



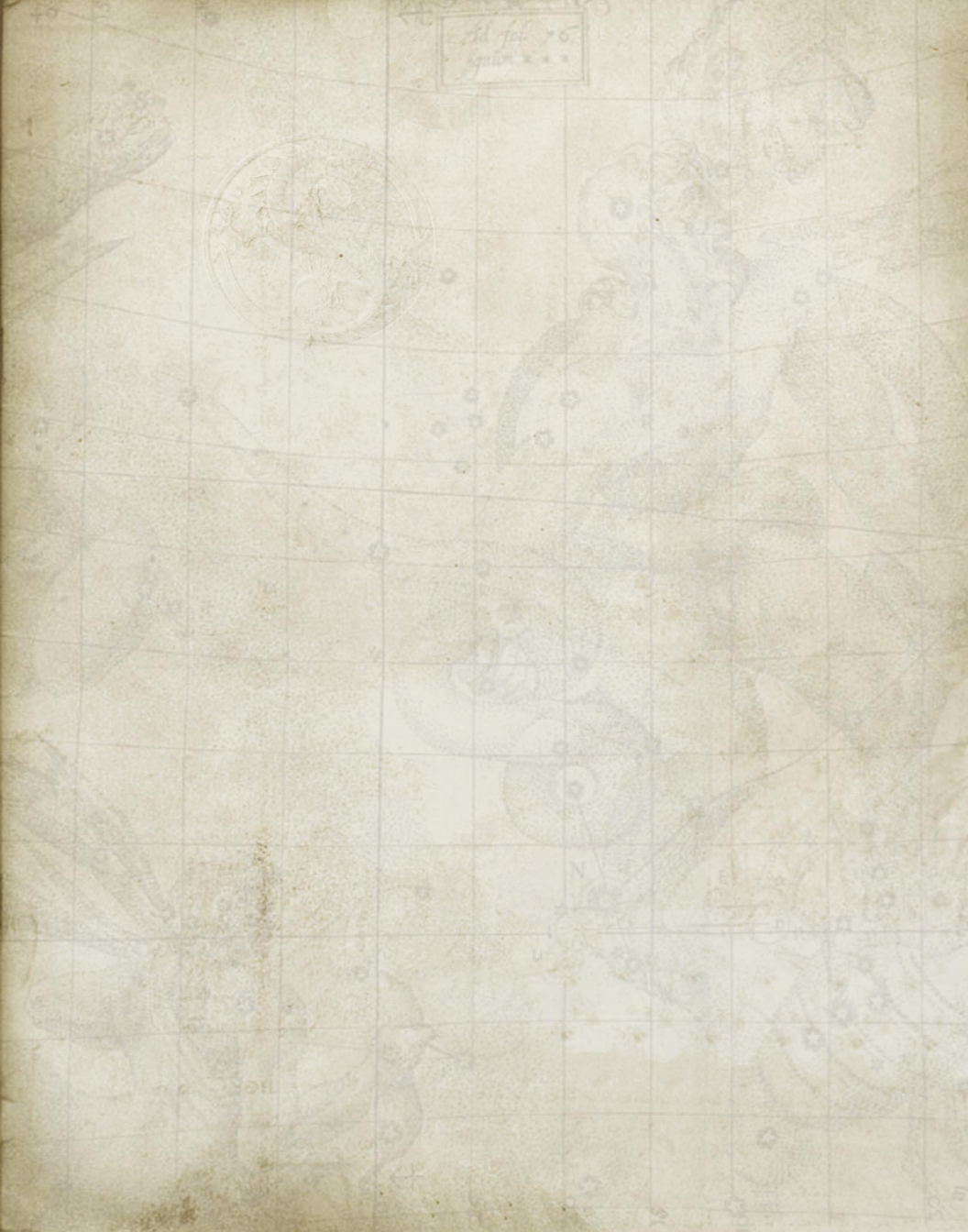
C A S S I E L


1st Chronicle
by
Cruise

Whispers from the Ethereal

The Awakening

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The Shou is a powerful and respected Asian icon that represents longevity in life and immortality. It is a symbol derived from the Taoist philosophy which teaches connection with Nature as the true way or path to spiritual enlightenment. This is also true of my own people's, tribal ways.

Aboriginal Indigenous spirituality and beliefs are inextricably linked to land. 'The Dreamtime' indicates a psychic state in which contact is made with the ancestral spirits, or the Law, or that special period of the beginning, for spiritualism is our way. Totemic cultures in North America have been estimated to be over 10,000 years old.

The Shou symbol meaning embodies five tenets in Asian/Taoist philosophy which are:

** Nobility * Awareness * Strength * Wisdom * Responsibility **

The Author's Greetings to you the reader

First let me congratulate you for coming this far in your inner journey and for picking up this book. There is no doubt in my mind, that your curiosity for the truth, along with your quest for knowledge has led you here. So many individuals are content with the minimum requirements of a life in mediocrity and all its false sense of securities. You however, have noticed particular details surrounding you, clues that you have followed like a trail of breadcrumbs that have led you down a different less trampled path, to this very book. You are soon going to sense the existence within you in a way that will at first challenge what you believe, but in the end this book will truly change your perception of that reality around you. Why do I appear to be so sure of this? Because I have been down that same path and have witnessed it's effects change my life completely as I stood back in awe. I'm not claiming to have invented what I'm about to share or do I boast to have deciphered a great mystery. Therefore I know that sharing my own knowledge and life experiences, with you the reader, permitting you to interpret these events on your own agenda, will inevitably have the same affect they had on myself.

If you are here *now*, you have already asked yourself at one point in time;

- Why do I *want* certain things with such intensity without having the slightest control over *not taking any action* to obtain them?
- Why do I feel that I am *meant for something more* than what my current reality holds for me?
- Why? If I have read all the other books about the law of attraction, am I still *unable to produce the desired results*?
- Why am I living a life without meaning and *what is my true purpose*? What is my legacy?
- Why *don't* I feel like my life is fulfilling and worthwhile?

Your presence here today signifies a remarkable journey—a culmination of knowledge, experiences, and insights. It leads to the profound recognition that the human mind's capabilities transcend ordinary estimations. You've glimpsed an alternative path, distinct from conventional teachings. In immersing yourself in these tomes, you shall soon realize that the truth resides within you. This voyage isn't about grasping the mechanisms ('how'), but about awakening to the deeper purpose ('why'). You will uncover the path, yet as you delve deeper, you'll understand why it seems to elude your grasp, like water slipping through your fingers. Most individuals grapple with reconciling their *beliefs* with what they *perceive*. Your willingness to open your mind and entertain the idea of global consciousness brought you here; you wouldn't be here reading this otherwise.

If you find yourself pondering why, despite possessing all the knowledge and information, you remain unable to act and become who you were destined to be, then this publication is definitely for you. You are on the brink of confronting challenging answers to your persistent questions. Once you have soaked your mind in the words that are my world, which I am about to unveil for you. You will uncover the elusive ingredient that will turn your humdrum instant cake recipe into the incredible chocolate mousse result you truly intended your life to be. What I'm about to show you is not a secret but better described as a way. The sole favor I seek in return is that you ponder imparting the wisdom, which many of us spend half a century to grasp, to the younger generations. Let us aspire to a future where the detrimental legacy in generations of misguided conditioning is finally undone. This may sound a little cliché now but I do sincerely wish I knew what I know now back then. Not so much to have been able to alter my present reality, but rather to have been given the opportunity to begin teaching this to all my children at a younger age.

Through your readings here, you will discover:

- How to *reclaim control* of your own status and understand how you had a hand in the reality you created.
- What exactly is it we all incessantly battle against on a daily basis, and why we all *appear to be restrained* from it?
- How to dismantle the negative bonds, that have sequestered your mind and mostly *why you feel so limited* by them.
- Why *your present reality feels frosted over and dull*, stripped of the emotion and color you should be experiencing towards everything you already cherish?
- Your ability to harness the power that has been *ignored* almost intentionally buried in the layers of your own mind. So that you can finally free the creative energy that remains dormant within you.

You will relearn what you think you already know and rekindle with your ability to influence your own reality. You will soon be aware that I will only show a way and that only you can make the choice to walk that path. The difference is that with what you are about to read now, you will finally have the tools to make such a commitment and take your first true steps towards your own personal greatness. The real challenge lies in whether you *believe* this in the first place or *not*.

My wishes of personal wealth, abundance and health go with you.

Your new friend in life, Cruise.

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Epilogue

I have never feared Death. Though I've been *There* and *Back* several times already. Most of my existence was spent yearning for death's embrace, welcoming it's onset with open arms. In contemplating the inevitable, I would often anticipate the solace it would bring me, to be relieved of reality's burdens. My only request was for my death to be meaningful. I would have found it acceptable for my life to be sacrificed to save another. We all know, events seldom unfold the way we plan them. So naturally, far from noble was my demise as death came in the least expected way.

When I tried to opened my eyes, they shut tight immediately, as I struggled to grasp the commotion surrounding me. Even my ears felt like they were waking up, as muffled voices screamed in what seemed a distance. I was experiencing abdominal contractions, akin to childbirth. How close to the truth that statement was, I was not aware. I could taste the bitter acidic liquid coming out as if I was vomiting profusely, which I was slowly realizing was not the case. I attempted to catch a breath in order to recover, even though all I could do was cough intensely. I opened my mouth to

ask what was going on, but unfortunately the words never came. I finally peeked through my squinted eyelids and was able to recognize family, while my ears adjusted to the surrounding conversations. The reality of what had just happened began to sink in. I couldn't believe my own ears. Why could I not remember what had just come to pass, as I laid my head back down in confusion, onto the comfort of the warm sand.

“A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest. A kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”

Albert Einstein.

“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way .”

Buddha

Preface

The evolved science of Theorems

You the reader are about to embark on an amazing journey through mind and matter. You must clear your mind and expand the limits of your awareness, way past what you have been taught to be possible. We are going to bend some rules in anchored in your mind that you have until now believed cast in stone. Together we will question your own beliefs and challenge logic along with some of your own thought processes. You and me, are going to break the limits imposed upon that psyche and free it by taking down the walls that have been erected around it. Walls put in place, by your own life experiences and pre-established set of beliefs. This trip through memory lane will not be an easy one for me, but it is none the less necessary in order for me to be successful in opening your eyes and show you the world in a way you have never felt it before.

You must not judge what you are about to read, instead you must soak in as much of it as you can the first time you read it. Like a good movie, you will find that upon experiencing this event a second time, you will notice little details that had evaded your attention on your first once over. I will make a conscious effort to not impose my own opinions and attempt to provide

you with the best environment for you to produce your own point of view of the portrayed events. You need to keep in mind that such a pilgrimage through ones thoughts can be a little overwhelming and confusing. I will diligently strive to maintain simplicity but you will soon realize that this is more challenging than it appears. At times in order to establish credibility, we will need you to make it through some pretty dry subjects. Just keep your mind in learning mode and I promise that the sacrifice of getting through it will be well worth the time invested.

The human mind is the most intricate labyrinth known to mankind. So remember that there "is" an actual point to everything I will share with you, and even if at first impression you don't see the relevance, I will make sure to state the reasoning. Before we get into it, let me explain that what we are about to work on, is more about the choices you don't make, then it is about the decisions you think you are making. This is about what you don't do, in comparison with your attempts to do things unsuccessfully. This road will lead you to your own personal balance in life rather than as usual, only explain someone else's. You will be shown how to relive your own moments, in order to help pin point exactly what has been keeping you.

Reading these books will certainly “increase your chances” of actually making it happen once and for all. I say increase your chances here because, in the long run, the possible outcomes are going to depend on your capacity to fully absorb and process the material presented. Above all, it will mostly depend on your level of commitment to follow thru. Embarking on a journey such as this requires much preparation on spiritual, mental, and also physical levels. Notice already how the latter two *terms* did not faze you, yet the simple mention of “spiritually” raises an eyebrow.

Rest assured I will neither endeavor to convert you nor question your religious faith. This journey transcends such confines, encompassing something far greater. Seems, I have your attention now. All of a sudden you ask yourself, what could be of such magnitude? This profound revelation will unfold in due time. At the present, we must bring together necessary items for the pilgrimage, like a map and proper equipment. We must get directions and gather examples from others that have already made the trip. Train the mind and the body in order to make this voyage safe and successful. You wouldn't just take off on a trip to the top of Mount Everest without proper preparation now would you? Or better yet, ask yourself if you have not already attempted to do so in the past?

Let's start with some foundational notions and go through some essential preparedness. Your mind is just like any other muscle in your body, it too necessitates exercise to develop and achieve its full potential. It is important here to distinguish that we are not referring to the brain. We are exchanging about the mind, what some term your psyche or others the soul. First let's make you aware, if you are not already, of the fact that when an individual considers him or herself deficient upon a subject, they seldom accept a compliment on that item they themselves perceive as flaws. Meaning we all struggle with our own self criticisms and have ghosts in our closets, that hold us back. Example; An individual that considers himself or herself as *athletic* and *mildly overweight*, will agree and experience pride if they are told that they are strong, after lifting a considerable amount of weight. Now! If that same individual is told that they look fitter or slimmer, to be further questioned on the possibility of having lost a little weight, they will rebuttal and refuse the compliment. Pointing out what they need to improve upon about themselves instead. This illustrates the broader psychological principle that self-perception and acceptance are often shaped by deeply ingrained beliefs and self-assessments.

This deduction alone is remarkable isn't it? Consider another essential truth: there are three types of individuals in this world—those that make things happen, those that watch things happen and those that wonder what the F%&# Just Happened. Before proceeding, ask yourself which one you aspire to be? You need to make up your mind on this, because I read somewhere that the difference between ordinary and extraordinary is only the *little extra*. Moreover, it is a fundamental principle that true knowledge in life involves an awareness of one's own ignorance. Once *you believe* you know everything on a subject (considering yourself and expert on the topic) and cease seeking new information, others will inevitably surpass your understanding of that subject. With that in mind, prepare yourself, for this journey will be what many describe as a 'bumpy ride'. You are about to embark on an emotional roller coaster that will elevate you to new heights by delving into the deepest recesses of your inner sanctum.

My work in these novels reflect evolved states of theorism. Let's take the time to define this term clearly before proceeding. According to a dictionary's definition; this is the process of devising, testing, experimenting and proving a theory or theories, in order to explain facts or phenomenon of our observable universe.

A theory that has undergone rigorous testing or has gained widespread acceptance can be employed to make predictions about natural phenomena. The use of scientific methodology can be used to acquire a greater understanding of reality and existence. People who are knowledgeable of it, taking the time to witness through experimentation and observation, any of the scientific theories such as; evolution, gravity, the big bang, black holes or nuances of M-theory, all practice theorisms. These are not mere academic exercises; they are "quest like" journeys that delve the mind into concepts that expand their horizon of knowledge and transform their grasp regarding the confines of "not only" the cosmos but intricately of their own selves. So, in short the theorist, is a person who specializes in the theory of a particular subject. In conclusion Engaging in theorisms isn't just about scientific rigor; it's a journey into the depths of understanding, challenging preconceived notions and pushing the boundaries of what we perceive as possible.

I'm going jump right in with a quote from Wikipedia describing "thought" in a simple less scientific way. Just so I don't lose half of you before the first chapter. Thought and thinking are mental forms and processes; respectively "thought" is both.

Thinking allows “beings” to model the world and to deal with it according to their objectives, plans, ends and desires.” In this box set; I will use recursion (a method where the solution to a problem depends on solutions to smaller instances of the same problem.) and iteration (the act of repeating a process usually with the aim of approaching a desired goal, target or result.) Each repetition of the process is also called its own “iteration”, and the results of one iteration are used as the starting point for the next iteration, in order to converge on a particular concept.

This concept finds a strong foundation in the basic mechanics of the human brain cells and how they reflect in a process of recognition. In a "moment of reflection", new situations and new experiences are compared against recalled knowledge and judgments are made. Thus the reasoning behind, *why you must not judge* what you are about to read, well, not until you at least have all *the facts*; that is.

In order to make these judgments, the intellect maintains present experience and sorts it according to relevant past experience. It does this while keeping present and past experience distinct and separate. The intellect can mix, match, merge, shift, and sort concepts,

perceptions, and experiences. This process is called reasoning. Logic is the science of reasoning. We are about to re-write some of your past experiences and rock the boat on some strong imprints you have stored in your mind over the years. In order to change how you perceive things we must modify the way you have interpreted events of your past. Since I am unable to discuss your past with you in the present setting, I'm going to elaborate on mine instead.

Throughout these journals I will use "reasoning logic" and analogies to explain things in their simplest terms, in an effort to not lose your attention. I will provide real facts and events that cannot be denied or challenged. This series of books are not based on a true story, they are a true story. I will open myself, exposing my most intimate and dark secrets, in an effort to not forge the facts and display reality the way it was unveiled to me during my own experience of them.

I made use of logic, “the science of reasoning”, as I was coming of age, in an attempt to make sense of the world surrounding me at the time. Just like the author of one of my favorite books, that I would sadly only discover a lot later, I too was driven to dig deeper and attempt to unearth more information to make sense of the confusing reality being imposed upon me, trying to see more clearly through the surrounding chaos. The one thing we most have in common is that in our most challenging moments we began to be more aware of details that had always been before us but remained unnoticed.

In my case, I wanted to believe in a Catholic God that was conflicting with my own native religion, but it all made no sense to my inquisitive mind. So I did what came naturally to me at that moment in time and devoted countless hours sorting the mountains of data that I had accumulated up until then, on shrapnel’s of paper and cardboard, gathered in an old shoe box.

Before I push further, I must acknowledge the unwavering support of my family. They have been my anchor through turbulent times. Without the sage advice of my soul mate and a dependable, *unbiased* shoulder to lean on, none of this would have remotely been possible. My dear Angel Eyes and Glitch have exhibited remarkable patience. Anyone else might have abandoned me to my own devices or deemed me fit for institutionalization long ago. Thank you for enduring my endless ramblings and countless sleepless nights. My readers owe a debt of gratitude to you both, and I want them to know this.

I want the readers to understand that none of this would have come to fruition without your unconditional love for who I am, rather than what I possess. You might wonder why I choose to express this gratitude now, rather than at the conclusion of the book, as is customary. The reason is simple: I am about to expose us all to a realm of potential hurt, judgment, and ridicule. This journey will not be “mine” alone; it will also impact those who have stood faithfully by my side.

This is a prelude to the unveiling of truths that may be discomfoting but necessary. The exploration of deeper realities often invites scrutiny and criticism, but it is a trail we must tread to reach greater understanding of one's self and part of the path to enlightenment. So, as we embark on this journey, know that both these paths, (mine and your own) find themselves fortified by the love and resilience of those who matter most around us.

I am deliberately making my family the Osbourne's of "The Law of Attraction." I am turning our lives into a reality show and I will forever be proud of how they stood steady and strong right next to me throughout this entire process. This voyage is not for everyone, you will find a lot of what will be presented to be un-believable. The key word in that phrase is; believe. This two part series will test your faith. Not religiously, don't get me wrong here. It will test your ability to believe in something without having seen or touched it, without having that precious proof your mind has been preconditioned to require. You will weigh it out in your head and make a conscious decision to accept and catalogue it as a truth or at least attempt to file it temporarily as a possibility.

There are some essential tools that will be required before taking this journey. One of them will be to have already read the book and/or viewed the video named "The Secret". This initial gathering of knowledge, combined with real life experiences provided by respected individuals and life teachers, was really a tour de force. The inspiring people in that publication were interviewed and filmed individually at separate locations. Yet they spoke as one as if scripted by one voice.

The masterpiece of editing that is "The Secret DVD" became one of the biggest selling DVDs of 2006. It ranked in Amazon's Top 5 sellers during Christmas week of that year and the hardcover book cracked the Top 10 on the New York Times bestseller list. It has been a main feature on the Oprah Winfrey show and quotes like this one, "It's become the biggest selling item in the 30 year history of our store." became as common as buying a loaf of bread. It was distributed in Europe and Asia; German, Spanish and Portuguese translations were completed, with French, Japanese and Chinese that were planned to follow. The Secret publication sold 500,000 copies in the first 6 months and today has reached several million copies in North America alone. The numbers abroad are

still growing. Last time I checked it was at 19 million copies sold. If you have not done so already I strongly invite you to pause your pilgrimage with me and do so before the first chapter. I also strongly recommend that you take notes while you are reading my publications, regarding things of your own choosing or that I myself suggest you search on your own on the internet. I only ask that you make sure what you read is from a credible source, as there is way too much miss information out there these days.

It is imperative that you be made aware that this series of books, was not born from my reading "The Secret" and that the events depicted in these pages are from my personal notes and research that date from way before "The Secret" publication, was even a thought. The following chapters of my life where in no way premeditated or influenced by "The Secret" publication. Instead I assure you they arise from a troubled past. As depicted in "The Secret" everyone has their own story-this one is mine. I am confident that you will find many parallels in my own experiences, allowing you to uncover the missing links you have been in need of to unlock your own full potential. These may well be details that have eluded you until now.

Certainly, you will at least revisit the overlooked moments of your past that have prevented you from reclaiming control of your life. I use the term 'review' because much of what you are about to encounter will seem familiar, things you have heard many times and that exist in your daily life. We will explore much deeper into this subject in the upcoming chapters.

What you will discover is not a revelation, but a reawakening. The insights shared here are not hidden truths but known concepts seen with new clarity. It's in the subtle shift of perspective that happens when profound changes occur. So prepare yourself for a journey through the recesses of memory and the corridors of consciousness, for it is in this introspection that true understanding and growth reside.

We can begin by scratching a few unnecessary words completely out of your list of available vocabulary and create new habits to replace the ones you have learned to depend on so much. Let's take the time to understand another word, or should I say term, used earlier to describe my soul mates attitude and opinions. I mentioned her "unbiased shoulder" lets elaborate on the meaning of the word bias for a moment. The word bias is often used erroneously out of context and even many times without accurate knowledge of its true meaning in the sense of the word. Bias can be conscious or unconscious in awareness. To label one as biased in some way implies that they require a broader or more open perspective in that particular area, or that they need to consider the context in more detail. In psychology, cognitive bias is bias based on factors related to the brains capacity to process information. One type of cognitive bias is confirmation bias, the tendency to interpret new information in a single sided fashion, in such a way that confirms one's prior beliefs, even to the extreme of denial, ignoring information that conflicts with one's prior beliefs.

The fundamental attribution error, also known as "correspondence bias", is one example of such bias, in which people tend to explain others' behavior in terms of personality, where as they tend to explain their own behavior in terms of the situation. You will need to remind yourself of this word and its meaning throughout the entire set of these publications to readjust your attitude towards many concepts that will be presented to you in the following pages. In fact this word is so important to you right now that I came very close to giving this book that exact title.

to remove simple words such as *Can't* and *Impossible* from your day to day thought process, first you need to refrain from using them in casual sentences. At first you will need to correct yourself and rephrase the sentence when you catch yourself using such words as *Hard*, *Hate*, *Never*, *Won't*, *Too Difficult* and *Hopeless* and start utilizing alternative replacements, until your mind begins to adapt and starts to correct itself without your conscious intervention. You need to slowly increase or decrease, your assertiveness when expressing things that you have a preferred outcome to accordingly.

Example here is instead of saying, "If we win the tournament, we could win a trip to the hockey hall of fame" you would correct yourself and say "When we win the tournament, we *will* win *our* trip to the hockey hall of fame" I'm sure you already get the general idea of what needs to be accomplished here. By replacing these words with more positive and empowering language, you can foster a mindset that encourages growth and resilience.

Your ability to master this skill is paramount to your success in the tasks that lay ahead and is not to be underestimated or taken lightly. You must succeed in changing certain thought patterns at their core, if you are to aspire in even getting close to the desired result. So have fun with this, make it enjoyable and play this game with a close friend or family member you interact with frequently, begin to correct them revealing to them your source or intention. You will soon find them correcting you in return. You will find this exercise very repetitive while refreshing and contagious in nature. Then when you least expect it you will be stopped in your tracks mid sentence, you will be a little annoyed because you were explaining something rather important that you really wanted to happen and hear them correct you. Only when you have eliminated certain words from your speech

entirely will you have succeeded in not thinking them at all. Given that the ultimate goal is to transform thoughts into tangible realities, this process holds immense importance.

Understand that by reshaping your language, you are paving the way for profound changes in your perception and experience of the world you experience. This journey is one of enlightenment, where each step brings you closer to the mastery of your own self.

Most of you will find my teachings disorienting but to the point. You will find yourself at the same time as much in denial as you will, intrigued and compelled. I will make a conscious effort at first to blur your perception of things, in order to later on, show you a more clear and focused view on the world that actually surrounds you. But that is quite enough said on your preparation and now it is time to explain the completely life changing event that totally took me by surprise, when I had my very own Secret experience. Just like Oprah experienced with the color purple, in her interpretation of personal events during the Larry King Live interview for the Secret, *that I highly recommend you take the time to watch and can easily be found on You Tube.*

I too was very much in shock when I experienced my own life changing moment. I also knew right away how unordinary this event was and one year later day for day; I'm still very excited and often overwhelmed by the flood of emotions that transpire from the current unfolding of my own reality.

Putting the K in New

It was in your Face, but you didn't Want to See it

The best place to start is always with the present. As I write this chapter, it is the early months of 2009. I have just taken the time to read an amazing book called "**The Secret.**" I first heard about it in August 2007 during an episode of Oprah. Back then, I did not watch the show often, but my future wife, Joanne (my soul mate and better half), did. She called me into our bedroom, saying I had to watch this. She pointed out how it sounded exactly like what I had been talking to her about for years.

Intrigued, I made a conscious effort to listen closely and learn more about the fascinating subject being discussed. Despite the familiar feeling, I was deeply committed to the subject. Owning the book quickly became number one on my to-do list. Unfortunately, my priorities and responsibilities in real life caused the book to end up on the shelf, collecting dust. The accompanying DVD was forgotten among gigabytes of other data files, both unwatched and unread. Almost two years later, while purging files to free up disc space, I stumbled upon the video file I had stored recklessly, unaware of how life-changing this moment would become.

It felt like an ordinary day, but I was clueless about how far from the truth that was. I assumed I had not watched the DVD earlier due to a preconception about its lack of entertainment value. When I finally settled down to watch it, almost forgetting the subject of its content, I remembered how much I had wanted to view it. As the video played, everything came back to me, and I quickly grew excited to have found this long-forgotten file. I expected something new and enlightening but was instead hit with concepts I already knew.

However while watching each scene develop; I experienced vivid flashbacks of intimate memories from my past. The presentation before me seemed intertwined with my thoughts, creating an overwhelming information overload.

I was expecting something I had not heard of before, ready to soak in some always welcome fresh knowledge. Instead, rather than taking in something new, I was hit with something I already *knew*, hence the title of this chapter "Putting the K in New". My heart raced, sweat streaked my face, and I struggled to understand why the video affected me so profoundly. When it ended, I shook off what seemed like a daydream, realizing this was beyond anything I had ever experienced. The movie spoke of concepts I was already familiar with, things I had read and heard about throughout my entire life. Realizing what had happened,

I knew I had to watch it again, this time pausing it to write down the memories it triggered. I started taking notes on a small notepad, quickly running out of paper and resorting to writing on the reverse side of the sheets. Watching the video and taking notes was not a quick process; each few minutes of the video resulted in half an hour of writing. Needing more paper, I paused the clip, drove Jo to work, and stopped at the dollar store to buy a larger notebook.

I began pouring my thoughts onto the pages of this new notebook. Despite my efforts, my notes were disorganized and difficult to read, with subjects changing mid-sentence. Active thought is like a stream, constantly shifting, and capturing this on paper was a mess. Nonetheless, I persevered, determined to document the transformative experience. I had to find another way of capturing everything and attempt to lose as little detail as possible. This brought me to my new hobby of keeping an audio diary. By recording what I was thinking about as I worded it, I managed to capture the flow of events going through my head and gather a lot more detail when typing it back on the computer. But this still wasn't enough. The recordings were perforated with long pauses, where I was trying to assemble my thoughts and put together sentences prior to pronouncing them.

I then began taking notes on subjects in a daily journal that I carried around and regularly jotted down my thoughts as a new everyday habit. That notepad never left my side. I would pull it out every other hour and scribble hints as my day went by. Then, when I got home, I would go over the notes in the pad like a prompter, as I recorded the daily audio diaries. Recording my own voice on the computer at home after work, whenever I could manage some alone time, was weird but much more effective in this manner. I didn't want anyone hearing what I was saying because it didn't even make sense to me yet. I knew from my previous notes that I was going to go over some very personal, shocking, and well-kept secrets from my past. This way of proceeding seemed to work the best for me. I was finally able to get something together that made sense, instead of sitting there, writing like a possessed madman shooting out pages and pages of unreadable gibberish.

The plan was that these audio diary files would then be typed out into this absolutely amazing set of books. But once the newness wore off, I started producing fewer and fewer audio files. I ended up only jotting down relevant details of daily events in the notepad and finished the books in this manner. I intentionally decided that this would be a three-year project to be finished, published, and distributed by the end of 2012. This originally was intended to become a trilogy, consisting of

one book to prepare and inform you the reader, while also elaborating on the facts published in "The Secret" publication. The first book would also reveal personal and astounding accounts of my own past, demonstrating what I already knew to be true when I read "The Secret" publication. This first publication will also cover my childhood, up to about when I got divorced, combining new and old in a way for the reader to compare it in a logical structure so that they can interpret the events on their own.

The second book was also supposed to cover some of my past, but from a more recent perspective. This book will also contain more of my own personal opinions and beliefs, taking us up to the uncontestable conclusion that "The Secret" publication, even though I consider it to be a beginner-level publication, is indeed the real deal. Through my past experiences, combined with my own predictions of what is to be compared to the actual verifiable results with supporting witnesses and documentation, I intend to prove beyond a reasonable doubt that what I saw that day was not nonsense. I will explain how I know these things to be true because I was aware of them way before "The Secret" was published in 2006. I have actual proof that the law of attraction works, and I am set to show the readers how they too can change their stars and take control of the beautifully

complicated thing they call their lives. The third book was set to be the inevitable outcome of the adventure and the dramatic conclusion of the journey.

The effect this project has had on my life is difficult to explain, but you will have the opportunity to grasp what you can from what I experienced narrating it. No one will ever understand that moment, when I was flashing quite the way I did, only because it was such a traumatizing experience to begin with. I Do Know, however, that if you get through these books without tossing them in the corner of the room and if you are able to keep an open mind about what you are about to witness, you will also find yourself speechless on how life-changing this experience will be on a personal level for you. This is not a gimmick or a scam. This is "My Life's Work" and my attempt to make a difference in this confused world we share. It's my way of sharing a lifetime of experience with a world in dire need of a helping hand. It is intended to help individuals associate and work around that thing no one seems to be able to put their finger on, that is keeping them from taking control of their own destinies, hindering them in reaching the next level in their existence, in order to achieve things that up until now, they would not have thought even remotely possible.

These are my memoirs of real events that are laid down before you so that you can make your own deductions on how my amazing experiences are about to change your own life forever. Because of a lack of details in "The Secret", the readers end up trying hard to create opportunities in order to make the whole process remotely believable. Just telling the readers to trust the universe was by far not remotely enough to actually convey the amount of trust or belief required to trigger the manifesting they so dearly desired.

"Trust in dreams, for in them is hidden the gate to eternity."

Khalil Gibran

Trust your instinct to the end, though you can render no reason.

Ralph Waldo Emerson

"Trust and belief are two prime considerations. You must not allow yourself to be opinionated."

James Dean

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Bang in a Box

The Science Faith Applied to Theory in Order to Obtain Logic

After absorbing everything, I quickly realized the profound significance of what I had just witnessed. Overwhelmed with the excitement and beyond myself in enthusiasm, I realized I had found the missing piece of a puzzle I began assembling a quarter of a century ago. Although I knew 'The Secret' inside out, as if I had written it myself, it provided me with crucial insights. It elucidated why my previous research and techniques had ceased to yield results years ago and illuminated the reasons behind the cessation of the remarkable outcomes of my past experiments—an occurrence that now feels like an eternity ago.

After absorbing everything, I quickly grasped the profound significance of what I had just witnessed. Overwhelmed with excitement and enthusiasm, I realized I had found the missing piece of a puzzle I began assembling a quarter of a century ago, when I was just coming of age. Although I knew 'The Secret' inside out, as if I had written it myself, it provided me with crucial insights. It elucidated why my previous research and techniques had ceased to yield results and illuminated the reasons behind the cessation of the remarkable outcomes of my past experiments—an occurrence that now feels like an eternity ago.

In this realization, I see a reflection of the philosophical journey of seeking knowledge. It's a journey filled with moments of clarity and periods of confusion. The insights from 'The Secret' acted as a beacon, guiding me through the fog of uncertainty. They helped me understand that the stagnation I experienced was not a failure, but a natural part of the ongoing quest for understanding. Just as philosophers have long debated and revisited concepts to gain deeper insights, so too did I find that my path was one of continual discovery and rediscovery. This revelation reaffirms the cyclical nature of knowledge and the ever-present potential for new enlightenment.

I will unravel regarding this puzzle throughout the entirety of this first volume. I spent countless hours if not days over the past decade of my life, talking with Joanne about a theory I had, if you can call it that. I explained how I had done a tremendous amount of research, putting together information on the subjects and things I was unable to understand at that time in my life. The main focus of my research was directed on items like faith, popular beliefs and superstitions; I would ask myself, how could these impressive amounts of individuals all believe the same thing, even if they were continents apart and able to do that with no knowledge of each another. What got me the most was that they would all believe these ideals without any supporting evidence.

How could one, have such unwavering adherence to these beliefs, despite the lack of supporting evidence. on simple accounts of what had supposedly transpired centuries ago? I had already taken a head start by gathering enormous amounts of knowledge and information. There was nothing special about that. What was really special and quite original, was the chosen means and the manner in which I did so. I was homeless at the time, living in the basement of a church on St-Denis Street with nothing to my name but the clothes on my back and my library card. This catholic hostel would open its doors on first come first serve basis in order to provide shelter to the street kids and homeless in the city of Montreal.

I spent countless days reading book after book using the libraries as a shelter during the day when it was raining or too cold to do the squeegee thing on the street corner begging for money. I remember how I would scribble notes on whatever I could get my hands on. I would use anything, from ripped pieces from the back of boxes, to napkins and even small pieces of tree bark. I recall clearly how I would gather them all in a simple

shoe box that I kept dearly. Since my time in juvenile detention, I have guarded that box with an unusual sense of reverence, as though it were a priceless treasure. Living in the basement of a church further tested my faith and created inner turmoil as I struggled to reconcile my beliefs with my reality. As a naturally logical person, I needed to make sense of my experiences and represent them in a way that felt even remotely plausible from my limited perspective.

This method became my way to navigate the mental obstacles I faced, to eventually accept the broader concepts at play and seek a path out of my challenging circumstances. The box symbolized more than just physical items—it was a testament to my resilience and my quest for understanding, serving as a constant reminder of my journey towards a better life.

. I would strangely guard the box preciously, as if it was some special treasure. Living my life in a church's basement challenged my faith even more and created conflicts in my attempts to reason with and understand it. Being the logical man I am by nature, I needed to make sense of it all and find a way to represent it in a fashion that would make it all at least be remotely possible from my own narrow perspective. This was the only method *I knew of*, that would allow me, to manage my way over the mental hurdles I needed to *overcome*. In order to one day accept the concept of it all

and finally find a way out of my unfortunate living conditions.

I clearly remember drawing maps in attempts to use what I came to call puzzle pieces from my shoe box to solve the mysteries of life and explain the things I did not yet comprehend. I decided to use the logic of science to attempt in explaining things like faith, religions, superstitions, miracles and urban legends, along with basically anything that any large number of people would agree upon. Things like life after death, remembering another life, guardian angels along with the heavens and Sheol better known as to most as Hell. There were a lot of items in that shoe box, that I would transfer and place in written form on these maps I drew up, that resembled star charts. Although I did, at one point in my life, have faith in religion, the outcome of my existence to that day had stripped me of believing that any God would allow what had been permitted to happen to me.

I was able to understand the big bang theory a lot more than be successful in wrapping my head around the idea that a God created the world in 6 days and then took a break on the 7th day. I already had an extensive background in subjects of science such as psychology, philosophy, astrology and physics.

Actually with all the reading I had done, I had what I like to think of as an advanced level of knowledge in physics for my age and times. I was very interested in this new thing called quantum physics. Although my past quest for knowledge and writing on scraps, was more premeditated and thought out than my recent obsession to scribble as if I was a prophet. I do remember the behavior to be compulsive and obsessive in nature but it was definitely not as intense as my recent uncontrollable urge to write these books.

I needed a starting point so I picked one randomly out of my shoe box and pulled out a question that read "Does heaven exist?" In an attempt to think outside the box I started with, what everyone agreed on and this is that heaven was located in the skies above. Then naturally I looked up, paused and stared wondering where it could be located. The next logical choice was astrology, so I started by drawing a mockup of our solar system and then I made another drawing of a dot representing our solar system in

our galaxy the Milky Way. I then I put the Milky Way on a smaller scale including Andromeda and other known galaxies we were aware of at the time. That's nice and all but I still was unable to make up my mind on where heaven could be located. Then I started

examining the sketches more closely and analyzed the whole set of drawings remembering to apply natural laws like the theory of relativity and gravity, among others and their effects.

I came to the conclusion that even the water in a simple toilette spins in different directions depending on what side of the planet you are on, and that the moon turns around our planet earth in a steadily predictable and precise orbit. Then that the planet earth in turn spins around our sun with a particular and distinguishable orbit that we can also now calculate in a very precise way. Note that our solar system is located near the Orion arm and that these arms also rotate around the Milky Way's core, believed now to be a black hole. Thanks to Professor Hawkins for whom I have great respect and admiration. Here was the clincher; It's a known fact that there are many galaxies in the universe, like Andromeda and Boad among others. So it is safe to assume that they would in turn also be bound by the same laws, and have the need to turn around something in order to keep the mathematical Constance Although

I was unable to come up with a limit to the extents of the universe. I was however able to deduct that there must be a central point, a middle of some sorts.

Ok that was sufficient for me to accept as a starting point. I decided to draw what I called at the time, the Stationary Island of Paradise in the middle of the universe. That was logical enough for me and I was able to live with this possibility so I moved on with my second item from the shoe box which turned out to be the human soul and the question; what is ascension? When one passes on how would it be possible for the mass of energy that is our soul, to travel fast enough to reach such a distance as would be the location of the Stationary Island of Paradise?

The only thing known to mankind that could travel that fast would be light. This brings us to the third item I pulled not so randomly from the shoe box, this one was about when people are clinically declared dead and brought back to existence. A noticeable majority came to describe a tunnel of light. This was also the case in many religions. God is described by Moses as a bush emanating a blinding light, when communicating with him, her or it. How could he communicate with something as far away as the center of the universe? To use a term most of you might understand better,

a conduit may have been established as a means of communications that

It would act like a fiber optic link or, as the scientific community calls them, wormholes. The wormhole was another item I knew to be in the shoebox, and it correlated well with the shape described as the tunnel.

I suppose it's just a coincidence that wormholes are the main concept in the very successful Star Gate television series? While I don't know about communication, the reference of light through a tunnel was acceptable to me. That would make sense since light is the only conceivable way to travel such distances in a short period of time. Keep in mind that, at this point in my life, I was not the network specialist I am now and had no knowledge of the yet-to-be-invented fiber optics technology we are familiar with today.

Moving forward, now that we have figured out heaven, let's move on to the next obvious question: what and where is Hell? Looking down at the soil, I quickly concluded that it was not feasible for it to be in the center of the Earth, within the molten magma, the mantle, or even the core. There was another item in the shoebox that applied; this particular item stated that many claimed to remember a previous life—some under hypnotic influence, some in their dreams, and

others in actual visions while still conscious or in cases of déjà-vu. How does that piece fit in? If the only two options when you die are that you ascend or go to hell, then this piece of the puzzle wouldn't fit. How could one remember living a second life if there were only two options? I spent days thinking and reading to figure this one out, and in the end, I managed to find a fitting location for both puzzle pieces.

Many of the religions I studied referred to resurrection or reincarnation, and other beliefs spoke of a basin of souls that is either kept refreshed by the cycle of life or, as the Talmud teaches, the belief that each birth brings us one step closer to the second coming of the Messiah, who will only come when the Guf is empty. This basin is located in the Araboth – The Seventh Heaven – under the leadership of Cassiel. Araboth is the holiest of the heavens, housing the Throne of Glory attended by the Seven Archangels and serving as the realm where God dwells. Underneath the throne itself apparently lies the abode of all unborn human souls. It was not that obvious, but that became the idea I stuck with: when you die, one would go to be judged at the pearly gates. But where was the purgatory?

My theory followed as this: if you have led a good life, you ascend to the heavens. If your life was judged as not so good, or not good enough, then you would have to wait for a new body and start over the cycle of life

until you get it right. In a way, I came to think that we need to earn the right or gain the qualifying knowledge to ascend.

This ongoing concept invites us to explore the continuous journey of the soul and the various eventualities it may encounter. Whether through reincarnation or ascension, the soul's path is one of perpetual growth and learning in multiple transformational forms of energy. Each life provides opportunities to refine our understanding and virtues, steering us closer to enlightenment. The eventualities that lie ahead are shaped by our actions, decisions, and the wisdom we accumulate. This philosophical outlook encourages us to view life not as a finite series of events, but as an infinite cycle of progress and transformation, where every experience contributes to our ultimate journey towards spiritual fulfillment.

"Intelligence is the ability to adapt to change."

"The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge."

"We are all now connected by the Internet, like neurons in a giant brain."

All from the great late Professor Stephen Hawking

Living Hell

Success always depends on Location

But I was still stuck with one question remaining? What is the location or where is Hell? Well a few days later I had an encounter with the law and on that cold wet evening, caught myself thinking that they were literally making my life a living hell. Interesting, how this simple expression, could shed so much light on my dilemma. That had to be it; maybe you restart your life until you get it right! How did I miss that! Hell could very well be right here on earth. Maybe we live it every day and perhaps the levels of how bad you were in the previous life, determines who is born with the silver spoon and those born in third world countries. Those starving and out of luck would be the psychopaths, killers, rapists and so on, who may have been in need of a better perspective. In retrospect it did make sense, but it also could have just been my way to justify all the ugliness of the world and make it all a little more bearable. None the less, this concept was very welcome to me because it allowed the concept of purgatory (the process of purification or temporary punishment)

referred to in the shoe box, that much more possible for me. Now note that the key words in this sentence were "for me" and that is all that really mattered in the end, but I will elaborate on that later on in this set. This place in which the souls of those who die, in a state of grace are made ready for Heaven. That is an idea that has ancient roots and is well-attested in early Christian literature. This only helped solidify my theory, providing the third option needed to incorporate the additional puzzle pieces from my shoe box and support that you would need to start over until you get it right. Now first without going into detail on what Purgatory means in each separate religion, listen to this Wikipedia quote/definition; The word "purgatory", derived through Anglo-Norman and Old French from the Latin word *purgatorium*, has come to refer also to a wide range of historical and modern conceptions of postmortem suffering *short* of everlasting damnation, and is used, in a non-specific sense, to mean any place or condition of suffering and torment, especially one that is *temporary*. Well life is definitely temporary so I happily accepted this concept.

Now, for the sake of providing more data for your mind to be able to re-asses this theory that many of you may have already categorized as unlikely. Visionary literature, such as the 3rd-century *Passion of Saints Perpetua and Felicity* (the account of the martyrdom of *Perpetua*), and return-from-the-dead stories recounted by Gregory I, Bede (672/673–735), plus subsequent Christian authors, reinforced the idea that the dead can undergo purgation. Canonical penance, as it evolved in the West, was predicated on the belief that even forgiven sins incur specific punishments and that satisfaction not completed during life must be made after death (this would support well the theory of ghosts in the process). Indulgences were granted by the church itself, from the “treasury of merits” to support this concept. You say “yeah but I’m not Christian”.

Ok then let’s add a little more on the subject. According to classical Buddhism, for example, rebirth in any of the six realms, whether as a god, human, demigod (*asura*), animal, hungry ghost, or hell being, is a *temporary* state conditioned by the character of the intentional actions performed in a person’s *past lives* (See the definition of Karma for more on this). The Western prophetic religions (*i.e.*, Zoroastrianism, Islām) developed concepts of the Last Judgment that are Judaism, Christianity, and even rich in imagery.

Some religions even go to the extent of stating that those who have not lived a good life will be stuck reliving it until the final judgment, where they distinguish the difference between the judgment following man's death they call the Particular Judgment and the final reward of men, however, they believe will take place at the time of the General or Final Judgment. I could go on for at least a few more paragraphs, maybe even another book on the subject but at the risk of losing your attention, let's jump to the conclusion and say that you get the idea here and this would combine Purgatory with Hell in most religions as one. Not to mention support my theory perfectly that we are living our own customized hell every day in our active lives. Note that the key word here for me is *customized*.

Any way's, I don't want to stray too far from the subject at hand so let's move on to creation. The beginning: Like I said previously it just did not register in my mind that God could have built the world as we know it to be in just 6 days. I mean, that was a little hard to put into perspective. However, *The Big Bang Theory* was definitely something I could make sense of and would work in tandem with my own theory that there was a center to this universe. Now I'm sure I don't need to explain the big bang theory to all of you in detail, but I will

lightly go over the general idea. About 15 billion years ago a tremendous explosion started the expansion of the universe. This explosion is known as the Big Bang. At the moment of this event all of the matter and energy of space (our universe) was explained to be contained in one single point.

In 1964, two astronomers, Arno Penzias and Robert Wilson, attempting to detect microwaves from outer space, inadvertently discovered radiation from deep within the universe which had to be by their explanation, been left over from the Big Bang. This discovery of the radioactive aftermath supposedly from the initial explosion lent much credence to the Big Bang theory. Note that radiation is proven to be the exact after effect from the human experiment of splitting an atom in our discovery of nuclear fission. If you sit and try to imagine the whole of the entire universe it would be mindboggling. However, science has now shown us that the universe is, in fact, finite, with a beginning, middle, and a future rather than an end. Why am I boring you with these scientific and religious details? Simply because your mind needs facts if it is to re-evaluate its position in this matter and it is important that you have a better understanding of what really is in the center of the universe. The part I want to draw to your attention to regarding

The *Big Bang Theory* is that after creation, there existed an almost equal yet asymmetrical amount of matter and antimatter. As these two materials are created together, when they collide, they destroy one another creating pure energy. Thus what I believe to be the beginning of life as much as it was the beginning of the universe. I believe this ancient life form of pure energy to still be out there and exists as what is referred to in every religion or belief system as God. Whooha yeah that's right, I said the G word again. Name it what you will, Para Bhagavan, Shiva, Ala, oh I like this one in particular Nirankar, who is defined as the formless one. No matter what the name you give this energy form whether it be God, Dainichi Nyorai, Aten, DOM (*Deus Optimus Maximus*), Tetragrammaton, Jehovah, Yahweh or the 99 Islamic names of God. I truly now have faith that we all address in different names the same sentient energy being.

Now before all you religious fanatics jump down my throat, does the fact that you call it a potato rather than a potAto or that your preference in religions is branded one name rather than the other really matter? Isn't testing your faith and believing the whole point of the exercise? Trust me when I say that it's not because I chose the scientific approach that everything was proven beyond doubt. There are many grey areas that we will cover and learn to understand later but that time is not now.

Back to the title of this chapter for now, shall we? Have you ever found yourself in a pickle? I mean have you ever felt the crisis of an urgent or dangerous situation? You know, like when the nightmare of an extremely difficult or frightening moment, makes things just totally unbearable. Was there ever a moment when you experienced the quagmire of a situation so complicated, that you could not make much progress because of it? Are you actually trying to convince yourself right now that you have never lived an extremely unpleasant and almost intolerable ordeal, which you were forced to endure for a considerable length of time, without any control what so ever on the flow of events?

I really believe that my conclusion needs no explanation and that we all, without exception, at times have felt how true the statement really is. Only question that remains is, are you open minded enough to wrap your head around the concept of it all? Or are you finding yourself facing tremendous difficulty adapting this to your own belief system. Is what you have learned, up until now, keeping you from accepting the obvious answer? This is what we will explore as we move further into the subject of these publications.

"The energy of the mind is the essence of life."

Aristotle

"I find hope in the darkest of days, and focus in the brightest.
I do not judge the universe."

Dalai Lama

"With out passion you don't have energy,
with out energy you have nothing."

Donald Trump

"A mind at peace, a mind centered and not focused on harming
others, is stronger than any physical force in the universe."

Wayne Dyer

*"Both Energy and God are central concepts in their respective domains
according to science and theology. While they serve different roles and are
understood through different paradigms, both contribute to the broader
quest for understanding and meaning in the universe." Cruise*

In comparison the definitions of God and that of Energy

Are almost identical in terminology and word choice

We are Obviously Referring to the same thing.

The Doubtless One

You can Doubt what is Said but must Believe what is Done

For now, we need to speak of an individual in particular, that is referred to in many different religions as the savior and by this I'm referring to the one they named Jesus of Nazareth. Although there are variations, on whether the Virgin Mary had intercourse, or was inseminated by the Holy Spirit (a form of energy by the way), all these details are irrelevant to us for now.

The focus now is on this unexplainable man that was able to do incredible things; no other man was able to believe without witnessing it for oneself. These miracles as they were so called would range from walking on water to multiplying food and apparently making it appear out of thin air. We are also referring here to impossible medical marvels such as astounding medical recoveries from incurable diseases. Strange how I and "The Secret" DVD both have recent live accounts of the same kind of miracles but somehow these individuals are not praised as the next messiah. Although I question some of the interpretations, I did however take the time to pull that puzzle piece out of the famous shoe box and give a serious go at it. This piece was different than the rest. It didn't seem to fit in the puzzle. This part took my research on a whole other path, completely away from

the star chart format I was pursuing. It side tracked me and rather than trying to find a place for it, I found myself trying to understand how one could pull off such amazing feats and have almost an entire nation as his witness, just to mention a few. So am I trying to prove that religions are wrong? No! In fact I'm attempting to do the opposite, but this piece of the puzzle made me notice something else that in turn allowed me to make some key adjustments to the concept, leading me to an undeniable conclusion. So let's not get ahead of ourselves and continue to portray the reasoning that got me there.

Another item that was in my intrepid shoe box was an urban legend that I had not been able to find a place for either. Now it is important to know before we continue that when dealing with urban legends, there are some real facts but most are completely made up, a worthless waist of your time to research. But every now and then you stumble onto a particular one, which you are able to verify and classify as true or at least based on a true story. In this particular urban legend that you surely have heard of before, it is said that a woman who witnessed her child in danger on the curb behind a vehicle in reverse threatening to run over the infants frail body, somehow found a way to lift the rear end of the vehicle, taking away the traction needed for thrust, this way saving the child from certain death.

Cecil Adams replies to a post; "I haven't gotten to the bottom of this yet, but my interim judgment is: these sure sound like an urban legends. But maybe it's not. I just got off the phone with a woman who lifted, if not an entire car, at least a nontrivial fraction of the weight of one, off her trapped son. The woman's name is Angela Cavallo, and she still lived in Lawrenceville, Georgia at the time, where the incident happened on April 9, 1982. (An Associated Press account didn't appear till April 14, but Angela remembers the date because it was Good Friday.) Her then-teenage son Tony had a 1964 Chevy Impala jacked up in the driveway (love that car by the way). He'd removed a rear tire and was working on the suspension. A neighbor's kid came to the kitchen door to tell Angela there'd been an accident. She rushed out to find Tony pinned under the car. Something had been stuck and in trying to loosen it he'd rocked the car off the supporting jack. Now he was caught in one of the rear wheel wells; all she could see of him was from the waist down. Ancient Chevy's being big ol' cars with a lot of room around the wheels, Tony wasn't immediately crushed. But he was out cold.

Hollering to the neighbor's kid to get help, Angela grabbed the side of the car with both hands and pulled up with all her strength. The Associate Press account

said she raised the car four inches; she doubts it was that much but believes it was enough to take the pressure off her son. She recalls nothing about the rescue, but the AP said two neighbors reinserted the jack and dragged the boy out. (Tony recovered OK.) Angela, then in her late 50s, guesses she kept the car propped up for five minutes. She describes herself as 5-foot-8, large-framed and strong, but figures she couldn't have picked the car up under normal circumstances, attributing her feat to an adrenaline rush. (Thanks to journalist Mariana Minaya for providing the AP story.) Some may quibble that lifting a car a couple inches is hardly the same as picking it up. A doctor friend says an adrenaline rush (or epinephrine rush, whatever) wouldn't last five minutes and suggests what we're seeing here wasn't so much superhuman strength, as much as endurance in the face of otherwise overwhelming pain. Maybe; my point is, car lifting stories have a basis in fact, although I believe them often to be exaggerated. I've got a line on a couple similar tales but no details yet. In the meantime, a few other tidbits:

From Ikai and Steinhaus, "Some Factors Modifying the Expression of Human Strength," *Journal of Applied Physiology*, 1961, the authors suggest that the normal human inability to exert oneself to one's physiological maximum is the result of "acquired inhibitions that in turn are subject to dis-inhibition by pure Pavlovian procedures, by anesthetization of inhibitory mechanisms, or by pharmacologically induced symptoms serving as stimuli for dis-inhibition." In other words, you're always capable of great feats; it just takes a crisis for you to actually perform them. In a 1990 interview the late comic book artist Jack Kirby said he created the Incredible Hulk after seeing a mom lift a car off a kid. However, Kirby's former assistant Mark Evanier doubts the story, saying Kirby never mentioned it privately." there are however records of she hulk drawings to support this.

Let's take a closer look at how she actually managed to do that shall we? First let's take note of an important detail that was missed when you read the word for word quotes; "Angela recalls nothing of the rescue." One

scientific attempt to explain this phenomenon is that upon seeing the endangered child, she would have produced an abnormal amount of adrenaline combined with chemicals and hormones to gather enough strength to lift the vehicle. Well, I have a lot of experience with adrenaline rushes; being a roller coaster junkie and having been in the military, although I do agree that adrenaline can help you put up with a lot of pain and give you stamina beyond what you think yourself capable of. I still have failed to have experienced the so called super powers that would have allowed me to be able to lift the back of a car. After covering all the angles, the only viable option I could come up with was that the woman didn't have the time needed to *think* about it and just *performed the action*. The combination of the adrenaline with the lack of having doubted her ability to pull it off, bypassing the reasoning for the upcoming action, may have resulted in making the impossible, a verifiable possibility. So for you the reader, finding a way to inhibit yourself is key. Am I suggesting that we begin using pharmaceuticals or alcohol? No! I'm showing you there is another way to remove your conviction that this is impossible.

What brought that urban legend and the miracles together in the same boat for me was based on the fact that both included someone that believed they could do something beyond even doubting themselves. This

brings us back to the amazing individual named Jesus who was brought up believing he was the son of God, so he didn't hesitate even for a fraction of a nanosecond when he put his mind into action for the so called miracles, just like the lady with the car. Jesus did what he did because he didn't know less of his capabilities, of all human's, the messiah is simply the one that believed the most in something/someone thus almost never questioning himself or the possibilities of his actions. I like to refer to him often as the doubtless one.

We, as a race, have been conditioned with limitations and been imposed impossibilities that we have learned and compared. Our brains have catalogued these limitations and created what I referred to earlier as walls and hurdles we need to overcome in our minds. Your challenge now, is to unlearn these false directives and to challenge some foundations you are convinced to be conclusive and true. Now don't go jumping off buildings thinking you can fly ok. We are all still very much bound by all natural laws and other rules, like gravity for example. I'm just saying that we won't try something because we think/doubt or in many cases know that we will fail ahead of time. This simple attitude makes whatever you TRY to do, a failure before you attempt it. So it's kind of like Yoda said "Do or do not, there is no try." The military uses this technique to push their infantry foot soldiers to the

limits of endurance and stamina, I know this first hand and from experience. You would be amazed what you can accomplish if you don't doubt your ability to do so.

Being able to achieve the level off understanding needed in order to be able to accept the teachings you have been exposed to in "The Secret" publication, when you have lived your life believing the opposite, will undeniably be your biggest challenge. Only by repetition, meditation and correction of habitual thought patterns, can you relearn certain things and re-categorize others from impossible or false to possible and true. I guess what I'm saying here is that through my books you will give yourself the ability to re-evaluate certain beliefs and concepts that you have already made up your mind about. The reason every witness in "The Secret" publication are able to state "it is so easy", is because they have exercised their minds for extended periods of time before being capable of pulling it off, or they just had a natural inclination and where open minded enough to do it without hesitation.

How difficult this is only depends on you as an individual, some use these techniques, on a daily basis without even knowing it, naturally like a given talent. While others will have to undo a lifetime of events and learning. It really does depend on the individuals level of preparation and relies on one's ability to open their mind to new approaches and ways of thinking.

Some have even had the blessing to have been brought up by parents that had already acquired this knowledge. Human kind has already proven, beyond the reason of a doubt, that they are quite able to take an impossible concept and make it a reality. The proof of this is that man can now fly, walk on the moon, control the nuclear fission of the atom and make the unthinkable visually possible in motion pictures through the help of computer generated graphics. Countless times we have made what appeared to be impossible very much possible and often even taken them to realities.

Like Johann Wolfgang Von Goethe once said in 1749; "We know accurately only when we know little, with knowledge doubt increases." Which I believe to be the real reason why we are so hard set against our efforts

to believe. So in conclusion, to not take action raises doubt and uncertainty. Action breeds confidence and results. If you want to conquer doubt, do not sit back and think about it. Go out and get busy about it. You are limited by your learned possibilities, but even more by what you have learned not to be possible at all. You hold back because of the fear of facing failure, the emotion related to your obstacle. Denial in psychology is only the mind's refusal to admit the truth or reality of a situation or experience. It 's time for you to redefine these limits and understand...

That some rules can be bent, as others can be broken simply by facing them down.

Doubt can be seen as the enemy of action because it introduces hesitation and uncertainty, which can prevent decisive movement and progress. When you doubt your abilities or the potential outcomes, you tend to over think and analyze every possible scenario, which leads to inaction. This excessive deliberation can make it difficult to make decisions or take steps forward. Doubt undermines self-confidence and belief in your abilities. If you constantly question whether you are capable, you are less likely to take bold steps or pursue ambitious goals. To overcome doubt, it's essential to cultivate self-awareness, build confidence through small successes, and develop a mindset that embraces failure as a learning opportunity. By doing so, you can mitigate the paralyzing effects of doubt and move forward with determination and purpose. I know this because it was one of my biggest hurdles.

To conclude this chapter, it is imperative to underscore that all the life coaches, authors, pastors, and voices behind 'The Secret' publication were not merely suggesting that achieving your goals was possible – They were *unequivocally convinced* of it. They aimed to demonstrate that if others have done it, so can you. However what they perhaps didn't emphasize enough is their absolute, unwavering conviction that it works.

ANY Attempt to argue or defend an opposing viewpoint against them would be futile. You would quickly realize that they don't merely think it works or believe it works – they **know** it works. This certainty will be the cornerstone of your future success.

The foundation of their achievements lies in their absolute knowledge that success is inevitable. There is no room for doubt or alternative possibilities in their minds.

Trust in the journey I'm guiding you through. My aim is to provide your mind with the necessary facts to facilitate its own comparisons and help you recognize previously overlooked aspects of your real-life experiences. As you start noticing these new details, your curiosity to learn more will naturally grow. If needed, take a break before diving into the next chapter and return to it refreshed with a revived thirst to discover more.

"Doubt begins only at the last frontiers of what is possible."

Ambrose Bierce

"If doubt is challenging you and you do not act, doubts will grow. Challenge the doubts with action and you will grow. Doubt and action are incompatible."

John Canary

"Doubt grows with knowledge."

Johann Wolfgang von Goethe

"Doubt kills more dreams than failure ever will."

Suzy Kassem

"The only limit to our realization of tomorrow will be our doubts of today."

Franklin D. Roosevelt

"Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt"

William Shakespeare

"It is when you go from believing to knowing that the event is going to occur, that the Magic happens"

Cruise

*In Possible or Plausible**The Human Condition*

So, let us go over what is impossible?

Technically it boils down to understanding perception and memory. Our perception of reality is deeply influenced by our past experiences and the information stored in our memories. When we encounter a new event or scenario, our brain automatically compares it to similar events and experiences we've previously encountered. This comparison helps us make sense of the new information and form judgments about it. The Role of Cognitive Biases we mentioned earlier are systematic patterns of deviation from normal behavior or rationality in judgment. These biases often lead us to make conclusions that are not necessarily based on objective evidence but on our subjective interpretations of past experiences. For example, if we've never seen a particular feat accomplished, our mind might quickly label it as 'impossible' because it doesn't align with what we know.

Conceptually, when we label something as 'impossible,' it often reflects a limitation of our current understanding and knowledge rather than an absolute truth. The human mind tends to categorize events based on the likelihood of their occurrence, as judged by past experiences and learned information. If something falls outside these experiences or logical guidelines, it might be quickly dismissed as unattainable or unfeasible.

Scientific Advancements and the Evolution of 'Impossible' show that history is replete with examples where the 'impossible' has been achieved through scientific advancements and innovative thinking. Consider how flight was once deemed impossible until the Wright brothers took to the skies, Or how Phelps achieved Olympic greatness with 8 Gold medals in Beijing 2008. These milestones throughout history highlight that what is labeled as 'impossible' is often a reflection of the current limits of knowledge and technology but now we can also include mental capacity.

Shifting Perspectives By feeding our minds with new information and exposing ourselves to different perspectives, we can challenge the pre-existing labels of 'impossible.' Engaging in continuous learning and staying curious about the unknown allows us to expand our mental horizons and reframe what is achievable.

Now let's toss in some examples, like when your own parents were trying to prepare or protect you from a world they portrayed to be harsh and unforgiving, by telling you exactly that. If this was repeated often enough, to leave an imprint in your mind and then confirmed to yourself, by the highest authorities known to you at the time. Would you not be pre-conditioned and inclined to believe it? Then when you witnessed with your own eyes; different events in different situations, accompanied with the supporting proof and or hearsay again from reputable individuals you trust such as teachers, doctors, priest and even friends. Would you not have come to categorize the fact that life is harsh as true in your mind? Since this has become a fact to you now, then eventually you believe it to be so and this influences your perception of reality accordingly because your mind portrays and expects life to be drawn out this way. Do you have the capacity to understand how you can have had a hand in attracting a difficult life for yourself this way?

Each time you analyze new data you will compare it with these erroneous interpretations of facts you assigned as true from that point on. This would be where the previous definition of re-iteration of different states of biases would come into play.

It has been proven that the brain receives everything it observes at first glance as truths, before it is evaluated, compared and catalogued in a more permanent fashion into another section. The anticipated goal in our journey is to reevaluate stored memories by analysis, using the diaries I'm providing you, combined with new known facts to reassess your own memories drawn from life experience, in order to come to the conclusion that you need to take some decisions you already stored in a more permanent way and put them back into the processing stage in your mind. Only by putting these thoughts you have considered certainties for the longest time back into question will you be able to re-learn them. Your ability to do this will depend on how narrow or open minded you truly are.

Numerous scientific experiments have been conducted on the human brain; one such experiment involved setting up a computer with a touch screen to test an individual's ability to distinguish between true and false statements. A series of simple, obvious questions were displayed, ones that everyone without exception would agree upon as being true or false. On the first attempt, all participants correctly answered each question. Then, a magnetic field was introduced to the frontal lobe area of the brain. Suddenly, when asked the exact same series of obvious questions.

For example, 'Is an apple blue?'—all the subjects strangely answered that it was true. In fact, they curiously submitted 'true' to all the questions. This experiment demonstrated that if we disrupt the mind's ability to analyze and compare data, we can bypass reasoning and have individuals believe the unthinkable. These results remained effective until the subjects physically looked at an apple again and realized it wasn't blue at all.

What you and I aim to achieve here is the process of re-learning something anew, placing it into the 'questionable' category. We will then reevaluate it against newly received facts and gathered data. Once it is uncategorized back into a possibility, we aim to change it from possible, to the 'believed' category, and eventually to the 'known' category of undisputable certainty. This transition from impossible to possible, or from false back to true, is the ultimate goal. Through the right conditioning and repetition, we will eventually store this knowledge into the automated section of your mind that controls actions you no longer need to consciously think about. We will achieve this by creating habit, but that will come later. For now, let's not put the horse before the cart.

The goal here is that acting as if you already posses the item or event of your desire; will eventually come to you as naturally as walking, talking, breathing and blinking. Well, this section all boils down to teaching you how to change simple notions in your past learning's, and we aspire to change simple "one liners" in your head from example; "that's impossible" to "nothing is impossible". You as a reader need to understand and accept in a permanent reality that there are certain laws, like the law of gravity that nothing escapes from, and that the law of attraction that you are being introduced to is one of these laws. Example; one doesn't doubt gravity right? I mean we all are aware that if we let go of the apple it will fall to the ground and that no matter how many times we repeat this, we will obtain the same general result. I say general because we all know that many different factors will influence these results, such as the wind, distance, surface material and so on, which would all in turn affect the impact and thus the results. These factors would change the conditions surrounding the event, causing the apple to roll one way or the other, instead of smashing against the surface. But you Are certain beyond contestation that it would not cease its decent and begin to float in mid air.

If you are able to understand that similar conditions influence results when attempting to manifest, then you already have a head start. You can now see the enormity of the task at hand but remember let's not judge or make up our minds just yet. Allow me the benefit of explaining and providing more facts for your mind to be able to support this new concept. This is what "The Secret" publication omitted to provide the reader with, I suppose because of the targeted audience and blatantly underestimating the reader's ability to absorb the complexity in the task at hand. Trying to make what the Dali-Lama takes a lifetime to understand passed on through generations seem as simple as choosing a new brand of cereal. What the speakers omitted to mention is that it didn't happen every time in the beginning. Over time with each successful manifestation, the mind was able to go from believing it was going to occur to the *knowing* it would through repetitive witnessed results. When you are convinced of that is when you move into the next phase of your learning.

So moving closer to a conclusion on this particular subject, understand that what I'm teaching you here is that the law of attraction is not a possibility, it is an absolute. In a mathematical equation there is a big difference there. In my mind it is an undeniable fact, that's been proven beyond the possibility of a doubt by

our best and most knowledgeable scientific, religious and philosophical minds, throughout the course of history. But mostly by the repetitive results of my experiments to recreate the results over and over again, in a controlled environment to prove scientifically that it has nothing to do with chance or probabilities. So the sooner you get a grasp on this concept the faster you get to move on to the next step. How simple was that? You can't say that was too complicated now can you? But for most, it will take all the books of this box set combined with your own personal knowledge and experiences, before you can make that statement and truly commence to believe it to be so.

Let's take you through a little more biology 101 shall we. We already went over a short description of the human brain, "The Secret" publication has covered well the body envelope that serves as a container, although I prefer the term incubator, to the energy or soul that is within us all. That part is complete enough and very understandable. The human brain is a physical mass that creates actual measurable amounts of electrical current. This energy as mentioned is said to be measurable with advanced scientific technical equipment and travels through our entire bodies via our central nervous system.

The following information is personal but relevant to help explain the complexity of the human brain and establish a small portion of my knowledge on the subject. Your mind needs these types of assertions, in order to accept the information received as credible. So even if this part is a little off course and may seem a little dry at first, bear with me and give yourself a chance to understand the processes that your body and mind go through on a daily basis. I have an advanced knowledge of this because of a medical condition I have called *Atrial Fibrillation*. A.F. is the most common form of arrhythmia. An arrhythmia is a problem with the speed or rhythm of the heartbeat. It is a disorder in the heart's electrical system. So understand and believe that I know a lot about this simply because I was curious as to my condition and needed to know more about it.

To make things short, an electrical signal or transmission begins in the brain from your central nervous system and reaches a group of cells called the sinus node, which is located in the upper right chamber of the heart. In a healthy adult heart at rest, the SA node fires off an electrical signal that initiates a new heartbeat 60 to 100 times a minute. The electrical signal travels through special pathways, giving the targeted muscle the instruction to flex. In my particular case the signal

doesn't travel through normal pathways, but may spread throughout the atria in a rapid, disorganized way. This can cause the atria to beat up to 300 times a minute in a chaotic fashion. The atria's rapid, irregular, and uncoordinated beating is called fibrillation. If pharmaceutical injections fail to restore order in normal muscle contractions, then stopping the heart in order and fibrillation is used to introduce a steady rhythm. So in easier terms the top part of my heart shakes like Jell-O until order is restored with medicine or that it gets stopped and jump started by being zapped. You are now aware of the fact, that I have clinically died several times during myself fascinating life and are easily able to wrap your mind around the fact that I'm very knowledgeable in that department. This should be sufficient enough for those of you that don't know me, to grant the capacity in assigning me proper credibility on the subject. You now have a better understanding and start to realize exactly how many times your heart beats in one single day of your existence. In average 100 times a minute, times 60 minutes in an hour, times 24 hours in a day, equals an approximation of 144,000 times.

Now ask yourself, do you need to think each time it does? Or, is this just a learned and automated function that is stored in a part of the brain that you don't need to pay attention too because it knows what needs to be

done out of simple instinct of self preservation. Do you think and by think I mean need to reflect, in order to make your arm muscles move when you reach for the glass of water? Do you need to pause, or do you answer immediately with your learned language? Do you need your eyes to see? That last one was a trick question. You will understand that one in a later book in this series, in which I guaranty total awe and amazement.

Do you even realize how fast all this happens inside you, in every nanosecond of each day of your entire life? If the reaction of an individual's arm to intercept the incoming hockey puck appears to be instant, are you even able to grasp how quickly this process travels in your mind? Are you beginning to understand the complexity of your brain and have an idea of how much you are very much like your own little power plant? This part is to help you understand and accept that what "The Secret" publication describes happens when you think, is very much more than a possibility, it is a proven reality.

I am convinced that light is not the fastest thing known to mankind, because the synapses and the neurons of our brains disprove that every day. So we have an endless multitude of functions occurring

simultaneously every nanosecond in our heads. I use that term lightly, but let's describe the nanosecond in more detail just to make sure you get it. A nanosecond (ns) is one billionth of a second. Something that takes about one nanosecond to do is for light to move the distance of one foot. It takes approximately 1.02 nanoseconds of time for this to happen.

Now remember this because you will make use of it later on; light is supposed to be the fastest thing known to mankind but I care to differ. I truly believe that the mind is the fastest and by consequent the most complicated and least understood thing known to mankind. Think about it for a full second. Your eye needs to locate the incoming puck, transfer that real time stream of information to your brain, while it evaluates the situation in reference to safety, trajectory and velocity. Then it needs to continuously update and adjust to unexpected changes while sending electrical signals to the appropriate muscles. All this in order to intercept an object traveling at approximately 90 miles an hour, while also keeping track of the individuals in range of your immediate surroundings. Oh! did I mention that your brain does all this, while also maintaining your normal body functions, such as breathing, heart beat and so on? Wow, I mean, enough said right?

I hope we all now understand the distinction between the conscious and the subconscious mind. The purpose of discussing this foundational material, although it may seem tedious, is to help you recognize that it is possible to train your mind to accept my teachings as a plausible theory. With time, through your own future experiences, these teachings can be classified as undeniable reality.

When this transformation is achieved, only then can you move from merely believing to truly knowing. We use facts to analyze new information and integrate it as additional knowledge. The aim is to create a seed of doubt in your preconceived notions, thus destabilizing the notion of impossibility. Through this process, the concept will be re-evaluated and, with persistent analysis, eventually accepted and stored as an absolute possibility – or even better, a certainty.

To summarize, 'impossible' is not an absolute state but a temporary condition imposed by the current limits of our knowledge and perception. By understanding this, we can encourage a mindset that is open to possibilities and driven by the pursuit of new insights and innovations.

Throughout history, many of humanity's greatest achievements began as notions deemed impossible. As already mentioned milestones were reached not by accepting limitations but by relentlessly pushing against the boundaries of what was believed feasible. Each step forward required a reevaluation of perceived impossibilities, transforming them into challenges to be overcome rather than insurmountable barriers.

In adopting a mindset that embraces the fluid nature of 'impossible,' we open ourselves to the endless potential for growth and discovery. This philosophical stance encourages us to question assumptions and explore beyond the constraints of our current understanding. It is through this lens that we can view obstacles as opportunities, and failure not as a defeat, but as a stepping stone towards greater knowledge and success.

The journey to transcending the concept of impossibility is as much about inner transformation as it is about external achievements. It demands a commitment to continuous learning, an acceptance of uncertainty, and an unwavering belief in the potential for progress. By nurturing curiosity and fostering resilience, we empower ourselves to turn simple thoughts into reality.

Thus, as we conclude this chapter, let us carry forward the conviction that what may have seemed impossible yesterday could become the achievements of your tomorrow. By challenging your perceptions and daring to wonder, you move closer to a world where the boundaries of possibility are being bent and ever expanding.

I want to thank you for your time and attention as we've navigated these intriguing concepts together. Your dedication to getting through this sometimes stagnant content and commitment to exploring these ideas is truly commendable. I truly hope you enjoyed opening a few doors in your mind and I look forward to continuing this journey with you in the next volume of this box set, where we'll delve even deeper into the fascinating realm of manifestation. Together, we'll uncover powerful insights and practical techniques to transform some of your desires into reality. Stay curious and eager for the upcoming chapters—there's so much more to discover and achieve!

Next in Tomb II is The "Awareness of Knowing", "Attracting the Unthinkable", which Naturally leads us to "Careful What You Wish For"... With a little splash of "Change of Plans". As they say, the *Best* is yet to come.

"It's kind of fun to do the impossible."

Walt Disney

"What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are."

Tony Robbins

"Everything is theoretically impossible, until it is done."

Robert A. Heinlein

"There is nothing impossible to him who will try."

Alexander the Great

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

Francis of Assisi

"It is impossible to begin to learn that which one thinks one already knows."

Epictetus

"Without knowing what I am capable of and why I am that way, life is improbable, only existing remains."

Cruise

CASSIEL - 1st Chronicle

Transform Your Mindset: Gain fundamental knowledge and practical techniques using actionable items with real-life examples designed to guide you towards your goal of intentional living.

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You already know about the law of attraction and manifesting. **Now is the time to get to know yourself a little better.**

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