

Sociology of SOUL

A Spiritual Wake-Up Call

Michael Sebastian, M.A., ABD
with Nicole Sebastian, B.A.A.S., CAC-R, ACE, ICADC

The Dream Team – Celebrity Life Coaching™

**SOS Examines What Dictates our Behavior.
Its Samurai Sociology approach takes No Prisoners in Cutting
to the Core of the Social Matrix!**

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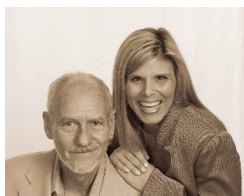
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AuthorHouse™
1663 Liberty Drive
Bloomington, IN 47403
www.authorhouse.com
Phone: 1-800-839-8640
First published by AuthorHouse 2009
ISBN: 9781449013776

Printed in the United States of America
Bloomington, Indiana
This book is printed on acid-free paper.

First Edition 1999

Second Edition 2009

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Copies can be purchased at:
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ACKNOWLEDGEMENTS

I especially wish to thank my parallel, loving wife, business partner and book contributor, Nicole Sebastian.

Special thanks to 1st Edition editor and daughter, Lara Harlan.

Last but not least, I want to thank an old friend...EK, for guidance and support. You have certainly been my guiding light.

This book is dedicated to the people and their search for Truth!

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FOREWORD

A Sociology of Soul is what I like to call...*Samurai Sociology*. I coined this term to distinguish a type of Sociology that takes an unflinching look...a hard cold appraisal of our current social condition. The perspective takes No prisoners and makes No excuses for the state of the individual within the fabric of our Information Society.

Samurai Sociology examines the social web and its impact on individual choices and the Resultant Behavior. Samurai Sociology asks questions like: Are we prisoners of our own device? What is the structure and shape of our cage? How do we begin to get free? What price must we pay for freedom? Who or what controls the Social Matrix?

The difference between *Samurai Sociology* aka *Sociology of Soul* and all other Sociology lie in its unique ability to provide a stunning solution to our social problems. SOS provides the Secret Key to open the cell of Social Imprisonment. SOS sets you free! All that is required is a simple frequency code that unlocks the door of our self-created prison. That code is made up of 2 letters in combination that produce the sound and vibration of freedom...HU (*pronounced hue*)!!! This ancient name can be uttered as your personal mantra to spring the lock and walk the through the door of social consciousness into the light of day! It's as easy as ---*Just Say HU!*

Introduction

The golden globe flashes by on the insurance company billboard as I drive the familiar road to work. The DJ on the radio is saying something about the Golden Globe Awards as my memory is jogged back to the dream I had last night. A large golden globe hovers above my bed as I watch its movement with fascination. I realize that I am dreaming but choose to drift silently in the mist of the large soft halo of light created by the globe. The dream feels spiritual but is nothing I can put into words. It's more like a feeling and a gentle reminder of something that I must accomplish before I go—but go where? The horn from the car behind me pulls me back to the billboard and DJ. What a coincidence! What's going on? Are these different incidents somehow tied together? As my awareness begins to dawn, the fog of yesterday disappears like mist in the morning sun.

One more piece to the puzzle drops into place. I can feel the picture taking shape but the edges are fuzzy and out of focus. Yet it seems so much clearer than last week. Life has become a waking dream and dream interpretation has become an all-important part of my life. Time has become a merry-go-round that is spinning out of control. Weeks are passing like days and I'm losing track of time. When I look around at others, they seem to be moving and migrating in all directions but with no final purpose except to dance a little faster and run the race of life at a sprint.

I know there is a growing spiritual awareness but there also appears to be a spreading numbness and dumbness. With every candle we light, the darkness seems to grow. The contradictions are multiplying, as the truth becomes clear. Everything has changed but nothing has changed. I am the

same yet I am very different. I have found that I have developed a new type of night vision or spiritual sight. It allows me to look without really looking and to see with my eyes closed. It is an inner vision that is triggered by a special state of consciousness that is becoming more prevalent in our times. I can feel the energy and sometimes see it, if I relax and assume a certain state of acceptance. This awareness drives me to stretch into the "mantle of mastership." Mastership is when we operate from a Soul perspective and live in the moment. This moment of awareness is reflective of our self-actualization and our ability to live up to our full potential as individuals. A master is conscious and aware of the spiritual laws and works within their framework. For example, when we are conscious and aware in the moment while giving or receiving love, we are exhibiting mastership. This state of consciousness is difficult to hold but acts as an ideal for our spiritual unfoldment.

There is a growing division on this planet. The dividing lines are drawn with the chalk of consciousness. There are those that know something is intensely different and feel the change from within and without. There is also a second group that sees life as "just happening." They are victims of the mentality that is summed up in the bumper sticker "shit happens." If we believe this, it certainly does. In assuming that life is the adversary and we are the pawns that are beaten by the daily games, we give away the real power to create our lives. This second group goes about life with the attitude of "business as usual." These two groups are emerging populations with different realities generated by distinct world views or lack of them. Because of their differing realities, their responses are quite different as well. It's like cruising down the highway in your sports car and either shifting into high gear or down-shifting into a lower gear to gain control of energy that refuses

to be controlled. It's much easier to go with the flow and cruise at the higher speed even though the acceleration is new and scary.

These perspectives are two separate highways with very different travelers. One road is smooth and liquid and slides easily into the next century. The other road is bumpy and filled with pot holes and dead ends at the same old place---ourselves. We all have a choice to make on this journey of spiritual unfoldment. We can choose the same old road of "business as usual," or shift into overdrive and cruise the highway of awareness. We can make the choice or the choice will be made for us. We can choose to wake up or remain asleep at the wheel of life. The vibration we feel against our soul is the wake up call from our spiritual pager. It is time to think about going home.

Chapter 1

What is a Sociology of Soul

The Mission

The message to be delivered in a Sociology of Soul is that our mission here on Earth is a spiritual one and not a material mission. The only baggage we take with us upon departure from this life is our accumulated soul experience. This experience inevitably leads to spiritual evolution and mastership; this is the goal of our sojourn here on Earth. SOS is a gentle reminder not to lose sight of our spiritual mission; it is a perspective from the soul level. From this unique vantage point, we can examine our roles and assumptions that are derived from a forced socialization process. Such topics as family, crime, and religion take on a new meaning in the light of this spiritual perspective. From this viewpoint, we can see tragedy or adversity as a chance for growth and learning. Sickness can be used to examine our beliefs and values in relationship to illness. We are nothing less than diamonds in the rough that get polished in the caldron of Socialization.

SOS concerns our norms, values, beliefs and judgments at a soul level. It starts by assuming that all of our sickness, alienation, and malaise are truly a spiritual sickness that must be treated at the soul level. SOS assumes that Soul contains only truth in the purest sense.

This truth is our personal roadmap as it pertains to our health, well-being, growth, and advancement as individuals on the road to higher consciousness. It is this truth that contains the inner spark or microchip of light and sound that was originally borrowed from the divine and implanted

within each of us and called Soul. It is a homing beacon that shines bright and eternal in the sense that it is always here and is never extinguished. This piece of spiritual gold can temporarily become tarnished and buried beneath the rubble of urban industrial society. Soul is dulled by habit, routine, ritual and boredom; it gets dusty, gray and inflexible due to a lack of imagination and creativity. Soul temporarily loses its brilliance and shine.

Lack of Light and Sound

With a lack of light, Soul develops an outer crust that prevents spiritual nourishment from reaching it. Consequently, the soul receives no nurturing or sustenance. This weakens Soul's ability to direct its energy and stay in tune with spiritual health. Without this critical Soul direction, we wander in the wilderness and continue to look in the wrong places for guidance and solace. The end result is a sickness of body and mind that is actually tied to a soul disease called "spiritual ignorance." This disease results from an ignorance of the spiritual laws. These are the laws that undergird our existence here on this planet. They are reflected in our philosophy, theology and overall culture. These are the laws that our legal system is patterned on. In other words, these laws guide our trip here on Earth. All other laws are sub-groups or reflections of these laws.

These are the precepts that we seek in our studies in the divergent fields of academia. However, the intellectual disciplines always fall short of a true understanding and description of these basic truths. For example, philosophy addresses the problems of existence in the literature of existentialism, but fails to provide any meaningful solution. This results from ignorance of the spiritual laws and how they apply to life. With the knowledge obtained from these guiding principles, we are able to direct

ourselves using this spiritual road map. Without this map, we are driving cross country with no compass. We are lost on the back roads of our mind.

Spiritual Ignorance

Ignorance of the law is no excuse. When we break the social codes or laws of our culture, we are held responsible even if we plead ignorance. If you are stopped by a law enforcement officer for going 55 mph in a 30 mph zone, you will be given a speeding ticket even if you tell the officer that you didn't realize the speed limit was 30 mph. Likewise, if we violate a spiritual law in ignorance, we are still held responsible.

How do we know these spiritual laws? We know them at soul level and we feel them intuitively. They are expressed every day in our lives; the universe is grounded upon these laws that lend order, harmony and direction to every human condition. An example would be the spiritual law of "Affinity." Simple stated, like attracts like. It is the great forming and organizing principle of the universe. We are attracted to people, events and things that are similar in vibration or frequency to us. Look around and you will see this law at work in your life daily. People like people who are like themselves. Couples who stay together for long periods of time usually share the same likes and dislikes down to their love of pizza or the beach. This principle works behind the scenes in our lives as well as orchestrating the symphony of creation in the Universe. The micro reflects the macro and vice-versa. Or, stated another way---as above, so below. Without this law, chaos would ensue. These spiritual laws guide our every footstep.

When we incorporate these laws into our daily lives, we experience harmony and balance. If we act in disregard of these laws, we experience difficulties, pain and suffering. The process of going from pain and suffering

to balance and harmony is the path of enlightenment or awareness. As we begin to understand and merge these spiritual laws into our lives, we begin to awaken from the mists of ignorance and the victim mentality. We begin to accept responsibility for our lives.

Inwardly, we know when we are off-center but don't understand where the feeling comes from and why it persists. We experience social accomplishments and achieve material goals but don't feel fulfilled or truly satisfied. We go from one extrinsic reward to another. As we begin to take more responsibility, we start to understand the notion of "self creation." We are at exactly the spot in life that we have created for ourselves. Whether poverty stricken, wealthy, sick, healthy, lonely or involved in a relationship, one must ask the question: what am I learning from this situation? In other words, I am here at this time and point in life because I have brought myself to this spot to learn some lesson. If we have the proper attitude and accept responsibility for our circumstances, the lesson is learned, and we move on spiritually. This is more of an attitude test than a physical one. We must adopt the attitude of ownership for the situation. In this way, we become creators and masters rather than victims and slaves.

Due to our outward orientation, spiritual matters are assigned to Sunday mornings. Reading the Bible, Koran, Talmud or Shariyat Ki Sugmad won't necessarily make anyone a spiritually better person. However, practicing the spiritual laws and working within their guidance system brings us in harmony with our higher selves. The first step is awareness of the laws; the second step is implementation of these laws in our lives. It is interesting that modern medical science knows how to replace a defective heart with a transplant but doesn't have a clue how to open the heart to love.

Exercise: I have found a good exercise for opening the heart to love. Softly chant "HU" for a minute or two (inhale and on the exhale say HUUUUU--- pronounced like hue) and then visualize your heart as liquid gold—warm, bright, shiny liquid gold. Hold that feeling and picture in your mind and allow the inner warmth from the heart to radiate outward to all your surroundings. You will feel a spreading feeling of acceptance and compassion for those around you. I recommend this exercise once daily in the morning and evening. It will open your heart and transform your life!

Habits Die Hard

The known is a familiar prison; the unknown represents a type of freedom that we are challenged to embrace. Daily routine, with its habits and repetition is a mind killer that deadens the spirit and stifles the desire for something new and different. Our rituals and traditions are initially formed from original thinking and spontaneity. After a time, these activities become embedded in and imbued with a rational all of their own. This socially constructed reality becomes the guiding ignorance for the unsuspecting soul that is seeking solace from the unknown and the darkness at the end of the tunnel. When I was a boy growing up, the common wisdom of my peers and parents was to get an education, get a job with good benefits, and save, save, save for protection against the unknown. Never rock the boat and never question the prevailing ignorance, around which people structure their lives. Life may be a prison and a hell but it is a known prison, a known hell. And what keeps us in our own personal and socially constructed hells? Fear! Plain and simple fear of the unknown. Will it be worse, will it be harder, will it be more unpredictable? There is an old saying--"when we live in hell, we don't notice the heat." All new experiences and

events are unpredictable; that is what makes them new and different and challenging! The universe rewards those who explore her and reach out for the unknown. The old maxim applies—no risk, no reward.

There is recent research and literature that contend risk taking is genetic and that we inherit a chromosome or gene from our parents that predisposes us to be risk takers. I believe that this behavior is carried over from previous lifetimes of risk taking and being rewarded for that behavior. Maybe the same is true for conservative, risk-avoidance behavior. It could stem from experiences with negative results which lead to a hesitation of spirit and a tendency to avoid risk at all costs. This is perhaps manifested in genetic form in this lifetime to guide us away from or toward our new direction. We remain the compilation of all experiences gathered over the multitude of sojourns as Soul or energy in the universes of creation.

How can we determine our optimal direction in life? If we find our passion, we find our optimal growth direction. In other words, when we engage in an activity that allows us to express the fire in our soul, we have found our intended direction in this lifetime. I believe that we all know what this direction is. The problem lies in actualizing the inner vision and dream we hold for ourselves. Taking the first small step is the key. Any movement in the direction of our dream informs our inner self that we are seriously working toward our real potential. This initial action will open doors that were previously invisible to us. We may suddenly feel “lucky” or “in the zone.” This feeling actually results from taking that first baby step toward our passion and dream.

That first step will never be taken, however, if we allow ourselves to be prisoners of circumstance. Freedom lies in the act of changing the routine without fear. At this point, we become the master instead of the slave.

The Problem

We have been taught to ignore our inner nudges and our inner creative child because our socialization experience excludes this all-important spiritual element. The truth is---our teachers are ignorant of the spiritual laws and how to apply these laws in everyday life. They don't know what is important for our socio-spiritual growth and development. The skills they teach apply to the social web with an orientation that is outward, material, and devoid of spiritual substance. It is a way of thinking and relating that is oriented solely to the physical world of what we can see, feel, touch, hear and taste. Basically, we are taught the skills we need to become a good citizen, a good student, and a productive member of society, but not the skills necessary to become a whole spiritual being.

Though social skills are certainly necessary for our well-being and success, the critical spiritual element of life is neglected through ignorance of its existence and importance. One might say we are trained to get by but not how to get home again. We have been taught how to run the race but have not been given the route on which the race will be run. We have been told about the finish line but have no idea how to actually go about getting there. Our true mission is to find our way back to the spiritual source. Sociology of Soul is a spiritual road map for that journey.

Socialization: The People Trap

We have been encouraged to adopt a materialistic view of ourselves and our world. We look to others for the solutions to our problems when they are contained within. We distrust our inner voice and intuitive nature in

favor of trusting our teachers and experts. In not trusting ourselves, we give away spiritual autonomy. When we learn to rely on our own counsel, we call forth all of the wisdom and knowledge contained within soul. Within each of us are the answers to life's questions; we simply need to listen to the inner voice. This voice is always there, but we rarely heed it. We aren't listening. It speaks daily but we can't hear it through the noise and din of daily existence.

It is an interesting point that all great ideas, movements, organizations and religions are the creation of one person who trusts in him or herself. This is true whether we are talking about Jesus Christ, Buddha, J.C. Penney or Walt Disney. Their legacies show the positive results of taking action toward a dream. In some ways, we have lost faith in ourselves.

The human condition has become one of bondage and control. Our social cages are self-constructed and made of the coarsest illusion and finest silks that money can buy. Our lives are scripted from the cradle to the grave. This script consists of socialized patterns of behavior that are spoon-fed to us at birth. As we grow, we begin to reflect the norms and values of our peers, and slowly become lackluster with the dullness of social mediocrity. There is very little deviation and certainly no creativity for that inner child who sits starving in the corner waiting for the light to shine from the dawn that never breaks. Our guides or higher selves cannot be heard against the white noise created by our multi-media society. We watch TV, text message, Twitter, Facebook, YouTube, and jam our music until there is no room for reflection and quiet, let alone the ability to hear the still voice of Spirit.

It is a world driven by neon nights and bottom line days that have no real payoff at the end of the maze. We feel so tired, so listless, so apathetic, so unloved, so asleep, so unrecognized, so unappreciated, so controlled and

most of all—so alone! So alone in a world teeming with billions of people and activity but no real contact. Alienated and cut off from who we really are, we wander the waste land in search of ourselves with no clue where to look or even how to recognize our own true image when we see it in the mirror. The inner child refuses to come out and play! “Why won’t you come out and play little girl? Why won’t you come out and play little boy?” We don’t even know our child’s name and are embarrassed to invite it out into the sunshine of day. It remains a shadow figure, crippled by our inability to just be as a child and know the truth within.

Listen to the Silence

Soul whispers but it can’t be heard through the clatter and noise of daily existence. We need silence to begin to understand and remember our mission. What is our mission? Simply, to experience life and unfold spiritually. In order to do this, we must first realize why we are here, and secondly, we must be able to reflect upon our spiritual goals and internalize them.

Although we may not remember our specific spiritual goals, we contracted to work toward achieving them in this lifetime. In energy form, we knew before we were born into this Earth Plane, or our physical reality as we know it, exactly what we had to accomplish and we were excited about the task. We gave our spiritual word or bond to do our best and to learn as much as we could in this lifetime. In other words, we chose our current course and our present lessons. However, many of us are in denial. The sooner we gain acceptance of our mission, the quicker things will lighten up for us and we will be able to move forward. We all have access to our spiritual database. It contains everything we need to know in order to

succeed in our journey here on Earth. To access this database, we must first get in touch with our inner selves. This requires quiet time as well as a plan of action. However, it is first necessary to reduce the volume of competing noise! The level of media immersion that most of us deal with on a constant basis is so intense that we can't begin to hear the inner voice. In order to awaken, we must step into silence for a short period to break the spell that holds us suspended in unawareness. One of the quickest ways to break the spell is---turn off the TV! Do it NOW!

When the off button is pushed, two very important things happen. First, the electronic buzz that short circuits our thoughts stops. Suddenly, our ability to get in touch with our inner selves becomes a little easier. We begin to hear the constant whispers of wisdom that have been there all along. This is nothing new but rather something we previously haven't noticed. When we remove the blanket of chatter, we receive the silence of Soul that is essential to hear our own personal truth. Next, we begin to experience the wholeness and uniqueness that marks our individuality. We just haven't been able to hear the voice that spoke to us constantly as children in a time of less noise and greater innocence. We can't hear the voice through the walls of isolation that have cut us off from the source, our true home. We can't begin to hear the voice until we are silent and still—as still as a calm sea. We are adrift on a sea with no compass and no maps. We are wondering where to begin the search. How do we release our true potential and become all that we are destined to become? We must begin here, with ourselves in this moment. This is when we feel that inner nudge from Spirit and hear the golden words of wisdom from Soul.

Exercise: An exercise that works for me in silencing the mind and listening to the inner voice is this: Sit in a comfortable position or easy chair. Close

your eyes and begin to take long deep breaths. Inhale and hold for a second, then exhale. Do this 7 to 10 times. This will quiet the fidgety mind and senses. Now begin to chant "HU" (pronounced "Hugh," like the name). HU is an ancient name for God that can be whispered or chanted like a mantra. It has the power to change our vibratory rate. HU works with the vibrations within us to open the channel to our higher selves and put us in alignment with Spirit. You will feel the impact of the change in vibration and may experience a feeling of quiet and serenity. I use this technique throughout the day to stay centered and balanced.

Messages in the Night

It has been said that dreams are the royal road to the unconscious. More importantly, dreams are Soul's journey in the inner worlds. Dreams are the higher self or Soul talking to us through symbols. This communication is absolutely critical to our growth and spiritual evolvment. Dreams illuminate the darkness that surrounds our existence. I see each dream as one additional light bulb illuminating the dark road back home. Each dream provides a clue to our particular situation. When we take the time to decipher our dreams, we begin to gain spiritual insight into our mission and purpose here on Earth. Additionally, we start to receive the answers we are seeking to our life dilemmas. For example, we may be in a relationship and wondering if we should get married. Perhaps we are on the verge of a career move and are not sure which direction to take. Our dreams will provide us with answers to these types of questions. However, we must first be able to remember and then interpret our dreams. Some people believe that they don't dream; this is not true. We all dream each night and our ability to remember these dreams depends on our level of awareness and the

emphasis we give the dreams. The best technique that I have found for remembering my dreams is to write them down upon waking. It is imperative to do this immediately after you awaken; there are several good reasons for this. First, if we don't record them right away, we will forget them within minutes of normal consciousness. Second, by writing down our dreams, we send the message to our psyche that we consider the dreams to be important. Additionally, we can now go back and review what we have written at our leisure and begin the interpretation process.

The conscious mind acts as a block to our inner dream life. However, when we sleep, the conscious mind is no longer in the "blocker" role and we have direct contact with our inner reality. Some Eastern religions see our conscious reality as a dream. What we normally think of as dreaming, they see as the beginning of true awareness or self-realization. This awareness comes in the dream state as we contact our divine guidance within. While in this state, we begin to heal and recognize our own divinity. Dream interpretation can become a very powerful tool for spiritual growth and enlightenment.

There are numerous types of dreams: problem solving, precognition, clearing, teaching, and spiritual dreams. There are many more types than I have listed here, but you can refer to my book "Trust Yourself" for a good dream analysis and interpretation book. The important thing to understand is that working with dreams opens the channel to the divine element within all of us. Our dreams put us in contact with our original spiritual road map. In dreams, we are reminded that our mission here on Earth is a spiritual one and we come in direct contact with Spirit.

The dream journal is a must for those who wish to really remember and interpret their dreams. Keep it on the night stand and record dreams

each morning before getting out of bed. After recording each dream in detail, go back and attempt to interpret the dream. Ask yourself what the dream is trying to tell you. As you go about your day, you may have a flash as to the meaning of the dream. Another method is to wait two or three days and then reread your journal entry; the meaning will sometimes become instantly clear. However, there are dreams that will remain forever a mystery and a challenge.

Exercise: Before falling asleep, take five long, deep breaths and clear your mind. Chant HU softly or silently for a minute or two. Next, tell yourself that tonight, you will remember your dreams upon waking. If it doesn't work the first night, continue the exercise for several more nights with the intention of dream recollection. Upon waking, record the dream in your Dream Journal.

My favorite technique for dream interpretation is called the T-Technique. Simply draw a T on a piece of paper and begin to list the dream symbols on the left hand side of the T. The fun part comes next. Ask yourself what each symbol means to you. Place your personal meaning on the right side the T. Continue this process until you are finished. This is meant to be "quick word association" and not a long drawn out thought process. Finally, ask yourself the question---what's going on in my life right now? Or, what was i wondering about just yesterday? These two questions will orient the dream to your daily life and provide an insight to the dream's meaning. It's really that simple.

Another easy way to interpret the dream is to ask the question----what would the dream look like if it were not jumbled or scrambled? What message is being given to me about my life? In other words, the dream itself contains truth but the manner in which it is delivered is scrambled or seemingly unintelligible. Put the dream away for 24 hours and then come

back to it. Sometimes the meaning will be apparently clear after a day's distance from it. Remember, the dream is personal to you and applies to the circumstances of your daily life and what is happening now.

This method can be used to interpret all dreams. Additionally, it will allow you to build your own dream dictionary. This will be a collection of all of your symbols over time and what they mean to you. Once the dream becomes clear, you know that you have assigned the correct meaning to the symbols. Keep track of these symbols because they can be used in subsequent dream interpretation. As we become more familiar with the process, we will gain the ability to suddenly know what the dream means without going through the process of interpretation. Sometimes upon waking, we will get the dream message instantly. Working with dreams is like working with any muscle in your body: it takes time and exercise to develop the muscle. Once it is developed, it gives us strength and ability in a new area. Our dream muscle becomes quick, strong and resilient. We begin to communicate with and work toward a new understanding of ourselves.

The Waking Dream

We are listening to the car radio and the DJ says, "Been thinking about a career change, the time to start is now." We think to ourselves, "What a coincidence, I was just thinking about changing jobs." This is a waking dream. The message is to take some action in the direction of changing jobs. This so-called coincidence is known as synchronicity. These synchronous events comprise the substance of waking dreams. These waking dreams are daytime messages arranged especially for us. They give us clues and answers to our dilemmas. For example, we are thinking about going back to school but we aren't sure if the time is right and we have a lot of doubts.

We run into an old friend who says, "Hey, I started back to school this semester." Then, we see two bumper stickers with community college logos. The waking dream is telling us that school is certainly a viable option. It is the path of spiritual growth and we would do well to pursue it.

Waking dreams are fun! They are like puzzles that we are supposed to figure out and apply to life. We get a variety of clues every day that relate to our spiritual progress. Whenever we form a question, we will be presented with some outward sign or synchronous event to lead us to our solution. Most of us miss the signs or see them as silly coincidences. In actuality, they are symbols of guidance in disguise. The key is to ask how this coincidence relates to the current situation. Usually, we will be able to see the connection and get the message. Of course occasionally, the message will remain a mystery.

My favorite way to approach waking dreams is to ask for a sign concerning a particular dilemma or question. This usually triggers a variety of incidents that give me clues to my puzzle. Let's say I want to move to Hawaii but I am not sure if it is the right thing to do or if the timing is going to work. I ask for a sign and wait. Perhaps I then see several Dole pineapple billboards, or maybe a surfing advertisement, or someone will hand me a Hawaiian travel brochure. Sitting at the traffic light, I notice the car in front of me has a Hawaii license plate. These diverse yet related events are messages to me concerning my inquiry about moving to Hawaii. My guidance is telling me that the move is a positive one! In other words, we can interact with our guidance source by mentally or verbally asking a question; we will then be presented with a multitude of clues to decipher. The challenge is staying aware and being in the moment so that we are able to notice the signs that are given to us. Waking dreams have become one my best

sources for guidance and direction. Once we receive the synchronicity or waking dream, we can look for confirmation in the nightly dream state. In other words, our nighttime and daytime dreams should confirm each other. In this manner, we have a foolproof system of confirmation for our dilemma. For me, every day has become a waking dream and life is one large evolving and unfolding puzzle.

A Method and a Process

SOS is a perspective and a method for maximizing our spiritual potential. As a perspective, it reexamines our most cherished values and sacred institutions to view them in the light of Soul. From this viewpoint, we see our actions, behavior and lives through the lens of Soul. We have the choice to look at life from the edge of the circle (the outer), or assume a view from the center of the circle (the inner). The former examines parts and pieces while the latter looks at the whole. A Sociology of Soul is aware of the pieces but views life through the lens of Soul. This is a holistic approach. We stand at the center of our own life and universe!

As a method, SOS can be utilized as a handbook to help us begin the process of healing and to help us take that first step into the light of change and growth. It provides a path for maximizing our potential and a tested method for realizing our dreams. There is an inner void or spiritual need within each of us. This need is felt as an emptiness or longing. This feeling triggers an alarm that lets us know we are spiritual beings at our core. The alarm has been muffled by the addictions of daily existence: drugs, alcohol, food, sex, TV, and career. These addictions stuff us with cotton candy and leave us with a hunger that drives our further addiction. SOS addresses the inner void and teaches the hungry how to hunt and the spiritually weary how

to relax and renew their inner resources.

Social phenomena such as disease, marriage, family, relationships, career, religion, government, personal growth and change can be seen as having their genesis in soul. In other words, whatever we are experiencing at the time is what we need for our growth and maturity of spirit now.

The time has come for a hard look at who we are spiritually and how we got this way. If we are lost in the spiritual darkness that hovers over our lives, we need to become aware of our lessons and use them to develop our own spiritual road map. We are beginning to awaken from a deep, deep slumber—this is our wake up call! How long have we slumbered in this dream called “reality?” Perhaps it has been a few millennia or maybe eons. It is time to awaken now and shake off the mist of materialism and remember once again that it is time to go home! Our Spiritual purpose and mission is calling us.

Remember the silly, sophomoric conversations from school about how maybe life is really a dream and dreaming is the real world? Well, the truth is sometimes hidden in plain sight and in silly conversations at midnight. We have been lost in the dream for so long that we have forgotten we are dreaming; we have started calling the dream “reality.” We have assigned substance to the collective dream and given it definition and a group conscience. This reality has become imposing and now presents itself as the master; we have assumed roles as slaves. We now bow humbly to this concrete God that we call the physical world and pray for deliverance from ourselves.

Since we are the solution and the salvation, it is now time to step forward to assume responsibility for our own lives. We must star in our own movie as well as direct it. The moment is here and now.

Exercise: Visualize your life as a movie. You are watching yourself on your inner screen. You are the star, the writer, and the director of your movie. Now allow your imagination to script a whole new life for yourself. Now write it down and begin to take action toward this new vision of yourself. Do one small thing each day that works toward the new you. These small actions will encourage the creative principle within to actualize the new life. The final step is to behave as if you are your dream self or have already achieved your vision. I have found that it is possible to behave our way into our new vision for ourselves. Our behavior will draw the circumstances of our wishes to us. In other words, fake it till you make it.

Chapter 2

Trust Yourself

We are the answer to our own questions and the solution to our problems. The keys to our freedom and growth are contained within each of us. Think about the process when we seek advice from a counselor or psychiatrist concerning a particular dilemma in our life; they will endeavor to elicit the necessary information from us. These professionals will merely utilize the answers we give them to guide us through the maze of life. In other words, we already have the information necessary to solve the problems we face in this lifetime. The hesitation comes from our inability to trust ourselves. For some reason, we feel better when we hear advice coming from the lips of others. We trust their authority but doubt our own. We go to the medical doctor to tell us what is ailing us when we are the ones living in our bodies and are closest to the source. In personal relationships, we seek the advice of counselors. Can a doctor heal us and a counselor make us whole--- of course not. We have not learned how to trust our own authority and tap into our own inner counsel.

In reflecting on some of the decisions I have made, I remember asking my friends, my parents, my peers and my acquaintances for advice. As a matter of fact, I would ask anyone who would show interest and give their opinion. Not surprisingly, I got lots of advice. People love to give advice, even when it's unsolicited. The strange thing is that I was never satisfied with their answers. I never felt secure in taking action on their recommendations. If I did act on their advice, and it turned out to be less favorable than I had expected, I would scold myself for not listening to my

own inner feelings. Why did I turn away from what I knew was the best route for me to take? I did not trust myself.

Confidence

Lack of self-confidence and failure to trust myself were at the heart of the decision. I believe this process of looking to others for the solutions to life's challenges is learned. As a child, I was taught to be careful, cautious, and defer to authority. This attitude was eventually internalized and led to an over-reliance on others. When we have a career or relationship decision to make, we start soliciting opinions from others. Since we are solely responsible for all of our decisions, as we must live with the choices, why not become our own authorities? I am the most qualified to make decisions pertaining to my life. It is truly a simple process but we make it complex by seeking the solution outwardly rather than inwardly. Our inner wisdom is always readily available. When faced with a decision, it helps to listen to the inner voice and feel the nudge in a certain direction. You could say the "inner coach" is always there and ready to guide us and help in maximizing our potential. The coach's advice is always in our best interest; it is the source we are seeking. The one requirement for receiving this knowledge is the ability to listen and then act upon the feeling or nudge. We get these signals every day. For example, we are driving to work and get the feeling it would be better to take the secondary road as opposed to the interstate. However, we disregard it and proceed onto the interstate only to run into a huge traffic jam that results in a 30 minute delay. The inner coach gave us some good advice on the quickest way to our destination but we chose to ignore it. We then chastise ourselves for not following our intuition. We have this inner advice and knowledge available to us constantly; it is always with us. The

question is: are we listening and do we act upon it?

Exercise: Think back to the last time you made a decision based on someone else's advice. What lesson did you learn? Did you feel confident about acting on their advice? What would you do differently next time?

Kill the Buddha

One of the goals sought in the study of Zen is spontaneity. The Zen masters say that you must kill the Buddha; kill authority and tradition so that you can act creatively and spontaneously. The sheer weight of social programming for most individuals leads to habitual and repetitive behavior that is uninspired and conformist. We follow rules and regulations without ever asking why. We react to situations rather than create them. The goal of Zen is to teach us to become the masters of our own lives. When we learn to trust ourselves, we work from a position of personal power. This is the position of the master. When we rely on others for direction and empowerment, we place ourselves in the position of slave. We are unable to move without the permission of someone or something outside ourselves. Which would you rather be: the master or the slave?

The Master/Slave Equation

Every day upon awakening, I ask myself: "Am I the master or the slave today?" The very question reminds me that I have a choice! It also sets the tone for what is to come by empowering me to take control and not react to the day as if it rules me.

Before discovering the master/slave technique, I approached Mondays like I was going into battle: I knew the day was going to beat me and I tried to minimize its effects. Actually, I was choosing to be the slave; choosing to

react to the day rather than seizing the opportunity to become the master. As master, I am the cause and the initiator of action.

In choosing to be the master, we automatically avoid becoming the victim. Masters are never victims. We create the circumstances of our lives and choose our responses to situations that are beyond our control. For example, how do we respond when someone cuts us off in traffic? We can choose to take a deep breath, smile and proceed. Or, we can explode in anger. Mastership demands total responsibility because it is based on the premise of total freedom to select our path in life. This perspective starts from the point of view that we are exactly where we need to be in life. What has brought us to this point are the decisions we have made in the past. By accepting this premise as a starting position, we accept responsibility for our life and take control of the present moment. Reality starts in the moment and ends in the moment. Therefore, we are facing our past choices in our current situations. The challenge is to discern what we are learning from the situations. What do they have to teach us?

This is truly a Sociology of Soul perspective. This perspective recognizes us as the creators of our entire lives. It is the position and status of the Avatar. The Avatar is one who creates his existence or daily reality. This is equivalent to viewing life through the lens of Soul. A good daily test to determine your master/slave status is to ask the question: "Am I acting as the cause or the effect in my current situation?" This will also help you to remember to be the cause and earn the position of master on a continual basis. In truth, it must be earned moment to moment. Heaven must be won daily because each moment presents a different chance for choice. The choice of consciousness is a must! Expanding consciousness is the goal of every Master. This is easier said than done.

Spiritual Health

We need a yardstick to measure our spiritual health and a new gauge to determine our progress toward true spiritual wellness. For example, how often do you smile? Do you take time for yourself in the morning? Do you enjoy private time in the evening? Are you growing and learning something new daily? Do you give and receive love daily? Do you nurture your inner creativity with special rituals that pamper Soul and let it know that it is special and important? A good check on our spiritual health is our attitude at any given moment. Take your spiritual pulse—is it upbeat, outgoing, friendly, and generally positive? Do you feel good about yourself and your direction? This simple test is an outward check of what is occurring inwardly. We project to the world what is within us. When we get excited at the beginning of each new day, our attitude is contagious and others pick up on it.

The shocking truth is that we have come 180 degrees from what is healthy and nourishing for the spirit. We have redefined the outward manifestations of sickness as normalcy. Our days are spent in a haze of zombie-like behavior with electronic media (TV, radio, movies, Internet, texting, computer games and cell phones) dominating and assaulting the spirit until we no longer see that we have become the slave and not the master. The first step is a baby step in awareness, but inevitably leads away from the darkness and toward the light. We can reclaim our lives by observing our behavior and watching how much of it is habitual and unconscious. We start with the simple act of awareness of ourselves and our surroundings. The trick is to be present in the Now! The moment is all we have, as quantum physics has aptly stated!

Addictions

Addictions are the biggest roadblock to spiritual growth and self-awareness. In truth, they fill the void. The void is created by the lack of what we all seek---spiritual nourishment and sustenance. The road to consciousness is strewn with the corpses of well-intentioned seekers who become slaves to their addictions. Everyday upon waking, we must ask those tough questions: "Am I the slave or the master? Am I freer today than I was yesterday?"

How can we tell whether or not we are more free? There are simple measurement tools to gauge where we are on the road to freedom. Habit and routine are the biggest spirit killers. To step onto the path of freedom, we must understand what social forces hold us prisoner. The rule of thumb is---new thoughts and ideas come from new and spontaneous actions. The key here is action and I call it the Zen of Soul. The Zen element is the spontaneous part of our behavior that erupts during the day. We experience that sudden urge to drive home from work a new way or to stop at a new restaurant. Be spontaneous! This keeps us in the moment and ignites the spark of life. This behavior begins the process of breaking the routine that supports the addictive behavior. Change fosters new ways of thinking and behaving. In order to shatter the mold of addiction, we must begin by chipping away small pieces of the iceberg of habit. For example, if we are breaking our addiction to alcohol, we must begin by changing our habit of attending "happy hour." This ritual fosters and feeds the addiction.

The Master Moment

Between stimulus and response lies the master moment. I have decided to give up alcohol and not take another drink. Someone at work

invites me to happy hour for a going-away party. At that moment, I have a choice. I can choose to attend the party or decline the invitation. In the alternative, I can attend the party and face the choice of drinking or refusing to drink once I reach the bar. In both cases, the moment of choice is called the master moment. It is the defining moment of power and mastership. The choice is always ours to make. We may have a hundred feelings concerning the choice, but the decision equation itself is simple. We choose every moment of every day and this choice determines our path in life. We are then responsible for the consequences of our decisions. Which road we take to work and with whom we eat lunch are daily master decisions. If I am in an unhappy relationship, I am choosing each moment to remain there. There are no victims! Each moment in time has a potential decision attached to it and this decision belongs to us; it is ours to make or to decline to make. In either case, we are at the controls. When we view our decisions and our lives from this perspective, it becomes clear that we create our own destiny. I have a large sign on my office wall that reads: "Remember the master moment." It serves to keep my thoughts on the present and remind me that I am truly the captain of my destiny!

Staying Present

I believe it was Benjamin Franklin who said: "If you love life, spend your time wisely because time is the stuff that life is made of." Living for the weekend, the upcoming vacation, Christmas, your next birthday or the next raise at work means that the present moment is downgraded to a numb, unimportant experience that is only a bridge to the future event. In truth, the present moment is all we have and all events flow and bubble from this singularity. Live it and be aware of the precious gift! Our society's emphasis

on marketing keeps our attention focused on the next money generating holiday. This takes us out of the moment and programs us to live for tomorrow.

I often find myself looking forward to some socially constructed event such as Halloween, Thanksgiving, or Christmas. This anticipation causes us to displace reality with an expected future event which in fact is not in the moment and is therefore an illusion. The real trick is to set the future goal while living in and focusing on the present, and thereby insuring the authenticity of the moment that can truly impact that future goal or event.

The spiritual rules and guidelines that undergird everything we experience must be brought to the conscious level and lived. The starting point for all of existence is the present moment. Reality bubbles from that ever-present quantum moment into our three dimensional reality called life. We are here and now—period. Therefore, we must start from this moment, put the past behind us, and create the future from our current actions. The spiritual law is: master the moment and you will become the master of your life. Quantum physics/mechanics points out that reality as we know it is shaped from the present moment, and the past and future are just organizing principles that exist for our convenience. If we accept this literally, we must create each moment of our existence. Hence, if we master the moment, we master the past and future in one action. If reality is dismal, the answer to the problem lies in changing the moment; that is all we have. Change one moment and change your life. So where do we start? In the now! Smile and know that you are the master! The difficult part is maintaining the emphasis on the present. You can do this by small reminders throughout the day.

Exercise: Set an alarm or get a beeper that vibrates every 10 minutes. At

that moment, command yourself to "just be!" It will bring you back to present time where you can be the master and not the slave.

When we exist in the past or live for the future, we are reacting rather than creating. The trick is to be the cause and to live in the moment. Paint your life with the colors of the daily dawn and the brush strokes of the moment. This is truth for it comes from Soul; it is the first essential step in an approach to a *Sociology of Soul*.

Exercise: *Soulciology* - Smiling creates a mood and releases chemicals in the body that help orient us to the present moment. Practice smiling. Stand in front of the mirror and look into your eyes and smile. Hold that smile for 30 seconds. Relax for 30 seconds and smile again for 1 minute. Now lie flat on the floor and put your hands at your sides and start to laugh. It will be hard at first, but after 20 or 30 seconds, it will come naturally and be contagious. You will feel the change in your attitude and the pull toward the present.

An exercise regimen is highly recommended to stay grounded in the moment. Exercise also acts as the bridge between this reality and our inner selves. When feeling even a little depressed, the best therapy is to move out of your head. Go for a walk, or get up and make yourself switch to an activity, any activity different than the one you are currently engaged in. The result is that the new movement focuses you and draws attention from feelings such as depression, pity, worry or boredom. In this way, we can change our mood, attitude, and perspective.

Responsibility

Why do we choose sleep over awareness? It's easy and convenient. We spend a third of our lives sleeping, unaware except for dreams. Our

culture handles dreams with the phrase, "It's just a dream." It holds no meaning in our reality. When we are not sleeping, we choose to watch TV and repeat the same patterns on a daily basis. In essence, we choose to not live life. The reason for this choice is simply fear of being aware and therefore responsible for all of our actions and decisions. Instead we prefer to slumber while awake. We move from one routine to another without thought. It's a trance induced by socialization, routine, habit, and fear of finding our higher selves and thus becoming responsible for painting our own canvas. There is a price to pay for the freedom and wisdom that come with consciousness. It is called responsibility. When we take ownership of our actions and thoughts, we begin to understand the impact of our consciousness and the results of our actions. As we begin to accept total responsibility for all phases of our life, we step into the mantle of mastership.

Chapter 3

DEAR Soul

Dream/Emotion/Action/Relax

The DEAR technique is essential to our growth and learning as Soul. This formula represents the magic within all of us. It is the ability to create and materialize whatever we desire through the visualization process. The ability to create what we want is our spiritual legacy. Soul creates all circumstances in its life and accepts full responsibility for all acts of creation. We all possess the power of creation but we must first learn how to activate it.

Soul Playing

The starting point is what I call Soul playing. We are familiar with role playing; actually, role playing is a subset of Soul playing. We role play on a daily basis with scripts reflective of our culture, but the entity that creates reality is Soul. It sets up the stage, the props, and the scenery. Soul is the magnetic striking rod that works with the quantum elements to produce the scenario for learning the lessons necessary for spiritual growth. Soul play is a very powerful tool that is part of our legacy here in the Earth school. The important thing to remember is that we are Spirit encased in a body, not a body endowed with Spirit. The distinction is an important one. How we view ourselves determines our reality. For example, if we view ourselves as primarily "a body," death becomes an overwhelming issue for us. If we view ourselves as primarily Soul, death becomes a door of opportunity!

Sociology of Soul is all about uncovering the roles played by Soul. The

roles we play outwardly are reflections of inner roles inspired by Soul for our growth and development. In other words, we create our own dramas and then face these situations by acting out roles. For example, we may be faced with a big change in our career. Perhaps the lesson that Soul needs to learn is "acceptance." We put ourselves at this point in our life so we can learn the value of acceptance. As soon as we accept the change, frustration and conflict dissipate, and life gets easier. Acceptance is a major lesson for Soul and certainly a lesson we must eventually learn through experience. A Master once said---"Our state of Consciousness is our State of Acceptance." I call these critical lessons Soul playing. Once we decipher the lesson to be learned through the drama of life, we can take the appropriate action. This action will impact Soul in a positive sense and we will evolve and unfold. Once the lesson is learned, we move on to the next instruction. As another example, perhaps we need to learn "love." I believe that love is food for Soul. When we lack love, we feel empty, hard, and cold. We feel dead inside and blame others for not giving us enough love. The truth is, if we are not receiving enough love, it is because we are not giving enough love. The quickest way to get love is to start giving love. When we begin to take action by loving those around us and loving ourselves, life becomes joyful and fulfilled. At this point, we internalize the lesson and move on to our next challenge. Although, every lesson and challenge is really about Love.

There are some essential roles that Soul plays in the various dramas of life. These roles include trust, love, creativity, compassion, balance, giving, receiving, and being in the moment. These core roles are expressed by Soul in a multitude of social behaviors. For example, compassion is expressed as empathy. The Soul role of receiving is manifested in the form of acceptance and a non-judgmental attitude toward others. Soul extends spiritual

Freedom to all and in so doing accepts the situation as it is. All the world is truly in its proper place; Spirit makes no mistakes. Soul's quality of being present is expressed through awareness and the ability of an individual to enjoy the journey. Joy and gratitude bubble from the present moment.

Dreaming

Dream is another word for wish. When we wish, we set in motion a whole scene that moves toward us at a speed directly proportional to our clarity of vision and attached feeling. The ability to dream and visualize comes to us via our imagination. Our imaginations are fully active and in living color when we are children but recede and "gray-out" as we respond to the cultural socialization process. In school, we are told to stop dreaming and get to work. Actually, dreaming is our work; we are here on Earth to practice dreaming. In our society, the biggest killer of creativity and imagination is the Socialization Process!

We are programmed early in life to modify and cage the wild magic known as imagination. It can take us to other realities, to strange and vibrant landscapes, and deep within ourselves. There is a dreamer in each of us that unlocks the pure potential of spirit. It allows us to direct our lives from the viewpoint of Soul. We make decisions based on the potential for growth and benefit, rather than on a socialized value imposed from without. This enables us to become the master of our destiny. We truly begin to break the mold of conformity. It was Henry David Thoreau who said, "Life is but canvas for our imagination." We have a canvas to paint while here on Earth. The canvas is splashed with our daily thoughts and actions. The resulting portrait is our energy signature of what we have completed on our journey home.

We are told to be cautious, safe, and ordinary. Our psyches are fed messages that program in fear, shame, and hesitation. It becomes difficult to challenge the existing reality with a new and personal vision of collective reality. Our individual dream becomes small, fragile, and sketchy in the shadow of looming concrete existence. The important thing to remember is that we have fallen under the spell of matter during our great sleep in the material world. We believe only what we see externally, guided by a science that has achieved the status of a minor god. This has replaced faith and trust in ourselves and in our own internal guidance system. This external reliance has led to a culture of dependence and fear. It spawns creative cripples, and destroys the inner spark of guidance that clearly will show us the way if allowed to shine through the programming of darkness called Socialization. So the question becomes one of how to reclaim our birthright.

Step out boldly with primary splashes of yellow, blue, and red. Let passion carry the moment. Since the present is the pivotal point in time from which everything emanates, give the moment your total attention—focus on the here and now! This is difficult at times because the present seems boring and uninspiring. We lose focus and drift into the past or future in search of stimulation. The secret to staying present is looking for clues, messages, and words of wisdom that illuminate our puzzle. Figuring out the clues and applying them to our canvas of existence keeps us in the moment.

The best method for modifying and molding this existence is through the DEAR Soul process:

Step 1 - Dream: When dreaming or wishing, be clear, be specific, and be emotional! Visualize your object of desire in full living color and allow

yourself to get excited and feel the emotional high that this object or scene will bring to you. Remember not to limit yourself. You should always conclude your dream with the affirmation: "This or something better for the good of my spiritual growth." This affirmation, or statement of your intention or desired state, must be phrased in the present tense as if it is already happening.

Remember to dream big. A good rule of thumb is that whatever you visualize for yourself, be sure to double it. Ask for it with the invocation of "this or something better for the good of my spiritual growth." Goals are a sure-fire method of achieving our dreams but, as a caveat, goals can be very limiting because they set parameters and time lines on our achievements. Goals make us stretch, but they also put fences around our dreams. They stop our dreams at the limits of our request. In many cases, we could have had something much more expansive and dynamic but the wish is fulfilled only to the extent of its visualized limits. In those cases, our imagination is a double-edged sword that can be our salvation or our damnation. This is where the old maxim comes into play: "Be careful what you ask for, you just may get it."

Imagination is the most powerful tool we possess; treat it as you would nitroglycerin because it truly has explosive potential. I can remember times in my life when I accidentally pulled events or circumstances to me. I did this by attaching fear to a thought or image. This resulted in the actualization of the very event I was trying to avoid. I have found that any vivid imagery with a positive or negative emotion attached to it may result in the manifestation of the thing or event. It is important to be aware of this process and realize the impact of negative thoughts and emotions. When we dream, the key is to express the desire in terms that are expansive enough

to include a wide variety of unexpected results that may exceed our initial request.

Exercise: Imagine you are five years old again and tomorrow is Christmas. Visualize the surprise and wonder that awaits you. This same feeling of anticipation and mystery is the feeling that you want to project for your daily wishes. Feel, taste, and touch the color of a shiny new dawn. Pretend you are meeting your spouse or significant other for the first time. Remember how your heart skipped a beat when you first laid eyes on that special person. Remember the joy and exhilaration you felt when you held hands while out on a date. These are the same emotions and feelings that we want to attach to our new and future dreams.

The key is to dream with the unfettered imagination of a child and place no restrictions on the size and bounty of the dream itself. Push fears and constraints to the back of your mind.

Exercise: Take 10 minutes and relax in a sitting position. Close your eyes and breathe deeply for 2 or 3 minutes. Inhale and hold the breath for 3 seconds and then exhale and repeat this process for a few minutes. The mental chatter should be almost mute by now. Begin to visualize your dream or wish and allow yourself to attach a feeling to it. Experience the visualization with all the inner resources you can bring to bear. Permit yourself to smile inwardly or even laugh outwardly as you experience the joy and bliss of the realized dream. Now, freeze frame and print. Visualize your dream captured on film, framed, and hung on the wall of your home.

Step 2 - Emotion: Every wish must be accompanied by an emotion that carries the dream forward with impact. The emotion can be great joy or love for the person or event pictured. The emotion is the gas or fuel that drives

the dream vehicle. Without emotion, your dream will stumble along the highway of visualization, but add emotion, and your dream will soar like an eagle. Remember—emotions secure dreams. An emotional trauma can lock in negative behavior and addictions that are destructive, but the flip side of the coin is also true: an intensely positive emotion can lock in a beautiful and desirable wish. If you want a shiny new car, visualize the accompanying emotion of great joy and excitement that goes with showing the car to friends and family. A good way to understand the importance of emotion is to think of your wish as a car with no fuel in the tank. When we add emotion to the dream, it's like filling the tank with high octane gas.

Step 3 - Action: This is the big step! To take action means to step out and just do it. Any action is desirable; it doesn't have to be significant, earth-shattering, or special. We live in a large playground called life on the planet Earth. Why are we here? To experience! To learn! Experience and learn what---whatever we want to learn. However we must learn and continue learning, or else the lessons are chosen for us by the cosmic forces that guide our journey. Given this scenario, it is preferable to choose our lessons and be the cause rather than the effect. When we remain in one spot for too long, the rug is invariably yanked out from under us, forcing us to take action. For example, you might be in a relationship with someone that is very comfortable, but in which there is not much growth occurring. Suddenly, the relationship ends and you are forced to meet new people and start dating. This new circumstance leads to growth and renewed opportunity. We may even meet our soul-mate as the result of the change. The point is that we are learning and growing again after a period of stagnation. Change and growth are a must for Soul.

Step 4 - Relax: Thy will be done. Once we have completed the first three steps of the DEAR Soul technique, it is time to just relax. There is a spiritual law called the law of reversed effort that advises us to put our attention on something else once we have visualized and taken action toward our goal. If we push too hard in a single direction, we end up pushing away our desired result. This happens simply because there has to be an ebb and flow in terms of remaining open to the incoming results from a request. By constantly pushing hard in one direction, we block the incoming channel and the returning energy cannot get through. Many people miss this subtlety within the visualization process and don't understand why their prayers are not answered. Relaxing is a critical part of the DEAR Soul technique. It is essential to our wish getting a clear send off; relaxing enables us to receive the fruit of our dream. Always finish the visualization with the words---"Thy will be done." This turns the matter over to Spirit and releases us from any Karmic situations.

Exercise: Sit quietly and practice deep breathing. Now begin to implement the DEAR technique by imagining the most outrageous life for yourself. Use your imagination to go to the edge of your dreams. This will help you find the parameters you've imposed on your dreams as well as help you stretch the vision of your future potential. The results will surprise you.

Turtle Method

This is a way of approaching tasks or goals that keep them from seeming insurmountable. It breaks action plans up into small chunks that are easily completed on a daily basis. First, make a list of areas in which you wish to achieve results. Then, each new day commit to doing just one thing

toward that goal. It can be as simple as writing a letter or making a phone call. A small effort toward a goal sends the message to the inner self that the goal is important and worthy of achieving. Every new day requires some new action. Never rest on your achievements because this results in stagnation and lack of growth. As we achieve some success, it is human nature to stop and bask in the light of the success and take a break from our momentum. However, we need to continue to learn new things on a daily basis. It is the lessons that have importance; the categories of "success" or "failure" have no meaning to Soul. When we look back on the progress of what we have achieved, we see the accumulation of many actions. The key is one small step daily. These steps lead to large results and keep us involved in the momentum of growth. If we wish to change our lives, we must start with changing small habits, such as taking a different road to work or wearing a different color. If we can't change these insignificant areas of behavior, how can we expect to create major change? If the turtle method is used religiously, you will see significant change in a short period of time.

I used the Turtle Method when I built my house. I focused on one part at a time and never worried about the overwhelming project of building a complete home. When I was pouring the foundation, my world consisted of only concrete with the final goal of getting it perfectly level. When I was framing in the walls, my focus never went beyond the final goal of getting the studs properly nailed in place. Also, I was careful to reward myself at the end of each undertaking. I still can't believe that I built the whole house!

Exercise: I have found a good yardstick to measure resistance to change. I start with changing a small thing such as repositioning my toothbrush or sleeping on the opposite side of the bed. This programs the mind to deal with variation and gains a small advantage for bigger changes to follow. I

have found a significant amount resistance to these small discrepancies. If we are unable to cope with sitting in a new spot while reading, how are we going to change our lives?

Comfort Zones

Much of the action phase of the DEAR Soul technique provides an opportunity for us to reprogram our outdated and limiting beliefs. These core beliefs create limits around our freedom of imagination. We may imagine a new career for ourselves but limit the salary because we don't believe that we can move beyond a particular level. We may believe that we are not deserving of the full gifts and benefits that the universe can bestow upon us. Our "comfort zones" are where we dwell on a daily basis. We drive the same route to work every day, and then we sit in the same chair at home every evening. Why do we engage in this repetitive behavior? It is safe and tested and anxiety free. Humans are truly creatures of habit; as much as 85% of our behavior is repetitive. In other words, we like to feel comfortable.

The problem stems from the fact that very little growth occurs within these comfort zones. Too much safety, comfort and predictability in our behavior defeats the purpose of our whole mission here on Earth—to experience new things and to develop different ways of doing the same things. How much growth occurs when we are comfortable and secure on our couch watching TV with a big bowl of popcorn? The human psyche avoids change and pain and seeks comfort and familiarity. We fear stepping outside of our comfort zones because of ridicule and criticism. We are afraid to fail at life in some minor or major way.

The solution is to stretch our comfort zones until we feel uncomfortable. At this point, we know we are growing. There is no failure or

success; no win or lose situation. New situations and experiences are simply challenges; it is the response to these challenges that is important.

Experiences are not necessarily negative or positive. These categories are labels created by society; we conform to this social labeling by judging an experience as good or bad. As Soul, we simply experience—no more and no less. Our actions lay stepping stones for our results: each action sets up a cause and consequently, we experience an effect or result. These results are sometimes not even close to what we envisioned for ourselves. This unpredictability gives life its twists and turns. The important thing to remember is that we must remain open to inner guidance. In many cases, our spiritual compass will provide a new and unexpected avenue and we must be ready to examine it with an open mind. A new path frequently presents itself when we break old habits and routines.

Chapter 4

The Stolen Imagination

Brad and Jillian hadn't done the drug together in almost a month. They were both excited and yet relaxed; they knew each other's habits, addictions and preferences from years of shared experience. Their marriage had become a room in their mind. At first, it was an expansive room that was decorated with love and laughter, and they enjoyed exploring it with mutual joy. Slowly however, the room began to shrink and become claustrophobic. The joy turned to ritual and eventually to boredom, but the drug remained a bridge between the two silent partners. It was the glue that held them in bondage. In any case, the desire to flee had long since departed with any awareness of their addiction or of their failure to communicate as a couple.

They sat on the old cotton couch but not too close because the intimacy was contained in the drug, not in the dying relationship. Brad was already a little irritable and suffering withdrawal from having spent the weekend at a career retreat with no access to the drug and no way to get a temporary fix. He felt like he had earned this special indulgence, though he would be the first to deny his reliance on the drug. All he knew was that it allowed him to tune out the world and live in the fantasy created by the hum of the drug through his brain; the vivid colors splashed across his mind.

Brad and Jillian were so lost and absorbed that they never noticed Eric, their 7 year old son, enter the room. He sat down next to them on the couch and began to share the drug with his parents—TV, the American drug of Choice!

Electronic Substance Abuse

Has TV become the new American drug of choice? Is there a real problem with addiction to TV in America today? Many would say no. Others do not even recognize TV as a drug much less admit an addiction to the electronic substance. We are just beginning to understand the impact of TV on our national psyche. From a Sociology of Soul perspective, spiritual growth and TV are like oil and water; the two don't mix. Specifically, the medium acts like a muffler on our imagination. Imagination is food for soul and TV has caused an American famine. The medium itself is of course neutral; it is neither positive nor negative. Its use and abuse, however, determines its overall impact. Spiritual growth requires awareness and imagination. In a world that continues to accelerate, TV leaves us numb and dumb and lost in an electronic stupor. Each day, our challenge is to grow a little more aware and pass another spiritual test. TV has become the addiction that keeps us in spiritual darkness. Unfortunately, TV imparts an intended emotional response along with each opinion. It serves up prepackaged slices of fact or fiction and tells us how we should feel about it—joyful, sorrowful or concerned. Samurai Sociology calls this phenomenon "spoon fed" vibrations. We walk around with these mini-dramas in our heads and the next time we are confronted with a similar social context, we respond with the emotion of the original programming. We get involved in electronic dramas and lose sight of our own original drama called Life. TV takes valuable time and energy that could be spent painting our own canvas. Additionally, it acts as a communication blocker, not a communication enhancer. When watching television, we isolate ourselves and all interpersonal communication stops. The tube becomes the center of attention.

Exercise: In most American homes, the TV sits at the center of the living area. For a change, rearrange your furniture so that the TV is placed outside the current living area or area of focus. This will facilitate conversations and communication while de-emphasizing the importance of the TV.

Communication is the glue that holds relationships together. Therefore it is helpful to examine our TV habits to see how much communication time we have lost to the electronic media. For example, if we watch 16 hours of TV every week, we could gain two 8 hour days in which to expand our personal time and perhaps stop using the phrase "I don't have time." The truth is that we have the time but we choose to use it in certain ways. TV has become the great American addiction! For some people, life is one big string of addictions; we go from TV to food to alcohol to tobacco to shopping to sex to drugs to work. These addictions fill the void within while leaving us hungry. This emptiness is created by a spiritual malaise; it has become a great need that demands our attention. Sometimes Spirit whispers our name in dreams or hits us with a cosmic 2 x 4 until we pay attention for a few minutes—a few minutes with the TV turned off. These few moments of golden awareness take us farther than the last few years of mind numbing reality spent as slaves to our addictions. The truth is that we need quiet time to once again establish contact with our higher selves. It is during these silent moments of Soul that we begin to recognize who we are and what our mission here on Earth entails. It is during these lucid moments of solitude that we begin to recover our most powerful personal tool—imagination!

I think it was Marshall McLuhan who once said: "The medium is the Message." He was referring to TV and its all pervasive impact on the human consciousness. Today, we turn on the tube thinking that what we watch determines our relationship with the TV. This couldn't be further from the

truth! It matters NOT what we watch but rather the vibration and frequency coming from the electronic box. The frequency emitted by any TV, regardless of the show or content, is exactly the same. It freezes the consciousness in one spot and results in absolutely NO movement or evolution of spirit. TV is a Vibration or Frequency Freeze designed to hold the human consciousness in bondage and slavery! As long as the TV is turned on, there is NO growth occurring. As a matter of fact, studies have shown that you burn more calories sleeping than you while watching TV. I can't state this strongly enough---Turn the tube OFF and feel the change in vibration! You will experience the Truth for yourself! SOS is your Wake up Call---Leave the TV Zombie behavior in your past. Step into Freedom with the Silence of No TV!

Living in Denial

It started as a bet. My sociology students were attempting to convince me that it was easy to turn off the TV set; they swore that they were not addicted to the tube. I had already proven them wrong on one count—the amount of TV they really watched. The overwhelming response in the class was that they rarely watched it, with the exception of maybe evening news or an occasional PBS show. I found this hard to believe since many of their examples and references in class were references to TV shows or characters. I asked them to jot down their viewing habits and favorite shows on a day-by-day basis. We did this in class and it took about 45 minutes. When the results were tallied, the average viewing time in a class of 30 students was approximately 3 hours a day or 21 hours per student per week. My response to this expected result (“See, you are addicted”) aroused their defenses and I then heard many students claim that, although the set was indeed turned on during those hours, it was not being watched constantly during that time.

They said things like “I can turn it off any time and I wouldn’t miss it,” and “I’m really not aware of what is on most of the time.” I bet them their final grade that they could not go without TV for an entire week. My students jumped at the chance to make an easy grade, simply by taking the path of least resistance (something akin to TV itself). At this point, I actually had no idea just how revealing this mini-experiment would be.

In order to receive that “easy” final grade, the class agreed to the following parameters of the experiment. The ground rules were fairly simple and straight forward:

A. No TV for a complete seven day period. This insures that any and all weekly programs are missed at least once. This ban extends to restaurants, bars and other people’s houses. If the TV is on when you go to a friend’s house, the participant must either leave or get the friend to turn off the TV; additionally, when a spouse or significant other decides to watch a program, the participant must leave the room.

B. A daily journal must be kept that chronicles the shows that would have ordinarily been watched. During these time slots, the student records the new activity that now replaces it.

C. Comments are recorded pertaining to new activities. Feelings and impressions concerning the loss of TV and how it affects daily routines are noted. Any infringement of the rules is recorded, along with the circumstances (e.g. “a friend came over on Sunday and we watched the championship football game. I felt guilty but also felt it was worth risking the grade to see that game”).

D. At the end of the seven days, the student summarizes briefly what he or she learned from the experiment, if anything. The summary typically includes feelings, perceptions, recommendations, plans for the future

concerning TV, and an honest opinion as to whether they saw the lack of television as a positive or negative factor in their daily lives. The journal is complete at this point and handed in for grading.

It is a generally accepted fact that it is almost impossible to perceive imbalance and addiction while engaged in the addictive behavior. This fact initially triggered the idea of the deprivation study. My goal was to demonstrate to my students in some graphic and meaningful manner that they were hooked and helpless when it came to the tube. I had witnessed firsthand the change in my own life when I stopped watching TV. I was convinced that given the same chance for objectivity, my students would experience a similar flash of realization. This "oh wow" insight usually precedes a positive lifestyle change toward more quality time, self-introspection and increased interaction with friends and significant others. I remember vividly when I started my own initial withdrawal from television. It happened quite by accident. Due to a malfunctioning part in the TV, if it was on for as long as 3 hours, the picture would fade and then black out. Over a period of months, the viewing time went from 3 hours to 2 hours, and finally to no more than 30 minutes. In retrospect, the changes that took place in my life now seem intuitively obvious. I spent more time living life and less time watching others live theirs. I went from passive viewer to active participant. Indeed, this is what I sought for my students, a simple firsthand comparison between creating their own existence versus watching someone else's creation. I knew that the power of seven days of TV deprivation would provide the necessary distance to allow for a minor revelation.

Exercise: List your daily viewing time and the shows you watch. Do this for an entire week. You will be surprised at the total amount of time spent in

front of the TV. Tape this list to the television and begin to reduce your viewing time by an hour per day. Eventually, you will be in a position to kick your habit completely. Even if you only reduce your time by half, this will give you an additional block of hours in which to enhance your life.

The Experiment

The results of my study have been chronicled over a period of seven years in 12 different groups totaling approximately 300 students. The following results are selected highlights and observations from the journals but in no way represent the total body of comments. Although the first TV deprivation study was more or less spontaneous, each succeeding class utilized the same guidelines and parameters as the first group.

Sociologists and psychologists are in agreement that TV is often utilized by Americans to establish and measure their norms. Both children and parents alike may use television as a model for family interaction. It is interesting to note that TV is often seen as reinforcing negative racial, ethnic, and sexual stereotypes. When we decry the breakdown of the family unit, and the loss of traditional family values, I often wonder why we are so blind. The source of our cultural malaise is directly in front of us—the TV. I believe that we fail to see it because it is so close to us; it's in our living room, bedroom, and kitchen. It has become a member of the family and we no longer question its presence. Ironically, television is presented as a form of expansive communication, a medium that links the globe. With closer scrutiny, we find that it actually leads to the breakdown of communication between spouses, friends, and family members. The real point, the heart of the issue, is communication! Without communication, we have no meaningful dialogue, no family, and no culture. TV is a micro window into a

self-contained macro world. There is no interactive dialogue between the individual who sits at home watching the screen and the distant events in that electronic world of dots. TV lends itself to communication about as much as alcohol and drugs lead to communication. It is certainly a unique technology that presents a different perspective from a world without TV. However, it has become the electronic wall, the addictive static that separates parent from child and husband from wife. TV, the great communicator, has brought silence and separation to the American home front. The family now gathers around the electronic image of a TV family and watches in silence and non-participation, fully believing that this vicarious activity is quality time spent together.

The TV Deprivation Diet

A striking outcome of this experiment was the impact it appeared to have on diet and eating habits. In the same way that TV is associated with convenience and ease of entertainment, the students' eating habits reflect a preference for fast food. When arriving home, they would have a microwave meal or fast food and eat in front of the TV. This results in a high calorie, low vitamin meal combined with several hours of inactivity.

With no TV, approximately 30 to 35% of the students said that they became more aware of what they were eating and more particular about what they ate. They mentioned preparing meals that were more nutritious and well balanced. Selecting the basic food groups seems to be a natural tendency when the TV does not occupy one's time and focus. These meals required some thought and commitment in terms of time and energy that was previously spent in front of the tube. This change in behavior may explain the tendency toward obesity as time spent watching TV increases.

People overeat and eat junk food while watching television. This is combined with little or no exercise except an occasional stroll to the refrigerator or microwave to pop some corn or thaw a preprocessed meal. When lack of exercise and poor diet are combined, the result is fairly predictable. One student noted: "I really enjoy cooking, with no TV I just naturally gravitate to puttering in the kitchen." Several students expressed the feeling that when the TV was on, they felt left out if they had to be cooking in the other room. "I feel like I'm constantly missing something" or "my husband would go straight for the TV and I was exiled in the kitchen." Under these circumstances, fast food becomes the order of the day.

Many participants stated that they used this imposed opportunity to seek out new restaurants or frequent old favorite restaurants. "We used to go out to eat at least once a week, now we just eat in while watching the tube. During the week of no TV, we went to several of our old favorite restaurants. We even had some wine and it felt like a date." During a discussion group, I asked the students what they ate at the restaurants. The responses indicated that the meals were well balanced (not of the fast food variety). They pointed out that the truly big difference was the fact that they talked and communicated during the meal. Previously, meals were eaten in almost total silence in front of the television.

Additionally, an increase in exercise was noted by at least 50% of the respondents. Many stated that they started going for walks with their friends or spouses, while others replaced TV time with tennis, basketball, jogging, or swimming. "Without TV, I became more physically active by just getting out of the house and engaging in different activities." Could a more active, healthy lifestyle begin by simply hitting the off button on the remote? One student wrote, "I really like to exercise because it gives me energy and

makes me feel good but when I turn the TV on, my commitment to exercise disappears and I veg-out.” Several students said that as a result of participation in the study, they had resolved to spend time exercising in proportion to their viewing time. For example, if they watched three hours of TV in an evening, they would then go jogging for thirty minutes, 10 minutes of activity for each hour of couch-potato time. Additionally, some stated that supper time would henceforth be designated as special time in which the TV would be turned off so they could talk about their day without having to compete with the tube.

Exercise: Balance your TV viewing with exercise. Make a commitment to exercise ten to fifteen minutes for every hour of viewing time. For example, if you watch three hours daily, you will exercise approximately 45 minutes daily. You can even reverse the process and use TV as the reward for exercising—No exercise means no TV!

An addendum to this part of the experiment is that approximately 70% of the participants mentioned some sort of irritability or resentment toward the experiment around the second or third day of TV deprivation. “I thought about dropping the class and tearing up the silly journal. This kind of torture must be illegal,” wrote one disgruntled student. I have come to the conclusion that there are definitely withdrawal symptoms associated with sudden TV deprivation. Of the seven days, the hardest to endure seem to be the second, third, and fourth days. Much of the hostility and resentment over the deprivation was directed toward me and the experiment in the form of snide, derisive comments logged in the journals.

It Takes Two

Another significant outcome of the study centered around the

improvement in family relations, spouse interaction, and parent-child communication. "We had our first real conversation in a long time," responded one amazed participant. "Our sex life sure improved," said a female student. "We had a real sit-down family dinner and listened to what our kid's day at school was really like." "For the first time in years, we talked about our dreams and where our life was headed." A significant number of the students mentioned reconnecting with their families and mates. Other participants mentioned discovering for the first time some particular aspect or side of themselves that they were not previously aware of. "I went for a walk in the rain and found it refreshing. I haven't done this since I was a kid. It's actually fun." Another student wrote: "I feel lonely a lot but during this TV study I spent more time with my grandparents and that seems to really help me feel better." Many respondents found themselves writing letters to their parents or distant friends for the first time in years. "I never have time for letter writing, I either call, email or don't communicate at all."

An overwhelming majority (approximately 81%) of the participants in the study mentioned some form of increased communication. In many cases, it was non-verbal and took the form of increased touching or actual sexual intercourse. "We've been married for five years and probably have sex once a week. In the last seven days, we had sex three times and feel closer than ever before." In some cases participants mentioned increased eye contact and in other cases it simply involved enhanced listening due to decreased competition with the TV. The most common form of increased communication was the long lost art of conversation. "I didn't realize we had stopped talking, I felt like I was talking to a new found friend." "At first, we just sat in silence feeling awkward, but eventually we felt more at ease and started holding long conversations like when we first met." Most respondents

expressed a renewed communication pattern with friends, siblings, family, and significant others. It takes two to communicate, and one party can't be the TV.

No News is Good News

Prior to the TV deprivation experiment, approximately 90% of the participants said they received their daily news updates from network evening news reports, CNN, or the Internet. Many students surfed the Net while watching TV. Out of a class of approximately thirty, when asked how many read the daily paper for their news, only three or four responded affirmatively. When asked to elaborate, one student stated, "The problem with newspapers is that the news is old—it's already yesterday's news." Another said: "It takes so long to read the paper, TV is easier and quicker." It became apparent that the electronic news fix was a consistent part of almost everyone's day, and I was curious as to how they would replace it during the long week. Interestingly, after the journals were completed and a discussion session was held, approximately 65% had resorted to the local newspaper for their daily news. The computer junkies increased their Net time to get the necessary news. The remaining percentage just gave up news for the week. In the discussion groups, many of those unaccustomed to reading newspapers mentioned that they remembered more of the events after reading about them than they did after watching them on TV. "I guess I remembered more from the paper because I reread the parts I found interesting." "I think the newspaper articles stayed with me better since I selected only the articles I found important and disregarded the others." However, when asked if they would continue to get their news from the newspaper after the experiment, the majority said that they would probably

go back to TV news. "It's just more up-to-the-minute and easier to access."

It is interesting to note that during several discussion groups it became clear that it was the national news, and not the local news, that the students watched with fervor. I was curious as to why they were drawn to the national news since the local scene could potentially have greater impact on their daily lives. Their responses: "I feel more informed with the national news." "I guess it's a form of entertainment for me." "I like to see if there are any disasters or mass killings anywhere in the world." I got the distinct impression that the news was simply another entertaining, soap opera-style drama for them. In support of this claim, most students remember almost none of the details of yesterday's evening news. When asked to write down a summary of the previous day's television news, almost 75% could remember nothing. The remaining 25% gave responses ranging from fairly complete to very sketchy. I believe that this feeling of being "well informed and up-to-date" is something of an illusion.

Exercise: Quiz yourself after watching a 30 minute segment of the national news. Turn off the TV and wait 30 minutes. Then write down what you can remember of the news. Retention usually runs at approximately 3%.

Quiet Time

One predictable result of the study was that a majority of the students mentioned a considerable increase in their reading during the week of TV deprivation. "With nothing to do, I got caught up on all my class readings." "I found the time to read a few paperback novels. I forgot how much I enjoy reading in bed." A considerable number of the respondents said that they completed required projects and term papers. When asked about this behavior specifically in a discussion group, it became evident that the

students used television to procrastinate and thereby avoid assigned tasks.

As one student said, "As long as the TV is on, I can put off school work forever and not feel too guilty. But when the TV goes off, the guilt comes back strong and I usually do some work." A few parents mentioned that they found themselves spending more time with their children, either reading with them or helping them with their homework. Prior to the experiment, the same parents did spend time with the children, but admitted to resenting the time required to assist with homework. Or they said they rushed it and gave very little attention to the session. With the TV absent for a week, it appears that parents reestablished open lines of communication with their children.

Quiet time, time spent in solitude, and personal reflection were aspects of behavior that the study seemed to enable. "I found myself staring at the wall. I was truly alone, no warm voices coming from the tube—I almost felt panicky." "I could hear my own thoughts. It has been so long since I was quiet—it's really different." The comments continue, "I thought about my future and what I wanted to be someday and where I wanted to go. I used to dream a lot, but I guess TV has done my dreaming for me." During the first few days of the deprivation, many respondents said they felt uneasy about being alone with no electronic companion. After approximately four or five days, these same people said that they felt "clear headed" and more confident about being alone with their thoughts. These were the same students who described themselves prior to the study as habitual users: "I do assignments with the TV on in the background. The first thing I do when I enter my apartment is flick on the TV—it stays on till I walk out the door." A majority of these heavy users (defined as more than four hours a day) complained loudly in their journals that they felt abused and deprived by participation in the study. I noticed that their irritation seemed to peak on

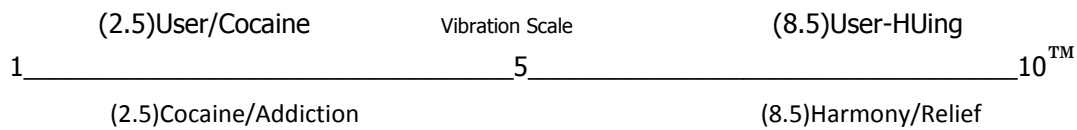
days three and four of the experiment. However, the new behavior patterns seemed to alleviate the resentment at having no TV for an entire week.

The Addiction

There is a theory that we call "**Theory of HU Resonance.**"™ It explains in simple terms the dynamics of Addiction and how to eradicate the addictive behavior and craving with the use of Sound and Vibration. The process can be seen on the scale below. In Physics, Resonance simply refers to a Vibration at a certain Frequency. Everything in the Universe Vibrates and therefore has a Certain Frequency. This frequency is called a Quantum Signature. It's what makes us Unique and different individuals. This is where the "Theory of HU Resonance" comes into play to Heal our Addiction or Problem. For example, if we are addicted to Cocaine, the drug has a certain frequency or Resonance that we are attuned to. There is an Affinity or similarity in Resonance between the Cocaine and the user. This similarity in Resonance causes identification with the drug and the Craving. This craving, along with the drug behavior is called Addiction. Addictions run the gamut from Drugs, Food, Shopping, TV, Anger, Smoking and Gossip just to name a few. Each Behavior resonates at a different frequency and as we engage in the behavior, we bring ourselves in alignment or attune ourselves to that particular Frequency. In a manner of speaking, we enter into mental agreement with the Frequency of the Drug and this results in aberrant behavior and consequently we vibrate at the frequency of the drug.

The cure or 1-Step Solution is Simple----Just Say HU and Change the Channel or Resonance within us and thereby shift the Frequency to a New State or Internal Program. Suddenly, we lose the Craving for the drug because we are no longer resonating on its frequency and wave length. The HU shifts vibrations instantly and re-tunes us from the inside out! Voila---Addiction or Problem Solved! Let's View this phenomenon on a scale of 1 to 10. It's Real Simple and Easy. As you can see on the

scale, when you change your Resonance or Frequency by HUing, the addiction or problem is resolved! It doesn't matter if the addiction is cocaine, food or TV, the process and solution is the same---Just Say Hu to change the Channel to Harmony and Relief!



Reflecting back over the past few years of the experiment, I see a bizarre tale of electronic addiction so accepted as part of our modern day culture that it is mind-boggling. Television has grown to become a parasitic vine on the tree of humanity. As a society, we perceive TV as part of our being. When we look in the mirror, our cultural image is reflected through the lens of the television.

If we view television as neither good nor evil, but rather a neutral technological innovation, we then must examine its potential for improving or destroying our cultural standards and individual hopes for a quality lifestyle. In such an analysis, the TV is nothing more than a tool. In moderation, it can be a quick and convenient time machine that transports us to distant spots on the planet or takes us on a fantasy journey. The TV can quickly and effortlessly fill gaps in learning. It is used as a communications network connecting every remote spot on the globe, thereby holding the promise of reducing the cultural barriers around the world. TV wields the power to bring understanding and rationality to a sometimes crazy and disparate world. However, what is our national legacy from television? A breakdown in family communication, plummeting SAT scores, a drastic decline in both reading and writing skills, poor eating habits centered around fast food, couch potato behavior leading to obesity, a state

of addiction that rivals crack cocaine except that the addiction goes unrecognized. Our sense of self suffers or is altogether nonexistent because of the constant intrusion into our homes and our psyches.

Some experts relate high divorce rates to excessive TV watching. Others are beginning to suspect that the escalating crime rate and the increasing frequency of violence on our streets can be traced back to the behavior learned from TV. The litany is endless and so is the ongoing argument on both sides of the TV debate. However, I believe that all of these potential behavioral problems or abuses blamed on TV can be addressed under one heading: Addiction destroys communication.

In many ways, communication is the key to human progress and the means to understanding and deciphering the world around us. It is the glue that holds people together and the method by which we express love in relationships. Television has moved into this equation and usurped the time previously occupied by face-to-face interaction. With TV, we have the illusion of participation in social issues, we experience a false togetherness with family members in front of the tube, and we feel well informed and in touch with our spouses and children. In fact, however, the TV isolates us and prevents human interaction. This very real breakdown in personal communication eventually leads to weak relationships, which may then result in divorce, poor family relations, weak family values, and a singular view of the world lacking personal experience.

It is interesting to note that when gang members (teenage street gangs in Los Angeles) were asked why they joined gangs the answer was, "It felt like a family." What are these people seeking? They seek the psychological sustenance of primary group interaction—the family environment. Without this type of contact in our lives, we become

psychologically and physically needy. With the reality of two career households, is it any wonder that working parents want to take the most convenient avenue to tune out hassles and obligations upon returning home from work? It starts with the evening news and is usually followed by several favorite shows. Perhaps the children are watching their own programs and have their own separate schedule. At this point, there is 0% communication. With no dialogue, we eventually have no family, no real intimate relationships, and no culture worth speaking of. When we reflect on where we have lost our direction in the quest for personal growth and self-realization, we need to start by reflecting on the behavior patterns in our homes. It all begins and ends with the TV.

We can work with children to establish a number of agreed upon TV shows that will be watched. A good rule of thumb is to add up the weekly viewing time and cut it in half. Use the created free time to structure some personal one-on-one communication. This is a beginning and can be expanded to include reading, exercise, sports, and family together time. Adults must set the example; children watch and imitate what we do, not what we say!

We can also take control of our adult relationships by addressing the subject of TV time with our partner. Agree to some specific times set aside for physical and emotional intimacy. Spend the first hour when you arrive home from work winding down and talking without the TV interrupting your personal time. Set time aside to discuss dreams and future plans. The goal is to feel connected and comfortable with one another, to rekindle the intimacy that has been replaced by television. As individuals, as families, as a society, we must once again begin communicating.

Life allows each of us many opportunities to be the master or the

slave. It is time to become the master. Hit the off button on the TV remote!

Chapter 5

The Rules of the Game

The central element in understanding addictive behavior is the emptiness that the addict experiences as part of his or her daily existence. This void is felt as the pain of consciousness. It can be a desperate longing for fulfillment or a need to satisfy a thirst that burns deep down inside. For some types of addiction, drugs are used to fill the black hole. However, the addict never succeeds in filling the void because the emptiness is a spiritual vacuum that can only be satisfied with spiritual sustenance.

It is like eating a large ball of cotton candy when you are very hungry; it may taste great, but it leaves you just as empty and hungry. Drugs never fill the vacuum but only mask the hunger. The hunger for spiritual fulfillment surfaces again and again only to be glazed over with a thin, temporary coat of numbness produced by the drugs. These substances can be illegal drugs or they can be legal substances such as TV, food, caffeine, or sex; it makes no difference. Addictive behavior stems from an imbalance in the addict. The drugs are not the cause, but rather the symptom of the imbalance. What is the solution? Balance must be restored.

The path to balance is a simple yet complex equation. The fact that the addict turned to drugs or some other substance to try to deal with the spiritual emptiness shows that the addict is a "seeker." He or she is seeking spiritual fulfillment, but is looking in the wrong direction. In other words, real hunger cannot be satisfied with cotton candy.

Balance begins with a physical approach and continues with a more spiritual strategy. What must be balanced are the body, the mind, and the spirit. When all three act as one, the individual achieves balance and harmony. In many cases, addiction has injured the body, unfocused the mind, and kept the spirit numbed and silenced.

Alcoholics Anonymous, Narcotics Anonymous, and Overeaters

Anonymous work well because they substitute a process which consists of daily meetings and support groups for the addiction. The addict can rely on these meetings and their strict format while kicking the habit.

Unfortunately, the spiritual hunger usually still remains. This is evident in the switch to new, albeit legal, addictions such as food, tobacco, and caffeine.

These new addictions act as a substitute for the illegal or stigmatized addiction. This is why it is commonplace for groups of smokers and coffee drinkers to cluster together at AA and NA meetings. In this case, the drug of choice has been replaced with something more socially acceptable. The initial problem was answered with a new activity but nothing replaced the emptiness at the core of the problem. This is where balance enters the equation; if the addict can be brought to a state of balance, addictions will naturally drop away. The void must be filled with a type of spiritual nutrition that leaves the addict satisfied and fulfilled.

Naturally, the first step must be away from the addictive behavior. An activity must be substituted for the addiction itself. The activity can be anything that creates a sense of fulfillment or joy. Frequently, feeding the addiction has made it impossible to continue a hobby or relationship that the person used to gain strength from. Perhaps that lost connection can be renewed.

That is only the first part of the equation, however. Since the health of

body, mind, and spirit must be approached as a unit in order to achieve balance, I recommend a program of diet, exercise and contemplation. Diet and exercise focus on the body and mind. The maxim "you are what you eat" is self explanatory, and the benefits of exercise are well documented. The point is that diet and exercise together provide the energy level, the strength, and the sharpness of mind and body necessary to swing away from addiction and back toward balance and unity. The third critical factor is contemplation. There is a saying: "Man does not live by bread alone." I believe that this bit of wisdom refers to our need for spiritual sustenance. Meditation is in essence a type of spiritual communion with the higher self. This step is absolutely necessary to recharge the spiritual batteries and provide light and energy to the body and mind. This three-part focus begins a program of care and feeding of Soul. These ingredients provide the sustenance necessary to finally fill the void at the center of addictive behavior. The addict will begin to feel balanced and will have no need to seek wholeness through drugs and addictions.

This new balance requires diligence, self-discipline, and commitment. The road is now open to further spiritual unfoldment. I believe that contemplation/meditation is the most critical element in the body, mind, and soul equation. Unless we quiet the mind and open ourselves to the inner light, we will continually bounce from one addiction to another. This is a great place to begin to use the simple word **HU** to regain inner and outer harmonic balance. The use of Sound is well documented in the field of healing and medicine. The use of HU for 15 to 20 minutes a day will begin to impact the central nervous system and re-tune our disharmony like a fine piano. The HU begins to work on us before we are ready to work on ourselves. It's fast, efficient and powerful; what could be easier and quicker

for a recovering addict. The **HU** is free and works immediately.

Exercise: Make a list of all of your possible addictions. Be sure to consider such items as TV, food, the Internet, and sex. Use this list as a starting point of awareness. Make the goal to eliminate one addiction at a time. Once you have mastered one, begin to work on another. The final goal is to become the master of your addictions as opposed to the slave. Sit quietly for 15 or 20 minutes each day and chant or hum **HU** (an ancient name for God and it's pronounced like hue---as in HUuuuuuuuu). Simply inhale and on the exhale say HU softly. You will feel the vibration within and you will begin to experience a transformation in your life. The **HU** will give you the upper hand in coping with your addictions or any other challenges in your life. The HU is non denominational and can be used by anyone seeking a better or more harmonious life. Literally, there is nothing like the **HU** on this planet---the results speak for themselves! It is the Universal Panacea!

The X Factor

There is an X factor in the addiction equation, a factor that cannot be predicted or easily foreseen. I call this factor "soul readiness." If an individual soul is not ready to leave the path of addiction, this soul will only meet with failure when sent in the direction of balance. This is because Soul must gather certain experiences. These experiences include what we would think of as "negative" encounters but are absolutely necessary for Soul. The path of addiction can be a path of tremendous growth; sometimes it must be traveled until the lessons are learned. When the learning is complete, the individual will be ready to step on the path to balance. This cycle should not be broken and cannot be readily predicted. In many cases, it is preferable for the individual involved in addiction to pursue the destructive path with as

much passion and speed as possible. In this way, lessons are learned, the chosen road is completed as quickly as possible, and the soul can seek new, previously hidden paths to balance and harmony.

Karma and the Victim Mentality

During my journey here on Earth, I often wonder about the rules of the game. Is there any particular set of rules that regulates our overall progress and acts as a remedial mechanism for our growth? One word will suffice—karma. What is karma? It is the law of cause and effect. It is the principle described by “what goes around comes around.” The actions or thoughts in which we engage have an impact on our lives. If we lend someone a hand with an open heart, we will be shown an equal kindness at some point. If we perform an act of malice, we will suffer the same. This is the law of balance, justice, and retribution. The simple truth is that we get what we deserve. We have brought ourselves to the present situation with our actions or inactions. Whether we are sick, healthy, wealthy, happy, or sad, it is a result of what we have manifested for ourselves. This spiritual law is also expressed by the maxim “You shall reap what you sow.”

It is mechanical, inexorable, and unrelenting. Karma’s main purpose is remedial; it teaches us that we are truly responsible for all of our thoughts and actions. In a sense, judgment day is today. All karmic accounts must be balanced before we leave this planet or training ground for good. Practice love, kindness, and compassion, and you can’t go wrong. Practice hatred, violence, and pettiness, and you will find these actions and thoughts sent back to you in the form that you sent them out to others. The results will be incredibly exact. You will feel the sting of your own arrows.

Some people think they are lucky if, after doing something negative or

hurtful, there seems to be no repercussion. Unfortunately, if there is no immediate result, it may be because that debt went to the back of the line behind other karma to be burned off; eventually, it will come due and must be dealt with. Actually, a truly lucky person would be hit instantly with the karmic results of their actions. This may indicate a person with no old karma creating a blockage or with no stored karma to first be repaid. One would therefore experience the results of actions almost instantaneously.

Can we cheat karma? The answer is yes and no. All actions, thoughts, and deeds are stored on the causal plane to be read by anyone with the ability to access the records. Since nothing can be hidden or erroneously recorded, all debts are paid in kind to the very smallest exactitude. However, it is possible for a master to take on an individual's karma and thereby relieve that person of the karmic debt. Additionally, some karma is simply mechanical in nature. For example, if I am supposed to be burned to death in this life to repay an old karmic debt from a previous incarnation, it is possible to satisfy that debt by the application of a minor burn administered under the right circumstances with the assistance of a master or guide. It is said that there was a criminal who hung, crucified, next to Jesus. As they were dying, he asked Jesus to remember him when he got to his kingdom. Jesus chose to remove his karmic debt so the man was free to leave this plane. Masters have the power and discretion to bend the laws of karma. The question is, will they? Because they are spiritually evolved souls, they will not usually interfere with the karmic lessons of their students. They realize that interference can hinder spiritual progress. Circumventing the laws of karma defeat the overall plan established by the spiritual hierarchy and thwarts a student's attainment of mastership and growth. The student cannot learn the lessons at hand if the master steps in and short-circuits the

learning process.

How do we manage to keep from accruing karma and remain in a state of neutrality? The answer is rather simple: don't violate any spiritual laws. Some people sleepwalk through their lives, unaware of any spiritual governance. Others know they are transgressing but gamble, hoping it won't really have any consequences. But, as I stated before, ignorance of the law is no excuse. These same people live in a hell of their own creation through violation of the laws. This spiritual disregard leads to negative consequences, and they resign themselves to hardship and constant payback as their daily reality. In truth, each of us creates our heaven and our own hell every day.

Remember, knowledge is power and the starting point of a Sociology of Soul is to recognize the spiritual laws that underpin our reality. It is vitally important that we accept responsibility for adhering to the rules of the game. The first step in accepting this obligation is to familiarize ourselves with the spiritual laws that guide our lives and our planet. Then, to keep from running afoul of these laws, we must practice love and speak truth. Easier said than done; these four words can take four lifetimes to master. So, do we have four lifetimes to spend on these lessons? Yes, of course we do! However, it is better to step on the path today and stick with it than to wait until tomorrow. Spiritual awakening is always just a heartbeat away.

Exercise: This is an exercise for 40 days. Every day, write the following sentence 15 times: "I am responsible." Allow yourself to accept total responsibility for your actions as you are writing the words. You will notice a behavior change after a week or so.

Reincarnation

Exactly what does it mean to be "born again?" It means exactly that—

to literally be born again in another body here on the Earth Plane. This cycle of reincarnation occurs after the physical death of the body we inhabit. Soul goes before the group of entities or spiritual beings in charge of administering cosmic justice. These Lords of Karma then give Soul the appropriate reassignment here on Earth in a new body and in another family to learn or relearn the lessons that were not completed in the previous lifetime. In our life preview, before we are incarnated into the physical plane, we participate in selection of our parents. Our direct input (or not) and how it effects selection has to do with our past karma and its impact on our future life. At this point in the process, we agree to a particular mission and certain lessons that will round-out our spiritual education and learning. This contract is entered into in the spirit realm before we are reborn on Earth. In light of this contract, we can never claim to be a victim of circumstances!

Reincarnation is a complete system of cosmic justice, as well as a delivery system of rewards and punishments. Reincarnation is part of the mechanism that keeps all actions, words, and deeds balanced when coupled with karma. These two principles operate to ensure equality and justice for all within the universes as they now exist. Karma takes into consideration what we have earned in our present lifetime and places it within the context of distributing rewards and punishments that carry forward into the larger universal scheme of things. In other words, it closely resembles the way in which our checking account works. We may have a positive balance, or we may be overdrawn. We deposit credits into our karma account by performing or behaving in a way that reflects compliance with the spiritual laws. When we give love and service to those around us and act in a compassionate and giving manner, we accrue positive karma. Similarly, when we respond to others with anger, hatred, and self-interest, we accrue negative karma. The

trick or secret is to balance the positive and negative karma and remain neutral in this lifetime. This affords us a good chance of attaining spiritual freedom and not being forced to return. Obviously, it is more complex than I have described here, yet it is as simple as "what we sow, so shall we reap."

Law of Attraction

If we give love, we get love; it is really that simple. I know that when I'm feeling unloved, it is extremely difficult for me to give love because I'm feeling resentful at not getting my fair share. The truth is that I'm not receiving because I am not giving. The secret is to stop focusing on the perceived lack (be it love, attention, or material objects), and concentrate on giving service to others and reflecting love in all circumstances with an open heart! In turn, this will activate the channel for us to start receiving love as long as we keep our hearts open to it.

The spiritual law in operation here is the law of affinity or "like attracts like." We set up an affinity field with our attitudes and behaviors. If we are positive, cheerful, and loving, we attract others who are of like mind and behavior. In accordance with this law, we attract to us the people and circumstances that have the same electrical and magnetic charge. Consequently, when we are positive, we attract positive people to us, and when we are negative, we attract negative people to us. We can see this principle in action by observing or taking note of our mental state; if we are negative, we will see our surroundings and circumstances as negative and problematic. The reverse is certainly true as well. In other words, our life is reflective of what we feel and believe inwardly. The challenge is to maintain a positive attitude in the midst of adversity and see each adverse situation as a chance to learn and grow. The attitude we maintain through the crises

determines our final score on the test. If we see the problem as a chance to solve the equation or a chance to learn from the circumstance, we pass the spiritual test and move on to the next one. If we refuse to accept the problem and fight tooth and nail while complaining about our misfortune, we temporarily fail the test. In this case, the test will be given to us in another form at a future date. The more quickly we recognize the test for what it is, the more quickly we move on. This ongoing activity tempers the Soul and eventually leads to spiritual wisdom, maturity, and freedom.

Exercise: Visualize the love you have for a particular person or pet. Allow this love to overflow throughout the day. Notice the response from others. Open your heart to love. If you love life, life will love you back.

Astrological Sign in a Free Will Zone

The characteristics of the Zodiac sign into which we are born have some impact on our personality and behavior. What role does astrology play in our daily lives? In many ways, it depends on our awareness. The orienting principle is—knowledge is power. In other words, knowing the forces that have bearing on our lives, and being aware of when these forces are stronger does make a difference. We are all born into a certain sign that has certain tendencies, strengths, and weaknesses for career paths, finance, and relationships. However, this is a free-will zone and the biggest factor influencing our journey here on the Earth Plane is the fact that we call the shots. Remember, we create our reality and make it heaven or hell.

Once again, we must trust ourselves and create our own world and not depend on an external source such as astrology or psychics. We have the answers within and the ability to project these truths on our world. This is called visualization and the real power of visualization is just beginning to be

understood. Visualization uses the power of the imagination; this is the power of spirit or soul. As we learn to operate from a soul perspective, we gain control of our life and our dreams. We begin to feel the power that comes from driving our own vehicle and sitting behind the steering wheel. We finally know what it feels like to star in our own movie as well as direct it!

Chapter 6

Obstacles as Illusions

It never ceases to amaze me just how much mystery life holds for us. Whenever I think I have it figured out or have discerned a predictable pattern, the surprise will explode into my life. To put it another way, things are never as they appear to be. Unless of course, we decide that they are not as they appear, then they will be! Keeping this precept in mind, I realized that most obstacles are really illusions when we approach them directly or challenge them with actionable behavior. Whenever we walk through a door, three more doors will open on the other side of the first door. While facing the first door, we cannot see the other three that lay hidden. The challenge is to go forward even though the reasons for hesitating seem solid. Once we walk through the first door, we breathe a sigh of relief and say "I'm sure glad I decided to give it a shot and go forward." Things and situations always look different on the other side of that door. Many of the so-called reasons for delaying or procrastinating vanish or disappear in the light of the new perspective.

Exercise: Think of a current situation in which you feel blocked or thwarted. Take some small action in the direction of the blocked goal and see what happens. Usually, the obstacle will disappear because it was a perceived obstacle. Action tends to dissolve most obstacles. Chant **HU** while taking action toward your goal. HU creates a flow and connection with Spirit.

Spiritual Growth and Obstacles

An interesting point in the process of growth is the perceived problem of obstacles. In the normal course of events, these obstacles are challenges that stand between point A and point B on the road to achievement or experience.

The obstacles are tests to measure our awareness of the process. The important point is that the obstacles are actually illusions that disappear like the shadow of night when the first rays of dawn are cast. Obstacles are not real. We can compare obstacles to a holographic image; they look real but have no material substance. When we reach out and pass our hand through them, we see them for what they are—projected images. At this point, they lose their power to instill fear and hesitation in us. With this knowledge comes the power to once again move forward in confidence.

As Soul, we project certain challenges for ourselves to master and then we react to the circumstance we project. For example, we desire a new position within our company but we have hesitation because it will mean working with someone with whom we don't get along or with a new boss whom we find obtuse or difficult. Do we accept the new position and face the obstacle, or decline the position and avoid the obstacle because it is an unknown? Fear of the unknown leads to avoidance. We seek the solution through known alternatives, thereby keeping ourselves on this side of the equation or solution. We cannot see the other side until we step out and take action. In this way, we face the obstacle and it turns to smoke or disappears. Actually, the obstacle never really existed but appeared as an obstacle due to our perception. The test is—will we be fooled into thinking the obstacles are real and delay action based on our perception. The perceived problem, in

this case the new boss, may end up being transferred or moving to another company. In some cases, the “problem boss” turns out to be a blessing in disguise and teaches us something that is critical to our growth and advancement. The move may ultimately lead us forward both spiritually and materially. Another example might be a relationship in which all growth has stopped. We might rationalize staying in the relationship due to circumstances such as financial reasons, children, or loneliness. We fear the unknown and the loss of something predictable, even if the relationship has become unbearable and troublesome.

Many of us will choose a known hell to an unknown situation. We will hesitate to walk through the first door of opportunity because we can't see what's on the other side. In actuality, we are prohibited from viewing the other side until we gain the confidence to step through the portal of the unknown. In many instances, there occurs a test within a test: we are required first to make a decision, and then to stick to it by taking action in a particular direction. It may be that we are finally ready to leave our old unfulfilling relationship or we decide to seek a new job, when suddenly things get better in the relationship or the old job looks more rewarding than we thought. The test is whether or not we will waiver at the last minute and delay our original decision.

Old habits die hard. We cling to behaviors that are not beneficial to our growth even though they are comfortable. When we take action in a new direction, we are besieged with doubt and hesitation. Our resolve is usually tested by a sudden improvement in the situation we are changing or leaving. Many people are snared by this net and allow themselves to be pulled back into the unhealthy situation because it is familiar and convenient. This prolongs the lesson that has already been learned. Additionally, opportunity

and momentum have been temporarily lost. All tests, however, are for our spiritual growth and maturity. All lessons will eventually be learned and Soul will move on.

Exercise: Write down what you would do if you could do anything in the world; then make a list of the perceived obstacles to achieving your dream. When you study your list of obstacles, you will see your underlying beliefs reflected through your fears. These are your inner issues that need to be reviewed and overcome in order to achieve your goals.

Mistakes

There are none! Spiritual wisdom states that there are no mistakes, only experiences. These experiences lend to our individuality and uniqueness. We may suffer under the weight of a broken relationship or the loss of a loved one and wish we could somehow go back and do things differently. However, these losses are on the path to growth and learning. This is the way we gain wisdom to assist us in our present circumstance. The insights gained from previous actions and decisions help us to adjust our present behavior. What is a mistake? Some would say a strike out, a failure, a loss. All world-class ball players strike out; their greatness stems from their ability to learn from striking out. This is where real growth occurs. Strength comes from adversity and tough circumstances; without these factors we stagnate and stop growing. We are polished in the caldron of experience.

In one respect, mistakes are the process of elimination. We find what is right for us by experimenting with many paths and alternatives. This is the point at which the word "failure" is born. When we choose a path that we instantly change or reverse, have we failed? No. Life is experience, both

positive and negative, and the label of failure implies that there is a single correct path for growth to the exclusion of all other paths. Failure is actually fear wrapped in rationalizations for why we can't do something. We freeze up and stay in one spot, repeating the mantra, "I can't do this." We concoct a thousand reasons why we are unable, and this permits us to feel righteous about staying where we are—stuck in one spot.

And where is this spot? It is right here in the now. It is this inability to take action that becomes the grim reaper of dreams, the killer of hopes. They die a slow death, stalled out in the journey of Soul on the road back home.

Many elderly people say that it's not the things they did that they regret, but rather the things they didn't do. They regret the places they never went, the people they didn't befriend, and the opportunities they passed up. Most of us defer to the hypothetical "later," when we will have more time or money or will be less afraid to take the risk. The time never comes and if it does, it is Soul that nudges us out of this spot. Soul is our built-in starter. It eventually makes things so uncomfortable that it becomes easier to move on than it does to stay where we are, frozen in our comfort zone.

Comfort zones are pastel prisons in disguise. The cell looks fine and feels comfortable, but it can be recognized as a cell when we step through the doorway, look back, and see it for what it truly is—a confinement of spirit that hampers our spiritual and emotional growth. We eat the same things, watch the same TV shows, and allow the same attitudes and beliefs to program our behavior, slowly becoming creatures of ritual and habit. If we pass this pattern onto our children, it becomes a tradition or a culture.

Many "mistakes" turn out to be great learning opportunities. So-called mistakes expose us to the diversity of life and jar us out of our comfort zones. Perhaps we take a wrong turn on the road to our destination one

evening. Suddenly, the surrounding scenery is completely unfamiliar; instead of an orienting landmark, we see a new restaurant that we never knew existed. After stopping and looking at the menu, we find that it is the perfect place to take our spouse for a romantic dinner. In the process of leaving the newly discovered restaurant, we run into an old friend we haven't seen in 5 years. As we talk and exchange stories, it becomes obvious that we have some important messages for each other. We say goodbye but set a time and date to meet to continue the connection that has now been reestablished. In this example, the mistake or wrong turn has led to a new avenue in life opening up and offering us alternatives and options that were not there before the misdirected journey.

It seems that growth occurs in spite of our best efforts to insulate ourselves against change and diversity. The key is an attitude of non-judgement or resisting the tendency to categorize each occurrence as good or bad. What may seem at first to be a negative experience may ultimately lead to tremendous growth of Soul. Each experience is preceded by a period of adversity or paying dues before we succeed at our chosen field. In most cases, the chosen field requires a type of strength that comes only from walking through the fire of hardship. This provides the maturity and perspective necessary to endure and move to the next spiritual goal. Our mission is to learn and then to utilize this learning to evolve spiritually. The challenge is to stretch ourselves into "discomfort zones" and to accept the change as growth. Once we accustom ourselves to change, we begin to enjoy it. We can relax and enjoy the journey because there are no mistakes. The journey can take a lifetime or a thousand lifetimes—it makes no difference. We are always at a temporary destination on the way back to our spiritual home.

Exercise: Reflect back on a fairly major mistake in your life and think about what happened as a direct result of the so-called mistake. In many cases, you will find opportunities that would not have presented themselves without the misstep. The next time a mistake or failure occurs, look for the opportunity! This is Spirit saying to you---“Here is a Gift---do you have the eyes to see it?” In some case, the greater the misfortune, the greater the gift! Look closely at misfortune and you just may see the opportunity within.

Chapter 7

Sacred Sex and Spiritual Couplings

The sacred element in love is readily acknowledged by all. However, the spiritual component of sex is almost a contradiction in our society. We usually separate sex and spirituality. In essence, the two are one. Sex can be a meditation on communication between couples. The power of the Kundalini resides in our sexuality at the base of the spine. This powerful energy is stimulated and aroused during sexual intercourse but can also be aroused with certain exercises and meditations. There is a form of yoga called Kundalini yoga that seeks to stimulate and direct this energy through yoga exercises. The goal of this yoga is to raise the kundalini energy along the spinal cord and up to the crown chakra at the top of the head. It is said that this will lead to enlightenment. Perhaps.

The interesting thing to be noted here is the use of sexual energy to achieve spiritual enlightenment. There are ancient Tantric traditions that describe methods for returning the sacred spiritual element to the sexual union between partners. The tantric method teaches us how to maximize the connection between our spiritual and sexual energies and how to establish a truly intimate and loving relationship. Without the sacred element in sex, the act becomes little more than an animal behavior or response. When the sacred element becomes part of the sexual union, it ignites a spark that

illuminates the dawn of a new direction together. A sacred relationship is a beautiful sight to behold. Each partner is whole within themselves and gives completely of themselves to the other. There is no co-dependency and each individual is committed to the other's spiritual unfoldment. In such a relationship, love becomes the vehicle for both to realize their full potential as spiritual beings.

I think that we all have contemplated love and its many faces. What is true love? Where do I find it? Why do I seek it so desperately? Why do I not feel fulfilled without a partner? Why am I always lonely, and will love fill that empty void within me? Is there a perfect mate for me? What about soul-mates? How do I know when I've found my true love? Are all relationships hard work? Is love worth the risk and reward? The answers to these questions are contained within each of us. The key to unlocking the information is awareness through spiritual perception. This perception and insight is gained through dreams and spiritual exercises. When we begin to cleanse the lens of perception, we begin to unlock the puzzle of life.

Exercise: Look in the mirror for one minute each morning or evening and say "I love you." Look deeply into your eyes and see soul. Visualize your eyes filled with love for your spouse, best friend, or pet. Allow love to fill your heart with a golden light from your eyes. This exercise alone will begin to change your life. It is very important to love yourself. This love will soon begin to overflow into your whole life and touch every part of your being.

Self Love

The questions and self doubts are endless. Perhaps the starting point is within us and not out there somewhere. It is said that charity begins at home; perhaps love also begins with ourselves. Love thyself is the starting

point for giving to others. In other words, we must love ourselves before we can truly love anyone else.

This sounds easier than it is. We say "Sure I love myself," but when we examine our behavior it becomes evident that not only do we not love ourselves, but we don't trust ourselves. We look to others to give us positive feedback on how we look or how we are doing in a specific area of our life. At the first sign of a problem, we usually blame ourselves for the situation or call ourselves stupid. We truly don't think much of our talents and of our inner beauty as Soul. In many instances, we are supportive of others and counsel friends not to be so hard on themselves and then we turn around and beat ourselves up for being unworthy. We see the potential in others but fail to see it in the mirror. Why? A lack of self trust and self love.

Love is definitely more than it is cracked up to be. It is the glue that holds our world together. I believe that what we are looking for in our endless relationships is divine love or spiritual love. This is what we truly seek. It is the highest form of love that we can express or receive. We are here to learn how to love! The face of spiritual love is unselfish and giving, as well as self-sacrificing and forgiving. Indeed, love does conquer all. To give with no expectation of return is the beginning of true love.

Spiritual Sex

Want to have more fulfilling and exciting sex? Allow your spirituality to become part of your lovemaking. Look into your partner's eyes and open your heart to the touch and caress of your lover. This will ignite the process of bonding and return the flame to your lovemaking. In other words, good sex is spiritual and spiritual sex is very hot and satisfying.

Passion comes from being present in the moment with your partner

and allowing your inner vulnerability to be exposed during the act of sacred sex. It requires an attitude of "no fear." We must be willing to risk our secrets and extinguish our ego in an effort to experience the reward. Part of the problem facing us here is our socialization in the Western world. We categorize, quantify, and separate all aspects of any process, including sex. We have been socialized to believe that sex and spirituality are distinct and unique realms that never merge. God and orgasm are never mentioned in the same sentence. The truth is, God is orgasm and orgasm is certainly a small segment of the divine and infinite that we call God.

The result of divorcing spirituality and sexuality is a completely mechanical approach to sex. We ask how much, how long, how often. Number of orgasms is equated with the quality of one's sex life. In essence, this approach works only so long and gives way to boredom and lackluster sex.

Once the romance or novelty wears off, we are faced with familiarity and routine. This is true in all aspects of life, not just the sexual aspect. Where do we go from here? Sacred sex is the direction that opens up a new vista for growth and revitalization in our sex life. When we instill our sex with spirituality, we enter an area that is so expansive that it can never be fully explored in this lifetime. Sacred sex has a "plus element" that allows our growth to continue and never reach completion. This results from instilling the physical with the spiritual. The plus element encourages continual growth with no worry of hitting the limits of expansion. This plus law teaches that we always have more to learn on the road of spiritual evolution. In other words, we will never attain spiritual perfection. Likewise, our sacred sex will encompass a journey that will continually take us to new realms of undiscovered territory. As we open our hearts and begin to share our

innermost secrets with our partner, our sexual experience begins to blossom.

Trust + Laughter = Good Sex

Perhaps the starting point for improving sex is to build a trusting environment in the relationship. Trust is something we learn in childhood; we learn to trust our parents and eventually our significant others. It is the ability to open ourselves and to be vulnerable with our partner. We do this with the assumption that our lover has our best interest at heart and would never intentionally harm us. If we fear being totally vulnerable with others, we will never experience the love that floods our being when we learn to give openly with no fear.

We can learn to open up and communicate by practicing honesty and directness with our lover. Discuss your desires and sexual fantasies. Tell your partner what pleases you and what turns you on. Ask your partner for honest and open feedback on what pleases them the most when making love. When they are talking, listen attentively to what they say. Make sure you understand a request by repeating it back to them. Never become defensive or respond with statements like "I already do that, you just don't notice." Instead, say "Yes, just like that," or "Lighten up a little and don't press so hard." This will lead to growth and acceptance of the sacred within both partners. Just listen and respond in a loving manner. Tell your partner that you are always open to guidance during the process of making love together. In this way, the feeling of safety necessary for open sharing and bonding can be created. Trust and sharing require a very safe environment. This place can be the bedroom or any place that allows partners to say and do whatever comes to mind without fear of ridicule or censure. Once this

sacred spot is established, open communication will flow much more readily.

The best tool I've found for breaking the ice in tense sexual situations is---laughter. If we are able to laugh at ourselves, most problems dissolve into thin air. When we are playful with one another, we are instantly able to enjoy the moment. Laughter introduces the element of joy into our lovemaking. It also implicitly says that sex does not have to be serious. Laughter will also defuse performance anxiety. I have found that laughter and love go hand in hand. Once again, we have been socialized to believe that sex is a serious matter and that it is not appropriate to laugh while engaged in sexual behavior. This is not only untrue but can stifle an important aspect of our sexual selves, as laughter itself can be sensual. Often, the first step to good sex is to lighten up with a little laughter. There are no big deals in life—including sex.

Exercise: A good exercise for me is something I call "play time." Set aside some time for play with your partner to just relax and laugh. Enjoy kissing and nuzzling with no expectation of where it will go. It usually turns sensual and translates into excellent sex. Keep it light and airy and fun!

Sacred Sex and Addictions

Generally speaking, the greater the addictions, the less the enjoyment in sacred sex. If we are addicted to drugs, alcohol, food, sex or anything else, we are usually feeling less than lovable. Addictions indicate that we are trying to fill the void and are not really present in the moment. Sacred sex requires us to be fully present and open to a wide variety of emotions and feelings. The problem with addictions is that we are numbing ourselves to the full range of feeling that is available to us. Addictions seem to be part of life but the goal of spiritual growth is to reduce addictions to a minimum.

While addicted, we are sleep walking and certainly not open to a true spiritual union with our partner. If addiction is the barrier to intimacy, then the first step to sacred sex would involve a twelve step program such as AA, NA, or OA. Hopefully, addictions are addressed before we reach the stage of sacred sex.

Toxic Love and Karma

An important aspect of sacred sex involves the relationship itself. We must first be sure that we are committed to a loving and healthy relationship. Sacred sex requires trust, openness and mutual love at a deep abiding level that assures safety in the mutual act of sharing our bodies. Whenever we have sex with another person, we weave invisible webs of karma with them. Another way to look at it is that we attach hooks into their energy fields and vice-versa. Perhaps that is where the saying "hooked on love" comes from. We do not want hooks in our energy from a negative, non-committed person. This electro-magnetic field that surrounds the body is also called an aura; it is the energy field that we radiate.

Indiscriminate sex for the sake of physical release entails a lot more than meets the eye. We are karmatically tied to each person we have sex with, and these hooks or ties must be cleared from our energy fields. It is important to be selective in choosing a partner to share our bodies with. Sex has the ability to elevate our vibration field and conversely it can be destructive to our spiritual progress. In a loving and giving relationship, we can openly engage in sacred sex and it will act as a channel for the divine. If we wish to clear ties with past sexual partners, there are numerous methods for doing this. I would recommend the *Pleiadian Workbook* as a good source for clearing techniques.

The Power of Coupling

There is a geometric increase in energy and vibrations when we hook up with the right partner. Remember the biblical advice of “Where two or more are gathered in my name.” It refers to the power of spiritual team work. Our mission here on Earth can be turbo-charged and placed on a fast track when we employ the dynamics of spiritual coupling. Actually, we are whole within ourselves but must play out the dualistic drama while here on Earth. Consequently, the journey is quickened by the addition of a spiritually aware partner who serves to balance the yin-yang element of life. The mystery of life is locked within each of us—we possess the key but often fail to perceive it. Spiritual relationships serve to illuminate the darkness within each of us and thereby highlight the key. Can we achieve our mission by ourselves with the help of no partner? Yes, of course. Many have chosen this path and have done well. However, a good partner will bring out the best in us and help us to pursue our highest spiritual goals. In truth, we cannot force a spiritual coupling. Once again, we are exactly where we need to be at this moment. If we are in a relationship or if we are single, we are learning what we need to grow for now. There is an old saying: “When the student is ready, the master will appear.” This also applies to spiritual couplings. When we are ready to handle the acceleration and the challenge of a relationship, our spiritual partner will appear. This person will be a seeker and will bring out the best in us. They will have the ability to readily give and receive love in an equal relationship that enhances our personal potential for growth.

How will we know this person when we see them? We will know them by the flame within! It is the same way we recognize truth—by the flame

within. When we are absolutely sure of our feelings and perceptions, we become the living truth. Trust will lead us to the relationship of our dreams and to the awakening of our unique spiritual potential. Remember to be present as you trust yourself and love yourself. Do this, and the path will clearly reveal itself. Within this moment of truth, we will see ourselves for the first time.

A FINAL NOTE

Sociology of Soul makes three simple recommendations based on the material in this book. I believe that these three areas will have the greatest impact on our lives:

1. Take a hard look at our behavior in light of the spiritual laws underlying our existence. In other words, the time is now to emphasize the spiritual as opposed to the physical. Begin to review our socialization process as a soul-numbing experience. Habit, routine and tradition keep us numb and dumb. The socialization process as we know it no longer serves our well being. Question the status-quo and trust yourself!

2. Establish a regime of meditation, contemplation, or prayer. When we meditate for 15 or 20 minutes a day, we commune with the divine. This simple practice will raise our vibration rate and help us to hold more Light and Sound within. Meditation exercises will keep us balanced and open to the spiritual energy flow. This is the most critical element in a Sociology of Soul. If we do nothing else different in life but meditate each day, we will learn our spiritual lessons and grow into the mantle of mastership!

3. Begin to use our dreams as tools for understanding and growth. There is no better method than dream interpretation for solving our daily puzzles and dilemmas. Keep a dream journal and begin to decipher your dreams. This

will provide answers to life's nagging questions. Explore waking dreams as a key to finding the clues and solutions to your problems. Dreams are all about us and how our journey is unfolding. We spend a third of our lives sleeping and dreaming. Why not use this resource as a road map for self discovery?

Enjoy the journey on the way back home!

EPILOGUE

Sociology of Soul (SOS) --- Rap

Wake up every morning
It's the same old scene
Habit, repetition
Mixed with yesterday's routine

Flip on the news
For my daily shot of blues
TV makes me more depressed
As I get myself all dressed

Drive my same old ride to work
As I talk into my cell
Hardly listen to the DJ
Another day in Hell

Where did I lose the spark
that I had when I was five
whatever happened to that feeling
of being so alive

Did I trade all my Dreams
For Fear of letting go
Did I pawn my shiny future
for some dumb-ass TV show

My eyes begin to tear-up
as my life becomes so clear
I really want to change it
But---I'll have another Beer.

---Michael Sebastian

ABOUT THE AUTHORS

The Dream Team

Featured on A&E, E!, VH1, Coast to Coast, Sally Jessy Raphael, Jay Thomas, Howard 101 & countless others

Co-Founders of "The Dream Team – Celebrity Life Coaching" and Creators of the "Trust Yourself System" and "Trust Yourself Therapy"

Nicole and Michael Sebastian aka "The Dream Team" are Celebrity Life Coaches, Expert Decision Coaches, Authors, Celebrity Dream Experts, Certified Addictions Counselor, DUI Specialist and Behavioral Sociologist.

Known as Modern-Day Oracles, they deliver Wise-Counsel using Traditional Methods coupled with the Unique Tools of Dreams, Sound, Synchronicity, Intuition, and Quantum Physics for Guidance and Direction. This is what "Trust Yourself" is all about.

Authors of: *"TRUST YOURSELF: Master Your Dreams, Master Your Destiny," "TRUST YOURSELF SYSTEM: The Ultimate Guide to Making Any Decision, Avoiding Adversity and Never Getting Blind-Sided Again," "TRUST YOURSELF THERAPY: 9 Steps to a Quantum Transformation," "SOCIOLOGY OF SOUL: A Spiritual Wake-up Call,"* and *"1-Step Solution...JUST SAY HU: The Universal Panacea."*

Their tools and techniques provide a methodology for opening a window to personal transformation and spiritual unfoldment.

The Dream Team is available for Workshops, Business Seminars, Private Consultations, Parties, Charity Events, Media and Guest appearances.

MORE ABOUT US

Nicole Sebastian is a St. Edwards University Graduate in Psychology. She is a Certified Addictions Counselor, DUI Specialist, Certified Fitness Trainer, Certified Nutrition Counselor, Certified Smoking Cessation Counselor, Life Coach and Relationship Expert. Nicole is a Professional Public Speaker and has shared her experiences throughout the country. Nicole has been recognized by the "Cambridge Who's Who" as a tribute to her worldwide achievements.

Michael Sebastian is a Behavioral Sociologist with extensive experience as an

Instructor, Life Coach and Relationship Expert. He has taught at numerous Universities throughout the country. As a Behavioral Sociologist, Michael has written extensively on the subject of Spiritual Sociology. Additionally, he was featured in People Magazine and recognized by The Wall Street Journal for his entrepreneurial abilities, as well as teaching Small Business Start-Up to industry executives.

OUR STORY - The Condensed Version

Now married 13 years, we actually met in a dream, 5 years before we met (for the first time) in a college classroom. This profound event changed our lives forever. We began to use our Dreams to guide our lives and teaching others our secret. This is why we are such advocates of "Using Your Dreams to Manifest Your Dreams" and Dream Work as a whole for providing your best guidance when interpreted accurately... When you combine this method with Sound, Intuition and Synchronicity and you have a winning team of Confirmation and Discernment in all your affairs. Through personal experience and many years of trial and error in our personal spiritual laboratory, we developed the "Trust Yourself System."

Additionally, our long-standing passion is quantum physics. We have read voraciously in the field of quantum for the past 20 years and have applied the concepts of physics to our life as well as our writings. We use our own tools for daily decision-making and ongoing guidance. And as long as you Silence the voice of the Ego aka "the little-self" - using "Just Say HU" - you too can tap into the Infinite guidance of your higher-self or Soul...

After personally using the HU for decades, we got matching HU tattoos on National TV. The television clip is on the website JustSayHU.com. We nicknamed our car the "HU-Mobile" and the license plate reads HUUUUUUU. We wrote a HU rap song. We filmed a "How to Use HU" Video Series on ExpertVillage.com. The HU is our favorite technique for all that ails you, so we developed "*Just Say HU...HU Therapy*" and we co-authored "*1-Step Solution...JUST SAY HU.*"

So as we like to say, "Just Say HU" and Activate Your "Inner Oracle."

More to come...

www.DreamTeamCoaching.tv