

Life-  
Changing  
Spiritual  
Practices

Volume 4

*Spiritual practices to build  
into your lifestyle, as you  
walk the spiritual path on practical feet.*

Rev. Bil Holton, Ph.D.  
Rev. Cher Holton, Ph.D.

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## Spiritual Practices Introduction

Spiritual practice refers to the intentional and purposeful choices you make, actions you take, soul deepening habits you adopt, and rituals you perform each day to nurture your connection with your Divine Nature. It means becoming consciously one with the Eternal Presence within, expressing as your Higher Self, so you can master the art of living by staying connected with your own truth and purpose.

It is an intentional personal journey inward to accelerate your enlightenment. And you do that by building into each day spiritual practices that keep you focused on your spiritual growth. We focus on “orthopraxy” – the belief that lifestyle and practice are much more important than mere verbal orthodoxy. That means applying spiritual teachings is the key to enlightenment.

A spiritual practice is not a dogmatic path, nor is it a “worship a God in the sky who is an entity separate from you” path. It is a path of Self-realization that acknowledges you are the human expression of the Eternal Presence (God) expressing Itself at the point of you.



Spiritual practices can take many forms. And that’s the wonderful thing about devoting yourself to a spiritual practice. You can decide what practices constitute your over-all practice! While the forms of spiritual practices may differ, the intent is the same: nurturing the connection with your Higher Self which we call the Extraordinary You.

The spiritual practices we share in Volume 4 are all sacred experiences, whether they involve just a few precious moments or take longer nuggets of your time. Developing a regular spiritual practice is a highly personal and intuitive process. We feel certain you’ll find the *perrrrr-fect* practices that resonate with your core being.

We applaud your desire to live a more spiritual life. You’ll find it’s the difference between surviving and thriving. The transformation we’re all searching for is possible when we enrich and enliven our lives by adopting a daily spiritual practice.

Choose what works for you. Adopting a practice someone else recommends is not nearly as important as how you *feeeel* while you’re engaged in it. Be willing to “try out” a number of these practices. Look for a good fit between the practice and you. When you commit to a practice, see it as one of the ways to express your spiritual unfoldment. Make it high on your lifestyle priority list. See it as concrete evidence of walking your talk.

## **Cultivate Your Authentegrity**

Authentegrity: okay, we'll admit it! We made this word up! It's a mashup of authenticity and integrity – because we couldn't choose one word over the other in terms of it being one of your essential core abilities. This spiritual practice reminds you that being true to your unique nature resonates in everything you do. If your authentegrity is consistently expressed in your daily life, it can lead to unlimited internal integrity, integration, unity, and wholeness, which opens you up to the very highest possibilities for personal, professional, and spiritual growth and happiness.

In fact, all the challenges and problems in your life are essentially reflections of the lack of inner harmony, clarity, and balance. In essence your body, mind, and soul are one. But since you may allow a limited and divided ego to rule your waking consciousness, you do not see or understand the underlying harmony between all aspects of yourself.

### **Here's How This Spiritual Practice Works:**

The question this spiritual practice poses for you is this:

How can you live in a higher state of awareness that allows you to be more connected mentally, emotionally, and physically?

Once you achieve that internal connection, you can be more harmonious with life around you. The answer is that the more you live in the deeper parts of your being, rather than the superficial parts of your ego's wants and desires, the greater will be the affinity, connection, and harmony within you, and with your surroundings – including the people within your sphere of influence.

Make time every day to revisit this powerful question and listen to your Inner Wisdom as it guides you in making choices about how you think, feel, and act in every moment of every day, in alignment with your authentegrity. Then follow that guidance!

## Turn Awful Into AWE-full

We have thought a lot about this this particular spiritual practice. And we've come to the conclusion that we think you should have an absolutely **AWE-full** life! We're serious! We hope you have **AWE-full** days everyday of your life!

We want to be clear about what we are proposing. The kind of **AWE-full** we're talking about is spelled **A-W-E-full** ... as in **AWESOME!** We want you to have **AWE-filled** days the rest of your life.

Here's a neat story to illustrate the awesomeness of going from **AWFUL** to **AWE-full**:

Lightning struck a huge tree up ahead and sent it across the rain-soaked road. The driving rain was falling like liquid bullets. As the driver slowed to a stop, trying to figure out what to do next, another bolt of lightning struck a tree behind the SUV and fell across the road, trapping the driver and his very, very, very pregnant wife on Rt. 54.

Her contractions were minutes apart and he had to get her to the hospital. He got out of the truck to access the situation and instinctively ducked as another lightning strike splintered a towering pine tree nearby.

A few moments later, soaking wet, he jumped back into the truck.

"Honey, we're trapped. There's ditches on both sides of the road and the trees are so huge they're blocking the road in both directions."

"Thank God they didn't ..." she stopped as one of her contractions hit, "fall on us!" she whispered.

"I've got to get you to the hospital," her worried husband announced.

Just then a pickup truck pulled up. The driver saw their predicament, told them to stay in the SUV, and explained what he was going to do. In no time at all he had the tree ahead of them cut into enough pieces to clear the way for them.

He refused any payment. He said he'd stay long enough to clear the other tree out of the road too. Then he gave the couple a tattered business card sized note.

Worn and creased with age, the inscription on its face, dulled by the touch of many fingers read:

**You've been helped in some way today by a Good Samaritan. In lieu of payment, please pass on the favor to someone else.**

The couple looked at each other and smiled their gratitude – and their surprise. Their old website address was on the back of the card. They had had 1,000's of the cards printed up themselves years ago after they had seen the hit movie *Pay It Forward*.

Their own thoughtfulness and generosity had turned what could have been an awful experience into an awesomely AWE-full experience.

\*\*\*\*\*

2000 years ago, the Christ as Jesus walked many a storm-tossed road Himself. He had plenty of opportunities to turn awful experiences into awesomely AWE-full experiences. He raised the widow of Nain's son, (Luke 7:11), Jairus' daughter (Mark 5:22), and Lazarus (John 11:1) from awful experiences – they had all died! Their resurrections were all awesomely AWE-full experiences.

Jesus the Christ healed lepers (Luke 17:12), a blind man (John 9:1), another blind man at Bethsaida (Mark 8:12), a blind man named Bartimaeus (Matthew 20), a deaf mute (Mark 7:32), a Roman officer's servant (Matthew 8:5), two people with demons (Mark 5; Luke 8), a paralyzed man (Mark 2, Luke 5), a woman who touched His cloak (Matthew 9, Luke 8), and hundreds of others.

The Christ within us heals many types of human illnesses and ailments, and can turn awful into awesome, and trials into triumphs if we allow our Higher Self to work in us and through us.

Metaphysically, no matter how dulled, deadened, or comatose we become (that's what Jairus' daughter, the widow of Nain's son, and Lazarus represent) we can be resurrected by the power of Spirit. No matter how sick we are mentally, emotionally, or physically, we can be healed.

### **Here's How This Spiritual Practice Works:**

No matter how far gone you think you are, or others think you are, Spirit can raise the deadened you, the frightened you, the vulnerable you to the you *you* can be. By the power and might of God as you, *you* can **pray** yourself, **meditate** yourself, **visualize** yourself, **will** yourself, **affirm** yourself, **diet** yourself, **exercise** yourself, and **divinely order** yourself into wholeness and happiness by doing three things incredibly well.

Think back to a time in your life that was difficult, traumatic – awful. Make it a time in the past, a time you've dealt with and moved beyond. You would probably look back on that time and say, "I wouldn't want to go through it again, but I have to say it turned out to be a good thing . . ."

What if you could approach every situation with that kind of attitude – that place of KNOWING that there is no real "awful." Imagine how much stress and worry you

could save yourself if you really believed that everything **can** be transformed to AWEful? Here is a formula that will allow you to do just that! The formula is AWE:

**Live in a State of Acceptance:** This is not giving up or crawling under a table. It means a recognition that this is what it is, and you don't waste time and energy fighting it. Instead you move into dealing with it.

Jesus, and other adepts, did not waste time whining and what-iffing. They evaluated the situation, took time to make the connection with their Extraordinary Selves, then took action to respond. Let's learn from them.

When you find yourself saying "This is awful" and feel yourself getting all upset, STOP. Say, "**This is ... I'm here ... Now what?**"

**Live in a State of Wonder:** Most people walk through life like zombies! Numbed. It takes something really distressing to "wake them up" (shocking news; movies with more violence than action). This spiritual practice urges you to get out of the need to be shocked into awareness by seeing life through eyes of wonder. Buddha said, "If we could see the miracle of a single flower clearly, our whole life would change."

In Mark 8:17-19 the writer says:

17. Aware of their discussion, the Christ as Jesus asked them: "Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened? 18. Do you have eyes but fail to see, and ears but fail to hear? And don't you remember? 19. When I broke the five loaves for the five thousand, how many basketfuls of pieces did you pick up?" "Twelve," they replied.

He was reminding His disciples that they failed to see the miracles that were right before their eyes. When we live in a state of wonder, we see life through the eyes of our Extraordinary Self (our Higher Self) that beholds miracles.

You may be familiar with Thich Nhat Hanh. He is a Vietnamese Buddhist monk who, because of his tireless efforts during the Vietnam war to work for reconciliation between North and South Vietnam, was banned by both the non-communist and Communist governments. Since the age of 40, he has been living in exile in a small community in France where he teaches, writes, gardens, and works to help refugees worldwide. His teachings and writings (over 75 books) have earned a reputation as a respected writer, scholar, and leader, and nomination for the Nobel Peace prize. He has turned awful into AWE-full! Thich Nhat Hanh said:

*"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky,*

*white clouds, green leaves, the black, curious eyes of a child – our own two eyes. All is a miracle.”*

Live life in a state of Wonder, seeing everything as a miracle.

**Live life in a State of Effervescence:** Isn't that a great word? It goes considerably beyond enthusiasm. It means bubbly, vitality, zip, spirit! Living with the fun light on! Sincere and real joy – from the inside out!

We're not asking you to be something you're not, but we all have our own unique way of demonstrating our excitement about something. Think about a movie you saw that you loved – or a great buy you found – or a hobby or interest you enjoy. Think about how you change when you talk about it! When we are effervescent, we glow from the inside out – and we attract to us all kinds of awesome people, ideas, resources.

Without using any words, mimic what depression looks like. Now show yourself what effervescence looks like! Did you feel the change in energy? Imagine when you live life in a state of effervescence! When you live life in effervescence, no awful situation can keep you down. You bubble and bounce back with a **resilience** that allows you to soar to a level higher than you were before it happened!

You have something to be really excited about! You have the connection with Spirit, with your Higher Self. You have the privilege of going into the Silence to reconnect at any moment. You are one with the Eternal Presence, and you have access to all the answers, all the ideas, all the resources you need!

For example, on July 11, 2005 identical twins Nick and Nate Draper were born in Arizona with dilated cardiomyopathy, a disease where the heart muscles are not strong enough to pump efficiently.

In Florida, Tracey and Russell York had been trying to have a baby for 5 years before Jordan was born. But on February 13<sup>th</sup>, 4-month old Jordan suffered a fatal brain injury. Doctors asked the Yorks to consider organ donation, and they agreed, keeping Jordan on life support for three days, waiting to find a recipient for his little heart. Then they matched the heart to Nick Draper, the twin with the greatest need. Now here's the really amazing part: Nate, who was continuing to await a heart transplant, experienced an incredible improvement in HIS condition, and was taken off intravenous heart medications. Amazingly he is no longer actively awaiting a heart transplant! The doctors said, "This is as close to a miraculous recovery as we can think of!"

Both families experienced awful situations, but through the selfless choice of the Yorks, they turned awful into AWE-full!

When you are facing life's challenges, and feel yourself thinking "awful," just pause and take a moment to go into the silence of your soul, to the place of pure

Being ... and claim the power of the One Presence (Omnipotence, Omniscience, Omnipresence, and Omniactive).

You can live life in a state of **Acceptance**, **Wonder**, and **Effervescence**! You can transform awful into **AWE-full** anytime you want!

Think back on another time in your life that was difficult, traumatic – awful. Make it a time closer to the present, an issue you’ve dealt with but not quite moved beyond yet. You probably look back on that time and say, “I don’t want to have to go through it again, so I want to turn it into an AWEfull experience.”

Imagine how much stress and worry you can save yourself if you really believed you **can** turn awful into AWEfull?

Use the **Acceptance**, **Wonder** and **Effervescence formula to achieve the AWE-fullness you want**. And use this formula as a regular spiritual practice.

## Big Bang Moments

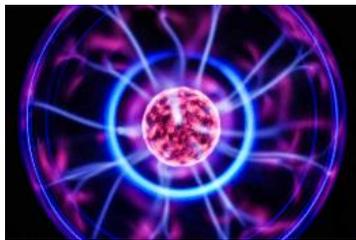
Mainstream quantum physicists today believe the universe began 15 to 18 billion years ago with a massive explosion, or multiple explosions. Astronomer Fred Hoyle coined the term “Big Bang” in 1951. Computer models suggest that a mass the size of a green pea was so compressed that its temperature was guesstimated to be in the neighborhood of 18 billion million million million degrees Fahrenheit. Temperatures that are super-heated are many times hotter than the sun.

But that’s not the Big Bang this spiritual practice is about!

The “Big Bang” in highly spiritual terms, is the creation of a thought or idea in mind. Once an idea has exploded into conscious awareness it creates energy as an expression of that explosive cognitive moment. The energy it creates leads to other explosive moments (the formation of thoughts).

### Here’s How This Spiritual Practice Works:

This spiritual practice reminds you that these super-heated moments (the formation of thoughts) expand into ideas that expand (cosmic inflation) into beliefs (galaxies) which expand into choices that lead to physical actions. Each thought (Big Bang) is the outgrowth of your psycho-emotional make-up with its clusters and super-clusters of past experiences, patterns of behavior and habits, hang-ups, memories, and personal beliefs and prejudices.



All of these human personality “wrinkles” exist before each thought is formed and influence the quality and strength of each and every idea and inclination you have. The Multiverse (your consciousness) is composed of your core beliefs (planets, stars, and galaxies), values (light), thoughts (particles), inclinations (quantum fluctuations), and emotional hang-ups (entropy) that lead to a personal philosophy that defines the limits of your growth (expansion). (See our *Refrain from Lilliputian Thoughts* spiritual practice in Vol 7).

## **Boycott Your Self-Imposed Restrictions**

What if you boycotted your self-imposed restrictions? This spiritual practice encourages you to do just that. Why? Self-imposed restrictions block your access to your Divine Nature and dampen free choice when you allow them to surface. So, work tirelessly to free yourself from the needless restrictions you impose on yourself and others by transforming your thoughts.

### **Here's How This Spiritual Practice Works:**

Spend your energies endorsing positive thinking and right actions because you are only limited by your thoughts and behavior. Move past resistance and denial. Yield with grace to the stirrings of your Higher Self. Depend on the error-free guidance from your Divine Nature.

Prune self-imposed restrictions from your consciousness. See them as temporary glitches in your thinking and not as life sentences. Holding back your Greater Good by restricting the flow of your abundance is the result of a self-nullifying consciousness. Believe us when we say it doesn't have to be that way. You are meant to prosper. Putting restrictions on your happiness, peace of mind, and abundance is *your* choice not your Higher Self's. So, choose freedom, not restriction.

Determine what self-imposed restrictions – at work or at home – have out-lived their usefulness. Take immediate steps to modify or eliminate them from your consciousness and from your life. Make this a recurring spiritual practice. (See our *Keep a Lotus Perspective* spiritual practice in Vol 7).

## Buck It List

She captured her 5<sup>th</sup> singles Wimbledon Title and her 5<sup>th</sup> Wimbledon doubles title with her sister Venus at her side last week. Serena Williams proved you can add recovering from the fear of a pulmonary embolism to your “buck it list.”

U.S. Marine Corps sergeant Dakota Meyer decided to shorten his “buck it” list on his tour of duty in Afghanistan. He performed a remarkable act of heroism and received the *Congressional Medal of Honor for risking his life to save others*.

He heard on his radio of a Taliban attack on a nearby village. Members of his unit and a number of allied Afghan fighters were under heavy enemy fire. He repeatedly asked his superiors for approval to assist those under attack, and his request was denied every time. It was simply too dangerous,

Defying orders, Sergeant Meyer headed into the besieged village. He first encountered several wounded allied Afghan soldiers. He transported them to safety and then headed back into battle.

During the next four hours, Sergeant Meyer entered the “kill zone” five times, rescuing 23 Afghans and 13 Americans. He was under heavy enemy fire and seriously wounded. On one of his trips into hell, he stumbled across the bodies of four American soldiers.

He made the *semper fi* decision to bring the marines back home. Bleeding from his shrapnel and gunshot wounds and still under fire, he carried their bodies back to a Humvee with the help of Afghan troops. All-in-all he saved 36 lives that day.

These two stories are about people who shortened their “buck it” list. It is a “buck it” list that is considerably different from the proverbial “bucket” list. The proverbial bucket list is a list of all the things you want to do, dreams you want to fulfill, and life experiences you want to have before you die.

Remember *The Bucket List* movie starring Jack Nicholson and Morgan Freeman. They portrayed two terminally ill men on a road trip with a wish list of things to do before they “kicked the bucket.”

Bucket lists are important. They are a way of building wonderful memories and making someone’s last days meaningful and active. We helped a relative compile a “bucket” list of 75 things to do before he died. So, we are fans of bucket lists.

However, the “buck it” list we’re talking about is a list of the self-defeating habits, negative thoughts, false beliefs, and groundless assumptions that keep you from being as happy as you can be *while you are still living*.

It's not a *to die for* list, it's a *to live for* list! It's a list to help lighten your load. It's a list of habits, beliefs, attitudes, and assumptions that are burdens you want to get rid of.

In Matthew 11:28-30, the Christ as Jesus assures us: "Come unto me, all of you who are weary and heavy laden, and I will give you rest. ('Rest,' in the original Aramaic does not mean playing a harp all day in heaven. It means inner peace and freedom from worry). Take my yoke upon you ... for my yoke is easy and my burden is light."

What we believe he's saying is, "Align your human self with your Higher Self (Christ Self, Extraordinary Self, SuperSelf®). Take my yoke (spiritual practices) upon you. It is that disciplines alignment (yoke) that will bring you peace. Once you become consciously and confidently one with your Higher Self, your Christ Nature you will not be fooled by outer appearances (your burden will be light).

A yoke is the perfect metaphor for achieving this alignment. A yoke is a wooden beam, normally used between a pair of oxen, or other animals, so they can pull together on a load when working in pairs. Jesus used it as a framework to help people see the tandem relationship, the seamless partnership, between their human self and their Higher Self.

Keeping a "buck it" list will help you get better at establishing a conscious connection with your innate divinity. And your "yoke will be easier" he said, if you conscientiously apply the truth principles you know.

Can your burden really be easier? Is it remotely possible to live the life you want to live? Are you a prisoner of your genes and ingrained beliefs? (For most of us who are not physically or mentally challenged by our genes, the answer is "no." We are not prisoners of our genes).

*"Each of us," says biologist Bruce Lipton, "has the biological power to interrupt detrimental beliefs and out-manuever our genes. We can choose to make our lives better. We can alter the neural circuitry that governs how we behave and what we believe."*

You can buck the system. That is, you can buck the subconscious programming that you allow to limit your good. You can buck patterns of behavior that keep you tied to old habits that interfere with your happiness. You can buck ingrained beliefs that cause spiritual cataracts. You can buck the effects of health challenges or financial difficulties by staying positive and trusting in your connection with Spirit.

How can you do it? It takes what the 17<sup>th</sup> Century Carmelite monk, Brother Lawrence called "practicing the Presence" each and every day. Neuroscience and biology have confirmed it. You have the *"biological power to interrupt detrimental beliefs and out-manuever your genes."* Why? Because you are a powerful, creative spiritual being.

And because you are such a wonderful spiritual being, it is our great privilege to help you buck the systematic influence of negativity and illusion. We want to help YOU create your Buck-It List and replace it with the things that allow you to let your light shine! Jesus as the Christ said, *“I have come that you might have life, and have it more abundantly!”* He could just as well have said, “Your life will be overflowing with peace, joy, positive relationships, prosperity, and health when you fill up your Buck-It List, buck it, and replace it with Truth!”

We’ve created a **Buck-It List Adventure Sheet** for you to use, to help you put this spiritual practice into action. Basically, it lays out a 3-level formula for you to use. Step one is the foundation, because until you do this, you can’t move ahead, and any spiritual enrichment is happening by chance rather than design.

### **Here’s How This Spiritual Practice Works:**

**Step 1 is: Fill up your Buck-It List!** So, what goes in your Buck-It List? Obviously, that’s a personal matter. But basically, you are doing a total self-scan. Scan your thoughts, words, your actions, your emotions, your feelings – to hunt out anything that is not honoring the truth of who you are and the truth of who others are. They can run the gamut from simple things, such as yelling at a driver who is going painfully slow, causing you to catch a red light – all the way up to the huge stuff, like harboring a deep grudge or holding on to jealousy or fear. Put it all on the Buck-It List.

**Step 2 is to Consciously “Buck It!”** In other words, you must set an intention and take action to release these things from your life. Now, we wish we could say this was easy – and all you had to do was set the intention and snap! It’s out of your life! Unfortunately, it doesn’t usually work that way. You need to play the “Gottcha!” game with yourself ... where you catch yourself in the act of using one of your Buck-It List items ... and in that moment, say “Gottcha!” and refuse to give it any more power and instead affirm your release of it.

For example, as soon as you hear yourself say, “C’mon, you idiot, step on the gas! You’re not a turtle!” – say “Gottcha!” Then take a deep breath to release the emotion attached to the situation, and say something like, *“Blessings to you – I hope you safely get where you are headed.”*

When you find thoughts about a person who has harmed you in some way entering your consciousness, immediately say “Gottcha!” Then take a deep breath, affirm no power to the negative emotion, and take a moment to bless that person, releasing him/her from your thoughts. (There may be some forgiveness work that needs to be done). It may take some time, but it can be done!

**Step 3 is the big one! Refill the vacuum created by your Buck-It List with higher principles of Truth!** As you continue to reinforce and practice Truth in

your life, you'll notice that your Buck-It list gets smaller and smaller, and your joy, peace, and abundance gets bigger and bigger!

Earlier we shared two great examples of what we're talking about, and here's another one. It happened in Hallandale Beach, Florida, where a lifeguard, 21-year-old Thomas Lopez, was fired for saving someone's life! Sound bizarre? It gets even more interesting. Evidently, Lopez was made aware of someone drowning at a location about 1,500 feet from his guarded area. He sprinted to the scene, took control of the situation, and saved the man's life. For his heroic efforts, he was fired ... because of a rule that says lifeguards are not to leave their designated guarding area.

There are some really important lessons to be learned from this incident that relate to your spiritual growth and well-being.

**#1: Follow your Intuition!** Lopez said, *"I'm not going to put my job over helping someone. I'm going to do what I feel is right – and that's what I did!"* There are times when we may feel pulled toward something we intuitively know is not for our highest and best. Connect with that Domain of the Divine, our Spiritual Headquarters, and listen to that still small voice within, and follow your intuition. Do what is right.

**#2: Know you are never alone!** Immediately after Lopez was fired, several other lifeguards resigned in solidarity. We applaud these young people, who stood up to support what was right. The message is, while you may sometimes feel like you are alone, once you step out in faith, you will be amazed to discover you are surrounded by people who are there to support you, help you, guide you.

You are never alone! Sometimes you may feel like you are wandering in the wilderness, experiencing those dark night of the soul experiences, and you may feel totally and utterly alone. But trust us on this! All around you is support, which may be invisible to you until you reach out and claim it. But once you take your step, your support will appear in amazing and powerful ways.

**#3: There is a Higher Law called Universal Truth!** We love this! Hallandale Beach Mayor Renee Crichton said it has always been the city's policy that a lifeguard must respond to an emergency inside or outside of their protected area. "The city would like to commend the actions of Mr. Lopez and the other good Samaritans that came to the aide of our near drowning victim," he said.

The rules on the beach violated the higher policy of the city. What can we learn from this? Think about it. How often are we allowing the world of outer appearances to prevail over our Higher Principles of Truth? We can stand on this promise: The Spiritual Principles of Truth will always prevail! Whether we're talking about the economy, our relationships, or our inner peace, we can claim truth and know it will always work.

So, fill your Buck-It List, and take action! Claim the abundant life that is yours by right of consciousness so you can walk the spiritual path on practical feet!

## Avoid Chicxulub Impacts

Around 65 million years ago an event is believed to have occurred that caused the extinction of the dinosaurs. It was called the Chicxulub Impact, which was the result of an asteroid's or comet's bolide or superbolide impact (a missile-like fireball of a magnitude 14 to 17 or brighter) with the earth just off what is now the Yucatan peninsula of Mexico, more precisely 322 km west of Cancun.

The crater is more than 180 km in diameter making the Chicxulub Crater one of the largest confirmed impact structures on Earth. In March of 2010 analysis from the fields of climate modeling, geochemistry, geophysics, paleontology, and sedimentology from researchers all over the world concluded that the impact at Chicxulub caused the mass extinctions of dinosaurs between the Cretaceous and Tertiary periods.

A spiritual interpretation of this event serves as the impetus of this spiritual practice and takes it from external flesh and blood dinosaurs and a 65-million-year-old terra cotta event to internal conditions within your own current state of consciousness. In metaphysical terms, you can find esoteric and allegorical meanings for anything that happens in the physical material world.

Let's interpret the Chicxulub Impact as if it occurred inside your head. For example, suppose the dinosaurs represent old, false assumptions that have developed into monumental belief systems, which have slowed your spiritual progress. They are beliefs which have been around for many generations (changes in perspective) in your thought universe (consciousness). Also, suppose the asteroid stands for an extremely powerful error thought, which strikes your conscious awareness, so that it puts a gigantic hole in your evolving spirituality.

Interestingly, Chicxulub is a Mayan word that roughly translates as "tail of the devil." Metaphysically then, we could say *devil* refers to thoughts that deny your innate divinity. So, the impact of a powerful error thought can totally disrupt your spiritual growth if you give it energy.

### **Here's How This Spiritual Practice Works:**

This spiritual practice reminds you to be aware of the disastrous effects egocentric thoughts can have unless you redirect your thinking to a more spiritually-attuned focus. When Chicxulub thoughts invade your "spiritual space" deny their influence over you and replace them immediately with Christed thoughts and intentions. (See our *Fasting from Error* spiritual practice in Vol 1).

## **Short-Circuit Clamorous Consequences**

Clamorous consequences are the results of poor choices. And as far as the complications attributed to your poor choices are concerned, familiarity breeds more of the same. Consequences do not enter your life by accident. They are the “reap-what-you-sow” result of poor choices.

Some consequences enter your life as major memos. Others are only footnotes, warning you to seek more balance and joy. This spiritual practice reminds you that all consequences, regardless of their derailment potential, teach you about yourself. It is important that you pay attention to the choices you make. Learn from your poor choices because they are generally unhealthy choices, and unhealthy choices have a debilitating inertia of their own.

Poor choices lead to regretful actions, that usually lead to poor attitudes, which can lead to more poor choices, which usually lead to... – you’ve no doubt gotten our point. The good news is every choice you make has an impending moment, a split second of conscience just before the choice is made. That built-in evolutionary “decision point” gives you an opportunity to modify a choice before its consequences make your life unpleasant. (See the spiritual practice called *Honoring Your Bereitschafts Potential* in Vol 3).

### **Here’s How This Spiritual Practice Works:**

See any consequences you suffer from poor choices today as calisthenics for change. Pay attention to the “impending moment” so you can self-censor a poor choice before it has clamorous consequences.

## Honor the Collapsed Wave

One of the weirdest aspects of the quantum world is the fact that light has a somewhat chameleon-like nature. We're serious. It has the capacity to exist either as a wave or a particle. This tendency is referred to as wave/particle duality.

It appears that when a light photon is not being observed, it exists in its wave form, but at the moment it is observed, the wave collapses and becomes a particle. The act of observation collapses potentiality into reality. Prior to being observed, the wave exists in a state of potentiality. That potential becomes *manifest* into a particularity when we look at it.

Amit Goswami, professor of physics at the Institute of Theoretical Sciences at the University of Oregon makes a rather startling statement about the fundamental nature of quantum physics. He says, "A strict adherence to an idealist metaphysics, one based on a transcendent, unitive consciousness collapsing the quantum wave, resolves in a nonarbitrary fashion all the paradoxes of quantum physics."

Collapsed waves are particles expressing *isness* in limited, parametered forms. As a collapsed "spiritual wave" you have chosen a "particulate existence" (an incarnation) in order to understand who you really are.

Charles Fillmore, Unity's co-founder said, "All growth and unfoldment from atom to sun is based upon the law of soul urge. The hungering for God (the One by many names – our addition) that is felt by (you) in (your) soul is really God hungering to express through (you)."

We have a little different spin on that. This practice assures you of something else: your hungering for God is your innate urge to reclaim your godness, your unlimitedness, your cosmic stature. God, the Absolute, the God of a thousand names, does not hunger. That would imply incompleteness, imperfection, a state of being in need of something.

### Here's How This Spiritual Practice Works:

This spiritual practice invites you to believe that the One (God, El, Shaddai, Ahura Mazda, Omitofo, Yehovah, Allah, Brahman, EK Onkar, Yahweh, Aigonz, Ishvara, Dadar, Mino-satihgar, Japa, Elohim, Infinite Invisibleness, Kane, Siebog, Odin) becoming the *many* (matter in all of its forms: human beings, intergalactic beings, cosmic beings, invisible beings, planets, suns, galaxies, universes) is a true ancient dictum that can help you gain clarity to your Divine Nature.

And so, we propose, in a quantumly spiritual sense, that you consider endorsing the truth that the One expresses Itself as a wave and becomes the *many* (particle) when humankind's consciousness assumes separation and duality (collapsed wave).

This practice reminds you that you are the activity of God (the One by many names) expressing Itself into visibility at the point of you. Trust that almost all of the esoteric wisdom traditions allude to this truth. Google the names of God mentioned above and come to your own conclusions. Make it a practice to honor a collapsed wave as a spiritual perspective that draws you closer to an Ultimate Truth (Universal Cosmic Wave). Remain open-minded – and expectant – and adventurous.

## **Make Consistent Codified Choices**

All family relationships, in order to work, must create a code of conduct in which all members honor what they *will* together, *do* together, *feel* together, and *are* together. This family dynamic is so important because a nation's stability – the world's stability – mirrors the strength of its basic social unit: the family.

This spiritual practice reminds you that a family's codified choices are its basic operating principles. When members abide by those codes, the family prospers. That applies to biological families, church families, and community families. Once there are ruptures, fragmentations, and disconnects in the home, the surrounding neighborhoods, communities, and regions begin losing their social, economic, and spiritual scaffolding.

### **Here's How This Spiritual Practice Works:**

All families – all relationships for that matter – function better if the code of conduct is honored. Here's a true-false statement for you to consider: "Do you believe your parents are doing/have done the best they can/could with the understanding, awareness, and resources they have/had? Here's another one: "Are you doing the best you can?" Here are two more (indulge us): "Have you given your parents a blanket pardon for what they've done or haven't done to you or for you? Have you forgiven yourself for any mistakes you have made?"

Re-examine your feelings about your parents. Do something that brings you closer to your parents today – whether they are living or dead, near or far away, known or unknown. The medicinal value of introspections like these is the connection power they give you for aligning yourself with your Higher Self.

## **Familiarize Yourself with Classical Conditioning**

It is said that a great world teacher laughed when he found himself in another human incarnation. Like many other spiritual practices this one reminds you that no matter how enlightened you may think you are, you are still prone to classical conditioning.

Consciousness, as soon as it expresses itself in human form, finds itself in a dilemma: at the super-conscious level it knows it is one with the One Reality and at a human (egotistical) level it discovers how laughable its choice has been to subject itself to another classically conditioned “skin school” experience.

Recently we walked down a cereal aisle with our grandson. The aisle was a literal gauntlet of sugar. Each cereal box was lavishly colored and decorated to suit the fancies of kids who really don’t need sugar highs.

We sharpened our “NO” skills to cereals like: Addams Family Cereal by Ralston; Apple Zingaroos by Kellogg’s; Baron von Redberry by General Mills; Batman Returns Cereal, another Ralston brand; Gorilla Munch by Nature's Path; Kung Fu Panda Crunchers, another Kellogg’s brand; and Lucky Charms by General Mills.

We finally gave in to Pop Tarts by Kellogg’s. It’s our grandson’s favorite. What are Grandparents to do! We had walked down a well-engineered gauntlet of temptation, quick fixes, and “buy-me-nows” designed by advertisers and marketers who knew kids are easy marks when it comes to sugar.

We noticed all of the kid’s cereals are shelved at kid’s eye level or below – perfect for little classically conditioned sugar-crazed hands to grab them. The collusion between manufacturer, marketer, and merchant creates a billion-dollar market for cereals. Kids are targeted and parents are just collateral damage! The industry’s rhetoric is that they are just selling kids what they want.

We thought about that, and then thought about how classically conditioned we adults are too. We thought about the “cereal aisles” we walk down. The aisles we’re tempted to buy into and to salivate over. You know, the gauntlets we create for ourselves or allow others to create for us.

### **Here’s How This Spiritual Practice Works:**

This spiritual practice reminds you that any attempts by individuals or organizations to sell you incompleteness are error messages. They are classically conditioned rouses to keep you off balance. They are attempts to block your good. They are designed to steal your joy. So, condition yourself to deny the power of outer appearances. Commit to truth principles and recognize that you’ll respond less and less to error.

## Get Used to Compulsory Congruence

Are you more “you” today than you were yesterday? Reinventing yourself takes constant focus, unmitigated commitment, patience, and a healthy sense of humor. It demands knowing yourself better, uncovering your strengths and weaknesses, and discovering who you really are. It means never abdicating the responsibility for aligning yourself with your Higher Self by managing your choices.

Building a better you means recognizing that what *diluted* thinking leads to is *deluded* choices. Discovering your Higher Self is long-term care management taken one thought, one choice, each step at a time.

How you view the world today is probably mirroring how you viewed it yesterday. What you think of life in your thirties, forties, fifties, sixties, seventies, or eighties and above, is more than likely the result of your thinking in your teens or twenties. Managing your connection with your Higher Self starts where you are. It starts with your next thought, next choice, and next action.

### **Here’s How This Spiritual Practice Works:**

This spiritual practice refers to your ability to let go of obsolete values, of non-productive lifestyle habits, and self-nullifying attitudes that sabotage your overall well-being. Gaining control of this is an essential part of the wisdom of your alignment with your Authentic Nature.

Approve of yourself today and accept your idiosyncrasies. Be your own best friend. Be more *you* today than you were yesterday. Be more purposeful in your thoughts, choices, and actions today – and see how this can become a life-changing spiritual practice!

## See Consciousness as the Ground of All Being

Seeing Consciousness as the Ground of All Being, as a spiritual practice, helps you appreciate Goddard Neville's visionary perspective. Neville, a 20<sup>th</sup> Century visionary from Barbaros, believed it's impossible for anything to exist outside the container of Consciousness. In his masterpiece book, the *Power of Awareness*, he described consciousness as, "*the one and only reality, it is the first and only cause-substance of the phenomena of life. Nothing has existence save through the consciousness we have of it. Therefore, it is to consciousness we must turn; for it is the only foundation on which the phenomena of life can be explained.*"

In Mahayana Buddhism, the Lankavatara Sutra (sacred text) is believed to be the direct record on Buddha's words as he entered Sri Lanka. The central keys of the text are that there is no external reality and all that exists *exists only in consciousness*.

Our ego-driven, sense-oriented "container" of consciousness is wrapped up in the illusions wrought by the world of outer appearances (the world of matter). We call this "walled in outlook" *coma consciousness*. Its worldly addictions make it difficult, and oftentimes cumbersome, for us to grow spiritually.

While there are noticeably irreconcilable dogmatic differences between the major faith traditions from an exoteric perspective, they are in agreement with spiritual truths on esoteric and metaphysical levels. After all, parochial biases are only "disturbances" (mental fluctuations) in the unified field of consciousness.

He's not the only one, but 21<sup>st</sup> Century physicist Paul Davies agrees with Neville, "*Through my scientific work I have come to believe more and more strongly that the physical universe is put together with an ingenuity so astonishing that I cannot accept it merely as a brute fact. I have come to believe that mind – conscious awareness of the world – is not a meaningless and incidental quirk of nature, but an absolutely fundamental facet of reality.*"

Many forward-thinking quantum physicists believe that it is impossible to formulate the laws of quantum physics without a serious consideration of the nature of consciousness.

It seems that quantum physics, more than many modern science disciplines, faced with compelling experimental evidence, is moving away from a strictly reductionist bent to view the role consciousness plays as central to our understanding of the universe and our place in it. The holy grail of physics, the unified field, which quantum physicists are diligently seeking may very well be consciousness itself.

## Here's How This Spiritual Practice Works:

This spiritual practice encourages you to believe that “Consciousness” in all of its forms and containers (human, global, cosmic, poly-dimensional, galactic, etc.) is the ground of all being. As of this writing we do not know the extent or dimensions of Consciousness. We know some of its characteristics and aspects, but not its entirety. Your quest – our quest – humankind’s quest – to understand the nature of Consciousness will probably be an endless quest. But quest we must! (See our *Upping Your Consciousness* spiritual practice in Vol 2).

