

Author's Notes

This body of work presents tools which can be used to manage your mind, *body*, relationships and life. The first decades of my life, I lived without them. Approximately 25 years ago, as a result of the need to heal myself, I searched for tools with which I could unload the burdens I had accumulated. This book is one of the results of that search. This work is not a product of any curriculum. It is written from my own experience and is offered with sincere humility. I know of no book from which inner work can be learned, though thousands of books have been written about it. Acquiring this knowledge is a process .

None of what appears on these pages is original, save the synthesis of the material and some of the conclusions, for which I take full responsibility and invite your input . Nothing herein should be construed as medical advice as each idea is intended for support of the reader's Spiritual process and *self-healing*.

Using these tools calls for a different mind-set than the all too common "victim" or "hero" attitude and requires time , work and willingness . The tools work; the rewards are extraordinary! Take the time to build the foundation and understand the philosophy of this work, and you will create a toolbox which makes these *Tools For Life* usable. Your life is about to change.

This book covers both the introductory course material and the advanced material, designed for those more involved. This material flows from a course of study which now takes a minimum of nine days to complete at our teaching center. In my short, two-and-one-half hour workshops, I invite people to "listen fast." The amount of material covered in this book is enormous and rarely would it be possible to comprehend it all in one reading. To you, the reader, I suggest, digest slowly. *Be patient*. Ten years from now, on the twentieth or ninetieth reading, due to the nature of this work, this book will say many new things to you.

I suggest you read as much of the text as makes sense to you and *do the worksheet process*.. If you lose the train of thought or confusion surfaces, go back and *do the worksheet*. This book is not meant to be grasped in one reading.

Many people find that a combination of the written course material and the audio or video tapes helps them grasp this information more quickly. I realize this may sound a bit like a commercial, but we've found that exposing people to this work through as many different senses as possible helps them integrate it and put the tools to use more quickly. When you see this workshop on video or hear it on cassette tape, it is almost as though it produces a three-dimensional or cellular comprehension. It is a difficult effect to explain and even more difficult to achieve through a linear presentation such as happens with written material.

The goal of this text is to create a theoretical framework from which to view life differently. Above all, I wish to stress the simplicity of the process you are about to engage in, though it may appear complex at first. Truth is complex to a complex mind and simple to a simplified mind.

I understand that scientific convention and the rational mind require that I cite references for each new statement. I have chosen to bypass convention. I will make many statements that are

based solely on my observations after twenty-five years of doing this work. I invite you to disbelieve everything I say and test it for yourself. Verification will come from the fact that you will find the tools work. I invite correction and feedback on this material and present what I consider to be useful observations even though they do not fit convention. I am in agreement with Albert Einstein who said: *"One thing I have learned in a long life: that all our science, measured against reality, [actuality] is primitive and childlike."*

The scientific method provides a platform, as it were, from which to view the world. Any theory breaks down where its foundation is flawed and becomes provable from within its own errors. There was a time when everyone "knew" the world was flat; thousands died of scurvy years after nutritional deficiency was known to be at least part of that dis-ease and limes were proposed as a solution; the first physician to suggest that medicine men spread disease with dirty hands was scorned as a fool. Many so called "scientific" minds resist change. Scientific conventions seem to change only when those with old beliefs die.

You will hear a lot about the Law of Love in this book. It is the guardrail on the highway of reason . Information available to a mind is limited by the mind-set of the "thinker." Do you see all the things you Love about a person when anger rears its head? No, we are cut off from our Loving thoughts by anger, cut off from the Law of Love.

The intellect, because of the way our mind-set limits available information, can "logically" take you anywhere its foundation is set to go; it can justify anything up to and including murder. Love, as a condition in the mind, inoculates the intellect against foolish and senseless behavior . A lack of awareness of the Law of Love is *the recipe* for insanity because without it the mind must operate under the rules that produce insanity. The Law of Love is the *only* pathway to peace of mind which is a prerequisite to sanity and happiness.

The goal of this work is summed up in the story of a child of four who had shown an interest in geography. One day her mother cut up a map of the world to make a puzzle, thinking it would keep the little girl busy for a few days. Fifteen minutes after receiving the map, the little girl had assembled the puzzle. Her mother was shocked, she couldn't believe it. "How did you put the puzzle together so quickly? Even I couldn't have done that."

The girl replied, "Well, Mom, I noticed when you were cutting out the map of the world, there was a picture of a little girl on the other side. When I put the little girl together, the whole world came together!"

ENJOY!