves. I have tried to show plainly, simply, and without unnecessary words, the way to power and capability. It is written so that he who runs may read.

I know that the system herein set forth will work: it cannot fail. And I know that the men and women who practice these methods of action with sincere hearts will enter into the powerful life. They will be the children of the highest, and stand among the great ones of the world.

I hope you who read this will be among them. No mere reading of books can develop a great personality. Nothing can make you great but thought: therefore think, Think, THINK!

"We may divide thinkers into those who think for themselves and those who think through others. The latter are the rule and the former the exception. The first are original thinkers in a double sense, and egoists in the noblest meaning of the word." - Schopenhauer

"The key to every man is his thought. Sturdy and defiant though he looks he has a helm which he obeys, which is the idea after which all his facts are classified. He can only be reformed by showing him a new idea which commands his own." - Emerson

"All truly wise thoughts have been thought already thousands of times; but to make the really ours we must think them over again honestly till they take root in our personal expression." - Goethe

"All that a man is outwardly is but the expression and completion of his inward thought. To work effectively he must think clearly. To act nobly he must think nobly." - Channing

"Great men are they who see that spirituality is stronger than any material force; that thoughts rule the world." - Emerson

"Some people study all their lives, and at their death they have learned everything except to think." - Domergue

"It is the habitual thought that frames itself into our life. It affects us even more than our intimate social relations do. Our confidential friends have not so much to do in shaping our lives as the thoughts have which we harbor". - J. W. Teal

"When God lets loose a great thinker on this planet, then all things are at risk. There is not a piece of science but its flank may be turned tomorrow; nor any literary reputation or the so-called eternal names of fame that may not be refused and condemned." - Emerson

CHAPTER 1: ANY PERSON MAY BECOME GREAT

There is a Principle of Power in every person. By the intelligent use and direction of this principle, man can develop his own mental faculties. Man has an inherent power by which he may grow in whatsoever direction he pleases. There does not appear to be any limit to the possibilities of his growth. No man has yet become so great in any faculty but that it is possible for some one else to become greater. The possibility is in the Original Substance from which man is made.

Genius is Omniscience flowing into man. Genius is more than talent. Talent may merely be one faculty developed out of proportion to other faculties, but genius is the union of man and God in the acts of the soul. Great men are always greater than their deeds. They are in connection with a reserve power that is without limit. We do not know where the boundary of the mental powers of man is. We do not even know that there is a boundary. [You can do, be, have anything you want! -EM]

The power of conscious growth is not given to the lower animals. It is man's alone and may be developed and increased by him. The lower animals can, to a great extent, be trained and developed by man. But man can train and develop himself. He alone has this power, and he has it to an apparently unlimited extent. **The purpose of life for man is growth**, just as the purpose of life for trees and plants is growth. Trees and plants grow automatically and along fixed lines. Man can grow as he will. Trees and plants can only develop certain possibilities and characteristics. **Man can develop any power which is or has been shown by any person, anywhere.** [IF that person works at it. -EM]

Nothing that is possible in spirit is impossible in flesh and blood. Nothing that man can think is impossible in action. Nothing that man can imagine is impossible of realization. Man is formed for growth, and he needs to grow. It is essential to his happiness that he should continuously advance. Life without progress becomes unendurable, and the person who (stops) growth must either become imbecile or insane. The more harmonious and well rounded his growth, the happier man will be.

There is no possibility in any man that is not, in every man, but if they proceed naturally, no two men will grow into the same thing, or be alike. Every man comes into the world with a predisposition to grow along certain lines, and growth is easier for him along those lines than in any other way.

This is a wise provision, for it gives endless variety. It is as if a gardener should throw all his bulbs into one basket. To the observer they would look alike, but growth reveals a tremendous difference. So of men and women: they are like the basket of bulbs. One may be a rose and add brightness and color to some dark corner of the world. One may be a lily and teach a lesson of love and purity to every eye that sees. One may be a climbing vine and hide the rugged outlines of some dark rock. One may be a great oak among whose boughs the birds shall nest and sing, and beneath whose shade the flocks shall rest at noon, but every one will be something worth while, something rare, something perfect.

There are undreamed of possibilities in the common lives all around us. There are no "common" people. In times of national stress and peril the cracker-box loafer of the corner store and the drunkard become heroes and statesmen through the quickening of the Principle of Power within them.

Every village has its great man or woman: some one to whom all go for advice in time of trouble, some one who is instinctively recognized as being great in wisdom and insight. To such a one the whole community turns in times of local crisis: he is tacitly recognized as being great. He does small things in a great way. He could do great things as well if he did but undertake them, so can any man, so can you.

There is a genius in every man and woman, waiting to be brought forth. The Principle of Power gives us just what we ask of it. If we only undertake little things, it only gives us power for little things. But if we try to do great things in a great way it gives us all the power there is. Beware of undertaking great things in a small way. There are two mental attitudes a man may take.

One makes him like a football. It has resilience and reacts strongly when force is applied to it, but it originates nothing: it never acts of itself. There is no power within it. Men of this type are controlled by circumstances and environment. Their destinies are decided by things external to themselves. The Principle of Power within them is never really active at all. They never speak or act from within.

The other attitude makes man like a flowing spring. Power comes out from the center of him. He has within him a well of water springing up into everlasting life. He radiates force. He is felt by his environment. The Principle of Power in him is in constant action. He is self-active. "He hath life in himself." No greater good can come to any man or woman than to become self-active.

All the experiences of life are designed by Providence to force men and women into self-activity: to compel them to cease being creatures of circumstances and master their environment. In his lowest stage, man is the child of chance and circumstance and the slave of fear. His acts are all reactions resulting from the impingement upon him of forces in his environment. He acts only as he is acted upon: he originates nothing. The lowest savage has within him the Principle of Power sufficient to master all he fears. If he learns this and becomes self-active, he becomes as one of the gods.

The awakening of the Principle of Power in man is the real conversion: the passing from death to life. It is when the dead hear the voice of the Son of Man and come forth and live. It is the resurrection and the life. When it is awakened, man becomes a son of the Highest and all power is given to him in heaven and on earth. **Nothing was ever in any man that is not in you. No man ever had more spiritual or mental power than you can attain, or did greater things than you can accomplish. You can become what you want to be.**

CHAPTER 2: HEREDITY AND OPPORTUNITY

You are not barred from attaining greatness by heredity. No matter who or what your ancestors may have been or how unlearned or lowly their station, the upward way is open for you. There is no such thing as inheriting a fixed mental position. No matter how small the mental capital we receive from our parents, it may be increased. No man is born incapable of growth.

Heredity counts for something. We are born with subconscious mental tendencies: as, for instance, a tendency to melancholy, or cowardice, or to ill-temper. But all these subconscious tendencies may be overcome. When the real man awakens and comes forth he can throw them off very easily. Nothing of this kind need keep you down. If you have inherited undesirable mental tendencies, you can eliminate them and put desirable tendencies in their places.

An inherited mental trait is a habit of thought of your father or mother impressed upon your subconscious mind. You can substitute the opposite impression by forming the opposite habit of thought. You can substitute a habit of cheerfulness for a tendency to despondency. You can overcome cowardice or ill-temper. Heredity may count for something. *[The "Phrenology" information Wattles included here is omitted as this "Science of the Skull" has been discredited since his time.]*

By turning the Principle of Power into any section of the brain, with the will and purpose to develop a particular talent, the brain cells may be multiplied indefinitely. Any faculty, power, or talent you possess, no matter how small or rudimentary, may be increased. You can multiply the brain cells in this area until it acts as powerfully as you wish. It is true that you can act most easily through those faculties that are now most largely developed. You can do, with the least effort, the things which "come naturally." It is also true that if you will make the necessary effort you can develop any talent.

You can do what you desire to do and become what you want to be. When you fix upon some ideal and proceed as hereinafter directed, all the power of your being is turned into the faculties required in the realization of that ideal. More blood and nerve force go to the corresponding sections of the brain,

Where there is complete ignorance there can be no wisdom, no knowledge of the right thing to do. Man's knowledge is comparatively limited and so his wisdom must be small, unless he can connect his mind with a knowledge greater than his own and draw from it, by inspiration, the wisdom that his own limitations deny him. This he can do: this is what the really great men and women have done. Man's knowledge is limited and uncertain, therefore he cannot have wisdom in himself.

Only God knows all truth. Therefore only God can have real wisdom or know the right thing to do at all times, and man can receive wisdom from God. I give an illustration: Lincoln had limited education but he had the power to perceive truth. In Lincoln we see the fact that real wisdom consists in knowing the right thing to do at all times and under all circumstances. In having the will to do the right thing, and in having talent and ability enough to be competent and able to do the right thing.

Back in the days of the abolition agitation, and during the compromise period, when all other men were more or less confused as to what was right or as to what ought to be done, Lincoln was never uncertain. He saw through the superficial arguments of the pro-slavery men. He saw, also, the impracticability and fanaticism of the abolitionists. He saw the right ends to aim at and he saw the best means to attain those ends. It was because men recognized that he perceived truth and knew the right thing to do that they made him president.

Any man who develops the power to perceive truth, and who can show that he always knows the right thing to do and that he can be trusted to do the right thing, will be honored and advanced. The whole world is looking eagerly for such men.

When Lincoln became President he was surrounded by a multitude of "able" advisers, hardly any two of whom were agreed. At times they were all opposed to his policies. At times almost the whole North was opposed to what he proposed to do. He saw the truth when others were misled by appearances. His judgment was seldom or never wrong. He was the ablest statesman and the best soldier of the period.

Where did he, a comparatively unlearned man, get this wisdom? It was not due to some peculiar formation of his skull or to some fineness of texture of his brain. It was not due to some physical characteristic. It was not even a quality of mind due to superior reasoning power.

Knowledge of truth is not often reached by the processes of reason. It was due to spiritual insight.

(President) Lincoln perceived truth, but where did he perceive it and whence did the perception come? We see something similar in (President) Washington, whose faith and courage, due to his perception of truth, held the colonies together during the long and often apparently hopeless struggle of the Revolution. We see something of the same thing in the phenomenal genius of (Emperoe) Napoleon, who always knew, in military matters, the best means to adopt. We see that the greatness of Napoleon was in nature rather than in Napoleon. We discover (in) back of Washington and Lincoln something greater than either Washington or Lincoln.

We see the same thing in **all great men and women**. They perceive truth, but truth cannot be perceived until it exists, and there can be no truth until there is a mind to perceive it. Truth does not exist apart from mind. Washington and Lincoln **were in touch and communication with a mind which knew all knowledge and contained all truth. So of all who manifest wisdom.**

Wisdom is obtained by reading the mind of God.

CHAPTER 4: THE MIND OF GOD

There is a Cosmic Intelligence which is in all things and through all things. This is the one real substance. From it all things proceed. It is Intelligent Substance or Mind Stuff. It is God. Where there is no substance there can be no intelligence. For where there is no substance there is nothing.

Where there is thought there must be a substance which thinks. Thought cannot be function, for function is motion, and it is inconceivable that motion should think. Thought cannot be vibration, for vibration is motion, and that motion should be intelligent is not thinkable. Motion is nothing but the moving of substance. If there be intelligence shown it must be in the substance and not in the motion.

Thought cannot be the result of motions in the brain. If thought is in the brain it must be in the brain's substance and not in the motions which brain substance makes. But thought is not in the brain substance, for brain substance, without life, is quite unintelligent and dead. Thought is in the life-principle, which animates the brain. Thought is in the spirit substance, which is the real man.

The brain does not think, the man thinks and expresses his thought through the brain.

There is a spirit substance, which thinks. Just as the spirit substance of man permeates his body, and thinks and knows in the body, so the Original Spirit Substance, God, permeates all nature and thinks and knows in nature. Nature is as intelligent as man, knows more than man. Nature knows all things.

The All-Mind has been in touch with all things from the beginning. It contains all knowledge. Man's experience covers a few things, and these things man knows. But God's experience covers all the things that have happened since the creation, from the wreck of a planet or the passing of a comet to the fall of a sparrow. All that is and all that has been are present in the Intelligence, which is wrapped about us and enfolds us and presses upon us from every side.

All the encyclopedias men have written are but trivial affairs compared to the vast knowledge held by the mind in which men live, move, and have their being.

The truths men perceive by inspiration are thoughts held in this mind. If they were not thoughts men could not perceive them, for they would have no existence. They could not exist as thoughts unless there is a mind for them to exist in. A mind can be nothing else than a substance which thinks.

Man is thinking substance, a portion of the Cosmic Substance. But man is limited, while the Cosmic Intelligence from which he sprang, which Jesus calls the Father, is unlimited. All intelligence, power, and force come from the Father. Jesus recognized this and stated it very plainly. Over and over again he ascribed all his wisdom and power to his unity with the Father, and to his perceiving the thoughts of God. "My Father and I are one." This was the foundation of his knowledge and power.

Jesus showed the people the necessity of becoming spiritually awakened, of hearing his voice and becoming like him. He compared the unthinking man who is the prey and sport of circumstances to the dead man in a tomb, and besought him to hear and come forth. "God is spirit," he said, "be born again, become spiritually awake, and you may see his kingdom. Hear my voice, see what I am and what I do, and come forth and live. The words I speak are spirit and life. Accept them and they will cause a well of water to spring up within you. Then you will have life within yourself."

"I do what I see the Father do," he said, meaning he read the thoughts of God. "The Father showeth all things to the son." "If any man has the will to do the will of God, he shall know truth." "My teaching is not my own, but his that sent me." "You shall know the truth and the truth shall make you free."

"The spirit shall guide you into all truth." We are immersed in mind and that mind contains all knowledge and all truth. It is seeking to give us this knowledge, for our Father delights to give good gifts to his children. The prophets and seers and great men and women, past and present, were made great by what they received from God, not by what they were taught by men. **This limitless reservoir of wisdom and power is open to you. You can draw upon it as you will, according to your needs.**

You can make yourself what you desire to be. You can do what you wish to do. You can have what you want. To accomplish this you must learn to become one with the Father so that you may perceive truth. So that you may have wisdom and know the right ends to seek and the right means to use to attain those ends. So that you may secure power and ability to use the means. Resolve that you will now lay aside all else and concentrate upon the attainment of conscious unity with God.

"Oh, when I am safe in my sylvan home, I tread on the pride of Greece and Rome,
And when I am stretched beneath the pines, Where the evening star so holy shines,
I laugh at the lore and pride of man, At the Sophist schools and the learned clan,
or what are they all in their high conceit, When man in the bush with God may meet?"

CHAPTER 5: PREPARATION

"Draw nigh to God and He will draw nigh to you."

If you become like God you can read his thoughts. If you do not you will find the inspirational perception of truth impossible. You can never become a great man or woman until you have overcome anxiety, worry, and fear. It is impossible for an anxious person, a worried one, or a fearful one to perceive truth. All things are distorted and thrown out of their proper relations by such mental states, and those who are in them cannot read the thoughts of God.

If you are poor, or if you are anxious about business or financial matters, you are recommended to study carefully our first volume, "The Science of Getting Rich." That will present to you a solution for your problems of this nature, no matter how large or how complicated they may seem to be.

There is not the least cause for worry about financial affairs. Every person who wills to do so may rise above want, have all he needs, and become rich. The same source upon which you propose to draw for mental unfoldment and spiritual power is at your service for the supply of all your material wants. Study this truth until it is fixed in your thoughts and until anxiety is banished from your mind. Enter the Certain Way, which leads to material riches.

If you are anxious or worried about your health, you are recommended to study carefully the second volume of this series, "The Science of Being Well." That will help you realize it is possible for you to attain perfect health so that you may have strength sufficient for all that you wish to do and more.

That Intelligence which stands ready to give you wealth and mental and spiritual power will rejoice to give you health also. Perfect health is yours for the asking, if you will only obey the simple laws of life and live aright. Conquer ill-health and cast out fear.

It is not enough to rise above financial and physical anxiety and worry, you must rise above moral evil-doing as well. Sound your inner consciousness now for the motives which (drive) you: make sure they are right. [Beware the mind passions: lust, vanity, greed, anger, attachment! -EM]

Cast out lust. Cease to be ruled by appetite. You must eat only to satisfy hunger, never for gluttonous pleasure, and in all things you must make the flesh obey the spirit. You must lay aside greed. Have no unworthy motive in your desire to become rich and powerful. It is legitimate and right to desire riches, if you want them for the sake of the soul, but not if you desire them for the lusts of the flesh.

Cast out pride and vanity. Have no thought of trying to rule over others or of outdoing them. This is a vital point. There is no temptation so insidious as the selfish desire to rule over others. Nothing so appeals to the average man or woman as to sit in the uppermost places at feasts, to be respectfully saluted in the market place, and to be called "Master." To exercise control over others is the secret motive of every selfish person. The struggle for power over others is the battle of the competitive world. You must rise above that world and its motives and aspirations and seek only for life.

Cast out envy. You can have all that you want, and you need not envy any man what he has. Above all things, see to it that you do not hold malice or enmity toward anyone. To do so, cuts you off from the mind whose treasures you seek to make your own. "He that loveth not his brother, loveth not God."

Lay aside all personal ambition. Seek the highest good and to be swayed by no unworthy selfishness. Go over all the foregoing and set these moral temptations out of your heart one by one. Determine to keep them out. Then resolve that you will not only abandon all evil thought but that you will forsake all deeds, habits, and courses of action which do not commend themselves to your noblest ideals.

This is supremely important. Make this resolution with all the power of your soul, and you are ready for the next step towards greatness.

CHAPTER 6: THE SOCIAL POINT OF VIEW

"Without faith, it is impossible to please God", and without faith it is impossible for you to become great. The distinguishing characteristic of all really great men and women is an **unwavering faith**.

We see this in Lincoln during the dark days of the (American Civil) war. We see it in Washington at Valley Forge. We see it in Livingstone, the crippled missionary. Threading the mazes of the dark continent (Africa), his soul aflame with the determination to let in the light upon the accursed slave trade, which his soul abhorred. We see it in Luther (religious reformer), and in Frances Willard (temperance leader and reformer well known in Wattles' day), and in every man and woman who has attained a place on the muster roll of the great ones of the world.

Faith - not a faith in one's self or in one's own powers - but **faith in principle** - in the Something Great which upholds right, and which may be relied upon to give us the victory in due time.

Without this faith it is not possible for anyone to rise to real greatness. The man who has no faith in principle will always be a small man. Whether you have this faith or not depends upon your viewpoint. You must learn to see the world as being produced by evolution: as a something, which is evolving and becoming, not as a finished work.

Millions of years ago God worked with very low and crude forms of life, low and crude, yet each perfect after its kind. Higher and more complex organisms, animal and vegetable, appeared through the successive ages. The earth passed through stage after stage in its unfoldment (evolution), each stage perfect in itself, and to be succeeded by a higher one.

The so-called "lower organisms" are as perfect after their kind as higher ones. That the world in the Eocene (dinosaur) period was perfect for that period: it was perfect, but God's work was not finished. This is true of the world today. Physically, socially, and industrially it is all good, and it is all perfect. It is not complete anywhere or in any part, but so far as the handiwork of God has gone it is perfect.

This must be your point of view: **That the world and all it contains is perfect though not completed. That is the great fact. There is nothing wrong with anything. There is nothing wrong with anybody. All the facts of life you must contemplate from this standpoint.**

There is nothing wrong with nature. Nature is a great advancing presence, working beneficently for the happiness of all. All things in Nature are good: she has no evil. She is not complete, for creation is still unfinished, but she is going on to give to man even more bountifully than she has given to him in the past. Nature is a partial expression of God, and God is love. She is perfect but not complete.

So is human society and government. What though there are trusts (business monopolies) and combinations of capital and strikes and lockouts and so on. All these things are part of the forward movement. They are incidental to the evolutionary process of completing society. When it is complete there will be no more of these (dis)- harmonies, but it cannot be completed without them.

J. P. Morgan (industrialist known for "exploiting" workers) is as necessary to the coming social order as the animals of the age of reptiles were to the life of the succeeding period. Just as these animals were perfect after their kind, so Morgan is perfect after his kind. Behold it is all good. See society, government, and industry as being perfect now, and as advancing rapidly toward being complete. Then you will understand that there is nothing to fear, no cause for anxiety, nothing to worry about.

Never complain of any of these things. They are perfect: this is the very best possible world for the stage of development man has reached.

This will sound like rank folly to many, perhaps to most people. "What!" they will say, "are not child labor and the exploitation of men and women in filthy and unsanitary factories evil things? Are not saloons (bars) evil? Do you mean to say that we shall accept all these and call them good?"

Child labor and similar things are no more evil than the way of living and the habits and practices of the cave dweller were evil. His ways were those of the savage stage they were perfect. Our industrial practices are those of the savage stage of industrial development. They are also perfect. Nothing better is possible until we cease to be mental savages in industry and business, and become men and women.

This can only come about by the rise of the whole (society) to a higher viewpoint. And this can only come about by the rise of such individuals here and there as are ready for the higher viewpoint. The cure for all these (dis)harmonies lies not with the masters or employers but with the workers themselves. Whenever they reach a higher viewpoint, whenever they shall desire to do so, they can establish complete brotherhood and harmony in industry. They have the numbers and the power.

Workers are getting now what they desire. Whenever they desire more in the way of a higher, purer, more harmonious life, they will receive more. True, they want more now, but they only want more of the things that make for animal enjoyment. Industry remains in the savage, brutal, animal stage: when the workers begin to rise to the mental plane of living and ask for more of the things that make for the life of the mind and soul, industry will at once be raised above the plane of savagery and brutality.

But it is perfect now upon its plane: behold, it is all very good. So are saloons (bars) and dens of vice (whore houses). If a majority of the people desire these things, it is right and necessary that they should have them. When a majority desire a world without such discords, they will create such a world.

So long as men and women are on the plane of bestial (lust) thought, so long the social order will be in part disorder, and will show bestial (lust) manifestations. The people make society what it is, and as the people rise above the bestial (lust) thought, society will rise above the beastly (brutal) in its manifestations. A society, which thinks in a bestial (brutal) way, must have saloons (bars) and dives (whore houses). It is perfect after its kind, as the world was in Eocene (dinosaur) period.

All this does not prevent you from working for better things. You can work to complete an unfinished society, instead of to renovate a decaying one. You can work with a better heart and a more hopeful spirit. It will make an immense difference with your faith and spirit whether you look upon civilization as a good thing, which is becoming better, or as a bad and evil thing, which is decaying.

One viewpoint gives you an advancing and expanding mind and the other gives you a descending and decreasing mind. One viewpoint will make you grow greater and the other will inevitably cause you to grow smaller. One will enable you to work for the eternal things: to do large works in a great way toward the completing of all that is incomplete and (dis)harmonious. The other will make you a patch-work reformer, working almost without hope to save a few lost souls from what you will grow to consider a doomed world. So you see it makes a vast difference to you, this matter of social viewpoint.

"All's right with the world. Nothing can possibly be wrong but my personal attitude, and I will make that right. I will see the facts of nature and all the events, circumstances, and conditions of society, politics, government, and industry from the highest viewpoint. It is all perfect, though incomplete. It is all handiwork of God: behold, it is all very good".

CHAPTER 7: THE INDIVIDUAL POINT OF VIEW

Important as the matter of your point of view for the facts of social life is, it is of less (importance) than your view point for your fellow men, for your acquaintances, friends, relatives, your immediate family, and, most of all, yourself. You must learn not to look upon the world as a lost and decaying thing but as a something perfect and glorious which is going on to a most beautiful completeness.

You must learn to see men and women not as lost and accursed things, but as perfect beings advancing to become complete. There are no "bad" or "evil" people.

An engine, which is on the rails pulling a heavy train, is perfect after its kind, and it is good. The power of steam, which drives it, is good. Let a broken rail throw the engine into the ditch, and it does not become bad or evil by being so displaced. It is a perfectly good engine, but off the track. The power of steam which drives it into the ditch and wrecks it is not evil, but a perfectly good power. So that which is misplaced or applied in an incomplete or partial way is not evil.

There are no evil people. There are perfectly good people who are off the track, but they do not need condemnation or punishment. They only need to get upon the rails again.

That which is undeveloped or incomplete often appears to us as evil because of the way we have trained ourselves to think. The root of a bulb, which shall produce a white lily, is an unsightly thing. One might look upon it with disgust. How foolish we should be to condemn the bulb for its appearance when we know the lily is within it. The root is perfect after its kind: it is a perfect but incomplete lily.

So we must learn to look upon every man and woman, no matter how unlovely in outward manifestation, they are perfect in their stage of being and they are becoming complete. Behold, it is all very good. Once we come into a comprehension of this fact and arrive at this point of view, **we lose all desire to find fault with people, to judge them, criticize them, or condemn them.** We no longer work as those who are saving lost souls, but as those who are among the angels, working out the completion of a glorious heaven.

We are born to the spirit and we see the kingdom of God. We no longer see men as trees walking, but our vision is complete. We have nothing but good words to say. It is all good: a glorious humanity coming to completeness. In our association with men this puts us into an expansive and enlarging attitude of mind. We see them as great beings and deal with them and their affairs in a great way.

If we fall to the other point of view and see a lost and degenerate race we shrink into the contracting mind. Our dealings with men and their affairs will be in a small and contracted way. Remember to hold steadily to this point of view: if you do you cannot fail to begin at once to deal with your acquaintances and neighbors and with your own family as a great personality deals with men.

This same viewpoint must be the one from which you regard yourself. **You must always see yourself as a great advancing soul.** Learn to say:

"There is THAT in me of which I am made, which knows no imperfection, weakness, or sickness. The world is incomplete, but God in my own consciousness is both perfect and complete. Nothing can be wrong but my own personal attitude, and my own personal attitude can be wrong only when I disobey THAT which is within. I am a perfect manifestation of God so far as I have gone, and I will press on to be complete. I will trust and not be afraid".

When you are able to say this understandingly you will have lost all fear and you will be far advanced upon the road to the development of a great and powerful personality.

CHAPTER 8: CONSECRATION

Having attained to the viewpoint which puts you in the right relations with the world and with your fellow men, the next step is consecration in its true sense simply means obedience to the soul.

You have that within you which is ever impelling you toward the upward and advancing way. That impelling something is the divine Principle of Power. You must obey it without question. No one will deny the statement that **if you are to be great, the greatness must be a manifestation of something within.** Nor can you question that this something must be the very greatest and highest that is within. It is not the mind, or the intellect, or the reason. You cannot be great if you go no farther back for principle than to your reasoning power. Reason knows neither principle nor morality.

Your reason is like a lawyer in that it will argue for either side. The intellect of a thief will plan robbery and murder as readily as the intellect of a saint will plan a great philanthropy. Intellect helps us to see the best means and manner of doing the right thing, but intellect never shows us the right thing.

Intellect and reason serve the selfish man for his selfish ends as readily as they server the unselfish man for his unselfish ends. Use intellect and reason without regard to principle, and you may become known as a very able person, but you will never become known as a person whose life shows the power of greatness. There is too much training of the intellect and reasoning powers and too little training in obedience to the soul. **This is the only thing that can be wrong with your personal attitude - when it fails to be one of obedience to the Principle of Power.**

By going back to your own center you can always find the pure idea of right for every relationship. **To be great and to have power, it is only necessary to conform your life to the pure idea as you find it in the GREAT WITHIN. Every compromise here is made at the expense of a loss of power.**

This you must remember. There are many ideas in your mind, which you have outgrown, and which, from force of habit, you still permit to dictate the actions of your life. Cease all this. Abandon everything you have outgrown. There are many ignoble customs, social and other, which you still follow, although you know they tend to dwarf and belittle you and keep you acting in a small way.

Rise above all this. I do not say that you should absolutely disregard conventionalities, or the commonly accepted standards of right and wrong. You cannot do this, but you can deliver your soul from most of the narrow restrictions, which bind the majority of your fellow men.

Do not give your time and strength to the support of obsolete institutions, religious or otherwise. Do not be bound by creeds in which you do not believe. Be free. You have perhaps formed some sensual habits of mind or body: abandon them. You still indulge in distrustful fears that things will go wrong, or that people will betray you, or mistreat you: get above all of them.

You still act selfishly in many ways and on many occasions: cease to do so. Abandon all these, and in place of them put the best actions you can form a conception of in your mind. If you desire to advance, and you are not doing so, remember that it can be only because your thought is better than your practice. **You must do as well as you think. Let your thoughts be ruled by principle, and then live up to your thoughts.** Let your attitude in business, in politics, in neighborhood affairs, and in your own home be the expression of the best thoughts you can think.

Let your manner toward all men and women, great and small, and especially to your own family circle, always be the most kindly, gracious, and courteous you can picture in your imagination. Remember your viewpoint: **you are a god in the company of gods and must conduct yourself accordingly.**

The steps to complete consecration are few and simple. You cannot be ruled from below if you are to be great: you must rule from above. Therefore you cannot be governed by physical impulses. You must bring you body into subjection to the mind, but your mind, without principle, may lead you into selfishness and immoral ways. You must put the mind into subjection to the soul.

You are limited by the boundaries of your knowledge. You must be in subject to that Oversoul (Higher Self), which needeth no searching of the understanding but before whose eye all things are spread.

That constitutes consecration. Say: *"I surrender my body to be ruled by my mind. I surrender my mind to be governed by my soul, and I surrender my soul to the guidance of God."* Make this consecration complete and thorough, and you have taken the second great step in the way of greatness and power.

CHAPTER 9: IDENTIFICATION

Having recognized God as the advancing presence in nature, society, and your fellow men, and having harmonized yourself with all these, and having consecrated yourself to that within you which impels toward the greatest and the highest, the next step is to become aware of and recognize fully the fact that the Principle of Power within you is God Himself.

You must consciously identify yourself with the Highest (your Over Soul or Higher Self). This is not some false or untrue position to be assumed: it is a fact to be recognized. **You are already one with God: you want to become consciously aware of it.**

There is one substance, the source of all things, and this substance has within itself the power which creates all things. All power is inherent in it. This substance is conscious and thinks: it works with perfect understanding and intelligence. You know that this is so, because you know that substance exists and that consciousness exists: that it must be substance, which is conscious.

Man is conscious and thinks. Man is substance. He must be substance, else he is nothing and does not exist at all. If man is substance and thinks, and is conscious, then he is Conscious Substance. It is not conceivable that there should be more than one Conscious Substance. So man is the original substance, the source of all life and power embodied in a physical form.

Man cannot be something different from God. Intelligence is one and the same everywhere, and must be everywhere an attribute of the same substance. There cannot be one kind of intelligence in God and another kind of intelligence in man. Intelligence can only be in intelligent substance, and Intelligent Substance is God. **Man is of one stuff with God, and so all the talents, powers, and possibilities that are in God are in man: not in a few exceptional men but in every man.** "All power is given to man, in heaven and on earth". "Is it not written, ye are gods?"

The Principle of Power in man is man himself, and man himself is God. But while man is original substance, and has within him all power and possibilities, his consciousness is limited. He does not know all there is to know, and so he is liable to error and mistake.

To save himself from these he must unite his mind to That outside him which does know all. He must become consciously one with God. There is a Mind surrounding him on every side, closer than breathing, nearer than hands and feet. In this mind is the memory of all that has ever happened, from the greatest convulsions of nature in prehistoric days to the fall of a sparrow in this present time, and all that is in existence now as well. [This includes knowledge of past lives! -EM]

Held in this Mind is the great purpose, which is behind all nature, and so it knows what is going to be. Man is surrounded by a Mind, which knows all there is to know, past, present, and (future). Everything that men have said or done or written is present there. **Man is of one identical stuff with this Mind. He proceeded from it.** And he can so identify himself with it that he may know what it knows. "My Father is greater than I", said Jesus, "I come from him".

"I and my Father are one. He showeth the son all things". "The spirit shall guide you into all truth". **Your identification of yourself with the Infinite must be accomplished by conscious recognition on your part. Recognizing it as a fact, that there is only God, and that all intelligence is in the one substance, you must (affirm something like this):**

"There is only one and that one is everywhere. I surrender myself to conscious unity with the highest. Not I, but the Father. I will to be one with the Supreme and to lead the divine life. I am one with infinite consciousness. There is but one mind, and I am that mind. I that speak unto you am he".

If you have attained to the true viewpoint, and if your consecration is complete, you will not find conscious identification hard to attain. Once it is attained, the power you seek is yours, for you have made yourself one with all the power there is.

CHAPTER 10: IDEALIZATION

You are a thinking center in original substance, and the thoughts of original substance have creative power. Whatever is formed in its thought and held as a thought-form must come into existence as a visible and so-called material form, and a thought-form held in thinking substance is a reality. It is a real thing, whether it has yet become visible to mortal eye or not.

This is a fact that you should impress upon your understanding. That a thought held in thinking substance is a real thing: a form, and has actual existence, although it is not visible to you. [This is what is meant by "thoughts are things" and "your thoughts create your reality." -EM]

You internally take the form in which you think of yourself. You surround yourself with the invisible forms of those things with which you associate in your thoughts.

If you desire a thing, picture it clearly and hold the picture steadily in mind until it becomes a definite thought-form. If your practices are not such as to separate you from God, the thing you want will come to you I material form. It must do so in obedience to the law by which the universe was created.

Make no thought-form of yourself in connection with disease or sickness, but form a conception of health. Make a thought-form of yourself as strong and hearty and perfectly well. Impress this thought-form on creative intelligence, and if your practices are not in violation of the laws by which the physical body is built, your thought-form will become manifest in your flesh.

This (all) is certain: it comes by obedience to law. Make a thought-form of yourself, as you desire to be, and set your ideal as near to perfection as your imagination is capable of forming the conception.

Let me illustrate: If a young law student wishes to become great, let him picture himself (while attending to the viewpoint, consecration, and identification, as previously directed) as a great lawyer, pleading his case with matchless eloquence and power before the judge and jury. Let him see himself as having an unlimited command of truth, of knowledge, and of wisdom. Let him picture himself as the great lawyer in every possible situation and contingency, while he is still only the student in all circumstances. Let him never forget or fail to be the great lawyer in his thought-form of himself.

As the thought-form grows more definite and habitual in his mind, the creative energies, both within and without, are set at work. He begins to manifest the form from within.

All the essentials without, which go into the picture, begin to be impelled toward him. He makes himself into the image and God works with him. Nothing can prevent him from becoming what he wishes to be. [This is what is meant by if you want it badly enough, you will get it! -EM]

In the same general way, the musical student pictures himself as performing perfect harmonies, and as delighting vast audiences. The actor forms the highest conception he is capable of in regard to his art, and applies this conception to himself. The farmer and the mechanic do exactly the same thing. **Fix upon your ideal of what you wish to make of yourself.** Consider will and be sure that you make the right choice: that is, the one which will be the most satisfactory to you in a general way.

Do not pay too much attention to the advice or suggestions of those around you. Do not believe that anyone can know, better than yourself, what is right for you. Listen to what others have to say, but always form your own conclusions. **DO NOT LET OTHER PEOPLE DECIDE WHAT YOU ARE TO BE. BE WHAT YOU FEEL THAT YOU WANT TO BE.**

Do not be misled by a false notion of obligation or duty. You can owe no possible obligation or duty to others which should prevent you from making the most of yourself. Be true to yourself, and you cannot then be false to any man. When you have fully decided what thing you want to be, form the highest conception of it that you are capable of imagining, and make that conception a thought-form.

Hold that thought-form as a fact, as the real truth about yourself, and believe in it. Close your ears to all adverse suggestions. Never mind if people call you a fool and dreamer. Dream on.

Remember that Bonaparte, the half-starved lieutenant, always saw himself as the general of armies and the master of France. He (eventually) became in outward realization what he held himself to be in mind. So likewise will you. Attend carefully to all that has been said and act as directed and you will become what you want to be. [If you truly want to be great, then you will become great! -EM]

CHAPTER 11: REALIZATION

If you were to stop here, however, you would never become great. You would be indeed a mere dreamer of dreams, a castle-builder. Too many do stop there: they do not understand the necessity for present action in realizing the vision and bringing the thought-form into manifestation.

Two things are necessary. First, the making of the thought-form, and, second, the actual appropriation to yourself of all that goes into and around the thought-form.

When you have made your thought-form, you are already, in your interior, what you want to be. Next you must become externally what you want to be. You are already great within, but you are not yet doing the great things without. You cannot begin, on the instant, to do the great things. You cannot be before the world the great actor, or lawyer, or musician, or personality you know yourself to be...

No one will entrust great things to you as yet for you have not made yourself known. But you can always begin to do small things in a great way. Here lies the whole secret.

You can begin to be great today in your own home, in your store or office, on the street, everywhere. You can begin to make yourself known as great. You can do this by doing everything you do in a great way.

You must put the whole power of your great soul into every act, however small and commonplace, and so reveal to your family, your friends, and neighbors what you really are. Do not brag or boast of yourself. Do not go about telling people what a great personage you are. Simply live in a great way.

No one will believe you if you tell him you are a great person, but no one can doubt your greatness if you show it in your actions. In your domestic (family) circle be so just, so generous, so courteous and kindly that your family, your wife, husband, children, brothers, and sisters shall know that you are a great and noble soul. **In all your relations with (others), be great, just, generous, courteous, and kindly.** The great are never otherwise. This is the power that springs from your attitude.

Most important, you must have absolute faith in your own perceptions of truth. Never act in haste or hurry. Be deliberate (careful) in everything. Wait until you feel that you know the true way. And when you do feel that you know the true way, be guided by your own faith though all the world shall disagree with you. **If you do not believe what God tells you in little things, you will never draw upon his wisdom and knowledge in larger things.**

When you feel deeply a certain act is the right act, do it and have perfect faith that the consequences will be good. When you are deeply convinced a certain thing is true, no matter what the appearances to the contrary may be, accept that thing as true and act accordingly. The one way to develop a perception of truth in large things is to trust absolutely to your present perception of truth in small things.

Remember that you are seeking to develop this very power of faculty - the perception of truth. You are learning to read the thoughts of God. Nothing is great, nothing is small in the sight of Omnipotence! He holds the sun in its place, but he also notes a sparrow's fall, and numbers the hairs of your head.

God is as much interested in the little matters of everyday life as he is in the affairs of nations. You can perceive truth about family and neighborhood affairs as well as about matters of statecraft. The way to begin is to have perfect faith in the truth in these small matters, as it is revealed to you from day to day.

When you feel deeply impelled to take a course, which seems contrary to all reason and worldly judgment, take that course. Listen to the suggestions and advice of others, but always do what you feel deeply in the within to be the true thing to do. Rely with absolute faith, at all times, on your own perception of truth. But be sure that you listen to God - that you do not act in haste, fear, or anxiety.

Rely upon your perception of truth in all the facts and circumstances of life. If you deeply feel that a certain man will be in a certain place on a certain day, go there with perfect faith to meet him. He will be there, no matter how unlikely it may seem. If you feel sure that certain people are doing certain things, act in the faith that they are doing those things. If you feel sure of the truth of any circumstance or happening, past, present, or (future), trust in your perception.

You may make occasional mistakes at first because of your imperfect understanding of the within. But you will soon be guided almost invariably right. Soon your family and friends will begin to defer, more and more, to your judgment and to be guided by you. Soon your neighbors and townsmen will be coming to you for counsel and advice. **Soon you will be recognized as one who is great in small things, and you will be called upon more and more to take charge of larger things.**

All that is necessary is to be guided absolutely, in all things, by your inner light, your perception of truth. Obey your soul, have perfect faith in yourself.

Never think of yourself with doubt or distrust, or as one who makes mistakes. "If I judge, my judgment is just, for I seek not honor from men, but from the Father only".

CHAPTER 12: HURRY AND HABIT

No doubt you have many problems, domestic (family), social, physical, and financial, which seem to be pressing for instant solution. You have debts, which must be paid, or other obligations, which must be met. You are unhappily or unharmoniously placed, and feel that something must be done at once.

Do not get into a hurry and act from superficial impulses. You can trust God for the solution of all your personal riddles. There is no hurry. There is only God, and all is well with the world.

There is an invincible power in you, and the same power is in the things you want. It is bringing them to you and bringing you to them. This is a thought that you must grasp, and hold continuously: that the same intelligence, which is in you, is in the things you desire. They are impelled toward you as strongly and decidedly as your desire impels you toward them. The tendency, therefore, of a steadily held thought must be to bring the things you desire to you and to group them around you.

So long as you hold your thought and your faith right all must go well. Nothing can be wrong but your own personal attitude, and that will not be wrong if you trust and are not afraid.

Hurry is a manifestation of fear: he who fears not has plenty of time. If you act with perfect faith in your own perceptions of truth, you will never be too late or too early. Nothing will go wrong. If things appear to be going wrong, do not get disturbed, it is only in appearance. Nothing can go wrong in this world but yourself and you can go wrong only by getting into the wrong mental attitude.

Whenever you find yourself getting excited, worried, or into the mental attitude of hurry, sit down and think it over. Play a game of some kind, or take a vacation. Go on a trip, and all will be right when you return. **So surely as you find yourself in the mental attitude of haste, just so surely may you know that you are out of the mental attitude of greatness.**

Hurry and fear will instantly cut your connection with the universal mind. You will get no power, no wisdom, and no information until you are calm. And to fall into the attitude of hurry will check the action of the Principle of Power within you. Fear turns strength to weakness.

Remember that poise and power are inseparably associated. The calm and balanced mind is the strong and great mind, the hurried and agitated mind is the weak one. Whenever you fall into the mental state of hurry, you have lost the right viewpoint. You are beginning to look upon the world, or some part of it, as going wrong. At such times, consider that this world is perfect - now - with all that it contains. Nothing is going wrong, nothing can be wrong. Be poised, be calm, be cheerful: have faith in God.

Next, as to habit. Your greatest difficulty will be to overcome your old habitual ways of thought, and to form new habits. The world is ruled by habit. Kings, tyrants, masters, and plutocrats hold their positions solely because the people have come to habitually accept them. Things are as they are only because people have formed the habit of accepting them as they are. When the people change their habitual thought about governmental, social, and industrial institutions, they will change them.

Habit rules us all.

You have formed, perhaps, the habit of thinking of yourself as a common person, as one of a limited ability, or as being more or less of a failure. Whatever you habitually think yourself to be, that you are.

You must form, now, a greater and better habit. You must form a conception of yourself as a being of limitless power, and habitually think that you are that being. It is the habitual, not the periodical thought that decides your destiny. It will avail you nothing to sit apart for a few moments several times a day to affirm that you are great, if during all the balance of the day, while you are about your regular vocation, you think of yourself as not great. **No amount of praying or affirmation will make you great if you still habitually regard yourself as being small.**

The use of prayer and affirmation is to change your habit of thought. Any act, mental or physical, often repeated, becomes a habit. **The purpose of mental exercises is to repeat certain thoughts over and over until the thinking of those thoughts becomes constant and habitual.**

The thoughts we continually repeat become beliefs. What you must do is to repeat the new thought of yourself until it is the only way in which you think of yourself. Habitual thought, and not environment or circumstance has made you what you are. Every person has some central idea or thoughtform of himself, and by this idea he classifies and arranges all his facts and external relationships.

You are classifying your facts either according to the idea that you are a great and strong personality, or according to the idea that you are limited, common, or weak.

If the latter is the case you must change your central idea. Get a new mental picture of yourself. Do not try to become great by repeating mere strings of words or superficial formulae, but repeat over and over the THOUGHT of your own power and ability until you classify external facts, and decide your place everywhere by this idea.

CHAPTER 13: THOUGHT

Greatness is attained only by thinking of great thoughts. **No man can become great in outward personality until he is great internally, and no man can be great internally until he THINKS.**

No amount of education, reading, or study can make you great without thought. But thought can make you great with very little study. There are altogether too many people who are trying to make something of themselves by reading books without thinking: all such will fail. You are not mentally developed by what you read, but by what you think about what you read.

Thinking is the hardest and most exhausting of all labor: and hence many people shrink from it. God has so formed us that we are continuously impelled to thought. We must either think or engage in some activity to escape thought. The headlong, continuous chase for pleasure in which most people spend all their leisure time is only an effort to escape thought. If they are alone, or if they have nothing amusing to take attention, as a novel to read or a show to see, they must think. And to escape from thinking they resort to novels, shows, and all the endless devices of the purveyors of amusement.

Most people spend the greater part of their leisure time running away from thought, hence they are where they are. **We never move forward until we begin to think.** Read less and think more. Read about great things and think about great questions and issues.

We have at the present time (1911) few really great figures in the political life of our country. Our politicians are a petty lot [they still are! -EM]. There is no Lincoln, no Webster, no Clay, Calhoun, or Jackson. Why? Because our present statesmen deal only with sordid and petty issues - questions of dollars and cents, of expediency and party success, of material prosperity without regard to ethical right [they still do! -EM]. Thinking along these lines does not call forth great souls. The statesmen of Lincoln's time and previous times dealt with questions of eternal truth, of human rights and justice. Men thought upon great themes: they thought great thoughts, they became great men.

Thinking, not mere knowledge or information, makes personality. **Thinking is growth.** You cannot think without growing. Every thought engenders another thought. Write one idea and others will follow until you have written a page. You cannot fathom your own mind: it has neither bottom nor boundaries. Your first thoughts may be crude, but as you go on thinking you will use more and more of yourself. You will quicken new brain cells into activity and you will develop new faculties.

Heredity, environment, circumstances, - all things must give way before you if you practice sustained and continuous thought. But, on the other hand, if you neglect to think for yourself and only use other people's thought, you will never know what you are capable of. You will end by being incapable of anything. **There can be no real greatness without original thought.**

All that a man does outwardly is the expression and completion of his inward thinking. No action is possible without thought, and no great action is possible until a great thought has preceded it. Action is the second form of thought, and personality is the materialization of thought. Environment is the result of thought. Things group themselves or arrange themselves around you according to your thought.

There is, as (philosopher) Emerson says, some central idea or conception of yourself by which all the facts of your life are arranged and classified. Change this central idea and you change the arrangement or classification of all the facts and circumstances of your life.

You are what you are because you think as you do: you are where you are because you think as you do.

You see then the immense importance of thinking about the great essentials. You must not accept them in any superficial way. You must think about them until they are a part of your central idea. Go back to the matter of the point of view and consider the tremendous thought that you live in a perfect world among perfect people, and that nothing can possibly be wrong with you but your own personal attitude.

Think about all this until you fully realize all that it means to you. Consider that this is God's world and that it is the best of all possible worlds: that He has brought it thus far toward completion by the processes of organic, and social evolution, and that it is going on to greater completeness and harmony.

Consider that there is one great, perfect, intelligent Principle of Life and Power, causing all the changing phenomena of the cosmos. Think about all this until you see that it is true, and until you comprehend how you should live and act as a citizen of such a perfect whole.

Next, think of the wonderful truth **that this great Intelligence is in you: it is your own intelligence. It is an Inner Light impelling you toward the right thing and the best thing**, the greatest act, and the highest happiness. It is a **Principle of Power in you, giving you all the ability and genius there is. It will infallibly guide you to the best if you will submit to it** and walk in the light.

Consider what is meant by your consecration of yourself when you say: *"I will obey my soul."* This is a sentence of tremendous meaning: it must revolutionize the attitude and behavior of the average person. Then think of your identification with this Great Supreme: that all its knowledge is yours, and all its wisdom is yours, for the asking. **You are a god if you think like a god.**

If you think like a god you cannot fail to act like a god. Divine thoughts will surely externalize themselves in a divine life. Thoughts of power will end in a life of power. Great thoughts will manifest in a great personality. Think well of all this, and then you are ready to act.

CHAPTER 14: ACTION AT HOME

Do not merely think that you are going to become great: think that you are great now. Do not think that you will begin to act in a great way at some future time: begin now. Do not think that you will act in a great way when you reach a different environment: act in a great way where you are now.

Do not think that you will begin to act in a great way when you begin to deal with great things: begin to deal in a great way with small things. Do not think that you will begin to be great when you get among more intelligent people, or among people who understand you better: begin now to deal in a great way with the people around you. If you are not in an environment where there is scope for your best powers and talents you can move in due time, but meanwhile you can be great where you are.

Lincoln was as great when he was a backwoods lawyer as when he was President. As a backwoods lawyer he did common things in a great way, and that made him President. Had he waited until he reached Washington to begin to be great, he would have remained unknown.

You are not made great by the location in which you happen to be, nor by the things with which you may surround yourself. You are not made great by what you receive from others, and you can never manifest greatness so long as you depend on others. You will manifest greatness only when you begin to stand alone. **Dismiss all thought of reliance on externals, whether things, books, or people.**

As Emerson said, "Shakespeare will never be made by the study of Shakespeare." Shakespeare will be made by the thinking of Shakespearean thoughts. Never mind how the people around you, including those of your own household, may treat you. That has nothing at all to do with your being great: that is, it cannot hinder you from being great. People may neglect you and be unthankful and unkind in their attitude toward you: does that prevent you from being great in your manner and attitude toward them?

"Your Father", said Jesus, "is kind to the unthankful and the evil." Would God be great if he should go away and sulk because people were unthankful and did not appreciate him? Treat the unthankful and the evil in a great and perfectly kind way, just as God does.

Do not talk about your greatness: you are really, in essential nature, no greater than those around you. You may have entered upon a way of living and thinking which they have not yet found, but they are perfect on their own plane of thought and action. You are entitled to no special honor or consideration for your greatness. You are a god, but you are among gods. You will fall into the boastful attitude if you see other people's shortcomings and failures and compare them with your own virtues and success. And if you fall into the boastful attitude of mind, you will cease to be great, and become small.

Think of yourself as a perfect being among perfect beings.

When you think of yourself as a perfect being among perfect beings, you can meet every person as an equal, not as either a superior or an inferior. Give yourself no airs: great people never do. Ask no honors and seek for no recognition: honors and recognition will come if you are entitled to them.

Begin at home. It is a great person who can always be poised, assured, calm, and perfectly kind and considerate at home. If your manner and attitude in your own family are always the best you can think, you will soon become the one on whom all the others will rely. You will be a tower of strength and a support in time of trouble. You will be loved and appreciated.

At the same time, do not make the mistake of throwing yourself away in the service of others. The great person respects himself: he serves and helps, but he is never slavishly servile. You cannot help your family by being a slave to them, or by doing for them those things which by right they should do for themselves. You do a person an injury when you wait on him too much.

The selfish and exacting (demanding) are great deal better off if their exactions (demands) are denied. The ideal world is not one where there are a lot of people being waited on by other people: it is a world where everybody waits on himself. Meet all demands, selfish and otherwise, with perfect kindness and consideration. Do not allow yourself to be made a slave to the whims, caprices, exactions, or slavish desires of any member of your family. To do so is not great, and it works an injury to the other party.

Do not become uneasy over the failures or mistakes of any family member, and feel that you must interfere. Do not be disturbed if others seem to be going wrong, and feel you must step in and set them right. Remember: every person is perfect on his own way: you cannot improve on the work of God.

Do not meddle with the personal habits and practices of others, though they are your nearest and dearest. These things are none of your business. Nothing can be wrong but your own personal attitude: make that right and you will know that all else is right. You are a truly great soul when you can live with those who do things, which you do not do, and yet refrain, from either criticism or interference.

Do the things, which are right for you to do, and believe that every member of your family is doing the things, which are right for him. Nothing is wrong with anybody or anything: behold, it is all very good.

Do not be enslaved by anyone else, but be just as careful that you do not enslave anyone else to your own notions of what is right. Think, and think deeply and continuously! Be perfect in your kindness and consideration! **Let your attitude be that of a god among gods and not that of a god among inferior beings. This is the way to be great!**

CHAPTER 15: ACTION ABROAD

The rules, which apply to home, must apply to your action everywhere. Never forget for an instant that this is a perfect world, and that you are a god among gods. You are as great as the greatest, but all are your equals. Rely absolutely on your perception of truth. Trust to the Inner Light rather than to reason, but be sure your perception comes from the Inner Light. Act in calmness: be still and attend on God.

Your identification of yourself with the All-Mind will give you all the knowledge you need for guidance in any contingency which may arise in your own life or in the lives of others. It is only necessary that you should be supremely calm, and rely upon the eternal wisdom, which is within you.

If you act in faith, your judgment will always be right, and you will always know exactly what to do. Do not hurry or worry! Remember Lincoln in the dark days of the war. James Clarke relates that after the battle of Fredericksburg (a disaster for the Federal-Union Army), Lincoln alone furnished a supply of faith and hope for the nation. Hundreds of leading men, from all parts of the country, went sadly into his room and came out cheerful and hopeful. They have stood face to face with the Highest, and had seen God in this lank, ungainly, patient man, although they knew it not.

Have perfect faith in yourself and in your own ability to cope with any combination of circumstances that may arise. Do not be disturbed if you are alone: if you need friends they will be brought to you at the right time. Do not be disturbed if you feel that you are ignorant: the information that you need will be furnished you when it is time for you to have it.

That which is in you impelling you forward is in the things and people you need, impelling them toward you. If there is a particular man you need to know, he will be introduced to you. If there is a particular book you need to read it will be placed in your hands at the right time.

All the knowledge you need will come to you from both external and internal sources. Your information and your talents will always be equal to the requirements of the occasion. Remember that Jesus told his disciples not to worry as to what they should say when brought before the judge. He knew that the power in them would be sufficient for the needs of the hour.

As soon as you awaken and begin to use your faculties in a great way you will apply power to the development of your brain. New cells will be created and dormant cells quickened into activity. And your brain will become qualified as a perfect instrument for your mind.

Do not try to do great things until you are ready to go about them in a great way. If you undertake to deal with great matters in a small way - that is, from a low viewpoint or with incomplete consecration and wavering faith and courage - you will fail. Do not be in a hurry to get to the great things.

Doing great things will not make you great, but becoming great will certainly lead you to the doing of great things. Begin to be great where you are and in the things you do every day. Do not be in haste to be found out or recognized as a great personality. Do not be disappointed if men do not nominate you for office within a month after you begin to practice what you read here. Great people never seek for recognition or applause: they are not great because they want to be paid for doing so.

Greatness is reward enough for itself: the joy of being something and of knowing that you are advancing is the greatest of all joys possible to man. If you begin in your own family, and then assume the same mental attitude with your neighbors, friends, and those you meet in business, you will soon find people beginning to depend on you. Your advice will be sought, and a constantly increasing number of people will look to you for strength and inspiration, and rely upon your judgment.

Here, as in the home, you must avoid meddling with other people's affairs. Help all who come to you, but do not go about officiously endeavoring to set other people right. Mind your own business. It is no part of your mission in life to correct people's moral, habits, or practices.

Lead a great life, doing all things with a great spirit and in a great way. Give to him that asketh of thee as freely as ye have received, but do not force your help or your opinions upon any man.

If your neighbor wishes to smoke or drink, it is his business. It is none of yours until he consults you about it. If you lead a great life and do no preaching you will save a thousand times as many souls as one who leads a small life and preaches continuously. If you hold the right viewpoint of the world, other will find it out and be impressed by it through your daily conversation and practice.

Do not try to convert others to your point of view, except by holding it and living accordingly. If your consecration is perfect you do not need to tell anyone. It will speedily become apparent to all that you are guided by a higher principle than the average man or woman. **If your identification with God is complete, you do not need to explain the fact to others: it will become self-evident.**

To become known as a great personality, you have nothing to do but to live. Do not imagine that you must go charging about the world like Don Quixote, tilting at windmills, and overturning things in general, in order to demonstrate that you are somebody. Do not go hunting for big things to do.

Live a great life where you are, and in the daily work you have to do, and greater works will surely find you out. Big things will come to you, asking to be done. Be so impressed with the value of a man that you treat even a beggar or the tramp with the most distinguished consideration.

All is God. Every man and woman is perfect. Let your manner be that of a god addressing other gods. Do not save all your consideration for the poor: the millionaire is as good as the tramp. This is a perfectly good world, and there is not a person or thing in it but is exactly right, be sure that you keep this in mind in dealing with things and men (people).

Form your mental vision of yourself with care. Make the thought-form of yourself as you wish to be, and hold this with the faith that it is being realized, and with the purpose to realize it completely. Do every common act as a god should do it. Speak every word as a god should speak it. Meet men and women of both low and high estate as a god meets other divine beings.

Begin thus and continue thus, and your unfoldment in ability and power will be great and rapid.

CHAPTER 16: SOME FURTHER EXPLANATIONS

(Here are some further explanations on points) likely to give the student the most trouble. We have been trained, partly by mistaken religious teachers, to look upon the world as being like a wrecked ship, storm-driven upon a rocky coast. Utter destruction is inevitable at the end, and the most that can be done is to rescue, perhaps, a few of the crew.

This view teaches us to consider the world as essentially bad and growing worse, and to believe that existing discords and (dis)harmonies must continue and intensify until the end. It robs us of hope for society, government, and humanity, and gives us a decreasing outlook and contracting mind.

This is all wrong. The world is not wrecked. It is like a magnificent steamer with the engines in place and the machinery in perfect order. The bunkers are full of coal, and the ship is amply provisioned for the cruise. **There is no lack of any good thing.** Every provision Omniscience could devise has been made for the safety, comfort, and happiness of the crew. The steamer is out on the high seas tacking hither and thither because no one has yet learned the right course to steer. **We are learning to steer, and in due time will come grandly into the harbor of perfect harmony.**

The world is good and growing better. Existing discords and (dis)harmonies are but the rolling of the ship incidental to our own imperfect steering: they will all be removed in due time. This view gives us an increasing outlook and an expanding mind. It enables us to think largely of society and of ourselves, and to do things in a great way.

We see that nothing can be wrong with such a world or with any part of it, including our own affairs. If it is all moving on toward completion, it is not going wrong. As our own personal affairs are a part of the whole, they are not going wrong. You and all that you know are moving on toward completeness.

Nothing can check (stop) this forward movement but yourself. And you can only check it by assuming a mental attitude, which is at cross-purposes with the mind of God. You have nothing to keep right but yourself. If you keep yourself right, nothing can possibly go wrong with you, and you can have nothing to fear. No business or other disaster can come upon you if your personal attitude is right, for you are a part of that which is increasing and advancing, and you must increase and advance with it.

Moreover your thought-form will be mostly shaped according to your viewpoint of the cosmos. If you see the world as a lost and ruined thing you will see yourself as a part of it, and as partaking of its sins and weaknesses. If your outlook for the world as a whole is hopeless, your outlook for yourself cannot be hopeful. If you see the world as declining toward its end, you cannot see yourself as advancing.

Unless you think well of all the works of God you cannot really think well of yourself, and unless you think well of yourself you can never become great.

Your place in life, including your material environment, is determined by the thought-form you habitually hold of yourself. When you make a thought-form of yourself you can hardly fail to form in your mind a corresponding environment. If you think of yourself as an incapable, inefficient person, you will think of yourself with poor or cheap surrounding.

Unless you think well of yourself, you will picture yourself in a poverty stricken environment. These thoughts, habitually held, become invisible forms in the surrounding mind-stuff, and are with you continually. In due time, by the regular action of the eternal creative energy, the invisible thoughts are produced in material stuff, and you are surrounded by your own thoughts made into material things.

See nature as a great living and advancing presence, and see human society in exactly the same way. It is all one, coming from one source, and it is all good. You yourself are made of the same stuff as God. All the constituents of God are parts of yourself. Every power that God has is a constituent of man. You can move forward as you see God doing. **You have within yourself the source of every power.**

CHAPTER 17: MORE ABOUT THOUGHT

You will never become great until your own thoughts make you great, and therefore it is of the first importance that you should THINK. You will never do great things in the external world until you think great things in the internal world. You will never think great things until you think about truth.

To think great things you must be absolutely sincere. To be sincere you must know that your intentions are right. Insincere or false thinking is never great, however logical and brilliant it may be. The first step is to **seek the truth about human relations**: to know what you ought to be to other men, and what they ought to be to you. This brings you back to the search for a right viewpoint.

You should study organic and social evolution. Read (authors) Charles Darwin (evolution theorist, who wrote "On the Origin of Species") and Walter Thomas Mills (labor reformer, who wrote "The Struggle for Existence"). As you read, THINK: think the whole matter over until you see the world of things and men in the right way. THINK about what God is doing until you can SEE what he is doing.

Your next step is to **think yourself into the right personal attitude**. Your viewpoint tells you what the right attitude is, and obedience to the soul puts you into it. It is only by making a complete consecration of yourself to the highest that is within you that you can attain to sincere thinking.

So long as you are selfish in your aims, or dishonest or crooked in any way in your intentions or practices, your thinking will be false and your thoughts will have no power. THINK about the way you are doing things: about all your intentions, purposes, and practices, until you know they are right.

The fact of one's own complete unity with God is one that no person can grasp without deep and sustained thinking. Anyone can accept the proposition in a superficial way, but to feel and realize a vital comprehension of it is another matter. It is easy to think of going outside of yourself to meet God, but it is not so easy to think of going inside yourself to meet God.

God is there, in the holy of holies of your own soul, you may meet him face to face. It is a tremendous thing, this fact that all you need is already within you: that you do not have to consider how to get the power to do what you want to do or to make yourself what you want to be. You have only to consider how to use the power you have in the right way. And there is nothing to do but to begin.

Use your perception of truth. You can see some truth today. Live fully up to that and you will see more truth tomorrow. To rid yourself of the old false ideas you will have to think a great deal about the value of men (people) - the greatness and worth of human soul. You must cease from looking at human mistakes and look at successes. **Cease from seeing faults and see virtues.**

You can no longer look upon men and women as lost and ruined beings who are descending into hell. You must come to regard them as shining souls who are ascending toward heaven. It will require some exercise of will power to do this, but this is the legitimate use of the will - to decide what you will think about and how you will think. **The function of the will is to direct thought.**

Think about the good side of men: the lovely, attractive part, and exert your will in refusing to think of anything else in connection with them.

I know of no one who has attained to so much on this one point as Eugene V. Debs (twice the Socialist candidate for President of the United States). Mr. Debs reverences humanity. No appeal for help is ever made to him in vain. No one receives from him an unkind or censorious word. You cannot come into his presence without being made sensible of his deep and kindly personal interest in you.

No one - whether millionaire, grimy workingman, or toil worn woman - meets him without receiving the radiant warmth of a brotherly affection that is sincere and true. No ragged child speaks to him on the street without receiving instant and tender recognition. Debs loves men. This has made him the leading figure in a great movement, the beloved hero of a million, and will give him a deathless name [only in Wattles' view. -EM] It is a great thing to love men so and it is only achieved by thought.

Nothing can make your great but thought. THINK, think, think!

CHAPTER 18: JESUS' IDEA OF GREATNESS

In the twenty-third chapter of Matthew, Jesus makes a very plain distinction between true and false greatness, and also points out the great danger to all who wish to become great. The most insidious of temptations which all must avoid and fight unceasingly: all who desire to really climb in the world.

Speaking to the multitude and to his disciples, he bids them beware of adopting the principle of the Pharisees. He points out that while the Pharisees are just and righteous men, they "love the uppermost seats at feasts, greetings in the market place, and to be called Master, Master!" In comparison with this principle, he says: "He that will be great among you let him serve".

The average person's idea of a great man, rather than of one who serves, is of one who succeeds in getting himself served. He gets himself in a position to command men: to exercise power over them, making them obey his will. The exercise of dominion over other people, to most persons, is a great thing. Nothing seems to be sweeter to the selfish soul than this.

You will always find every selfish and undeveloped person trying to domineer over others, to exercise control over other men. Savage men were no sooner placed upon the earth than they began to enslave one another. For ages the struggle in war, diplomacy, politics, and government has been aimed at the securing of control over other men. Kings and princes have drenched the soil of the earth in blood and tears in the effort to extend their dominions and their power: to rule more people.

The struggle of the business world today (1911) is the same as that on the battlefields of Europe a century before so far as the ruling principle is concerned. Robert G. Ingersoll (little known today, Ingersoll was the foremost orator and political speechmaker of Wattles's day) could not understand why men like (millionaire industrialists) Rockefeller and Carnegie seek for more money and make themselves slaves to the business struggle when they already have more than they can possibly use.

Ingersoll thought it a kind of madness and illustrated it as follows: "Suppose a man had fifty thousand pairs of pants, seventy-five thousand vests, one hundred thousand coats, and one hundred and fifty thousand neckties, what would you think of him if he arose in the morning before light and worked until after it was dark every day, rain or shine, in all kinds of weather, merely to get another necktie?"

But it is not a good simile. The possession of neckties gives a man no power over other men, while the possession of dollars does. Rockefeller, Carnegie, and their kind (millionaires) are not after dollars but power. It is the principle of the Pharisee: it is the struggle for the high place. It develops able men, cunning men, resourceful men, but not great men.

I want you to contrast these two ideas of greatness sharply in your minds. "He that seeks power to serve himself" against "He that will be great among you let him serve".

Let me stand before the average American audience and ask the name of the greatest American and the majority will think of Abraham Lincoln. Is this not because in Lincoln above all the other men who have served us in public life we recognize the spirit of service? Not servility, but service.

Lincoln was a great man because he knew how to be a great servant. Napoleon, able, cold, selfish, seeking the high places, was a brilliant man. Lincoln was great, Napoleon was not.

The very moment you begin to advance and are recognized as one who is doing things in a great way you will find yourself in danger. The temptation to patronize, advice, or take upon yourself the direction of other people's affairs is sometimes almost irresistible.

Avoid, however, the opposite danger of falling into servility, or of completely throwing yourself away in the service of others. To do this has been the ideal of a great many people. The completely self-sacrificing life has been thought to be the Christ-like life, because of a complete misconception of the character and teachings of Jesus.

Thousands of people imitating Jesus, as they suppose, have belittled themselves and given up all else to go about doing good: practicing an altruism that is really as morbid and as far from great as the rankest selfishness. The finer instincts, which respond to the cry of trouble or distress, are not by any means all of you. They are not necessarily the best part of you. There are other things you must do besides helping the unfortunate, although it is true that **a large part of the life and activities of every great person must be given to helping other people.**

As you begin to advance they will come to you. Do not turn them away. But **do not make the fatal error of supposing that the life of complete self-abnegation is the way of greatness.** To make another point here, let me refer to the fact that (philosopher) Swedenborg's classification of fundamental motives is exactly the same as that of Jesus.

He divides all men into two groups: those who live in pure love, and those who live in what he calls the love of ruling for love of self. It will be seen that this is exactly the same as the lust for place and power of the Pharisees. Swedenborg saw this selfish love of power as the cause of all sin. It was the only evil desire of the human heart, from which all other evil desires sprang. Over against this he places pure love. He does not say love of God or love of man, but merely love.

Nearly all religionists make more of love and service to God than they do of love and service to man. But it is a fact that love to God is not sufficient to save a man from the lust for power, for some of the most ardent lovers of the Deity have been the worst of tyrants. Lovers of God are often tyrants, and lovers of men are often meddling and officious.

CHAPTER 19: A VIEW OF EVOLUTION

But how shall we avoid throwing ourselves into altruistic work if we are surrounded by poverty, ignorance, suffering, and every appearance of misery as very many people are? Those who live where the withered hand of want is thrust upon them from every side appealingly for aid must find it hard to refrain from continuous giving.

Again, there are social and other irregularities, injustices done to the weak, which fire generous souls with an almost irresistible desire to set things right. We want to start a crusade. We feel that wrongs will never be righted until we give ourselves wholly to the task. In all this, we must remember the viewpoint that this is not a bad world but a good world in the process of becoming.

Beyond all doubt there was a time when there was no life upon this earth. The testimony of geology to the fact that the globe was once a ball of burning gas and molten rock, clothed about with boiling vapors, is indisputable. Life could not have existed under such conditions: that seems impossible.

Geology tells us that later on a crust formed, the globe cooled and hardened, the vapors condensed and became mist or fell in rain. The cooled surface crumbled into soil. Moisture accumulated, ponds and seas were gathered together. Somewhere in the water or on the land appeared something that was alive.

It is reasonable to suppose that this first life was in single-celled organisms, but behind these cells was the insistent urge of Spirit, the Great One Life seeking expression. Soon organisms having too much life to express themselves with one cell had two cells, then many, and more life was poured into them.

Multiple-celled organisms were formed: plants, trees, vertebrates, and mammals, many of them with strange shapes, but all were perfect after their kind as everything is that God makes. No doubt there were crude and almost monstrous forms of both animal and plant life. But everything filled its purpose in its day and it was all very good.

Then another day came, the great day of the evolutionary process, a day when the morning stars sang together and the sons shouted for joy to behold the beginning of the end. For man, the object aimed at from the beginning, had appeared upon the scene. It was an ape-like being, little different from the beasts around him in appearance but infinitely different in his capacity for growth and thought.

Art and beauty, architecture and song, poetry and music, all these were unrealized possibilities in that ape-man's soul. And for his time and kind he was very good. "It is God that worketh in you to will and to do of his good pleasure", says St. Paul.

From the day the first man appeared God began to work IN men, putting more and more of himself into each succeeding generation, urging them on to larger achievements and to better conditions, social, governmental, and domestic. Those who are looking back into ancient history see the awful conditions, which existed, the barbarities, idolatries, and sufferings, and reading about God in connection with these things may feel that he was cruel and unjust to man, should pause to think.

From the ape-man to the coming Christ, man humanity has had to rise. It could only be accomplished by the successive unfoldments of the various powers and possibilities latent in the human brain. Naturally the cruder and more animal-like part of man came to its full development first. For ages men were brutal. Their governments were brutal, their religions were brutal, their domestic institutions were brutal, and what appears to be an immense amount of suffering resulted from this brutality.

But God is never delighted in suffering, and in every age he has given men a message, telling them how to avoid it. And all the while the urge of life, insistent, powerful, compelling, made humanity keep moving forward: a little less brutality in each age. And God kept on working in man.

In every age there have been some individuals who were in advance of the mass and who heard and understood God better than their fellows. Upon these the inspiring hand of Spirit was laid and they were compelled to become interpreters. These were the prophets and seers, sometimes the priests and kings, and oftener still they were martyrs driven to the stake, the block, or the cross. It is to these who have heard God, spoken his word, and lived his truth in their lives that all progress is really due.

Again, considering for a moment the presence of what is called evil in the world, we see that which appears to us to be evil is only undeveloped. That the undeveloped is perfectly good in its own stage. Because all things are necessary to man's complete unfoldment, all things in life are the work of God.

The graft rings in our cities, the red-light districts and their unfortunate inmates, these he consciously and voluntarily produced. Their part in the plan of unfoldment must be played. When their part has been played he will sweep them off the stage as he did the strange and poisonous monsters which filled the swamps of the past ages. In concluding this vision of evolution we might ask why it was all done, what is it for? This question should be easy for the thoughtful mind to answer.

God desired to express himself, to live in form, and not only that, but to live in a form through which he could express himself on the highest moral and spiritual plane. God wanted to evolve a form in which he could live as a god and manifest himself as a god.

This was the aim of the evolutionary force. The ages of warfare, bloodshed, suffering, injustice, and cruelty were tempered in many ways with love and justice as time advanced. This was developing the brain of man to a point where it was capable of giving full expression to the love and justice of God.

The end is not yet: God aims not at the perfection of a few choice specimens for exhibition, like the large berries at the top of the box, but at the glorification of humanity. The time will come when the Kingdom of God shall be established on earth: the time foreseen by the dreamer of the Isle of Patmos (John of the Gospels), when there shall be nor more crying, neither shall there be any more pain, for the former things are all passed away, and there shall be no night there.

CHAPTER 20: SERVING GOD

As to finally settling the question of duty. This is the one that puzzles and perplexes very many people who are earnest and sincere, and gives them a great deal of difficulty in its solution.

When they start out to make something of themselves and to practice the science of being great, they find themselves necessarily compelled to rearrange many of their relationships. There are friends who perhaps must be alienated. There are relatives who misunderstand and who feel that they are in some way being slighted. The really great man is often considered selfish by a large circle of people who are connected with him and who feel that he might bestow upon them more benefits than he does.

The question at the outset is: Is it my duty to make the most of myself regardless of everything else? Or shall I wait until I can do so without any friction or without causing loss to anyone? This is the question of duty to self versus duty to others. One's duty to the world has been thoroughly discussed and do I give some consideration now to the idea of duty to God.

An immense number of people have a great deal of uncertainty, not to say anxiety, as to what they ought to do for God. The amount of work and service that is done for him in the way of church work is enormous. An immense amount of human energy is expended in what is called serving God.

I propose to consider briefly what serving God is and how a man may serve God best. I think I shall be able to make plain that the conventional idea as to what constitutes service to God is all wrong.

When Moses went down into Egypt to bring out the Hebrews from bondage, his demand upon Pharaoh, in the name of the Deity, was, "Let the people go that they may serve me". He led them out into the wilderness and there instituted a new form of worship which has led many people to suppose that worship constitutes the service of God.

Later God himself distinctly declared that he cared nothing for ceremonies, burned offering, or oblation. And the teaching of Jesus, if rightly understood, would do away their hands or bodies or voices. Saint Paul points out that man can do nothing for God, for God does not need anything.

The view of evolution, which we have taken, shows God seeking expression through man. Through all the successive ages in which his spirit has urged man up the height, God has gone on seeking expression. Every generation of men is more Godlike than the preceding generation. Every generation of men demands more in the way of fine homes, pleasant surroundings, congenial work, rest, travel, and opportunity for study than the preceding generation.

I have heard some shortsighted economists argue that the working people of today ought surely to be fully contented because their condition is so much better than that of the working-man two hundred years ago. That man slept in a windowless hut on a floor covered with rushes in company with his pigs. If that man had all that he was able to use for the living of all the life he knew how to live, he was perfectly content, and if he lacked anything he was not contented.

The man of today has a comfortable home and very many things, indeed, that were unknown a short period back in the past. If he has all that he can use for the living of all the life he can imagine, he will be content. But he is not content. God has lifted the race so far that any common man can picture a better and more desirable life than he is able to live under existing conditions.

And so long as this is true, **so long as a man can think and clearly picture to himself a more desirable life, he will be discontented with the life he has to live, and rightly so.** That discontent is the Spirit of God urging men on to more desirable conditions. It is God who seeks expression in humanity. "He worketh in us to will and to do".

The only service you can render God is to give expression to what he is trying to give the world, through you. The only service you can render God is to make the very most of yourself in order that God may live in you to the utmost of your possibilities.

In a former work ("The Science of Getting Rich"), I refer to the little boy at the piano, the music in whose soul could not find expression through his untrained hands. This is a good illustration of the way Spirit of God is over, about, around, and in all of us, seeking to do great things with us, as soon as we will train our hands and feet, our minds, brains, and bodies to do his service.

Your first duty to God, to yourself, and to the world is to make yourself as great a personality, in every way, as you possibly can. And that, it seems to me, disposes of the question of duty.

In a general way, that it is within the power of every man to become great, just as in "The Science of Getting Rich" I declared that it is within the power of every man to become rich. These sweeping generalizations need qualifying. There are men who have such materialistic minds that they are absolutely incapable of comprehending the philosophy set forth in these books.

There is a great mass of men and women who have lived and worked until they are practically incapable of thought along these lines. And so they cannot receive the message. Something may be done for them by demonstration, that is, by living the life before them. But that is the only way they can be aroused. The world needs demonstration more than it needs teaching.

For this mass of people, our duty is to become as great in personality as possible in order that they may see and desire to do like wise. It is our duty to make ourselves great for their sakes, so that we may help prepare the world that the next generation shall have better conditions for thought.

I am frequently written to by people who wish to make something of themselves and to move out into the world, but who are hampered by home ties, having others more or less dependent upon them, whom they fear would suffer if left alone. I advise such people to move out fearlessly, and to make the most of themselves. If there is a loss at home it will be only temporary. For in a little while, if you follow the leading of Spirit, you will be able to take better care of your dependents than ever before.

CHAPTER 21: A MENTAL EXERCISE

The purpose of mental exercises must not be misunderstood. There is no virtue in formulated strings of words. There is no short cut to development by repeating prayers or incantations. A mental exercise is an **exercise, not in repeating words, but in the thinking of certain thoughts.**

The phrases that we repeatedly hear become convictions, as Goethe says. The thoughts that we repeatedly think become habitual, and make us what we are.

The purpose in taking a mental exercise is that you may think certain thoughts repeatedly until you form a habit of thinking them. Then they will be your thoughts all the time. Taken in the right way and with an understanding of their purpose, mental exercises are of great value, but taken as most people take them they are worse than useless.

The thoughts embodied in the following exercise are the ones you want to think. **You should take the exercise once or twice daily, but you should think the thoughts continuously.** That is, do not think them twice a day for a stated time and then forget them until it is time to take the exercise again. The exercise is to impress you with the material for continuous thought.

Take a time when you can have 30 minutes to secure from interruption. Proceed first to make yourself physically comfortable. Lie at ease in a chair, or on a couch, or in bed: it is best to lie flat on your back. If you have no other time, take the exercise on going to bed at night and before rising in the morning.

First let your attention travel over your body from the crown of your head to the soles of your feet, relaxing every muscle as you go. Relax completely. Get physical and other ills off your mind. Let the attention pass down the spinal cord and out over the nerves to the extremities, and as you do so think: *"My nerves are in perfect order all over my body. They obey my will, and I have great nerve force."*

Next bring your attention to the lungs and think: *"I am breathing deeply and quietly, and the air goes into every cell of my lungs, which are in perfect condition. My blood is purified and made clean."*

Next to the heart: *"My heart is beating strongly and steadily, and my circulation is perfect. My blood flows perfectly, from the top of my head to the tips of my toes."*

Next to the digestive system: *"My stomach and bowels perform their work perfectly. My food is digested and assimilated and my body rebuilt and nourished. My liver, kidneys, and bladder each perform their several functions without pain or strain. I am perfectly well."*

Next to the mind: *"My body is resting, my mind is quiet, my emotions are calm, and my soul is at peace. God, who is within me, is also in all things I want, always moving them toward me. All that I want is already given to me. I am perfectly well and healthy. I am at peace and filled with love and hope. I filled with positive, loving thoughts. I give love. I receive love. I am love. I am at peace with all beings. I always follow the course of action, which is in accord with my highest ideals. I am right and I will do right. I completely trust in myself and in my abilities. All is well for me!"*

Next to VIEWPOINT: *"All is right with the world. It is perfect and now advancing to completion. I contemplate the facts of life only from this high viewpoint. Behold, it is all very good. I see all human beings, all my acquaintances, friends, neighbors, and the member of my own household in the same way. They are all good. Nothing is wrong with the universe. Nothing can de wrong but my own personal attitude, and henceforth I keep that right. My whole trust is in God."*

Next to CONSECRATION: *"I obey my soul and be true to that within me which is highest. I search within for the pure idea of right in all things, and when I find it, I express it in my outward life. I easily let go of what no longer serves me and I embrace what is the best for me. I have the highest thoughts concerning all my relationships, and my manner and action express these thoughts. I surrender my body, my mind, and my emotions to the dominion of my soul. I give my soul to the guidance of God."*

Next to IDENTIFICATION: *"There is but one substance and source, and of that I am made and with it I am one. It is my Father! I proceeded forth and came from it. My Father and I are one, and my Father is greater than I, and I do His will. I surrender myself to conscious unity with Pure Spirit. There is but one and that one is everywhere. I am one with the Eternal Consciousness."*

Next to IDEALIZATION: Form a mental picture of yourself as you want to be, and at the greatest height your imagination can picture. Dwell upon this for some little time, holding the thought: *"This is great picture of myself is what I really am: it is a picture of my own soul. I am this now in soul, and I am becoming this in outward manifestation more and more each and every day."*

Next to REALIZATION: *"I draw in the power to become what I want to be, and to do what I want to do. I exercise creative energy: all the power there is is mine. I arise and go forth with power and perfect confidence. I do mighty works in the strength of the Lord, my God. I trust: for God is with me."*

CHAPTER 22: A SUMMARY OF "THE SCIENCE OF BEING GREAT"

All men (people) are made of the one intelligent substance, and therefore all contain the same essential powers and possibilities. Greatness is equally inherent in all, and may be manifested by all. Every person may become great. Every constituent of God is a constituent of man.

Man may overcome both heredity and circumstances by exercising the inherent creative power of the soul. If he is to become great, the soul must act, and must rule the mind and the body.

Man's knowledge is limited, and he falls into error through ignorance: to avoid this he must connect his soul with Universal Spirit.

Universal Spirit is the intelligent substance from which all things come. It is in and through all things. All things are known to universal mind: man can unite himself with it as to enter into all knowledge.

To do this man must cast out of himself everything, which separates him from God. He must will to live the divine life. He must rise above all moral temptations. He must forsake every course of action that is not in accord with his highest ideals.

He must reach the right viewpoint, recognizing that God is all, in all, and that there is nothing wrong. He must see that nature, society, government, and industry are perfect in their present stage, and advancing toward completion. And that all men and women everywhere are good and perfect.

He must know that all is right with the world, and unite with God for the completion of the perfect work. It is only as man sees God as the Great Advancing Presence in all, and good in all, that he can rise to real greatness.

He must consecrate himself to the service of the highest that is within himself, obeying the voice of the soul. There is an Inner Light in every man which continuously impels him toward the highest, and he must be guided by this light if he would become great.

He must recognize the fact that he is one with the Father, and consciously affirm this unity for himself and for all others. He must know himself to be a god among gods, and act accordingly.

He must have absolute faith in his own perceptions of truth, and begin at home to act upon these perceptions. As he sees the true and right course in small things, he must take that course. He must cease to act unthinkingly, and begin to think. And he must be sincere in his thought.

He must form a mental conception of himself at the highest, and hold this conception until it is his habitual thought-form of himself. This thought-form he must keep continuously in view. He must outwardly realize and express that thought-form in his actions.

He must do everything that he does in a great way. In dealing with his family, his neighbors, acquaintances, and friends, he must make every act an expression of his ideal.

The man who reaches the right viewpoint and makes full consecration, and who fully idealizes himself as great, and who makes every act, however trivial, an expression of the ideal, has already attained to greatness. Everything he does will be done in a great way.

He will make himself known, and will be recognized as a personality of power. He will receive knowledge by inspiration, and will know all that he needs to know. He will receive all the material wealth he forms in his thoughts, and will not lack for any good thing. He will be given ability to deal with any combination of circumstances which may arise, and his growth and progress will be continuous and rapid.

Great works will seek him out, and all men will delight to do him honor. Because of its peculiar value to the student of the "Science of Being Great", I close this book by giving a portion of Emerson's essay on the "Oversoul". This great essay is fundamental, showing the foundation principles of monism (the principle of philosophy that all of reality is of one/the same kind) and the science of greatness.

I recommend the student to study it most carefully in connection with this book.

THE END

Appendix A: "Oversoul" by Ralph Waldo Emerson

What is the universal sense of want and ignorance, but the fine innuendo by which the great soul makes its enormous claim? Why do men feel that the natural history of man has never been written, but always he is leaving behind what you have said of him, and it becomes old, and books of metaphysics worthless?

The philosophy of six thousand years has not searched the chambers of the soul. In its experiments there has always remained, in the last analysis, a residual it could not resolve. Man is a stream whose source is hidden. Always our being is descending into us from we know not whence. The most exact calculator has no prescience that somewhat incalculable may not balk the very next moment. I am constrained every moment to acknowledge a higher origin for events than the will I call mine.

As with events, so it is with thoughts. When I watch that flowing river, which, out of regions I see not, pours for a season its streams into me, - I see that I am a pensioner, - not a cause, but a surprised spectator of this ethereal water; that I desire and loop up, and put myself in the attitude for reception, but from some alien energy the visions come.

The Supreme Critic on all the errors of the past and present, and the only prophet of that which must be, is that great nature in which we rest, as the earth lies in the soft arms of the atmosphere; that Unity, that Oversoul (Higher Self), with which every man's particular being is contained and made one with all other; that common heart, of which all sincere conversation is the worship, to which a right action is submission; that overpowering reality which confutes our tricks and talents, and constrains every one to pass for what he is, and to speak from his character and not from his tongue; and which evermore tends and aims to pass into our thought and hand, and become wisdom, virtue, power, and beauty.

We live in succession, in division, in parts, in particles. Meantime within man is the soul of the whole; the wise silence; the universal beauty, to which every part and particle is equally related; the eternal One. And this deep power in which we exist, and whose beatitude is all accessible to us, is not only self-sufficing and perfect in every hour, but the act of seeing, and the thing seen, the seer and the spectacle, the subject and the object, are one. We see the world piece by piece, as the sun, moon, animal, tree; not the whole.

Of which these are the shining parts, is the soul. It is only by the vision of that Wisdom, the horoscope of the ages can be read, and it is only by falling back on our better thoughts, by yielding to the spirit of prophecy which is innate in every man, that we know what it saith. Every man's words, who speaks from that life, must sound vain to those who do not dwell in the same thought on their own part. I dare not speak for it. My words do not carry its august sense; they fall short and cold.

Only itself can inspire whom it will, and behold! Their speech shall be lyrical and sweet, and universal as the rising of the wind. Yet I desire, even by profane words, if sacred I may not use, to indicate the heaven of this deity, and to report what hints I have collected of the transcendent simplicity and energy of the Highest Law.

If we consider what happens in conversation, in reveries, in remorse, in times of passion, in surprises, in the instruction of dreams wherein often we see ourselves in masquerade, - the droll disguises only magnifying and enhancing a real element, and forcing it on our distinct notice, - we shall catch many hints that will broaden and lighten into knowledge of the secret of nature.

All goes to show that the soul in man is not an organ, but animates and exercises all the organs; is not a function, like the power of memory, calculation, comparison, - but uses these as hands and feet; is not a faculty, but a light; is not the intellect or the will, but the master of the intellect and the will; - is the vast background of our being in which they lie - an immensity not possessed, that cannot be possessed.

From within or from behind, a light shines through us upon things, and makes us aware that we are nothing, but the light is all. A man is the facade of a temple wherein all wisdom and all good abide. What we commonly call man, the eating, drinking, planting, counting man, does not, as we know him, represent himself, but misrepresents himself. Him we do not respect, but the soul, whose organ he is, would he let it appear through his action, would make our knees bend.

When Soul breathes through his intellect, it is genius; when it flows through his affection it is love. After its own law and not by arithmetic is the rate of its progress to be computed. The soul's advances are not made by gradation, as can be represented by a straight line; but rather by ascension of state, such as can be represented by metamorphosis, - from the egg to the worm, from the worm to the fly.

The growths of genius are of a certain total character, that does not advance the elect individual first over John, Adam, Richard, and give to each the pain of discovered inferiority, but by every throes of growth the man expands there where he works, passing, at each pulsation, classes, populations of men.

With each divine impulse the mind rends the thin rinds of the visible and infinite, and comes out into eternity, and inspires and expires its air. It converses with truths that have always been spoken in the world, and becomes conscious of a closer sympathy with Zeno (Greek philosopher and mathematician) and Arrian (Greek historian), than with the person in the house.

This is the law of moral and of mental gain. The simple arise as by specific levity, not into a particular virtue, but into the region of all the virtues. They are in the spirit, which contains them all.

The soul is superior to all the particulars of merit. The soul requires purity, but purity is not it; requires justice, but justice is not that; requires beneficence, but is somewhat better: so that there is a kind of descent and accommodation felt when we leave speaking of moral nature, to urge a virtue which it enjoins. For, to the soul in her pure action, all the virtues are natural, and not painfully acquired. Speak to his heart, and the man becomes suddenly virtuous.

Within the same sentiment is the germ of intellectual growth, which obeys the same law. Those who are capable of humility, of justice, of love, of aspiration, are already on a platform that commands the sciences and arts, speech and poetry, action and grace. For whoso dwells in this mortal beatitude, does already anticipate those special powers which men prize so highly; just as love does justice to all the gifts of the object beloved.

The lover has no talent, no skill, which passes for quite nothing with his enamored maiden, however little she may possess of related faculty. And the heart which abandons itself to the Supreme Mind finds itself related to all its works and will travel a royal road to particular knowledge and powers.

For, in ascending to this primary and aboriginal sentiment, we have come from our remote station on the circumference instantaneously to the center of the world, where, as in the closet of God, we see causes, and anticipate the universe, which is but a slow effect.

Appendix B: "The Solitude of Self" (abridged from Elizabeth Cady Stanton's "Address to the Judiciary of the US Congress" on January 18, 1892)

The point I wish to bring you on this occasion is the individuality of each human soul: our Protestant idea, the right of individual conscience and judgment—our republican idea, individual citizenship.

In discussing the rights of woman, we are to consider what belongs to her as an individual, in a world of her own, the arbiter of her own destiny, an imaginary Robinson Crusoe with her Friday on a solitary island. Her rights under such circumstances are to use her faculties for her own safety and happiness.

The isolation of every human soul and the necessity of self-dependence must give each individual the right, to choose his own surroundings. "Nature never repeats herself, and the possibilities of one human soul will never be found in another."

The strongest reason for giving woman all the opportunities for education, for the full development of her faculties, forces of mind and body; for giving her the most enlarged freedom of thought and action; a complete emancipation from all forms of bondage, of custom, dependence, superstition; from all the crippling influences of fear, is the solitude and personal responsibility of her own individual life.

The strongest reason why we ask for woman a voice in the government under which she lives; in the religion she is asked to believe; equality in social life, where she is the chief factor; a place in the trades and professions, where she may earn her bread, is because of her birthright to self-sovereignty; because, as an individual, she must rely on herself.

No matter how much women prefer to lean, to be protected and supported, nor how much men desire to have them do so, they must make the voyage of life alone, and for safety in an emergency they must know something of the laws of navigation.

To guide our own craft, we must be captain, pilot, engineer; with chart and compass to stand at the wheel; to match the wind and waves and know when to take in the sail, and to read the signs in the firmament over all. It matters not whether the solitary voyager is man or woman. Nature having endowed them equally, leaves them to their own skill and judgment in the hour of danger, and, if not equal to the occasion, alike they perish.

They appreciate the importance of fitting every human soul for independent action, think for a moment of the immeasurable solitude of self. We come into the world alone, unlike all who have gone before us. We leave it alone under circumstances peculiar to ourselves.

No mortal ever has been, no mortal will be like the soul just launched on the sea of life. There can never again be such environments as make up the infancy, youth and adulthood of this one. No one has ever found two blades of ribbon grass alike, and no one will never find two human beings alike. Seeing what must be the infinite diversity in human character, we can in a measure appreciate the loss to a nation when any large class of the people is uneducated and unrepresented in the government.

We ask for the complete development of every individual, first, for his own benefit and happiness. In fitting out an army we give each soldier his own knapsack, arms, powder, his blanket, cup, knife, fork and spoon. We provide alike for all their individual necessities, then each man bears his own burden.

We ask complete individual development for the good; for the consensus of the competent on the whole round of human interest; on all questions. Here each one must bear their share of the burden. It is sad to see how soon friendless children are left to bear their own burdens before they can analyze their feelings; before they can tell their joys and sorrows, they are thrown on their own resources.

The great lesson that nature teaches us at all ages is self-dependence, self-protection, self-support.

In the hours of our keenest sufferings all are thrown wholly on themselves for consolation. In youth, our most bitter disappointments, our brightest hopes and ambitions are known only to ourselves, even our friendship and love we never fully share with another; there is something of every passion in every situation we conceal. Even so in our triumphs and our defeats.

The solitude of the king on his throne and the prisoner in his cell differs in character and degree, but it is solitude nevertheless. We ask no sympathy from others in the anxiety and agony of a broken friendship or shattered love. When death sunders our nearest ties, alone we sit in the shadows of our affliction. Alike mid the greatest triumphs and darkest tragedies of life we walk alone. On the heights of human attainments, eulogized and worshiped as a hero or saint, we stand alone.

In ignorance, poverty, and vice, as a pauper or criminal, alone we starve or steal; alone we suffer the sneers and rebuffs of our fellows; alone we are hunted and hounded through dark courts and alleys, in by-ways and highways; alone we stand in the judgment seat; alone in the prison cell we lament our crimes and misfortunes; alone we expiate (pay for) them (as a matter of justice) on the gallows.

In hours like these we realize the awful solitude of individual life, its responsibilities, its penalties, its pains. Hours in which the youngest and most helpless are thrown on their own resources for guidance and consolation. Seeing then that life must ever be a march and a battle, that each soldier must be equipped for his own protection, it is the height of cruelty to rob the individual of a single natural right.

To throw obstacle in the way of a complete education is like putting out the eyes; to deny the rights of property, like cutting off the hands. To deny political equality is to rob the ostracised of all self-respect; of credit in the market place; of recompense in the world of work; of a voice among those who make and administer the law; a choice in the jury before whom they are tried, and in the judge who decides their punishment. Robbed of her natural rights, handicapped by law and custom, woman is yet compelled to fight her own battles, and in the emergencies of life to fall back on herself for protection.

The girl of sixteen, thrown on the world to support herself, to make her own place in society, to resist the temptations that surround her and maintain a spotless integrity, must do all this by native force or superior education. She does not acquire this power by being trained to trust others and distrust herself.

If she wearies of the struggle, finding it hard work to swim upstream, and allow herself to drift with the current, she will find plenty of company, but not one to share her misery in the hour of her deepest humiliation. If she tried to retrieve her position, to conceal the past, her life is hedged about with fears lest willing hands should tear the veil from what she fain would hide.

Young and friendless, she knows the bitter solitude of self. How the little courtesies of life on the surface of society, deemed so important from man towards woman, fade into utter insignificance in view of the deeper tragedies in which she must play her part alone, where no human aid is possible.

The young wife and mother, at the head of some establishment with a kind husband to shield her from the adverse winds of life, with wealth, fortune and position, has a certain harbor of safety, occurs against the ordinary ills of life. But to manage a household, have a desirable influence in society, keep her friends and the affections of her husband, train her children and servants well, she must have rare common sense, wisdom, diplomacy, and a knowledge of human nature. To do all this she needs the cardinal virtues and the strong points of character that the most successful statesman possesses.

An uneducated woman, trained to dependence, with no resources in herself must make a failure of any position in life. But society says women do not need a knowledge of the world, the liberal training that experience in public life must give, all the advantages of education; but when for the lack of all this, the woman's happiness is wrecked, alone she bears her humiliation; and the attitude of the weak and the ignorant is indeed pitiful in the wild chase for the price of life, they are ground to powder.

In age, when the pleasures of youth are passed, children grown up, married and gone, the hurry and hustle of life in a measure over, when the hands are weary of active service, when the old armchair and the fireside are the chosen resorts, then men and women alike must fall back on their own resources.

If they cannot find companionship in books, if they have no interest in the vital questions of the hour, no interest in watching the consummation of reforms, with which they might have been identified, they soon pass into their dotage. The more fully the faculties of the mind are developed and kept in use, the longer the period of vigor and active interest in all around us continues.

If from a lifelong participation in public affairs a woman feels responsible for the laws regulating our system of education, the discipline of our jails and prisons, the sanitary conditions of our private homes, public buildings, and thoroughfares, an interest in commerce, finance, our foreign relations, in any or all of these questions, here solitude will at least be respectable, and she will not be driven to gossip or scandal for entertainment. "Whatever the theories may be of woman's dependence on man, in the supreme moments of her life, he can not bear her burdens."

The chief reason for opening to every soul the doors to the whole round of human duties and pleasures is the individual development thus attained, the resources thus provided under all circumstances to mitigate the solitude that comes to everyone. When one becomes acquainted with themselves and their own inner resources, they create a world of their own, a vast empire, that no jailer or king can invade.

Such is the value of liberal thought and broad culture when shut off from all human companionship, bringing comfort and sunshine within even the four walls of a prison cell.

As women of times share a similar fate, should they not have all the consolation that the most liberal education can give? Their suffering in prisons; in the long, weary marches, and in the mines, working side by side with men, surely call for all the self-support that the most exalted sentiments of heroism can give. When suddenly roused at midnight, with the startling cry of "fire!" to find the house over their heads in flames, do women wait for men to point the way to safety? And are the men, equally bewildered and half suffocated with smoke, in a position to do more than try to save themselves?

At such times the most timid women have shown a courage and heroism in saving their husbands and children that has surprised everybody. Inasmuch, then, as woman shares equally the joys and sorrows of time and eternity, is it not the height of presumption in man to propose to represent her at the ballot box as at the throne of grace as it is to do her voting in the state or her praying in the church.

Nothing strengthens the judgment and quickens the conscience like individual responsibility. Nothing adds such dignity to character as the recognition of one's self-sovereignty; the right to an equal place, every where conceded; a place earned by personal merit, not an artificial attainment, by inheritance, wealth, family, and position. Seeing, then that the responsibilities of life rests equally on man and woman, that their destiny is the same, they need the same preparation for time and eternity.

The talk of sheltering woman from the fierce sterns of life is the sheerest mockery, for they beat on her from every point of the compass, just as they do on man, and with more fatal results, for he has been trained to protect himself, to resist, (and) to conquer. Such are the facts in human experience, such are the responsibilities of individual. Rich and poor, intelligent and ignorant, wise and foolish, virtuous and vicious, man and woman, it is ever the same, each soul must depend wholly on itself.

Whatever the theories may be of woman's dependence on man, in the supreme moments of her life he can not bear her burdens. Alone she goes to the gates of death to give life to every man that is born into the world. No one can share her fears, on one mitigate her pangs; and if her sorrow is greater than she can bear, alone she passes beyond the gates into the vast unknown.

Humanity has not yet risen to the point of self-sacrifice, and if ever so willing, how few the burdens are that one soul can bear for another. In the highways of Palestine; in prayer and fasting on the solitary mountain top; in the Garden of Gethsemane; before the judgment seat of Pilate; betrayed by one of His trusted disciples at His last supper; in His agonies on the cross, even Jesus of Nazareth, in these last sad days on earth, felt the awful solitude of self. Deserted by man, in agony he cries, "My God! My God! Why hast Thou forsaken me?"

And so it ever must be in the conflicting scenes of life, on the long weary march, each one walks alone. We may have many friends, love, kindness, sympathy and charity to smooth our pathway in everyday life, but in the tragedies and triumphs of human experience each mortal stands alone.

But when all artificial trammels (obstacles) are removed, and women are recognized as individuals, responsible for their own environments, thoroughly educated for all the positions in life they may be called to fill; with all the resources in themselves that liberal thought and broad culture can give; guided by their own conscience and judgment; trained to self-protection by a healthy development of the muscular system and skill in the use of weapons of defense, and stimulated to self-support by the knowledge of the business world and the pleasure that pecuniary independence must ever give; when women are trained in this way they will, in a measure, be fitted for those hours of solitude that come alike to all, whether prepared or not.

As in our extremity we must depend on ourselves, the dictates of wisdom point of complete individual development. When women show their heroism, what especial school of training could have prepared these women for this sublime moment of their lives? In such times, humanity rises above all college curriculums and recognizes that nature is the greatest of all teachers in the hour of danger and death.

The truth is women are already the equals of men in the whole of realm of thought, in art, science, literature, and government.

With telescopic vision, they explore the starry firmament, and bring back the history of the planetary world. With chart and compass, they pilot ships across the mighty deep, and with skillful finger send electric messages around the globe.

In galleries of art, the beauties of nature and the virtues of humanity are immortalized by them on their canvas and by their inspired touch dull blocks of marble are transformed into angels of light. In music they speak again the language of Mendelssohn, Beethoven, Chopin, Schumann, and are worthy interpreters of their great thoughts.

The poetry and novels of the century are theirs, and they have touched the keynote of reform in religion, politics, and social life. They fill the editor's and professor's chair, and plead at the bar of justice, walk the wards of the hospital, and speak from the pulpit and the platform.

Such is the type of womanhood that an enlightened public sentiment welcomes today, and such the triumph of the facts of life over the false theories of the past.

Is it, then, consistent to hold the developed woman of this day within the same narrow political limits as the dame with the spinning wheel and knitting needle occupied in the past? No! no!

Machinery has taken the labors of woman as well as man on its tireless shoulders; the loom and the spinning wheel are but dreams of the past; the pen, the brush, the easel, the chisel, have taken their places, while the hopes and ambitions of women are essentially changed.

We see reason sufficient in the outer conditions of human being for individual liberty and development, but when we consider the self dependence of every human soul, we see the need of courage, judgment, and the exercise of every faculty of mind and body, strengthened and developed by use, in woman as well as man.

Whatever may be said of man's protecting power in ordinary conditions, mid all the terrible disasters by land and sea, in the supreme moments of danger, alone, woman must ever meet the horrors of the situation. The Angel of Death makes no royal pathway for her. Man's love enters only into the sunshine of our lives. In that solemn solitude of self, that links us with the immeasurable and the eternal, each soul lives alone forever.

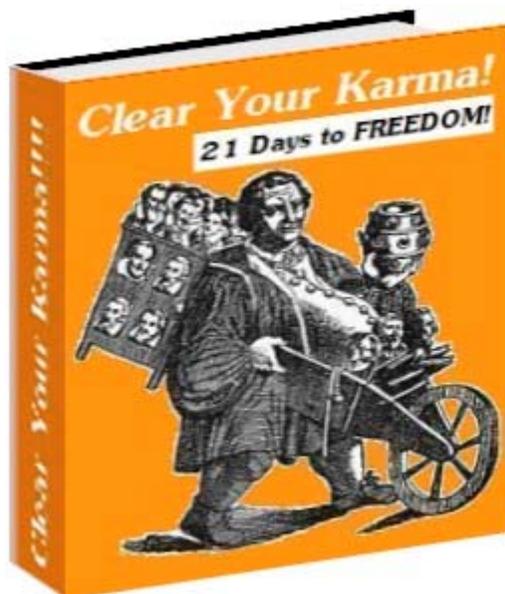
And yet, there is a solitude, which each and every one of us has always carried with him, more inaccessible than the ice-cold mountains, more profound than the midnight sea; the solitude of self.

Our inner being (Higher Self), which we call ourself, no eye nor touch of man or angel has ever pierced. It is more hidden than the caves of the gnome (ancient wizards); the sacred asylum of the oracle (seers of the future); the hidden chamber of eleusinian (heavenly) mystery, for to it only omniscience is permitted to enter. Such is individual life.

Who, I ask you, can take, dare take, on himself the rights, the duties, the responsibilities of another human soul?"

Here I will answer Mrs. Stanton. The self evident answer is the "no one" can dare take upon themselves the "rights, the duties, the responsibilities of another human soul". This was best summed up by Queen Elizabeth I of England when she said "I thank God I am endued with such qualities that if I were turned out of the realm in my petticoat, I were able to live any place in Christendom".

If you cannot say the same about yourself, then I ask you to take Elizabeth Cady Stanton's words about the solitude of self to heart. To be great means to be able to master the solitude of self!



Get All You Want & More from LIFE!

Presented by www.healpastlives.com

Clear Your Karma: 21 Days to Peace, Joy, & Freedom by Ellen A. Mogensen, www.healpastlives.com

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Although from a karmic standpoint, I do take complete responsibility, and that is of more importance to me! Now I can breathe free... of lawyers. Know that we wish you well on your journey through life.

Table of Contents: "Clear Your Karma"

- 47 DAY 1: The Past is Still Present.... 21 Days to Peace, Joy, & Freedom
- 48 DAY 2: So How Do Your Past Lives Effect Your Present Life?
- 49 DAY 3: PHYSICAL Effects of Past Lives: SOUL DRIVE
- 50 DAY 4: PHYSICAL Effects of Past Lives: PREDISPOSITIONS
- 51 DAY 5: PHYSICAL Effects of Past Lives: CELLULAR MEMORY
- 52 DAY 6: PHYSICAL Effects of Past Lives: TRANSFORMATION
- 53 DAY 7: MENTAL Effects of Past Lives: SOUL RESIDUE
- 54 DAY 8: MENTAL Effects of Past Lives: PRECONDITIONING
- 55 DAY 9: MENTAL Effects of Past Lives: INBORN PERCEPTION
- 56 DAY 10: MENTAL Effects of Past Lives: TRANSMUTATION
- 57 DAY 11: EMOTIONAL Effects of Past Lives: SOUL ENERGY
- 58 DAY 12: EMOTIONAL Effects of Past Lives: FEELINGS TRIGGER
- 59 DAY 13: EMOTIONAL Effects of Past Lives: MEMORY ANCHOR
- 60 DAY 14: EMOTIONAL Effects of Past Lives: STRUGGLE IMPRINT
- 61 DAY 15: SPIRITUAL Effects of Past Lives: SOUL AWARENESS
- 62 DAY 16: SPIRITUAL Effects of Past Lives: AFTER IMAGES
- 63 DAY 17: SPIRITUAL Effects of Past Lives: WITHIN ATTRACTION
- 64 DAY 18: SPIRITUAL Effects of Past Lives: KARMIC SIGNALS
- 65 DAY 19: So Do YOU Know How You Being Harmed by YOUR Past Lives?
- 66 DAY 20: Living The "Love Filled, KARMA FREE" Life"
- 67 DAY 21: Clear Your Karma - HOW YOU CAN GET HELP!

- 68 PAST LIFE PROFILE: Are You Being Harmed by Past Lives?

"Clear Your Karma: 21 Days to Peace, Joy, & Freedom"

**Exclusively available through Past Forward,
Past Life Healing (www.healpastlives.com).**

This course, including today, runs for 21 days in all. In this time, you will be able to see exactly where you are tangled in the ropes of karma... and be given the tools to get clear of it. This can only work if you stick with the course, are honest with yourself, and do the work to clear your karma. Best of all, this course will help you answer this all important question... **Are YOU Being Harmed by YOUR Past Lives?**

DAY 1: The Past is Still Present...

Past lives hold most people back from being all they can be - physically, mentally, emotionally, or spiritually - in their lives today. So how do YOU know... If you are having past life problems? If you are struggling against the tides of karma? If you need to clear and transcend it?

You can begin to assess the state of your karma by answering the following questions...

- 1 * Are YOU always **broke**? If so, your deep seated fears of money, success, and abundance may be related to a traumatic past death or vows of poverty taken in past lives.
- 2 * Do YOU have untreatable **health problem(s)**? If so and your health problem comes from past lives, it cannot be healed effectively using only present day medical treatments.
- 3 * Do YOU usually end up with the **wrong romantic partner**? If so, your unconscious beliefs blocking true happiness and the partner of your dreams may come from past lives.
- 4 * Are YOU burdened by obsessions, compulsions, or **bad habits**? It is very likely that these are the result of pain and trauma from past lives which is desperately crying out to be healed.
- 5 * Does **bad luck** seem to follow YOU wherever you go? If the same "bad things" are happening to you AGAIN, it is likely that you have not learned from your past life mistakes... and are carrying them into the present!
- 6 * Have YOU had a life so full of **hard knocks** that you just cannot be happy? If you are always waiting for "the other shoe to drop" on you...then your path is indeed strewn with karmic rocks.
- 7 * Do YOU find it **impossible to fully love** and accept yourself just as you are right now? If so, you may be punishing yourself for "mistakes" in past lives by carrying an unusually heavy load of karma.

If you have answered "Yes" to four (4) or more of these seven (7) questions, then you are definitely bound with karmic ropes that will keep you from being all that you can be in your life now.

Before continuing on with this course, please take some time to do the exercise below. It will show you just how much you love - or have failed to love - yourself. To the degree that your life is not a reflection of total peace, happiness, and love, that is the degree to which you are trapped in the ropes of karma.

FREE Exercise to Help You ASSESS the State of Your KARMA:

Running the Gauntlet: Finding Out if You are Your Own Worst Enemy

<http://www.healpastlives.com/pastlf/exercise/exgauntl.htm>

DAY 2: So How Do Your Past Lives Effect Your Present Life?

The goal of all life experiences - whether in this life or in past lives - is learning. As you grow through one life, you gain knowledge, wisdom, and learning that are meant to benefit you in future lives. Right now, you are carrying all the knowledge, wisdom, and experience you gained in past lives via RESONANCES which are embedded in your emotions, your subconscious mind, and in the cellular memory of your physical body.

The resonances are meant to help you along your path in this life today. To the extent that you have learned the lessons of the past "properly", your past life resonances will HELP you in your life today. To the extent that past life lessons were not learned or that the "wrong" lesson was drawn from past life experiences, you will experience "problems" in your life today which can cause you HARM.

So How Do Past Life Resonances Effect Your Present Life?

Past life resonances work much like a piano key in that the effect is felt long after the key is pressed. The resonances will ripple through your life until you take action to "stop" their effects.

To see how past life resonances can effect your life today, you must first understand the 4 goals of the "body - mind - emotion - spirit" complex that makes you the unique individual you are in this lifetime.

These goals are listed in the order of their importance and the earlier goals must always be satisfied BEFORE later goals can be achieved. This is how karma is administered in the universe for it is your past life resonances that shape how you achieve the goals of your "body - mind - emotion - spirit".

Goal #1: is to keep you firmly attached to the path of growth you agreed to undertake in this lifetime.

Goal #2: is to keep you alive/safe enough to enable you to stay on your path for as long as needed.

Goal #3: is unique for and suited to the particular mission of the body, mind, emotions, or spirit.

Your body is the sacred temple of your eternal spirit. Your body's third goal is to redirect your energies as needed through pain or joy to keep you on the path of love, growth, and awareness.

Your mind is the administrator and servant of your spirit. Your mind's third goal is to guide you to the people, places, things, and situations that are needed for your growth along your path.

Your emotions are body-mind energies set in motion by spirit. Your emotion's third goal is to spur you to act/react to the challenges presented to you by body, mind, and spirit for your growth.

Your spirit guides your body, mind, and emotions to give you choices. Your spirit's third goal is to create choices designed to bring you into a personal relationship with God.

Goal #4: (the least important goal of the 4 goals) is to do whatever it is you consciously wish to do.

Past life resonances in your body, mind, emotions, and spirit work together to keep you on the path of karma by ensuring that you achieve the above goals... in the order they are presented. God loves you and, in His Infinite Mercy, will allow you to be free of past life resonances if you are willing to learn from them. Over the next 16 days, you will begin to see precisely why and how you are being effected in your life today - physically, mentally, emotionally, and spiritually - by unhealed resonances from your past lives.

FREE Exercise to Help Begin EXPLORING Your Past Lives:

Self Regression: Accessing Your Past Lives on Your Own at Home

<http://www.healpastlives.com/pastlf/exercise/exregres.htm>

DAY 3: PHYSICAL Effects of Past Lives: SOUL DRIVE

FIRST, How Do Past Lives Effect Your Physical Body?

Your body is the sacred temple of your spirit. Your body is constantly working to redirect your energies as needed through pain or joy to keep you on your path. There are four ways that your body can bring past life issues into your present experience... SOUL DRIVE, Predispositions, Cellular Memory, and Transformation.

So What is SOUL DRIVE and How Does it Effect Your Physical Body?

SOUL DRIVE is how your body has kept you on your path through the resolution of physical issues. The more you are in disharmony with your soul's drive, the more you are likely to become ill physically.

How SOUL DRIVE works... Your body is the gateway between you, the lower self (the one who is reading these words), and your Soul (also known as your Higher Self). As such, your body is a constant reflection of the combined expression of the desires of your lower and Higher Selves. Lower selves always want to have healthy, perfectly functioning bodies. Higher Selves have the often unhappy job of sending illness and disease to the bodies of lower selves for the proper unfoldment of their karma. When bodies are unhealthy or imperfect, lower selves must make decisions and choices as they struggle to cope with their health issues. The goal of this struggle is not suffering, pain, or punishment but learning the ways of tolerance, compassion, and forgiveness. For as you learn to love and accept yourself as you are, you learn to do the same for others.

Present Life EVIDENCE of Past Life SOUL DRIVE manifests in many ways... Marks of Soul Drive can be as minor as birthmarks and as major as birth defects. Birthmarks come from past life wounds which are "imprinted" as visible remembrances of the past trauma on the present life body. Birth defects - especially those impairing a person's functioning for the rest of their life - are almost always karmically driven. For as you have sown hurt and suffering for others in past lives, so is this hurt and suffering visited on you... in the only way that you can understand it... by living with the same hurt and suffering yourself... so you will not cause it again.

How Past Life SOUL DRIVE Causes Present Day PROBLEMS... Soul Drive ensures that there are no accidents in the universe. Everything that happens is for a reason. For those on the path of karma, the reason is the repayment of karmic debts. At all times, your Soul knows what is happening to you and why. For example, if you get into a car and later become seriously injured, your lower self did not know it... or you not have gotten inside. Yet your Higher Self knew all about it before you started. Your Soul also knew why it had to happen, why it could not be avoided, and why this event and all the other events flowing from it are for your highest good. One of the first things to be understood about karma is that what your lower self perceives as good (not getting hurt) is not the same as the good perceived by your Higher Self (repaying a karmic debt by being hurt).

Real Life Examples of SOUL DRIVE... are never that hard to find. Take the case of the activist, Hellen Keller ("The Miracle Worker"), who became famous for her lifelong crusade for the rights of people challenged by their disabilities. Made deaf and blind by a serious illness, most people assumed that it left her dumb. Keller's birth defects combined with her real problem from past lives - arrogance and selfishness - made her an uncontrollable handful for her parents. In past lives, Keller had been a ruler in ancient Greece who loved to punish others by ordering them to be made deaf and blind. As Helen she was now repaying that karma by living a "deaf, dumb, and blind" life. Her challenge was to learn manners while finding other ways of communicating with the world and working with others. Her inner toughness and determination - gifts from past lives - enabled her to achieve all these life goals and become an inspiration to generations of "disabled" people that followed her. The one dilemma Keller never resolved successfully was the "To Do/To Be" dilemma that followed from her strong Soul Drive. If you too have been pushed hard by Soul, the exercise below is for you!

FREE Exercise to Help You Resolve Issues With SOUL DRIVE:

Resolving "To Do"/"To Be" Dilemma: Reconnecting with Your Worthiness

<http://www.healpastlives.com/pastlf/exercise/extodobe.htm>

DAY 4: PHYSICAL Effects of Past Lives: PREDISPOSITIONS

SECOND, How Do Past Lives Effect Your Physical Body?

Your body is the sacred temple of your spirit. Your body is constantly working to redirect your energies as needed through pain or joy to keep you on your path. There are four ways that your body can bring past life issues into your present experience... Soul Drive, PREDISPOSITIONS, Cellular Memory, and Transformation.

So What are PREDISPOSITIONS and How Do They Effect Your Physical Body?

PREDISPOSITIONS are how much your previous experience has disposed your body to act in pre-determined ways. Overwhelming past predispositions can severely limit today's available choices.

How PREDISPOSITIONS work... Your physical body functions like a prison without walls. Instead of confining your actions by physical barriers (like walls or bars), karma works to restrict your activities through past life resonances implanted in your body. This means that the full range of choices that seem to be available to everyone in this life... are actually not available to you where they are blocked by such past life resonances. This manifests into your reality as delaying or forgetting about what you know you need to do or, conversely, doing and excusing what you know or what others tell you will sabotage your conscious goals. Your body is the means of expressing your inner desires to the outer world... to the extent that you cannot get it to "do your will as you would wish it to do" it is blocked by predispositions. Most often, this happens because your body is trying to avoid harm or reap benefits based on past life learnings.

Present Life EVIDENCE of Past Life PREDISPOSITIONS manifests in many ways... Among the most deeply seated predispositions are those related to the relationship with food. If you are overweight and have "tried" everything to take/keep it off but have failed, it is extremely likely that you have starved to death in one or more past lives. Your body "remembers" the death trauma from the past and so now layers you with extra fat to keep you from dying of starvation again. When you diet, you only reinforce the body's fears of starvation which just layers on more fat once you start eating again. Similarly, those whose bodies allow themselves to be starved (anorexics) do so because their bodies "remember" a strong overriding benefit from choosing starvation.

How Past Life PREDISPOSITIONS Cause Present Day PROBLEMS... Anorexia is one of the most lethal past life predispositions. This most often comes from past lives in monastic orders where part of the religious tradition involved "chastening" (starving the body) to "subdue it" to induce "spiritual" experiences. This does work by pushing the body so close to death that the spirit starts to detach from it and move closer to the worlds of spirit. Unfortunately this always leads to shortening the lifespan and it does not allow the individual to connect as fully to the inner worlds as it would if they were doing so in full consciousness in a healthy body. Since anorexia is linked to a person's desire to "be perfect" and since we are here to "perfect" ourselves, it is a habit that proves difficult to break because it becomes firmly embedded in the body as a "good" habit.

Real Life Examples of PREDISPOSITIONS... are all too frequent in the news. Take the case of the singer, Karen Carpenter, who was famous all over the world in the 1970s for her best selling records. That was not her first taste of fame. In a past life, she was a source of local pride, famous for her accurate predictions of the future. As her fame grew, her weight dropped because the only way she induce her visions was by starving her body. Her religious superiors encouraged her in this because the more visitors they got, the more money they could raise to build a better house for their order. She foresaw her own death and gloried in it's coming so that she could be reunited forever with her Lord and Savior. When she came back as Karen Carpenter, she repeated the pattern of dropping weight with each indication of rising fame. In the end, she broke the hold of her eating disorder but years of starvation had taken their toll and she died of heart failure in her early 30s.

FREE Exercise to Help You Resolve Issues With PREDISPOSITIONS:

Mirror of the Inward Soul: Seeing Yourself through God's Eyes

<http://www.healpastlives.com/pastlf/exercise/exinward.htm>

DAY 5: PHYSICAL Effects of Past Lives: CELLULAR MEMORY

THIRD, How Do Past Lives Effect Your Physical Body?

Your body is the sacred temple of your spirit. Your body is constantly working to redirect your energies as needed through pain or joy to keep you on your path. There are four ways that your body can bring past life issues into your present experience... Soul Drive, Predispositions, CELLULAR MEMORY, and Transformation.

So What is CELLULAR MEMORY and How Does It Effect Your Physical Body?

CELLULAR MEMORY consists of the physical, mental, emotional, and spiritual "data" stored in the cells of your body from "memories" of your past lives. Unexplained/untreatable illnesses may often be caused by high levels of toxins carried over from past lives into the present one.

How CELLULAR MEMORY works... When you are born, your cellular memory contains all the physical, mental, emotional, and spiritual "data" from past lives that you will be using/working on in this life. Depending on your level of spiritual development, that data will include as little as one past life or as much as all the data from all past lives. As you live your life, changes will be made to this cellular data updating it to reflect current learning and to bring in more past life data if appropriate. As you evolve into greater levels of love, joy, and awareness, you shed the negative illusions/false lessons that you have picked up along the way and acquire greater degrees of tolerance, forgiveness, and compassion. This evolution from positive to negative, from ignorance to wisdom, from the lower to the Higher Self consist of releasing darkness (toxins) so that increased levels of light (vibration) can be incorporated into your energy field by way of your cellular memory.

Present Life EVIDENCE of Past Life CELLULAR MEMORY manifests in many ways... Fibromyalgia is the result of cellular memory that is so overburdened by past life resonances that it cannot function properly until it has had an abnormally long period of rest. Those with Fibromyalgia usually have this is common: they are "Old Souls" that, for most of their past lives, have been on the path of adventure, exploration, and/or war. These paths inevitably draw these individuals into situations where they are wounded, drown, beaten, poisoned, etc. Usually they are also the type that "tend to overdo" it: consistently pushing past the pain by sacrificing their body and mind to "demands" of their goals. That is why they usually incarnate into "families with fibro" so that they will attract the genetics and behaviors needed to contract this disease. Their bodies finally become so overloaded with toxic past life resonances that they have no choice but nurture their "damaged vehicles".

How Past Life CELLULAR MEMORY Causes Present Day PROBLEMS... An extreme form of problems with breakdown in the functioning of cellular memory is Kleine-Levin Syndrome. Those suffering from this rare disorder will sleep non-stop for days or weeks at a time. As with many rare diseases, this syndrome is one of the evolved Soul. It is caused by "Old Souls" choosing to come back into a human body WELL before their energy field is healed enough from their last previous life to support a new existence. As they grow or fall ill, their new body just cannot support changes from the growth process or the illness along with healing overwhelming toxic resonances from past lives... and so it does the only thing it can do... sleep!

Real Life Examples of CELLULAR MEMORY... are strewn throughout human history. Take the case of the greatest nurse of all time, Florence Nightingale, who in her own lifetime transformed the hospital system from medieval barbarism to modern efficiency. Although she is remembered for her energetic care of wounded soldiers in the Crimean War, for most of her life Nightingale was confined to her bed with anemia and a string of illnesses. Like many an "Old Soul" who is recruited to come to Earth to champion a cause, she was able to display great energies when actively engaged in her mission. Yet at all other times, she was swallowed up by the tides of life draining past life resonances and needed a whole lifetime to heal and rebuild her energy field.

FREE Exercise to Help You Resolve Issues With CELLULAR MEMORY:

For Those in Serious Pain: "Shedding the Coat of Shame!"

<http://www.healpastlives.com/future/exercise/exshame.htm>

DAY 6: PHYSICAL Effects of Past Lives: TRANSFORMATION

FOURTH, How Do Past Lives Effect Your Physical Body?

Your body is the sacred temple of your spirit. Your body is constantly working to redirect your energies as needed through pain or joy to keep you on your path. There are four ways that your body can bring past life issues into your present experience... Soul Drive, Predispositions, Cellular Memory, and TRANSFORMATION.

So What is TRANSFORMATION and How Does It Effect Your Physical Body?

TRANSFORMATION is driven by energies from past lives manifesting in your present body. Physical illnesses rooted in the resolution of past life traumas become the catalyst for necessary change today.

How TRANSFORMATION works... As you progress through the cycle of reincarnation, you are making a long and educational journey through your energy chakras. This journey begins at the Root Chakra where we learn how to master the basics of life: survival, money, and sex. It continues at the Sacral Chakra where we learn how to exercise our personal power in the universe. It then moves to the Solar Plexus Chakra where we learn about who we truly are inside. Then we explore our Heart Chakra where we learn to expand our abilities to express our personal power and identity with love. Then we connect with our Throat Chakra where we learn to fully communicate with the world around us. From being out in the world we move back to inner realities by becoming in tune with our intuition through our Third Eye Chakra. From there we return to our Higher Self by exploring our Crown Chakra which prepares us for our final return to the inner worlds.

Present Life EVIDENCE of Past Life TRANSFORMATION manifests in many ways... Attention Deficit Disorder (ADD) and Attention-Deficit/Hyperactivity Disorder (ADHD) are physical problems that are an extreme form of these Transformation energies. These disorders are characterized by a person's inattention, distractibility, impulsivity, (ADD) and/or hyperactivity (ADHD) which interferes with and disrupts the normal functioning of children and adults in their daily lives. From a spiritual perspective, these are caused by the physical body's inability to make the usual transition from the inner worlds of God to the outer worlds of karma and reincarnation. In the inner worlds, "life" moves at the speed of thought and "bouncing around wildly" from one thing to the next is common. In the outer worlds, events move in a linear fashion, step by step, through focused attention and "bouncing around" creates problems with the need to live life in a linear fashion.

How Past Life TRANSFORMATION Causes Present Day PROBLEMS... Those with ADD/ADHD are often frustrated by and frustrating to others. For they simply cannot conform to the "rules of society" by either acting when it is inappropriate to do so or by failing to act when it is appropriate to do so. These sufferers often do not and cannot listen properly when spoken to directly. They cannot give close attention to details causing them to make frequent and repetitive careless mistakes and to lose things necessary for the completion of tasks. Worst of all, they are easily distracted and find it difficult to sustain the attention needed for "step-by-step" tasks. Failing to "pay attention" can be dangerous for themselves and others around them, especially when they become so frustrated with their situation that they "act out" and become violent toward others in their path.

Real Life Examples of TRANSFORMATION... can be found in unexpected places. Take the case of Ignatius of Loyola, founder of the fanatical order of the Jesuits, the elite "shock troops" of the "Counter Reformation" of the Roman Catholic Church. Early on, Ignatius struggled with his own ADHD and decided that to control it he must learn to act quickly and decisively on matters before his attention could wander. This was the source of the drive, energy, and focus on discipline that would become the hallmarks of the Jesuit order. Ignatius' motto was "just do it" NOW! As with all problems, Ignatius chose to view it as a challenge and to transform his "disadvantage" into a single minded focus that made his order respected by all, including the "enemy".

FREE Exercise to Help You Resolve Issues With TRANSFORMATION:

Clustering: Uncovering the Unconscious Influences from Past Lives

<http://www.healpastlives.com/pastlf/exercise/explclus.htm>

DAY 7: MENTAL Effects of Past Lives: SOUL RESIDUE

FIRST, How Do Past Lives Effect Your Mind?

Your mind is the servant of your spirit. Your mind is working to guide you to the people, places, things, and situations needed for your growth along your path. There are four ways that your mind can bring past life issues into your present life... SOUL RESIDUE, Preconditioning, Inborn Perception, and Transmutation.

So What is SOUL RESIDUE and How Does It Effect Your Mind?

SOUL RESIDUE is how your mind has kept you on your path through the resolution of mental issues. The more you ignore your soul's residue, the more difficult your life choices become.

How SOUL RESIDUE works... Your mind is divided into two parts. Your conscious mind is the one that your lower self (the one who is reading these words) "controls": the part which has the thoughts you choose to think. Your unconscious (subconscious mind) is not so directly controlled: the part storing the "residue" of your core attitudes and overriding belief systems developed in past lives. This is why people always find it easier to change thoughts and behaviors (conscious mind) than deeply ingrained attitudes and beliefs (unconscious mind) hard won by past life trauma. Higher Selves (the Soul) have the often unhappy job of sending unpleasant life experiences to the mind of lower selves. When minds are unhealthy or are laboring under heavy burdens of stress and strain, lower selves must make decisions and choices as they struggle to cope with their health issues. The goal of this struggle is not suffering, pain, or punishment but learning the ways of tolerance, compassion, and forgiveness. For as you learn to love and accept yourself, you learn to do the same for others.

Present Life EVIDENCE of Past Life SOUL RESIDUE manifests in many ways... Marks of Soul Residue can be as minor as prejudice and as major as mental illness. Prejudice, especially when it is not directly traceable back to any specific learning in the present lifetime, comes from hatred carried over from one or more past lives that cries out for healing. Mental illnesses - especially those impairing an individual's functioning for the rest of their life - are almost always karmically driven. A mind is meant to be the servant of spirit but it invariably seeks to become it's master. The goal of most mental illnesses is to break the grip of the mind over the lower self so it can evolve in love, joy, and awareness beyond the limitations of it's "lower world" servant.

How Past Life SOUL RESIDUE Causes Present Day PROBLEMS... Obsessive Compulsive Disorder (OCD) in this lifetime is directly traceable back to a past life where the disempowering behavior was created. At one time in the past, every thought, behavior, attitude, and belief made sense. Often an individual's obsession is the mind's way of "belatedly" protecting them from "dying" of the same problem even though "death" from that same cause is not possible. The past goes right on sending the pain of compulsion which goes on feeding the undesirable present day obsession until the pain is stopped at it's source... the past life.

Real Life Examples of SOUL RESIDUE... are never that hard to find. Take the case of Sigmund Freud, the originator of modern psycho analysis. Freud was obsessed with sex and generalized his own obsession as being common to all people and later expanded it as being the wellspring of almost all human behavior and actions. His persistent single minded obsession with sex combined with his intellectual influence brought this subject from the realm of a dark taboo into the light of scientific study. The source of that compulsion came from a life of enforced celibacy in an Austrian monastery where he became obsessed with sex because he had no safe outlet for it. Being a true believer, he could not bring himself to "break God's commandment" by having illicit sex to relieve his suffering (as many of his fellow brothers did). It literally drove him mad and he became so violent that his fellow monks had no choice but to put him to death. It was this obsession with sex and the compulsion to resolve it that dominated the life and work of this monk's future self, Sigmund Freud.

FREE Exercise to Help You Resolve Issues With SOUL RESIDUE:

Healing Core Issues: Reclaiming Your Divine Right to Love and Be Loved

<http://www.healpastlives.com/future/exercise/excore.htm>

DAY 8: MENTAL Effects of Past Lives: PRECONDITIONING

SECOND, How Do Past Lives Effect Your Mind?

Your mind is the servant of your spirit. Your mind is working to guide you to the people, places, things, and situations needed for your growth along your path. There are four ways that your mind can bring past life issues into your present life... Soul Residue, PRECONDITIONING, Inborn Perception, and Transmutation.

So What is PRECONDITIONING and How Does It Effect Your Mind?

PRECONDITIONING is how much your previous experience has disposed your mind to act in pre-determined ways. Overwhelming past preconditioning can limit today's available choices.

How PRECONDITIONING works... Your unconscious mind functions like a prison without walls. Instead of confining your actions by physical barriers (like walls or bars), karma works to restrict your activities through past life resonances implanted in your mind. This means that the full range of choices that seem to be available to everyone in this life... are actually not available to you where they are blocked by such resonances. This manifests into your reality as delaying or forgetting about what you know you need to do or, conversely, doing and excusing what you or others know will sabotage your conscious goals. Your mind is the means of broadcasting your inner desires to the outer world... to the extent that you cannot get it to "do your will as you wish" it is blocked by past life preconditioning. Most often, this happens because your unconscious mind is trying to avoid harm or reap benefits based on past life learnings.

Present Life EVIDENCE of Past Life PRECONDITIONING manifests in many ways... Among the most deeply seated predispositions are those related to the relationship with money. If you are always broke and have "tried" everything to attract more money into your life but have failed, it is likely that you are carrying negative money attitudes from one or more past lives. If in the past, you suffered and died because you had "too much" money, your unconscious mind will "remember" that and will keep you broke to keep you safe. Other past life causes of present life poverty are vows taken when in holy orders to renounce wealth, deeply ingrained religious beliefs that "money is the root of all evil", guilt over the abuse/misuse of wealth when it was available, etc.

How Past Life PRECONDITIONING Causes Present Day PROBLEMS... The truth is that money is much like a gun in that it's results depends on the preconditioning of those using it. The same gun that is used to defend a loved one from harm can be used to hold up a liquor store. Just as the same money which can be used to build hospitals and schools can be used instead to fund terrorist acts. What is a "right" use of tools like money is quite literally in the eye of the beholder. What makes it "right" to the beholder is their past life preconditioning. If the desire for revenge rages through the mind of terrorists like an unquenchable fire, then destruction becomes the "right" thing to do in their eye... even though it is "wrong" in everyone else's view. Only by experience can people truly learn that hurting others is the poorest possible solution.

Real Life Examples of PRECONDITIONING... can sometimes be inspirational. Take the case of the missionary, Mother Theresa of Calcutta. She lived simply and soulfully in the worst slums in the poorest part of the industrialized world and successfully carried out her mission of healing the sick and caring for the needy. Pennies did not rain down from heaven enabling her to do this necessary, charitable work. On the contrary, Mother Theresa was an efficient and skillful fund raiser who went to wherever the money was. She raised millions of dollars both in the United States and in Europe to fund her work in India. She was put there simply because of her amazing track record in past lives of succeeding where others failed. Her "can do" attitude sprung was so strongly preconditioned in her mind, that it was literally impossible for her to fail.

FREE Exercise to Help You Resolve Issues With PRECONDITIONING:

The Window of Your Soul: Seeing Yourself Clearly to Get to Your Issues

<http://www.healpastlives.com/future/exercise/exwindow.htm>

DAY 9: MENTAL Effects of Past Lives: INBORN PERCEPTION

THIRD, How Do Past Lives Effect Your Mind?

Your mind is the servant of your spirit. Your mind is working to guide you to the people, places, things, and situations needed for your growth along your path. There are four ways that your mind can bring past life issues into your present life... Soul Residue, Preconditioning, INBORN PERCEPTION, and Transmutation.

So What is INBORN PERCEPTION and How Does It Effect Your Mind?

INBORN PERCEPTION is the level of predefined beliefs stored in your unconscious mind that were inherited from past lives. These unconscious past beliefs may be sabotaging your life today.

How INBORN PERCEPTION works... When you are born, your unconscious mind is NOT a "clean slate" as some philosophers would have you believe. On the contrary, your mind is filled with beliefs accumulated over many past existences. These mental patterns are imprinted on your brain via your cellular memory. As you live your life, these patterns are constantly updated to reflect learning gained in the current lifetime as well as to surface additional past life beliefs that you will serve you now and/or that you need to correct. The entire modern self help movement is actually seeking to assist you in correcting past life inborn perceptions that are no longer serving you in the present lifetime. At no time in human history have there been more tools and resources to assist you in altering inborn perceptions so that you can live a more joyous and loving life now.

Present Life EVIDENCE of Past Life INBORN PERCEPTION manifests in many ways... Déjà vu is a French word used to describe the feeling that we have been somewhere or done something before when we could not possibly "have been there or done that". Déjà vu is most commonly experienced when we receive knowledge that is "unlearned" in the context of this life. In other words, when we are "just naturally good at something" or when we "just know what to do" or when a new person or place "feels like home" to us. These are all instances of Inborn Perception that everyone takes for granted as a part of daily living. That is also the beauty of it because we are not burdened with the details of how we came to "learn what we know" we just accept it, use it, and move on with our lives now... so that we can concentrate on the resolution of our karma.

How Past Life INBORN PERCEPTION Causes Present Day PROBLEMS... In the cycle of reincarnation we experience life from many different viewpoints. We tend to remember and cling to those lives where we were "great" in some manner: holding positions of power, influence, or wealth. Problems come when we continue to "act as if" we are still who we were then instead of who we are now. Examples include those who were wealthy and are now poor but still continue to spend way beyond their means or those who were famous and now are not but still continue to be "self important". It is a spiritual truism that the "Kingdom of Heaven must be won everyday" meaning all that is important now is who we are now... not who we were before.

Real Life Examples of INBORN PERCEPTION... are strewn throughout human history. Take the cases of musical child prodigies that always appear in every age. In the 20th century, it is Matthew Savage, an acclaimed jazz pianist by the age of 9. In the 19th century, it was Blind Tom: born a slave, his astonishing musical genius was "accidentally" discovered when he "bumped into" a piano in his master's home and spontaneously started playing with a mastery rare even in those playing for a "lifetime". In the 18th century, it was Wolfgang Amadeus Mozart who could play several instruments before he could walk, who could compose variations on a theme after hearing it once, and whose music is as well known today as it was in his own lifetime. The source of the genius of all these child prodigies lay in the same place: past lives. This is most often seen in those with musical talents since these abilities are deeply ingrained in the body by constant practice and therefore are very easily "transported" via cellular memory from one life to the next.

FREE Exercise to Help You Resolve Issues With INBORN PERCEPTION:

Previews of Coming Attractions: Seeing the Future for Yourself

<http://www.healpastlives.com/future/exercise/exprevw.htm>

DAY 10: MENTAL Effects of Past Lives: TRANSMUTATION

FOURTH, How Do Past Lives Effect Your Mind?

Your mind is the servant of your spirit. Your mind is working to guide you to the people, places, things, and situations needed for your growth along your path. There are four ways that your mind can bring past life issues into your present life... Soul Residue, Preconditioning, Inborn Perception, and TRANSMUTATION.

So What is TRANSMUTATION and How Does It Effect Your Mind?

TRANSMUTATION is driven by energies from past lives manifesting in your present mind at any level. Mental crises rooted in the resolution of past life traumas become the catalyst for necessary change today.

How TRANSMUTATION works...As you progress through the cycle of reincarnation, you are making a long journey through the inner energy bodies. The inner bodies are the holographic, energetic matrix which supports and sustains your physical body. This journey begins with the layer of matter (that you see, hear, touch, etc) that is necessary to exist on Earth. It continues into the astral layer where emotions are stored. It continues into the causal layer where karma is stored. It continues into the mental layer where thoughts are stored. It continues into the etheric layer which coordinates the various responses of the other layers of energy bodies and is the buffer between the inner (Soul) and outer (reincarnation) worlds of God.

Present Life EVIDENCE of Past Life TRANSMUTATION manifests in many ways... Karmic Counseling by way of a Near Death Experience (NDE) is a mental experience that is an extreme form of the manifestation of the energies of Transformation. This happens when an individual who comes close to being dead physically (often being pronounced "clinically dead") revives and remembers a "karmic counseling" session with their guides. The primary purpose of a counseling NDE is to give the individual a "necessary mid-life course correction". This is a "last resort" to get a person's life "back on the track" of their life contract. The NDE propels the individual in full consciousness into the inner worlds of God to review the "progress of their life to date". They receive an intensive "karmic counseling" session with their guides during the span of the NDE after which they must decide whether or not to return to their body and "mend their ways of thinking and living".

How Past Life TRANSMUTATION Causes Present Day PROBLEMS... The best thing those who have had such experiences can do is to embrace the karmic counseling NDE for what it has to teach them. The worst thing they can do is to pretend it was a fantasy induced by physical impairment. Such NDEs are a "wake-up call" from Soul. Ignoring it only compounds the problems that one is trying to avoid. This is best illustrated by the "recent" experience of Carl Jung (below) who received some unexpected karmic counseling.

Real Life Examples of TRANSMUTATION...can be found in unexpected places. Take the case of Carl Jung, founder of Analytical Psychology, who had an NDE after a heart attack in 1944. The nature of his karmic counseling is obvious in this excerpt from his autobiography, "Memories, Dreams, Reflections". During the NDE, Jung says "it was as if I now carried along with me everything I had ever experienced or done, everything that had happened around me. I might also say: it was with me, and I was it... I had everything that I was, and that was everything.... I had the certainty that I was about to enter an illuminated room and would meet there all those people to whom I belong in reality. There I would at last understand - this too was a certainty - what historical nexus I or my life fitted into. I would know what had been before me, why I had come into being, and where my life was flowing..." What Jung learned was that the inner worlds are our true home. Death is never an accident but it is part of the grand design. This design was for him as it is for all of us: to find joy, love, and awareness wherever we are. For when we can do that our transmutation is completed.

FREE Exercise to Help You Resolve Issues With TRANSMUTATION:

Clustering: Uncovering the Unconscious Root Causes of Your Problems

<http://www.healpastlives.com/future/exercise/exhslus.htm>

DAY 11: EMOTIONAL Effects of Past Lives: SOUL ENERGY

FIRST, How Do Past Lives Effect Your Emotions?

Your emotions are body-mind energies set in motion by spirit to get you to act/react to the challenges presented to you by body, mind, and spirit for your growth. There are four ways that your emotions can bring past life issues into your present life... SOUL ENERGY, Feelings Trigger, Memory Anchor, and Struggle Imprint.

So What is SOUL ENERGY and How Does It Effect Your Emotions?

SOUL ENERGY is how your emotions have kept you on your path by forcing you to take action on your issues. The more you fail to honor your soul's energy, the harder life becomes.

How SOUL ENERGY works... Your emotions (Energy in MOTION) are the primary means that your Higher Self (your Soul) has for getting you, the lower self (the one who is reading these words) to take action on your issues. Past lives have left us all with deep seated beliefs and emotions that our conscious minds know does not serve us... but that we still cling to unconsciously. Emotions become the means of "knocking" those beliefs loose. Higher Selves have the often unhappy job of sending waves of unpleasant, unquiet emotions to the awareness of their lower selves for the proper unfoldment of their karma. When emotions are out of control, lower selves must make decisions and choices as they struggle to cope with their emotional issues. The goal of this struggle is not suffering, pain, or punishment but learning the ways of compassion and forgiveness.

Present Life EVIDENCE of Past Life SOUL ENERGY manifests in many ways... Marks of Soul Energy can be as minor as mild anxiety and infrequent depression and as major as emotional illness. Both anxiety and/or depression are often triggered in the current life when we encounter people or situations that gave us problems and/or caused our suffering or death in past lives. If the triggers for anxiety or depression cannot be explained given the current life history of the individual, then the answers lie in unhealed past lives. Emotional illnesses - especially those impairing an individual's functioning for the rest of their life - are karmically driven. Emotions are meant to motivate the individual to take action not to "ruin their lives". The goal of most emotional illnesses is to break the grip of the past life resonances over the lower self so it can evolve in love, joy, and awareness.

How Past Life SOUL ENERGY Causes Present Day PROBLEMS... Every feeling and emotional response you have comes from somewhere sometime. Take Panic Disorder: usually the past life issues are so severe that most children could not handle them. That is why the attachment of the past life karma to the individual is "time delayed" until early adulthood when the fears are better able to be resolved. Panic Disorder is so disruptive to a person's normal functioning in daily life because it is designed to help them break free from fears which have crippled them in many past lives. Having fear assault them full force with increasing regularity ensures it is not ignored. Ignoring the fear only makes it grow as those with this disorder learn the hard way.

Real Life Examples of SOUL ENERGY... are never that hard to find. Take the case of George III of England, the king notorious in British history for having lost the American colonies due to his inaction during bouts of "madness". Based on his symptoms, modern physicians diagnosed the mad king as having the rare blood disease Porphyria. The interruption of nerve impulses to his brain caused by Porphyria caused wild swings in his emotions. From violent enraged outbursts to deep comas and back again, George experienced the full range of human emotions. This Soul had been on the path of leadership through many lifetimes and had studiously avoided emotions which would "cloud his thinking". As a desperate karmic measure, he came into agreement with having this disease so that he would have no choice but to experience the full gamut of human emotions. Sadly, the stress of the "Porphyria Experience" only triggered more bouts of madness as George grew older.

FREE Exercise to Help You Resolve Issues With SOUL ENERGY:

Getting Free of the Past: "Releasing Frozen Emotions Forever"

<http://www.healpastlives.com/pastlf/exercise/exemfree.htm>

DAY 12: EMOTIONAL Effects of Past Lives: FEELINGS TRIGGER

SECOND, How Do Past Lives Effect Your Emotions?

Your emotions are body-mind energies set in motion by spirit to get you to act/react to the challenges presented to you by body, mind, and spirit for your growth. There are four ways that your emotions can bring past life issues into your present life... Soul Energy, FEELINGS TRIGGER, Memory Anchor, and Struggle Imprint.

So What is FEELINGS TRIGGER and How Does It Effect Your Emotions?

FEELINGS TRIGGER is the intensity of sensory imprints from past lives triggering your feelings today. Problems arise when past triggers cause you to take actions not appropriate in today's life.

How FEELINGS TRIGGER works... Your emotions function like a prison without walls. Instead of confining your actions by physical barriers (like walls or bars), karma works to restrict your activities through past life resonances implanted in your emotions. This means that the full range of choices that seem to be available to everyone in this life... are actually not available to you where they are blocked by such resonances. Your emotions are the means of communicating the intensity of your passion in manifesting your inner desires to the outer world... to the extent that you cannot manifest your desires into reality it may be blocked by unconscious feelings triggered by traumatic events in past lives. If you are find yourself blocked, this happens because your "energy in motion" is trying to avoid harm or reap benefits based on past life learnings.

Present Life EVIDENCE of Past Life FEELINGS TRIGGER manifests in many ways... Among the most deeply seated feeling triggers are those related to the relationship with sex. Just as intense past life pain leaves it's imprint on our lives, so too does intense pleasure. When we are attracted to people of races, religions, and nationalities different from those we have currently incarnated into, it is because in past lives we have had super satisfying sex with others from these origins and we are seeking to replicate that pleasure in the present. The most intense pleasure imprints are sexual fantasies which are "memories" of pleasurable past life loving.

How Past Life FEELINGS TRIGGER Causes Present Day PROBLEMS... The downside of sexual fantasies rooted in past life sexual pleasure is when they are imperfectly remembered and recreated. For example, a common theme in women's sexual fantasies is the "forced" abduction and rape scenario. The vast majority of the women who fantasize about rape DO NOT really want to be brutalized or harmed in any way. What these women really want is to experience wild passion without having to ask for it or admit they desire sexual pleasure. This is a carry over from their past life beliefs reinforced by religion and society that "only bad women" want sex... and a "forced rape" is how they can get it and still be a "good person".

Real Life Examples of FEELINGS TRIGGER... ...are all too frequent in the human history. Take the case of the monarch, Catherine the Great, Empress of All the Russias, who despite the many great accomplishments on behalf of her people is primarily remembered for her sexual escapades. The rumor persists, although untrue, that she was crushed to death when her attendants lost their hold on ropes supporting a horse that was being lowered on her for purposes of perverse sexual pleasure. What was true is that she had an active and unusually open sex life. Throughout her long reign, she had countless lovers who were "tried out" for her in advance by her intimate circle of ladies in waiting. If they made the grade and Catherine found them pleasing, she would take the next one in the rotation when she got bored with her current lover. Denied lovers in her most recent past lives, Catherine's feelings triggered her to make up for lost time as soon as she had the opportunity. That she did so in a spectacular manner shows the danger of repressing feelings. Sooner or later, what is repressed will be expressed, and the harder it was repressed, the more flamboyantly it will find it's ultimate expression.

FREE Exercise to Help You Resolve Issues With FEELINGS TRIGGER:

Technology of Truth: Surfacing and Resolving Unconscious Beliefs

<http://www.healpastlives.com/future/exercise/extectru.htm>

DAY 13: EMOTIONAL Effects of Past Lives: MEMORY ANCHOR

THIRD, How Do Past Lives Effect Your Emotions?

Your emotions are body-mind energies set in motion by spirit to get you to act/react to the challenges presented to you by body, mind, and spirit for your growth. There are four ways that your emotions can bring past life issues into your present life... Soul Energy, Feelings Trigger, MEMORY ANCHOR, and Struggle Imprint.

So What is MEMORY ANCHOR and How Does It Effect Your Emotions?

MEMORY ANCHOR is the intensity of sensory imprints from past lives anchoring your memories today. Problems arise when past anchors cause you to take actions not appropriate in today's life.

How MEMORY ANCHOR works... When you are born, you come complete with emotional energy. You tend to pick up where you left off in past lives, especially when it comes to the level of our emotional maturity. These emotional patterns are imprinted on your brain via your cellular memory. As you experience and resolve your emotions, these patterns are constantly updated to reflect learning gained in the current lifetime as well as to surface unresolved past life emotions that you are ready to work on. This will enable you to achieve the level of advancement that you unconsciously desire so that you can live a more joyous life now.

Present Life EVIDENCE of Past Life MEMORY ANCHOR manifests in many ways... When we come into a new life, we enter into an agreement to forget about the old ones. Although they are "forgotten, all we need to do is look at what "we keep tripping over" to see the outlines of past life memory anchors that lurking just below our conscious awareness. How we often discover our memory anchors is by focusing our attention on whatever it is that never fails to grab our attention. By focusing our attention on whatever that is and desiring to know why it attracts us, the past life anchored to the object will begin to bubble up to the surface of our conscious awareness. Often this leads us to past life knowledge that would have been blocked otherwise.

How Past Life MEMORY ANCHOR Causes Present Day PROBLEMS... The worst anchor we can bring with us from past lives is the tendency to constantly avoid our emotions. Narcolepsy, a sleep disorder, is a drastic karmic solution to this problem. Narcoleptics have no control of the management of their consciousness because they do not "decide" when to fall asleep, it just "happens" to them anywhere, anytime, whether it is safe or not. Since Narcoleptics are not in full control of their waking consciousness, they are often unable to lead normal lives without ongoing outside assistance. "Narcoleptic episodes" are a Memory Anchor penalty imposed by the Higher Self whenever the individual uses their habitual emotional coping pattern to respond to life challenges. Having the individual fall asleep just after the undesirable pattern is "used" is meant to get their attention. The penalty is meant to force the individual to take action and find new ways of coping with emotions.

Real Life Examples of MEMORY ANCHOR..... are strewn throughout human history. Take the case of the soldier-saint, Joan D'Arc of Domremy, who claimed she was chosen by God to deliver France from the hands of its English and Burgundian enemies. Even by modern day standards, Joan made an extremely fast transition from insecure, obscure teenager to leader of outnumbered but victorious armies. That transition is less amazing when viewed in a karmic light. For Joan was the reincarnation the Roman soldier-statesman Julius Caesar. Caesar came to France as an invader, Joan was from France and repelled other invaders. They fought on the same soil and even crossed the same bridge on the same day and month... in the ultimate synchronicity. Part of the purpose of these similarities was to awaken past life memory anchors within Joan so that she could connect with Caesar's past life wisdom about war which she used to advantage in waging her own battles. Of course, memory anchors come with a price: connecting with Caesar's warrior wisdom also connected Joan with his pride, arrogance, and overriding ambition which also helped to sow the seeds of her eventual martyrdom.

FREE Exercise to Help You Resolve Issues With MEMORY ANCHOR:

Relics of the Past: Uncovering Your Past Lives Using Common Objects

<http://www.healpastlives.com/pastlf/exercise/exobject.htm>

DAY 14: EMOTIONAL Effects of Past Lives: STRUGGLE IMPRINT

FOURTH, How Do Past Lives Effect Your Emotions?

Your emotions are body-mind energies set in motion by spirit to get you to act/react to the challenges presented to you by body, mind, and spirit for your growth. There are four ways that your emotions can bring past life issues into your present life... Soul Energy, Feelings Trigger, Memory Anchor, and STRUGGLE IMPRINT.

So What is STRUGGLE IMPRINT and How Does It Effect Your Emotions?

STRUGGLE IMPRINT is the intensity of past life "survival consciousness" imprinted on your emotions. Life saving strategies from the past may have created present day habits no longer good for you.

How STRUGGLE IMPRINT works... For most of human history, and in many parts of the world today, life on Earth has been one of struggle. Struggle to find enough food, struggle to fend off predators, struggle to deal with nature's threats (fire, flood, natural disasters) is what largely occupied most people's time and attention in past lives. The often harsh nature of life on Earth in the past has left deep imprints on most people, especially emotional resonances. The more past lives you have had on Earth, the more likely it is that past struggles have left their mark on your life now. Most times, the struggle imprint is so deeply ingrained and so all pervasive in body-mind-emotions that it is invisible to an individual's conscious awareness.

Present Life EVIDENCE of Past Life STRUGGLE IMPRINT manifests in many ways... If in your present life, others have told you that you are a "workaholic" or a "control freak" or both, this is a definite sign of struggle imprint. For you are most likely working hard in fear of a rainy day and you are trying to control what you can because you unconsciously fear an environment that you cannot control. If you cannot relax because you are constantly worrying about having enough money, energy, or time to do what you need to do, then you are contending with a struggle imprint. For the farther back you go in the past, the more difficult it was to manifest your desires due to the lack of a physical and technological infrastructure. If you are cheap with money, stingy with love, or careful of time, then struggle is part of your beingness. For when you are holding back, you are really holding onto what you are afraid to lose because you will need it later.

How Past Life STRUGGLE IMPRINT Causes Present Day PROBLEMS... The real problem with struggle imprint is that for those caught in the grip of struggle enough is never enough... There will never be enough money to make you feel secure, there will never be enough love to make you feel happy, there will never be enough things to help you relax and enjoy your life. On the contrary, for those who are totally caught in the grip of struggle, the more they have, the more nervous they become because as they prosper, they have more to lose, to worry about, and to struggle for. In the worst cases, it becomes a vicious cycle that only gets resolved when they lose all they have or when their body-mind-emotions collapses and they fall ill or die.

Real Life Examples of STRUGGLE IMPRINT... can be found in unexpected places. Take the case of novelist Charles Dickens, famous for creating characters like Ebenezer Scrooge of "A Christmas Carol". The miserly Scrooge is the epitome of struggle imprint and his life experience a cautionary tale about how greed and miserliness are the true poisons of life. Although Scrooge was able to transcend his selfish and grasping nature, Dickens was less successful. He admitted that, the few months he spent as a day laborer working around the clock for pennies in a boot blacking factory, had scarred him for life. No matter how hard he tried, Dickens could never feel safe or comfortable even though after a certain point, he never had to work for money again. Angst about scarcity of money and sadness about the consequences flowing from the lack or abuse of money run like a golden thread through all his works. And where there were happy endings with Dickens, it was because the main characters had put all their money worries behind them.

FREE Exercise to Help You Resolve Issues With STRUGGLE IMPRINT:

Abundance Healing Program: Drawing Yourself into the Abundance Channel

<http://www.healpastlives.com/future/exercise/exabundn.htm>

DAY 15: SPIRITUAL Effects of Past Lives: SOUL AWARENESS

FIRST, How Do Past Lives Effect Your Spiritual Development?

Your spirit guides your body, mind, and emotions and creates choices designed to bring you into a personal relationship with God/Goddess/AllThatIs. There are four ways that your spirit can bring past life issues into your present life... SOUL AWARENESS, After Images, Within Attraction, and Karmic Signals.

So What is SOUL AWARENESS and How Does It Effect Your Spiritual Development?

SOUL AWARENESS is how your spirit has kept you on your path toward Self and God Realization. This is the degree to which you know you are the "hu" in human - the God Self within you.

How SOUL AWARENESS works...When you have achieved Soul awareness, you will know and feel that you are Soul come to Earth for a human experience. As Soul you are eternal, having past, present, and future lives. To grow in love and awareness, you will realize and remember that you agreed to incarnate into a variety of physical bodies to experience many different types of existences (as various sexes, nationalities, religions, and races) through many separate and distinct lifetimes. You also agree that this cycle of births and deaths will continue until you have learned all the spiritual lessons that the totality of all experiences have to teach you. The ultimate learning happens when you understand the complete consequences of all your actions, when you accept total responsibility for your life, and when you become the embodiment of love, tolerance, and compassion.

Present Life EVIDENCE of Past Life SOUL AWARENESS manifests in many ways... The way most people would like it to manifest in their lives is to experience "love at first sight"... a well documented historical phenomenon. Roman Emperor Caesar and Egyptian Queen Cleopatra acted as man and wife from almost the first moment they met one another. Once Russian Czar Nicholas met German Lady Alexandra, he - in an uncharacteristic act of stubbornness - refused to consider marrying anyone else. After England's Queen Victoria met German Prince Albert, she was determined to marry him. The British monarchy is filled with love matches: King Henry II and Eleanor of Aquitaine, King Henry VIII and Anne Boleyn, to name a few. "Love at First Sight" is a misnomer because although it is first sight in this lifetime, from a past life standpoint it is a recognition of one who we have loved with an intense passion over the course of many lifetimes.

How Past Life SOUL AWARENESS Causes Present Day PROBLEMS... When we "touch back" to who we were in past lives, we can consciously bring more of the wisdom, skills, and talents we developed back then to help us with our present life challenges... which is a blessing. When we meet another who we deeply loved in past lives that we cannot share a relationship with now due to commitments or obligations we have to others... it is a burden. Problems result when we act on past life knowledge in ways that are inappropriate, unproductive, or destructive of the present life situation. Regardless of what happened in the past, the only important life is the one that you are living now. The past becomes important only when it prevents you from fully living now!

Real Life Examples of SOUL AWARENESS... exist even in modern times. Take this case of spontaneous Xenoglossy reported by child past life expert, Dr Morris Netherton. Xenoglossy is someone's "ability to speak or write in a language that has not been learned". In Netherton's case, under hypnosis, "a blond, blue-eyed 11 year old boy... was taped for eleven minutes as he spoke in an ancient Chinese dialect. When the tape was taken to a professor at the Department of Oriental Studies at the University of California it turned out to be a recitation from a forbidden religion of Ancient China" known only to a handful of scholars. This is Soul Awareness at a very high degree that needs careful handling to ensure it does not interfere with the child's development in the current lifetime. Sensitive parents can make all the difference to gifted children like this one.

FREE Exercise to Help You Resolve Issues With SOUL AWARENESS:

Aligning with Your Higher Self: Contacting Your Higher Self Directly

<http://www.healpastlives.com/future/exercise/exhsalgn.htm>

DAY 16: SPIRITUAL Effects of Past Lives: AFTER IMAGES

SECOND, How Do Past Lives Effect Your Spiritual Development?

Your spirit guides your body, mind, and emotions and creates choices designed to bring you into a personal relationship with God/Goddess/AllThatIs. There are four ways that your spirit can bring past life issues into your present life... Soul Awareness, AFTER IMAGES, Within Attraction, and Karmic Signals.

So What are AFTER IMAGES and How Do They Effect Your Spiritual Development?

AFTER IMAGES are the degree to which your prior selves are seeking expression or completion in your life today. Past compulsions can keep you from being who you are meant to be now.

How AFTER IMAGES work... Reincarnation demands of us all that one time we have been all things: famous and insignificant, rich and poor, victim and perpetrator, man and woman, all races, religions, and creeds. This teaches us respect and reverence for all ways of life... and yet, as we evolve as Soul, we still retain our own preferences for certain ways of being. When we come into greater awareness of our past lives, we realize that we are far much more than our current personality. We see that we are infinite beings and we connect with the truth about the totality of our existence through many cycles of reincarnation. We remember that we have been many selves that were as real and as important to us as the self we are today. The moment that we begin to "touch back" to who we were, we become aware of these after images of our past life selves.

Present Life EVIDENCE of Past Life AFTER IMAGES manifests in many ways... When we do contact our own prior personality, we will ask ourselves "who really is the I that is me?" The answer should be the person that looks back at you in the mirror. Yet when "someone else" makes their wishes and desires not only known but a priority in your life now, this is an "after image" of a past life personality seeking to be healed. There are many ways that "the unquiet dead" can reach across the corridors of time. It can be as harmless as having the compulsion to buy a few things, visit places, or reenact historical events. It can also be as serious as disrupting one's current job, relationships, or finances in order to complete unfinished business from past lives.

How Past Life AFTER IMAGES Causes Present Day PROBLEMS... One of the most destructive "After Images" is Self Mutilation Syndrome (SMS). SMS is most often experienced by those expressing their pain, hurt, or aggression by turning it inward on themselves (instead of outward against others or inanimate objects). Self Mutilation can be an occupational hazard inherited from past lives. In medieval times, those in religious orders expressed devoted to Christ through an ascetic lifestyle that often included starvation ("fasting"), self-inflicted torture ("mortification of the flesh"), and sensory deprivation ("self-denial"). These type of behaviors were applauded and those "successful" in taming their flesh to death were revered as holy martyrs. That is why behaviors, like self mutilation, are so hard to break because of deep seated unconscious beliefs that this self destruction is "good for the soul". The problem is it can ultimately be fatal to both body and mind.

Real Life Examples of AFTER IMAGES... can be found in unexpected places. Take the case of Greta Garbo, a world famous actress in the 1920s and 30s, who astonished the world by suddenly retiring in 1941. Her most memorable line "I want to be alone" became her life. She lived in seclusion until her death in 1990. Even after spending the bulk of her life alone, there was still astonishment over her lifestyle choice as shown in this article written after her death. "Turns out that Greta Garbo did want to be alone. And that she said so not only publicly, on screen, but privately to her obsessive admirer, Mercedes de Acosta." This is less astonishing when you consider that in many past lives Garbo had been an anchorite, living alone in a single cell worshipping God and glorying in her solitary lifestyle. So when Garbo had enough money she was able to revert to her true type!

FREE Exercise to Help You Resolve Issues With AFTER IMAGES:

Breaking Numerous Energetic Chains Binding You to Your Past Lives

<http://www.healpastlives.com/pastlf/exercise/expchain.htm>

DAY 17: SPIRITUAL Effects of Past Lives: WITHIN ATTRACTION

THIRD, How Do Past Lives Effect Your Spiritual Development?

Your spirit guides your body, mind, and emotions and creates choices designed to bring you into a personal relationship with God/Goddess/AllThatIs. There are four ways that your spirit can bring past life issues into your present life... Soul Awareness, After Images, WITHIN ATTRACTION, and Karmic Signals.

So What is WITHIN ATTRACTION and How Does It Effect Your Spiritual Development?

WITHIN ATTRACTION is the degree to which you are attracting in the present similar experiences from your past. In the universe, you get what you "attract" which is what you agreed to "deserve".

How WITHIN ATTRACTION works... Today you are living and repeating the lessons you did not learn in your past lives until you get them right. These problems from your past lives have predetermined your future. worse, the past will continue to predetermine your future until you decide to take control. Taking control means taking action to overcome the physical, mental, emotional, and / or spiritual blocks from past lives that are keeping you from being everything you are meant to be today. Failing to take action means that you willingly accept whatever "fate" (read karma) has in store for you which is usually painful for you in some manner. This pain is not meant to punish you but to motivate you to create a better life for yourself. Although people can and do learn from pleasure, the human condition is such that the avoidance of pain is always more motivational.

Present Life EVIDENCE of Past Life WITHIN ATTRACTION manifests in many ways... When it comes down to the resolution of karma, there is no difference between what is "real" (happening in waking life) and what is "imagined" (happening in sleeping life in the inner worlds of God). As long as you can feel it, whether in a dream or in "real" life, you can heal it. Often dreams become the way of working through the hard edges of karma in a more harmonious manner. Say that you have past life "robbery" karma to work off, experiencing getting your house vandalized in the dream state... is much less disruptive to your life in the future than if it had "actually" happened to you in "real life" (ie. healing a broken house, etc). Remember that karma is more about teaching than punishing... and, if you can learn the lessons your karma has attracted to you less painfully in the dream state, that is the surest sign of the working of a loving and compassionate universe.

How Past Life WITHIN ATTRACTION Causes Present Day PROBLEMS... Do other people constantly disappoint or hurt you? Do others always take advantage of you or mistreat you? Do you seem to be a "bum magnet" attracting the worst people into your life over and over again? If so, then you definitely have a problem with "Within Attraction" karma. For we keep attracting to ourselves others who are mirrors of our own karmic issues. This happens because what we see in others that do not or cannot like are meant to show us those things we do not or cannot like in ourselves. This gives us the choice of deciding to take action and resolve these issues or continue to attract others who will raise those issues for us until we do.

Real Life Examples of WITHIN ATTRACTION... are even more revealing in modern times. Take this case of Wallace Wattles, the original prosperity guru. Most of the today's self help, get-rich books are based on the timeless and practical wisdom of his 1910 work "The Science of Getting Rich". He was among the first to analyze how the rich got richer. In his words, "studying the people who have gotten rich, we find that they are an average lot in all respects, having no greater talents and abilities than other people have. It is evident that they do not get rich because they possess talents and abilities that others do not have, but because they happen to do things in a certain way." Wattles' "certain way" consisted of using one's thoughts, emotions, and actions to manifest one's desires from the formless abundance of the universe into one's physical reality.

FREE Exercise to Help You Resolve Issues With WITHIN ATTRACTION:

Dark & Light Roses: Reorienting Relationship Energies and Belief Systems

<http://www.healpastlives.com/pastlf/exercise/exdrklgt.htm>

DAY 18: SPIRITUAL Effects of Past Lives: KARMIC SIGNALS

FOURTH, How Do Past Lives Effect Your Spiritual Development?

Your spirit guides your body, mind, and emotions and creates choices designed to bring you into a personal relationship with God/Goddess/AllThatIs. There are four ways that your spirit can bring past life issues into your present life... Soul Awareness, After Images, Within Attraction, and KARMIC SIGNALS.

So What are KARMIC SIGNALS and How Do They Effect Your Spiritual Development?

KARMIC SIGNALS are the degree of karma you agreed to resolve from past lives. In the universe, there are no accidents or misfortune, all of life becomes balancing and spiritual experience.

How KARMIC SIGNALS works... Are you someone whose life is a "bad news buffet"? Are you someone whose life - if put on a television soap opera - would be just too tragic to be believed? Are you someone who never seems to get ahead? Are you a the classic case of "when bad things happen to good people"? If you are, then you are receiving very clear karmic signals that you are "reaping" in your life now, what you have "sown" in one or more past lives. In the context of present lives being the working out of past life causes, there is no hard luck... there are only experiences one has chosen. Often those experiences are to suffer for ourselves what we have caused others to suffer. For only by living with the effects of our choices can we understand the consequences of our actions and thereby grow into greater levels of love, joy, and awareness.

Present Life EVIDENCE of Past Life KARMIC SIGNALS manifests in many ways... Take a good look at the problems you have had in your life. If you have experienced a serious accident in this lifetime, know that it was not an accident - there are no accidents in the universe - but a repayment of a debt from one of your past lives. We all have agreed to do exactly what we are doing here! For example, if you have experienced major or violent crime in this lifetime, it may be a clearing of karma that was created in a past life to ingrain in you more respect for the laws of the universe. Similarly, if you have experienced physical abuse in this lifetime, it may be a clearing of past life karma specifically designed to teach you greater compassion for others.

How Past Life KARMIC SIGNALS Causes Present Day PROBLEMS... The encounter with the "problem of evil" is greater nowhere than in cases of infants born addicted to drugs or infants born severely compromised mentally, emotionally, and physically as in Down's Syndrome cases. If a person only "got only one shot at life" and that shot was with extreme birth defects like these, then belief in a loving, just, and merciful God would be difficult if not impossible. When it becomes clear that these situations were chosen by returning suicides, Nazi medical experimenters, serial killers, etc to understand the effects of their brutality, then the role of cosmic justice becomes clear. For being damaged is the only way that one can truly appreciate the gift of being whole.

Real Life Examples of KARMIC SIGNALS... can be found in unexpected places. Take the case of Steven Hawking, British theoretical physicist, as well known for his book "A Brief History of Time" as well as for his lifelong struggle with Amyotrophic Lateral Sclerosis (ALS) and Motor Neuron Disease. Hawking is a shining example of one who has received strong karmic signals through his worsening disabilities but with hard work and determination has, in his own words, tried "to lead as normal a life as possible, and not think about my condition, or regret the things it prevents me from doing, which are not that many." The way that Hawking looks at his life is this: he has been disabled by disease "for practically all my adult life. Yet it has not prevented me from having a very attractive family, and being successful in my work. This is thanks to the help I have received from (my wife), my children, and a large number of (others). I have been lucky, that my condition has progressed more slowly than is often the case. But it shows that one need not lose hope." It also shows that, even when it comes to karma, where there is a will, there is a way to overcome even the most severe hardships.

FREE Exercise to Help You Resolve Issues With KARMIC SIGNALS:

Inner Body Cleansing: Removing the "Trouble Spots"

<http://www.healpastlives.com/pastlf/exercise/extrobsp.htm>

DAY 19: So Do YOU Know How You Being Harmed by YOUR Past Lives?

By now, you have a good idea of why and how you are being effected in your life today - physically, mentally, emotionally, and spiritually - by resonances from your past lives. To summarize these resonances are:

Physical: Soul Drive, Predispositions, Cellular Memory, Transformation

Mental: Soul Residue, Preconditioning, Inborn Perception, Transmutation

Emotional: Soul Energy, Feelings Trigger, Memory Anchor, Struggle Imprint

Spiritual: Soul Awareness, After Images, Within Attraction, Karmic Signals

The combined effect of all these resonances indicates whether are not you are being harmed by past lives. Take a moment to think about each one of these and then mark beside each one how effected you are by it:

HIGH: if the resonance is so VERY present in your life that it will control it now and in the future

MEDIUM: if the resonance just influences your life now without necessarily controlling it

LOW: if the resonance has very little impact in your life today or in the future.

Once you have determined how the resonance impacts you, then you must decide whether it is:

HARMFUL: if the resonance needs healing because it is not supporting your conscious goals

HELPFUL: if the resonance contributes to your life and enhances achievement of your goals.

So What is the Overall Effect of YOUR Past Lives on Your Present One?

Looking at the ratings you have come up with by doing the above, you will have undoubtedly formed your own opinion about the overall effect of your past lives on your life today. This may or may not be the same as the opinion of your guides and how you results compare to those of others... which would be found only in the Past Life Profile offered exclusively by Past Forward, Past Life Healing www.healpastlives.com :)

If nothing else, your opinion will serve as your guide to how you wish to pursue your own path of past life healing. The good news is the KNOWING you are effected by past lives is the step first step on the journey to become free of their effects. The bad news is that you must take ACTION on that knowledge to get the past life resonances out of your body, mind, and emotions. In a way, it does not matter that the cause of present life problems originated in past lives... **all that matters is now is healing it so that you can become all that you can be today. Why it matters is because until the past is healed it will go right on feeding the pattern of effects in your life now... whether it be karmically driven health, wealth, or relationship problems.**

So Where Do You Go From Here to Heal Your Past Lives?

The first step is to embrace this simple yet terrifying truth...you have chosen to be here. You have chosen to have each and everyone of the experiences you have gone through. You have chosen to become involved with all the people you have ever known in your life. You have chosen to put yourself through whatever pain you have, are, or will endure in life. All the experiences, people, and pain you have known have all been sent to teach you the lessons you and Spirit (or the Lords of Karma) have agreed were needed for your unfoldment as Soul into greater levels of love, joy, and awareness. The good news is you are now free to make another choice.

If you have gotten to this part in the course, then your Higher Self has led you here and it is time for you to step off the long and winding road of karma that led you here. A better road of dharma (joyful service) is only an EXIT ramp away, if you want to take it. Just use the exercise below to find the "GREAT EGRESS" (way out!).

FREE Exercise to Help You CLEAR Your Karma:

Blowing Out the Road: Consciously Choosing to "Wrap Up" Your Karma

<http://www.healpastlives.com/pastlf/exercise/exroad.htm>

DAY 20: Living The "Love Filled, KARMA FREE" Life"

So You are "Clear" of Karma, Now What?

Clearing your karma and staying clear of it are two different things. If you have stepped off the road of karma by doing the "Blowing Out the Road" exercise given yesterday, you will still need to work to stay off of it. The key to staying karma free is simple: LOVE. Loving yourself, others, and all that is around you.

This Earth would be a better place if everyone could simply and truly love themselves just as they are right now. Love must be NOW not later when you would be more like one thing or less like another. The truth is you are always growing and becoming "different". **So if you find it difficult to love yourself at this moment, remember that God made you and He does not make mistakes or junk.**

Most of the "problems" in the world are caused by those who do not and cannot love themselves. For a person can only love others to the extent that they love themselves. When a person hates themselves, they hate others. It is this hatred that makes it possible for the unloved person to do violence to themselves and to others in the process creating "bad" karma for all concerned. Love is always the answer for any question that is posed here on Earth.

So How Do YOU Live a Love Filled, Karma Free Life?

To live a love filled, karma free live, all you have to do is follow these "12 Simple Rules for Keeping the Lords of Karma Happy". These are easy to learn but, at times, hard to live... do your best and trust God for the rest!

I Love and Accept Myself Just as I am Right Now
I Give Thanks for All the Many Blessings of My Life
I Trust in the Perfection of the Process/Flow of Life
I Create Peace and Harmony Within and Around Me
I Honor the Divinity in All People and Things
I Always do My Utmost for the Highest Good of All
I Allow My Divinity to Surround and Support Me
I Only Speak What is True, Necessary, and Kind
I am Compassionate & Loving to Every Living Thing
I Allow My Life to Flow in Joy, Bliss, and Abundance
I am a Coworker in the Majesty of God's Creation
I Exist because I am Deeply Loved by God

So How Can You Use Your Past Life Wisdom to Make Your Present Life Better?

The nature of our life in the universe is that we create our existence for a time like sand castles on the beach and the universe like the wind and the tides soon carries them away. Although the past is gone... but the gifts it has left you with can help you create the future that you desire... if you can let the pain of the past go. The free exercises that have been presented throughout this course can help... but ONLY if you choose to do them.

Know that you are deeply loved by God and that you can have, do, or be all that you wish. All it will take is for you to believe in yourself wholeheartedly and to let others fully see the amazing wisdom and knowledge lying deep inside you. But you must take the first step... by deciding to become all that you can be and to let the talents you have inside you come out and... be brought to their fullest expression. Remember that all your power lies within you... just waiting to be unleashed... just waiting to bring you joy, love, and awareness!

FREE Exercise to Help You UNLEASH Past Life Talents:

"Richness of the Mine Unexplored": Unleashing Past Life Talents
<http://www.healpastlives.com/pastlf/exercise/explskil.htm>

DAY 21: Clear Your Karma - HOW YOU CAN GET HELP!

So Now That You Are Clearing You Karma, How Can We Help You?

Past & Now Forward offers unique variety of holistic counseling services designed to "help you get the key to your future". Our mission is to help you "be all that you can be today". **We invite you to check out our website at <http://www.healpastlives.com> to learn more about how we can help you... and about how you can help yourself using the FREE resources that are available for you!**

Our PAST LIFE HEALING SERVICES include:

For Instant Information, Email info@healpastlives.com

1> Past Life Blockage Assessment (PAST LIFE PROFILE!):

Brief Evaluation of How Deeply Your Past Lives Have Impacted Your Life Now

For Instant Information, Email profile@healpastlives.com

Web Page: <http://www.healpastlives.com/aboutus/service/plblock.htm>

Online Profile Form: <http://www.healpastlives.com/plprform.htm>

2> Past Life Channeling-Healing:

Clearing and Healing Past Life Blockages via Channeling Your Past Lives

Web Page: <http://www.healpastlives.com/aboutus/service/plchanel.htm>

3> Past Life Channeling-Karmic Threads:

Exploring All the Past Life Root Causes of Selected Present Life Issues

Web Page: <http://www.healpastlives.com/aboutus/service/plthread.htm>

4> Remote Releasement:

Full Inner Body Cleansing, Healing, and Balancing to Remove Serious Blocks

Web Page: <http://www.healpastlives.com/aboutus/service/plremrel.htm>

Our HIGHER SELF HEALING SERVICES include:

For Instant Information, Email info@healpastlives.com

1> Higher Self Channeling-Counseling:

Clearing and Healing Present Life Blockages via Channeling Your Higher Self

Web Page: <http://www.healpastlives.com/aboutus/service/hschanel.htm>

2> Geometric Repatterning:

Removal of Selected Unwanted Thought Forms and/or Disempowering Belief Systems

Web Page: <http://www.healpastlives.com/aboutus/service/hspatern.htm>

3> Body-Mind-Spirit Intuitive:

Treatment of the Spiritual Cause of Body-Mind "Dis"-orders and "Dis"-eases

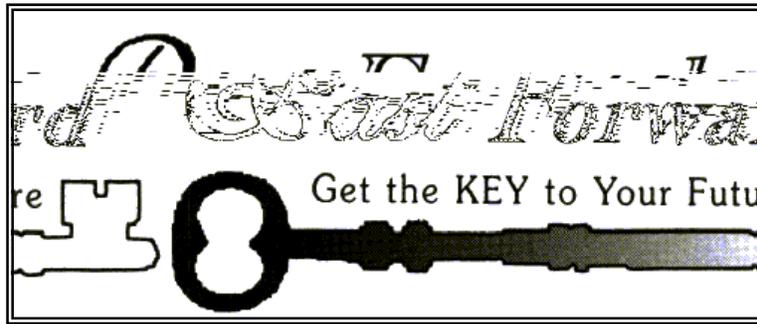
Web Page: <http://www.healpastlives.com/aboutus/service/hsbmsint.htm>

The key to your future may only be a mouse click a way. You owe it to yourself to give us a try. The only thing you have to lose are your problems! Know that we wish you well on your journey through life. TOMORROW is the first day of the rest of your life! Make it a good one. May the Blessings Be!!!

FREE Exercise to Help You With Your Journey Through Life:

Three Part Harmony: The Magic Cure- Forgive, Love, Live Happy

<http://www.healpastlives.com/future/exercise/exharmny.htm>



Past and Now Forward, Unique Holistic Counseling Services

PAST LIFE PROFILE

SATISFACTION GUARANTEED!

Our mission is to assist you with healing your past lives. If you are not absolutely delighted with the results of your profile, we will cheerfully refund your fee, no questions asked! You are under no obligation and you take no risk. So you have everything to gain and nothing to lose by filling out this profile. Our fee (see last page) is offered below the cost of almost all past life healing sessions because we want to prove to you that your healing is our primary concern.

If you have not achieved the state of physical, mental, emotional, or spiritual well being that you desire, you owe it to yourself to find out if blockages from your past lives are interfering with your life right now. The results of this profile are in essence a past life "health screening". It will show you how deeply you are currently effected by your past lives. It will indicate if you would benefit from past life healing or if you are free of past life blockages. Best of all, if you do need help, it will indicate which **FREE** exercises you can do at home to begin your own past life healing right away. Healing your past can only empower your future. Get the key to your future today!

Name: _____

Street Address: _____

City/State: _____
(If outside US, include full Country Name)

ZipPostal Code: _____ **Birthdate:** _____

Telephone: _____
(In US, include Area Code; Outside US, include Country Code)

Email: _____

IMPORTANT INFORMATION: After working with a diverse client base for several years, we have developed a comprehensive profile that helps us assess your "past life" health. Your care and frankness in completing this profile will

STRICTLY CONFIDENTIAL

help us to better serve you. We guarantee your profile information will remain strictly confidential.

Past and Now Forward, Unique Holistic Counseling Services

Fun Life Company, 532 Old Marlton Pike, PMB 248, Marlton NJ 08053 Email: profile@healpastlives.com

Phone: (856) 988-0197 Channel Line: (856) 988-9716

Website: <http://www.healpastlives.com>

ABOUT THIS PAST LIFE PROFILE: Check all that apply:

1. How did you find this profile?

Were you referred by... friend family previous client another holistic healer
Please list the name of who referred you _____
Did you hear of us by... ad brochure website newsgroup
Please list the place you found this profile _____

2. Why are you filling out this profile?

Concerned that I may have past life blockages Friend/family recommended that I do this
 Curious about how past lives relate to me Holistic healer recommended that I do this
 Interested in learning more about myself Feel strongly called/guided to do this
 Other- Please explain _____

3. What do believe that the results of this survey will help you do?

Eliminate Pain - potentially caused by past life blockages.
 Increase Gain - through improvement of current life circumstances
(physically, emotionally, mentally, or physically) which are potentially limited by past life blockages.
 Other- Please explain _____

The Value of Past Life Assessment

Your past lives effect you everyday in ways great and small: from the degree of health you enjoy (or if you suffer) to the amount of money you have (or the debt you owe) to the relationships that bring you indescribable joy (or unbelievable pain). Every belief that is creating your reality today can be directly traced back to events in this or other lives.

Today you are living and repeating the lessons you did not learn in your past lives until you get them right. These problems from your past lives have predetermined your future. Worse, the past will continue to predetermine your future until you decide to take control. Taking control means overcoming the physical, mental, emotional, and / or spiritual blocks from past lives that are keeping you from being everything you are meant to be today.

Many people alive today are so deeply blocked by problems from their past lives that they are unable to tap into all their talents, skills, and abilities. These past life blockages keep them from claiming the abundance of love, money, and joy that is their birthright as children of God. After years of helping others heal issues from their past lives, I have witnessed truly amazing transformations in client's lives, loves, health, and wealth once past blockages were cleared.

The Value of the Past Life Profile

This Past Life Profile is the result of years of research based upon hundreds of hours of past life counseling with a diverse client base. After this much experience, we have been able to discern common patterns of human experience which have reliably indicated how deeply a person is presently effected by their past lives.

The way that you answer the questions posed in this Past Life Profile reveals whether or not your past lives are effecting you in a healthy or a harmful way. If the pattern is harmful, the results of this profile will suggest whether or not you could benefit from past life healing. It may also suggest which tried and true past life exercises would enable you to begin right away to facilitate your own healing – even before seeking treatment from a past life professional. If your profile results indicate that certain past life exercises would benefit you, you would receive them free of charge.

The goal of the unique holistic counseling services "Past and Now Forward" offers is to help you free yourself from whatever blocks are preventing "from being all that you can be today". Often, all many people need to do to become free of the past is simply to become aware of it. Just by filling out this profile you may even be able to see for the first time just how the past can effect you and how, in fact, it has already effected you.

The answers to the health, wealth, happiness, and relationship problems that have eluded you for lifetimes could just be a few minutes away. The money you spend on this profile could end up being the best investment you have ever made in yourself. Remember all you have to lose by completing this profile are your problems. Baraka Bashad!

Past Life Profile: Important Instructions

1. For best results, please complete the profile in the order that it is presented and do not read ahead.
2. The survey should be completed as quickly as possible. Do not spend more than 1 minute on any item.
3. Please write clearly and legibly in the "fill in the blank" areas – unreadable surveys will be returned.
4. If you are unsure of exactly what a "YES – NO" question means, examples have been provided underneath each question to clarify the meaning. It is NOT necessary to read through every example.

Rate your CURRENT BELIEFS about how your past lives effect you NOW

Indicate ONE answer ONLY by circling the statement below that best describes your belief:

1 - I believe that past lives have molded me into the person I am today. I believe that problems with my past lives are actively interfering with my present physical, mental, emotional, or spiritual well being.

2 - I believe that past lives have molded me into the person I am today. However, I believe that my past lives are not and have not interfered with my present physical, mental, emotional, or spiritual well being.

3 - I believe there is some truth in the concepts of karma, reincarnation, and past lives. However, I do not believe that my past lives - if I, in fact, had any - could really influence my physical, mental, emotional, or spiritual well being today.

4 - I am intrigued by the possibility that the concepts of karma, reincarnation, and past lives could be true. I might be open to learning more about these concepts and am undecided as to whether or not there is any truth in them.

5 - I believe that past lives are nothing more than "past lies". I am highly skeptical that anything other than what I have experienced in my life until now can effect my physical, mental, emotional, or spiritual well being today.

COMPLETE THE LISTS to indicate your personal preferences:

List your **3 favorite ways to spend your FREE TIME**

1. _____
2. _____
3. _____

List your **3 favorite types of SPORTS**

1. _____
2. _____
3. _____

List your **3 favorite TELEVISION SHOWS of all time**

1. _____
2. _____
3. _____

List your **3 favorite MOVIES of all time**

1. _____
2. _____
3. _____

List your **3 favorite BOOKS of all time**

1. _____
2. _____
3. _____

List your **3 favorite types of FOODS**

1. _____
2. _____
3. _____

List your **3 favorite pieces of MUSIC**

1. _____
2. _____
3. _____

List your **3 favorite pieces of ART**

1. _____
2. _____
3. _____

List **3 things most ATTRACTIVE in other people**

1. _____
2. _____
3. _____

List **3 things HATE most in other people**

1. _____
2. _____
3. _____

FILL IN THE BLANKS to complete the following sentences:

Your **three greatest talents** – skills, abilities, or whatever you naturally do very well - are

1st (best) _____
2nd (best) _____
3rd (best) _____

Your **three most wonderful qualities** as a person – whatever makes you unique and special - are

1st (best) _____
2nd (best) _____
3rd (best) _____

If you could rid yourself forever of **three chronic health problems**, they would be

1st (problem) _____
2nd (problem) _____
3rd (problem) _____

If you could change **three things about your body** (other than health problems), they would be

1st (thing) _____
2nd (thing) _____
3rd (thing) _____

If you were given a free plane ticket to **visit anywhere in the world**, it would be

1st (country) _____
2nd (country) _____
3rd (country) _____

If you could **live any place in the world** for the rest of your life, it would be

1st (country) _____
2nd (country) _____
3rd (country) _____

If you could be magically given any **three skills, abilities, or talents** that you do **NOT** have now, they would be

1st (skill) _____
2nd (skill) _____
3rd (skill) _____

If you could go back in time to witness an **historical event**, it would be

1st (event) _____
2nd (event) _____
3rd (event) _____

If you could go back in time to meet an **historical figure**, it would be

1st (person) _____
2nd (person) _____
3rd (person) _____

If you could live in any type of **house** in the universe, it would be (describe it) _____

If you could have any **job** in the world, it would be same - different (circle one) from the one you have now (describe it) _____

If you were magically given the ability to speak any **three foreign languages**, it would be

1st _____, 2nd _____, and 3rd _____.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 1. **Do you believe in the concept of past lives?**

As Soul you are eternal, having past, present, and future lives. To grow in love and awareness, you incarnate into a variety of physical bodies to experience many different types of existences (various sexes, races, religions, and nationalities) through many lifetimes.

Y M N 2. **Do you believe in the concept of reincarnation?**

Reincarnation is the belief that, as Soul, you experience a constant cycle of births and deaths into a series of physical bodies until you have learned all the spiritual lessons that the totality of all experiences have to teach you.

Y M N 3. **Do you believe in the concept of karma?**

Karma is the concept that "as you sow" in this lifetime, "so also shall you reap" in this and other lifetimes so that you understand the complete consequences of all your actions. Karma is the principle of cause and effect, action and reaction, total cosmic justice.

Y M N 4. **Do you believe that you have lived before?**

Many people know that this is not their first lifetime even if they are not aware of any of their past selves.

Y M N 5. **Did you have extremely well defined personality traits as a child?**

Often those who have had many past lives "behind them" are "born 40 years old" - in other words, extremely mature from an early age.

Y M N 6. **Were you born with three (3) or more medical conditions?**

Multiple medical problems at birth are usually the result of the desire to work out complex karmic conditions arising from past lives.

Y M N 7. **Have you had / do you have any distinctive birthmarks?**

Birthmarks would be marks that appeared on you as an infant that were not caused during delivery and are indicative of past life wounds.

Y M N 8. **Have you had / do you have any distinctive skin discolorations and/or disruptions?**

Warts, moles, freckles, or discolored skin patches are often indicative of past life wounds. For example, a client's forearm was very discolored and freckled when compared to the rest of her body because it had been blown to bits in a past life by a spray of bullets.

Y M N 9. **Have you had / do you have any intense itching in only selected areas of your body that cannot be explained?**

Unexplained itching is often a sign of a past life problem "itching" to come out. The itching is caused by your body trying to rid itself of toxins from your cellular memory. Your cellular memory - encoded into your DNA - is how your body stores past life memories.

Y M N 10. **Do you have / have you had persistent, chronic headaches that cannot be treated by either conventional or alternative medicine?**

When someone is in the process of "waking up" (connecting with the fact that we all are spiritual beings having a human experience), they usually suffer a period of intense headaches. This is caused by their third eye chakra opening up so that the person can receive greater levels of awareness.

Y M N 11. **Do you have / have you had any other persistent, chronic pain that cannot be treated by either conventional or alternative medicine?**

Many people try past life healing after traditional or alternative medical treatments have failed to provide them with relief from their pain. If the persistent pain is coming from an unresolved past life, it is unlikely to be successfully treated by present day remedies.

Y M N 12. **Do you have / have you had any nasal/lung congestion that cannot be treated by either conventional or alternative medicine?**

Many people on the brink of contacting the greater totality of themselves experience a release of cellular toxins over an extended period of time that comes in the form of nasal or lung congestion. This is a necessary cleansing which provides the opening for past life healing.

Y M N 13. **Have you ever been / are you diagnosed with fibromyalgia?**

Fibromyalgia is a disease of "soul weariness" where the body is so weighted down by past life resonances that it cannot function well until it has had an abnormally long period of rest. "Resonances" are toxins associated with past lives that are stored in cellular memory.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.

Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 14. **Have you had / do you have severe over or under weight problems?**

In this century, the Holocaust has driven many to reincarnate as seriously overweight-obese (where the body becomes determined never to starve again) or as seriously underweight-anorexic (where the body is still caught up in the struggle for survival).

Y M N 15. **Have you had / do you have areas of your body where you cannot stand to be touched?**

For example, a client always had a horror of water going up their nose. This was because in a past life the client had been hung upside down with their head submerged in a lake. This person had died when moss in the lake filled their nose and mouth suffocating them.

Y M N 16. **Have you had / do you have areas of your body where you cannot stand to wear tight fitting clothing?**

For example, a client could not stand to have anything tight fitting around their neck. This was because in a past life the client had been strangled with a strand of their own pearls that bit deeply and painfully into their neck for the several minutes it took them to die.

Y M N 17. **Have you had / do you have any abnormally weak parts in your body?**

For example, a client who was otherwise in excellent physical condition had persistent problems with one knee that could not be explained or cured until the past life cause of the knee problem was uncovered and released.

Y M N 18. **Have you had / do you have areas of your body where you have problems repeatedly?**

For example, a client had chronic pain at the back of their neck which often became worse when they were under stress. The pain did not lessen after years of help from a succession of physicians, chiropractors, and acupressurists. The pain only went away after several past lives were cleared where the client had been beheaded, strangled, and hung – "literally taking it in the neck" every time.

Y M N 19. **Have you been / are you overly focused on survival?**

Overfocus on survival (such as control freakiness and workaholism) usually manifests as stinginess with money, love, or time. This is usually caused by deeply ingrained habits from past lives which were absolutely essential to cope with our largely violent human history.

Y M N 20. **Have you had / do you have serious problems with finances such as compulsive buying (too much debt-always broke) or hoarding ("killing" you to spend money)?**

Your poverty or prosperity consciousness is usually deeply rooted in past lives. Money habits are often the most persistent – and hardest to change – in any lifetime. For example, a client who died in the Black Plague was a compulsive spender in this life because they were continuing to live as if there were "no tomorrow". Before that past life block was cleared, they permanently ruined their credit now.

Y M N 21. **Have you had / do you have serious problems with sex such as compulsive promiscuity (having too much/too risky sex) or frigidity (having no sex/too little sex)?**

For example, a client who was sexually healthy in most past lives became frigid by repeated traumas experienced in the Holocaust. This sexual dysfunction was very difficult for the client because it was very inconsistent with their true sexual nature!

Y M N 22. **Have you had / do you have any serious problems with time management such as chronic procrastination (always late) or punctuality (always early)?**

For example, a client who had been completely rigid about punctuality in a past life was chronically late in this one. This problem could not be cured until they understood why they had been so rigid about time and why they needed to be more compassionate on this issue.

Y M N 23. **Have you had / do you have any serious problems with balancing your responsibilities to yourselves and to others such as taking on too many or too few responsibilities?**

Problems with taking on responsibility indicate an "out of balance" condition in Soul evolution. Often those who took on too much in one life (being a martyr to others) come back in a future life taking on too little (being an eternal child, expecting others to care for them).

Y M N 24. **Have you had / do you have serious problems controlling your anger (always impatient, criticizing, losing your temper or regretting outbursts)?**

For example, a client's working career was defined by their anger which manifested as frequent conflicts with others (coworkers, subordinates, and superiors). This anger was dramatically reduced when the client discovered the source of their rage came from a past life in the Holocaust where they had been helpless to stop the atrocities against humanity perpetrated by their Nazi superiors.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 25. **Have you been / are you constantly plagued with the inability to trust yourself, others, the universe, or God (constantly plagued by fears of abandonment and betrayal)?**

For example, a client was described as paranoid by family, friends, and coworkers because they were always acting as if "everyone was out to get them". In a past life, the client was murdered by the same combination of family, friends, and coworkers.

Y M N 26. **Have you had / do you have inappropriate fears?**

For example, a friend always feared going through traffic tunnels even though they posed no imminent threat, no foreseeable danger, or no actual risk of harm. This was a carryover from a past life as a miner when this person had died during a mining tunnel collapse.

Y M N 27. **Have you had / do you have any recurring "odd thoughts"?**

Odd thoughts are those which cannot be accounted for by a person's present life experience. "Odd thoughts" would be fears of being burned at the stake when that is no longer a form of execution in the country where you reside.

Y M N 28. **Have you had / do you have any memories that are strange or do not seem to be your own (from this lifetime)?**

For example, memories are "strange" if you are a woman but can remember what it feels like to be a man or vice versa OR if you instinctively know what it is to work a certain job or live a certain lifestyle that you have never before experienced in this lifetime.

Y M N 29. **Have you been / are you diagnosed as having obsessive - compulsive disorder?**

Of all the mental conditions, obsessive-compulsive disorder in this lifetime is usually directly traceable back to a past life where the disempowering trait or behavior was created. For example, a man who is currently compelled to straighten the fringe on his carpets was a servant who had been regularly and severely beaten (eventually to death) for failing to do so by his cruel master in a past life.

Y M N 30. **Have you been / are you diagnosed as having any phobias?**

For example, a client in this lifetime had been diagnosed as being an agoraphobic (afraid of leaving home which literally means fear of the marketplace). This phobia was directly traceable to an extremely traumatic past life where they were killed in the marketplace.

Y M N 31. **Have you been / are you diagnosed as having any depression - anxiety?**

The weight of tragedies from many past lives can manifest in the present as the "everything is just fine in my life so why is it that I just can't be happy?" syndrome. If nothing from your life now can account for your present depression/anxiety, it may come from the past.

Y M N 32. **Have you been / are you diagnosed as having multiple personality disorder?**

Multiple personality disorders can be caused by the emergence of past life personalities that arise to help the present day person solve problem(s). The trouble arises when these past life personalities are not properly reintegrated back into the present day person's memory.

Y M N 33. **Have you been / are you diagnosed as having any physical, mental, or emotional addictions (to food, drugs, sex, medicine, abusive relationships)?**

Addictions to anything are very often carryovers of disempowering behavior patterns from previous lives. For example, a client who had a track record of attracting abusive men into her life now had been a battered wife in her most recent past lifetime.

Y M N 34. **Have you ever seriously considered or actually attempted suicide?**

For many, the weight of the difficult spiritual path they have undertaken in this lifetime becomes too much to bear. This may manifest as dark periods where suicide seems the only solution to ending their pain which – sadly – often results in attempts at suicide.

Y M N 35. **Have you / do you have recurring dreams / nightmares about traumatic deaths?**

For example, I had a recurring nightmare about being killed in Colonial Virginia many years before I discovered a past life there.

Y M N 36. **Have you ever seen yourself as another person in a dream?**

Often all the people we "see – hear – know" about in our dreams are just other manifestations of our personality. If the people we see in our dreams seem to be historical (dressed in clothes from the past, etc), they are more than likely who we were in a past life.

Y M N 37. **Have you / do you find it hard to focus on the present moment?**

For example, if you are always obsessing about the past or worrying about the future, you are not living in now where you need to be.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 38. **Have you had / do you have any medical problems that appeared suddenly and inexplicably (in particular, any allergies or phobias)?**

For example, a client began experiencing severe ankle pain shortly after they learned to drive. This happened because their body was remembering a painful death – relating to driving - when their foot had been run over and severed by a competitor during a chariot race.

Y M N 39. **Have you had / do you have any other medical problems (physical, mental, or emotional) that cannot be solved?**

If doctor(s) have told you "I cannot find anything wrong with you" but you are certain something is wrong, answer "Yes" to this question. Past life problems can be remarkably resistant to present day treatments. If the problem truly does originate in the past, the solution will defy resolution using conventional present therapies. However, past life treatment can produce fast and dramatic results.

Y M N 40. **Do you have skills and abilities normally requiring study that come naturally to you?**

For example, after minimal study, a client was able to pass the Business Law section of the CPA exam without ever having taken a class. This was not surprising since the client had been a lawyer – specializing in business law - in several past lifetimes.

Y M N 41. **Have you ever found yourself in a educational setting where you came to learn about a particular subject and found that you already knew more than the teacher?**

For example, Wolfgang Amadeus Mozart, a world renowned child prodigy, was not taught music - he was born knowing it. Mozart believed that this knowledge came from many other lifetimes when he had been a musician and had studied hard to perfect his craft.

Y M N 42. **Do you have a compelling or overwhelming interest in a particular topic that began in your childhood?**

For example, General Patton knew from a very young age that only war and soldiering interested him. Patton studied military topics from his early childhood and was career military. The great General was convinced that he had been a warrior throughout many lives.

Y M N 43. **Looking back, could any of the pictures, poems, stories, or models you made as a child relate to your past lives?**

For example, a client as a child wrote a beautiful and complex poem that even she could not understand. The true meaning behind this poem did not become clear until the client found out about the past life that this poem very cryptically described.

Y M N 44. **Have you had / do you have an absolute compulsion to do something or go somewhere that is completely out of context of your life today?**

For example, two friends - after both turned 45 - had a sudden, overwhelming compulsion to visit the American Southwest even though they had no previous interest in the area. The past life "alarm clock" went off and it was "time" to take care of unfinished business there.

Y M N 45. **Have you had / do you have a compelling or overwhelming desire to visit a particular place that you have never been before?**

For example, if you were born and raised in the Midwest but you always had an overwhelming desire to visit Japan.

Y M N 46. **Have you had / do you have a compelling or overwhelming desire to do a particular job after having once been exposed to it?**

For example, most world class athletes knew they loved their particular sport from almost the moment they were born.

Y M N 47. **Did you ever feel absolutely compelled to purchase something you really did not want without knowing why?**

For example, a client was compelled to get a Claddagh (Irish) wedding band in this lifetime. This person could not understand the reason for this compulsion until they relived a life of poverty in Ireland when they had wanted - but were too poor to afford – this kind of ring.

Y M N 48. **Have you found / do you find certain foreign languages are either abnormally difficult or especially easy to learn?**

For example, learning German was impossible for a client who was conflicted about many past lives in German speaking countries. However, this same client learned Spanish easily and - of course - had many enjoyable previous lives in Spanish speaking countries.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 49. **Have you ever been to a place before - that you have never before visited in this lifetime - and knew that you had been there before?**

Knowing all about a place you have never been to before in this lifetime is the classic "déjà vu" experience. The "déjà vu" phenomenon is considered by most scientific researchers to be the definitive indicator that a person has connected with a past life experience.

Y M N 50. **Have you ever just known details about certain places, people, or things which you would have no way of knowing about otherwise?**

For example, a client - who had never been to Istanbul in this life - accurately described the sights, sounds, and smells of the place to a friend who had returned from a trip there (much to their friend's amazement). This accuracy was made possible by a previous life there.

Y M N 51. **Have you ever felt at home or abnormally anxious in a place you have never been?**

For example, the same client who felt at home in London (knowing where to go without being told or helped), felt totally nervous in Paris (and could not get out soon enough). In their past lives, this person died violently in Paris and lived harmoniously in London.

Y M N 52. **Have you had / do you have either a strong attraction for or aversion to certain types of foods you have never before eaten?**

For example, a client who had never before seen or tasted Thai cuisine became physically ill at the mere thought of trying it.

Y M N 53. **Have you had / do you have either a strong attraction for or aversion to certain types of animals (particularly if you have never encountered them before)?**

For example, a client had an "irrational fear" of dogs. In this lifetime, they had never been harmed by a dog or had anything but pleasant experiences with dogs. Yet, in a past life, this client had been killed after being torn limb from limb by a pack of wild dogs.

Y M N 54. **Have you had / do you have either a strong attraction for or aversion to certain types of plants (particularly if you have never encountered them before)?**

For example, a client who sells herbs in this life was not surprised to discover that they had cultivated their skills over several past lives in convents. Conversely, a client who hated plants in this life was not surprised to find they were killed for growing poisonous plants.

Y M N 55. **Have you had / do you have either a strong attraction for or aversion to certain types of climates that you have never experienced before in this lifetime?**

For example, a client had a horror of tropical rainforests even though they had never been to one in this lifetime. This horror was rooted in this person's past life in ancient South America when they had been ritualistically tortured and mutilated to death.

Y M N 56. **Have you had / do you have either a strong attraction for or aversion to certain types of clothing (casual vs formal, tight fitting vs loose, etc)?**

For example, some always wear formal attire even if they are just going to the store while others cannot be pulled out of their casual clothes by the jaws of life. Casual dressers tend to have had many lives as peasants while formal dressers usually were once "nobility".

Y M N 57. **Have you had / do you have either a strong attraction for or aversion to certain types of furniture?**

For example, a client felt compelled to get a bed with four twisted mahogany posters and a bedspread with a certain distinctive antique pattern. It turned out this person had such a bed in an extremely happy past life and it made them happy now just to get "the bed" back.

Y M N 58. **Have you had / do you have either a strong attraction for or aversion to a certain group of people which is not explainable by the circumstances of your present life?**

For example, before I discovered that I had been a General in many past lifetimes, I felt compelled in this life to make charitable donations to veterans groups. Instinctively, I felt I needed to "make something up" to war veterans but did not know why until later.

Y M N 59. **Have you had / do you have either a strong attraction for or aversion to certain religions that you have never before studied or practiced?**

For example, a client hated Catholics even though they had never met any and had not been raised with any prejudices about them. The reason for this became clear when the client discovered that in a past life they were executed during the Inquisition by that Church.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 60. **Have you had / do you have either a strong attraction for or aversion to certain forms of meditation that you have never before studied or practiced?**

For example, a client became physically ill during their first yoga lesson. The reason for this inexplicable illness became clear when the client discovered that in a past life they had been crippled by the marathon yoga sessions that were imposed by their Hindu community.

Y M N 61. **Have you had / do you have any habits that others close to you consider odd or peculiar and that you have no control over?**

For example, I always have to sit along the aisle in a movie theatre (I cannot sit anywhere else without discomfort). This phobia resulted from one past life where I was burned to death in a theatre sitting in the center seat. My body was protecting me by this "bad" habit.

Y M N 62. **Have you had / do you have any mannerisms that others close to you consider odd or peculiar and that you have no control over?**

For example, a client, whenever stressed, instinctively touched themselves all around their neck. Others seeing this would joke with the client and say "Don't worry, it's still there". This is the same client who had been hung, beheaded, and strangled in many past lives.

Y M N 63. **Have you had / do you have any interests not considered "sex appropriate" by others?**

For example, females who are interested in games involving the military, guns, or other activities normally pursued by males. Conversely, males who are interested in games involving dolls, fashion, or other activities normally pursued by females.

Y M N 64. **Have you had / do you have any interests not considered "age appropriate" by others?**

For example, children who take no interest in their peers or childhood games but naturally gravitate to adults and more mature interests.

Y M N 65. **Has any art ever made you feel nostalgic for or triggered memories of other lives?**

For example, a client had a picture of a midnight river boat race on the Mississippi displayed prominently in their home even though it conflicted with the rest of the decor. It turned out that this picture captured a very happy childhood memory from their recent past life.

Y M N 66. **Have certain sights ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client could not look at scenes where massive numbers of people lay wounded without feeling depressed and helpless. This came from a life as a Confederate doctor in the Civil War who lacked everything needed to properly care for the wounded soldiers.

Y M N 67. **Has any music ever made you feel nostalgic for or triggered memories of other lives?**

For example, client who in this life had no interest in dancing became fascinated with it after hearing 19th century Ballroom Dance music for the first time. This was because the client had taken great pleasure in dancing to these same musical pieces in a past life.

Y M N 68. **Have certain sounds ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client's child was abnormally afraid of balloons being popped or other similar loud noises. This was a carryover from the child's past life as a World War I soldier who had died before recovering from being shell shocked in the trenches.

Y M N 69. **Have you / do you like certain foods that are not from your local area?**

For example, a client who never before had Chinese food stopped eating all other kinds of foods once they discovered Chinese cuisine.

Y M N 70. **Have certain smells ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client became inexplicably frightened whenever musky or moldy smells were present. This present life fear was explained when the client relived a past life in which she was raped in a moldy wine cellar by a man who had been wearing musk.

Y M N 71. **Have certain tastes ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, every time a client tasted wine in this lifetime, they were overwhelmed by images of vineyards. It turned out that these were happy memories from a past life the client had spent as a monk making wine to support his religious order.

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 72. **Have certain touches ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client could not understand why being touched on their earlobe made them happy almost to the point of sexual arousal. The reason was that in a past life their beloved spouse had touched them there as a secret sign of love.

Y M N 73. **Have you been / are you attracted to a particular historical period?**

For example, a number of Civil War and Renaissance reenactors were found to have had past lives back then after being regressed.

Y M N 74. **Have you / are you attracted to certain historical figures?**

For example, some novelists are able to write so accurately about certain historical periods because they were alive at that time in history.

Y M N 75. **Have you been / are you attracted to particular historical styles or colors of clothing?**

For example, many people who have had past lives as monks or priests only feel truly comfortable in this life when wearing black.

Y M N 76. **Have you kept / do you keep antiques or other collectibles in your home from a particular historical period?**

The real reason that Victorian is such a popular style in the 20th century is that so many Victorians have reincarnated into the modern era.

Y M N 77. **Do you have any hobbies or recreational activities that involve historical periods?**

For example, if you regularly participate in medieval war gaming, battlefield reenactments, etc, this is an "historical" hobby.

Y M N 78. **Have you / do you primarily / predominantly enjoy books, movies or television which are not about the present time?**

For example, if you enjoy reading books about or watching movies or TV about historical events or science fiction instead of "present day" comedies or dramas. Note that science fiction about the "future" is really the "past" dressed up in another form. Take "Star Trek": for instance: scratch a Klingon and you get a Spartan, or a Vulcan to get an Athenian, or a Cardassian to get a Roman.

Y M N 79. **Have you ever had any reactions (physically, emotionally, mentally, or spiritually) when reviewing other people's accounts about certain historical figures or events?**

For example, clients of mine have become physically uncomfortable to the point of being ill when watching movies like "Gone With the Wind" (American Civil War), "Schindler's List" (German Holocaust), or "Saving Private Ryan" (World War II).

Y M N 80. **Do you often meet people and have strong and instant reactions of like or dislike?**

The people in your family, at your work, and among your friends have very probably been with you before in one of your past lives. Since you already "know" them, it makes perfect sense that you should "come with" strong reactions of like or dislike for them.

Y M N 81. **Have you ever experienced "love at first sight"?**

Imagine for a moment that you were married to someone in a past life for many years and shared the very deepest love. It makes sense that when you found that very same person again in another life, it would be "love at first sight"! Caesar and Cleopatra acted as man and wife immediately. Once Czar Nicholas met Lady Alexandra, he refused to consider marrying anyone else, just like Queen Victoria would only marry Albert. The same with King Henry II and Eleanor of Aquitaine, King Henry VIII and Anne Boleyn, and the list goes on.

Y M N 82. **Have other people (especially young children) ever had a strange reaction to you?**

For example, having been a General in many lifetimes, young children often come up and salute me right "out of the blue". Another example was a client who was always called "Father" when he was a young child... an unconscious recognition of one of his past lives when he had been a priest who had risen through the ranks of the Church hierarchy to become Pope!

Y M N 83. **Did you have extreme reactions to family members (especially brothers or sisters) when you were young (either overwhelming love or hate)?**

Individuals who have had "problems" with others over many lifetimes, often choose to reincarnate as family members so that these problems can be worked out. Yet these "problems" resurface very quickly once these old adversaries are united in families as kids who just can't get along! Often, families are the setting where karmic enemies have agreed to work out the problems between them!

YES-NO QUESTIONS: Please answer all questions to the best of your ability.
Indicate ONE answer ONLY by circling Y for Yes, M for Maybe, or N for No:

Y M N 84. **Have you often said something to someone close to you that was completely out of character and you wondered where it came from?**

For example, a client often told her husband, when they were arguing, that he was treating her "like a whore". Since they were married, this remark was completely out of context of their present day situation. Yet it made sense in the context of their past lives, when her husband had kept her as his mistress. He was treating her now in the same way he treated her back then when she had been a "whore".

Y M N 85. **Have you been / are you your own harshest critic?**

Hanging around the universe through many past lives, a person can get very beaten up. This can manifest today as extreme self criticism. This extreme self criticism is the result of your unconscious mind trying to keep you from repeating mistakes that you made in the past. Yet, at times, this self criticism can be counter productive if it keeps you from fully enjoying your life or experiencing true inner peace.

Y M N 86. **Have you been a victim of rape or other sexual abuse?**

If you have experienced sexual abuse in this lifetime, it may be a clearing of karma that was created in a past life to help you gain a greater respect for the gender you are now. Often women raped "out of the blue" are balancing a time when they had been a man who had raped women. The rape experience was meant to bring you to deeper levels of understanding and compassion about sexuality!

Y M N 87. **Have you been a victim of a beating or domestic violence?**

If you have experienced physical abuse in this lifetime, it may be a clearing of karma that was created in a past life to teach you greater compassion and respect for your physical body. For example, battered wives in this life were often battering husbands in previous lives.

Y M N 88. **Have you been / are you a victim of major, serious crime (such as robbery, arson, etc)?**

If you have experienced major or violent crime in this lifetime, it may be a clearing of karma that was created in a past life to ingrain in you more respect for the laws of the universe. For example, there are no "innocent people" in prison, the innocent are atoning for past life karma. So those who are "innocent" from the present life perspective... are always "guilty as charged" from a past life perspective.

Y M N 89. **Have you ever been in a serious accident (car, sports, etc)?**

If you have experienced a serious accident in this lifetime, know that it was not an accident - there are no accidents in the universe - but a repayment of a debt from one of your past lives. The hardest truth is that we all have agreed to do exactly what we are doing here!

Y M N 90. **Have you been / are you severely out of touch with your body's needs?**

For example, if you consistently fail to provide for your body's needs by not eating or sleeping properly, by routinely engaging in high risk activities (extreme sports/hobbies), or by neglecting obvious medical problems. These are often "habits" inherited from past lives.

Y M N 91. **Have you / do you feel "out of step with the times"?**

For example, if you spend all your free time trying to live in the past (battlefield reenacting or historical novel reading) - it is a strong indication that you are not comfortable in the present. Usually, people will have a strong, instant "Yes" or "No" answer to this question.

Y M N 92. **Did you ever feel that at one time you could have been a member of the opposite sex?**

An indication that you might have been a member of the opposite sex is if you seem to understand the opposite sex more than others around you. For example, ask yourself "do you really feel like a woman / man?" Your unconscious mind will instantly reveal the answer.

Y M N 93. **Did you ever feel that at one time you could have been a member of another race?**

An indication that you might have been a member of another race is if you ever found others of another race to be attractive, especially members of the opposite sex. For example, Caucasian men who find Oriental women far more attractive than Caucasian women.

Y M N 94. **Did you ever feel that at one time you could have been a member of another religion?**

You might have been a member of another religion is if you have "warm feelings" toward a certain religion or if you have ever considered changing the religion of your youth. For example, Jewish people who convert later in life to Christianity or vice versa.

Y M N 95. **Did you ever feel that at one time you could have been a member of another nation?**

An indication that you might have been a citizen of another country is if you have a strong desire to either visit or live there.

Thank you for completing the Past Life Profile from Past Forward, The Fun Life Company (Marlton, NJ).

NOW THAT YOU HAVE COMPLETED YOUR PAST LIFE PROFILE...

WHAT YOU WILL GET FROM THIS PROFILE: You will receive the following information:

- 1> **Personal Assessment** – Your assessment is a past life "health screening". The results package will show how deeply you are currently effected by your past life blockages and how you rate relative to key indicators of past life problems (physically, mentally, emotionally, and spiritually as described in this eBook!). It will indicate whether or not you could benefit from past life healing and/or holistic counseling.
- 2> **Channeled Message** – You will receive a "channeled message" from your Higher Self or the Guardians of the Temporal Gateway or whatever other servants of the universe need to contact you. These inspirational messages will open the channel for your healing and give you helpful insights on your current life situation.
- 3> **Exercises** – If the results of your profile indicate that you would benefit from certain "do it yourself at home" exercises, you will receive them free of charge. Over the years, our clients have used these "past life" exercises very successfully. Your questions, comments, and testimonials about these exercises or the profile are welcomed. Please feel free to email your results to ellen@healpastlives.com Thanks!

WHEN YOU WILL GET THE RESULTS OF YOUR PROFILE: We will make every effort to get the results of your Past Life Profile to you quickly. During busy times, it may take up to 30 days. This is a real analysis performed by a real person... me. It is NOT a computer generated program of "precanned" data... it is information channeled from the inner worlds... that is specific to your personal situation.

WHAT YOU NEED TO DO NOW: To get the results of your Past Life Profile, all you need to do is send your completed profile (in English) along with payment to our business address.

* **Payment can be made by major credit card** (VISA or Master Card only). This information can be mailed to our **business address** (at the bottom of this page). It can be called into our 24 hour secure Voice Mail (only accessible by myself) at **856.988.0197** (01 is the Country Code for the US for international customers). It can be submitted **online** on our secure form on <http://www.healpastlives.com/plprform.htm> **Be sure to give all this information... this is minimum information necessary to process your credit card information!!!**

Cardholder's Full Name: _____

Specify the Card: [MasterCard] [Visa] Card Number: _ _ _ _ - _ _ _ - _ _ _ _ - _ _ _ _

Expiration Date: Month _____ Year _____

If you are NOT the Cardholder, indicate your relationship to the Cardholder _____

* **Payment can be made by PayPal** (<http://www.paypal.com>). PayPal, an eBay company, is the best way to "send and receive money online". Registration with PayPal is FREE. Once you are active on PayPal, you can pay anyone online without having to give them your credit card or bank account information. The only information that you need to give is the Email address related to your PayPal account. **Setting up a PayPal account is easy:** just click here <https://www.paypal.com/us/mrb/pal=TKKYNSCCNSTS2> and follow the online screens. PayPal has great customer service if you need any help. To pay us, our PayPal Email address is ellen@healpastlives.com and PayPal will notify us instantly that payment has been received.

* **We do NOT accept cashier's checks or personal checks.** Money orders only in extreme circumstances.

* **Please do NOT send cash** (we cannot be responsible for cash that may get lost in the mail).

Our business address is: Fun Life Company, 532 Old Marlton Pike, PMB 248, Marlton NJ 08053

The current fee for the Past Life Profile is \$ 25 (US Dollars only) ellen@healpastlives.com is our PayPal ID

You have our sincere best wishes for a joyful and love filled journey through life!

Glossary of Terms Used in Wattles' Greatness Book

The Certain Way: Wattles uses this phrase in all three of the books in this series (Getting Rich, Being Well, and Being Great). There are several meanings of this phrase all of which apply.

* Certain: Inevitable, Bound to happen, Unavoidable, Mathematical certainty, etc.

* Certain: Beyond doubt, Without question; Indisputable, Factual, etc.

* Certain: Reliable, Dependable, Always will produce the desired result, etc.

* Certain: Displaying confidence, Being assured of success, etc.

* Way: Life path, a specific way of believing, thinking, and acting that creates a desired way of life, etc.

* Way: Method, procedures, following steps that create a result, etc.

Purpose: Wattles uses this phrase in all three of the books in this series (Getting Rich, Being Well, and Being Great). There are several meanings of this phrase all of which apply.

* Purpose: The reason one exists in the universe, the purpose of life.

* Purpose: The determination and commitment behind an action, an intention.

* Purpose: The reason one strives toward achieving something, a goal.

* Purpose: The reason one takes actions to get a result, an outcome.

Principle: Wattles uses this in "Being Great". There are several meanings of this phrase all of which apply.

* Principle: The individual guiding forces directing our lives, the Higher Self (see below).

* Principle: The great life force which runs through the universe, the collective consciousness.

* Principle: The commonly agreed upon rules of life; ethics, morals, religion, and philosophy.

About the Author – Wallace Wattles



"The Science of Getting Rich"

"The Science of Being Well"

"The Science of Being Great"

"Health Through New Thought and Fasting"

"Making of the Man Who Can"

"Hellfire Harrison" (a novel)

Wallace Delois Wattles (1860-1911) is best known for being the author of "The Science of Getting Rich", one of the most influential prosperity classics of the modern era. Little is known about his early life, other than that he was born in the United States and that he initially experienced frustrating times of poverty and failure.

Wattles was determined to turn his life around. In his own words, "If you have not consciously made the decision to be rich, great, and healthy, then you have unconsciously made the decision to be poor, mediocre, and unhealthy." Wattles chose greatness, as his daughter Florence relates: "He wrote almost constantly. It was then that he formed his mental picture. He saw himself as a successful writer, a personality of power, an advancing man, and he began to work toward the realization of this vision. He lived every page ... His life was truly the powerful life." His work was influenced by Descartes, Emerson, Hegel, Leibnitz, Schopenhauer, and Spinoza.

Through his tireless study and application of methods he wrote about in his trilogy (Getting Rich, Being Well, and Being Great), Wallace transformed his own life into a highly prosperous, healthy, and excellent one. Wattles died not long after the 1910 publication of "The Science of Getting Rich." Only today are his books moving beyond the "lucky few" and enjoying a well deserved, wider distribution to the general public. His classic works are helping people all over the world to live a more prosperous, healthy, and excellent lives.

Glossary of Terms Used in Past Forward's Karma Book by Ellen Mogensen

Higher Self: Your Higher Self is the most perfect form of "you" that exists in the universe. It is always gently guiding you on your journey through life. It's guidance manifests itself in many subtle ways: as a still small voice, as vivid images and pictures, as flashes of insight and feelings, and as intuition and knowingness.

Karma is the concept that "as you sow" in this lifetime, "so also shall you reap" in this and other lifetimes so that you understand the complete consequences of all your actions. Karma is the principle of cause and effect, action and reaction, total cosmic justice and personal responsibility.

Reincarnation is the belief that, as Soul, you experience a constant cycle of births and deaths into a series of physical bodies until you have learned all the lessons that the totality of experiences can teach you.

Resonance: Past life resonances are the effects that your past lives have on your life today (they work much like a piano key in that the effect is felt long after the key was pressed). Your cellular memory stores those resonances. These are meant to be helpful: to keep you safe and to bring your skills out when needed so you can cope with life's challenges. They become harmful when the past life residue is unduly interfering with your present life: physically, mentally, emotionally, or spiritually.

Brief Explanation of the Human Energy Field

The Human Energy Field is always receiving energy from the universe to sustain existence: body, mind, and emotions. Your aura is the "skin" which holds all your inner energy bodies and outer body together. Your chakras are like the pores in the "skin" which regulate the flow of universal energy into and out of the body.

Your Aura: Skin of Inner Energy Bodies

- * you are a vibrational energy being and composed of light and sound energy.
- * your aura surrounds your outer physical body in all directions.
- * your aura extends both internally and externally.
- * your aura interacts with everything around you.
- * your aura reacts to your every thought, word, feeling, choice, and action instantly.
- * your aura is electromagnetic and interpenetrates your physical body with energy.
- * your aura is the holographic, energy matrix for your physical (matter) body.

The Nature of "Living Energy"

- * the flow of the universe is from energy to matter: energy flows from your inner bodies to create the matter of your physical body.
- * all your bodies are created from the living energy variously referred to as: chi (China), ki (Japan), manna (Hawaii), prana (India).
- * your living energy field can be photographed in a verifiable, repeatable way with instruments like the Kirilian camera.
- * is the vital life force that makes you alive and interconnected with all life animals, plants, humans, objects.

Your Outer and Inner Energy Bodies

- * your bodies are a balance of six flowing fluid layers and strong grid structures: physical, astral (emotion), causal (karma), mental (thought), etheric (intuition), Soul.
- * has a green **Physical Body**: the layer of matter that you see, hear, smell, touch, and can taste!
..... is the one whose eyes are reading these words.

..... is the only body visible to the naked eye (ie. without special equipment).

..... is the outer body linked to and surrounded by the other inner bodies.

* has a red **Astral Body**:

..... the layer of energy manifesting as emotions (lower) and heart (upper) energy.

..... is the one whose emotions respond to this through your feelings about it.

* has an orange **Causal Body**:

..... the "seed body" or karmic hologram where experiences are stored.

..... is the one whose cellular memory filters your perception of this information.

..... is the one testing this against the accumulated experience of your past lives.

* has a blue **Mental Body**:

..... the layer of energy that manifests as attitudes, beliefs, thoughts, and ideas.

..... is the one whose analysis is responding to this by giving you thoughts about it.

* has a purple **Etheric Body**:

..... the layer of energy that manifests as intuition, knowingness, and guidance.

..... is the one whose intuitive abilities are acting on this information.

..... is the one coordinating the various responses of the other bodies.

..... is the one producing your final decision about this information.

* has a white **Soul Body**:

..... the layer of energy that manifests as intuition, knowingness, and guidance.

Your Energy Chakras

* are "Spinning Wheels of Light" (the translation of the Sanskrit word 'chakra').

* are rooted in a vertical power current or energy hose that interconnects and interpenetrates the aura and bodies.

* nourishes all the inner energy bodies as well as the outer matter body with life force.

* consists of seven major chakras (below):

* is open-ended at the root - **Root Chakra** - (genital area),

..... the color is red: it connects you to the Earth, your purpose, and your will to live

* at the sacrum - **Sacral Chakra** - (base of spine/pelvic area),

..... the color is orange: it represents

..... in front: your self love and acceptance

..... in back: your use of personal power

* at the solar plexus - **Solar Plexus Chakra** - (stomach/diaphragm area),

..... the color is yellow: it represents

..... in front: how you see yourself in the world (your identity in this life)

..... in back: how you take care of yourself (body, mind, emotions)

* at the heart - **Heart Chakra** - (heart area),

..... the color is green and expands to pink: it represents

..... in front: how you connect in relationship to others from the "heart"

..... in back: how you support yourself in accomplishing tasks in career/work

* at the throat - **Throat Chakra** - (throat area),

..... the color is blue: it represents

..... in front: how you connect in living your truth using spoken words

..... in back: how you connect in how you see yourself professionally

* at the third eye - **Third Eye Chakra** - (between the eyebrows),

..... the color is purple: it represents

..... in front: how you take in the creative forces of the universe

..... in back: how you manifest desires from using the energies of creation

* is open-ended at the crown - **Crown Chakra** - (top of head),

..... the color is white: it connects you to the source of all universal knowledge.

About the Author

Ellen Mogensen came into her present lifetime crippled by unhealed wounds carried over from a series of past military and religious lifetimes. These past wounds manifested in Ellen's present reality as fibromyalgia, chronic fatigue, recurring bronchitis, severe back, neck, and leg pain, myopia, insomnia, sleep apnea, debilitating allergies, and obesity. Over ten years of traditional medicine, seven years of chiropractic, and three years of acupuncture only temporarily alleviated her persistent symptoms.

After two years of past life healing, Ellen finally found relief from her previously unsolvable problems. While healing herself, she developed the ability to channel past lives for others.

Since 1996, Ellen has helped her clients to heal physical problems like chronic fatigue, "untreatable" chronic pain, insomnia, obesity, and hyperactivity. She has also facilitated healing of mental and emotional issues such as life long depression, chronic anxiety, obsessive-compulsive habits, phobia, paranoia, eating disorders, relationship problems, sexual dysfunction, and chronic overspending.

While doing her Past Life work, Ellen naturally evolved her ability to channel the Higher Selves of others. Doing this work, she has been able to guide others in attaining a higher perspective on issues in their lives today. The wisdom from these sessions was compiled and made available in eBook form as "Rules of the House."

In 2000, Ellen launched www.healpastlives.com, one of the largest sites on the Internet dedicated to past life healing, karma, and reincarnation. At over 300 pages, her site is the largest free resource of past life healing information and exercises. It has consistently been ranked in the top ten worldwide by Google and Yahoo. The site has helped her to reach people all around the world who are suffering from the after effects of past lives.

Contact Information

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Web: <http://www.healpastlives.com>

Telephone: (856) 988-0197 for "live" human contact, to schedule appointments, to ask questions, etc!
Telephone: (856) 988-9716 for the "channel" line, to record healing sessions, used for Faxes "as needed"

How to Get Our Healing Services

.....Overview of Past Life Healing <http://www.healpastlives.com/healpast.htm>
.....Past Forward Healing Services <http://www.healpastlives.com/aboutus/service/indxheal.htm>
.....How to Get Channeled Email Readings <http://www.healpastlives.com/emailord.htm>
.....How to Schedule/Pay for Sessions <http://www.healpastlives.com/aboutus/session.htm>

How to Buy Our Stuff

.....Past Forward Product Order Form <http://www.healpastlives.com/orderfrm.htm>
.....Past Forward Past Life Profile Form <http://www.healpastlives.com/plprform.htm>
.....Past Forward Email Reading Form <http://www.healpastlives.com/emailord.htm>
.....Catalog of All Our Cool Products <http://www.healpastlives.com/catalog/indxcat.htm>
.....Creating Good Luck eBook Info <http://www.healpastlives.com/catalog/ebook/getlucky.htm>
.....Secrets of Soulmate Love <http://www.healpastlives.com/catalog/ebook/getloved.htm>

Know that we wish you well on your journey through life! Best of love, light, and luck to you!