

MAIN TITLE PAGE

The Way

**7 REVOLUTIONARY STEPS TO
LIVING A MEANINGFUL LIFE
& MAKING A REAL
DIFFERENCE IN THE WORLD**

**Your Ultimate Guide to
Positive Relationships
Optimal Health
True Success &
Lasting Happiness!**

**Only Step 4 Center &
The 10 Laws To Live By**

**ANDREW
CALDERELLA**

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++++++Helpful Links Below++++++

Life Essentials Master Class #LEMC

- If you want to understand how this all fits together, the LEMC is a great place to start, as this short course gives an overview of The Way & The One and shows how they can work to help all of us become our best and fix our world.
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STEP 4: CENTER

*“Educating the mind without educating the heart
is no education at all.” - Aristotle*

Within Step 4, you continue down your “True Path” and put your choice for the positive and the good into rational action by confirming a complete “Core Belief System” or “Moral Code” that covers all areas of life. *Note* that “Step 4: Center” starts here in chapter 4 and runs through chapter 7.

WHY DO YOU NEED TO CONFIRM A CODE?

We all have a core value system. Core values are also known as a moral code and paradigms. They are fundamental to your success because they affect and determine your attitude, intentions, thoughts, judgments, choices, words, actions, reactions, emotions, feelings, and other beliefs. Add all of this together, and this is basically who you are.

This means that a small set of values affects and determines your view and how you feel about yourself, parents, foreigners, God, religion, education, government, our environment, the rich, the poor, politics, money, sex, drugs, violence, and everything else.

This critical insight is of paramount importance as it determines your fate/destiny and the fate/destiny of humanity. Our core values are the deciding factors that determine our success as individuals and as a species. Therefore, having a complete set of core beliefs that cover all aspects of life is imperative for becoming your best because they affect everything in your life.

You can see “Our Code” as firmware or as an operating system that determines all you do and say. Our core code is the lens that helps us interpret the world around us. So, by centering ourselves through choosing and adhering to a positive moral code that covers all aspects of life, we solve most of the problems of life and society.

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HOW DOES YOUR CORE VALUE SYSTEM CHANGE?

A Paradigm Shift is a core belief that changes drastically. For us to develop as humans, our paradigms naturally change drastically as we go from a baby to a toddler to a teen and an adult.

Our core beliefs can also change for other reasons, all of which require a catalyst of some kind. A catalyst is something that is introduced and creates change. The catalyst and its effect can be positive or negative. The key to note here is that you determine the effect of the catalyst. Your control means that you can take a negative catalyst and turn it into positive energy. See the “Life Manual: Our Practice: The Power: Transmutation” for more on how to change the negative into positive.

The paradigm shift can create a change that takes place instantly, or it may take time to manifest. The key to any paradigm shift is not to fight it, but instead to take the time to understand what is happening or has happened. Through this deep understanding, you gain control and often can find even more positive change.

Paradigm Shift *Examples:*

- As a child, our perspective on cars was how cool it looked. As we got older and had kids, we then found safety as our primary concern. Here the paradigm shifts from cool to safety.
- We hate all people who have dark or light skin because we were taught this was right since we were a child. Then we serve in the military and work with people of many different shades of skin tone.

We make friends with people that have different skin tones, cultures, and ethnic groups and then realize we are all just people. Here the paradigm shifts from hate to friendship and from falsely believing in separate races to understanding that we are one human race.

Traumatic events are catalysts that can cause a paradigm shift that drastically changes our lives. Again, this change can be positive or negative,

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depending on how you handle it. These close calls or near-death experiences can radically change the way you see those close to you and the world around you.

These events can literally make everything seem more vibrant and glow with the energy of life. You can feel the most profound appreciation for the simplest everyday things, and this experience can wash away all the little problems you have with people. Here the paradigm changes from commonplace to wonder and gratitude. This crucial insight holds great power for positive change in our everyday life and society, for we don't have to wait for such events to get the benefits.

THE 10 LAWS DEFINED

"Ethics is knowing the difference between what you have a right to do and what is right to do." -

Potter Stewart

The "10 Laws" or "10 Commandments" below are a complete set of positive core beliefs that cover all aspects of life. These "10 Commandments" are at the center of *The Way*. We refer to these as "Laws" or "Commandments" or "Core Values" because they are self-mandated directives that make up the center of a value system that covers all of life. (*Note: I have used "Laws" most often in this book because it's a shorter word*).

It's my understanding that the "10 Laws" are at the core of all religions, spiritual paths, and our developed human conscience and sense of morality. All is written with the utmost respect and appreciation for all. You can follow *The Way*, honor God, your religion, spiritual path, and yourself without conflict.

The information contained within the "10 Laws" can help bridge the gap between believers and non-believers, science and religion, as well as east and west. These laws can help everyone gain an understanding of our world and our societal systems. It's this mass understanding that will naturally change our lives and systems for the positive.

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As a set of personal absolute moral guidelines, the “10 Laws” guide you in every situation, which helps you stay on your “True Path.” These “rules to live by” are a construct that you use to check yourself against throughout our day to ensure that you are on track. They are the yardstick to judge the rightness and wrongness of yourself, our society as well as other people.

Really knowing the meaning and intent behind each law and how the “10 Laws” work together as a whole is key to successfully implementing them in life. Any belief that is worth having must not be forced upon you, and it should be able to stand up to others, reason, morality, and your conscience. Therefore, first, we will provide the list of all the laws, and then we define each of these core values in detail.

The laws are grouped into “The Laws of Purpose,” “The Universal Laws,” and “The God Laws.” For some people, at a glance, a few of the Laws may appear to be in conflict with your beliefs. If so, please read further for clarification, for you may find, as others have, that they are not what you assume.

Laws of Purpose

1. The Primary Purpose of Life is to Be Your True Self, Live a True Life, and Go to Heaven.
2. The Primary Purpose of Society is to Create Our True Society.

Universal Laws

3. Respect Life.
4. All People are Equal.
5. Treat People as You Want to be Treated.

God Laws

6. There is No God Other than God.
7. We are All Directly Connected with God, and this Connection Cannot Be Broken.
8. God is Our Sole and Final Judge, and We are Judged by Our True Beliefs, Intentions, Words, and Actions.

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9. Respect God.
10. Worship Only God; God Does Not Require Worship; God Can Only be Freely Worshiped.

THE LAWS OF PURPOSE

“The first principle of ethical power is Purpose. By purpose, I don't mean your objective or intention-something toward which you are always striving. Purpose is something bigger. It is the picture you have of yourself-the kind of person you want to be or the kind of life you want to lead.”

- Ken Blanchard

It's through the unity of purpose within self and society that we create the circumstances for higher states of being to be realized in our life and world. Our lives, all callings, and our society are made better through the first “2 Laws of Purpose.”

LAW 1

THE PRIMARY PURPOSE OF LIFE IS TO BE YOUR TRUE SELF, LIVE A TRUE LIFE, & GO TO HEAVEN.

*“The whole point of being alive is to evolve into the complete person you were intended to be.” -
Oprah Winfrey*

A primary purpose means we have an overall life goal, mission, and reason for existing. The primary purpose for each of us to become the best person we can, live a meaningful life, and to go to “heaven.”

Here you are only competing with yourself, and comparisons with other lives are meaningless for your journey is “truly” unique and incomparable.

DEFINITIONS OF KEY TERMS:

- “True Path.” The way to the ultimate self, life, and heaven.
- “True Self.” The ultimate self.
- “True Life.” Living the ultimate life.
- Heaven. The ultimate place to exist, live, and be.

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WHY IS HEAVEN INCLUDED?

Heaven is included within the “First Law” for all of us who believe and because it’s possible. For those who do not believe in heaven as the ultimate goal, the other concepts of becoming your best and living a great life are still valid primary purposes of life. You can change it to “The Primary Purpose of Life is to Be Your True Self and Live a True Life,” omitting heaven from the law. For those wanting more, note that we will cover more about God and Heaven within the “God Laws” later within this step.

THE OTHER MAJOR PURPOSES OF LIFE

There are other definite major purposes or missions for your life beyond this primary. However, all other purposes in life are enhanced and supported by this “1st Commandment” because if you are at your best, everything else you do is better. In fact, following *The Way* helps you be prepared for your great callings when they arrive. Other great callings may include: being a parent and role model, doing meaningful work, a political calling, being an artist, helping people, solving world issues, and more.

THE VOID & YOUR TRUE SELF

As stated, there is no comparison with others for each of us is truly unique and only competing with ourselves. The key is to realize that it’s more important to find the truth than to be right. Often, humans learn more through error, trials, and tribulations of life than an easy success. In the end, your “True Path” to your “True Self” is one you must be willing to follow no matter where it takes you.

One of the keys to being truly successful is knowing that the fear of being lost, failure, and self-destruction is balanced with the hope of becoming your “True Self” and living a wonderful life. This positive image of your ultimate self, having great relationships, living a “True Life” is critical. To be “Truly Successful,” you must realize this greater being, is you.

To say it another way, you are not channeling this greater self from anywhere else or trying to become something you are not. Instead, you are

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growing into, releasing, and manifesting your “True Self” within the body you inhabit within this world. Your “True Self” is who you really are; it just takes conscious effort to manifest.

So, take a moment right now and imagine the moment has finally arrived when you find that missing piece to fill that void within. Envision, there is a positive, powerful, beautifully glowing ball of energy in front of you right now. This glowing ball of positive energy is the answer to your deepest desires and is here for the taking right now. You naturally feel the rush of good feelings, like hope, and excitement, just knowing the moment is here, and the answer is right in front of you.

Now, you see yourself taking the wonderful ball of light, and as you do, it merges with you. You instantly become one with this positive energy. You understand and find peace. The world makes sense. You know why you are here and what to do. You have clarity of purpose. You know how to find your people and make the relationships you have better. You clearly see your unique path to get you to where you want to go. No matter how difficult or challenging, it all seems doable, and you know you can pass the test. You can clearly see being your “True Self” and living a “True Life” that is more wonderful than you ever dreamed.

For some of us, we may not know what we have been missing until it appears, and for others, the void within is keenly apparent. In either case, when a missing piece finally appears, we have no real choice as it’s instinctual, we most often just go for it. Many of us even risk everything for an opportunity to fill this void when it arrives.

We take this missing piece when it shows up because we know if we let this, what may be a once in a lifetime opportunity go, it might never come again, and we might miss out on something we desperately need. We know this type of missed opportunity can create regrets leaving us always to wonder what could have been. This feeling of loss and missing out added to the hope of getting what we really need is why most of us just go for it when that missing piece seems to appear.

The problem with our human need to fill the void means we may try to fill it with wrong or incomplete pieces that can leave us worse off than we were before. In the end, we all would like to find the correct missing

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pieces so that we can become our “True Self” and live a “True Life,” but we just don’t know-how.

HOW DO YOU FIND YOUR TRUE PATH, BECOME YOUR TRUE SELF, LIVE A TRUE LIFE & GO TO HEAVEN?

“Clarify your purpose. What is the why behind everything you do? When we know this in life or design, it is very empowering, and the path is clear.” - Jack Canfield

To fulfill the primary purpose of life and other major callings, you simply follow *The Way* as it puts you on your “True Path” which leads to your “True Self” and “True Life.” To say it another way, *The Way* is the guidebook on how to master life’s ultimate mission. Once you understand the fullness of *The Way*, this path will become clear.

For now, let’s go a little deeper into the levels of self. We are doing this because knowing the different levels of human development is key to understanding ourselves, humanity, and our goal as individuals and as a society. We often refer to people acting at a low level or in very negative ways as being a savage or a barbarian, while those who have positive qualities as being civilized, enlightened, or their “True Self.” This is important, so let’s go into each level a little more deeply.

- **Savage:** Being a savage means we live close to an animal state. In this state, we are ignorant, simple, wild, naïve, uneducated, unsophisticated, and underdeveloped people. It’s a state of unrestrained brutality, violence, and cruelty. While savages are mainly concerned with themselves, they will also protect those they care about at the expense of everyone else. If we are not part of the inner circle of the savage, we are its prey. Desperate circumstances can drive almost anyone into a state of a savage for a time.

For example, having to care for a starving or sick child during a collapse of civilization. In these situations, we can find ourselves doing the otherwise unthinkable and acting like a savage. Being human means that when we are truly desperate, we will most often steal, lie, cheat, and even kill to survive and save ourselves and/or our loved ones.

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- **Barbarian:** While a step above a savage, a barbarian distains civilization and other refinements such as caring for more than oneself and one's immediate inner circle. In this state, we are a little less ignorant, simple, wild, naïve, uneducated, unsophisticated, and underdeveloped. Yet, we still possess other negative qualities.

A barbarian may pay allegiance to a clan or tribe but still distains society and culture. "Might Makes Right," cruelty and uncivilized behavior is the norm. Barbarians believe that if one can take power and make others do what they want, no matter what that entails, it's right. Other than the basics to survive, barbarians do not pass down knowledge well. They are not interested in education or any real refinements.

Note on Savages and Barbarians: Savages and barbarians have an underdeveloped sense of morality, empathy, and sympathy. They can also be mentally and emotionally twisted, feeling pleasure from doing terrible things. This twisted viewpoint leads those of us who are savages and barbarians to see feelings like love, the desire to help and understand others, the admission of mistakes, open-mindedness, cooperation, caring, and consideration as weaknesses. Savage and barbarian mindsets are often the bottleneck preventing real solutions from being implemented because they see everything as us vs. them, zero-sum, and win-lose.

- **Civilized:** Civilized people are humane, moral, educated, ethical, polite, and reasonable. They work to create a wide range of societal systems to benefit all. The civilized have an appreciation for art, exhibit a refined level of manners, and are generally polite. Rules of behavior are centered on equality and fair treatment. For the most part, the civilized obey the law because they feel it's right or because they are afraid of the punishment if caught.

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- **Enlightened:** Here, we possess all the traits of being civilized. However, higher moral virtues and other wholistic refinements are reflected within this person's life. They do what is right because it's right and not out of fear. They truly work to better themselves and the world around them.
- **True Self:** Here, we carry the traits of the civilized and enlightened yet also fully realize who we are as an individual. Our true talents have become manifest, and we are developing and working on using these abilities to the fullest degree.

Note: These human levels are not associated with the society around us.

For example, someone living in the Amazon forest in a primitive state can still be civilized, enlightened, and even their "True Self." Conversely, someone in a highly developed society can behave like a savage or barbarian.

It's important to remember that no matter how high our level of development is, most of us are a disaster away from becoming a savage or their prey. It's also important to remember that we are all born ignorant. Therefore, any society, even one that has very highly enlightened members, can revert to savagery and barbarism within a few generations if the institutions, knowledge, and ways of being are not maintained and passed down correctly.

Therefore, to ward against savagery and barbarianism, we must care for our societal systems, ensuring that they are running well for everyone. No matter how advanced our physical society becomes, we as a species must continuously be educated, over and over, generation by generation. We must strive to improve how we raise all human beings, for this is how we prevent raising groups of savages and barbarians who will steal instead of work, hate instead of love, and destroy instead of build.

We need to prepare for disasters, actively work to prevent them, and help people out of disasters if we are to stop people from becoming desperate and falling into a barbarian or savage level mindset.

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Preparedness means each of us needs our emergency plans, supplies, and go bags. As a society; we need to conduct major disaster, fire, and other safety-oriented drills in our homes, schools, workplaces, cities, and regions to help prevent problems and be prepared for when they happen.

See “Life Manual: Self-Care: Health Fundamentals: Disaster Preparedness.” and our site www.7Way.Me/wd for information on how to create your own plans and bags.

We also need to ensure that those caught by a personal disaster have a way back. Support means having humane systems in place that help people through desperate transitions of life that get them to a good place. These systems include things like food banks, shelters, etc. as well as plans to help people become self-supportive like education, relocation, temporary housing, and training programs. In this way, our society can help the desperate, positively channel the negative energy, so that they can develop themselves and attain a conducive lifestyle that adds positively to society.

THE FUTURE IS OURS

“If you can tune into your purpose and really align with it, setting goals so that your vision is an expression of that purpose, then life flows much more easily.” - Jack Canfield

When working to become your best, remember that what has come before does not have to come again or continue. Today is the first day of the rest of your life. Those of us who do not reach our full potential are a significant loss. This is because, for our society to achieve its full potential, it must be filled with good people all working to be their best.

In the end, as we all go about our primary mission, we naturally spread positivity, happiness, and peace in the world. It’s through the process of you making your own life better that you help improve everyone else’s — other people doing the same helps you. Each of us is a critical link in the chain of what it takes to truly make a positive difference in our world. Our effort directed at becoming better individually added together with everyone else means we will be building a more conducive environment

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for us all to thrive. This is one way, generation by generation, that we create a better and better world.

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LAW 2

THE PRIMARY PURPOSE OF SOCIETY IS TO CREATE OUR TRUE SOCIETY

“No society can surely be flourishing and happy, of which the far greater part of the members are poor and miserable.” - Adam Smith

You are not alone. You share this world and universe with other life, including other people. We all experience life from within human society. We all need a conducive environment in which to grow and live if we are to truly be our best and thrive. Therefore, our society must be its best if we are to truly thrive.

Now that we have covered the absolute need to create the best society possible or our “True Society,” we need to get on the same page as to what that really means. Our human society is a combination of all our knowledge, customs, traditions, cultures, creations, systems, and ways of doing things. It’s comprised of all our institutions, individual contributions as well as our cooperation throughout the ages.

The primary societal systems include government, economics/business, communications, health, justice, religion, media, and entertainment as well as the basics such as education, water, food, housing, clothing, sanitation, transportation, emergency services (fire, paramedics, shelters, etc.) and energy. Our quality of life and level of society depends on how well the systems are developed, our ease of access to these critical systems, and the quality of the products and services offered.

Another key facet of our human society worthy of note here is found in the different cultures within society that reflect different groupings. Because of our human condition, those in an area, or of a group, cooperating over time develop shared traits. These unique ways of doing things and rituals are woven together into what we call “Culture.” These groupings are most clearly seen as cultures that span areas of the world

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and are related to continents, countries as well as segments of their populations and other groups.

For Example: American, Chinese, Russian, Indian, culture is one level. Another is when we go to a more regional and local view, such as in comparing the cultures of New York City - New York, New Orleans - Louisiana, and Outlook - Montana. These regions and localities have very different cultures. Within each of these, there are even more subcultures based on wealth, age, ethnicity, faith, and other demographics.

THE LEVELS OF SOCIETY

Our societal systems and cultures make up our society. The primary factor in determining the level of society is found in the societal system development and balance. These levels sound similar to the human developmental levels covered in “Law 1” and include primitive, civilized, enlightened, and “True Society.” Let’s go into them all now to ensure we are all on the same page.

- **Primitive:** At this level, most societal systems do not exist, or the ones that do are at a very low level. Frequently at this level, what is done is not being done in the best or most efficient way, often causing other problems.

For example, a primitive civilization may have a kitchen that consists of a wood-burning pit that they cook over. The problem is that the smoke causes health problems for all those in the home. Also, the land is being deforested, which is killing life and causing other issues like mudslides. Since there is no long-term energy solution, it leads to strife and famine.

- **Civilized:** At this level, societies have most, if not all, of the societal systems in place. The problem is that the systems at this level are often corrupted and out of balance. Thus, creating other issues in our society.

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For example, while a company may be making a lot of money and employing a lot of people, they are still underpaying them, creating a bad working environment, and destroying the world.

- **Enlightened:** At this level, all systems are developed to the point that creates a general feeling of happiness and peace within the people of the society. It's a world that is working with care and consideration respecting life and all people. Here we are working to truly balance and optimize all systems to make them the best they can be for everyone.
- **True Society:** At this level, we have mastered our natural world and societal systems. We have a world where people generally live in harmony with each other and our universe. We have created a conducive environment for everyone to grow into their "True Self." A "True Society works to preserve all that is good as it strives to refine everything it can.

A LITTLE MORE ABOUT OUR TRUE SOCIETY

"Really, the only thing that makes sense is to strive for greater collective enlightenment." - Elon Musk

Just as our fear of self-destruction is balanced by the hope of being our "True Self," so too is the apocalyptic destruction of our world balanced by the hope of our "True Society." Imagine a world in balance, thriving, and at peace, where all people have a real clear path to become the best they can be. A world of wonder, fun, challenge, and plenty, where everything is done in an artful way that adds happiness to everyday life. A garden world and healthy society where we can meet good people and explore wondrous cultures and thriving environments all over the world.

A place that is clean where we have truly mastered the human conditional forces of the universe and use this knowledge to live in harmony with nature even as we turn these forces to our advantage. A society where our systems are not corrupted but instead are led by those

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of real merit, with checks and balances in place and solid institutions to back it all up. Here is a world where all children receive what they need to thrive and learn the best habits as their primary way of doing everything.

Here you grow being challenged and provided with all you need to become your best. You would naturally develop long-lasting positive relationships and find your other life callings. You grow, live, and work in an artful garden world with different wonderful cultures to visit and explore. You grow up naturally living a meaningful life and making a difference in the world.

Now imagine our current human society taking up this challenge and working on perfecting and refining the societal systems and best practices generation after generation. Imagine that we are successful and what it would be like to be born into this “True Society.” How would you like to be born into that world? Would you like this for your children or their children? Of course, you do, as do we all. This is the whole point.

HOW DO WE GET THERE FROM HERE?

It's this simple universal truth of what we all really want (“True Success” & our “True Society”) understood by the many that allows positive change to happen. This is because there is tremendous energy in mass realization and focus. It's this power that creates a global paradigm shift. It's this shift that opens a path for meaningful positive change to happen within people's lives and our society. Over time, it's our positive actions that create a world of lasting peace and happiness that everyone can enjoy.

For those of us in the current age, it may seem a bit daunting or even impossible to get to this ideal world and society from here. That is because there is little unity, and we have not started the real work. All societies are products of the past. Our future society is a product of what we do in the present, which means that we can act in the present to create the society of our choosing for our future.

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To get there, we must start now, for time is short and if we don't unite very soon, all will be lost. *The Way* provides vital information and the exact steps on how we can unite and create peaceful, lasting positive change. So, by knowing the fullness of *The Way*, you will be able to take positive actions that will lead to our "True Society."

To save our world, we need to stay focused on the true goal and find all the "wrongness" in society. We look for the wrongness, for it shows us what needs fixing. To say it another way, it's when we look at what "should be" and compare it to "what is" that we can see the "difference." This "difference," or this "wrongness," is what needs to be fixed and healed.

Collectively we are the "Superhero" we all need. Together we can discover what is wrong, then find and implement solutions. There is NO other way; we must unite to accomplish this goal. Throughout history, we have united in common cause during times of great need. Right now, humanity is connected like no time in all of human history. There are enough people, resources, and will power to create meaningful, positive change globally very quickly - we only need to focus and unite to succeed.

We, the human race, must share a foundation of knowledge and unity of purpose in key areas if we are to create our "True Society." While it may take several generations to realize our "True Society," working to achieve this goal as a species is the more significant point. Our collective work will have many benefits. This includes things like creating more: hope, peace, happiness, health, safety, security, productivity, long-lasting positive relationships, and so much more.

The whole process will also create less stress, desperation, and worry, thereby improving everyone's lives. In the end, we must realize that no matter how troubled our society is, it's ours, and the only one we have. There is no other choice. We must work together to make things better if they are to get better.

We can only truly change our society as "the masses" for our society reflects who we are, and it will take the vast majority of us joined

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together to fix and maintain everything. This is because our institutions, cultures, governments, organizations, environments, and everything else to be their best, they must be filled with good people, all looking to make everything the best it can be.

The fact is that through your daily interactions and choices, you can affect positive change within your life and our society naturally. Your actions matter because, as we have said, humanity can only build our “True Society” if the vast majority of people are working to be their best. This is the reason the first commandment within this value system is about becoming your best, and the second is about building a better world because it takes “all of us” added together that make up the big “we” that is needed to create and maintain the positive.

If we are all working together to achieve this goal, everything will get easier for everyone; things will get better and better, year by year, decade by decade, so that those down the road will always start even farther ahead. All of us working toward this end can take pride, knowing we have created hope and a better world for ourselves and future generations. Note that within “Step 6: Unite,” we will outline how to peacefully force positive change within society in detail.

THE 2 LAWS OF PURPOSE SUMMARY

Bees aren't trying to pollinate flowers to help us all.

Their mission is self-serving, to make honey.

But pollen sticks to their legs and then gets spread to other flowers, thus giving the world much beauty and food.

But to the bees, they are just on a personal mission.

– The Processional Effect - Buckminster Fuller

Law 1: The Primary Purpose of Life is to Be Your True Self, Live a True Life, and Go to Heaven.

Law 2: The Primary Purpose of Society is to Create Our True Society.

It should seem obvious that being the ultimate you, living the ultimate life, creating the ultimate society, and ending up in the ultimate place would be the primary foundational purpose or mission or goal of life and

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our society. After all, it's natural to want to live a fulfilling, meaningful, productive, and joyful life.

Our ability to find consensus and real solutions is why competition within cooperation works so well. The proper use of this skill is how we end up with something much greater than we intended. Cooperating and working hard to build a world that is consciously and rationally designed to facilitate all of us becoming our best is the eternal goal we have been striving for as a species since our creation.

As we have learned and must never forget, the way to our "True Society" starts with each of us doing our part. The better we are as individuals, and the more of us who join together, the better our chances of success. Using the two "Laws of Purpose" and working together, we can't lose.

The Meaning of Life

The two laws of purpose give us our direction, and it's this direction added to the human conditions that we find the meaning of life. The meaning of life is to "find meaning in your life" or to put it another way, the meaning of your life is to "make your life meaningful." *The Way* is living rational, positive action and is designed to help you develop, find, and create a meaningful life.

CHAPTER 4

UNDERSTANDING LIFE

“A good person is the friend of all living things.”
- Mahatma Gandhi

Within this chapter, we continue with “Step 4: Center” by starting to explore the laws that cover our relationship with our universe. These “Universal Laws” are a basic framework on how to deal with all that is not God or us.

The fact is, life holds great challenges, tests, dangers, rewards, and mysteries. “The Universal Laws” guide us on how to find meaning, greater happiness, and become better people while we help create a more harmonious society for all. As with “The 2 Laws of Purpose,” these “3 Universal Laws” are needed because no one is an island, but instead, we are all part of a vast web filled with other people and life all wrapped within a complex society.

LAW 3

RESPECT LIFE

Within our universe, energy is bound into many temporary forms, with life being the most unique, special, and precious. In fact, most of our universe is antithetical to our type of life. For life to exist on our world, a multitude of variables and coincidences had to line up just right.

Respecting life means that we give it careful consideration, thoughtfulness, and deference regarding how we act and react. The desire and need to use our natural world mindfully, to protect it, to refrain from violating it springs naturally through a sense of love, appreciation, admiration, wonder, and through the need for self-preservation and survival. For this is our home, our nest, our womb, and we are dependent on all other life and our planet. The life surrounding us allows us to live and greatly determines our quality of life. Caring for all

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life and our world is an ever-present societal level human condition task which we must master as a species if we are to survive and thrive.

To truly understand what was just written, let's go a little deeper into what life is and how you can help it thrive. However, before we get started, it's important to note, especially for first-time readers, that this chapter, while not long, does go into detail on exactly how to care for aspects of our world. Therefore, for some, it might feel a little out of place at times. Rest assured that this information is absolutely crucial if we are to survive and thrive. This knowledge will help you to improve the life around you and will help you see what we should be doing on a larger scale. It is also here to be used as a reference later.

WHAT IS LIFE?

The primary forms of life are sentient, animal, insect, plant, and microbial. Life on our world can take in food, adapt to the environment, grow, and reproduce. All life lives within ecosystems. *Note:* the exception to these rules are some extremophiles that live outside the need for supporting life or even hospitable environments and can survive in the most hostile environments all alone.

SENTIENT LIFE

Sentient life is the highest form of life. Sentient life is self-aware and has a choice-making consciousness with the ability to feel and perceive. Sentient life can think and act beyond mere reaction to immediate circumstances. Sentient life can plan and modify plans.

High-level sentient life can understand complexity in different ways and can learn, understand, gain knowledge, and show wisdom. As a group, they can manipulate the forces of nature, comprehend high-level math, use logic, reason, and understand other complex information. A "True Sentient" being is a combination of all the above plus a conscience (knowing right from wrong). The human race is a "True Sentient" life form.

ANIMAL LIFE

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Animal life includes amphibians, fish, mammals, reptiles, and birds. Animals are mainly limited to a reactionary and instinct-driven existence. However, all animals can suffer and do share some of the same higher cognitive abilities as humans. Mammals can display eight emotions. These emotions are seeking, rage, fear, lust, caring, pain, grief, and play. In fact, we have seen other emotions like play exhibited by other life forms such as birds, sea life, reptiles, and even spiders.

There are some creatures on our world that are called animals but are either sentient or very close. Some of these include elephants, dolphins, whales, apes, and possibly some birds. They all show higher cognitive abilities, and have passed basic sentient tests such as they grieve for their dead, have a sense of self, can see and admire themselves and others in a mirror. Also, they have language, use tools, and more.

INSECT LIFE

Insect life includes flies, mosquitos, ants, roaches, etc. and are at the bottom of the food chain. Insects greatly outnumber all animal life and come in a wide variety. They are needed for our eco-systems to thrive as they are usually the primary food source for higher forms of life. They also work hard and improve our air, soil, and water. Insects are also quite fascinating creatures in their variation and diversity.

PLANTLIFE

Plantlife includes photosynthetic organisms that use the energy of the sun, along with internal chemical reactions to grow and reproduce. Photosynthesis is where plants use the energy in sunlight to convert CO₂ and water to sugar and oxygen. We see them as trees and plants. They provide food, building materials, clean water, and air as well as help us spiritually and mentally.

While we consider plants primitive, they are still quite impressive as they do communicate with each other and other life through the air and underground using biochemicals. Plants will help other plants that they see as family or those they like by growing in ways that allow the other to also thrive. They can be trained like a dog to respond to stimulus as in the

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ringing of a bell to indicate food for a dog. For a plant, instead of a bell, a fan blowing air is used to signal sunlight. Some plants can learn to change their behavior in a very short time too. *For example*, some can learn to protect themselves when dropped.

MICROBIAL LIFE/MICROORGANISMS

Micro-life are forms of life that can divide themselves to reproduce or mutate into other forms of life. They are so tiny that we can't see them without a microscope. Microbial life is the lowest form of life on this planet and is the most abundant. They do not think or feel or have complex systems like brains or spinal cords. They are a simple form of life when compared to a human or animal, yet they are mighty in that they can help us live as well as hurt or kill us.

Microorganisms perform a vital part in the process of life. There are beneficial microbes and harmful ones. We can see the micro life in and on our bodies as part of an ecosystem called a human microbiome. In fact, humans are a symbiotic life form comprised of trillions of microorganisms working together to maintain the vehicle we are using in this universe that we call a body. They are critical to our survival, protecting us from the harmful microbes, helping us digest food, and more. We could not live without them. See the "Life Manual: Fuel: Food Groups in More Detail: Supplements: Probiotics & Prebiotics" for more on protecting and strengthening your microbiome.

A balanced and symbiotic relationship with the micro life is needed. When we try killing them, we either make those who survive stronger and/or we kill off all of them, including the good. This killing of the good microorganisms within us, on us, and in our environment has adverse effects such as collapsing ecosystems and the breaking down of our bodies. This bad practice leaves us vulnerable to sickness and diseases from harmful microbes.

For Example: Taking antibiotics kills all micro life within our digestive tract and other areas within your body. This can make our digestive and other

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processes not to work correctly. The best approach is to keep our micro life in balance by crowding out the bad with the good.

“Phage Therapy” is a rising form of treatment against harmful microorganisms. A phage is the natural predator of microorganisms. The great thing about this type of therapy is that we can identify a phage to fight a specific harmful microorganism, often ending with a complete cure and no side effects. This therapy is used in many countries around the world for certain types of infections. This field of study is still developing and is more relevant than ever as the usefulness of antibiotics may be coming to an end.

HOW DOES LIFE SURVIVE?

In the end, all life (except some extremophiles) is dependent on other life to exist, and because of this dependency, life exists within ecosystems, and all ecosystems are dependent on each other.

A habitat or ecosystem is a symbiotic relationship between all life that includes microorganisms, plants, insects, animals, humans, and non-life such as minerals, water, air, gravity, and solar rays. All life and non-life are needed for an ecosystem to work.

Life needs many things to exist within a specific range (hot/cold, dry/wet, acid/alkaline, etc.). Tamper with one and the whole system can collapse. We can see ecosystems at the macro level such as a universe, galaxy, solar system, and planets and on the micro-level as continents, regions, deserts, forests, swamps, or even a small area like a yard or even a human body.

A basic *example* of mutual support within our global ecosystem is found between plants and mammals. Plants create oxygen, which mammals need to breathe-in. Mammals then breathe-out carbon dioxide, which the plants use. This circular support cycle allows both to live and must be maintained to the right level for continued survival.

We can see the whole universe as part of our ecosystem as it took the effect of gravity to form stars, and stars to create all the naturally occurring

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elements heavier than hydrogen and helium. The stars then had to explode, spreading all the elements far and wide to be used in new stars, planets and even life.

Other Ecosystem *Examples* Include:

OUR LIVING GLOBAL ECOSYSTEM

Our world, life, and our society are a product of a universal ecosystem. Our planet maintains the right distance from the sun, protecting us and other life from deadly rays with its magnetic field. Our world has just the right mix of chemicals and minerals to support life in great diversity. The environmental systems of wind, rain, tectonics, rotation, tides, and magnetic fields all work together to make life possible here on our world.

Here is one example of our global ecosystem in action. The south Atlantic ocean plankton, which creates so much of our world's oxygen, is dependent on the rivers from the Amazon Rain Forest for all the food they need to survive. The rainforest is dependent upon winds carrying sand from the Sahara Desert in Northern Africa to provide the minerals and other elements they need to grow.

The example is of a desert, rainforest, and ocean working in harmony to support planetary-wide life. This process provides us with food to eat, oxygen to breathe, and is only one of many major ecosystems that we need to maintain if we are to not only survive but truly thrive over time. *Note:* At the time of this writing, our precious Amazonian Rainforest Ecosystem is being carelessly destroyed, which is jeopardizing our future.

We can even see the earth as an enormous spaceship flying through space at over 1 million miles per hour or 1.5 million kilometers per hour. If this is our spaceship traveling so fast, so far, for so long, isn't it prudent and wise to understand, maintain, and optimize all systems?

The Numbers: Earth Rotates on Axis: 1040 mph / 1673.7 kph, Earth Orbits Sun: 67,062 mph / 107,925 kph, Solar System Orbits the Milky Way: 514,495 mph / 827,999 kph, Milky Way is moving through space

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and rotating: 600,000 mph / 965,606 kph. Totaling 1,182,597 mph or 1,609,344 kph.

Other Interesting Numbers: I don't have the space to cover all the interesting facts about our universe in this book. However, if knowing more about how our universe was put together interests you, check out these number sets: The Fibonacci Sequence, The Golden Mean/Ratio, and PI. Also, you might investigate "quantum entanglement" and "zero-point energy" for even more intriguing features.

REGIONAL ECOSYSTEMS

There are and were large areas of our planet made up of jungle, forest, desert, ocean, prairie, and swamp. Each of these regions is an ecosystem or habitat. These regions are dependent on one another. If we destroy these regions, the world's entire ecosystem can collapse. Many species, like birds, sea life, insects, and herd animals, travel through several different regions as part of their habitats.

LOCAL ECOSYSTEM

There are places within larger regions where conditions differ. These differences can work together to support life unique to that area.

For example, An oasis in a desert might contain plants and animals not found anywhere else in the desert or a stream in a forest may include fish, animals, and insects not found in the greater forest or anywhere else in the world. A yard in suburbia might be developed to support all kinds of plants and insects that the natural land around could not. Even your body or that of an animal is a local ecosystem supporting trillions of micro life forms that help the larger life form survive.

WE ONLY THRIVE IF NATURE THRIVES

In all cases, life is dependent on an ecosystem (except some extremophiles). Smaller ecosystems are dependent on the local ecosystems as well as the larger, regional, and planet-wide ecosystems. If the ecosystem is altered too much, life within must adapt, flee to a hospitable place or die. Most often, an ecosystem fails if conditions within are altered,

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or the range of conditions changes too much like being too hot or cold, too dry or wet, or too acidic or alkaline.

We destroy ecosystems through pollution, our thoughtless, uncaring “development,” and by killing off or unbalancing the life within it. As in, if we kill off all the bugs, then all the life forms that eat them to survive will have to adapt, flee, or die. If we add in an invasive species that have no competitors, it can take over and destroy local life.

If we kill off an irreplaceable member of the food chain, like plankton in our ocean, then the whole food chain can collapse as all higher life forms are dependent on the lower forms of life (this includes us). Basically, if an ecosystem gets too much of one thing or not enough of another, the ecosystem will fail.

The fact that we can understand and affect our environment means that we can create and perfect our world’s ecosystems large and small. Our economic development can work with nature to enhance our lifestyle and improve our health. This mastery will, in turn, allow life and us to thrive. For this to happen, we need a long term sustainable global environmental strategy and plan that we as a world can follow.

In the end, we must master our natural world, for we can only thrive within a thriving global ecosystem. To ensure we achieve the goal of world mastery, we must respect life. This commitment requires all of us to take positive actions within our everyday life and correctly setup our societal systems. To know what actions to take and how to set up our societal systems to work with nature, we all need to understand some world care basics.

HOW DO WE CARE FOR OUR WORLD?

The natural capital that sustains us consists of all the metals/minerals, wood, food, and other resources our world produces. As noted, we need a healthy world if we are to survive and thrive. If we all do our part, the life around us will do most of the hard work for us by growing our

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materials and food, creating oxygen and energy, cleaning our air and water, and so much more.

The key here is to understand that caring for our world is often about leaving it alone rather than doing something to it. Life can be left to itself because it's active and can take care of everything on its own if the circumstances are right. So, if we set the stage correctly, leave it alone and don't hurt it, life will thrive and take care of us. In the end, the goal is to create global permaculture, which means that our global ecosystem is stable, growing, and sustainable long term.

Time is short, and if we are to survive, we must now work hard to restore and maintain our ecological balance, for if it gets much farther out of balance, we will create an environment that can no longer support us. The problem of our age is that we have harmed life and our ecosystems to such a devastating degree that to restore the balance, and set the proper stage for life to thrive, now requires all of us to work hard globally to fix the ecological problems that our ancestors and we have created. Therefore, each of us needs to do our part, and this starts with the understanding of a few specifics.

WORLD CARE

In this section, we cover a few ways that we can all care for our planet, starting with the dirt under our feet.

SAVING EARTH: TURN DEAD DIRT INTO TOPSOIL

“Dead Dirt” is basically nonliving earth. Dead soil is most often uncovered, crusted over, and turns to dust and blows away. *For example*, see the American Dust Bowl America of the 1930s.

“Topsoil” is not lifeless dirt. Creating “Topsoil” from dead earth is key to our long-term survival. “Topsoil” is a thriving ecosystem that stores carbon, is home to trillions of life forms, and is the foundation of all land-based ecosystems. The “best” topsoil is called loam and clay loam, which is dark brown/black and rich with nutrients, micro life, insects, and all of what life needs to thrive. Living soil is also a communication network that

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plants and creatures use to communicate with each other about things like drought or insect attack.

Other soil types like clay and sandy can be amended (add organic matter, clay or sand, etc.) to create loam. Erosion (the removal of soil), desertification (growth of deserts), and the killing of our living earth are preventing life from reestablishing itself, which is adding to our environmental problems. We can help our world by creating good topsoil and planting correctly.

We kill our soil in many ways: by leaving it uncovered without trees, plants, or organic matter such as compost and mulch; by scouring it through the use of blowers such as those used by gardeners to remove every speck of organic matter, leaves, dust, and topsoil; by tilling the soil without adding organic materials; by not covering the ground after tilling; by the saturation of fertilizers, herbicides, pesticides, and insecticides.

Below we have outlined the fundamental steps on how to create living topsoil, help life thrive, and prevent erosion.

1. **Dig & Add Life:** Dig down where possible at least 2 to 3 feet. Mix in natural organic compost and other good organic matter. This can come from things like food waste, yard clippings, leaves, healthy micro life, and worms. Do not include thorns, toxic plants like oleander, unwanted seeds, and invasive plants). If needed, add some clay or sand to create the right consistency of loam.
2. **Seed & Plant:** We then native wildflower or plant seeds, ground cover, flowers, plants, bushes, trees, etc. When replanting forests and other areas, it's critical to use a mix of native trees, bushes, plants, and flowers. Including a diversity of edibles such as nuts, fruits, leaves, nectar, pollen, etc. it's critical to use a mixture of native trees, bushes, plants, and flowers including a diversity of edibles that are vulnerable to disease and which don't support a wide variety of life. The diversity creates a network of thriving ecosystems throughout the world and helps prevent other environmental problems from happening in the future. The

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planting of long-lived native perennials produces better results and is a more sustainable solution

3. **Compost:** After planting, add in a layer of compost. Compost is decomposed organic matter that went through a process called composting.
4. **Mulch:** Then add a layer of mulch. Mulch consists of organic materials like bark and rocks. Covering the soil protects against erosion, helps water retention, provides nutrients, and more.

Mulch Note: Mulch is about covering the earth so that life can thrive. The best mulch has three layers.

- The first layer of mulch is a finer woody mulch that will act as a thin mat.
- The next layer of mulch is made of much thicker bark chunks, which will create a thicker longer lasting layer of protection.
- The next layer consists of rocks of different sizes. The stones help weigh things down and are a permanent part of the mulch. Rocks also help life thrive in many ways. If on a hill, it's good to dig in some larger and smaller rocks in strategic patterns to help prevent erosion as well as to provide perches for life.

The woody mulch will degrade over time, becoming part of the living soil. Only add more compost and mulch as this happens if required. When planting in the future, scrape back all the mulch layers in that area and plant. Then push back the mulch layer into place.

5. **Water as Needed:** Plants need more water in the beginning and for about a year as their roots grow. It's critical when planting most trees and bushes to water the root ball directly every other day or so for about two weeks. Using efficient sprinkler systems that provide water to the locations only when they need it can go a long way in preserving and using our water supply efficiently.

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6. **Leave it Alone:** If not using the ground to plant food, then it should be left undisturbed. Here we do not dig it up and turn over the soil every year, for this will only destroy the ecosystem below ground and will kill off many creatures who can't live at the new depth.
7. **Maintain:** Going forward, it just becomes a matter of removing the dead, trimming, and adding plants, bulbs, seeds, bushes, and trees as needed. It's key to ensure that our good soil stays covered with native plants or with organic matter such as leaves, compost, mulch, and rocks (do not use plastics or rubber as they leach toxins).
8. **No Poison:** We also need to stop the use and overuse of fertilizers, herbicides, and insecticides. Use natural controls like: microorganisms, spiders, other insects, worms (low, medium, and top diggers), natural compost and mulch, barrier plants that naturally repel unwanted pests/insects such as mint to repel mosquitos. Also, do not use rubber or plastics of any kind as mulch or soil additives. These are toxic and will leach harmful chemicals into the ground, killing life and tainting food plants.

Note: If the soil is saturated with toxins, there are certain trees and other plants that are good at soaking up these harmful chemicals. Once the job is finished, they can be removed and disposed of properly. Thus, allowing for a healthy ecosystem to be planted. This process is a way to restore the land to balance in stages.

GOOD FARMING & FOOD ANIMAL CARE

Using the land to grow food is key to our survival. To care for our farmland, we generally follow the good basic practices outlined above without adding rocks. However, with many crops, we need to disturb the soil every year to harvest and replant.

Also, because we are growing food, we are depleting nutrients in the soil as they transfer into the food. In this age, many farms have compensated for these needs by using a lot of toxic chemicals to kill off life as well as to fertilize crops. This practice has created a lot more problems as we can see with the rise of superbugs, weeds, algae blooms as

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well as the poisoning of the land and water to levels where no life can survive.

The correct long-term solution involves: adding organic matter to replenish the nutrients, growing alternative crops that can feed the land and support each other, planting barrier plants, adding in helpful microorganisms, insects, worms, and using other organic pest control methods. Always keep the soil covered with organic matter during off-seasons and at other times when possible. This helps let the soil recover and stay healthy. If using fertilizers, only use organic and just enough to do the job to ensure that they do not run off or seep into our water supplies.

One of the best alternatives to land farming is hydroponics and indoor farming. Indoor farming has many advantages over traditional farming. Some of these include the need for less water and other materials, as everything is precisely controlled. These alternatives provide longer growing cycles and growing times as we can grow food all year round and have access to 24-hour lighting. Also, indoor growing means our food is fresh and local as we can have buildings in every city and town that provide food for its citizens. This growing vertical approach also takes up less land and causes less pollution.

We must also take care when animal farming, when in close contact with animals, and when handling animal products. We need to follow these best practices globally because it's the humane thing to do, we want to be healthy, it will produce healthier food, and we can help stop the creation of more and more potent superbugs (viruses and diseases).

Some of the best practices regarding animal husbandry include: not overusing antibiotics, medicines, and chemicals on animals. Ensure that they and their environments are clean and healthy and that we don't put many different types of animals close to one another. *For example*, don't put bats, dogs, pigs, and birds together. Also, we must isolate the sick and the dead from the healthy and living. Our animals should not be continuously terrified for fear makes all animals unhealthy. They need

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space, good fuels, sunshine, and more, just as we do to be healthy and happy. We want our food animals to be healthy and happy because then the food is healthier for us and it's the right thing to do.

All people who are in close contact with animals also need to take extra care, so they do not pass germs back and forth. The best practices mean no kissing animals, especially on the mouth. After touching them, wash your hands and do not touch your face until you do so. See the "Life Manual: Fuel: Food: Preparation & Storage" for how to care for food made from animals in your home and business.

STOPPING DESERTIFICATION

Desertification is the process where a desert grows, destroying good land. This process can occur on occasion naturally, but in our age, many deserts are increasing because of human destruction and our lack of care. We allow deserts to grow when we destroy the environment (trees, plants, soil, animals, insects, etc.) and use or divert the water away from the land, especially in dry areas.

To stop the growth of deserts, we need to create buffer zones with substantial barriers close to and on the edge of the desert. These barriers are often stone, cement, and other large organic heavy objects without toxins like plastics and rubbers. Some of these anchors need to be high enough and strong enough to help break the wind and hold back some of the sand.

In some areas, barriers are needed, buried deep enough in the ground to help stop water from being pulled out into the desert. Next, we follow the process above to reclaim the land creating living earth behind the barriers. Excess sand can be used to create the barriers used in other locations, or even dumped into the ocean. Once an area is secure, the process can be repeated, pushing the desert back to its correct size. Note that extra water is needed in these areas during the process, and continued irrigation and care will need to be maintained to prevent the desert from growing again.

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SUSTAINABLE WATER, FISH & OCEAN CARE

Part of our mastery of earth means caring for our water. The keys to caring for our oceans and waterways are relatively simple because life can care for itself if we correctly set the stage and don't upset the balance.

The Keys to Water & Ocean Care Include:

1. Do not pollute.
2. Clean up the pollution.
3. Do not over fish and restock as needed (more on this below).
4. Do not block fish/water life spawning grounds. This means that we may need to create fish runs up and down rivers that have dams and other blockages.
5. Restore health to systems by adding organic matter, missing life forms, and removing invasive species.
6. Become "Masters of Water" storage, movement, and purification.
7. Build to collect and utilize water and use porous materials in key areas so the ground can absorb water.

Overfishing and pollution is an issue that has been going on for many hundreds of years. As our rivers, lakes, and oceans are being polluted and depleted of life, all life suffers. If life in our oceans dies, we all die. We die because our oceans' photosynthesizers (plankton, seaweed, etc.) produce over half of the world's oxygen. The key to preventing overfishing is to create fish hatcheries and release more fish than we catch. We also need better fishing practices to ensure population sizes and balance within our bodies of water.

For example, we can add good organic matter to our oceans to help feed the fish and create more of an alkaline environment. In this way, we can turn our organic waste (plant and animal) into something good. We can remove the plastic and other pollution using robots. Our goal is to clean our water, so our fish populations grow every year, so eventually, water life can rebound and thrive. It's important to note that while our clean water sources are growing smaller, all the water we need is still here. It's

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just not in the right places or clean enough to use. A foundational human quest we share as a society is to become masters of our world's water and learn how to clean it and move it to where it's needed.

Being Masters of Water means creating systems where we refill our aquifers with clean water, move water from where we have too much to where it's needed, being efficient, caring for our oceans and other waterways so we and all life can thrive. To learn more about how you can make the best drinking water see the "Life Manual: Fuel: Water."

PROPER AIR CARE

Caring for our air means we need to stop polluting it, clean and balance it. According to WHO (World Health Organization), in 2018, 90% of the world's population lives in areas with unsafe air pollution levels. Also, they found that our air is so polluted that it's a danger to the health and development of more than 90% of the world's children under the age of 15.

We can see our atmosphere and the air we breathe as a chemistry experiment. If we keep adding highly powerful chemicals like carbon dioxide and pollutants as we remove other key ingredients like oxygen, we change the chemical balance life has created to maintain itself. We live in an age where we have the technology to balance our air and stop pollution. The good news is that once we have a thriving eco global system, nature will do most of the work for us and clean our air and provide the oxygen we need. It's up to all of us to help fix things and maintain the balance. We can join with others and make our societal systems follow our demands for better treatment of our environmental commons.

The keys to fixing our air include:

- Stop cutting down rainforests and other old-growth forests, especially in places like the Amazon.
- Planting trillions of trees in all the areas that have been decimated over the last 7000 years. Look to where it rains enough, yet there are few trees or diverse ecosystems. These areas need replanting.

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Remember when replanting forests, it's critical to use a mix of trees, bushes, plants, and flowers that produce edibles (nuts, fruits, leaves, etc.), nectar, and pollen. This will ensure that we create a thriving ecosystem and not monoculture dead zones that are vulnerable to disease and which don't support a wide variety of life.

- Greenify our cities by planting rooftop and wall gardens, by lining our streets with trees, by building parks, greenways, and gardens here and there for everyone to enjoy.
- Buy products that do not pollute and are made responsibly.
- Expose companies that are negligent and force them to stop polluting and clean up their mess. We all need to ask why do big polluters (vehicle makers, energy companies, transport firms, plastic makers, chemical companies, meat growers, etc.) get to shorten people's lives, kill people, harm 90% of the world's children, destroy our world as well as jeopardize our future; yet they don't have to clean up their supply chain, be responsible for their product after use, pay anything or suffer any repercussions for their pollution nor even clean up or mitigate their mess?
- Proper use of our green and animal waste (clippings from trees, plants, food scraps, dead things, feces, meat, bones, etc.) can go a long way to improving our land and oceans in ways that all life can thrive. Ocean life would particularly benefit from our food waste.
- Do not personally pollute wherever possible.
- Switch to clean decentralized energy, high-efficiency standards, and electric transportation. Not only will clean energy provide us what we need to run our lives without polluting the environment, but it will also make us more resilient during disasters. We are more resilient because clean, decentralized power generation and energy sharing mean few, if any, will lose electricity during such emergencies. All the electric vehicles will allow us to get around and have a lot of backup battery sources available to draw on. We just need to ensure that the creation of this energy does not create other pollution issues.

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- Remove carbon, particulates, ground-level ozone, and other harmful chemicals through cleaner energy, industry, transportation and collection stations that store these chemicals in ways they can't cause harm.
- Purify the air within our homes and all our buildings. To learn more about how you can make the best air see the “Life Manual: Fuel: Air.”
- Care for our oceans so they can recover, too, as they are a large producer of oxygen and cleaner of our air.
- See “Chapter 15” and learn how to join with others to create peaceful, positive change.

Living in clean, healthy air adds to our physical and mental health. Cleaning our air is imperative and must involve all nations as our air, like our water, is global and is something we all need to care for if we are to truly thrive as a species.

REAL RECYCLING

We find another key to planet care in the proper formation of our supply chains, product production, and waste systems. Here we need to ensure just about everything is reused or recycled. One person's trash is another's treasure, after all. The remaining trash should be carefully sorted and placed into safe locations that can be accessed so that when we learn how to recycle or reuse that material, it's available.

We find the key to cheap and effective recycling in how well we presort everything before it gets collected. Therefore, it's imperative to teach all people (especially children) how to recycle correctly. To help, we need standardized labeling that ensures the use of the same colors and logos on all signs and bins globally, as this practice will help everyone know what goes where.

Correct recycling also means teaching, not to “wishcycle” or to taint the batch. Wishcycling is when you mix things in a collection bin that you hope will work or that are very dirty like diapers/nappies, batteries, and other soiled items. Everyone needs to learn their local rules, push for

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advancement, and update practices as local systems improve. At this point, if it's questionable or you don't know for sure, it's better to put it in the trash than the recycling. In the end, everything should be made to be repurposed, and everyone should be educated to understand what goes where.

STOPPING BIO-POLLUTION

Bio-pollution is when life forms, such as plants (weeds, bushes, trees, etc.) animals (rabbits, cats, snakes, etc.), insects (beetles, worms, etc.) microorganisms (fungus, mold, etc.) from one part of the world are introduced into another where they don't belong. These invasive species did not grow up in the ecosystem, which means the local life forms often can't feed on the new life, can't defend themselves against it, or compete with it. This bio-pollution can destroy life and existing ecosystems that have taken millions of years to develop, very quickly, because the life form has no competition, and the ecosystem can't adapt that fast.

The species that become invasive are moved into an area normally because people move life around either intentionally through trade or because life hitches a ride with us like when marine life is sucked into the ballast tanks within ships in one location only to be released in another. Below is a basic list of how we can end bio-pollution.

1. End the transfer of life into areas where it can cause problems through fixing our import/export laws, inspections, and vehicles (see #2).
2. Fix all procedures, ships, and other vehicles that allow life to hitch a ride. This might mean stopping ships from different areas of the world from entering our rivers, lakes, etc. that are joined to the ocean. Instead, we could offload the ships and use trains, trucks, and local ships to move the cargo. It may mean creating filters so life can't enter the ballast tanks and more.
3. Aggressively find and remove invasive species as quickly as possible. Sometimes we can turn an invasive species like a fish into food as this can create demand and generate money, which will help spur the cleanup efforts.

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4. Reintroduce native life to those areas and help reestablish the natural balance.

CONSERVATION OF OUR RESOURCES

Being conservative in our use of resources goes a long way to solving many of society's problems.

For example, saving energy also conserves water. Recycling everything means there is no waste and less need for new materials. Not letting our food go to waste saves both water and energy, as agriculture is the top user of water and energy in our world. Not eating as much beef allows us to be healthier, use our land in better ways, and cause less pollution.

Not buying excessive clothing and using sustainable fabrics saves water, human resources, and energy as making just one weeks' worth of clothes uses as much water as you drink over an entire life. Ensuring proper tire pressure allows you to go farther for less. Turning off the faucet when brushing your teeth, washing your hands and face, and while showering also saves a lot of water and money over time. There are endless ways to conserve and have a wonderful life. The key is to find real, sustainable solutions and then make them easy for everyone to do.

WARNING: A CRITICAL THREAT TO LIFE

We must remember that even though life is so plentiful and powerful, it can be killed and go extinct relatively easily. In fact, the human race is responsible for an ongoing mass extinction on a level not seen since the last massive asteroid hit our planet and wiped out most life. If we have an unhealthy environment, we all pay the price by being unhealthy, sick, and dying early and possibly horribly. In a real sense, we are living in an ongoing chemistry experiment, one which we have now been given great control over and must care for correctly, or we will die.

This warning is critical for our scientific, societal systems as it's often the scientists who work within them, who are sometimes like children marveling in their discovery, wanting to share what they found with the world, often without restraint or thought to consequences. One of our most revered scientists, Albert Einstein, expresses his regrets this way,

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“The release of atom power has changed everything except our way of thinking...the solution to this problem lies in the heart of mankind. If only I had known, I should have become a watchmaker.”

We can see this problem today in the way companies disperse toxic and harmful chemicals or medicines into our lives while claiming their benefits, only to recall them later for causing so much harm. We can see this with the unfettered and easy propagation of the CRISPR/Cas9 device. CRISPR/Cas9 is a tool that makes editing all life easy, quick, and simple. A quick life editing tool means that anyone virtually anywhere can edit and create life.

For example, using CRISPR, we can work to cure cancer and other diseases, add vitamins to crops, and do other good things. However, it can also be used to create or modify diseases, so they can kill more quickly and be harder to stop. It can be used to eventually mutate and modify humans, combine us with animals, create intelligent animals, and any other type of life we can imagine.

If we are to avoid extreme problems, we must consider carefully if certain inventions should be created. If we decide yes, we then need to decide where they are to be created and how released.

This includes things like: genetic editing, the automation of work, mass animal farming, robotic & cyberwar, cloning, self-replicating nanomachines, AI, the creation of sentient and other life, the creation of human/animal hybrids (chimeras), deep fakes, fake news, surveillance overreach, cybernetic enhancement, the weaponization of space, etc.

The farther we go in science, the more imperative this becomes as any mistake with certain technologies on this planet can mean the end of humanity and life. In these cases, if the technology is needed, we can develop them in safe, closed systems somewhere in space or on other planets. To be clear, we are not science bashing or saying science is bad. Science is a key part of our society and helps us solve problems. However, as we go about our work to solve problems such as alleviating suffering,

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we need to ensure that what we are doing is right and truly safe before release.

This verification means certification by third parties and not the creators or those who stand to profit. Then after it's released, we need to monitor it to ensure that it's truly safe. Verification and monitoring are essential because some technologies, if mishandled, can create a catastrophe. While we have divided ourselves into countries, ideology, ethnicity, and so many other ways, we share and are all dependent upon the same world. Just because a few people can kill and destroy everything does not mean we should allow them to do it. We all share these environmental commons, and this global ecosystem made up of our air, oceans, and land. It's up to every one of us to do our part in its care.

REASONS FOR RESPECTING LIFE

"Reverence for life is the highest court of appeal."

- Albert Schweitzer

We are all living in an interdependent relationship with all that is around us, so respecting life and our environment comes naturally for many reasons. The reasons listed below can help us all gain a better understanding of why we need to respect life as well as be a source of useful information you can share with others who may need help.

HUMAN DEPENDENCE ON OTHER LIFE

We owe our health and our society to nature. Just about everything we create and need comes from our environment. We depend on all the ecosystems around us for clothing, food, housing, clean air, water, and so much more. It seems every week that someone discovers something from a plant, insect, or animal that we can mimic and use in other applications that enhance our lives.

There would be no medicine without plants. We have found more solutions by analyzing life than from any other source. Life is loaded with truths that, once understood, can solve many of the problems we face. Currently, we have only discovered a small fraction of life on this planet.

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We are also polluting, despoiling, and destroying life faster than we can learn from it, and often before we have even looked to see what is there. Without a healthy diversity of life, we lose answers to so many questions.

The goal is to work to coexist with nature, not dominate it out of existence. In the end, we are all directly affected by nature, and without it, we cannot live or find the solutions we need to thrive. To destroy our natural world's balance and diversity, we destroy ourselves.

WHAT KIND OF CARETAKERS ARE WE?

We have dominion over the earth and all creatures. Dominion means total control, and control does not mean destruction, but in fact, it means to manage. How we manage our natural world is a test of character for all of us as it determines our quality of life and that of future generations.

The tests of character are found in the question of what kind of masters do we want to be?

- Do we care for every life form within the food chain because we know that if one falls, the rest of the food chain can break down?
- Do we treat our farm animals with respect by providing a clean and healthy environment where they are not always scared, crowded, and confined? Where different types of animals are separated so they can't transmit and create more potent diseases?
- Do we want to treat life with brutality and disregard because we have the power to do so, or do we realize that life is extraordinary and offers us so much more through coexistence, fair treatment, and discovery?
- Do we see that a healthy environment consisting of clean air, water, food, and land means we are all healthier people, and we are helping future generations to thrive?

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- Do we realize animals feel emotions and suffer as we do and deserve to live without us tormenting and torturing them even as we use them for our purposes?
- Do we see our remote natural world of jungles, forests, deserts, lakes, rivers, and oceans as assets?
- Do you see our natural world as a resource, providing endless solutions for so many problems like providing life-giving oxygen, storing excess carbon dioxide, maintaining our weather, providing a place for nature to thrive, and giving peace of mind for so many more?

No matter how disconnected we are from the treatment of the environment or animals, we are all responsible for how our natural world is treated. We take part by using what is supplied through our societal systems such as food, clothes, houses, roads, buildings, and all the rest that is produced by our society.

At this current time, the uncontrolled global creation of pollution and the mismanagement of our environment is putting us and all other life on this planet in jeopardy. We are the cause of an ongoing mass extinction that has already exterminated all kinds of animals, fish, and plants from existence. This mass destruction without regard or plan is hurting all ecosystems around the world and threatening our very survival.

Our ability to manage our natural world gives us an excellent opportunity to shine as a species. Our global need forces us to cooperate on large scales. It's through cooperation and applying solutions worldwide that we can overcome or compensate for many of the problems that come with the human conditions we live under.

The human race must manage our world with care because it's the foundation on which our development individually and collectively rests. To be excellent caretakers, we must understand our world and apply solutions cooperatively as a species. Our working together brings many lessons and opportunities to grow individually and collectively.

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Our goal is to create a sustainable symbiotic relationship with our natural world and our universe so that we and life can survive and thrive. Coexistence is possible if we are thoughtful, caring caretakers who truly cooperate. In the end, we are all diminished as our world is ravaged, yet we can prosper when our world is thriving.

LOVE & FRIENDSHIP

Appreciation for other life can come from the fact it allows us to exist. It can also come through appreciation and love as they naturally lead to respect. Respect through appreciation is the same process found in how children respect the caregivers who love and care for them.

On some level, we can all appreciate nature as a beautiful view or garden. Pet owners know the companionship and love that comes from sharing our lives with animals. Dogs are animals, but no one who has ever loved and cared for one through a lifetime would say the dog did not love, feel emotions, have hopes, suffer, and show signs of intelligence.

Sometimes human and animal relationships can be closer on some levels than any human relationship. These relationships can even heal us. “Pet Therapy” is when a pet is given to someone dealing with a serious problem. This type of therapy has shown to help all kinds of people, from very ill children to recovering veterans heal faster and with a better mindset.

Pets can help us recover from PTSD and help all of us avoid many health and mental problems. This is because often, pet owners are more active and gain peace of mind from sharing and caring for another living being. Pet owners are also more able to feel sympathy and empathy for others. The ability to love, feel, bond, find solace and companionship are traits of high value and mean so much to so many. These feelings and friendship are enough of a reason to have respect for life and our animals.

Some animals are also said to have intelligence at the level of a baby or toddler. Is a baby or toddler less lovable because they are ignorant, less capable, or less intelligent than you are? What if our child did not develop

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mentally beyond the level of a child? Do the less intelligent deserve to be tortured and killed without regard? Life does not have to be equal, super-intelligent, or even sentient for us to care for it, love it, and show respect.

We have a phrase called “humane” treatment that we apply to people and animals. We use a word to describe caring and treating something with respect, which is drawn from what we call ourselves, the human race. Humane is used because we know right from wrong, and “humane” treatment is the only treatment true humans can offer. To be “Humane” is to be Human. To treat our world and all life humanely is to show respect for our planet, ourselves as a species, and to God.

It’s a fundamental human condition that we respect our natural world by accounting for this within the operation of our societal systems. This foundational coexistence is not optional and made so much easier when done out of love and compassion. At the very least, if you love and respect your family, friends, and others who do love nature, you can find respect for nature because you respect your loved ones and want them to be happy and enjoy their lives. Nature is a positive, meaningful thing that so many of us care about. Therefore, it should be meaningful to all.

LOGIC, INTELLIGENCE & REASON

“Look deep into nature, and then you will understand everything better.” - Albert Einstein

It’s logical, intelligent, and reasonable for us to know, understand, and control all aspects of our world as well as create and maintain its systems. Not only do we need them to survive and thrive, but because they are a value on so many levels, to so many, they are worthy of care and respect. Undeniably, caring for our world and all life correctly will not hurt us; it can only help. Therefore, it is logical to do so.

SURVIVAL OF THE FITTEST?

In evolutionary terms, “survival of the fittest” refers to the ability for life to survive while competing and in a changing world over time. The adaptations life develops to cope with the natural world, dangers, as well as its’ needs, are a wonder to us all. These adaptations range from a

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giraffe's long neck to another animal's claws, talons, tusks, fangs, thick hides, and walking and flying abilities. It is all so complex scientists are still learning from it all. Evolutionary development can be fast for a few, but the process most often is very slow, taking thousands of years. Gradual evolution is why quick, drastic changes in the environment or climate can kill off so much life so quickly.

The problem today is that "survival of the fittest" is being twisted into a tactic and used by those who could care less if the world is despoiled. The ignorant say things like, "Well, if they or it can't survive, then it's their problem – it's "survival of the fittest after all." The problem with this way of thinking is that we are the ones who are causing the changes and expecting animals to adapt overnight to impossible things. Also, this is not a contest to see "who is the last left alive."

For Example: If we dam up rivers that salmon need to run up to spawn, they die out. If we pollute the environment, animals will get sick and die off. We can't expect elephants, lions, tigers, and other wildlife to instantly develop bulletproof body armor and invisibility so that our guns and scopes can't find and kill them. We can't expect fish and birds to start being able to digest plastic.

Giving life no chance and then saying they were not fit enough is not correct. The truth is, we are choosing not to give life any chance to survive; this is not "survival of the fittest." We are committing genocide, mass extermination, and extinction of most other life on this planet either through direct or unintentional actions. The key here is to realize that the survival of our natural world is not optional. If the human race wants to be the fittest, our environment must be thriving. If we push this too far, we will put ourselves on the chopping block through our mismanagement and become just another life form we exterminated from this earth.

THE GARDEN

Many refer to the place of our creation as "The Garden of Eden." A garden means someone has worked with nature and created something

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beautiful within a thriving ecosystem. There are profound and sacred reasons for this connection to nature.

For many, our bond with nature does not need a logical explanation as we feel the power, majesty, and connection to something more. Our bodies are of this world and universe. Nature can be a bridge to higher levels of being as well as a connection to our world, universe, omniverse, the divine, and God. To be our “True Self,” there must be a connection and respect for nature. The randomness, curved, multicolored, textured, varying depth of the natural world helps us mentally, physically, emotionally, and spiritually in many ways. Conversely, artificial plastics, straight lines, unnatural lighting, ugly and closed spaces can lead to mental problems and even insanity.

For some of us, we innately feel the deep connection between nature and the divine. For others, this is something we can learn to recognize, often as a feeling that has always been there yet has gone unnoted. For those of you who do not feel any connection to nature but are believers in God, you can still respect it through knowing nature is part of creation and is needed for us to thrive. Respecting our world shows our love, faith, and is one way to worship God. Ultimately, we can find respect for nature because God created the human conditions that require it for survival and for us to thrive. We can also find respect because this was given to us by God as a test of who we are as individuals and collectively as a species.

BE FRUITFUL & MULTIPLY

For some of us within certain faiths, we were told that we are to be “fruitful and multiply.” The key here is to understand both parts.

- To be fruitful is to be productive.
- To multiply is to have enough children to ensure our survival as a species. This means not just today but also going forward.

The idea behind being “fruitful and multiplying” is to build our society to support a growing level of population. Back in the day when this idea

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was first attached to religion, the human race's survival did not seem a sure thing, and our standards of living were very low.

In the past couple of thousand years, we have done well on multiplying our species as now humanity covers the globe in vast numbers. However, we have not performed well in being fruitful and developing the systems needed to support this level of population. Overpopulation without the systems of support leads to many negative issues such as desperation, war, disease, poverty, mass migration, ignorance, and destruction of our natural world. To understand population growth, let us go a little deeper and look at how we grow or shrink our populations.

Population Growth Example: We start this example using a couple of people, (2) and show how many children they have. We can express this in an equation. $2=0=-2$. This means "2" (the couple) "=" (have) "0" (no children) = (this equals) -2 (Negative 2 population growth). $2=1=-1$ the couple has one child, which is negative 1 growth, $2=2=0$ the couple had 2 children, which is the breakeven point. $2=3=+1$ the couple had three children, and here is where the population begins to grow.

As a society, some of us have many children, while others might have one, a couple, or none. Adding together the number of all the children born in a year contrasted with deaths is how we determine our yearly area/global population growth. Over time we can see the trends. Currently, an educated woman who has access to well-developed societal systems have fewer children, which means that highly developed countries experience a stabilizing or reduction of population.

Conversely, those of us living without good societal systems and who lack education most often have many more children. In these areas/countries, overgrowth strains the already underdeveloped society systems, which can lead to unrest, lack of resources, famine, war, and mass migration or flight from areas that can't support this level of human life. To honor God and the idea of "being fruitful and multiplying," we must realize that we have enough people and possibly even too many. Still, we

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have not honored the idea of creating a great society or caring for our natural world to support these multitudes.

The solution is found in the control of our population individually, the development of our societal systems, and the natural world collectively. A proper application will increase the number of children who are wanted and growing up in loving households with societal systems and a world to support them. Children with access to sound societal systems have a much better chance of living healthy, fulfilling, meaningful, productive, and joyful lives. Access also helps ensure that future generations will have the same or better opportunity as well as the chance to exist.

LAW 3: RESPECT LIFE - SUMMARY

We affect and are affected by our planet in many ways. Over the past couple of thousands of years, much of our world is deforested, water sources polluted and fished out, and our soil destroyed. Respecting life is at the core of creating a better self and society. We must understand our surroundings and act with thought and care. Nature has a right to exist, for it has been here longer than we have, and it's needed for all life to exist, including us.

Respecting life is a matter of creating a beautiful and sustainable world. Our respect means considering nature and animals as we construct our world.

We can do this by building parks, gardens, greenways, water/food access, animal crossings, sanctuaries, niches, hideaways, wild areas so they can feed, nest, and breed. At this point in our history, we need to put more back into our natural systems than we take out so they can recover.

If we are to be good caretakers, we need to fix what we broke and help replenish everything so nature can rebalance itself, recover, and once again thrive. Our renewed waterways, soil, and reforested lands will allow us to store carbon, create oxygen, and revitalize our global ecosystem.

Uncontrolled pollution and the creation of toxic products with no way to recycle or clean up their mess is an unsustainable system that will lead

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to our destruction. For all these reasons, respecting life and caring for our world is not optional. Instead, it's required if we are to become our "True Self" and for the creation of our "True Society" to become a reality.

We must evolve morally faster than our technology, or else our lack of caring will destroy us. Respecting life shows respect for each of us as it ensures our survival. We can see this as collective self-preservation. Caring for nature protects our future advancements. This human conditional situation provides us with an opportunity to prove our character as individuals and as a species.

Genuinely respecting our natural world and integrating this way of being into our society will allow us to gain so many benefits. Some include greater peace, happiness, better health, more self-awareness, and a more natural connection with our world, each other, our universe, omniverse, and God.

CHAPTER 5 UNDERSTANDING PEOPLE

Within this chapter, we continue with "Step 4: Center" and the "10 Laws" by exploring the remaining "Universal Laws" that cover how we interact with other people. Let there be no mistake; the laws covered within this chapter are critical to your success as well as our success as a species.

LAW 4

ALL PEOPLE ARE EQUAL

*"Respect is how to treat everyone,
not just those you want to impress."* - Richard Branson

People (high-level sentient beings of conscience) are equal without exception or equivocation. When we talk about people being equal, we do not mean that every person is equal in ability as clearly some of us are better able at some tasks than others. It does not mean that we have to

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like and agree with everyone. Clearly, we like and agree with some people more than others.

Equality often means being indifferent to things like ethnicity, gender, social status, wealth, and all the rest. Equality in this sense means each of us has the right to: life and a humane level treatment, respect, common courtesy, dignity, privacy, equal rights, justice, liberty, free speech, consideration, fairness, decency, tolerance, freedom, control over our bodies and destiny, access to quality systems of society, especially education, health care, and the other basics.

Also, everyone has the right to fair and equal pay for work, choice in most things, and to be generally treated well and not discriminated against. Equality includes the freedom to change our opinions, belief, and religion at any time without fear of reprisal. Equality also covers freedom from religious and political discrimination and persecution. The “level playing field” in the economic sense is to be set at the same level around the world and at a level that allows for the humane treatment of all people and our environment (See “Chapter 13” for more on how to level the playing field).

No person is deserving of more rights regardless of their position of power, access to the tools of power, or because of birth, family connections, skin color, gender, sexual orientation, age, mental or physical ability, or any other difference. Equality includes access to protection and justice without favoritism. In this sense, on the foundational level, all of us are equal in our society and before the law.

Side Note: If we ever discover other true sentient beings of conscience, they are also to be treated as equals in this sense.

PREJUDICE, DISCRIMINATION & XENOPHOBIA

The main factor preventing equality from being the norm in society is prejudice and discrimination. Prejudice and discrimination are a learned behavior whereby we form an irrational dislike, fear, or hate of someone

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or something. This type of negative thinking is typically passed down from generation to generation by role models.

We mainly choose to discriminate against those that are not like us. Often, this means those not of the same skin color, gender, sexual orientation, age, religion, political party, country, ethnic group, language, culture, or level of intelligence, wealth, beauty, or fame.

The extreme form of prejudice and discrimination towards other people is called “xenophobia.” Xenophobia is an intense fear and hatred of strangers, foreigners, or anything strange or foreign.

Often prejudicial and discriminatory language will group all people of a type and uses a broad brush to disregard them. As in “you know _____ this is what they deserve.” Or “all _____ are stupid and are made to serve us.” Or “Those _____ are animals and deserve it.”

Sometimes people dehumanize “other” people, groups, countries, and “their” ways of living, to make war, or to take what “they” have. We are taught to feel that “they” deserve what “they” receive and that “we” are superior. This superiority allows us to rationalize any action against “those” people.

To sum up this idea, it’s the local society in which we are raised that shapes our founding beliefs and attitude regarding other people. Therefore, in most cases, the prejudice and discrimination that divides us is a learned trait. Because of this learned hate, some of us see small differences in people as indicating people are lesser and are therefore deserving of whatever horrible fate befalls “them.” Also, some people use prejudice so they can feel superior to “other people,” self-righteous, and then rationalize their inaction or hateful actions against other people as just and good.

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EQUALITY & THE TACTICS USED TO DIVIDE US

*“The price of hating other human beings
is loving oneself less.” - Eldridge Cleaver*

There are many tactics used to divide us by the powerful, so they may use us to get their way. Tactics that pit one group against another are some of the most used as they are the most effective in manipulating us, “the masses.”

Prejudice and discrimination are a tactic often used by those who want to control people for their gain by pitting “us” against “them.” You can learn more about the tactics used against us in the “Life Manual: Fuel: Information and the Tactics Used to Lead Us Away from Collecting Good Information.”

Those seeking power incorrectly look to divide us because there is a human trait that gravitates toward a tribe or team, the familiar and introversion. Also, because some people are not raised correctly, they have a malformed sense of empathy and sympathy. Being twisted in this way means some people either feel too much or too little or are twisted into feeling pleasure from the pain and the suffering of “those people.”

All these factors push many of us to look at differences rather than our overwhelming similarities. Focusing on differences leads to confusion, and it’s this confusion about others that gets twisted into something very negative like fear, prejudice, discrimination, apathy, hate, and violence.

WE ARE ONE PEOPLE

The key here is to realize these negative ways of viewing “other people” and work to change them individually and within our society. Those of us who get caught up in small differences are missing the vast similarities that unite us all. We all share fundamental similarities that prove our equality. These similarities are all based on our shared human condition and things like our desire for

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a good life for ourselves and our loved ones. None of us want our children to be treated as less than other people or to live horrible lives.

In fact, we are all one tribe and family. There are NO separate human races; there is only one human race. All of humanity can be traced back to the same two genetic male and female ancestors (Genetic Adam and Eve), who lived around 150 thousand years ago in what is now northeastern Africa. Our race, the human race, spread throughout the world from this single tribe.

We all share 99.9% of our DNA. The remaining 0.01% is what accounts for the differences we see in height, hair color, facial features, and all the rest. The ethnic differences we see have to do with environmental effects and breeding selection by those who settled that area of the planet thousands of years ago. In this age, as we come back together, share, and join, we are becoming stronger people, genetically, and as a society.

UNIQUELY EQUAL

Inequality, prejudice, and discrimination are being used to confuse and divide us and is preventing us from creating the “True Society.” We need everyone helping each other to find all the solutions.

The fact is we are all equal yet unique. Our similarities bind us together, and our differences make life much more vibrant and society more fascinating. Unity of humanity does not mean sameness; instead, it means accepting, celebrating, and appreciating the differences and diversity. Traveling is so much more enjoyable because everything is similar yet different. Our differences are what make us unique, interesting, and help energize each other and our global society.

There is proof that we are all equal found in the fact that people of every ethnicity and gender from all over the world have done great things and risen to positions of great power through merit. We can't let our past or those in current positions of power to continue to corrupt us and lead us from the truth.

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If any of us are diminished, we are all diminished. It's through correctly formed systems of society, most importantly, quality public education, nutrition, and the correct raising of children that we end discrimination and prejudice.

However, it's essential to understand that as we view all as equals, it does not mean that we have to like or respect other people's words, actions, or choices. If a person is hateful, mean, prejudicial, corrupt, generally disrespectful, demeaning, mocking, or shows other bad qualities and vices, we can try to help them, and be respectful toward them. Still, we need not feel obligated to like them or respect their actions. In this case, equal means we "like" others equally as in we like people whose actions and words are respectable and who treat us well and with regard.

We are similar, yet unique. This uniqueness also means we all have different talents and interests, and yet when we add it all together, we become much greater than the sum of our parts. It's our diversity within our similarities that allows us to cooperate and find the answers to every question facing us. Because of this fact, we benefit the most when all people are equal, adding to our society in positive ways.

LAW 5 TREAT PEOPLE AS YOU WANT TO BE TREATED

*"We have committed the Golden Rule to memory;
let us now commit it to life."* - Edwin Markham

The law of reciprocity has shown up in just about every religion and spiritual path throughout time. It's known by many names but most commonly today as "The Golden Rule."

Basically, the golden rule states that we should treat others as we want to be treated, or at the very least, as we want our loved ones to be treated in that situation. Reciprocity is about fairness, a level playing field set at the fair level, and a two-way street. The golden rule also includes a firm

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grounding in the belief of human equality. See the “4th Law” above for more.

“Law 5” covers our interactions as individuals among one another. It also extends to all our organizations, clubs, businesses, governments, religions, teams, ethnic groups, clans, families, as well as all the systems and other groups within our society. At its core, the 5th Law is about being good and kind to one another. As we interact with people, we can ask ourselves if we are treating others as we would want to be treated and teach our children to do the same.

The idea of reciprocity is also something to be considered from a perspective of when our loved ones or we are at our worst. Like when we are vulnerable, helpless, fragile, weak, sick, traumatized, desperate, lost, very young, very old, or caught in an emergency or disaster.

We need to use the powers of empathy, sympathy, and conscience to put ourselves in their position and ask, “how would you want to be treated at these times?” How would you want your child or loved one treated? It’s clear we would all want the best. Reciprocity guides our actions as individuals and the formation of our societal systems.

To honor the “5th Law,” we must eliminate: inequality, prejudice, hate, discrimination, degradation, misery, implicit bias, corruption, desperation, poverty, slavery, torture, genocide, terrorism, war, murder, assassination, execution, honor killing, crucifixion, stoning, burning alive, maiming, human and animal sacrifice, abduction, sexual harassment, rape, sexual assault, branding, acid attacks, female/male circumcision, female genital mutilation (FGM), mutilation of any kind, incest, child abuse, child labor, child soldiers, child marriage, child molestation, sex with children, forced and unwanted arranged marriage, caste systems, unequal and unfair pay, the pink tax, counterfeit products such as medicine and money, malicious computer programs, blackmail, corporal punishment, kidnapping, hostage taking, extortion, fraud, slander, libel, hazing, bullying, theft, privacy abuse, adultery/infidelity, spousal abuse, false accusations and bearing false witness, false flags, deep fakes, spreading of false and misleading

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information, arbitrary and unjust arrest or detention or imprisonment or exile as well as all other demeaning and inhumane treatment of people.

In most cases, we should also not lie, steal, mock, manipulate, break our oaths and promises, threaten or imply force to get our way nor should we cheat, bribe, hurt others or kill. However, there are times when these behaviors can serve the greater good. They can help overthrow dictators, free people from the thrall of false leaders, expose corruption, and allow us to protect our loved ones and ourselves. Every situation is unique and should be judged accordingly.

Do not take this casually. We must understand that the use of these tactics is negative, and, in most cases, should not be used. They can lead to the abuse and corruption of our character. They must not be used lightly, but instead only as a last resort and after careful thought. These negative ways must not become a permanent way of doing things, for if it does, it means you and/or the system has been corrupted. To say it another way, corruption is acceptance of the unacceptable and the corrupt.

Bullying Note: Since child and adult bullies cause so many of these problems in our society, it's imperative that we fix this issue permanently. The solution is tied directly to how we raise our children, so how to end bullying is covered within the "Child & Family Guide: What Children Really Need: Bully Correction & Support for Their Victims."

POWERFUL MEN VS. THE WRONGNESS

Seeing others as equals and treating them as you would want yourself and your loved ones treated is key to life but can be difficult for men who are strong, independent, and want to be left alone to do what we want. Since independent and capable men are most often in control of the primary systems of society, these circumstances create challenges for those of us in these positions, as well as for those of us affected by them.

For men who are in this position of control and security, they may find it hard to view others with compassion. They disregard others because

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they are so capable and well off, it may seem that “equality” and “respectful treatment” means that everyone should just be left alone to care for themselves and do as they please.

The problem is that not everyone is the same, and no one is an island. In the case where we are independent powerful, capable men, it’s good to view the situation from the perspective of someone who is not as powerful or capable.

For example, you can see the universal truth of reciprocity (treating others as you wish to be treated) in these situations by thinking about how you would want your less powerful and seriously ill mother, grandmother, or child treated in these situations. Think about the people you care about the most being in those bad situations without you to help and ask how you would want them to be treated by others who are there or by the society at large.

Think about how you would want to be treated if you were not well-off and independent but instead living in a horrible place, poor, ill, or hurt and uneducated. Think of yourself as weak and sick, lost and broken, old and confused, and without resources. How would you want to be treated then?

The men who are bullies, broken, and lost are a big deal because men only make up about 50% of the population, yet account for like 95% of the problems and horror in our world. Broken men commit the vast majority of murders, mass shootings, arsons, terrorist attacks, robberies, muggings, car jacking’s, rapes, abductions, pollution, and other evil acts.

Additionally, throughout human history, all the billions of us who have been forced to give our lives in wars have done so, mainly because of a few male leaders. We can see time and time again, that they don’t care for their people properly and therefore resort to stealing from others. They can’t solve problems and disputes peacefully nor win a consensus because they are so greedy and feel so “superior” that it’s their right to take from and subjugate other people. War, rebellion, and desperation are the

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outcomes when the golden rule and equality are not firmly part of the leaders' or countries' moral code.

Good people only triumph over evil by peacefully overcoming it while continually working to prevent it from rising in the first place. The reason this is true is that all good people will lose something valuable participating in war even if we “win” in the end. We fail and become lessor because if we are participating in acts of violence and destruction, it means we are not focusing on what is good or working to improve. It's this negative mental focus and process of taking negative action (killing, destroying, hate, etc.) that hurts and negatively affects good people no matter if we win the war.

For clarity, following *The Way* and the path of nonviolence does not mean we are pacifists who will never fight or go to war. It just means we see it as a last resort and a failure of our higher values and goals, for there may be situations when we must fight to protect and defend ourselves, our loved ones, and help those who cannot. We may even need to rise up in great numbers to take down tyrants, hate groups, and other twisted, unthinking people who have fallen to the dark side.

Also, undeveloped men tend to revert to more of a savage or barbarian level of behavior when dealing with other men seeing everything as a competition and a contest of dominance. It's we, the men, who form social tribes and teams that divide us into “us vs. them” and “win/ lose” situations. It's most often arrogant, self-righteous, and closed-minded men who disdain all people who do not follow them that cause most of the problems.

This imbalance in male leaders leads to mismanagement and all kinds of issues within our societal systems.

We have seen, throughout all of human history, a few men wanting to impose their will upon the rest of us versus those in power positions working to fulfill the will and needs of the people. This negative male tendency is compensated for by including women who are seen and treated as equals into the organizations and all meetings, as well as through

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other accountability efforts and proper checks and balances. It's also solved by raising our male children correctly (see the *Child & Family Guide* for more).

The problems surrounding powerful men have been with us since our beginning. However, the goal is not to rid our world of men who have these qualities. Instead, the goal is to raise them correctly, so they can use their power in positive ways to help our world. We, as a society, need to help them become better people as often the qualities found in powerful men are necessary to create order from chaos. If channeled correctly, this force can be a great boon for society and the world, but as we have seen, it can also create some of our most significant problems.

Therefore, it's imperative that men choose to help fix these problems by creating environments and organizational statutes that mitigate these issues from happening. We do this because we want to become truly successful as well as to do right by everyone. We also do it because we don't want to make mistakes and be corrupted. The solution is found in a firm belief in the "10 Laws" and a system of checks and balances that help us stay on our "True Path."

In the end, we men all need to be brave and call each other out for our misbehavior at the time it's happening. In the locker room, board room, backrooms, bars, clubs, and everywhere else. We need to do this when it's only us men hanging out as well as when we are in public. We can pull our friends aside or even call them out in front of everyone.

We need to stand together in groups to help those of us who are powerful yet lost so they can be corrected and learn to behave appropriately. We cannot sit by and be spineless toadies and sycophants. We need to be our brothers' keepers so that when the few of us men stray too far and are genuinely lost and a danger to others and society, we can help set them back on their "True Path."

POSITIONS OF PUBLIC TRUST

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Reciprocity is also about honoring and showing a high level of respect for those who are doing a good job and serving at critical positions in our society. People like our parents, teachers, police, firefighters, servicemen, and women, emergency workers, doctors, nurses, National Guard, volunteers, guards, and those fighting for good causes and faiths. We honor these people because they are filling key roles within society that add to the common good.

Note that these are respectable positions, but we need only show high levels of respect if those individuals in them are respectable. To say it more simply, to be respected, each individual needs to be respectable. While giving respect to the respectable and not to others, it's very important not to lump all people working in a job together as being corrupt just because one or some of its members were found out to be. If the individual(s) in the position of public trust are corrupt and abuse their power, we need not show them the level of respect we do toward those who are in those positions doing a good job. *For example*, we respect all police even if we don't show respect for the few who are corrupt.

In fact, most often, it's only through our dissent that we can remove these negative people from the system and replace them with those who are positive.

Leaders can't demand respect and expect it to be given from the heart. Leaders must be worthy and earn respect through good deeds, righteous behavior, keeping promises and oaths, being a good role model and person, doing a good job, being productive, and by giving real compliments on a job well done no matter how small or large.

CROSSING THE LINE & BECOMING CORRUPTED

To be worthy of a position of public trust, we can't give in to temptation and false loyalties. As we work side by side with people, especially in very intense situations, over time, they can become like a family where we would die to help these people.

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Those who are soldiers, police, emergency workers, and others working intense jobs often feel this the most keenly. The problem is that our sense of allegiance and duty towards these other people, taken too far, can hurt the person we love, our society, and ourselves.

For example, Police in America use the analogy of the “thin blue line” as a symbol to represent the police standing between chaos and order, between criminals and the innocent. It’s often used to show solidarity among fellow officers. So far, this is all as it should be and a good thing.

The problems only occur when someone violates the rules of the organization, the law, or other virtues within their morality code, and it’s not handled properly. To some, this “blue line” means you can never speak outside the organization and must cover up all problems. We also see this behavior within our religions, governments, and corporations.

In cases like this, not saying anything is condoning their behavior. We are not helping anyone if we do nothing or help cover up their corruption. To be clear, it’s through you helping the fallen avoid consequences, cover things up and break the law that you become corrupt, and corruption spreads. You are doing right, being loyal to your loved ones, your job, and the true virtue behind your oath if you do the positive and do not become corrupted.

The truth is most of us in these positions of public trust have a higher code that we believe in (like these “10 Laws”), and often we have even sworn an oath of office to uphold the constitution, the law, equality, justice, or some other virtue rich commitment. These commitments preempt any obligation to the fallen and lost within your organization.

Your actual duty to your loved one is to help them out, not aid them in their negative acts. You need to protect your integrity and the integrity of your organization by outing and excising these problems, or else they will fester and become systemic corruption and “just the way things are done.” You need to help your friends become better people, not aid them down this negative corrupted path. If you help the corrupt, you are corrupt.

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Our goal as leaders, therefore, is to create fair and open systems so that “we the people” know what is happening, and only those of real merit are in positions of power. It’s about ensuring those of us who are in control have the correct checks and balances to secure us from corruption.

All people and leaders need to work together to end corruption in all levels of society. Our overall goal as leaders is about helping to build a better society on all levels, free of corruption so all people have access to the well-run societal systems and can enjoy a wonderful life.

FINDING FORGIVENESS & HEALING

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

- Martin Luther King, Jr.

Many of us are consumed in cycles of hate, destruction, and negativity. Some of you are caught up into situations that are truly horrible where others have done you a great wrong and/or you have done them a great wrong.

In these cases, for you to grow, you need to forgive them, and yourself or else end up in a spiral of negativity where your sole focus can become one of hate, revenge, and violence. No good person would want your life or a loved one’s life to get caught up in this cycle of negativity. To say it another way, only the broken and twisted feel good about the misfortune and suffering of others. These people need help and are to be pitied.

The truth is hate begets hate; atrocity begets atrocity. Tragedy cannot be undone by another tragedy. There is no end to this cycle of hatred and violence if you work to avenge every wrong that has ever happened, and others do the same.

Forgiveness is about claiming your power by not letting a bad circumstance or bad people have power over you. You want to reclaim your positive power because if you focus on something negative, you become negative. If you hate, you become hateful. Evil, and those wishing you ill win if you focus on negativity.

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For Example, if you continuously focus on hating someone, how they wronged you, and all the different ways you would want to take revenge, you become a twisted, unhealthy, and a negative person. The harmful chemicals released into your body, and your constant negative focus, will change you and lead you away from your “True Self.”

All people can be good people. Good people twisted into negative people who are far from their “True Path” is how evil wins. Forgiveness does not mean you accept or that you don’t want justice. Forgiveness is about not letting a person or circumstance hold negative power over you, twisting you into someone you don’t want to be. You pity and forgive them and/or yourself for being human and making a mistake. You transmute the energy within the situation into something positive (See the “Life Manual: Our Practice: The Power: Transmutation”). You make amends, do your best, move on, and work to become better.

HOW TO LET THE HEALING BEGIN

The way to heal all wounds and end the cycle of hate, atrocity, and revenge is through grief, pity, and forgiveness. Grief caused by a broken heart or a major shock is often the sharpest when it happens, but over time as you go through it, even if it does not ever go away or become acceptable, it does become bearable. However, it’s in these sharp moments of grief and anger where you can typically see the great wrongness and injustice and find yourself wishing and praying for it not to exist.

Pity for those on the “other side” is easily found by feeling sorry for those who have been so negatively twisted. The reason for this is that all good people want everyone to have a wonderful life. Therefore, all those who are misled, ignorant, doing wrong, and lost need our help and compassion so they too can become their best. It’s in this deep desire for an ending to the wrongness added to your pity and compassion that allows you to find your way to forgiveness, self-healing, and down your “True Path.”

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If you feel the horror and know, “this should not be,” you have taken the first step. The next step is to realize that there are those on the “other side” who are also feeling these same feelings and desire for the horror to end. Because of this, those from all sides who want the horror to end can join together as a single group, a group of all those who have lost yet want something better for their future and next generation.

It’s through our shared compassion, mutual empathy, and sympathy that we can bridge the gap between seeing “them” as the “enemy” and “other” to a place where “we” are in this “together,” working to build a new path out from the horror of the past to a better future for everyone. These healing groups must then work to stop those wishing to continue the tradition of hate and violence by helping them see the way to peace and by actively preventing them from continuing to spread their hatred and violence.

THIRTEEN SACRED TEXTS THAT MENTION THE GOLDEN RULE

The “Golden Rule” is so fundamental to being human that below you can see it has been a part of all our faiths throughout history. The faiths listed below are in alphabetical order.

Baha'i Faith: Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself. Baha'u'llah, Gleanings

Buddhism: Treat not others in ways that you yourself would find hurtful. The Buddha, Udanavarga 5.1

Christianity: In everything, do unto others as you would have them do unto you, for this is the law and the prophets. Jesus, Matthew 7:12

Confucianism: Do not do to others what you do not want done to yourself. Confucius, Analects 15.23

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Hinduism: This is the sum of duty: do not do to others what would cause pain if done to you. Mahabharata 5:1517

Islam: Not one of you truly believes until you wish for others what you wish for yourself. The Prophet Muhammad, 13th of the 40 Hadiths of Nawawi

Jainism: One should treat all creatures in the world as one would like to be treated. Mahavira, Sutrakritanga

Judaism: What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary. Go and learn it. Hillel, Talmud, Shabbat 31a

Native Spirituality: We are as much alive as we keep the earth alive. Chief Dan George

Sikhism: I am a stranger to no one, and no one is a stranger to me. Indeed, I am a friend to all. Guru Granth Sahib, pg. 1299

Taoism: Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss. Lao Tzu, T'ai Shang Kan Ying P'ien, 213-218

Unitarianism: We affirm and promote respect for the interdependent web of all existence of which we are a part. Unitarian principle

Zoroastrianism: Do not do unto others whatever is injurious to yourself. Shayast-na-Shayast 13.29

In the end, treating other people as you would want to be treated in a similar situation should seem logical and a normal thing to do, for who does not want to be treated well?

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THE 3 UNIVERSAL LAWS SUMMARY

It should be obvious; we all need to care for our world and each other in a very positive way, for this is our home, our nest, our womb. Humanity is dependent on each other, on all life and our planet. Because one person or a small group of people can ruin everything for the rest of us, agreement on all three Universal Laws is essential for us as a species.

Law 3: Respect Life.

Law 4: All People are Equal.

Law 5: Treat People as You Want to be Treated.

If you do not agree, then others may do as they want to you, your loved ones, and all you care about without regard. If you do not agree with these laws, you give up your freedom, the right to fair and just treatment for yourself, your loved ones, and our world. Instead, we surrender your life to anyone who can wield power over you. This is because if it's ok for you to hate, take, and destroy without regard, then, by your logic, it's equally right for someone to hate and steal from you.

There is no end to the justification of discrimination unless we end it for everyone. Ending the sickness of superiority that has infected all our societies throughout time is accomplished through the belief in the “2 Laws of Purpose” and the “3 Universal Laws.” To be clear, there is no superior ethnic group, only superior human ways of being and doing. The different ways of doing that we see are of culture, not of genetics.

The key is to integrate all the best and leave the rest while you always lookout for what's even better. It's about raising our children correctly and seeking equality, justice unity, true education, and training. Promoting harmony within our diversity is the goal and responsibility of all. We find our true humanity within well-balanced consideration, empathy, and sympathy. We express this through the creation of a kinder, more respectful, considerate, and just society.

We help everything run more smoothly if we are polite, have good manners, and treat others well. It's about providing and allowing access to

key systems of society and truly educating people, so the knowledge they gain is applied in a way that aids them in their ultimate quest as well as our greater society. We must change the negative into positive if we are to succeed. Feeling that you would like to do right by everyone and then taking actions to make that happen is at the center of *The Way*.

Since we are all dependent on the wellbeing of everyone else, respecting the life, dignity, individuality, and the diversity of others is part of what it is to be your “True Self” and live within a “True Society.” We are all of the same race, the human race, and if we choose not to divide, segregate, and work against each other, but instead cooperate, we can do just about anything. We can only reach our full potential as a race and as individuals if we honor these “3 Universal Laws” within our life every day.

CHAPTER 6

UNDERSTANDING GOD

“God gave us the gift of life; it is up to us to give ourselves the gift of living well.” - Voltaire

THE GOD LAWS

As part of “Step 4: Center” of *The Way*, we are covering the laws that make up our core value system. We have covered “The Laws of Purpose” and “The Universal Laws.” Now we finish up the laws with a set of rules covering God. “The 5 God Laws” below provide a starting point where all those of faith and non-believers can find common ground.

The fact that God is possible and that so many believe are enough reasons to have a basic set of governing rules. It’s also important because a lot of problems in society are created by the organizations we have built around faith and science. These rules will allow us to peacefully interact when dealing with the issues of God within our society.

I have found these laws and the virtue they express at the heart of all faith, philosophy, morality, and science. All is presented with the utmost respect and gratitude for everyone.

One way or another, we all have a code when it comes to God. A clear understanding and choice of a complete and positive core value system covering God is the way to become your “True Self,” create the “True Society,” and more fully connect with God.

THE NAME OF GOD

If the reader has an issue with the word “God” or “Heaven,” feel free to change them to any other positive terms that mean God, including ideas like The Creator, The One, The All Creator, Allah, Jehovah, YHWH, and Yahweh. Other words for heaven include things like nirvana and the afterlife.

NON-BELIEVERS/ATHEISTS/AGNOSTICS NOTE

The Way does not require a belief in God. We can be good people without the fear of God or even the idea of God as our guide or friend. We can choose to do right because it is right.

However, “the God Laws” can help all of us understand the faiths of our world. They can show us how we might all work together by focusing on the shared virtues found within all faiths, morality, and science. These insights can help us navigate this life more easily and help us build our “True Society.” So, as a non-believer, it’s important not to discount or skip over the information contained within “The God Laws” because the information within this section needs to be known by everyone if we are to create a world of peace and understanding.

LAW 6

THERE IS NO GOD OTHER THAN GOD

To get started, we need to know who or what God is. To answer this question, at this stage, we need only look to one primary aspect of God.

God as the:

- Creator or Originator
- Prime Mover
- Unmoved Mover

- The nothing or non-nothing that begets everything
- First actor within the action-reaction cycle
- The “One” who started it all

PROOF OF GOD

We can't prove to everyone's satisfaction that God exists or does not exist. God may always remain a subjective truth so that we can have free will and therefore choose our destiny and fate. However, according to Science and Philosophy, a creator is possible. The possibility of God also allows for the possibility of heaven. At this time, it may be that we are not able to prove this truth scientifically because our tools are not good enough. The absence of proof is not proof of absence.

God, the originator, the prime mover in the action-reaction cycle, is the energy source and force that started “The Big Bang,” which is the name for the start of our universe. From this originator perspective, “God” can be and is the only God. Using the word God to represent this first creator being does not mean you have to believe or have direct knowledge of God.

Even if there are very powerful beings that can perform wondrous things, or even if we can, it does not make them or us “God” or a “God.” It would just mean they, or we, are powerful beings who can do amazing things. Regardless of ability, all who come after the prime mover are not the originator.

The word “God” is, therefore, only being used to describe the prime creator of everything. Because of this, there is no “your” God, “his or her” God, or “their” God. There is only God. The differences are found in our interpretations and organizations, not in the deity we call God.

WHAT IS HEAVEN?

Heaven is a topic, like God, that is complex. Here the key point to understand is that heaven exists as a section of the omniverse, spanning many universes and dimensions,

**RELIGION, SPIRITUAL PATHS,
THE MESSENGERS, & GOD**

For a more in-depth understanding, we need to look at how we have manifested the idea of God within our Society. Religion is a human-made organization that has a system of codified beliefs, opinions, customs, and rituals concerning the existence, nature, and worship of a deity (God) or deities, and divine involvement in the universe and human life. Some of what many name “religions” are instead spiritual paths. A spiritual path is a program used to better one’s life that does not necessarily contain the idea of God. Buddhism is an *example* of this type of spiritual path.

God is a being and not a human organization. God is not bound by any religion. God is the “topic” these organizations are claiming to be talking about. Most religions were either founded by or created from the teachings of a “Messenger.” Many religions are thousands of years old and carry traditions and world views of those times.

Religion is a major societal system that affects all our lives in many ways. We can see them as different vehicles, trying to get all of us to a better place, which is based on virtue. Religions most often operate as a business in that they own property, employ people, and offer products and services that are consumed.

LARGEST FAITHS AT THIS TIME: (listed by year founded)

Hinduism: Religion/Spiritual Path (depending greatly on sect) (Mainly found in India)

- Founded Around 3500+ BCE. Existed in parts much earlier.

THE WAY | STEP 4: CENTER - CONTINUED

- Founder: No one person, formed through collective writings often from unknown authors.
- Books: The Bhagavad Gita, the Upanishads, Rig Veda, etc.
- God: Within Hinduism's many writers, there is the idea that there is only one God, and all the other "gods" mentioned within this faith are but aspects/avatars/creations of The Creator God. There are also interpretations allowing for many beings of great power they call "gods."
- Sects: Shaivism, Vaishnavism, Shaktism, etc.

Judaism: Religion

- Founded Around 1812 BCE
- Founder: Abraham, who was 75 years old when he heard a call from God to start his journey, which ultimately began the Jewish faith.
- Books: Torah (the law of God as revealed to Moses and recorded in the first five books of the Hebrew scriptures, Talmud (the body of Jewish civil and ceremonial law and legend comprising the Mishnah and the Gemara. Midrash (an ancient commentary on part of the Hebrew scriptures, attached to the biblical text.) Nevi'im (the second part of the Jewish Scriptures which contain the writings of the prophets).
- God is only God
- Sects: Rabbinic, Karaite, Hasidic, etc.

Chinese & Asiatic Faiths: In the age of this writing, many see the dominant eastern faith, centered in China, as a combination of Taoism (Daoism), Confucianism, and Buddhism, which is then customized locally by adding in other ancient rights and traditions like ancestor worship.

Confucianism: Moral & Spiritual Path

- Founded 551-479 BCE

THE WAY | STEP 4: CENTER - CONTINUED

- Founder and Name: “Confucius” is a Latinized form of the Chinese K'ung-fu-tzu, “Master K'ung.” Confucianism and Confucian are not meaningful terms in Chinese. They are western terms.
- Basic Books: The four books include the: Great Learning, Doctrine of the Mean, Analects, and Mencius. The five classics include: Classic of Poetry, Book of Documents, Book of Rites, I Ching, and the Spring and Autumn Annuals.
- God: God is only God with a great focus on Heaven.
- Sects: Mencius, Xunzi, Dong Zhongshu, Ming, Korean, Song, Qing, the Modern sect, etc.
- Information: Confucianism has never existed as an established religion with a church and priesthood. Although the ideals within what the west calls Confucianism became the official ideology of the Chinese state, Confucius was only honored as a great teacher and sage. He is revered and not worshiped, named God, nor did he name himself God. The basic teachings of Confucius are composed of a set of political and moral doctrines emphasizing self-control, statesmanship, development, virtue, as well as social and political order.

Taoism or Daoism: Religion and/or Spiritual Path

- Founded: Around 500 BCE. Established as a formal religion between 400 to 300 BCE.
- Founder: Laozi is also known as Lao-Tzu
- Book: The key book of Taoism the Tao Te Ching (Dao De Jing or Daode Jing) or The Way and Its Power.
- God: One can say that Taoists do believe in God; they just call it the universe or cosmos. In Taoism, the universe springs from the Tao, and the Tao impersonally guides things on their way.
- Sects: Quanzhen (totally true) and Zhengyi (exact one) are the two primaries.

- **Name and Information:** The name Taoism is derived from the Tao Te Ching. What we know as the Tao grew out of shamanism, various religious and philosophical traditions in ancient China. It is a philosophy that advocates a good simple life, oneness with the universe, living life at peace with one's self, others, within a world of changes.

Buddhism: Spiritual Path

- Founded 460 BCE
- Founder: Siddhartha Gautama was a prince who was separated from all hardship, the old, sick, and issues of life. Once he was exposed, he was so moved, he “awakened.” Buddha is a title meaning “one who is awake.”
- Books: The path is centered on the works of The Buddha that include “The 4 Noble Truths” and “The 8-Fold Path.”
- God: This faith is not concerned with God. It focuses on the development of self as a way to reach higher planes of existence.
- Sects: Theravada, Mahayana, Tantric, Zen, etc.

Christianity: Religion

- Founded 27 CE. The first official organization formed about 397 CE.
- Founder: Abraham & Jesus Christ. The book and organizations, while based on Christ (0-27CE), were not directly created by him as he was killed before writing anything down or forming an official religion or organization. However, his first followers (apostles) continued to spread his message in speeches and writings/letters/testimonies. It's these writings that hundreds of years later became the basis for the New Testament and, eventually, the Religion of Christianity.

It should be noted that the Catholic Church is the first organization to be officially recognized as the first church of Christ. They claim their legitimacy by linking the organization to the apostles who followed Jesus.

THE WAY | STEP 4: CENTER - CONTINUED

- Books: These first organizers of the Catholic Church canonized some religious writings about Christ into the New Testament. The Bible they created is made up of this New Testament and the Old Testament (which comprises thirty-nine books that are considered to be the Hebrew Bible or Tanakh). Since Christ was the fulfillment of a prophecy within the Jewish Torah, the “New Testament” was added to the book and not substituted. Note that groups like the Mormons, while Christian, also use other books.
- God is only God
- Sects: Catholic, Evangelical, Protestant, Orthodox, Quaker, Methodist, Lutheran, Baptist, Mormon, etc.

Islam: Religion

- Founded 622 CE
- Founder: Abraham & Mohammad
- Books: The Quran: Mohammad spoke the words, and his wife (Khadijah bint Khuwaylid), wrote them down. Over time, their creation became the Quran. The Quran consists of surahs that cover many important topics, issues, and people, including surah 12 Joseph, 14 Abraham, 19 Mary, and more.

There are additional books within Islam. One is the Hadith, which is a collection of reports about Muhammad’s life. Another is Sharia or Sharia Law, which was a system of laws created in response to a very lawless time and the corruption found within Judaism, Christianity, and the society in general. The goal of Sharia was for it to evolve into a clear set of fair and just laws that reflect the virtues of peace and love that are at the heart of Islam.

- God is only God.
- Sects: Sunni, Shia, Kharijites, etc.
- Name: Islam is unique among the religions listed as the name “Islam” was created by Mohammed. He created it by working with the root of “*al-Silm*,” which means submission/surrender and *al-Salaam*, which

means peace. The name Islam, therefore, is a call for all to submit or surrender to peace.

Sikhism: Religion (mainly found in Punjab India)

- Founded about 1500 CE
- Founder: Guru Nanak and nine gurus who followed
- Book: Guru Granth Sahib
- God is only God
- Sects: Nirankaris, Nam-Dharis, etc.
- Name and Information: Sikh means “one who seeks after truth.” The first word in the Sikh scripture is “Sat,” which translates to the truth. Sikhism is based on truthful living.

THE CHILDREN OF THE BOOK

Many refer to Judaism, Christianity, and Islam as Abrahamic Religions as they all revere Abraham as the founding Patriarch, see God as the only God, and share other ideas. Because of this, we can see all Abrahamic Religions as different sects who look to represent God as brought to light by Abraham.

BALANCE VS. SUPERIORITY

To understand and improve our faiths, we all must be aware of a significant issue within our religious organizations. There is often little to no checks and balances on those in power positions. In many cases and especially within the Abrahamic religions, there is a tendency to propagate a feeling of superiority and righteousness over “other” non-believers, sects and faiths.

This deluded sense of superiority and righteousness is the same human failing found within isolated ethnic groups who feel their ethnic (white, black, Asian, etc.) background grants their group some superiority over “others” not of that ethnicity. Within these faiths, the feelings of superiority come from a belief system rather than ethnicity.

The feelings associated with believing that we are right, superior, and powerful separates us from others by leading us to see “other people,” not as equals. Instead, this unhealthy fixation on self-superiority and righteousness stunts our growth. It makes it virtually impossible for us to understand any “fact” that does not align with our preexisting world view or feelings that we have been taught to think and feel by our faith.

Often, it’s those who feel the most self-righteous and superior that gain power and take a hard line against genuinely caring for other people, our environment, and society. They do this because they have a false sense of their superiority, believe things that are not true, and are unwilling to examine their failings or challenge their authority figures.

Being sane, rational, and a true believer means that you are open to change when facts and science do not align with your religious, spiritual, or political desires, wishes, or wants. You choose reality and truth over what you want, wish, and thought was true because this truth leads to your ultimate goal. Willful ignorance, choosing to believe in lies, half-truths, and not challenging authority figures is not the way to your “True Self,” our “True Society” or heaven.

SECTS, HERETICS & CULTS UNMASKED

To ensure our understanding and ability to manage our societal systems of faith, we need to go a little deeper into a few key aspects of their structure. Within every religion, there are different sects. A sect is a subgroup of a religion. These sects are often referred to as having liberal, conservative, literal, radical, orthodox, or fundamental views of the religious works. Sects interpret the books and other tenants of that religion in different ways, often emphasizing some ideas while diminishing, dismissing, or glossing over others.

Sects are often formed by those who feel they have a superior understanding or view. The main difference between sects is found in this

focus and interpretation of the original messenger/message by the leader(s) of the sect.

Some sects fractured from other sects that were fractured from others. This dividing within a faith is how we end up with faiths and sects that focus on very narrow interpretations of “The Message,” or even an elevation of part of “The Message” above all the others. Most of this is inconsequential as these interpretations conform to harmless traditions, virtue, or appeal to personal taste. In fact, true faith can play an important role and be a constructive part of life as they are peaceful, loving, good, and can help people find their “True Path.”

THE REAL HERETICS

However, others have focused on part of a message or twisted the meaning so that they can hate and do evil yet claim it’s good. I am calling these people heretics. To be clear, I have changed the meaning of the word heretic in this book. In the past, a heretic was used by those of a religion to justify killing or destroying the lives of anyone who spoke against them.

I am using “heretic” to describe all those who twist any of our faiths into a tool of negativity and evil. This is based on the fact that virtue, morality, goodness, and God are at the center of true faith.

Self-deluded superiority and fracturing have created sects within each faith that focus on passages and interpretations. This allows these sects to justify what the main body of the faith, and the rest of society, would call evil, radical, or extremist. These heretical sects operate more like tyrannical dictatorships oppressing people rather than being a positive virtuous spiritual organization that helps people.

In fact, most heretics revere men of the past above all others and worship an interpretation of a book that is thousands of years old instead of listening to the living God and the truth of the age. It’s these extremists who hold the twisted belief that violence, hate, oppression, destruction, rape, slavery, murder, genocide, mutilation, misogyny, and other atrocities are somehow honoring their faith. They have been twisted into believing

they are good even when what they do and believe goes against human conscience and all standards of humane treatment, virtue, and morality.

EXTREMIST SECTS & CULTS ARE STARTED IN 2 WAYS

1. **Fracture:** As outlined above, these extreme or radical faiths are often a product of a fracture within a religion or sect. These sects are led by someone who claims to have a better or clearer interpretation than others in the faith.
2. **Power Hungry:** Many times, the people who want power, fame, wealth, control, and wish to impose their will over others need justification, legitimacy, and followers to do so. They gain acceptance from their target group by claiming to be part of their religion. They say they are fighting for those oppressed, forgotten, poor, and desperate. They claim to speak the “true” meaning of the message or messenger and do favors for that group. Here the leader is not a believer, and they are just using the followers of that faith as a tool to get what they want.

CULTS & HOW TO KNOW IF YOU ARE IN ONE

Small fractured sects, especially when the members pledge their sole allegiance to their leader rather than the leaders and tenets of the greater faith, are referred to as a cult. You can tell if you are part of a cult because they often do not want you educated, have contact with the outside world, and work to incite feelings of anger, fear, violence, and hate toward “outsiders” or “non-believers.” They also want you to give them all your wealth, time, and live within their community, doing only as the leaders dictate.

TWISTED FAITH & EVIL

This twisting of evil into good is how the most heinous and inhumane acts are justified by the followers of a twisted faith. The reason for this is few, if any, who do evil think they are doing so. They not only feel good about committing evil deeds, they feel justified, right, superior to all other people, and holy as well as the closest to God.

Anyone who understands why God created “Evil” can see this twisting of good people into evil is one of its primary goals. As there is no greater victory for the “Evil One” than to tempt “Good” people into committing “Evil Acts,” thinking they are doing good, honoring their faith, and acting in the name of God.

Evil only moves in this world through humanity. In this way, we can see the “Evil One” as the great tempter testing to see if we will choose the good and hold to our “True Path” or give in to temptation, be broken, and turn to evil. Throughout human history, many millions, if not billions of us, have been murdered, tortured, raped, oppressed, while others of us are twisted into committing these atrocities in the name of someone’s inhumane interpretation of only part of an ancient message.

It’s imperative to understand that it’s only people, and mostly men, doing all of these horrible things. The demons or devils walking our planet are humans who are twisted and lost. Our only solution is to help them, stop them, and prevent others from becoming like them.

TRUE FAITH & THE FALLEN

“True Faith” is about creating peace, harmony, unity, understanding, and cultivating the rest of human virtue, and a relationship with the holy, divine, and God. Therefore, any sect or cult that murders, rapes, hates, enslaves, maims, tortures, and oppresses in the name of (insert sect or cult here) is not part of a legitimate belief system or part of any religion nor honoring God. Instead, the followers of such a twisted faith are the lost and fallen.

For example, a group who names themselves “Christians or Muslims or Jews or Hindus” for “Peace & Freedom” who then go around killing, raping and oppressing are not part of that larger faith or even a legitimate sect of the central faith. They are power-hungry heretics using the religion for legitimacy. They are twisted, claiming to be good yet doing evil.

The original goal of religion may have been to reflect the virtues professed by their founding messenger(s) and to honor God. While

inspired by God or enlightened people, we find the problem in the translations and interpretation of these ancient messages into modern language, formal systems, and institutions within society. The interpretations and structure become the problem because our institutions of faith have little or no checks and balances in place and are run by flawed human beings. They also often exalt their members and key leaders above the rest of humanity.

Throughout human history, we can find evidence of corruption, violence, division, destruction, hate, inequality, prejudice, discrimination, and dysfunction within all institutions of faith. The fact is that those who commit evil have fallen; it does not matter the position within a religious organization or society. We can love them and feel bad, but this does not negate the fact that if in a position within a faith, the fallen should be fired, expelled, and removed from any position of authority or power. All information regarding their crime needs to be provided to the civil authorities so that they may be stopped and prosecuted.

In all these cases, no one gets a pass just because they are considered “holy,” or it might look bad. If those within our “holy” organizations are not held accountable for evil acts, how can these organizations claim any real virtue or serve as role models for anyone? How truly “good” is a “holy” organization if no one can question them; if they oppress people, ideas, and maim our children and us; if they condone child molestation and rape; if they teach us to hate and kill everyone who does not agree with or do what the “leaders” say?

Therefore, because our holy institutions and those within them are or can be corrupted, it’s incumbent upon and the duty of all the members to ensure that there are checks and balances in place. We must also question and test all the ideals against conscience and morality as well as expose the inconsistencies and corruption within our faith to its members and leadership so they can be fixed.

THE SOLUTION

The solutions to all these challenges found within our religions are similar. Flawed systems are one of those universal challenges set by our human condition that we all must work together to overcome. All “True Faith” is about the cultivation of virtue and connecting with the holy, divine, and God. Ultimately, it’s the responsibility of all of us to ensure we are not participating in a twisted faith and that our faith has not been tainted or hijacked by heretics, the lost, the fallen, or evildoers.

For all of these reasons and for your personal development as an individual, it’s essential to know what religious sect you belong to. Then to compare and contrast its beliefs with other sects within our religion, the “10 Laws, ” other humane morality systems, faiths, and your sense of conscience to ensure that you are following a good and positive faith.

One easy way to tell if you are following a heretical faith is found in how it makes you feel about other people and faiths. If your faith makes you feel hateful towards “those other people” and wants you to commit acts of horror upon “certain groups” of people, you are following a twisted faith, heretic, or in a cult.

After you have taken care of yourselves, making sure you are in a positive faith, you can look to help free others under the thrall of heretics and heretical sects and cults. As a global society looking to dismantle these organizations, we must first stop linking crimes to faith. We stop relating crimes to faith to stop giving legitimacy to these heretics and cults that are seeking to twist our faiths into evil.

This strategy means our news and other media need to stop saying things like “Jewish, Christian, or Muslim terrorists killed...” There can be no true follower of faith that commits these heinous acts. These evil-doers are using these faiths to gain legitimacy, spread hate, and divide us. We only play into the hands of the fallen by making it seem like a particular religion is committing the crime.

Those in media who know those of true faith would not commit acts of evil yet continue to link crimes with religion are tainting those faiths in

the eyes of those listening and creating more division. We must peaceably work to stop those linking faiths with criminal behavior.

We also need to ensure that we portray all criminal acts as something that goes against our faiths and human morality. In all cases, we do not publish their names, manifestos, photos, religious affiliation, or anything in their regard. We can just refer to them as just another person who had a psychotic break or part of a misguided hate group without naming their group. We can then mainly focus on helping the victims and solutions that fix the sickness in our society.

We can help prevent extreme negative fracturing within a religion by ensuring all the other societal systems like education are running well. We must blow the whistle, give evidence, and leak vital information on harmful plans and corruption as well as do everything we can to stop those who would do evil.

Ok, now that we understand the basics of how our faiths become fractured and hijacked, it's essential to understand a couple of other vital issues that have hurt our understanding of God and true faith over the centuries.

**AN EYE FOR AN EYE &
TURN THE OTHER CHEEK (EETC):**

Another of the main issues found within most religions and justice systems is the seemingly contradictory virtues of “an eye for an eye” and “turn the other cheek.” This concept reflects the idea of “a velvet glove over an iron fist” and other metaphors.

Below are both virtues in short form:

- **An Eye for an Eye:** If you take something from me, I will or can take something of equal value from you.
- **Turn the Other Cheek:** As in forgiveness, the acceptance of rightful punishment or chastisement, or the willingness to accept a hurt to teach someone a more important lesson.

If either of these virtues (EETC) is taken out of context from the whole faith and all virtue, our conscience and a real sense of morality, as well as in relation to one another, it can distort our view of right and wrong, our sense of sympathy, empathy, compassion, and justice. This distortion can lead to many adverse effects personally and within our society. Only within the context of each other, combined with the higher ideals within the whole of the faith and human morality, can we understand that these ideals are not contradictory. Each has its place as they represent two extreme ways to respond to conflict.

There are times that just recompense, and even punishment are required. There are other situations where we must allow forgiveness if more significant lessons and peace are to be achieved. There may be situations that need a little of both. If we balance EETC with the ideals of equality and treating others like you and your loved ones would want to be treated (Law 1 & 2), we find EETC is relatively easy to apply correctly and fairly. This is because our goals as humans are to help everyone become their best and to create a wonderful world everyone can enjoy, not unjustly hurt, and take from each other.

JUDGMENT DAY, ENDING TIMES, APOCALYPSE, ARMAGEDDON, REVELATIONS, ETC.

Another common issue within most of our faiths concerns the writings that refer to the ending of all life or the destruction of our world. Within these apocalyptic writings, life usually ends in a very horrible way because the human race has failed.

The scientific fact is that our world will end. We know that billions of years from now, our sun will go out. Before it completely dies and if our earth is still orbiting our sun, all life, including human life, will be destroyed (possibly excluding some extremophiles). If we are to continue to be fruitful and multiply in a virtuous and sustainable way and continue to thrive over the truly long term, we will not only need to protect our world so it can sustain us but go even further. Long before our sun goes out, we will need to relocate to other worlds and/or move our world to a safe location and/or build our own solar systems where we can live in peace.

Prophecies of what will happen if we fail to grow in a virtuous way were very common at the creation point of these religions. They all serve the same purpose, which is as a warning of what will happen if we do not succeed in honoring God and living up to our potential. Within the Abrahamic faiths, the apocalyptic ideas are linked together and share many common points.

The fact that apocalyptic writings exist as a “warning of failure” is critical. The intent was to provide a warning of what would happen if we failed and as a motivator pushing us to do our best. The writers of the day made it seem so horrific that all people would want to work hard to avoid it. The problem is that over thousands of years, the interpretation of these writings has been twisted by some heretics and accepted by large groups to mean something completely different.

In our current age, there are good people of faith who have been twisted into longing for our destruction and the ending times to arrive by any means instead of working to honor God and live up to our potential.

They see the destruction of humanity at our own hands as unavoidable and something to work towards and rejoice. Some have even gone so far as to see it as their duty to help bring on the end times.

God was very clear that our purpose is to survive and thrive in a virtuous and sustainable way. If God wants to end us or not, the choice is God's and not ours. To believe otherwise is to separate these apocalyptic writings from all other virtuous precepts and tenants of faith and then twist a good into evil.

It helps to realize that many of those in power perpetuate this twisted view because it means they can increase their control over us through fear and the claimed ability to grant access to a positive afterlife. It also allows those of twisted faith who are tainted by hate and superiority to feel it's good and right to actively work to create world wars, to kill and destroy us all.

In the end, all apocalyptic writings are accurate in one sense. Our world and universe will come to an end one day. As humanity, we must take these warnings given by our holy ancestors and the facts presented by our scientists seriously. We must work hard as anti-entropy agents and children of God to do our best to live up to our full potential as a species for as long as we are allowed to exist in this universe. This is because if we do our best and things end by an "act of God," we still honored God and did our duty, and this will be rewarded.

LAW 6: THERE IS NO GOD OTHER THAN GOD SUMMARY

There is and can only be one God. Religions and systems of faith are flawed, as are all our human systems. It's up to us to see these flaws and overcome them. Flaws within our faiths are a challenge and test for all of "True Faith" to overcome. This challenge is built into all faiths through the human conditions we all live under because they serve as high-level tests of our character and willingness to live up to our higher ideals no matter the organization or people involved. In the case of religion, we need not accept everything said or written by the ancients or modern-day

profits. All our religions, spiritual paths, and faiths need to fit in with our greater understanding of life, conscience, virtue, and morality.

Someone pointing to a passage in a book thousands of years old that has been translated and interpreted (often incorrectly) or saying that God told them so is not a reason to go against all that we know is right and good, moral or our conscience. These are tests of our character and our willingness to find “True Faith.” These negative ideas should be shunned, not accepted, or embraced. We need to speak up, challenge, and not accept those who would twist our faiths into something hateful and negative. These are significant challenges within all faiths that, once overcome, will help us find the “True Faith” we all seek.

In the end, while we may not ever be able to prove the existence of God to everyone’s satisfaction, the existence of God is possible. This fact, along with the other evidence you can personally find, is enough reason to believe.

Belief in God does not require belief in a particular religion or spiritual path. In these cases, believers can simply say they are spiritual rather than religious. Regardless, it has been proven that faith and belief in a positive God and virtuous precepts found within a religion and/or spiritual path can give direction, “lighten our load,” heal, relieve pain, and grant access to all kinds of seemingly superhuman abilities.

Our faith can also mean that we don’t fear death, are never alone, and have access to a reliable and inexhaustible source of positive energy and a catalyst that can help us go farther than we could otherwise. Therefore, even if God does not exist and there is no heaven, but you choose to believe, you could still live a happier, more virtuous, and healthier life with more energy and peace of mind than by not believing.

CHAPTER 7

UNDERSTANDING YOUR PLACE

Within this chapter, we wrap up “Step 4: Center” as we finish exploring “The God Laws” that are at the core of “Our Code.” Understanding the rest of these laws will help create more peace in your life and our society.

LAW 7

WE ARE ALL DIRECTLY CONNECTED WITH GOD AND THIS CONNECTION CANNOT BE BROKEN.

“We all have the same root, and are connected...To tap into this connectedness, we must go within.”
- Summerlyn Guthrie

All is created by God, and you are no exception. Since everything is of God, we are continuously and directly connected with God. It cannot be otherwise. To help visualize the basics within this truth in a purely physical sense, think about it like this. Whatever you are touching is touching something else, which is touching something else. If you go with this far enough, you get to the point where everything is connected.

A simple *example* is that your body is touching the air, the air is touching all the atmospheric layers, the topmost layer is touching space, and space is touching the rest of the universe, which is part of the omniverse (all universes and dimensions). All is created by God using God’s energy. Therefore, all is part of God and connected to God.

This total connection is how you are physically connected with everything, including God. Since everything is one, there can be no separation.

We are also spiritually connected directly with God through our Soul. There is no requirement needed for this connection. This connection cannot be undone or broken. No person or organization can stand between you and God nor have any say in your fate/destiny or relationship with God. Ultimately, your destiny is between you and God.

Even though this connection is there, some of us may not feel it. Finding this connection for some can be like learning to hear a soft sound that has always been there but has gone unnoticed. If feeling unconnected, it only

takes time and true intention to find it. If you are of faith and at times you feel alone or abandoned, you need to see these times as a test of faith and of your character.

In fact, no one is closer or farther from God than we want to be. If there is a block, shadow, or distance, it's of your own making, and only you can remove it. To be clear, you can choose to turn from God, believe you cannot connect, and even deny this connection. You can also choose to connect.

Ok, now that we understand the basics of this connection, let's go a little deeper into how we were created and our life span.

WHAT ARE SOUL & SPIRIT?

Your soul is like a unique “seed” created by God. Your soul grows a spirit around itself. The soul is not destroyed in this process; instead, it evolves. Your soul/spirit contains all of who you are. This soul/spirit is who you really are and is what directs your body.

The blueprint of who you are as a “Being” (soul/spirit) is not contained within our universe's observable dimensions nor within the temporary energy form (body) that you are using within this universe. Instead, because all is of God, as you live a life, you create a “master blueprint” that is continuously imprinted within God, and it's this soul/spirit that God joins to a body anywhere in the omniverse.

ONE LIFE & LIVING FOREVER

When we die, some believe that we go on to live many more lives. Others believe we only live one life. The truth is there is no difference. There is only one life in either case. The reason these are the same is that the first is a human perspective, and the other is the perspective of God.

From a human perspective, we see people being born and dying, which means if they do come back, they would be reborn and live a new life. From God's perspective, our life starts the moment we are created, and it's this life form that takes on many bodies as they live. We have “One Life,” that lasts forever using bodies as needed.

THE WAY | STEP 4: CENTER - CONTINUED

From this perspective, your life lasts forever from the point of your creation. All your achievements help you develop through all of these “lives.” So, what you do every moment does matter. Here you can think of your body as the temporary vehicle you are using in this life, and it’s the only thing that is aging and dying. You can see aging and dying as another mental, physical, emotional, and spiritual challenge to help us develop as beings rather than the end of your life. Here, instead of seeing a life’s ending, we see a “being” transitioning from this body to another and the beginning of something new.

CREATED IN THE IMAGE OF GOD

Our connection with God runs deep, as many have said that we are created in the “Image of God.” “Image” in this case does not mean physical representation as in how we look. Instead, one aspect of the meaning is concerned with the fact that we were not given all knowledge and wisdom but instead given the innate need and capacity to know and understand. The characteristic of being a “truth seeker” and “mini-creators” is ingrained into the core of humanity. Therefore, to use God as a substitute for intelligence dishonors this great gift.

To be clear, the fact that God is at the start of everything does not negate our intellect. God created us and gave us so many excellent gifts, with our minds being one of the greatest. We must use it to show our appreciation and respect. Our desire and ability to observe and understand our wondrous universe to such a profound degree is fantastic. Taking human minds out of our society and keeping people ignorant does a disservice to the entire human race and does not honor God. In fact, it’s profoundly disrespectful to our creator NOT to develop our minds and cooperate in the creation of the “True Society.”

We, the “observer or witness” with the ability to truly understand, is very important and fundamental to the purpose of the universe. We can see this point of the observer within the age-old Zen “koan” asking, “Does a tree make a sound when it falls in the forest if no one is there to hear?” One of the main points within such philosophical exercises is to get us to consider if anything can happen or exist without an observer.

Intriguing Observer Side Note: An interesting scientific discovery points to how important the idea of the observer is to our Universe. *For example,* this "observer effect" is seen clearly in the "double-slit experiment" where one single photon of light is released into a tube with two holes at the end. When observed, the photon of light acts as a particle and comes through only one of the holes. However, when we do not observe the photon directly, it acts as a wave, and we see the light coming through both holes at the same time. - *End Side Note.*

To fulfill one of our primary missions of life of knowing and understanding means that we can't give up our free will and ability to think, reason, and know. This perspective is critical because sometimes we are told by our chosen authority figures or those in centers of power of a faith that to honor God, we need only do what they tell us or learn what is in books of their choosing. Some even force this state of ignorance on all the people of their country or faith except for the elites and those of the leadership's choosing.

If we surrender our free will to think, reason, compare, and question, then we are giving up a primary gift from God that makes us human. If others are taking this from us, then we are their slaves. Our vulnerability means that those in power positions must not give in to the human failing of thinking you know everything and, therefore, should control everything. A leader without checks and balances is depriving themselves of a critical component of the system they lead.

To say it another way, not developing our minds and abilities does not honor God, but instead is choosing to be no more than an ignorant slave submitting to the will and designs of another human. Our surrender in this manner dishonors God and yourself.

PROGRESS & THE SPIRITUAL CHALLENGE

To honor our connection with “God” and “True Faith,” old flawed traditions that reflect misunderstandings of messages, inequalities, hatreds, and prejudices of our past can be disregarded without fear. We must focus on our living connection with God, conscience, and genuine virtue. We must not let unenlightened interpretations, bad translations, harmful traditions, and bad ideas held thousands of years ago shade our understanding of the living God, real goodness, truth, or our future.

The goal of faith and religion is not to perpetuate a human’s understanding of God held a few thousand years ago or to worship a book. Instead, we are to live with God in the now and develop our systems as we gain understanding and perspective. This development is the challenge. Our success honors God as it shows that we are learning and capable of choosing and implementing positive changes within complex societal systems as a large group.

This human challenge of having to shed old traditions that do not adhere to higher standards of virtue, conscience, and morality have been with us throughout our beginnings. We have done away with many of them. To truly honor God, we must use our minds and conscience to question and test everything. If channeled correctly and joined with others, our minds are our greatest strength, and together we can improve our intuitions of faith, which will enhance our world.

THE CHILDREN OF GOD

Ultimately, all is One. We are all created from and by God. We are always connected to God because all is of God, and God created us. Therefore, we are all “The Children of God” and are thus a family. A real family because, as we have learned, we also all share the same genetic male and female ancestor (Genetic Adam and Eve) and 99.9% of our DNA.

A flawed family true, but our flaw forces us into many challenges that lead to more significant advantages. Our imperfections, if handled well, is a great gift. Knowing we have these flaws (also named “original sin” by some faiths) and working to compensate for them is one reason we are worthy of

consideration and an honorable species. Choosing correctly and working together as a family is critical if we are to truly succeed.

It's up to all of us to join together and not let anyone divide us in our collective mission. Every issue does not have to be turned into an "us vs. them," "zero-sum," or "win-lose" situation. We have the power to find real solutions and create consensus for we are family. Most often, reasonable people with the same accurate and complete fact base and who believe in the "10 Laws" can come to universally acceptable solutions.

LAW 8
GOD IS OUR SOLE AND
FINAL JUDGE, & WE ARE JUDGED BY OUR TRUE BELIEFS,
INTENTIONS, WORDS & ACTIONS

"People pay for what they do, and still more, for what they have allowed themselves to become. And they pay for it simply: by the lives they lead." - Edith Wharton

WHY IS GOD THE FINAL JUDGE?

Your life is continuous and without end. You transition from body to body from universe to universe. Your soul/spirit is imprinted on God as you live. God, as the judge, is like our parents or educational facilities teaching, testing, and judging us as we grow. As we do better, we get to go to different places and do more things. If we do not do well, then we go to less fun places where we work to learn the lessons we missed and are even punished.

Just like a loving parent, God cares about where you end up and wants you to succeed. To help, God has given us the great gifts of being unique yet similar, free will, consciousness, and the ability to create a world of our choosing. Because of this, your life can only be a competition with yourself, for you are the only one walking your path. There is no comparison between lives. You are literally in a unique place that no one has ever been and will never be.

Sometimes humans must be "burned to learn" as well as broken and remade for us to find our "True Path" because we are so clueless and lost.

Some of us who have done and seen the worst can appreciate the best more than the rest. The main point is the lesson and not the event.

It's up to us as a species, globally, to create a more conducive societal system so all people can become their best and reach their full potential. Supportive systems will help more of us receive the best judgment from God as we go through life.

YOU AS THE JUDGE

We are here to work on ourselves and for a better world. Pointing our fingers and condemning others in mean, non-constructive ways does not use our conscience and inner judgment ability for its designed purpose. Those who use this ability in this way do so, so that they can feel superior or self-righteous and avoid dealing with their failings.

Our inner judgment ability and conscience are here to be used upon ourselves, others, and society to improve them in a good way. To do this, we need to understand our failings. It's through constructive self-judgment that we can learn to improve ourselves.

However, it's essential to realize that often our inner judge is harsher than God or anyone else would be. The key here is to find the balance and constructive solutions. Be good to yourself and don't beat yourself up. Look for the lessons and focus on solutions. Much of life is not a pass or fail but more a measurement of degrees of personal success. The key is to know the difference. You can learn something every moment.

Example: Pay attention to life's signs. Like your mother saying, "be careful, it's slippery out," as this can mean the difference between life and death. Or a fumbled screwdriver while working on a job may be a little sign to help us become better at our dexterity and focus.

To learn more about this topic, see the "Life Manual: Our Practice" as well as "Fuel: Information."

GOD IS FAIR

The fact is that God is fair and wants you to be your “True Self,” live a “True Life,” and go to heaven. God’s purpose in creating us and moving us through life is so that we can evolve into wondrous beings of free will. The reason why God did all of this is a simple one. The answer is similar to what parents feel when they want to have a child and help them become “Truly Successful.” You only need to play this great game of life in the right way to win. It’s up to all of us to use our gifts to create what should be.

It seems harsh, but to God, we are children who need to learn, sometimes this comes with great trauma and drama, often of our own making. Being children means all the horrors we see around us are just things we need to learn to master, just as we expect our children to master sharp knives, crossing streets, driving, and so much more.

We, as the human race, have the drive and power to stop and mitigate most issues, even natural disasters. All our pains and problems are, in fact, tests and lessons we need to pass and figure out so we can evolve and move on. Knowing these facts shows us that we are judged on who we are as a person and our true character as well as collectively as a society.

HOW WE ARE JUDGED

“Happiness is when what you think, what you say, and what you do are in harmony.”

- Mahatma Gandhi

This law states that we are judged by our true beliefs, intentions, words, and actions. Every day and in every way that we live, our lives reflect who we are as a person. In life, we are judged by the content of our true character. It’s through our true beliefs, intentions, words, and actions in all situations that you reveal who you really are. They show if you are honoring the gift of life, your primary life’s purpose, and your obligations to society.

THOUGHTS ARE FREE

To be clear, we are not judged by what we think, for we can think anything. Thinking is how we explore and learn. Sometimes we may think things that are not good or positive. It’s how we react to these thoughts and how we focus on them that matters. It may be that we have a negative or

evil thought, and we dismiss it for an untruth and pass a test. It can also mean that we can learn something or do something positive with this negative.

Just because you can think something negative, or do not feel something as most others do, does not make you bad, wrong, or evil. It's what you do with it that makes the difference. Humans are Sentient Beings who can think anything, so it's natural for our minds to explore all sorts of thoughts and perspectives. A thought is not what makes us evil or good. It's our true beliefs, intentions, words, and actions (BIWA) that matter.

Note: Even those of us who feel little or nothing (sociopaths) can still choose the positive out of logic, self-preservation, and self-improvement. In case you were wondering, a psychopath is someone who has failed this challenge and gone over to the dark side.

For example, you might have an innate ability to understand crime and feel little to no reaction to horror. Here you can choose the negative path and become a criminal or the light side and work for justice. Working for justice means you can work in situations that would break an average person and solve crimes that would otherwise not be solved.

There is a lot more on how to master and understand your mind found within the “Life Manual: Our Practice: Mental Practice” and the “Life Manual: Fuels: Information.”

Ok, now that we understand that our thoughts are not judged, let's go through the facets that are.

YOUR BELIEFS

Beliefs are a state or habit of mind in which trust or confidence is placed in some person, creed, or thing. Beliefs, in this case, are deeply tied to your core moral code because they form, affect and determine your attitude, intentions, thoughts, judgments, choices, words, actions, reactions, emotions, feelings, and other beliefs. It's vital to know what your core values are exactly, for they are at the center of who you are and determine who you

will become. The “10 Laws” that cover all aspects of life are here to help you honor this law, the other laws, as well as win this great game of life.

YOUR INTENTION

The intention is what we truly want to happen. Here it’s the intent behind what you did or said that matters.

YOUR WORD

Your word is made up of how truthful you are as well as your oaths, promises, and commitments. Being honest and keeping your commitments shows a key facet of your character. Your word matters because it takes dedication and effort, to be honest, tell the truth, to live up to your commitments, and go the extra mile.

- Breaking Our Word: How you respond when you break your word or are unable to keep it, even though you did your best, is equally important. If there were specific reasons or extenuating circumstances that prevented you from keeping your word, you need to handle the situation by letting everyone know who is involved as soon as possible. You need to seek forgiveness by apologizing and making amends for your lapse.
- Honorable Word Breaking: In some cases, the honorable thing is to break your word, commitment, or bond. *For example*, it's honorable to break your word when it was given to corrupt organizations or people. Once you find out this truth, you can help them fix the problem if they are willing, and/or blow the whistle, and/or turn them into the proper authorities if the situation is that grievous.

Breaking your word or commitment in these circumstances is the honorable thing to do as it’s through acceptance of corruption that we become corrupt, and corruption flourishes. A true friend will call you out when you stray. If the circumstances are unjust, you do greater honor to yourself, other people, our society, and God by staying true to “Your Code” than by accepting the unacceptable. If you don’t say or do

something, who will? How do you help without speaking up or taking action? You can fail many of life's tests by doing nothing. You will learn more about how to effectively break your word/oath in these untenable situations yet make a positive difference and protect yourself within "Step 6: Unite."

YOUR ACTIONS

Actions, doing, and deeds cover all you do and do not do. Every act matters from the smallest unseen to the greatest and public. Here your "doings" include an understanding of your intent. You can ask yourself, "Do I honor my code ("The 10 Laws") in word and action in every circumstance?"

EXAMPLE SITUATION

Here, we are using a dropped glass as an example. In this first example, the person sees others as equals and treats them as they want to be treated. They intended to hand a person the glass. However, as they gave it to them, it fell, shattered, and cut the other person. In this situation, the action of dropping the glass had a negative consequence of the cut.

However, because that was not the intention, it's not judged negatively. This event does not end here. Also, the actions we take after the mistake matter. Do we provide help, get help, make amends, or just walk away?

If you make a mistake, it's how you react and respond, and it's the lesson you learn that matters. Are you owning up to your mistakes and dealing with the consequences reasonably and rationally? Are you fixing your character flaws and mistakes? Here you can see mistakes as tests of character and opportunities to improve. You must learn from such circumstances so you can become better and evolve as a person.

In another example, it might be that someone hates "those people" and intentionally drops a glass to cut someone. If they drop the glass and the cut does not happen, the person is still judged negatively.

Here what happens after also matters, as in do they feel good that it did not cut them. This positive feeling might help redeem them if they realize

their first belief, intention, and action were wrong. Or do they feel like they missed the opportunity to hurt them and want to try again? Here the intent is still negative even if the action did not materialize.

LAW 8: GOD IS OUR SOLE AND FINAL JUDGE, AND WE ARE JUDGED BY OUR TRUE BELIEFS, INTENTIONS, WORDS, AND ACTIONS

SUMMARY

“Don’t compare yourself with anyone in this world...if you do so, you are insulting yourself.”

- Bill Gates

You now know the basics of how each of us and humanity is judged and how that determines where you go in the future. Anyone can be redeemed. This knowledge allows you to take steps so you can get a favorable judgment.

Therefore, you need not compare yourself to another or beat yourself up for your failings. Instead, you must focus on doing your best, learning the lessons, overcoming the challenges, passing the tests, making amends, implementing solutions, and getting to the next level.

While God’s goal is to provide us with a life that allows us to achieve our ultimate goal, we still must make a choice, walk the path, and take action. We can fail. Our environment can help or hurt us on our path. In the end, we need to create unity of purpose, belief, intent, word, and action if we are to be “Truly Successful.” *The Way* is a system designed to help you achieve the true goal of life and receive a favorable judgment from God.

LAW 9

RESPECT GOD

“Men are respectable only as they respect.”

- Ralph Waldo Emerson

There are many reasons for respecting God. However, it’s important to note that choosing to respect God does not mean you have to believe in God. Also, it’s important to note that we are talking about only God and not any religion, spiritual path, or people that claim to represent God.

The primary way that we all show God respect is by caring for all that we have been given, such as our life, other people, society, our world, and the

universe. We show respect when we work to be our best, care for each other, and our planet. We show respect through our care because these are great gifts, and if we don't care for ourselves, each other, and our world, we are being discourteous and not honoring these great gifts. Following the Golden Rule and treating others as equals is also very respectful as we are all the children of God. In this light, we can see that following *The Way* is a way to respect God. We also respect God by not disrespecting God.

THE THREE PRIMARY WAYS WE DISRESPECT GOD

1. **The Curse:** One of the ways we show disrespect is by saying things like, "God (curse word)" or "(curse word) God." Disrespecting God (swearing, mocking, imagery, etc.) can be offensive to many people.

For example, swearing, in general, is offensive to many, but bringing God into it brings things to an entirely different level as if the insults are directed at our loved ones such as children, mothers, fathers, brothers, sisters, or wives.

Think about if a close friend brought us home to meet their family, and their very religious grandparents are there. Would it be appropriate to use foul language or mock God in front of them? How about if you brought someone home and they mocked your family? Of course, that would not be ok.

2. **The Images:** Imagery of God is Disrespectful. The fact is that images can limit and bar us from knowing the fullness of God. This is because an image cannot contain the full truth of God, and therefore, all such images diminish God.

For example: Often, God is rendered in Human or Animal form. In the west, most often as an old white man with a beard. God as a "him" or "her" or as an "animal" avatar have also been depicted in many religions throughout history. God, in some of these images, is even made to seem aloof, unreachable, unknowable, stupid, uncaring, mean, and confused.

The fact is all imagery representing God diminishes God. It can taint the perspective of God by those viewing such imagery, especially

impressionable children. Such imagery can also be used to separate and segregate us.

The answer is not to deface or commit violence against these images, the people creating them, or those viewing them. Instead, we peaceably make our objections known and use logic, reason, and love to create change. Eventually, when there are enough of us, these images will disappear and be seen in museums and as ancient ways of thinking.

3. **Fraud:** It's also exceedingly disrespectful for people and organizations, claiming to be directed by God, or working for the good of society like our holy people, police, doctors, nurses, teachers, firefighters, politicians, government and charities workers, etc. to be corrupt and not fulfill their primary mission and uphold the virtues within the oaths they swore.

EXCLAMATIONS OF HOPE & FEAR OK

Saying things like “My God!” or “God is Most Great!” (Allah Akbar) or “Jesus Christ!” or other exclamations using God when great things happen, either good or bad is ok. The intention behind these calls is out of appreciation, love, happiness, or even fright or fear. We are calling out to bring God into our lives during an intense moment. The feeling behind this type of call is more of a call to a loved one or friend to thank them or to ask for help than a curse.

FIVE REASONS WHY TO RESPECT GOD

1. **It's Possible:** We can't be sure there is no God, and since God is possible, it can't hurt to show some deference to “The Creator.” What if you met God later and you became friends? How would you feel about what you said and did in the past?
2. **It's Part of Your Goal:** Your goal is to be a positive person. It's a good practice to remove offensive behavior from your actions. Disrespecting God is a negative way of being. The fact that it's a negative way of being is enough to eliminate it. This practice helps strengthen your mind, builds character, and develops self-control.

3. **It's Offensive:** Since disrespecting God is offensive to so many, removing it can help improve your relationships with others.
4. **You Don't Want to Block the Flow:** You don't want to turn from God or interfere with your connection with God. Disrespecting God is one way you turn from God. So why complicate the issue with this destructive behavior?
5. **You are Good:** Your respect for God flows naturally by wanting to do right by God. It can also come out of profound respect and appreciation for the "Being" who created all of us, this fantastic place, and for giving you a chance.

In the end, respecting God shows self-respect and respect for one another. For non-believers, God could exist, so by showing respect, you are simply ensuring that you are not damaging this key relationship. Also, by eliminating this negativity and false perspective, we will help create a clearer perspective of who and what God is and less friction within our society.

LAW 10
WORSHIP ONLY GOD,
GOD DOES NOT REQUIRE WORSHIP, & GOD CAN ONLY BE
FREELY WORSHIPED

Worship is the feeling and expression of reverence and adoration for God. Worship is not asking for anything other than forgiveness, and only at times of real feeling. The spark or cause of worship should solely reside within the worshiper as a true expression of a deep desire to say thank you, express love, and appreciation or to be at one with God.

How we express these feelings can vary. If focused correctly, this energy and expression are healthy and can be very motivating. When a lot of people worship together, this effect can be greatly magnified. Ok, now that we have the basics, let's go a little deeper into what these phrases mean.

- **Only God & Not Required:** Worship is a type of devotion reserved solely for God. To be clear, this means we do not worship relics, images, symbols, animals, people, nor other life or things. Worship is thanking,

loving, and appreciation, as well as being at one or at peace with God. Additionally, God being the source of everything, God does not require nor demand our worship as God is self-sustaining.

- **Freely Worshiped:** Worship of God is something we can only do out of a free will and true intention for only then is it meaningful. We cannot worship God by going to a building or location, performing any ritual, or reciting words without the true belief, feeling, respect, desire, and good intention to back them up.

Worship is not a requirement or a primary focus of our lives. In fact, it's disrespectful to neglect your life, responsibilities, and other people to worship God. This is especially true when there is no real desire backing it up or if you are doing it out of fear or to evade your responsibilities.

We can't force or coerce anyone to honestly believe in or worship God. Nor can we force anyone to believe in a particular religion, spiritual path, or faith. For even if we do force others to say the words and perform the ritual movements, it does not mean there is true belief and understanding within them.

Formal religious and spiritual worship is only one way to show respect and love for our creator and friend. For those who know that God is ever-present and that everything is “The House of God,” then following *The Way* is continual living worship of God. This is because, by following *The Way*, we strive to honor our creator by living rational, positive action every day, in every way. Within this flow of life, we then naturally make time to worship God spontaneously and through reasonably planned occasions out of deep respect, sincere desire, appreciation, and love for our creator and friend.

Ultimately, God can only be freely worshiped because this level of appreciation is reserved only for our Creator, and for it to mean anything, it must be sincere. To do otherwise is disrespectful and a waste of time. True worship of God is demonstrated by living a good life and by expressing sincere gratitude here and there. In the end, whatever you do, do it because

you really want to, and don't let it take away from the primary mission God has given you.

STEP 4: CENTER - CONCLUSION

*“Better than a thousand useless words is
one word that gives peace.” - Gautama Buddha*

You now know that your core belief system determines your attitude, intentions, thoughts, judgments, choices, words, actions, reactions, emotions, feelings, and other beliefs. Add all of this together, and it's essentially who you are. Any belief system that is worth having must not be forced upon you, and it should be complete, able to stand up to others, reason, morality, and your conscience.

The “10 Laws” just covered comprise a complete core belief system, covering all areas of life, that once confirmed within you act as a compass heading, helping you to judge life moment by moment to ensure you are moving in a positive direction.

To briefly sum up, “The 2 Laws of Purpose” show us that our purpose and the meaning of life are found in making ourselves and everything their best. “The 3 Universal Laws” show us how to care for each other, all life, our world, and the universe in positive ways. “The 5 God Laws” show us how to have a great relationship with our creator as well as develop our religious and spiritual systems, so they bring peace and help all of us.

Together, these “10 Commandments” help us to “live rational, positive action” in critical areas of life. They show us the way, bringing clarity, peace, and moving everything in a positive direction. The deeper your understanding and commitment to these core beliefs, the more they will help you navigate life.

Your choice to live by this code will change your future and our world for the positive. This is because all evil needs to win is for good people to do nothing or to do the wrong things. Armed with the “10 Laws” and *The Way*, you will know what actions to take. It's through centering on these

fundamental core values as a species that we can truly unite and make a real difference now and for future generations.

ALL 10 LAWS

“You don’t have to teach people how to be human. You have to teach them how to stop being inhuman.” - Eldridge Cleaver

Below you can see all the laws in two forms. The first is without the headings, and the second shows them as positive statements. You can see the laws with headings above in “The 10 Laws Defined.” You can also get these lists and others on our site as a free download, www.7Way.Me/wd.

1. The Primary Purpose of Life is to Be Your True Self, Live a True Life, and Go to Heaven.
2. The Primary Purpose of Society is to Create Our True Society.
3. Respect Life.
4. All People are Equal.
5. Treat People as You Want to be Treated.
6. There is No God Other than God.
7. We are All Directly Connected with God, and this Connection Cannot Be Broken.
8. God is Our Sole and Final Judge, and We are Judged by Our True Beliefs, Intentions, Words, and Actions.
9. Respect God.
10. Worship Only God; God Does Not Require Worship; God Can Only be Freely Worshiped.

THE 10 LAWS AS POSITIVE STATEMENTS

1. I Know My Primary Purpose is to Be My True Self, Live a True Life, and Go to Heaven.
2. I Know the Purpose of Society is to Create Our True Society.
3. I Respect Life.
4. I Know We Are All Equal.
5. I Treat Others as I Want to Be Treated.
6. I Know God is the Only God.
7. I Know I Have a Direct and Unbreakable Connection with God.
8. I Know God is My Final Judge, and I Am Judged by my True Beliefs, Intentions, Words, and Actions.
9. I Respect God.
10. I Worship Only God Freely.