

Sanctuary

Introduction

In order to offer this I've spent most of my life attempting to understand.

The drivers, enablers, and motives are to each their own, just like our unique fingerprints.

An individual soul/life pattern is the gift of The Creator/Source and is the foundation of our individuality exercised through the free will action of choice.

The first three books all together leads one to know of this text as a final answer.

Being busy with the usual activities at this level, leaves little time to advance.

This book is designed to offer the final solution to those who's perception searches for that pervasive calm.

Most try to manage everything and find the infinity loop of rapid fire continuous thought.

Activities become impossible when occupied with every detail. You are way too busy.

You make it hard, and you're no fun anymore.

Not only does it not have to be this way, but it was never intended to be this way in the first place.

The Recipe :

For the advanced, knowing how it all works and applying it, by just doing it.

The average person will simply use the principles found in the book, *The Power of Positive Thinking*, by Norman Vincent Peal.

Study that as intensely as possible and use and put into practice everything in that book.

Those who are uninitiated in the sciences of the mind, have a 50 – 50 chance of success.

The problem here is that too few will take the time and effort to read and study, giving the 50 – 50.

America's society has gone from simple convenience to the throw away and instant gratification mind set.

The idea of learning has been warped from the foundation of information and thought, to the belief of indoctrination and no thought.

True learning is getting as much information as possible, finding what is relevant, and adjusting these things as the knowledge shows you.

This is the basis of change in thought and action.

- The application of thinking does not allow for indoctrination.

What do you think of this or that?

Is any of this useful?

The Power of Positive Thinking offers an anyone, every day practical application.

It leaves out some of the mechanics and details, but works when applied.

The ideas of mind control, brain washing, and the like, are the areas attended to in
Power of Positive Thinking.

Even so, when applied, it is 100% successful.

Most people will not be prepared or ready for the results. Think you are?

All the things you have tried and failed at, are included.

So make me a liar by proving me wrong. Start reading and studying and show me.

Show yourself that you are not afraid of your imagination. Do it!

Apply what you learn so that you are no longer terrified of making your dreams
come true.

Add light to Your Path.

The Recipe :

1 – Learn to apply in concept, perception, everything that has gone before.

Make that knowledge of the first three books into an automatic function, as your autonomic nervous system makes your heart beat and causes you to breath.

Use that first book as an overlay of 'concept' for books two and three.

Book II patterns your thought processes in preparation for Book III.

Book III covers perception and limits of philosophy in relation to reality.

2 – Apply all precepts you have learned and exclusive experiences unique to you.

Habitually 'power up' until the special abilities integrate fully into all parts of your life and everything that is you. Every day, all day.

Practice your 'powers and capabilities' until their use is as common to you as breathing.

Even the slightest hint is to be grasped and repeated until no effort towards it remains.

3 – Test and retest everything you know, as this is the key to proficiency.

The more you practice the better you get.

Epilogue

All of the things needed have been covered.

Those who require instant gratification, will not find it here.

This is a study of process in which knowledge in action gives results. Wisdom.

As man is taught throughout life, so does this build continually as a never ending learning process. Now you get to learn the truth.

It is up to the individual student to find that which is beyond the physical, and learn the use. Keep trying until you do.

Each individual is on their own.

Your personal responsibility starts with you. One must 'master' the content for their own benefit. Learning numbers, ABC's, and colors are no less basic than what I have written.

Summation

The lack of detail is intentional.

Due to the diversity of individuals involved, there was only specific generalities to chose from.

The idea of putting this into text covers the two reasons I have done so.

These specific directives have not been put into text before now.

In conjunction with the text, there were too many people who had questions.

Mostly, these deviated from the learning progression required to accomplish the goals.

I introduced the most common and easiest way to accomplish the end results.

Everyone now has a text to follow in studies of one of the most difficult subjects known.

Inter-relationships between each other is complex enough. When the personal self relationship is added, you get multiple complexities, and I hope the reader/student remembers the 'simplex'.

Irrespective of how off the wall, impossible, and imaginary this subject seems, keep on truckin!

Positively, absolutely, never give up...

I know some will have problems with certain specifics in all this. All that is needed is mentioned in this as 'simply' as possible, each 'step', and some of what you 'may' experience.

Don't worry if things work a little differently, just do what works for you.

Be as 'aware' of as much as you can, and look at your progress as building blocks of the first steps you have taken.

Know that 'your path' will be unique to you.

Understand that these experiences are intended to be awesome.

Feel free to stop and look around.

Existentiality

Extant – existing

Existential – of, relating to, or affirming existence

Exist – to have real being; to have life

Existentiality – a verb, verb connotes action, and is Emperical – capable of being verified or disproved by observation or experiment

Each person has a question. This is a 'not quite sure' about themselves, question.

Everyone has heard about the child wondering how to find out what they want to be when they grow up? A question unanswered.

As one learns, that question fades into the mists of dreams. You are too busy.

Most never become what they thought they wanted to be as a 'child'. I didn't, did you?

This concept used to be simple, when life was simple, and over time 'things' changed.

Time didn't stand still for you either.

Suddenly, years have gone by, and the time needed to go catch that dream have passed. Too busy living to dream?

Now, your 'reason' tells you that your life is too complicated and committed to be able to go for that dream.

Yes, and even dreams change.

REALLY?

Were you not busy, or even more busy, as a child? A thousand million things at the speed of light.

Do you mean to say you have lost the child qualities? Just let them out.

That those mental calisthenics of your gymnastic abilities to change subjects at the speed of light, are gone? Doubt your dream?

Curiosity of and in everything, was your driver, needing to know and experience the gas peddle, and suddenly your imagination and drive evaporated?

Bummer. Run outa gas or what?

Did your life get in the way, or what?

Hind sight is 20 – 20, I wish, I should have, I could have... Or What?

Most people who have dreams are content with the wonders of them, and too many are frightened to death that they might realize them. WHY?

Too many are 'subject' to realities they believe are not changeable. Life is too complicated, too engrossing, and it is too late, I'm too old, etc.

Ya think? Are you sure?

Whatever happened to that imaginative question, 'What if'?

Where or how did you lose it? Or did you?

The simple fact of the matter is you ain't lost nuthin. A short attention span covers the most ground.

Throw a snowball because it snowed or being unsophisticated by just jumping in, and being yourself are the child like qualities required. Dance like nobodies watchin.

'Come to me as dear children'.

Full of questions, awestruck in wonderment, and totally innocent... totally, really, you.

Dreamers are the starving artists, unpublished authors, and unproductive thinkers. Really?

So exactly what industry was Adam and Eve in?

Reality is critical in this, so what is 'reality'?

Better yet, what measure of control over reality do you have? Any?

I stressed 'reality' training through out this text for a reason. It sticks in your subconscious mind. Repetitive learning like those math tables in grade school.

In order to be 'extant', the individual must be proficient in, and in control of 'reality'.

Yes, ya gotta 'program' yourself.

No, there are no exceptions. Just commercials.

Tell me how to make anything better without a solid grasp of control over reality.

As a babe in life, you started out taking baby steps, and graduated to walking.

→ This discourse will allow everyone to never be 'subject' to any 'reality' but your own, on your own terms, as you know things should be.

I have stipulated that 'reality control' is critical. Take control of The Now.

→ So here is the graduate course.

Starting out, the assignment was insignificant, like not losing your keys, phone, etc. Simple, success builds confidence.

After becoming proficient at that level, you were instructed to advance to your 'condition'.

This 'circle of influence' and the 'air' of energy you project around you.

Simply, as you are bombarded continually with thoughts and ideas, you either accept, reject, or ignore them. Think commercials.

You should know by now that the world is very busy trying to program you to be this way, have certain things, and buy, buy, buy!

Because people 'accept' things that are continually repeated, your actions gravitate towards what is put out. Nice little robot.

→ In order to not be subject you must train your mind. Your turn.

This training is extreme. Just as much or more so than a fighters training.

Weights, conditioning, and 'instinctive action' practice is involved. For ever and ever, until you get it.

Conditioning goes to being able to accomplish a goal. Control the now and be

free.

The three books offers the serious student everything needed to become their own champion.

→There are no boundaries, limitations, or inadequacies.

Remember, it is your decision.

First accept that you are the Crown of Creation. The very best you 'decide' to be.

When you first find out that you 'can' change 'things', you are on your way.

In much of this you will look to change simple reality situations, like finding your keys, or your phone. Pick a simple starting point.

As you do so, you will probably not notice that, not only have you fixed or removed a small amount of irritating inconvenience, BUT, you have changed you. Think about how by looking at the added peace of no more BS.

After this is under control, pick another piece of irritating bull shit, and fix that one too. Go into this one at a time, the smaller or more insignificant the better. Practice until it works, then go after the next one.

Over time the 'incidentals' will be eliminated one by one, so you no longer have to deal with them.

So now what? What is next?

How about expanding your reality control?

The simplest and easiest are your busy mind keeping you awake at night. The last piece of BS.

Two ways to do this.

1- The straight 'mechanics' of ignoring everything by singular attention and elimination. Takes a lot of time.

2- The straight use of imagery as your mind's target of how you want things to be, like sleep.

The most common is the 'image', a beach, meadow, perfect weather of a perfect day. Pick your favorite, get a clear picture in your mind, and use it.

The more you put yourself 'into' the image, the faster you will relax and go to sleep.

Rest in peace within your perfect scene, laying in the grass or being on your towel on the beach. Make this as real as you can, practice, practice, practice.

The two results are a decent nights sleep and the added plus of the 'feel good' of your special place. Yes it is 'residual'.

This is commonly known as 'dream programming'.

- As I said, it is your 'Decision', so decide already!

At this point, general irritations have been dealt with and being able to sleep are yours.

I hope that everyone knows that some of the simplest things are hardest and aquire the most effort. Just keep practicing.

A lot of people will just seem to do things with little or no effort, while some may

seem to be trying to accomplish the impossible.

→ There are no boundaries, limitations, or inadequacies.

NONE.

The hard part for those who struggle is the simple act of 'deciding'.

Following that is bringing yourself to the point of, or just 'accepting'.

Each individual needs to know that the little engine who puffed out 'I think I can, I think I can, I think I can...'.

After getting over the top, 'I thought I could, I thought I could, I thought I could...'.

Are you ready? Got your ticket to ride?

If you can 'fix' lost keys or a phone or any of those bull shit items, who says you 'can't fix' anything you chose?

I know, everything is fine when you first wake up, you feel good from resting your body and mind. A golden place.

Then that big fat Bummer lands right in the middle of everything?

You were fine until you remembered you got to get up to go to 'work'... back to the grind.

Most people don't like their jobs. Four letter words anyway.

Really?

Not True.

You don't like being 'forced' to go to work.

Then most people work at something they don't 'enjoy' doing. Lots of reasons for that one.

What IF you could change those things?

- So now 'we' take that look in the mirror.

Go ahead, go to any mirror and take a look.

What do you see?

I recommend you do this when you have some time, as you need to look deep.

Why?

The way you look into the mirror should be different than just seeing the image.

As you 'look', look into your eyes, look into 'you'.

Very slowly increase the 'depth' of that look. Allow your mind to 'see' everything inside you.

You may 'see' experiences, incidents, or any number of 'things'.

These are a reflection of your 'realities' at that point only, and some may be false.

Turn away and think about them all. Some are easy like dismissing the false thoughts, some will require in depth thought. You will know what to do.

- Go easy on yourself as most of these things are not absolute or unchangeable.

Instead of dealing with the past, think more towards how you are, how you know yourself to be, in the thing called 'The Now'.

At this point remember that golden feeling so you can now wake up and embrace it.

Decision is critical to everything, getting up, going to work, and living life.

In order to 'adjust' what you put out, and experience, you get to first adjust you. How? Adjust the input.

Think about that great feeling when you woke up. Embrace it intimately and completely.

The 'physical' memory of how that felt needs to be brought back. Bring it out to the point where you 'feel' it, just like you just got up again.

Push that feeling until it fills you all up, right to the ends of your fingers, toes, and your mind.

Use this 'feeling' as a guide for your thoughts, thoughts about everything.

Then give that golden feeling to everyone you meet, from that moment through your entire day.

The simplest things seem to be the hardest, so just take this as far as you can. Know that as you practice it it gets easier and you can go farther.

You are in the process of adjusting your very own 'sphere of influence'.

+ That 'sphere of influence' is your 'projection' of your 'condition'.

You are aware of those people everyone wants to be around?

Using the techniques described, not only causes you to feel good, it also makes you into a 'want to be around' people.

This has to be real in order for it to be real. No one can disguise this. Practice, practice, practice...

Some will be able to simply do this while others may have difficulties. Those who find this difficult will need to practice it until it happens. Start small and build up to it.

The icing on this reality cake goes to an extension of the above.

The negative thoughts destroys your ability to feel good.

The two ideas on this are; replace bad thoughts and ideas with good ones, and deny or dismiss the bad thoughts and ideas.

Both work, but in reality things change.

→ I offer here the basis for permanent and unlimited influential change of everything.

Baby step first.

After 'mastering' your auric output to the point of the 'feel good' being able to be 'given' or having lasting influence on those around you, it is time to take charge of 'The Twilight Zone'.

At first this will seem to be a large step.

If you are doing the above, it will seem to be, simply the next step. A true leap of faith.

Just as you have learned to 'project' the auric effects, this will alleviate your load.

In order to keep you from getting lost in the infinity of every detail of living, you now can adjust the basis of the whole.

→ Remember that your Creator given 'free will decision is critical', and it is all up to you.

The majority of people are subject to a great number of 'happenings and incidents' every minute of every day.

The thoughts that open one up to all this are yours to 'Decide' upon.

Your capability to remove the 'subjective' incidental Bull Shit has been shown.

The ability to influence your immediate surroundings has been given.

You are now ready to direct all the 'variables' to your advantage.

In taking this action, everyone and everything in your life is about to change.

How?

*Simple. Remember that your Creator given free will 'decision' is critical.

Think very carefully as to what you want in terms of how your day goes.

This will take some practice, and one day at a time.

You know most of the possibilities, the physical objects, the engagement of people, and in general, what to expect.

Get a picture in your mind starting at the beginning of your day, and run a video through to the end of your day.

Decide it to be a nice, smooth, no incident day.

Take that decision and make it 'absolute'.

Keep that feel good flowing from beginning to end.

You will get thoughts that distract you or are contrary, and a few blind siding negatives, those 'I didn't see that coming' type.

Discard the unknowns, distractions, contraries, and blind sides. As in, 'I don't think so.'

You have to 'refuse to entertain or accept' any and all problems and distractions.

Rerun that video until it runs smooth.

The object is for you to train your mind.

You see, it isn't your conscious mind that is in charge, but your subconscious mind. The repeat of the information forms a 'program' within the subconscious, and your subconscious causes you to do whatever it takes to make this your way of being. True mind Control.

This idea might sound funny or unreal, but it has been proven for thousands of years.

The basis is found best stated in the Bible.

“As a man thinketh in his heart, so is he.” Prov 23 v 7

(thinketh = believes, heart= core of being)

A man's most intimate ideas, central to his being, cause him to be as he is.

You have a learning curve that only takes you higher and makes you better.

The building blocks stack on top of each other in an interactive additive format, of one building on the one before and leading to the next, and the next, etc.

Just as your 'critical decision' to what is beyond yourself and to study these texts, you decided to explore yourself in order to know if any of this is real, and to find the 'Keys' that open the secrets we have all been looking for.

I have given enough of the hints and directions for most to find their way.

You should be at the place where you can make almost any critical decision you need to make about anything.

As you become more proficient in 'projecting' your positive energy, things change. Instead of the multiple incorrect thoughts, you only have a few and 'incidents' lessen in number.

This is still designed to interfere or interrupt the smooth running of your (video) day. So, practice, practice, practice...

The next step is your direct response to the thoughts and 'I don't think so'.

Negate and dismiss them completely, each one.

Over time you will get down to very few negatives and some days there are none.

>You decide to not be subject by accepting or rejecting.<

The next part takes a bit of work on your part.

Consider the 'whole' of your 'condition'.

Everyone goes out and about in their life. Because of the 'variables' of the unknowns, no one can attend to all the details involved.

As most people move through life, they do not intend to cause any harm. On the flip side of that, no one wants any harm to come to them.

- There is a law covering this called 'The Cosmic Law of Cause and Effect'. This is NOT Karma.

I suggest you state the 'affirmation' of “ In my day I will cause no harm and I expect no harm in return.”

This is all inclusive, and yet there is more.

Think in terms of not allowing any negatives, or harmful incidents, including anything outside yourself.

Make this as strong as you can.

Then let the thought go.

Present yourself as a harmless entity that is just passing through.

As you intend to 'cause' no harm, you expect the 'effect' to reciprocate in kind.

In the process of setting this in motion, guard your thoughts, make them as harmless as can be, and continue.

Expect your 'effect' to be harmless in any and all situations.

Know that this 'law' is reciprocal, reflecting in kind. What you give is what you get.

This may take some practice, but as you have come this far, reasonable to accomplish.

As this is done, you will find a lack of most adversity in your life, less and less over time.

'Expectation' is a key component, as you initiate the law and expect it to offer protection. Expect the best.

At the start of any activity, feel your happiness running throughout, and know you

are to receive the same pleasantry for your journey in return.

Setting your thoughts, programs your realities in whatever you undertake.

Your subconscious brings your actions in line with this program and makes it happen.

Thus you will find yourself no longer subject.

Each is responsible for what they know.

Show wisdom through your knowledge in action.

“ My people are destroyed for a lack of knowledge.” Hosea 4 v 6

Go in Peace.

Drake- Sol 4, no rank, no title.