

RETURN TO EDEN

*A Christian Perspective
On The Big Shift*



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Chapter One: My Perspective on The Big Shift

Perhaps you've heard professional prognosticators and so-called spiritual gurus and channelers of spiritual entities proclaim that humanity is undergoing, or soon will undergo, a huge shift that will completely change our world. You may be wondering what they're talking about, or perhaps you think you know. For example, you may think the shift is political, that President Donald J. Trump, along with Elon Musk and other followers of The Donald are creating huge change. As I write these words in March 2025, that's true. Things in Washington and around the world are changing, that's impossible to deny, but that's not the change this book is about—although perhaps in some ways the change they're bringing about may be related in that more and more people are waking up to the realization that things have not always been what they were purported to be by those in positions of authority.

Maybe you think what the spiritual gurus are spouting about is nothing more than New Age blather that they've been dishing out for more than 40 years. But what if that's

not so? It's clear to me that humanity as we have known it for the past few hundred years is undergoing a huge transition. We live in an incredibly tumultuous time, which at the very least makes things interesting. In this book I will explain, as a practicing Christian, my perspective on what's happening—although you are about to find that some of my beliefs are far from traditional. They're based on more than a hundred conversations with researchers investigating the true nature of reality and paranormal phenomena, as well as interviews with near death survivors and conversations with researchers at the Division of Perceptual Studies [DOPS] at the University of Virginia School of Medicine—as well as with those at other credible institutions that are studying the phenomenon of consciousness. So stick with me if you'd like to learn how facts and knowledge that has come to light during the first quarter of the twenty-first century coincide with the teachings of Jesus of Nazareth that occurred 2000 years ago.

Let me interject here that you may wonder how I can claim to be a Christian if I do not buy into every point of established Christian doctrine. Allow me to explain. I was baptized into a denomination that does not require allegiance to a particular canon, and I chose that one because it was the case. Since I was not required to pledge

belief in a set doctrine, it was possible for me to get dunked and simply state that “Jesus is Lord” with a clear conscience since I wholeheartedly believe that to be true. Suffice it to say, the particular denomination I joined maintains that a believer doesn’t need a middleman to interpret things for him or her. He or she has a direct relationship, an unrestricted connection to God.

If you’ve read any of my previous books that have to do with metaphysics you know that I’ve been studying and writing about the true nature of reality for quite some time now—in fact about thirty years. I started on the path of discovery more than fifty years ago when I had what is now commonly known as a near death experience (NDE). At the time it happened, I was far from a believer in or follower of Christ. Rather, I believed what I had been taught in school: That we live in a universe made of solid stuff called matter, and that consciousness, or mind, was produced by the brain, which had evolved to the point of being able to do so as the result of evolution that occurred through the mechanism of, “Survival of the Fittest.” I now realize that is a ridiculous idea—a holdover from the Seventeenth Century Age of Enlightenment and Nineteen Century Darwinism that makes no sense when one looks carefully at the facts—particularly those that have been unearthed since the beginning of the twentieth century..

Max Planck (1858-1947), who developed quantum theory and won the Nobel Prize for it, figured out the true nature of reality almost a century ago. Initially trained in classical physics, he was driven to introduce the concept of quantized energy in order to resolve blackbody radiation problems. However, as quantum mechanics developed, he recognized its profound implications for the nature of reality.

After years of research and study, Planck came to believe that matter and energy did not form the foundation of reality, but rather, that reality was formed by something intangible but powerful. He famously stated:

I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness.

Planck's perspective aligns with philosophical idealism or panpsychism, where the mind or consciousness is a fundamental aspect of existence.

At the same time, he remained committed to the scientific method and sought a balance between empirical

evidence and deeper philosophical inquiry. His work laid the foundation for quantum mechanics, which later figures like Niels Bohr and Werner Heisenberg expanded upon with even more radical interpretations of reality, such as the role of the observer in quantum measurement. In my book, *Fast Track to Higher Consciousness*, I go into detail about the implications of quantum mechanics' research findings such as those, and so I will not go into them here.

Until recently—the past fifteen or twenty years or so—scientists in other disciplines largely ignored Planck's beliefs and the work of Niels Bohr and others. Nevertheless, the bottom line for Planck, and for me after fifty years of study, is that consciousness—Universal Mind—creates reality and, metaphorically speaking, we are characters in a dream the Universal Mind, aka God or Source—insert whatever name you prefer—is having.

Let me quickly add, however, that following my awakening from a materialistic world view, I initially rejected Christianity, and it took a while for my eyes to open. They finally did following my marriage to a fervent Christian and subsequent participation in numerous Bible studies as well as attending twenty years of regular Church attendance. The upshot was that I was baptised and officially became a follower of JesusChrist. Why? It finally

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sank in that Jesus was who he said he was and that he incarnated on Earth to clue us *dumkopts* in about what life in this dimension is all about.

It's now clear to me that what Jesus called his Father is what for many years I thought of as the "Source" of all that is, and that the "Source" is the Father of us all.

The Bible quotes Jesus as saying many things about "The Father," emphasizing His relationship with God, His mission, and how believers should understand and relate to God.

Jesus' Oneness with the Father:

"I and the Father are one." (John 10:30)

"Anyone who has seen me has seen the Father." (John
14:9)

Jesus' Submission to the Father's Will:

"For I have come down from heaven not to do my will but to do the will of him who sent me." (John 6:38)

The Father's Love and Care:

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds

them. Are you not much more valuable than they?"

(Matthew 6:26)

"For the Father himself loves you because you have loved me and have believed that I came from God." (John 16:27)

The Father's Authority and Knowledge:

"No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father." (Mark 13:32)

"My Father is always at his work to this very day, and I too am working." (John 5:17)

Jesus as the Way to the Father:

"I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)

"Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms."

(John 14:1-2)

I also gained a perspective on Jesus that made sense to me from the readings of Edgar Cayce (1877-1945), who during the first half of the twentieth century was widely known as "The Sleeping Prophet." Cayce was a fervent

Christian, born in Kentucky, who taught Sunday school all his life in a Presbyterian church. At the age of 17, he decided to read the Bible from start to finish once every year, and he followed through on that decision.

When in his early thirties, Cayce discovered that he could put himself into a trance and answer practically any question given to him. He did so by accessing what has become known as the Akashic Records, or what Carl Jung called “The Universal Mind” and Christians call “The Book of Life.” From about 1910 until his death in 1945, he did so twice a day, once in the morning and once in the afternoon, and answered whatever questions were submitted to him, which typically came to him by mail. Most had to do with finding cures for health problems that doctors had been unable to solve, but many had to do with spiritual matters. In all, he gave more than 14,000 “readings,” which were transcribed by a stenographer and exist today in a building at 68th Street and Atlantic Avenue in Virginia Beach that houses the nonprofit known as the “Association for Research and Enlightenment (ARE).

A devout Christian, Edgar Cayce did not consciously recall what he said while in a trance, and some of his readings shocked even him—particularly those to do with reincarnation. This is not surprising because, as you may

know, reincarnation was expunged from Church doctrine at the behest of the Emperor Justinian at the Second Council of Constantinople in the year 553 AD.

The Cayce readings indicate that it was fairly common for a physical or psychological problem to have had its origin in a prior life. Troubled that this did not coincide with his christian faith, Cayce reread the Bible looking for information about reincarnation and realized the idea that rebirth is possible does not contradict Jesus' teachings. Some passages actually seem to indicate that it was commonly accepted in Jesus' time. For example, Jesus referred to John the Baptist as "Elijah" (Matthew 11:14) who was to return as prophesied in Malachi in order to prepare the way for the Messiah. Another of several examples is the story in Chapter Nine of the John Gospel about the blind man: "As he went along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents... "

We learn soon after that the man's own sins did not cause his blindness, but if they had, they would have to have occurred in a prior life since the man was blind from birth, and Jesus did not dispute that possibility.

The following is a summary of the key ideas that Edgar Cayce conveyed about Jesus, based on his readings:

1. Jesus as the Divine Son of God

Cayce firmly believed in the divinity of Jesus Christ. He referred to Jesus as the “Son of God” in the literal and spiritual sense. According to Cayce, Jesus was a being who embodied both humanity and divinity. Jesus’ soul was considered to have existed in the spiritual realms long before his incarnation on Earth. His life was seen as the ultimate expression of God’s love and guidance.

In many of Cayce’s readings, he emphasized the idea that Jesus’ earthly mission was to serve as an example for humanity. Cayce believed that Jesus’ teachings were not just a set of moral principles but an embodiment of spiritual truths that people could follow to grow closer to God.

2. The Pre-Incarnation of Jesus

Cayce’s teachings also delve into the idea that Jesus’ soul existed long before his birth in Bethlehem. According to Cayce, Jesus, in his pre-incarnate state, was a highly advanced spiritual being who had lived many times and had reached a level of spiritual enlightenment that was unparalleled.

Cayce suggested that Jesus had lived several lives before his incarnation as Jesus of Nazareth, including lives as key biblical figures such as Melchizedek and as a teacher and priest in ancient Egypt. In these previous incarnations,

Cayce believed that Jesus was laying the groundwork for his eventual mission as the Christ. This concept is consistent with Cayce's general belief in the reincarnation of souls, and it paints a picture of Jesus as a being who had undergone a long process of spiritual development and preparation before coming to Earth the final time—or perhaps not the final time if He indeed comes again..

3. Jesus as a Model for Spiritual Growth

One of the central themes in Cayce's writings about Jesus is the idea that Jesus' life serves as a blueprint for humanity's own spiritual growth. Cayce emphasized the importance of living in accordance with the spiritual principles that Jesus demonstrated: love, forgiveness, humility, and service to others.

According to Cayce, Jesus showed how to achieve spiritual enlightenment, not through intellectual knowledge, but through direct experience of God's presence. In one reading, Cayce described Jesus as “the Way, the Truth, and the Life,” emphasizing that to follow Jesus was to follow a path of inner transformation that led to a deeper understanding of God.

4. The Nature of Jesus' Miracles

Cayce's perspective on Jesus' miracles was also unconventional in some ways. While Cayce did not deny the

supernatural aspects of Jesus' life, he often explained the miracles as demonstrations of universal spiritual laws rather than the suspension of natural law. According to Cayce, Jesus was able to perform these miracles because he was in complete harmony with God's will and spiritual laws.

Cayce described Jesus' healing miracles as manifestations of the Christ consciousness at work. Healing, in this view, was not merely the removal of physical ailments but the restoration of spiritual balance and alignment with divine will. For Cayce, Jesus' miracles were symbols of the potential for humanity to access divine healing and wisdom, as well as to rise above the material constraints of the physical world.

5. The Life of Jesus: The Crucifixion and Resurrection

Cayce's interpretations of the crucifixion and resurrection were particularly insightful. He acknowledged the physical reality of Jesus' death on the cross but also emphasized the deeper spiritual significance of these events. According to Cayce, the crucifixion represented Jesus' willingness to embody the ultimate sacrifice, transcending the human experience of pain and suffering for the salvation of humanity.

In the readings, Cayce described the resurrection not just as a miraculous event but as a profound spiritual truth.

The resurrection was symbolic of the soul's triumph over death and the ultimate realization of oneness with God. Cayce suggested that through the resurrection, Jesus demonstrated that the spirit lives on beyond physical death, offering hope for all humanity that they too could experience spiritual rebirth and eternal life.

For Cayce, the resurrection was the cornerstone of Christian faith and a symbol of the potential for spiritual transformation. He also believed that individuals could experience a form of resurrection in their own lives by aligning their consciousness with the divine and following the example set by Jesus.

6. The Teachings of Jesus

Cayce's interpretations of Jesus' teachings were grounded in a belief in the unity of all religions and the universality of spiritual truth. He often emphasized that Jesus' message was not limited to the Christian faith alone but was relevant to all people, regardless of their religious or cultural background.

Some of the key teachings Cayce attributed to Jesus included:

The importance of love and forgiveness: Cayce emphasized that Jesus taught that love was the highest spiritual virtue, and forgiveness was a powerful tool for spiritual growth and healing.

Seeking the Kingdom of God: Cayce interpreted Jesus' teachings on the Kingdom of God as a call for individuals to seek a deeper connection with the divine within themselves.

The power of prayer and meditation: Cayce believed that Jesus used prayer and meditation as essential tools for aligning with God's will and achieving spiritual enlightenment. He encouraged individuals to practice these disciplines in their own lives.

7. Jesus as a Cosmic Christ

Cayce's concept of Jesus extended beyond the historical figure of Jesus of Nazareth. He described "the Christ" as a universal, cosmic energy or consciousness that could be accessed by anyone who sought it. The Christ was not confined to one individual but was an expression of the divine that could manifest in any person willing to align their life with divine will.

This concept aligns with Cayce's teachings on spiritual oneness and the potential for each person to become an embodiment of the Christ consciousness in their own right. In this sense, Jesus was not just a single historical figure but a model for the divine potential within all of humanity.

8. The Role of Jesus in Spiritual Evolution

Finally, Cayce believed that Jesus played a pivotal role in the spiritual evolution of humanity. Through his life,

death, and resurrection, Jesus opened the way for humanity to achieve greater spiritual awareness and communion with God. Cayce taught that Jesus' mission was to show humanity that spiritual growth was not limited to a few chosen individuals, but was available to all who sought it.

Cayce saw Jesus as the ultimate teacher and example, offering a path that could lead individuals toward greater spiritual awakening and enlightenment. He believed that following Jesus' example could help individuals align their lives with divine principles, leading to a deeper understanding of their own spiritual nature and purpose.

In conclusion, Edgar Cayce's teachings on Jesus highlight his belief in Jesus as both a divine being and a model for spiritual growth. Cayce's insights were based on a combination of Christian doctrine and his own spiritual philosophy, which emphasized the universality of Jesus' message and the potential for all individuals to embody the divine qualities that Jesus exemplified. For Cayce, Jesus was not just a historical figure, but a living presence whose teachings and example continue to inspire spiritual seekers around the world.

Can we actually become like Jesus Christ—a son or a daughter of God? I believe that in a technical sense we each

are already offspring of the Divine, but most of us simply do not know it. As I wrote above in the discussion about Max Planck and quantum physics, we all are characters in a dream the Father (Source) is having. Jesus himself said as much. This has largely been ignored, however, by Bible scholars. The reason, I believe, is that Jews and gentiles who lived in Biblical times believed in an anthropomorphic God or gods. The gentiles had a pantheon full and the Jews likely pictured a man with a long white beard like the one reaching his hand out for a man that Leonardo Davinci painted on the ceiling of the Sistine Chapel. Back then, they didn't know what Max Planck and others came to realize, which is that all is mind and we are characters in the dream that Mind is having. It seems to me, however, that Jesus knew it.

In Chapter Ten of the Gospel of John, Jesus explained that it wasn't he but the "Father," i.e., what Christians typically assume was God working through him that caused the miracles with which he was credited. As part of his explanation he said, "I and the Father are one." (See John 10:30 NIV.) Think about that statement for a minute. Jesus was God's son. How could He and the Father have been one if God was a separate entity? To my way of thinking, Jesus was at one with the spirit of God, the ground of being

consciousness, the Source, or Infinite Mind—choose whatever terminology you prefer. His oneness was with the spirit inside, under his skin, that he identified with. Nevertheless, this statement got him into trouble with Jews who became angry and were about to stone him.

Jesus replied to the angry mob by saying, “I have shown you many good works from the Father. For which of these do you stone me?” (John 10:32 NIV)

The Jews answered, “We are not stoning you for any good work, but for blasphemy, because you, who are a man, declare yourself to be God.” (John 10:33 NIV)

Jesus then quoted Psalm 82:6: “Is it not written in your Law: ‘I have said you are gods’?” (John 10:34 NIV)

By quoting this Scripture Jesus clearly was indicating that the Jews who wanted to stone him were “gods,” as was he and every other human being—and that includes you and me. To reiterate, the reason people think it is impossible that God is within us and that we, like Jesus, at the core are God, is that for millennia our culture has bought into the idea that God can be compared to a man rather than existing in the form spirit, consciousness or mind—in other words, they, and many humans today believe that God is a separate entity who exists outside of His creation. But He is not. He is everywhere—the ground of being. All of reality is truly

one, seamless whole. It is impossible to go anywhere where God—Infinite Mind—is not.

I invite my fellow Christians who may scoff at this, or who think I am the one guilty of blasphemy, to consider these words also spoken by Jesus: “Whoever believes in me will do the works I have been doing, and they will do even greater things than these . . . ” (See John 14:12 NIV) To believe in Jesus means, among other things, to believe what he said and taught is true, and that requires believing that we must have the ability, as he said in the Scripture just quoted, to perform miracles. Once we fully become fully evolved beings, as Jesus was, we will be able to do so.

As mentioned above, Jesus also famously said, “Anyone who has seen me has seen the Father” (See John 14:9). Christians take that statement to mean Jesus was saying he was God incarnate. And he also said, “When you have done it unto the least of these you have done it unto me.” (See Matthew 25:40.) Some Christians have a difficult time figuring out what he meant by that, but it becomes obvious when those two statements are put together that Jesus understood that we all are one, and that the “I AM” at the back of our minds is the window on the One Life that is each and every one of us.

Alan Watts [1915-1973], a twentieth century philosopher and interpreter of Zen Buddhism, answered

children's questions concerning why they were here, where the universe came from, where people go when they die and so forth with a parable about God playing hide and seek. Watts told them God enjoys the game, but has no one outside himself to play with since he is All-That-Is. God overcomes the problem of not having any playmates by pretending he is not himself. Instead he pretends that he is me and you and all the other people and the animals and rocks and stars and planets and plants and in doing so has wonderful and wondrous adventures. These adventures are like dreams because when he awakes, they disappear. Here is some of what Watts wrote:

Now when God plays hide and pretends that he is you and I, he does it so well that it takes him a long time to remember where and how he hid himself. But that's the whole fun of it—just what he wanted to do. He doesn't want to find himself too quickly, for that would spoil the game. That is why it is so difficult for you and me to find out that we are God in disguise, pretending not to be himself. But when the game has gone on long enough, all of us will wake up, stop pretending, and remember that we are all one single Self—the God who is all that there is and who lives forever and ever.

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It will no doubt be shocking to some to think of themselves as God, but Watts was talking about the core essence that is beyond the ego and deeper within than the personal unconscious, the collective unconscious, the archetypes and so on. As Joseph Campbell [1904-1987] said in the PBS TV series, *The Power of Myth*, “You see, there are two ways of thinking ‘I am God.’ If you think, ‘I here, in my physical presence and in my temporal character, am God,’ then you are mad and have short-circuited the experience. You are God, not in your ego, but in your deepest being, where you are at one with the non dual transcendent.”

In the next chapter we will have a look at how that relates to the Big Shift and the return to Eden.

Chapter Two: The Path to Eden

Many of my non-Christians friends say they see no need for religion or Jesus. They consider themselves to be good people. They love their children. They give to charity. They hardly ever cheat on their taxes—except maybe on April 15 each year. They reason that if there is a God, and if a heaven and a hell exist, a fair and just God would not send them to hell just for sleeping in on Sunday morning, or for getting up and playing a round of golf. They may be right. But my guess is that if these folks were really honest with themselves, really took some time in self-examination, they'd realize they are not as pure and blameless as they think. They might get an inkling of this by thinking seriously about how many people they have hurt, or stepped on, or been inconsiderate toward.

To my way of thinking, one thing is almost certain—if they don't go straight to hell, which apparently does exist as will be discussed in an upcoming chapter, they will have a life review, which many if not most who have had a near death experience talk about. Unless they have lived a saint-like life, or spent the entire time in a cave, they will

experience all the hurt and sorrow they inflicted on others. On top of that excruciating period of self-judgment, they will have to come back to earth and try once more to get things right. It will be, “Oh, no, here we go again,” like Bill Murray’s character in the movie, *Groundhog Day*—except they won’t have the advantage of remembering what they did or failed to do the last time around.

It boils down to this: After fifty years of study, including three years spent interviewing those who have been to the other side and returned, it’s clear to me that the Earth is a school, and we are here to learn.

Sad to say, here’s something traditional Christians need to know and will likely rail against: Just believing in Jesus isn’t going to get you totally off the hook, although it likely will keep you from being sent down under—and I don’t mean Australia. What the majority of Christians today do not realize is that if they do not learn how to properly live life and treat others, they are not going to graduate, and if they do not graduate, they will have to repeat whatever grade level they have achieved so far. The karma they build up over one or more lifetimes must be dealt with, and know this. The problems life throws at you are not karmic punishment. They are lessons to be dealt with and overcome. That’s what karma is—a learning tool.

Unfortunately, wasting time is what those are doing that do not know this and sidestep or ignore the lessons that come to them as a result.

Hopefully, this book will open some eyes, and its readers will get the message, learn from it, all get on the straight and narrow back to Eden. That's when they will share in the new earth as forecast by today's prognosticators, spiritual gurus, as well as in the Bible's book of Revelation. So why not get started now to do the work and learn the lessons by putting Jesus in the driver's seat?

"I get your point," I can hear some reading this say, "but along with Jesus, a person would have to accept the Bible, and the Bible is full of stories and myths that no longer have relevance today."

My answer to that is you are looking at the Bible through the wrong lens. After years of study, I've come to the conclusion that, "The Bible is all true and some of it actually happened." Take the story of Adam and Eve. The Bible says God created Adam out of mud. Let's think about that. If God is the underlying intelligence and life force that gave rise to all that is as Max Planck believed a hundred years ago, and many quantum physicists believe today, then when God created the physical realm, which includes Earth. This means He created mud, which contains the many

elements of the earth needed to make Adam's body, just as the Bible says. Then, God breathed (his spirit) into Adam's body and voila, Adam was Adam. Of course, it took longer than would seem to be indicated in the Bible. But hey, one thing quantum physicists agree upon is that what we experience as time is relative. Maybe the word "day" in the Bible would be better translated as "epoch," as in "Back in my day things were different."

Adam, his body at least, would actually have started out as RNA, then progressed to become DNA, then a one-celled animal in the primordial sea. At the non-physical level he'd have been what the British parapsychologist and biochemist Rupert Sheldrake calls a "morphogenetic field" that through a series of incarnations eventually evolved into a fish. As he continued up the evolutionary ladder, he would have eventually developed lungs and walked out onto land and continued to evolve until he inhabited a tree somewhere in east Africa. An epoch or two later, because the climate changed and the forest began turning into savanna, he'd have climbed down from the tree and started walking upright so he could see over the tall grass to hunt. Scientists would probably estimate this to have occurred several hundred thousand years ago.

Eventually, Adam reached a point in the evolution of his body and mind that he became self-aware. By that I mean

he could think about himself objectively. Sitting under the tree he'd climbed down from a few hundred, or more likely thousand lifetimes before, he saw himself as different, separate and distinct from the rest of nature. Unlike birds and animals of the forest or the savanna, Adam and his wife, Eve, no longer relied on nature and instincts to direct their behavior. Their minds could override what nature or instinct, aka “the still, small voice” we know as “God” or the Holy Spirit—led him he to do.

To me, this is what the story of Adam and Eve is about—the splitting off or separation from the ground of being, subjective consciousness that quantum physicists call “the unified field,” and Max Planck said was consciousness that supports and informs the physical world. It has a number of different names, and as Juliet said, “What’s in a name? A rose by any other name would smell as sweet.” Most Christians would prefer to call it “God,” so there you go.

Anyhow, he was able to jettison whatever you want to call it because he had developed the ability to figuratively step outside himself, and his connection to the Spirit, and think objectively. This separation resulted in self-awareness and free will.

According to the Bible story, God told Adam and Eve not to eat the fruit of the tree of knowledge of good and

evil—animals that are guided by instinct don't know the difference. The snake, which I think represents Adam and Eve's all too human nature, or ego—something those that are not self aware don't have—told them to go ahead and eat. Rather than consult God before taking action, Adam and Eve acted as humans usually do, and proceeded to do exactly as they pleased.

By exercising free will in this manner, they severed their connection to God, and we humans have been suffering the consequences since. We have fallen—in effect have cast ourselves out of the Garden—with the result that we are no longer able to tap effortlessly into the abundance and joy that nature is always ready to bestow on us.

So how do we resurrect? How do we return to Eden? Quite simply we need to get back to God, and let Him guide our lives. In my opinion, that's what the Big Shift is about. It's the struggle many humans, both Christian and non-Christian are involved with at this point in our evolution. More and more are waking up to that realization that they are faced with a choice, which is whether to let the still small voice guide them or to go all out in an effort to achieve the American Dream in the form of a big house, a fancy car, and a huge bank account.

More will be written about this in the next chapter, but in this one, let me say this: Merging one's mind with that of

what Christians call the Holy Spirit and letting it be the guide will lead to a long life, good health, and an ongoing sense of purpose and fulfillment. If that merger becomes our goal, eventually, like the hero of *Groundhog Day*, we will make it. Edgar Cayce, for example, believed that all of us will eventually reunite with God, and when we do we will have completed our journey on this physical plane called Earth.

Simply put, we can do so by putting Jesus in the driver's seat and establishing a close, personal relationship. So let's talk about that. I've found that one of the things that is a put-off for non-Christians is the Christian doctrine that Jesus was God incarnate. We have seen, however, we all are one life in spirit. Each of us is a spark that came from the fire we call God. In other words, we are each literally one of God's offspring, and as such, one of His children. This is difficult to grasp only when our concept of God is that of the old man with the long white beard, and that Jesus is that old guy in the flesh.

The Apostle Paul, who supplied more New Testament writings than anyone else and did more than any other individual to get the Christian Church going and growing, never called Jesus "God." He called him "the Son of God," which was a Jewish figure of speech of the time. For

example, consider the following quotation of Jesus (Matthew 5:43-45):

You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons [or children] of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

Not only does Jesus believe we all can be “children of God,” but this quotation seems to demonstrate his understanding of the law of karma, which says that we get back what we give out, and that no one and no thing exists apart from the whole. We all take part in the dance and are inseparable from all that is, whether or not we behave that way toward our fellow man. By striking back at those who annoy or harm us, we perpetuate discord and unhappiness for ourselves as well as others. One key to entering the Kingdom of God, which I’m rephrasing as a “return to Eden,” is to rise above the day-to-day fray and to see things and act from a “oneness” point of view.

This requires us to change how we think. Making this shift may take effort and courage because we must be

willing to alter how we view life and our relationship to others. Nowhere is this more evident than in Chapter Three of John's Gospel. Let's take a look.

It's generally accepted by Bible scholars that the Gospel of John was written by John the Apostle, the disciple to whom Jesus was closest and the person referred to throughout this Gospel as "the one Jesus loved." I suspect that few people today, or even His contemporaries, fully comprehended what Jesus was saying most of the time. But if anyone did, it was John. His Gospel is an attempt to demonstrate that Jesus was the Messiah whom the Jews were expecting to come and free them from Roman rule.

In Chapter One of his Gospel, John states that Jesus is the "Word," and had been with God since the outset when God created the universe (Genesis 1:1) and that He spoke light into being by saying, "Let there be light." (Genesis 1:3) John seems to be arguing that metaphorically, at least, Jesus was God's vocal cords or "mouthpiece," who had come to Earth in human form to tell people what God wanted them to know—that they should love one another.

As alluded to in Chapter One, John also states in the first chapter of his Gospel that John the Baptist was the prophet whom the Jewish Scriptures—the Old Testament—said would come prior to the Messiah in order to pave the

way. This was important because many at the time were followers of John the Baptist and believed that he, not Jesus, was the true Messiah.

In Chapter Two of John, Jesus turns water into wine at the wedding feast and then throws the moneychangers out of the Temple—as well as those selling animals for sacrifices. The wedding symbolizes the marriage of the Messiah—the bridegroom—and Israel—the bride, which had been prophesied by the prophet, Isaiah, hundreds of years earlier. It seems logical that the two incidents (wine and Temple) were placed back to back in order to demonstrate the two sides of Jesus: 1.) The side that embraces and radiates love and joy, and feels deep concern for each individual in that He saves the host from the embarrassment of running out of wine, and the guests the disappointment of a premature ending to the wedding celebration. 2.) Jesus' unbridled passion for God, and his determination to make God available to everyone. You see, the Sadducees had turned the Outer Temple into a market. The Outer Temple originally had been intended to be a place that everyone, including women and gentiles, could come to pray to and offer praise to the one true God. This got the Sadducees really angry, and probably caused secret glee on the part of the Pharisees who were also among the

priestly class and often disagreed with the Sadducees on one thing or another.

Chapter Three of the John Gospel opens with one of these priests coming in secret to speak with Jesus in order to find out about him—probably to satisfy his own curiosity. Here is the text from the NIV translation of the Bible:

There was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, “Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him.”

In reply Jesus declared, “I tell you the truth. No one can see the Kingdom of God unless he is born again.”

“How can a man be born when he is old?” Nicodemus asked. “Surely he cannot enter a second time into his mother’s womb to be born.”

Jesus answered, “I tell you the truth, no one can enter the Kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, ‘You must be born again.’

The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

“How can this be?” Nicodemus asked.

“You are Israel’s teacher,” said Jesus, “and do you not understand these things? I tell you the truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things?”

As you have guessed, this is where the expression, “born again,” which also can be translated, “born from above,” comes from. It is perhaps one of the most misunderstood phrases in our society today, both inside and outside the Christian Church. It seems to me Jesus is speaking of the shift in consciousness that occurs when a person realizes his or her connection to the Divine. Typically, something inside tugs at us and we are presented with a choice. You might think of this as God knocking on the door to our life. When that happens we can decide whether or not to accept the invitation. If we do, we will be

in position to form a relationship that can be nurtured through meditation and prayer, or as Christians often say, a daily “walk with Jesus.”

Above, Jesus speaks of being born of “water and the Spirit.” Water represents purification, as in Baptism, and the Jewish custom of ritual washing and bathing. The Spirit, as in the Holy Spirit, is the presence of God within us. To be born of water and the Spirit results in a “turning away” from our egocentric nature and voluntarily becoming a loyal and joyful subject of the “Lord” as part of his Kingdom.

The “wind” he speaks of is the air in our lungs, life, or better yet, the Life Force. No one knows where it comes from or where it goes. But those who are “born again” have tapped into it, and allow it to guide them.

Picking up where we left off above, Jesus goes on to say:

No one has ever gone into heaven except the one who came from heaven — the Son of Man [Jesus refers to Himself as the “Son of Man” throughout the Gospels]. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have Eternal Life. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not

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perish but have Eternal Life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son. This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.

Apparently, among his adversaries and followers, only Jesus has experienced this close relationship with God, has made it all the way to heaven, united with Him, and decided to return to Earth, so only He is in a position to speak authoritatively.

This makes sense to me, and it's what I prefer to believe.

I've heard others suggest that Jesus may have had a near death experience, during which he "went to heaven," but was sent back with a mission. Denise Linn, author of a number of books including *Past Lives, Present Miracles*,

recounted just such an experience on my radio show in the spring of 2008. At the age of seventeen, Denise was riding her bicycle along a country road in Ohio when what turned out to be a serial killer came along and shot her with a pistol several times. He left her for dead, and in fact she died in the hospital but was resuscitated. Denise described the experience of dying and passing into a beautiful realm of light where she was greeted by heavenly beings. She said she felt she had returned home and wanted to stay. But she was told to return because it was not her time. As you might expect, this changed her life.

Others have experienced almost exactly the same thing. Betty Eadie indicates in her book, *Embraced by the Light*, that this is what happened to her. There are many, many similar stories by near death survivors. Another that was told to me firsthand took place in World War II and is described in detail in a book entitled, *Ordered to Return*. In December 1943, 20-year-old Army private George Ritchie (1923-2007) died of pneumonia. Nine minutes later, he came back to life profoundly changed. What happened to him while his dead body lay under a sheet changed his life. During that time he was given a tour of “heaven,” and ultimately, he was “ordered to return.” He became a psychiatrist as a result and spent most of his life helping those experiencing

spiritual problems. Even so, Dr. Ritchie did not go public with the story of his journey into the afterlife and back until late in life because he was afraid no one would believe him. His fear was that his credibility, and with it his ability to help others, would be lost. I've had a number of others on my radio show who told similar stories.

Another possibility is that unlike most people, Jesus recalled the time before his birth and even his previous lives. Some other quotations attributed to him suggest this may be possible.

Returning to our analysis, Jesus next forecasts his death on the cross (he will be "lifted up"), which will have the result of calling attention to his message so that "everyone who believes in him shall not perish but have Eternal Life." What follows is the most famous verse in the Bible (John 3:16). Please read it one more time: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have Eternal Life." In my "red letter" Bible this is attributed to Jesus as a direct quote. Even so, this does not seem to me to be the way a person talking about himself would speak. I suspect these words come from the writer of this Gospel—John.

No matter whose words they are, by and large the Church has taken this verse to mean, and has taught

throughout the centuries, that anyone who believes: A.) That Jesus actually lived, B.) was the Son of God/God incarnate, C.) was crucified as a sacrifice for our sins, and D.) arose from the dead—is saved and will go to heaven.

I've come to believe these words are true in a metaphorical sense but that they can lull believers into thinking that belief is all that's required to unit with God and spend eternity with him. As mentioned some paragraphs ago, I don't believe that's so. Karma must be dealt with and along with it, the resulting accomplishment of the evolution of one's soul.

It's true, however, that Jesus incarnated on earth with the mission to save us from our sins, and he sacrificed Himself in that cause. I have no trouble believing he appeared to his disciples and others following the crucifixion because a number of cases of visitations by deceased individuals in what appeared to have been physical form have been reported. But the idea that Jesus was literally a blood sacrifice given to purify humankind is in my opinion a first century interpretation based on the beliefs widely held at the time in which he lived. Then, the Jews made sacrifices of "pure" animals—spring lambs, doves and the like. So did pagans. Sacrificing a "pure" animal to bring oneself closer to or to win favor with God

or “the gods” was pretty much standard operating procedure. Jesus was thought to be pure and without sin. That he was a sacrifice that washed away the sins of all humans who accepted his crucifixion as such made perfect sense back then.

Let’s look more closely at John 3:16.

Defining “believes in him” as “A” through “B” also misses the mark in my opinion. To me, “believes in him” means, “Believes what he stands for and what he teaches.” Nor do I think that belief in “A” through “D” alone will gain anyone entry into heaven and the presence of the Father. What will get a person through the gate is that all-important shift in consciousness. It is being “born from above,” or, in other words, truly taking to heart and feeling that we are all one, all God’s children, and that we need to “love one another.” That’s what will create the Kingdom of Heaven on Earth, i.e., a return to Eden, and ultimately lead to eternal life in the nonphysical dimension beyond.

To repeat myself, “believes in him,” means “believes what he stands for and what says.” Few would argue that’s what it means to believe in someone, and if asked, practically any professed Christian will say he or she wholeheartedly believes everything Jesus ever said or taught—but actions sometimes tell a different story. Many,

perhaps even most Christians believe and act accordingly, but I've met a few who say they believe, and yet, they do not. By putting the emphasis on the belief that certain events occurred and that circumstances surrounding Jesus were true exactly as reported, rather than on the ideas and concepts of Jesus' teachings, I believe that the Church has misled many into thinking they are saved regardless of their actions.

Later in the passage is the phrase, "has not believed in the name of God's one and only son." To believe in a person's name was a Hebrew expression of the time that meant to believe thoroughly in a person, i.e., their very essence, their beliefs, and what they stood for. A person's name encompassed the person's entire being.

Now if this is so, why would someone be condemned who does not believe in what Jesus was saying and what he stood for?

Jesus taught that the only way to enter the Kingdom is to form that relationship and to experience the shift in consciousness I've been talking about. In other words, to be "born again." If a person doesn't and isn't, he or she isn't going to behave in a way that will create the Kingdom. It's that simple. The person has condemned him or herself.

Consider the verse: "Light has come into the world, but men loved darkness."

What does this mean?

Simple. Most people don't like to admit when they're wrong, and they certainly aren't going to let on that they are bad or evil—even to themselves.

Later, in Chapter Three (verses 35-36) of John, John the Baptist is asked his opinion of Jesus. Among other things, he says:

The Father loves the Son and has placed everything in his hands. Whoever believes in the Son has Eternal Life, but whoever rejects the Son will not see life, for God's wrath remains on him.

John the Baptist recognized that Jesus had a special relationship with the transcendent, that Jesus was in contact with a higher intelligence, and that this intelligence came through him, i.e., “has placed everything in his hands.” In essence John said, “Believe what Jesus says. Follow his teachings and Eternal Life will be yours. ‘Reject’ what he says, and you reject the relationship that you, too, could have with God.” It’s a choice. Believe what Jesus says, or reject it. Acceptance opens the way. Rejection means keeping hidden what then will appear in the form of panic attacks, depression, and many physical illnesses—from heart attacks to cancer. That may sound overly dramatic, but it is true. Unfortunate circumstances befall those who stay in denial and keep issues buried.

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At the risk of being redundant, let me say that by “entering the Kingdom of Heaven,” and allowing oneself to be “born again,” or “born from above,” Jesus was talking about opening one’s mind to God within us. There is really only one mind so God is always present. It’s what the Quakers, quoting from 1 Kings, call “the still small voice.” But many people choose to ignore it. This is understandable. When we start listening, we open ourselves to the truth about ourselves. And the truth can hurt.

Yet, by opening ourselves to the truth, we also open ourselves to growth, fulfillment and happiness. It may take time, it may take effort, and it may be painful to see ourselves as we really are, but by bringing ourselves to light, we put ourselves in position to jettison old baggage. We can shed the mistakes and begin anew. What would otherwise require lifetimes of going in circles, lifetimes of learning the hard way and repaying old debts, can be accomplished in much less time and with a sense of joy and discovery that those who keep the door closed will never know.

The Kingdom, a return to Eden, is available to the living—of this there can be no doubt. Jesus makes it clear that it’s not necessary to die or to wait for the second coming. This fact has been missed by many—though certainly not all—throughout the ages. The Gospel

according to John is not the only place such references can be found. Once you become aware, you'll see them throughout the other Gospels as well.

Consider the following:

And (Jesus) said to them, "I tell you the truth, some who are standing here will not taste death before they see the Kingdom of God come with power."

Mark 9:1

The Kingdom of God does not come with your careful observation, nor will people say, 'Here it is,' or 'There it is,' because the Kingdom of God is within you.

Luke 17:20-21

The passage above can also be translated, "the Kingdom of God is among you," since the Greek word used means both "within" and "among." Indeed, the Kingdom of God is "within and among" all of us but most of us are blind to it. Perhaps this is because one requisite for entering the Kingdom is to set aside the tendency we all have to view the world from an egocentric position and instead to adopt an attitude of humility:

I tell you the truth, anyone who will not receive the Kingdom of God like a little child will never enter it.

Mark 10:15

And with this comes the realization that you are one with and led by the transcendent. Here is Luke 22:70:

They all asked, "Are you the Son of God?" He replied, "You are right in saying I am."

Jesus was the Son of God and the rest of us can be as well. He was God incarnate because he was the Christ Consciousness embodied in flesh. The way to heaven is to pursue this state. Consider that this may be what Jesus was saying in these verses (John 14:6-7):

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him."

With the shift in consciousness comes the realization that we are each part of something much bigger. Then it is

possible to allow ourselves to be guided by the Spirit within and to enter the Kingdom. It is to say, “Thy will be done,” and mean it. Paradoxically, this turning over sets a person free. The way to rapid spiritual growth has been opened in part because of a new ability to see the world clearly. This connection to the truth enables us to sort what is important from what is window dressing. It enables an individual determine his or her intended destiny.

What about the idea people who are rich cannot make it into heaven?

What many people do not understand is that Jesus didn't actually say that. What he was saying was that an individual needs to get his or her priorities in the right order. Let's review the story the idea about rich people comes from. This account is from Mark 10:17-23, the New International Version (NIV) translation:

As Jesus started on his way, a man ran up to him and fell on his knees before him. “Good teacher,” he asked, “what must I do to inherit Eternal Life?”

“Why do you call me good?” Jesus answered. “No one is good—except God alone. You know the commandments: ‘Do not murder; do not commit

adultery, do not steal, do not give false testimony, do not defraud, honor your father and mother.’”

“Teacher,” he declared, “all these I have kept since I was a boy.”

Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

At this the man’s face fell. He went away sad, because he had great wealth.

Jesus looked around and said to his disciples, “How hard it is for the rich to enter the Kingdom of God!”

The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the Kingdom of God! It is easier for a camel to go through the eye of a needle than for a rich man to enter the Kingdom of God.”

What in the world was Jesus talking about? Well, at the beginning of the story, Jesus rattled off most of the Ten Commandments. But perhaps you noticed he left one out. The very first law Moses brought down from the mountain was to “Put no other gods before Me.” The rich young man

had failed to keep this one because money had become his number one god. Imagine what the rich young man's life review might have been—the treasures in heaven he would have experienced—if he had given his money to the poor. He'd have felt all the joy, happiness, and comfort of the full bellies he helped create. Imagine he'd become a disciple of Jesus the way Peter and Paul and the others had. Perhaps after Jesus' death, he'd have taken up his own ministry and led many others in the Way. He'd likely have found his own way to eternal life as a result. By choosing his wealthy life style and not accepting the opportunity Jesus presented him, I'm guessing the rich young man paid dearly with many, many more difficult lifetimes on Earth. Unlike the man in *Groundhog Day*, he didn't wake up the next morning and realize his mistake. The result is that he may be repeating the same mistake today, 2000 years, and who knows how many lifetimes, later.

Chapter Three: Your Return

Certainly most Christians believe it's possible to get in touch and to commune with the Holy Spirit whether they actually do so. Therefore, it should not take much of an intellectual leap to realize that's what Adam and Eve were in constant contact with when living in the Garden before the Fall. As previously discussed, that's how creatures that have not yet achieved self-awareness go through life—the birds of the air, the fishes of the sea, and the beasts of the forest. It's their pipeline to the instincts that guide them, and the Bible indicates that before the Fall, Adam and Eve lived in a state of innocence and perfect communion with God as wild creatures do. Primarily Genesis 1–3, gives some details about what they did before sin entered the world:

They Tended the Garden – God placed Adam in the Garden of Eden to “work it and keep it” (**Genesis 2:15**). This implies they had responsibilities, but their labor was not burdensome or cursed as it became after the Fall.

Named the Animals – Adam was given the task of naming all the animals (**Genesis 2:19-20**), showing his role in dominion over creation.

Enjoyed Fellowship with God – They lived in close relationship with God, walking with Him in the garden (**Genesis 3:8** suggests this was a common occurrence before their disobedience).

Lived in Harmony with Each Other – Adam and Eve were created as companions, with Eve being described as a “helper suitable” for Adam (**Genesis 2:18, 23-25**). They were naked but felt no shame, symbolizing their innocence.

Enjoyed the Fruits of the Garden – God gave them permission to eat freely from any tree except for the Tree of the Knowledge of Good and Evil (**Genesis 2:16-17**).

They Were Commanded to Be Fruitful and Multiply – God blessed them and told them to “be fruitful and multiply, fill the earth and subdue it” (**Genesis 1:28**), indicating that childbearing and family life were part of their original purpose.

Before the Fall, Adam and Eve lived in peace, joy, and purpose, working in harmony with creation, each other, and

with God—and that’s the state of being we have to look forward to when we Return to Eden, which to my mind is what the Big Shift is about—hence the title of this book.

So, how do we reach that state of being?

As previously discussed, based on what I’ve learned from quantum physics and consciousness researchers, I believe Adam and Eve were wired into the ground of being consciousness, the sense of “I AM” that each human has at his or her core that can be accessed by quieting the mind and disengaging from the constant steam of thoughts about possible outcomes, whether good or bad, as well as mundane thoughts.

You’ll be glad if you make the effort to get in touch with and live your life from that part of you because it will enable you to tap into your greatest potential—the wise, loving, spiritual guide within. It’s the still small voice, the place within that’s free from ego and limitations, the part that connects you to your essence and purpose. When you merge with and engage life from the “I AM,” the Christ-consciousness in you will take over.

Moreover, once you find your unique ability, which we will address in Chapter Five, and put that unique ability to work in service to others, you will regard your earthly existence as a worthwhile and fulfilling activity, and you

will be rewarded with an ongoing, underlying sense of joy. This will come about from the realization that you are not only helping others and serving a worthwhile purpose, you are an eternal spiritual being and nothing you face or undergo is permanent—that change is the only constant—so why shouldn't you simply step back and enjoy the ride?

But a sense of joy and fulfillment isn't all you will experience. I have found that when you are on the track you were meant to be on, you will begin witnessing synchronicities occurring constantly.

What's a synchronicity?

The psychiatrist, Carl Jung (1875-1961) coined the word, "synchronicity." He believed that they were meaningful coincidences—acausal connections between events that seem related but that have no external cause-and-effect relationship. He thought that they were manifestations of the collective unconscious.

Jung wrote that synchronicities often occur when a person is at a crucial psychological or spiritual turning point, and that they act as signs or guideposts. He believed they can be interpreted as guiding forces that are meant to align individuals with their true paths or highest purpose in their journeys toward self-actualization.

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In other words, synchronicities do not come about by chance, but rather, they are evidence of an underlying order in reality. To my mind, they are evidence that “All Is One,” as mystics have been saying for thousands of years—that there is, metaphorically speaking, only one mind of which each of us is part. I think this because they demonstrate a connection between the world at large and individual human minds. Many people, myself included, see them as a kind of guidance from the transcendent that we Christians call “God.”

As mentioned in Chapter One, people of Jesus’ time and some today think of God as an external, human-like being and twenty-first century science contradicts that point of view. The science indicates that we are each part of and are connected to the Source of All-That-Is. We might be compared to drops of consciousness in an ocean of consciousness, because in truth there is only one consciousness, the ground of being consciousness that Jesus called, “The Father.” Each and every being on Earth, from a butterfly to a Phi Beta Kappa, shares this consciousness at its core.

Recognizing this is the first step toward your return to Eden.

The second step is to realize that your thoughts and emotions, in other words your ego—Adam and Eve’s snake—is not you. Rather, it is a construction that has been built up since birth. It’s important to understand that your ego uses your thoughts and emotions, which stem from your conditioning and attachments, in an ongoing effort to control your actions and behavior—often in ways that result in unhappiness, or worse. Once you realize that your ego is playing you like a puppet, you will be able to break free from its control. All that’s required is the realization that you have the power to do so..

By disengaging from your ego and associating yourself with and living from the ground-of-being consciousness that is the real you, what I call, “The Silent Observer at the Back of Your Mind,” and Jesus called “The Father,” you will form a partnership with the Divine. Once this merger occurs, if you are like me and others I have spoken with, you will begin to live life anchored by a subtle current of underlying joy that comes from the knowledge that nothing can permanently harm you and, as those who have had a mystical or near death experience will testify, your ultimate destination in the afterlife is a state of ongoing bliss. This is so because you have coupled yourself with the Source, aka the Father, and the Father is unconditional love. As

indicated, those who have an NDE as I did at the age of 25, or a mystical experience as I did ten years later at 35, know this firsthand because they have been immersed in the bliss of unconditional love.

No wonder love is a key to the Christian religion. I believe Jesus' admonitions to love your neighbor (Mark 12:30-31) and to turn the other cheek (Matthew 5:39) are right on target when it comes to how best to relate to others, and I also believe that the Buddha was on target concerning what causes our discontent and unhappiness, even when we have enough to eat and a roof over our heads. He believed that humans suffer because they crave things that can never be fully satisfied, such as pleasure, material goods, and physical immortality. This craving, known as *tanhā* in Pali and *tr̥ṣṇā* in Sanskrit, is considered the root of all suffering. The Buddha also believed that people create suffering for themselves and others through their anger and ignorance. Ignorance in this regard is the inability to see the world as it is.

So the question is, "How did we become programmed in a way that leads to our suffering?" Well, it started the day your parents brought you home from the hospital and you first looked up from your crib and wondered who you are this time and where you happened to be. You see, we

typically pass through what has become known as the “veil of forgetting” on the way here from the spiritual realm.

Parenthetically, let me say that this is not always the case. The Division of Perceptual Studies (DOPS) at the University of Virginia School of Medicine has investigated more than 2500 cases of children who say they remember past lives, about two-thirds of which have checked out. In other words, an individual was identified who fit the description and details of the person the child claimed to have been. I should note, however, that scrutiny of the characteristics of their previous lives and rebirth reveals that the majority of those previous lives were cut short for one reason or another. They may have been killed in an accident, in a war, or they may even have been murdered. Moreover, although there are outliers, the median length of time between death and rebirth for them is only fifteen months—the implication being that the entity chose to return quickly because his or her life had been cut short.

As you may know, Edgar Cayce’s readings indicate that before we are born we plan our lives and choose our parents and circumstances in order to experience certain things, learn specific lessons, and perhaps to overcome or to settle karma. As mentioned, Earth might be compared to a school, or perhaps a sort of amusement park, where we come to

experience what cannot be experienced in the nonphysical realms. We're here in order to grow, to evolve, and to expand our consciousness.

The reason we pass through the veil of forgetting is so that we do not spoil the game. Knowing why we're here would be like going to a poker or a bridge game and knowing the hands we were going to be dealt and how we ought to play them. What fun would that be, and how much would we learn as a result? In addition, because we don't know the big picture, the stakes are extremely high because we take life incredibly seriously—in our minds, it's literally a life and death situation.

So there you are, lying in your crib, a blank slate of awareness, but your mind, aka your ego, won't stay blank for long. Experts tell us that children absorb the programming that comes from their environment and surroundings like sponges, especially during the first seven years of life. As the great Greek philosopher Aristotle once said, "Give me a child until he is seven, and I will show you the man."

That being the case, let's take a look at some of the ways you might have been programmed back then that are causing your suffering today. I'll start with an example of one way I was programmed by my mother and grandmother

that caused me problems well into my adulthood. It had to do with finishing what was on my plate at mealtime. You see, my family went through some rough times, particularly during the depression—they didn't always have enough to eat. So I was told to eat whatever was on my plate—all of it, whether I was hungry or not.

“There are starving people in Africa,” I was told. “It’s a sin to waste food.”

So that became the way things were. I ate what was on my plate, whether or not I was still hungry. And guess what happened. I was pudgy growing and overweight as an adult, until I finally figured out that it wasn't a sin to leave food on my plate. Eventually, it became clear it was a big mistake to eat when I no longer felt the need to stuff my face, but growing up, I became so used to doing so that I still have to remind myself about halfway through a meal that I don't have to eat everything in sight. The result is that I'm no longer obese, but I am still a little chubby.

What are some things you were taught or told, things you were conditioned to believe or do, that you have since decided are no longer true or serving you? Something to do with religion? Superstitions? Social issues? Surely you don't agree with everything you were taught as a child. Having already jettisoned some childhood conditioning, the

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point is that you can give up beliefs in other areas that also were foisted on you, even if you may not have thought about them consciously in years.

Let's say because of how you were raised you have an unconscious belief that you are unworthy of love. If someone asked you if you think you are unworthy of love, you likely would say, "No, of course not." You might even be insulted that the individual had the nerve to ask you that, the point being that you cannot simply look into your conscious mind to discover your unconsciously held beliefs. One way to go about doing so, however, is to observe your own behavior and life situation because how you behave and where you are today are the results of your unconscious beliefs, opinions, and attachments. In addition to influencing how you react and the choices you make, your unconscious mind blends with the universal subconscious mind, causing it to bring into your life what you unconsciously believe about yourself and the world outside you.

Let me interject here that a frequent misconception is that your thoughts create your reality. This is not so because thoughts occur only in the conscious mind, and the unconscious mind is the instrument that creates your reality. Only when a thought is given enough significance to create

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a belief does the thought gain power. Therefore, a thought you consider to be insignificant or untrue is powerless. The truth is, you give all thoughts their meaning, or the lack thereof. A subconscious mind does not judge whether something is right or wrong, good or evil. You arrived on this planet a blank canvas so why not revert to that state by jettisoning unproductive beliefs? Doing so will help you connect with the ground of being, “I AM” within and thereby facilitate return to Eden.

You can determine the beliefs that create your reality by noticing what repeatedly happens in your life. For example, are you a man or a woman who always seems to attract a member of the opposite sex who ends up abusing you? If so, you must have an unconscious belief you are unworthy and deserve abuse. What are other things that consistently go wrong? A buried belief is the reason.

Something else you need to do is take note of anything that sets you off or “triggers” you because that is a result of one of your core beliefs. Here’s an example: suppose your father was critical of you and frequently criticized you with the result that as you grew up you felt that nothing you did was ever good enough. Now let’s say in your current job you have a male boss older than you, and any time he gives you criticism—even though it may be constructive and

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meant to be helpful—you immediately feel a sense of fear and anxiety. You have just experienced a trigger because you were conditioned by your father from childhood to believe you are incapable of success. The same process is playing out in obvious and subtle ways in every aspect of your life.

If you want to release a false belief that's tripping you up and move forward, you need to notice any time you react to a situation. Then think about it and drill down until you identify the core negative belief that brought it about. Once you have put your finger on it, you can begin the process of changing it to what you want to believe about yourself. When the belief has been expunged, or replaced with one that's positive, your life will change for the better. If you are lacking in self-love, it's going to manifest in a negative way. In order to unblock this impediment, you need to heal the distortions within. All that's required is to realize that you are a spark of the Creator, still connected to and an extension of the Father. It seems to me, that is what Jesus realized in spades.

I can think of two ways this can be done. Both approaches, while different, can be effective. One heals through transmutation, and the other through recognition. Which one you favor is up to you.

What I call the “Transmutation Approach” is accomplished through feeling, or perhaps I should say re-experiencing whatever caused the negative belief, thereby purging the unwanted thought form. This involves going to the root of the negative emotion, feeling it completely, and allowing it to express itself. Then, rather than meeting it with resistance, it should be met with love and acceptance, followed by releasing it into the ether.

This requires going into a meditative state and remembering an incidence or series of incidences that brought the belief about. Allow the memories to come to the surface. If possible, recall what happened in such detail that you practically relive what happened. In other words, use meditation to find the root cause of the belief and allow it to come into your conscious mind. Relive it and release it. Understand that it happened in the past, and the past is gone. The past is a memory and the future is a concept. Only the present actually exists.

This approach is more painful and intense than the second one I will describe, but it is also much more powerful and immediate. A single healing session has the potential to purify an old wound that has been festering for decades. It takes time, practice, and courage to develop the skill of locating repressed emotions and the memories that

are their causes, so that you can face them and feel them, but the power of the distorted beliefs and points of view they brought about will be healed quickly as a result.

Attaining wisdom and understanding is what I call the “Recognition Approach” to healing. Illusions are banished by perceiving that illusions are what they are. Unlike the Transmutation Approach, which seeks to heal repressed energy by feeling it out of existence, this approach seeks to defuse and disperse the energy out of existence. It is not as immediate and powerful, but it is less painful and intense. It is the one I personally prefer, and what works best for me. What is required is a shift in perception from your ego mind to your silent observer mind—the I AM part of you we’ve been discussing that can step back from emotions and triggers. Over time, this will drain a debilitating thought form of its power.

Here is how I suggest you begin. Step back and observe your own behavior. Become aware of what is going on, and do not react to the situation. Instead, hold back. By becoming conscious of how you are reacting in different situations, you will have the power to change. To employ this technique successfully, my advice is to put all your energy into your desire for change. You’ll quickly realize it’s not all that difficult. A fraction of a second exists

between the moment something happens and your “triggered” reaction. Stop yourself at that instant. Then change what you think and how you react to conform to your new beliefs—even if at first this feels a little awkward. This will take energy away from the old beliefs and direct it onto the new ones, and it won’t be long before you start to feel the truth of your new beliefs and comfortable being your new self.

This is how you change beliefs using the recognition approach: you see them for what they are and want them to be. Changing beliefs using this technique takes effort because the unconscious mind needs to see proof it is safe to let go of something that has always been seen as beneficial to your survival. You can do this by constantly and consistently presenting your unconscious mind with the truth and by putting some effort behind it. By acting as though your new way of reacting is who you are now, your unconscious mind will get the message eventually, and in time the desired action will feel normal and come naturally.

Let’s get into this a little more deeply. Some people think that they cannot change their beliefs because they cannot get themselves to feel the desired belief is actually true. Even though intellectually and logically they may see an old belief as false, it still feels true, and so they think they

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are powerless to change. This is because beliefs lead to points of view that you possess, and it takes conscious effort to change a point of view. This is likely why you cannot feel what you would like to feel about the new belief you want to adopt. The old points of view are still there at the unconscious level, hanging on, preventing you from releasing the old belief. To let one go, you must admit to yourself, and perhaps even to others you have had conversations with about whatever it is, that you have been wrong—you have been guilty of an error in judgment. In other words, you must identify the points of view and opinions a belief has created and adopt new points of view based on the new belief—thereby replacing the old.

I am living proof that if you really want to, you can change your points of view, and therefore your beliefs through wisdom, knowledge, and your fervent desire to live the truth. In college I was an agnostic bordering on atheist and a confirmed Scientific Materialist. I thought that when you died, that was it, so why not seek pleasure as your number one goal in life. Today I no longer believe that by any stretch of the imagination. Even after I realized that I am a spiritual being having a temporary physical experience, I resisted becoming a Christian. It took twenty years of regular Church attendance and frequent Bible

studies for me to finally *recognize* that Jesus was who He said he was and that following him and doing my best to become like Him was the correct path in life to follow.

If the Recognition Approach doesn't work for you at first, it is because some part of you still doesn't believe that you have merged with and are now connected to the Father. Keep at it. Read this book a second time. Read my book *Fast Track to Higher Consciousness*. You are not who and what you were brought up to believe you are.

In order to return to Eden, you must lose all interest in your old beliefs and the old stories that created them. Think of yourself as the captain of a ship, and you have turned the ship in the direction you want to go. The wake is your past—it's behind you. Leave it there—forget about it. It's gone and will dissipate and dissolve into the ocean.

The truth is, you will never break free from the grip of a belief and point of view until you let it go and forgive whoever and whatever brought it about. That's right—forgive and forget. Uncle Charlie molested you and that's why you fear sex and despise men? Uncle Charlie was a pathetic, dirty old man nobody loved, who is worthy of pity. Forgive him.

Mom said you were lazy and good for nothing? She was angry, she was wrong, and her father was a loser who drank

himself into the grave. Forgive her. Holding on to bitterness isn't hurting Uncle Charlie or your mom. It is only holding you back and making you miserable. As soon as you desire to merge with the Holy Spirit more than anything—even more than revenge or sympathy—as soon as you truly make the effort, cultivate the desire, and jettison old baggage, you will be on your way. Then nothing can stop you. Claim it whether or not it feels true right now. Claim it because you want it to be your reality, and you want to be totally free.

When something in you starts to resonate with your new belief, you will have begun the process of implanting it in your unconscious mind. You must send a feeling-based message to that part of you. By claiming it because you truly want it, that is what you will be able to do.

Chapter Four: A Word of Caution to Non Believers

Recently, many prognosticators have predicted the Big Shift, but I first heard about it about forty years ago when I read volume one of *The RA Material*. The book was based on information supposedly dictated by an extraterrestrial entity known as RA, who was channeled in the early 1980s. RA predicted the shift would begin in 2012 and would continue for some time, during which we humans, each one of us, would consciously or unconsciously have to make an important decision about ourselves before the transition was completed.

RA forecast what appears to me to be going on today—a tug of war between two ideological directions that humankind can take: “Service to Self” (selfishness) and “Service to Others” (altruism).

Unfortunately, those looking out for themselves and no one else, i.e., the Service-to-Self-individuals, although smaller in number, wield significant power through their deceitful and crafty employment of gaslighting and lies. Looking back from today, this appears to have been

particularly prevalent in the years leading up to and during the 2024 presidential election. It wasn't difficult for anyone paying attention to see the blatant attempts to manipulate large segments of society with outright lies and by playing one group against another. As of this writing in March 2025, however, although these attempts continue, they are greatly diminished in effectiveness because, it seems to me, more and more people can see what's going on.

The channeled material from forty years ago also predicted that Earth ultimately would become a "Service to Others" planet, and it is my sincere hope this will be the case, because the result will be, in my opinion, the Return to Eden this book is about.

Let me give you some background about *The RA Material: The Law of One*, which was published in a five-book series between 1982 and 1998 by Schiffer Books. According to the authors, the text was transmitted in the early eighties by a non-human multidimensional being named RA, via trance channeling. No doubt some Christians reading this are going to break out because the idea of a channeled entity conjures up images of Satan pretending to be a positive entity, but nevertheless being the lying and sinister trickster that he most certainly is.

We will deal with Satan and his minions shortly, but in the meantime continue reading and decide for yourself if anything RA said forty years ago seems to make sense today.

Concerning the RA channeling sessions, Don Elkins acted as the questioner, Jim McCarty was the scribe, and Carla L. Rueckert was the channel. The dialogue between Don Elkins and RA was recorded, and it was transcribed and edited by Jim McCarty.

Don Elkins, a Ph.D. physicist, university professor, and airline pilot had been researching the UFO phenomenon through telepathic contact with extraterrestrial intelligence when he came upon RA. Carla Rueckert apparently was able to transmit the material by entering into an unconscious state, thereby creating a vehicle for RA to communicate to our level of reality (our vibration) and answer questions posed by Elkins. The books are essentially transcripts of the question-and-answer sessions.

The series describes this universe as a non-dualistic reality in which all things both spring from and are at one with the Source, whom Ra termed The One Infinite Creator. According to RA, the Creator is not an external entity as envisioned by Christianity, Judaism, and Islam. Rather, The Creator is an all-pervasive intelligent energy, what might be

described as a conscious mind that exists in, as well as outside, everything. In other words, there is nowhere the Creator is not. This may not be easy to grasp because in this reality we perceive ourselves to be separate entities. Nevertheless, underlying the illusion of separation is an indivisible oneness. As has been said many times, “All-Is-One.”

RA also said that this universe is one of many, and that all of them were created by the One Infinite Creator out of itself. This was done by distorting its energy into parts of existence called, “distortions.” The process occurred one distortion at a time, in a specific order. The first distortion created by the Creator is called, “Free Will.” The second is “Love,” and the third is “Light.” All other substances and forms come from an interaction of these three distortions. Moreover, each part of the creation is akin to a hologram or a fractal, including you and me, and so each part also contains the whole. As an aside, it is interesting to note that Genesis 1:27 says, “God created man in his own image.”

The Seven Densities

According to RA, the different densities are associated with different levels and forms of consciousness and ways of being. The first density is the density of the elements of Earth, Water, Air, Fire, or in scientific terms, solids, liquids,

gases, and plasma. You might think of the first density as a planet with no life on it.

The second density is the density of organic life: plants, animals, bacteria, and so forth. An example is Earth before we humans evolved.

The third density is where we human beings find ourselves currently—an epoch in which we have become self-aware. As third density, self-aware beings, we are able to step outside ourselves metaphorically and consider our own thoughts, as well as ponder our existence and the nature of reality. So the third is the density of self-awareness, and it is also the density of duality when each individual must choose a polarity of service in order to advance up the scale to fourth density. More will be written about this.

The fourth density is the density of love, or understanding. Like all subsequent densities, the density of love is inhabited by entities of a higher level of spiritual evolution than human beings on present-day Earth. It is also the last density in which we incarnate in physical bodies.

The fifth density is the density of light or wisdom. In fifth density, long and deep contemplation and introspection are practiced so that our wisdom grows and we become refined to a higher degree.

The sixth density is the density of unity consciousness, in which love and wisdom are united. Sixth density is where archangels come from as described in the Bible and other ancient texts. RA is said to be a sixth density entity.

The seventh density is the gateway density, the last density before we merge back into the Creator.

The eighth density is the beginning of the next octave, where the journey begins again.

RA said that all self-aware entities, after having been formed in third density, progress upward through the densities as they evolve spiritually until they become at one with the Creator at the end of seventh density.

In the third and fourth densities, evolution is accomplished through a series of incarnations into physical bodies. Many incarnations take place until the soul has completed the relevant lessons required in each. Incarnation only occurs, however, within first, second, third and fourth densities. As mentioned, a physical body is no longer necessary beyond the end of the fourth. From fifth density upward, the body is purely energetic in nature.

You Have a Choice to Make

In order to progress from third to fourth density, individuals must make a choice between two polarities of

service: Service to Others, or Service to Self. Ra made no value judgments concerning the two pathways forward—all is contained within and sanctioned by the One Infinite Creator. In ordinary language, however, the choice is between altruism and selfishness.

Whether or not you buy all of what is written above, it seems to me from personal observation that many Service-to-Self-individuals exist—politics appears to be loaded with them—and that by being so, they are playing with fire. Although there are no doubt some altruistic atheists, certainly a higher percentage of them are likely Service-to-Self-individuals than those who purport to follow Jesus.

Why did I say they are playing with fire? Because Satan and his demons are real, and this chapter is meant to be a wake up call.

One of my ancestors, Suzanna North Martin (ca. 1620-1682) was one of the so-called Salem Witches tried who was hanged in 1692. I heard about her quite a lot when I was growing up, and so I decided to see what I could find out about her, decide if I thought she was practicing witchcraft or not, and write a book about her. I did. It's called, *A Witch in the Family*, and it won First Prize for Personal Stories from *Writer's Digest*. It's amazing how much information is available about the Salem Witch

Trials—all the depositions and trial testimony can be found online. In the process I also did a good deal of research on spirit possession. I wanted to know if it was possible.

Guess what? It is.

One man I learned from was Dr. Wilson Van Dusen (1923-2005), a university professor who served as chief psychologist at Mendocino State Hospital in California. Based upon decades of research and the time he spent treating patients in mental hospitals, he believes many actually are possessed by demons and that those who hallucinate are often under the control of demonic entities. Dr. Van Dusen claims he has been able to speak directly to demons through some of his patients and has published more than 150 scientific papers and written several books revealing what he has learned.

In one of his research papers, Dr. Van Dusen noted that he began to seek out particular individuals from among the hundreds of chronic schizophrenics, alcoholics, and brain-damaged persons he treated who were able to distinguish between their own thoughts and those of what other mental health professionals would have regarded as a patient's "hallucinations." Dr. Van Dusen would question them and instruct patients to give a word-for-word account of what the voices answered or what was seen. He was able to hold

long dialogues with a patient's hallucinations and to record both his questions and an entity's answers. Dr. Van Dusen found that the so-called hallucinations could take over a patient's eyes, ears, and voice, just as in traditional accounts of demonic possession. The entities also had totally different personalities than those of his patients, which clearly indicated to him they were not the products of his patients' minds. Often an entity would threaten a patient and even cause physical pain.

Dr. Van Dusen dealt with several thousand patients during his 20 years as a clinical psychologist and made detailed studies of 15 cases of demonic possession. In his opinion, although perhaps not all the patients were "possessed," the entities were present "in every single one of the thousands of patients." He also said some of the entities he communicated with were far more knowledgeable about certain subjects than he was, and that he was able to test them by looking up information in obscure academic references.

In recent years, a number of psychiatrists, psychologists, and other mental health practitioners have gotten into the business of what they call "depossession." They'd rather call it depossession than exorcism because they don't necessarily approach it from a religious

perspective. They say they rarely encounter Satan and his demons although they tend to agree Satan and his minions exist, and that obsession or possession by them can happen. According to Dr. Louise Ireland-Frey (1912-2014), who was a psychiatrist, “[Satan and demons] do not belong to the human kingdom, being the negative aspect, composed of the ‘fallen angels’ and their slaves. This is not drawn from a religious source . . . I have been told these things by the dark entities [I have] encountered. A number of them have told us that they are delighted to get us to believe that they exist only when we think of them, speak of them, and ‘believe in’ them—it makes their work of invading easier! On the other hand, thinking fearfully of them, brooding compulsively, talking often of them certainly predisposes a person to attracting their focused attention.”

Certainly, the people of 1692 Salem did a lot of thinking and compulsive brooding over them, and it appears they may have attracted their focused attention as a result. Nevertheless, lay practitioners indicate that in their practices, obsession or possession by demons—entities that have never had a human body—is rare. More common are problems stemming from interference by the earthbound spirits of individuals who have died, but are still present among the living.

The approach used to de-possess a patient who is afflicted in this way is less confrontational than that of an exorcism by a Catholic priest. In addition, the therapist routinely tries to help the invading spirit find its way into the light.

I'll pause here to say, I can almost hear some of you out there chuckling and a few of you laughing out loud, but I assure you, I am not making this up. In fact, much has been written about this. I conducted a Google search and turned up a web site that offered a dozen different books on the subject. In 2008, I interviewed a psychiatrist in practice in Wheeling, West Virginia, who routinely de-possesses patients. Let me relate some of what Dr. Louise Ireland-Frey had to say in her book, *Freeing the Captives: The Emerging Therapy of Spirit Attachment* (Hampton Roads, 1999). You'll have to admit, her credentials are strong. She was a Phi Beta Kappa graduate of Colorado University, had a master of arts degree from Mount Holyoke College in Massachusetts, and a medical degree from Tulane University.

Dr. Louise Ireland-Frey was a psychiatrist who used hypnotism to help those who suffer past-life trauma. She also uses it to detach earthbound spirits that may be causing trouble for her patients. She wrote that when her clients

were regressed to a previous life and came to the death experience terminating that lifetime, it was possible to continue the regression past the physical death and on into the after-death state. Similarly, when she contacted earthbound entities—those who may or may not have been attached themselves to a living person—she was able to ask them to recall the circumstances of their physical death. By the way, Dr. Ireland-Frey used an intermediary to make this contact. Essentially, she hypnotized someone, either the patient she was trying to help or a willing assistant, and had the hypnotized individual “channel” the earth-bound entity.

Ireland-Frey went on to say that under normal circumstances the psycho spiritual part of a person—the mind, the psyche, or soul finds itself floating above the body, still conscious of itself and aware of the people and activities around the dead body. This stage can be brief. The now disembodied consciousness usually feels free and light and relieved, and it senses it can go wherever it seems to be drawn. For instance, it might be drawn through the so-called tunnel and into the light we’ve all heard about. This light is perceived as alive and sentient, a Being of Light who welcomes the personality with understanding, kindness, and love. She said that in fact most people find themselves going to a state that is peaceful and beautiful. In

the case of NDEs, only an occasional person reports a chilly, lonely or horrifying experience, although it does happen. I personally interviewed one such near death survivor who prior to his experience had been a street gang member. Following it, when I interviewed him, he had become a protestant pastor.

Anyhow, there are stages after death—the life review, for example, in which the activities, actions, thoughts, and words of the entire life are reviewed and evaluated as to their value and impact on others. The individual sees his or her successes, weaknesses, and failures, and in this way judges for him or herself the worth and value of the life just past. It seems to me the world would be a much better place if everyone accepted that this is what happens. So many now believe that when you die, that's it—nothingness—and they live their lives accordingly. Experience for the sake of experience becomes their life goal, rather than achievement, service to others, and the development of character. But that's a subject to be covered in another book.

Another stage is one Ireland-Frey called the “cleansing” which is often described as the feeling of being embraced or surrounded by light. But not all souls go through these stages. A person who is heavy with negative emotions and undesirable habits such as rage, cruelty, greed and so forth

may be too negative to be attracted to the light, and will turn away, perhaps not even perceiving it, and go to a “place,” or “dimension,” that is appropriate to its present nature, i.e., dark and heavy. Ireland-Frey said souls are a little like substances suspended in water, the “heaviest” after death sink to the lowest astral levels, the “lightest” float to the upper levels, and the rest find the appropriate levels in-between. This, she said, is the norm.

But not all follow a normal sequence. Many die not knowing what to expect after death and become bewildered upon discovering they are still aware. It’s easily to see how that would be the case with an ardent materialist—particularly one that has chosen the Service-to-Self path. It is as though they are alive, but the body each once occupied is dead and cannot be reentered. Rather than going to the light or finding a level the right frequency of vibrations, they remain on the earth plane where they are able to see and hear living persons but are invisible and inaudible to the living. They are likely to find this quite frustrating. Not knowing what to do or where to go, many such disembodied spirits start to wander, either aimlessly, or perhaps to some chosen place or person.

Some wanderers remain in the area of their body—which may now be buried. I have a friend, for example, who

says he is sensitive to the presence of the disembodied and will not go near a graveyard. Others may find a home in a house or other building and become the “ghosts” who haunt these places.

Here’s a ghost story you may find interesting. My first wife’s friend is married to a French count—Henri is his name and owns a castle in Lorraine. My first wife and I once spent several days there, and while there, Henri told me this story.

Henri had inherited this castle and the land and village around it along with his title—after the castle had fallen into disrepair. This visit took place in the early 1980s, and the castle had not been lived in since before World War Two.

Having done well in business, Henri decided to restore the old place. He and his wife spent quite a bit of time there as it was undergoing renovation and were often disturbed by what seemed to be someone down in the basement banging and clanging and screaming in the middle of the night. Finally, they became so annoyed by this, Henri had the workmen tear out a wall that seemed to him might be where the nocturnal uproar was coming from.

A skeleton was behind it.

Henri and his wife had no idea who the skeleton belonged to, but they gave it a Christian burial. Apparently

as a result, they were never again bothered by the nocturnal uproar.

Here's what Henri thought about this. Apparently, a man had been bricked up behind the wall while he was still alive—someone didn't like the guy—and he had died there, but had not realized he'd died. The spirit of this dead person could easily have passed through the bricks, but the fellow didn't know that, and had been calling for help ever since. Of course, these were psychic screams, since the ghost had no vocal cords. The middle of the night was the only time the screams for help penetrated the minds of Henri and his wife because that was when all else was quiet, and they were sleeping or near sleep and sensitive to such things.

Let's hope the ghost of Henri's castle headed for the light once it got out from behind that wall. According to Ireland-Frey many wanderers find a place that seems lighter or warmer than the chilly darkness of the earthbound state in which they have been, and it turns out to be the body or aura of a living person—often without either the living host or the invading spirit being aware of the relationship.

What sort of person is a likely host for an invading spirit?

A person whose aura is weak or "open" is most susceptible. This may be because the individual has been in

an accident, or suffered an illness, been under an anesthetic for an operation, or recently suffered an emotional shock such as grief or fear. Children, whose auras are not yet fully protective, are also vulnerable. This would seem to fit some of the cases in Salem. In addition, the Roman Catholic Church states that engaging in occult activities including fortune telling, a séance, Ouija boards and the like can open an invasion path. This recalls to mind the activities the Salem girls may have been involved in such as divining using an egg white dropped into water, and the story already related which turned up on Google.

Dr. Ireland-Frey as well as other therapists in her line of work identified several degrees of closeness of such attachments:

The first level is that of temptation of the living person by an aspect of the wanderer—not really an overwhelming compulsion but the thought or idea of doing or saying something that is contrary to the basic personality of the living individual—something out of character.

When an entity is affecting the host's personal feelings and habits more noticeably and frequently, the word "oppression" or "harassing" is used. Dr. Ireland-Frey said someone who is clairvoyant might be able to see the entity attached to the host's aura or within it.

Obsession is next, and here Dr. Ireland-Frey's definition differs slightly from that of the Roman Catholic Church. She says it's a remarkably common condition in which the entity may invade not only the psyche but also the physical body of the host and meld its own personality traits and former bodily feelings with those of the host, often to the confusion and bewilderment of that person. The affected person may become aware of persistent pains, sudden changes in emotions unlike his or her normal feelings, unfamiliar attitudes, or even unnatural traits and talents.

And finally, "possession" is the condition wherein the invading entity takes over the body of the host completely, pushing out the host's own personality (soul) and expressing its own words, feelings, and behaviors through the host's body. Dr. Ireland-Frey says complete possession is rare, and can be spectacular when it happens. Sometimes it may alternate with obsession. A case when a person suddenly goes berserk, for example, may be the result of sudden complete possession. She writes that she has personally seen only one case of complete possession.

That such things are possible and happen ought to give those inclined toward Service to Self accompanied by lies and gaslighting to think twice about following that path.

Chapter Five: Determine Your Purpose

Let's say you have decided to follow the Service-to-Others path, form a partnership with the Holy Spirit, live life from that special place in you, and thereby return to Eden. To fully engage and get the most out of being there you need to find your unique ability and put it to work in some way that helps others.

Based on what I've learned over the years, I think it's safe to say that we almost always incarnate on Earth for specific reasons. In addition to learning particular lessons or settling karma, we likely have something we are here to do. We're like snowflakes in that each human being is unique and has certain talents and abilities that he or she can put to use to help others in ways no one else can quite as well. Discovering what that is and determining the best way to use those abilities will point you to a path that can lead you to fulfill your destiny and become all that you can be. That's what this chapter is meant to do.

Take a Full Day to Pinpoint Your Path

As soon as possible once you have finished reading this book, set aside a full day. It might be a Saturday or a Sunday, or some other day you have off from work or school. Plan to spend six to eight consecutive hours alone, except for bathroom breaks and lunch. Go to a library or some secluded place. Leave your cell phone and computer in the car because you don't want to be disturbed. Take a pen or half a dozen pencils and a legal pad, find a quiet spot, and get comfortable. You are there to decide what to do with the rest of your life. Nothing you can do is more important.

Here are some sample questions you might ask and answer to get you warmed up. Spend some serious time with each one you decide to tackle:

- Who am I?
- Where am I going?
- What is my purpose in life?
- If I had one month to live, what regrets would I have?
- Am I happy, and if not, why not?
- Am I healthy? If not, why not?
- Am I getting out of life all that life has to offer?
- Do I love my job and love getting up on Monday mornings? If not, why not? What can I do about it?

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- What are my goals, desires and passions in life?
- If money were no issue, what would I really want to do with my life?
- What am I doing right and what am I doing wrong?
- What do I need to do more of, or less of to get the most out of life?
- Am I the best parent, the best spouse, the best student, the best person that I can be? If not, what needs to change?

An approach a friend of mine took that led to big, positive changes and a better life was to write at the top of the first page of his legal pad, “I am now 101 years old, I am on my deathbed, and I’m looking back. If I’d stayed on the course I was on when I was (the age you are now), would I have any regrets? Instead, having identified the paths I was on and made the proper course corrections, I have lived an incredibly successful and fulfilling life. What about it was most important to me? What were my biggest accomplishments? What else stands out?”

Whichever way you decide to go when it comes to questions, write down everything, and I mean everything that comes to mind. As you do this, it is important to be

totally objective. Do not approach any of the questions with preconceived ideas about what the answers might be. Instead, pretend you are a friend or an advisor who knows you well but is totally objective and not emotionally involved in any thing, one way or the other. And do not self-edit; take your time. Taking time and having time to take is important because your mind works differently when you feel rushed because of a looming deadline. It's virtually impossible to go deep with a clock ticking in your head. This is also something you cannot do riding in a car to and from work or the grocery store. It's important for you to be totally relaxed and in position to be laser-focused. That's why you need to set aside an entire day.

Okay, let's say you're in that library cubicle. No phones. No computers. Sit back and let go. Take a deep breath and hold it to the count of four. Then let it out slowly through your mouth. There's nothing else to do or to think about but the life ahead of you and what you want it to become. Ask a question and start writing what pops into your head.

Once you reach a point where you cannot think of anything else, go back, look over what you have written and arrange the items in descending order with the most important one first.

Having completed that task, go to the next blank sheet and put the number-one most important thing at the top. Then write down what is keeping you from achieving that goal or taking care of that issue. Is it something buried in your unconscious mind? Did someone in your family or a teacher tell you what you wanted out of life was impossible and you believed it? Pull all that negative stuff out, put it on paper, and see it in the light of day for what it really is: hogwash. Later, when you leave the library, take with you the sheets of paper with hogwash written on them and burn them as soon as you get a chance. Consider that all that negative stuff has gone up in smoke. It's behind you now and no longer impedes you in any way.

Obstacles Point to Your Path

Okay, once you have eliminated unconscious programming and hogwash issues, what is left standing in your way? Obstacles are what you want to find as you go through this exercise. Once you identify them, half the work is done because now all you need to do is figure out ways to get around them, over them, or under them.

Read this and let it sink in:

The course you devise to skirt the obstacles standing between you and your goals will be your action

plan. That is the path to take to get where you want to be.

Let's say you want to be a substance abuse counselor and the obstacle is that you don't have the right degree. You need to figure out a way to get that degree—that's your path. A friend that had spent a number of years as a radio disc jockey was able to do just that and is now a substance abuse counselor in a state prison system. I saw him the other day, and he had a big smile on his face. He loves what he does and feels fulfilled because he has found his purpose and is pursuing it.

Perhaps, you say, that makes sense, but I don't have the money.

You have just identified the obstacle: money.

A friend of mine, a mechanical engineer who worked at General Motors designing cars, decided in his thirties he wanted to be a doctor. He realized that was his calling. So he sold his house so he could use the equity from it, and he also took out college loans. It was a long grind and wasn't easy, but he is now a doctor and happy as can be.

Another friend, a successful insurance salesman, did the same thing, and he had a wife and two small children in tow.

He sold his house so he could go to seminary and now is a very successful Christian minister.

Okay, you say, but you haven't told me how to find what I should be doing that will really and truly turn me on, and after doing what you just recommended, I still haven't figured it out. What should I do now?

As stated above, we each have a unique combination of talents and abilities that enable us to serve others in ways no one else is quite able to do. It's something you are especially good at, something you can do better than anyone else. It's called your Dharma. Somewhere deep down, what I call your Higher Self and those of a religious bent call the soul, that part of you knows exactly what it is. It is the reason you came to earth this time around. Putting your Dharma to work in service to others is your purpose. That's your path to fulfillment, success in life, and dare I say, bliss. You can begin determining what it is by answering these questions:

- When growing up, what did people tell you that you were gifted at or had a talent for, i.e., what were you always being recognized, admired, scolded or reprimanded for?
- What did you do well growing up that seemed unusual or unique?

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- What do you really like to do?
- What activity causes you to lose all sense of time?
- What are you doing when you find yourself in a groove?
- What do you do that taps into some innate ability?
- What are you drawn to doing?
- What things do you pick up or learn to do much faster than others? List them.
- What are you sensitive to and notice that others usually don't?
- What activity would you do if money were not an issue?
- What can you do that you can't explain how you do it when asked about it?

All the questions above ultimately lead to this one, which I think of as the Big Kahuna:

What have I done that puts me so totally in the zone that when I finish, I look up and see that hours have passed and it seemed like only minutes?

That activity points to your Dharma. Once you put your finger on it, what you need to do is determine how to use that activity to be of service to others. Then make that your life's work, and you will be on your way to a truly satisfying and fulfilling life.

In my case, it was making movies. That's right, at about eleven or twelve years old, I got an eight millimeter movie camera for Christmas, and I started making films. I loved putting images together in sequences that told a story and communicated a message. I spent hours on end doing so and when I was engaged in that activity the time flew by—because I was “in the flow.”

In college, I put the same desire and energy to work. I drew cartoons for the newspaper, worked on the yearbook, and became Editor-in-Chief my senior year—a paid position. When I graduated, I went into advertising and continued creating communications. But after fifteen years or so of using my talents and abilities to sell other businesses' products, it began to get old. Something was missing—I felt like “I'd been there and done that.” So I started getting up an hour early each morning and using that time to write what I wanted to write, which delivered a message I thought would benefit others. Within a year, I'd written a book, and lo and behold it got published. I kept

doing that, and today I'm a full time author with more than three dozen books in print. Now, that's how I use my talents and abilities in service to others, and I love what I do. As a result, time not only continues to fly by when I'm at it, I've achieved what you can also achieve—lasting happiness—if you follow the path set out for you by this book.

About Your Dharma

Allow me to explain the concept of Dharma. According to a professor at the College of Metaphysics in Missouri, Dharma is a Sanskrit word meaning “statute” or “law.” She once told me Dharma is the law that orders the universe and the essential nature or function of a person or a thing. It is what we each have to give or to share with others. Even though a person may be good at something, he or she isn't fulfilling her Dharma if that person is primarily after acclaim or money. People who are using their Dharma in the most productive ways tend to be humble, which is not to say they don't or won't receive acclaim. Many do, but they are likely to feel the acclaim is not really deserved because they so thoroughly enjoy what they do and it comes so naturally to them.

“It is your soul's urge,” the metaphysics professor said. “When you are responding to your Dharma, you feel at

peace. Someday, after you grow old and look back at life, you will regard the time you spent putting your Dharma to work as the golden years. This is because people who are using their Dharma are passionate about what they do, as though it were a flame burning in them. They lose track of time. They're in the flow. And something else: Each person applies his or her Dharma in a way that is unique as though each of us is one piece of a giant jigsaw puzzle and we fit together to make up a whole."

There you have it. Identify your Dharma and develop a plan to get off the wrong career path and onto the path to your bliss, which is putting your Dharma to work in the service of others. That's the intention Source has for you, why you came to Earth, and how you can make a living by doing what you enjoy.

Perhaps you are thinking that all sounds well and good, but I probably will not be able to make a whole lot of money doing what I love. I will not argue about that. Maybe it's true. The question is whether you can make enough to put a roof over your head and food on the table, which brings to mind an observation made recently by the pastor of my church in one of his sermons. If you earn the minimum wage, which based on my state's rate today translates to about \$24,000 per year, and you suddenly get a raise to

\$100,000, your life will change dramatically and your sense of happiness and contentment will very likely increase—at least for a while. But if you make \$100,000 per year and get an increase to \$500,000, your life probably will not be all that different. Certainly, you will feel a momentary sense of joy. You might decide to throw a party. But as time marches on, your life will not fundamentally change. Oh, you might trade in your Toyota Camry and buy a Maserati. You might sell your house on Elm Street and buy a bigger one on Grove. But the Camry was already getting you where you wanted to go, and the house on Elm kept out the rain and the cold and probably had central air.

The people I know who make half a million a year do not appear any happier than those who make considerably less. The cliché is true: “Money can’t buy love,” and beyond the amount needed to cover basic needs, it can’t buy happiness. Lasting happiness is found within and by doing what you love, which means using your Dharma in service to others. So as long as you can make enough to purchase the food you need, as well as shelter, clothing, transportation, and medical care, why not go for it?

All right, then, let’s say you have determined your Dharma and how you can put it to work in service to others. What will it take to get off the current, wrong path, and onto

the path to your bliss? It will take time, and it will take a plan. So identify the obstacles and work out a step-by-step plan and timetable to get around them. Keep taking full-day timeouts as often as possible in order to put your plan down on paper, and don't stop taking timeouts once you have done so. I suggest you set aside a full day once each month to update, add to, and refine the plan.

And don't be naïve about this process. Understand and accept that it will take time and perseverance. Continue to take ten or fifteen minutes to meditate every day, and a full day each month to think and plan. In between, listen to the still small voice within. Review your life and think about the decisions that brought you where you are today and where the new ones you have identified are taking you.

In your day-a-month library time, think back and try to remember why your Higher Self chose the circumstances of your birth. Why did you pick those particular parents? There had to be a reason. Was it something they could teach you? Did they seem like good, caring people who would let you follow your bliss? Were the circumstances right for creating situations that would enable you to put your Dharma into practice? I can tell you this: I've reached the age when I can look back on my life and see how such things were in place for me and why I selected the time, the

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place, and the parents I did. Now, it all makes perfect sense.

I suggest you take the time to do the same because it will help keep you motivated. After all, this is your life. Don't you want to make the most of it? As long as you are back in the Garden, don't you want to experience that ongoing feeling of fulfillment and joy?

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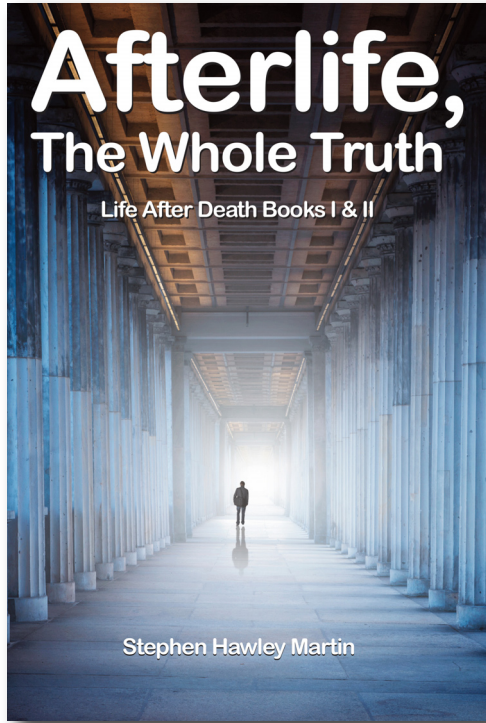
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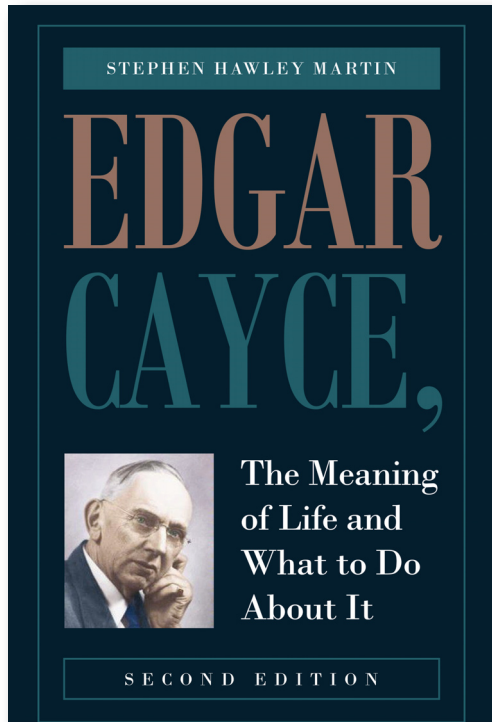
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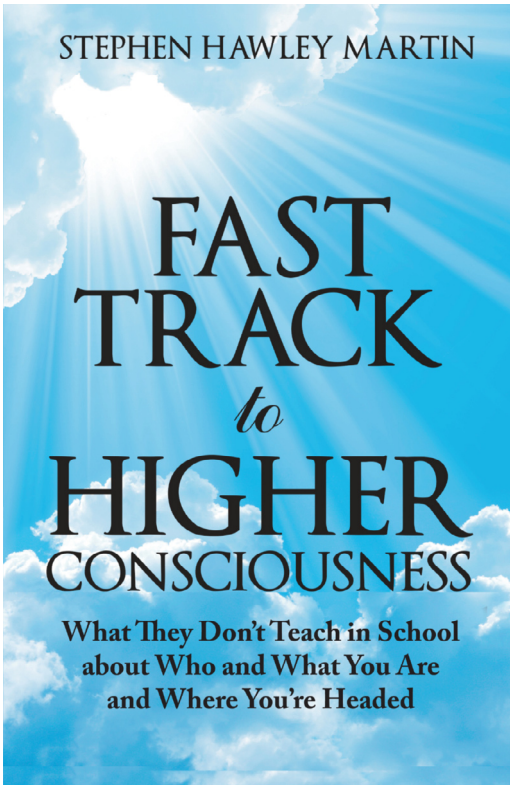
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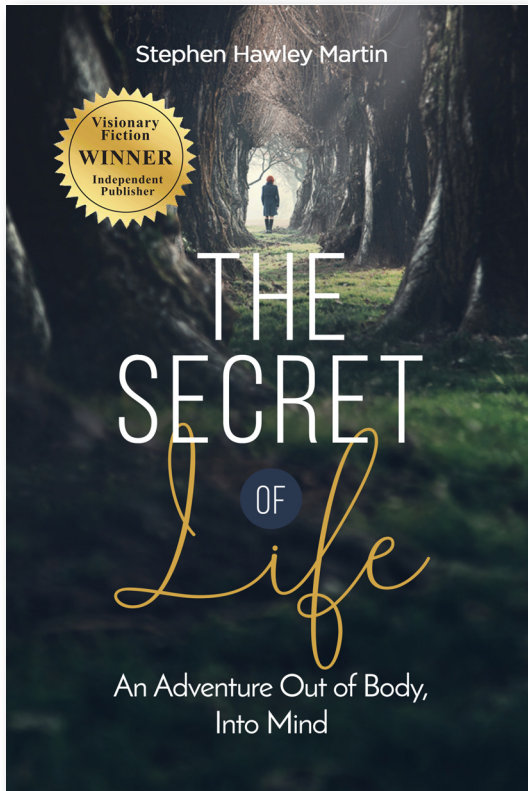
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