

# WHO YOU ARE AND WHY YOU ARE HERE

*The Truth That  
Will Set You Free*



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The two books contained in this volume are:

*The Secret of Life*  
*Accept It, Embrace It, Discover Pure Joy*

And

*A New Cosmology*  
*An Advance Look at What Everyone Will Know in 2121*

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## FOREWORD

As the title indicates, this book reveals who you are and why you are here on Earth. In addition, it explains how this universe came to be. Knowing the truth will make you someone who has his or her feet placed firmly on solid ground, and once you know where you stand, the result will likely be a level of confidence and a sense of purpose that few experience in what can be a chaotic and confusing world.

An earlier version of this two-book volume was published years ago under a different title, *The Secret of Life and the Beginning of Time*, because at that time it didn't completely answer the questions this new title raises. Since then, the missing information has been revealed. So the decision was made to update the book with that information and to reissue it with a title that clearly communicates that it contains absolutely stunning revelations.

Humanity appears to be passing through a period of great change. Nevertheless, even though many individuals are waking up, the majority alive today still do not have a solid, fact-based understanding of who they are and why they find themselves on this speck of dust in a spiral arm of the Milky Way. Reading this book will fix this. No longer does anyone have to sleepwalk through life because what they need to know to put themselves on a path to fulfillment can be found on the pages that follow, and when they do, most will achieve an ongoing, underlying sense of joy.

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Thanks in advance for embarking on this journey of awakening with me. If you have any thoughts, insights, or comments to share, I can be reached through my website where you can also learn about some of my other books. Here's the URL: [www.shmartin.com](http://www.shmartin.com).

Stephen Hawley Martin  
October 17, 2025

# **Book One: The Secret of Life**

**Accept It, Embrace It, Discover Pure Joy**

**by**

**Stephen Hawley Martin**

# **Chapter One**

## **Why It Isn't Easy to Accept the Secret**

Knowing and embracing the secret of life can bring joy and banish fears and concerns from small ones to those extremely large. Yet the secret is an easy-to-understand truth that will seem obvious—a virtual no-brainer—to any intelligent, open-minded individual who seriously considers the facts supporting it set forth in this book. Nevertheless, perhaps only one in a million knows the secret, and the reason is simple. The worldview of the vast majority of those alive today is woefully wide of the mark. As you will see if you read ahead, what most people think is the way things are is totally inaccurate due to erroneous information that continues to be taught in schools and universities.

Before you read further, however, I suggest you give some thought to whether you really want to know the secret. Once you have read this book, there will be no going back. You will know the truth, but likely no one else in your circle will share that knowledge. You will probably want to tell them what you've learned, but without knowing the facts contained in this book, they likely won't believe you. They may even laugh and dismiss what you say out of hand, which can make for a lonely and frustrating situation. On top of that, you will have to rearrange your worldview and perhaps even your outlook on life, and that may not be easy. Depending on your job or career and your current beliefs, the process may take a great deal of introspection, which may cause



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psychological pain and anguish. With that in mind, I suggest you consider what the poet Thomas Gray wrote some 250 years ago: “Where ignorance is bliss, ’tis folly to be wise.” In other words, if you are totally happy with the worldview you now hold and don’t want to upset the apple cart of your mind, it might make sense for you to close this book now and find something else to read.

Do you really want to know the secret? Are you sure? Okay, then, let’s move ahead.

Whether we realize it or not, we each have a worldview—a model in our minds of how things work. You might think of this as a stack of cans that forms a pyramid you might see as a grocery store aisle-end display. Each can represents an individual belief. Each belief in the display supports other beliefs. Change a foundational belief, and the whole thing might come tumbling down.

In the past hundred years or so, it seems to me that scientists have been presented with information that ought to have caused them to tear down the Scientific Materialist view of reality most of them still cling to and rebuild it from the ground up. Rather than do so, however, it appears that most of them have taken the easy way by dismissing as anomalies information that does not fit what they believe. If enough of these so-called anomalies build up, I suspect they will be like water backing up behind a dam. Unless scientists can explain how the phenomena described in this book can happen, given the Scientific Materialist paradigm, it is only a matter of time before that dam is going to burst. So that you will understand what I mean, let’s take a look at how we got to the worldview, or model of reality, that eventually will be washed downstream.

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There was a time, anthropologists tell us, when humans felt at one with nature. This can still be seen today in primitive cultures. Called pantheism, humans felt they were an integral part of the ecosystem. The Divine showed itself in many forms and was present in all things.

But as humans grew more self aware, they began to feel separation. The myth of Adam and Eve recalls the time when humans parted company with the view that they could commune with the Divine. They cut the cord by exercising free will.

No longer seeing God in themselves and in others, we humans conjured up gods outside ourselves. In ancient Greece, for example, many gods representing various human qualities were thought to exist. The worldview that evolved in those ancient times had man in the middle between two worlds—a place the Chinese referred to as the Middle Kingdom. The gods lived above the clouds of Mt. Olympus, although they did come to earth now and then, mostly to cause problems for humans.

Below the Middle Kingdom—what caused it to be in the middle—was the underworld, home of the dead, where Hades was in charge and the three-headed dog Cerberus guarded a gate one got to after crossing the River Styx.

Different cultures had different takes on this three-layered universe. Then as now, ideas about God and gods differed depending on the group one belonged to. The Egyptians had Bal. The Jews had the god of Abraham. The Romans and the Greeks had a pantheon full.

Then came Jesus of Nazareth and the idea emerged that only one God ruled over creation—although He did have

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angels and eventually saints who took up some of the positions left vacant by departing Roman and Greek gods. This God tended to be anthropomorphic—a man with a long white beard—as can be seen in Michelangelo’s painting on the ceiling of the Sistine chapel.

In 1994 Karen Armstrong published a book, *A History of God*, which chronicled history of the emergence of the concept of one God. Because of this idea, the worldview changed somewhat. God and angels replaced the pantheon of gods above the clouds. A fallen angel, Satan, replaced Hades. The place below the ground became hell rather than the underworld—where evildoers went. The good folk would be raised at the end of time on judgment day and given new, light bodies.

This view held sway for better than a thousand years but was destined to change again because of a new scientific discovery by Christopher Columbus (1451-1506).

Columbus lived on high ground overlooking a Mediterranean harbor. I have visited the ruin of what is said to be the house where he grew up. In that part of the world there is almost no humidity and the air is very clear. If Columbus had good eyes, he would not even have needed a spyglass to see ships climb up over the horizon as they approached the harbor. I’ve witnessed this myself. Columbus could see the world was round and he must have decided to prove it by sailing west to get to the spice islands of the East Indies.

Columbus apparently never realized it, but he didn’t actually get there. Nevertheless, some of Ferdinand Magellan’s (1480-1521) crew did, and beyond. Of the 237 men who set out on five ships in 1519, 18 actually completed the circumnavigation of the globe and returned to Spain in 1522.

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The newly realized fact that the world was round forced the then commonly held worldview to change. Nevertheless, since people and, most important, Church leaders believed that God had created it, the earth remained at the center of the universe. Now heaven, the dwelling place of God, was seen as being somewhere above the stars. Hell was still beneath the ground, down where it was hot, the place from which molten lava spewed when volcanoes erupted.

It wasn't long before this worldview had to be updated. A fellow named Nicolaus Copernicus (1473–1543) determined the sun was at the center of the solar system. But the Church—the authority back then as science is today—pretty much ignored this concept because it did not go along with accepted canon.

A century later, along came Galileo Galilei (1564–1642), a man who would not leave well enough alone. Galileo—among other things an astronomer—championed Copernicus's assertion as proven fact. As a result, Galileo started having to watch his back. This was heresy. At that time people were being burned at the stake for less. Indeed, the leaders of the Church told Galileo he'd better recant, and he did. As a result, Galileo got off easy, spending the final years of his life under house arrest on orders of the Inquisition.

But even the Church couldn't keep word from getting out. Gradually, the accepted views of the day began to change.

In 1675, a Dutchman named Antoni van Leeuwenhoek (1632-1723) —an amateur lens grinder and microscope builder—saw for the first time tiny organisms he called “animalcules” living in stagnant water. He also spotted them in scum collected from his teeth. Leeuwenhoek didn't know

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or even speculate that “animalcules” might cause disease. It took until the late nineteenth century and Louis and Marie Pasteur for that revelation to dawn. At the time, the idea that creatures so small they were invisible to the naked eye entered the body to make a person sick and sometimes die would have seemed totally absurd. It was thought demons and the devil caused such things, or that God did it to punish sinners. In 1692 Salem, 18 were hanged and one was crushed to death because they were thought to be witches in league with Satan. No wonder after that, and down until today, the idea of Satan and demons and witchcraft was thought to be pure superstition. To believe in such things was to invite witch-hunts and mass hysteria, and nobody wanted that.

Even so, a new day was dawning, a period alternately referred to as “The Age of Enlightenment” and “The Age of Reason.” An English philosopher, Thomas Hobbes (1588-1679), had argued that aside from God—the “first cause” who created the material world—nothing existed that is not of the material world. The logic he used was simple. How could it be if God created everything?

This view was ultimately to lead to the great clock maker theory, the idea that God created the universe, wound it up, let it go, and was no longer involved in its operation. Natural laws also had been created that kept what had been set in motion going. Called Deism, many founding fathers, including Thomas Jefferson, subscribed to this view.

Hobbes had a big impact on the Age of Enlightenment, which was to pick up steam in the eighteenth century. But the big kahuna was Sir Isaac Newton (1643 – 1727), an English physicist, mathematician, astronomer, natural philosopher,

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alchemist, and theologian. Certainly one of the most influential men of all time, his *Philosophiæ Naturalis Principia Mathematica*, published in 1687, is considered to be the groundwork for most of classical mechanics. Newton described universal gravitation and the three laws of motion that dominated the scientific view of the physical universe at least until the advent of quantum mechanics. It seems safe to say Thomas Hobbes's materialistic view of reality coupled with Newton's mechanistic view is the bedrock of scientific thinking today, except among quantum physicists.

The prevailing worldview that emerged from the Age of Reason was that the universe might be compared to a giant machine. The Sun was at the center of the solar system. The Earth and planets revolved around it. Nothing existed but the material world. What was thought of in the seventeenth century and earlier as the invisible world of spirit did not exist. Everything that happened had a logical cause. Natural laws governed everything.

In 1859 an Englishman, Charles Darwin, published *On the Origin of Species*, a seminal work in scientific literature and a landmark work in evolutionary biology. Its full title, *On the Origin of Species by Means of Natural Selection, or the Preservation of Favoured Races in the Struggle for Life*, uses the term "races" to mean biological varieties. Darwin's book introduced the theory that populations evolve over the course of generations through a process of natural selection. It presented a body of evidence indicating the diversity of life arose through a branching pattern of evolution and common descent. In other words, God had not created the variety of life on the planet, nor had He created humans. All this had

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happened through a natural—what might be seen as mechanical—process. This became accepted as fact among the educated classes.

But astute scientists then and now realized something important was missing from Darwin's theory. It cannot be reconciled with the second law of thermodynamics, or the Law of Entropy—the fact that in a closed system things tend to break down and fall apart, rather than get better. In other words, your old car is not going to get better all by itself. It's going to require outside help, meaning you are going to have to write a check or pull out a credit card.

How then could life get more complex by accident? What caused DNA and its complicated computer-code like structure that directs the manufacture of proteins? In an upcoming chapter we will take a look at just how complicated the mechanism is. On top of that, what caused eyes, kidneys, hearts, livers, ears, and all those complex systems to develop?

Nevertheless, Darwin's theories reinforced the rationalist idea that the so-called supernatural was a figment of human imagination and—not wanting to be burned at the stake—most scientists probably wanted to keep it safely buried. Life and its diversity were results of a natural process known as survival of the fittest coupled with the environment in which a particular species had evolved. Intelligence and mind had evolved as life had evolved and had reached its pinnacle in humans. Mind and intelligence were produced by an organ, the brain, which had resulted from this evolution. Thought was created by the brain and would later be envisioned as being a result of electrons jumping across synapses. It was contained within the skull. ESP was impossible and so was remote viewing and mediumship.

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With this worldview, a wedge was inserted and hammered in between science, religion and any possibility of things so called supernatural or paranormal. Hobbes had said nothing existed but the physical. If this were so, where could God possibly reside? What about the heavenly hosts? Thought was contained within the skull so what possible good could prayer do?

A line was drawn. Educated men and women could not believe in God and prayer or angels or ghosts and demons, which were seen as figments of ignorance and superstition. Many may have had a yearning for God—as humans seem to for the spiritual—but could not rationalize His existence. All were forced to choose between religion and science, though many attempted to straddle the line—as they still do today.

Now, at the end of the first quarter of the twenty-first century, this worldview continues to be the only socially acceptable one in some circles. But there are signs it is beginning to crumble. Hundreds of thousands, perhaps millions, have shifted to a new worldview based on a new branch of science called quantum mechanics and the findings of scientific research that do not fit the materialist-reductionist mold.

Let's look at some of the pioneers who have not been afraid to speak out, as well as their ideas and discoveries that conflict with the prevailing nineteenth-twentieth century worldview. The following does not in any way represent an exhaustive list. My apologies to anyone who feels left out, and to anyone who thinks I have overlooked a key figure.

Matter = Energy



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In 1905, Albert Einstein (1879-1955), a German-born theoretical physicist, published a paper proving that light behaves both as a wave and as particles. This, as well as Einstein's famous formula,  $E = MC^2$ , indicates reality and matter are not what they seem. Matter or mass as it is referred to in this formula is equivalent to energy and vice versa.

In 1912 Swiss psychiatrist Carl Jung (1875-1961) published *Wandlungen und Symbole der Libido* (known in English as *The Psychology of the Unconscious*) that postulated a collective unconscious, sometimes known as collective subconscious. According to Jung there is an unconscious mind shared by a society, a people, or all humanity, that is the product of ancestral experience and contains such concepts as the classic archetypes, science, religion, and morality.

Quantum physicists came along who expanded on Einstein's work. Niels Henrik David Bohr, a Danish physicist, made fundamental contributions to understanding atomic structure and quantum mechanics, for which he received the Nobel Prize in Physics in 1922. He is quoted as having said, "Everything we call real is made of things that cannot be regarded as real."

Nothing is really solid. Everything is energy—vibrations.

Ironically, the true nature of reality has been known by a few scientists for almost a hundred years. It was revealed succinctly by Max Planck, born 1858 and died 1947, in an article that ran in the British newspaper, *The Observer* on October 25, 1931. Even though Max Planck was a Nobel Prize-winning German physicist and the father of quantum theory, Scientific Materialists have ignored his words because

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they do not fit with what they believe. Planck was quoted in that article as having said, “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.”

Max Planck also said, “As a man who has devoted his whole life to the most clear headed science, to the study of matter, I can tell you as a result of my research about the atoms, this much: There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together... We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.”

Also in the early 1930s a man named J. B. (Joseph Banks) Rhine moved from Harvard University to Duke to set up a parapsychology laboratory. Rhine not only founded the parapsychology lab at Duke, he also founded the *Journal of Parapsychology* and the Foundation for Research on the Nature of Man. His double blind studies conducted largely between 1930 and 1960 established that ESP exists and is real. Not mentioned in our earlier discussion, they also showed psycho kineses—mind over matter—is real as well, at least to a small degree.

His findings were either scoffed at or ignored by the scientific community then as they continue to be today.

In 1953, Eugen Herrigel (1884-1955), a German philosopher who taught philosophy at Tohoku Imperial University in Sendai, Japan, from 1924-1929 published the

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book, *Zen and the Art of Archery*. This introduced Zen Buddhism to the West and the concept that “All Is One,” i.e., everything is connected rather than made up of separate parts. How else could Zen masters shoot arrows while blindfolded and consistently hit the bull’s-eyes of targets many yards away?

In 1966 a British philosopher named Alan Watts (1915-1973) published a book called *The Book: On the Taboo Against Knowing Who You Are* that went into detail about Buddhist thought. Known as an interpreter and popularizer of Asian philosophies for a Western audience, Watts wrote more than 25 books and numerous articles on subjects such as personal identity, the true nature of reality, higher consciousness and the meaning of life. His writings and ideas fueled a new movement which came to be known as the New Age.

A polygraph expert named Cleve Backster began research in 1966 that demonstrated living plants tune into the thoughts and intentions of humans as well as other aspects of their environments, thus indicating some sort of hidden mental connection between living things. His findings were ridiculed, but have since been confirmed by other researchers.

In 1978 a young man with a B.A., M.A., and Ph.D. from the University of Virginia and an M.D. from Georgia Medical School named Raymond Moody (born 1944) published a book called *Life After Life*, in which he detailed the experiences of people who had been clinically dead and resuscitated.

Also in 1978, a psychiatrist named M. Scott Peck (1936-2005) published a book that became a huge bestseller called, *The Road Less Travelled: A New Psychology Of Love, Traditional Values And Spiritual Growth*. Among other

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things, Peck's book dealt with the phenomenon of grace. He said grace was both common and to a certain extent, predictable. He also wrote that, "grace will remain unexplainable within the conceptual framework of conventional science and 'natural law' as we understand it." Grace is the unseen force that brings the best possible results out of unfortunate events and circumstances, i.e., "every cloud has a silver lining." In Peck's own words, "There is a force, the mechanism of which we do not fully understand, that seems to operate routinely in most people to protect and encourage their physical health even under the most adverse conditions." His book gives specific examples.

In 1979, Gary Zukav, a former Green Beret during the war in Vietnam, published a book called the *Dancing Wu Li Masters: An Overview of the New Physics*. Targeted for laymen, it explained the basics of quantum physics in everyday language, i.e., without the use of complicated mathematics. Zukav concluded that "the philosophical implication of quantum mechanics is that all of the things in our universe (including us) that appear to exist independently are actually parts of one all-encompassing organic pattern, and that no parts of that pattern are ever really separate from it or from each other."

Also in 1979, James Lovelock published a book called *Gaia: A New Look at Life on Earth* that explained his idea that life on earth functions as a single organism. In contrast to the conventional belief that living matter is passive in the face of threats to its existence, the book explored the hypothesis that the earth's living matter—air, ocean, and land surfaces—forms a complex system that has the capacity to keep the Earth a fit

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place for life. Since *Gaia* was first published, many of Jim Lovelock's predictions have come true.

In the mid 1980s a television series appeared on PBS called *The Power of Myth*, featuring author and Sarah Lawrence College Comparative Religion Professor, Joseph Campbell (1904-1987). These programs made an impact on a significant segment of the public and opened their eyes to the possibility of the existence of what might be termed "a spiritual dimension." This can be summed up using Campbell's own words, "Anyone who has had an experience of mystery knows there is a dimension of the universe that is not available to his senses."

In July, 1988, Dr. Randolph Byrd, a cardiologist, published an article in the *Southern Medical Journal* about the effects of prayer on cardiac patients. Over a ten-month period, he used a computer to assign 393 patients admitted to the coronary care unit at San Francisco General Hospital either to a group that was prayed for by home prayer groups (192 patients), or to a group that was not prayed for (201). A double blind test, neither the patients, doctors, nor the nurses knew which group a patient was in.

The patients who were remembered in prayer had remarkably, and a statistically significant number of better experiences and outcomes than those who were not prayed for. Also, fewer prayed-for patients died, although the difference between groups in this case was not large enough to be considered statistically significant.

In 1994 Rupert Sheldrake, a British biochemist, published a book called *A New Science of Life*. Sheldrake offered evidence that what he called "morphogenetic fields" worked

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together with an animal or a human's genes to form and shape the embryos that develop in mothers' wombs, saying that it was illogical to think that genes could do the job alone since all they actually do is produce proteins. Sheldrake wrote that if they also determine the shapes and parts of a body it would be "rather like delivering the right materials to a building site at the right times and expecting a house to grow spontaneously."

In 1995, Raymond Chiao, a Hong Kong native and quantum physicist then teaching at the University of California at Berkeley, published a paper about a series of experiments. The paper, reported upon in a July 1995 issue of *Newsweek* magazine, said that what researchers knew or did not know about certain aspects of each experiment had a predictable determination on their outcomes. In other words, what was in the researchers' minds—i.e. thought—apparently determined the result. In the *Newsweek* article reporting on this, Nobel Prize winning physicist Richard Feynman was quoted as having said this is the "central mystery" of quantum mechanics, that something as intangible as knowledge—in this case, which slit a photon went through—changes something as concrete as a pattern on a screen.

As will be discussed, in 2001, F. Holmes Atwater published a book detailing how he set up and managed—from 1979 until his retirement from the Army in 1988—a remote viewing unit of U. S. Army intelligence. In other words, psychics were used to gather what turned out to be accurate and important intelligence on the Soviet Union and Soviet Block nations.

Also in 2001, a study published in the September issue of the *Journal of Reproductive Medicine* showed that prayer was

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able to double the success rate of in vitro fertilization procedures that lead to pregnancy. The findings revealed that a group of women who had people praying for them had a 50 percent pregnancy rate compared to a 26 percent rate in the group of women who did not have anyone praying for them. In the study—led by Rogerio Lobo, chairman of obstetrics and gynecology at Columbia University’s College of Physicians & Surgeons—none of the women undergoing the IVF procedures knew about the prayers on their behalf. Nor did their doctors. In fact, the 199 women were in Cha General Hospital in Seoul, Korea, thousands of miles from those praying for them in the U.S., Canada and Australia. This collaborates with other studies and quantum physics theory that distance is not a factor at the subatomic level of mind.

Studies similar to this have been and are being carried out by a consortium of scientists put together by Lynne McTaggart, author of the book published in 2002, *THE FIELD: The Quest for the Secret Force of the Universe*, and her 2008 release, *The INTENTION EXPERIMENT: Using Your Thoughts to Change Your Life and the World*. When she was on my show in early 2008, she described some of these experiments and the terrific success she and her colleagues have had. She said several of these studies were already being prepared for publication.

In 2007, Stephen E. Braude, then a professor of philosophy at the University of Maryland Baltimore County, published *The Gold Leaf Lady and Other Parapsychological Investigations*. The book tells the story of Katie, a woman who demonstrated that mind can produce matter—in this case brass: 80% copper and 20% zinc with its huge implications

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for quantum physics and the origins of the physical universe. I report on this in detail in other books.

Also in 2008, Julie Beischel, Ph.D., published a peer-reviewed paper in *The Journal of Parapsychology* in which she concluded, “. . . certain mediums can report accurate and specific information about the deceased loved ones (termed “discarnates”) of living people (termed “sitters”) even without any prior knowledge about the sitters or the discarnates and in the complete absence of any sensory sitter feedback. Moreover, the information reported by these mediums cannot be explained as a result of fraud or ‘cold reading’ (a set of techniques in which visual and auditory cues from the sitter are used to fabricate ‘accurate’ readings) on the part of the mediums or bias on the part of the sitters.”

In summary, we humans developed a mechanistic view of reality in the eighteenth and nineteenth centuries that more recent research reveals does not hold water. The truth was revealed by Einstein, Planck, and other quantum physicists. The foundation of reality is consciousness and it is created, as Max Planck said, by a conscious and intelligent mind that is the matrix of all matter. Nothing is solid, everything is vibrations. The universe is energy, the foundation of which is consciousness, i.e., mind,, as Max Planck said. The implications of this are huge, only a few of which will be covered in this book.

The time has come for science to acknowledge that we are not comparable to machines—as the nineteenth-twentieth century paradigm still holding sway would have us believe. We are not assemblies of parts that somehow evolved out of



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the muck and developed a computer-like organ called the brain that miraculously creates awareness inside our skulls. This is something you need to understand and accept before the secret of life is revealed, which is why in the next chapter we will take a closer look at when and how science got off track.

## Chapter Two

### A Flawed Premise

The fundamental principle of science as it is taught in schools today, i.e., Scientific Materialism, is that nothing exists except material substance: “matter,” in a single word. If matter is all there is, however, consciousness and intelligence could not have existed until evolution produced a brain. But, as you are about to see, powerful evidence suggests otherwise.

In 1957 Francis Crick [1916-2004] discovered that the chemical subunits along the interior of the double helix of DNA function like alphabetic characters in a written language, or the digital characters such as the zeros and ones in a computer code. No doubt you’ve seen DNA code printouts. Crick realized they direct the construction of proteins and protein machines that all cells need to stay alive. In other words, it came to light that digital information directs the construction of the crucial components of living cells. Therefore, to explain the origin of life, one would have to explain how this complicated processing system came about.

How complicated is it? According to an article on the website of *BBC Science Focus Magazine*, the UK’s leading science and technology monthly: “The DNA in your cells is packaged into 46 chromosomes in the nucleus. As well as being a naturally helical molecule, DNA is super-coiled using enzymes so that it takes up less space. If you stretched the DNA in one cell all the way out, it would be about two meters long and all the DNA in all your cells put together would be about twice the diameter of the Solar System.”

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How incredible is that? The strand of DNA in a single cell is six feet, six inches long. That's a lot of code when you consider that the size of the characters in the code is microscopic. Think of the enormous amount of information packed into it.

It should go without saying that whenever we see information, and we trace it back to its source, whether it's computer code, a paragraph in a book, or a computer program, there is always an intelligent input that accounts for that information. This indicates, of course, is that intelligence is behind the origin of life, and yet an ardent Scientific Materialist would argue that given infinite time, anything can occur—for example, that a room full of monkeys with typewriters would produce *War and Peace* or the complete works of Shakespeare with no typos, given enough time.

What argues against this is that the universe began with the Big Bang 13.8 billion years ago and the realization that the earth is only about 4.5 billion years old. Of course, it's true that some scientists argue against the theory that the universe had a beginning. They believe the universe has always existed and that it contracts and expands. But whether it had a beginning or has always existed and contracts and expands, the result would be the same—it got off to a (perhaps new, after an infinite number of previous) start(s) 13.8 billion years ago. This is indicated by a broad range of phenomena, including the abundance of light elements, the cosmic microwave background (CMB), large-scale structure and Hubble's law, i.e., the farther away galaxies are, the faster they are moving away from Earth.

According to calculations made by mathematicians who are a lot smarter when it comes to arithmetic than I am, the

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odds are much too long for life to have happened by accident, given that the earth is only 4.5 billion years old and life began on earth 3.77 years ago. That leaves 730 million years for the moneys to have typed out six feet, six inches of microscopic code—with no typos.

I can almost hear someone reading this book thinking: “Yeah, well, maybe life was brought here by a space alien.” Maybe. But where did he or she get it? And who or what created the space alien?

It seems to me that anyone who thinks deeply about what is written above would have to come to the conclusion that information resembling computer code that directs something complicated to happen must be the product of some sort of intelligence. And yet that would have been impossible if material substance—matter—is all there is because, to repeat what was just stated, if that were the case, intelligence could not have existed until evolution produced a brain.

Not every scientist has turned a blind eye to the facts. After Click’s discovery, a number of them began to see that there must be some sort of guiding intelligence responsible for the origin of life. I know this from personal experience because I read a book more than forty years ago that put forth that argument. Published in 1975, it refuted the idea that intelligence, consciousness, and awareness, came about as a result of evolution. The book was entitled *Intelligence Came First*. It was produced by a group of well qualified individuals that met monthly to read and discuss material that was compiled and edited by Ernest Lester Smith [1904-1992], a Fellow of the Royal Society—the prestigious scientific academy of the United Kingdom, dedicated to promoting excellence in science.

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*Intelligence Came First* caused quite a bit of controversy when it came out. Among other things, the book put forth the DNA, computer code argument above, and it also noted that throughout the eons of evolution, needs have preceded the organs through which they are fulfilled—eyes, ears, taste buds, hearts, kidneys, and so forth. Since each new organ developed in response to a need, the book's contributors argued, why would the brain be an exception? The conclusion the book's authors and contributors came to was that intelligence came first, quite able to function in its own realm.

I still have a copy of this book, which has long been forgotten perhaps by everyone except me—because Materialists shouted it down with a vengeance. But think of the intelligence that would be required to design any one of those organs. Could all of them have come about by chance, i.e., random mutations followed by natural selection? Who that's really thought about the complexity of an eye, a liver, or a kidney could possibly think it could have happened by accident? And yet it appears that back in 1975, the scientific community did just that, and apparently many still think that way today.

In 2007, many years after reading that book, I took the opportunity to become the talk show host and producer of an Internet radio show called *The Truth about Life*. For two years I read, and over that period of time interviewed, more than a hundred authors engaged in quests for truth. Among them were medical doctors, parapsychologists, metaphysicians, physicists specializing in quantum mechanics, near death survivors, theologians, psychiatrists, psychologists, and all manner of researchers into the true nature of reality. I don't

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recall any of these cutting-edge individuals who actually held to a Materialist point of view, except one guest who could not produce any facts to back up his claims. All he could come up with was something to the effect that a particular claim “cannot be so because it goes against what science tells us.” I found that about as convincing as<sup>212</sup>

a statement by an evangelical Christian that, “It can’t be so because the Bible says otherwise.”

Darwin’s theory is that mutations happen randomly and that those that help an organism survive long enough to reproduce are passed on to the next generation. That makes sense and is likely an important factor in how organisms adapt when their environments change. But how would that lead to an eye, or an ear, or a kidney?

Suppose, for example, that a chance process does result in something that’s moving in the right direction for the creation of a kidney—or to back up a bit, to the creation of computer-like code in DNA that makes life possible in the first place? Entropy, i.e., the natural direction of spontaneous change toward disorder, will work against making further progress. In other words, entropy will likely unwind that progress before additional progress can be made.

In summary, the chance-based argument is faulty for two reasons: 1) time works against the chemical synthesis of life, and 2) there is a limit to the amount of time for it to have happened. Using the example of a four-dial bike lock, for example, how likely is it that a thief will be able to break the four-digit code? The odds will be against it happening unless he has enough time to sample more than half of the possible combinations. Therefore, when assessing the plausibility of a random search for an informational sequence, it’s necessary

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to assess how many opportunities there are to do so, versus the complexity of the sequence.

With respect to life, it turns out that when you do the math, both in the pre-biotic case (the conditions that make life possible) and in the biological case (once life exists, that mutation and selection result in the evolution of life), the complexity of the sequences is so great—making the number of combinations that would have to be searched so large that there is not enough time to have built standard length functional proteins, much less life itself.

## **Chapter Three**

### **Consciousness and the Brain**

What if the brain doesn't actually create consciousness or store memories? What if it is in fact a receiver that might be compared to a cell phone or radio—one that integrates consciousness and the body? We are about to look at evidence that strongly indicates this is the case. Wouldn't this suggest the possibility that some sort of primeval intelligence might exist that created life in the first place?

When I was the host of the radio show mentioned in the previous chapter, I interviewed several scientists who were investigating this possibility. One was Julie Beischel, the Director of Research at the Windbridge Research Center (See: <https://www.windbridge.org/> ). Dr. Beischel has a Ph.D. in Pharmacology and Toxicology with a minor in Microbiology and Immunology. She uses her interdisciplinary training to apply the scientific method to controversial topics.

Dr. Beischel received her Ph.D. from the University of Arizona at a time when something occurred to prompt her to change the direction of her career away from pharmacology and to investigation of the paranormal. Her mother committed suicide. The death of a parent can be devastating—no doubt even more so when it happens by suicide—and Dr. Beischel wanted answers. I don't know what questions she might have had, but a basic one was likely, "Does my mother's consciousness still exist?" Dr. Beischel told me in our interview that science is her religion. Quite naturally, that's where she turned for the answer. She wanted to know what science could tell her about life after death.



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“Very little,” was what she found out.

As fate would have it, a good deal of what little research was being done on this subject was being conducted by Dr. Gary Schwartz at the University of Arizona—precisely where Dr. Beischel happened to be.

A book by Schwartz detailing his work with mediums was published in 2002 by Atria called, *THE AFTERLIFE EXPERIMENTS: Breakthrough Scientific Evidence of Life After Death*. Apparently, Dr. Schwartz had been subjected to a good deal of criticism from skeptics about this research. His critics claimed his methodologies were riddled with holes. Finding a spot for Dr. Beischel in his research laboratory no doubt made a lot of sense because she was trained to come up with methodologies no one could poke holes in. For the next couple of years she worked closely with him.

I asked Dr. Beischel about Dr. Schwartz’s work, much of which had been done before she joined him. She wouldn’t talk about that except to say when she came on board she felt more stringent controls were needed. In 2007 when Schwartz’s research turned in a different direction, Dr. Beischel and her husband, Mark Boccuzzi—who’d been researching hauntings—founded the Windbridge Institute.

Dr. Beischel then developed a methodology that passed peer review scrutiny with flying colors to test the abilities of mediums that claim to communicate with the dead. At the time of our interview, Windbridge was granting certification to mediums that successfully completed the screening process. It involved an intensive eight-step procedure that took about a year:

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Step 1: Written Questionnaire

Step 2: Personality/Psychological Tests

Step 3: Phone Interview (with an existing WCRM

Step 4: Phone Interview (with a Windbridge Investigator)

Step 5: Two Blinded Phone Readings

Step 6: Mediumship Research Training

Step 7: Human Research Subjects Training

Step 8: Grief Training

Each medium that became certified was required to agree to donate a minimum of four hours per month to assist in various aspects of the research, to uphold a code of spiritual ethics, and to abide by specific Windbridge standards of conduct.

Before we discuss Dr. Beischel's mediumship research, let me define some terms. A "discarnate" is a dead person with whom a medium supposedly communicates. A "sitter" is the loved one of the discarnate for whom the reading is done. A "proxy sitter" is someone who asks the medium questions in place of the sitter. A proxy sitter must be someone that knows nothing about the discarnate.

The procedure was as follows. Two different, unrelated individuals (sitters) were selected that each wanted to contact a deceased loved one. Questions were developed for the discarnates of these sitters, including specifics such as a physical description, cause of death, and the discarnate's occupation or hobbies during life. The discarnates to be contacted in these paired sessions had to be of the same sex but have different physical descriptions, occupations in life, ages, and manners of death. This was done so that no confusion would be possible concerning which of the two

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discarnates was responding, assuming the answers given through the medium to the proxy sitter were correct.

Dates and times were set for the readings, usually on separate days.

Sitters were not told the times or dates of readings but were asked to request that the deceased loved one communicate with the medium at the designated time.

A proxy sitter that had no knowledge of a discarnate except for the first name contacted the medium by telephone at the prescribed date and time.

Let's say the discarnates are Suzie and Betty. The session asking the medium questions for Suzie would be recorded and then transcribed.

On the day and time of the next reading, the questions for Betty would be asked. This session was also recorded and transcribed. Ambiguous answers were adjusted so that they lacked ambiguity. For example, if the medium said Suzie's hair color was reddish, the answer was changed to "red."

Following these sessions, both sitters were given both sets of answers—without names on them. They were asked to score the answer to each question for accuracy and then rate each report on a scale of one to six based on how strongly each report portrayed the loved one (the discarnate) the sitter had hoped would be contacted.

This procedure eliminated the possibility of fraud. All the proxy sitter and the medium knew about a discarnate was his or her first name, making it impossible to find out anything about the deceased individual through conventional means. The medium could not give answers based on visual or verbal clues because the proxy sitter asking the medium questions

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knew nothing about the discarnate, and the session was conducted by telephone.

Rater bias also was eliminated. The sitter did not know which answer sheet was for his or her loved one and which was not. In addition, because the answers dealt in specifics—physical description, occupation, manner of death and so forth—ambiguity was eliminated, as was the tendency for wishful thinking on part of a sitter.

Dr. Beischel said that discarnates often found ingenious ways to communicate their presence and survival to a loved one. In one case, a discarnate communicated to the medium about a white car the medium had purchased on Halloween, which the medium had nicknamed “Casper”—for the friendly cartoon ghost. When asked why the discarnate might have done so, the sitter said, “Well, I suppose it’s because our last name is Kasperi.”

The results of this research were highly significant, statistically. On a scale of one to six—with one being not at all accurate, and six extremely accurate—the average score was about 3.5 for readings containing the loved one’s answers, and less than 2.0 for the control readings, which is a sizable difference. These two scores are the averages of many compilations done over time. Some readings had much higher scores and some lower. Even the scores of readings in which the discarnate may have decided not to participate have been averaged in.

Dr. Beischel told me that after a research session was done, sitters would often contact the mediums directly for a follow up session, and that follow up sessions normally produced accuracy scores in the neighborhood of 85 to 90 percent.

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The most obvious explanation for the findings of this research is that human consciousness continues after death. This is supported by research being conducted at the University of Virginia by Jim B. Tucker, M.D. and others. It is also supported by the experiences of the mediums themselves. All consistently reported a difference between a session communicating with a discarnate, and what is called a psychic reading, which is done for a living person. They typically feel a presence when dealing with a discarnate.

Dr. Beischel is not the only scientist to conduct experiments to see if thought extends beyond the confines of the brain. Back in the early 1930s a university with a new name and big ambitions hired a couple of men who wanted to unravel the mysteries of the paranormal. That university was Duke, located in Durham, North Carolina, one of the most prestigious in the United States. The men were William McDougall and Joseph Banks Rhine, most often referred to as J. B. Rhine. The organization they created was called the Duke Parapsychology Laboratory for many years. Today it is called The Rhine Research Center, and although it is no longer connected with the University, it is located adjacent to the Duke campus.

What motivated these men? They wanted most to prove or disprove the fact or fiction of life after death. On my radio show that aired the week of April 6, 2009, I interviewed journalist Stacy Horn who wrote a book chronicling the history of this organization from 1930 to 1960, including experiments that were conducted and the interaction of the many people with the lab over the years. This included such well-known celebrities Upton Sinclair and scientists such as

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Albert Einstein. The name of her book is *UNBELIEVABLE: Investigations into Ghosts, Poltergeists, Telepathy, and Other Unseen Phenomena*, from the Duke Parapsychology Laboratory (HarperCollins, ECCO Imprint, 2009). Stacy went into this project a skeptic about paranormal phenomena, but was no longer a skeptic when she came out of it.

Previously known as Trinity College, a grant by tobacco millionaire James B. Duke in 1924 prompted the name change. Perhaps, the newly reconstituted school was looking for ways to make its mark when it lured William McDougall from Harvard University to set up a department of psychology.

He was soon contacted by a man named John Thomas who had 800 pages of transcripts generated by mediums he had been working with. Thomas' wife had died unexpectedly during an operation, and Thomas had been devastated. He began working with mediums in order to communicate with her.

Thomas got encouraging results, but he wasn't sure he could believe them. Looking for verification of their authenticity, he traveled around the United States talking with mediums. He went to Europe, eventually, reasoning that mediums there would have no way of knowing anything about him or his wife. If they were able to come up with information that was accurate, it would be more convincing.

Ultimately, Thomas wrote to McDougall asking if he could send J. B. Rhine, then of Harvard University, and Rhine's wife Louisa, to Duke to study this material. McDougall agreed and Rhine came to Duke.

Rhine studied Thomas' transcripts. He was able to verify much of the information, and to all but eliminate fraud and

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lucky guesses. He traveled to Upstate New York, for example, investigating cemetery head stones to check out the veracity of genealogy of Thomas' wife indicated by a medium. The genealogy proved to be accurate. Not even Thomas himself knew if this genealogy was correct, but the information did check out. Ultimately, however, Rhine concluded that even though the information was correct, it could not be said with absolute certainty that the information was coming from Thomas' deceased and now disembodied wife because there was no way to prove that what Rhine called "superpsi," and others label "the Akashic Records," wasn't the source of information tapped into by mediums who had supposedly been in touch with Thomas' wife. Superpsi or the Akashic Records is thought to be a psychic reservoir—a compendium of all human events, thoughts, emotions, and intent ever to have occurred located in what might be described as a nonphysical "cloud storage" facility. The compendium is supposed to be accessible by those with sensitive psychic abilities.

Rather than continuing to work with mediums, Rhine decided to put his energy into the study of what became known as extra sensory perception, or ESP. He reasoned that if he could prove awareness extends beyond, and exists outside the body, a major step would be taken toward establishing the possibility of survival of consciousness after death. After all, for our consciousness to continue after death it has to be capable of existing outside the body and the brain.

Rhine's most famous experiment used what has become known as ESP cards. Developed specifically for this purpose, these had different symbols on them including a star, wavy

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lines, a cross, a box and a circle. Many of these experiments were conducted—mostly using Duke University students—to see if people could tell what symbols were on the cards without looking at them. It was found again and again that they could.

The controls employed in these experiments were refined over time until neither the students nor those testing them could see one another. Ultimately, research was conducted in such a way that not even the person conducting the experiment knew what symbol was on the card a student was to identify. The experiments turned up statistically significant results time after time, showing that ESP is real.

One of Rhine's subjects in the ESP experiments was particularly impressive. A divinity student, his name was Hubert Pierce. Rhine believed that everyone possessed psychic abilities, but his research indicates some people have more talent for it than others. This is of course true of other abilities. An extremely talented singer will wow the judges and go on to win American Idol, but most will fail miserably and get the boot at the first audition.

There were twenty-five cards in the ESP deck, and five different symbols. Therefore, one would expect to guess five correctly each time through, simply by chance. Hubert Pierce could consistently get more than five correct, as could a number of others. But the interesting thing is, and according to Stacy Horn this came up frequently in the research, emotions played a role. Hubert, for example, needed money. He was a poor, struggling college student. Rhine once told him if he got the next card right, he'd pay him a hundred dollars. Pierce got it right. Rhine said, "Okay, get the next one right, and you'll get another hundred dollars."



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Pierce got the next one right.

This went on through the entire deck. Pierce named all 25 cards correctly.

At one point, however, Hubert said he would not be coming into the lab for tests. His girlfriend had broken up with him, and he was heartbroken.

When he finally did come back, he did not perform well.

Another example of emotions playing a roll was the time Rhine tested the psychic abilities of children at an orphanage. One little girl became quite attached to a woman researcher. The little girl performed extremely well, apparently because she was eager to please, and wanted to prolong the session.

Something else that demonstrates awareness is nonlocal—at no particular place but everywhere at once—is the phenomenon of remote viewing. Those adept at remote viewing can direct their consciousness to be anywhere they want it to be. They use psychic powers to observe what's happening at a distant location—in terms miles and in some cases, time as well.

Back in the 1970s, the U. S. government learned that the KGB was using psychics to spy on the United States. Naturally, U.S. Intelligence leaders wanted to see if this actually worked. U.S. Army Major General Edmund R. Thompson, who was deputy Director for the Management and Operations for Defense Intelligence from 1982-84 is quoted as having said, "I never liked to get into debates with the skeptics, because if you didn't believe that remote viewing was real, you hadn't done your homework."

It is apparently a fact that remote viewing was used beginning in the early 1970s and continuing throughout the

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Cold War to keep tabs on what the Soviets and Eastern Block countries were up to in locations that couldn't be observed by spy planes, satellites, or operatives on the ground. In the spring of 2009, I interviewed F. Holmes Atwater, who set up a U.S. Army Intelligence unit called Stargate for the purpose of remote viewing. Atwater is known to friends as "Skip."

Skip got into this line of work through a series of what some people might call amazing coincidences, and others would say are synchronicities—events that look like coincidences, but happen for a reason. He grew up in a home with parents that took such things for granted. It was the sort of thing they talked about at the dinner table. As a kid, Skip told me he would go off on out-of-body trips almost nightly. Once, when he was seven or eight years old, it had to do with the problem he had with bedwetting.

"It was embarrassing," he said. "I had a big, brown piece of rubber on my bed so I wouldn't ruin the mattress. My parents didn't scold me, but they did make me wash my own sheets.

"I distinctly remember waking up one night, and I was all wet. I was screaming in anger, and my mother came in and said, 'What's wrong? Did you fall out of bed?'

"I said, 'No, I remember, I got up, and I went down the hall to the bathroom, and I sat down. And the minute I started to pee, I woke up here in bed, and I'm all wet.'

"I was mad as the dickens, and my mother hugged me and said, 'Oh, that's all right, don't worry about it. You know, Skip, sometimes you're in your body and sometimes you're out of your body, and you have to remember that when you're going to the bathroom, make sure you're in your body.'

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“[What she said] made perfect sense to me, and I said, ‘Oh, now I understand,’ and that was the end of my bedwetting.”

Skip was in the Army working for Army Intelligence when he came across a book called *Mind Reach* by Russell Targ and Harold E. Puthoff of the Stanford Research Institute. The book explained remote viewing, which didn’t seem at all unusual to him, given his experiences as a child. It was as though a light had suddenly flicked on. He instantly realized this could be used to gather intelligence.

At the time, Skip was in counter intelligence. It was his job to defend against wiretaps, bugging devices, and other forms of intelligence gathering by the enemy. No one in his counter intelligence unit had thought about remote viewing as a way the enemy might be spying on us. So Skip went to his commanding officer, a Colonel Webb, and gave him the book. After the Colonel finished reading it, Skip asked him if this remote viewing was being used on our side.

The Colonel had no idea. He thought if anything were going on, the Pentagon would be the place to find out. So he had Skip transferred to the Pentagon to take a position where he’d be in charge of a counter intelligence team. Skip would have the access he needed to find out about remote viewing and what if anything was being done about it to prevent the enemy from using it.

Before Skip was able to relocate to Washington, however, he received a change of orders. He was told to report to Fort Meade in Maryland. This was a better location for a young Army officer with a wife and children, which Skip had,

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because Fort Meade had family housing and good schools. It would be a much more affordable and pleasant place to live than Washington, D.C.

At Fort Meade, Skip was assigned to what was known as a SAVE team—Security Activity Vulnerability Estimate team. The job was to go to sensitive U.S. installations and try to penetrate them in any way possible—as the enemy might in order to gather intelligence. Then the team would make a report to the commanding officer and provide recommendations for improving security.

Skip moved into his new job and was assigned an office that had just been vacated. The file cabinet and most of the desk drawers had been cleaned out, and an office safe had been emptied, but he did come across three documents in a bottom drawer of the desk that turned out to be classified. They reported on remote viewing experiments taking place in the Soviet sphere, funded by the KGB.

Skip took the documents to his supervising officer, a Major Keenan.

The Major looked at them. “Oh, yes, I remember these,” he said. “The Lt. Colonel was very interested in this subject. Do you know anything about it?”

“Why, yes, I do, Major.”

The Major took a moment and sized up Skip. “Lieutenant,” he said, “from now on you’re in charge of it.”

And that’s how Skip got his wish and began a ten year career that eventually put him in charge of a remote viewing unit of the Army.

Skip soon learned that basic research had been underway since 1972 to check the validity of the Eastern Block

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experiments. The initial question had been whether reports of success were valid. It could have been that the Soviets were falsifying the results in order to create fear. The Stanford Research Institute had been retained to replicate the KGB experiments, and to the surprise of the U.S. intelligence community, the results had been positive.

By the time Skip got involved, the CIA and other U.S. intelligence agencies had been using natural psychics for some time to gather information, including well-known psychics such as Ingo Swann, who has since written several books on remote viewing. Skip's job became to set up, recruit and train remote viewers for U.S. Army Intelligence who might or might not have had prior experience using their psychic abilities. He developed a screening process, and for those who made the cut, a training program employing methodologies gleaned from accomplished remote viewers.

Skip's efforts met with success, but after a while he began looking for ways to enhance the results that his remote viewers were achieving. This led him to The Monroe Institute (TMI) in Virginia, where he worked as Research Director when I interviewed him.

Robert Monroe (1915–1995) had spent a career in broadcasting, culminating as a vice president of NBC Radio. After leaving NBC, Monroe became known for his research into altered states of consciousness. His 1971 book *Journeys Out of the Body* is said to have popularized the term “out-of-body experience,” or OBE.

Monroe's original objective had been to develop a process by which people could learn effortlessly—while they were asleep. He developed sound patterns that would help people

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reach a state that he called “Stage Two Sleep” and hold them in that state. Monroe experimented on himself and exposed himself to many varieties of sound. One night in 1956, quite unexpectedly, he found himself floating over his body. He panicked and thought the must be dying. He consulted medical doctors and psychiatrists about this, and eventually understood he wasn’t dying—that this experience was fairly common. As a result, he conducted more experiments to learn how to replicate what he had done, and to control it.

By the time Monroe came to Skip’s attention, he had established The Monroe Institute about 40 minutes by car from Charlottesville, Virginia, where the public could come to share in these sound-created experiences. Skip decided to investigate, and traveled from Fort Meade to Virginia to meet Monroe.

Skip, of course, was running a secret program for the U.S. Army and could not disclose the real reason for his visit. But he did explain to Monroe that he was interested in the work being done, had read his book, and had had out-of-body experiences as a child.

Monroe invited Skip to come into his laboratory. He took him to a room that had been set up and equipped for his experiments. He had Skip lie down. Skip became nervous. He was, after all, an intelligence officer on a surreptitious mission.

“What are these sounds I’ve heard about—these hemi-sync® sounds?” Skip asked.

“Oh, nothing to worry about,” Monroe said. “I’ll just play some music at first to calm you down.”

As soon as Skip was lying down on the bed with the

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headphones on, the door shut and the lights went out. He wondered what he'd gotten himself into.

Music came through the speakers. It turned into the sound of surf against the shore. This reminded Skip of happy childhood days spent playing at the beach.

Then droning sounds came on in the background and quite unexpectedly the bed began to rise off the floor as though it were being lifted by hydraulics the way a car in a service station is lifted for an oil change.

Skip thought, "Wow, this is a very special bed. They must have one of those lifts underneath it to push it up in the air."

As he was thinking about what must have been done to build it—the building had to have been constructed around it—he began to feel himself moving in a different direction. He seemed to be headed laterally, rather than up. That's when he realized it must not be a lift he was on. Yet the feeling was very strong, quite visceral, as though he were on an airplane circling into a landing approach. He saw or imagined that he was moving through a rock or crystal tunnel of some kind. Then he heard a voice.

"Whoa, there. What's happening, kid?" It was Robert Monroe.

"Well, I seem to be going somewhere," Skip said.

"Well, now, where're you going, kid?"

"I don't know," Skip answered.

Skip traveled along the tunnel, or corridor, and eventually came out of it in vast, open, white space. He said it was a little like being in a white cloud except there was no mist or fog. Everything was white, boundless, and there were no walls.

Perhaps the strangest part was that Skip watched himself arrive.

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He thought, Gosh, I've come all this way only to find I'm already here.

Skip said in our interview, "It sounds trite to say wherever you go, there you are, but that's exactly what happened to me."

He remained in the white space for a while. Then he heard Robert Monroe's voice again:

"What's happening?"

Skip was embarrassed because he'd forgotten he was in Monroe's laboratory lying on a bed.

He said, "Oh, nothing much."

"Okay . . . well, it's time for lunch."

This didn't make sense, but that didn't matter because Monroe changed the sounds coming through the headphones, and Skip felt the bed being lowered down to its original position. In a short time, the door was open and the lights were on.

Monroe was standing in the doorway.

Skip leaned over and looked under the bed.

"Oh, did you lose your wallet down there?" Monroe asked.

Skip was looking for the hydraulic lift, but there was none.

As a result of this experience, he learned there was definitely something to the sound technology Robert Monroe had developed, and the Army entered into a classified contract with Robert Monroe to do some training.

One man Monroe trained was perhaps the most outstanding remote viewer in the Army. His name is Joe McMoneagle.



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Joe had been in intelligence before joining Skip's unit. His personal story is fascinating and was related to me by a guest on my show who'd gotten to know Joe over the years through an association with The Monroe Institute.

In the early 1970s, Joe was the target of a successful assassination attempt while in the Army stationed in Germany, working as an operative in intelligence. Poison was the method. He was meeting with an intelligence contact at a restaurant, having dinner, when he felt nauseous. He excused himself and went outside to get some air. He walked around for a moment, and then saw a crowd gathered just outside the door. He went to see what the commotion was about, looked through the crowd, and could make out a body lying on the street.

People were saying, "He's dead, he's dead!"

Joe came closer and was shocked to see the body was his own.

Testing later showed he'd been subjected to a binary poison, one that becomes toxic when combined with another substance. This had allowed his assassin to slip him the poison and make his getaway before Joe sat down to dinner and consumed whatever had triggered the toxicity that killed him.

McMoneagle's consciousness, after viewing his body lying on the street, went toward the light and through the tunnel described by many near-death survivors. As is now considered typical in these cases, he arrived at a place where he was met by spiritual beings. There, he underwent some instruction and a life review.

We would know nothing of this if Joe's body had not been resuscitated. His recovery and recuperation took quite some time.

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What happened that evening changed Joe in several ways. He'd had psychic experiences before his NDE, but had kept them to himself. He no longer did. He also began to have spontaneous out-of-body experiences he was unable to control.

Joe's case came to the attention of two physicists at the Stanford Research Institute, Russell Targ and Harold Puthoff. They'd already been working on a government contract to study the ramifications of the quantum mechanics theory of non-locality of consciousness. These were the same experiments described in the classified document found by Skip Atwater, and the same two men who'd authored the book he'd read.

Joe became the first remote viewer directly on the government payroll. In the course of his career in the Army as a remote viewer, Joe worked on more than 200 missions, many of which were reported at the highest levels of the U.S. military and government. Some of the information was considered so crucial, vital and unavailable from any other source, that he was awarded the Legion of Merit for his work, the second highest award the Army can give to someone in the military during peacetime.

One such mission was to determine the time and the location Skylab would fall to earth. Depending on how old you are, you may recall Skylab—literally a scientific laboratory in orbit around the earth, put there for astronauts to conduct experiments in space. Launched in 1973, it weighed about 100 tons.

By 1979 its orbit was decaying and Skylab was expected to come down. The question was, "Where?"

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A hundred ton metal object falling on a heavily populated area such as New York, Tokyo or London, for example, would cause a tremendous death and destruction. Super computers were enlisted to answer the question, but too many variables existed for the technology of the day. The results were unreliable.

Joe McMoneagle, Ingo Swann and a third individual, a woman whose name I have been unable to uncover, were contracted individually to come up with an answer. None of the three knew the others were involved. All picked the same day, July 11, 1979, and almost the same time. Each was within five minutes of the other two—a location in western Australia, which was a remote, uninhabited area. These predictions were made nine and a half months before Skylab actually came down.

Skylab came down there, all right, almost precisely as predicted, demonstrating awareness is not located just inside our skulls. It also appears not to be limited in time—which, of course, cannot be possible according to the foundational principle of Scientific Materialism.

That thought is not confined to the brain, is nonlocal and has also been demonstrated by a gentleman I interviewed on my radio show named Stephan A. Schwartz. He is the author of several books including *Opening to the Infinite*, *The Alexandria Project*, and *The Vision: A Novel of Time and Consciousness*. He demonstrated this with an experiment that indicates that mind is everywhere at once and that thoughts are not electromagnetic waves. In other words, thoughts do not travel between minds like cell phone or radio signals

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between a sender and a receiver. The results of Schwartz's experiment suggest they apparently exist in a universal, perhaps foundational or underlying mind that we all share at a deep level.

Schwartz had researchers in a submarine lowered in water to a depth below which it has been demonstrated that electromagnetic waves—regardless of their frequency or strength—simply cannot penetrate. Remote viewers in the submarine were able to get the same results with respect to targets located on the surface as were remoter viewers who were located on the surface.

Telepathy [ESP] experiments were also conducted. The results achieved by researchers in the submarine with those on the surface were comparable to the results achieved by a control group of researchers, all of whom were on the surface. This demonstrated that telepathy has nothing to do with electromagnetic waves. In other words, ESP does not work by messages traveling through space from one mind to another. This suggests that what mystics have been saying for millennia is correct: All Is One. Being located in a submarine deep below the surface of the ocean doesn't change this. Details of this experiment can be found in Schwartz's book, *OPENING TO THE INFINITE: The Art and Science of Nonlocal Awareness* (Nemoseen Media, 2007).

I must say the implications of all this are difficult to wrap one's thoughts around. Mind apparently transcends time and does not occupy space. It appears to be everywhere at once in a universal and eternal now. It also seems to me that consciousness is life and that life is consciousness. You can

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see this by closely observing nature. Consider a sunflower. It has no brain. According to currently accepted science, it can have no awareness. Yet it turns its face to the sun, and it follows the sun across the sky from sunrise to dusk. Plants of all kinds search for and grow toward the sun. Like it or not this requires some form of awareness.

Scientifically constructed, double blind experiments by researchers, including Nobel laureate and theoretical biophysicist of the University of Marburg in Germany, Fritz-Albert Popp [1938-2018], have demonstrated that plants are aware, and this isn't news. About 40 years ago a fellow named Cleve Backster [1924-2013] demonstrated plants are aware by using polygraph machines. In Backster's most famous experiment, he hooked up plants in his office suite to polygraph machines, and then set up a device to randomly dump a cup of living brine shrimp into a pot of boiling water. The needles on the polygraph machines would go wild each time the shrimp hit the water and went to their deaths. I've seen videos of this experiment on national television. The only logical explanation is that the plants were picking up the shrimp's distress and demise.

But what led Cleve Backster to construct and carry out this experiment may be even more of an eye-opener. Lynne McTaggart, author of *The Field: The Quest for the Secret Force of the Universe*, told the following story on my show early in 2008.

Backster was an expert on polygraph machines and their operation—in other words, lie detectors. One evening when Backster was a young man, he was sitting in his office with nothing much to do. His eyes fell on an office plant and he

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had an idea. He decided to hook up one of his machines to the plant and see if he could get it to react. He connected the machine and poured a glass of water into the soil around the plant. Nothing happened. The polygraph registered boredom.

Backster started thinking about what he might do to get a reaction out of the plant, and he had an idea.

“I think I’ll burn one of its leaves.”

At that moment, the polygraph machine went wild. The plant had reacted to his thought! The more Backster thought about burning the plant, the more the needle on the polygraph machine went ballistic.

Cleve Backster conducted many experiments along these lines which are described in his book, *Primary Perception: Bio Communication with Plants, Living Foods, and Human Cells* (White Rose Millennium Press, 2003).

People who have what’s called green thumbs may think it is because they send kind thoughts to their plants. It may be true that kind thoughts help make happy plants, but as we now know, thoughts are not sent and received. Thoughts just are. They are located in the mind that we and every other living thing share.

In the next chapter, we will examine what the role is of our brains.

## **Chapter Four**

### **The Role of the Brain**

Let me extend my apologies to you if you have read my book, *Afterlife, Powerful Evidence You Will Never Die*. In this chapter, I'm going to summarize a lecture I also summarized in that book. It was recorded on video given in India in 2011 by Bruce Greyson, M.D., then The Chester Carlson Professor of Psychiatry and Director of the Division of Perceptual Studies at the University of Virginia whose job it was to study consciousness. Dr. Greyson is now a professor emeritus.

The bottom line takeaway of Dr. Greyson's lecture is that brains do not actually create consciousness, despite what many scientists think. Rather, the brain is a receiver of consciousness, and its role is to integrate your consciousness with your body. In other words, what some now refer to as the "body-brain complex" is a mechanism that allows you, a spiritual being, to operate in this (physical) reality.

Dr. Greyson did say in his lecture, however, that the mistaken belief that the brain creates consciousness is understandable since evidence does exist that the brain produces consciousness. Consider what happens when a person drinks too much or gets knocked on the head. Also, it's possible to measure electrical activity in the brain during certain kinds of mental tasks and to identify correlations between different areas of the brain and the different activities. We can stimulate different parts of the brain and record what experiences result, and we can remove parts of the brain and observe the results on behavior. This suggests that the brain is

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involved with thinking, perception, and memory, but according to Dr. Greyson, it does not necessarily suggest the brain causes those thoughts, perceptions, and memories. What the measurements actually show are correlations, rather than causation. The truth is that thoughts, perceptions, and memories, actually occur somewhere else and then are received and processed by the brain in a way similar to how a television, cell phone, or radio receiver works.

Western science, Dr. Greyson pointed out, is largely reductionist. It breaks everything down to its component parts, which are much easier to study than the whole, but the component parts do not always act like the whole. The brain is composed of millions of nerve cells or neurons, but a single neuron cannot formulate a thought, cannot feel angry or cold. It appears that brains can think and feel, but brain cells cannot. No one knows how many neurons are needed in order for them to collectively formulate a thought, nor do we know how a collection of neurons can think when a single neuron cannot.

Scientists get around this by saying consciousness is an emergent property of brains, a property that emerges when a large enough mass of brain cells gets together. According to Dr. Greyson, however, saying something is an emergent property is a way of saying it is a mystery that cannot be explained. It is a fact that there is no known mechanism in the brain or anywhere else that can produce non-physical things like thoughts, memories, or perceptions. The materialistic understanding of the world fails to deal with how electrical impulses, or a chemical trigger in the brain, can produce a thought or a feeling, or for that matter, anything the mind does. Despite this, according to Dr. Greyson, most scientists continue to maintain what he labeled, “The



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nineteenth century, materialist view that the brain in some miraculous way we do not understand produces consciousness.” These scientists, he said, “Discount or ignore that consciousness in extreme circumstances can function very well without a brain.”

Dr. Greyson noted that the idea that the mind and the brain are separate is what most people believed until a couple of hundred years ago, but in the nineteenth century western world, beginning with the Darwinians, science began exploring the idea that the physical brain might be the source of thoughts and consciousness. Ironically, as one group of scientists attempted to explain consciousness in terms of Newtonian physics, scientists in a different discipline, physics, were forced to move away from Newtonian physics and develop quantum mechanics in order to explain phenomena in which consciousness—what a researcher knows or doesn’t know—completely changes the results of certain experiments. It is as though the right hand did not know what the left hand was up to. Incredibly, this remains how things are today.

Dr. Greyson listed a number of examples in his lecture of evidence researchers with the Division of Perceptual Studies—established in 1967 at the University of Virginia—have collected that demonstrate that consciousness can exist without a brain being involved. It is a testament to the stubbornness of materialist scientists that even though Dr. Greyson and his colleagues have been collecting this data for fifty years, and many papers and books have been written and published revealing a great deal of it, most western scientists are unaware of this evidence. As a result, you will soon have a leg up on many western scientists.

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The evidence falls into four categories:

1. Recovery of lost consciousness in the moments or days prior to death among people who have been unconscious for prolonged periods of time.
2. Complex consciousness ability in some people who have minimal brain tissue.
3. Complex consciousness in near-death experiences when the brain is not functioning or is functioning at a greatly diminished level.
4. Memories, particularly among young children, accurately recalling details of a past life.

### **Deathbed recovery of lost consciousness**

The unexpected return of mental clarity shortly before death by patients suffering from neurological or psychiatric disorders has been reported in western medical literature for more than 250 years. There are published cases in the medical literature of patients suffering from brain abscesses, tumors, strokes, meningitis, Alzheimer's disease, schizophrenia, and mood disorders, all of whom long before had lost the ability to think or communicate. In many of these cases, evidence from brain scans or autopsies showed their brains had deteriorated to an irreversible degree, and yet in all of them, mental clarity returned in the last minutes, hours, and sometimes days before the patients' deaths. The Division of Perceptual Studies has identified 83 cases in western medical literature and has collected additional unpublished contemporary accounts wherein patients recovered complete consciousness just before death. It appears as though the

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damaged brain released its grip on a patient's mind and clarity returned as a result.

In 1844, a German psychiatrist named Julius reported that this occurred in 13 percent of patients who had died in his institution. In a recent investigation of end of life experiences in the United Kingdom, 70 percent of caregivers in nursing homes reported that they had observed patients suffering from dementia and confusion becoming completely lucid in their last hours before death. In a case Dr. Greyson himself investigated, a 42-year-old man developed a malignant brain tumor that rapidly grew in size. He quickly became bedridden, blind in one eye, unable to communicate, incoherent and bizarre in this behavior. He appeared unable to make any sense of his surroundings, and when members of his family touched him, he would slap as though being annoyed by an insect. He eventually stopped sleeping and would talk deliriously throughout the night making no sense. After several weeks of this, he suddenly appeared calm and began speaking coherently. He then slept peacefully. The following morning, he remained completely clear and talked with his wife, discussing his imminent death for the first time. He then stopped speaking and died.

There is no known physiological mechanism to explain this phenomenon. It is rare, but the fact that it happens has no explanation in terms of how the brain functions. It suggests the link between consciousness and the brain is more complex than most scientists think. It is as though the damaged brain prevents the person from communicating, but when the brain finally begins to die, consciousness is released from the degenerating brain.

## **Complex consciousness among people who have minimal brain tissue**

Another phenomenon is the presence of normal or even high intelligence in people who have very little brain tissue. There are rare but surprising cases of people who seem to function normally, with normal intelligence, and normal social function, despite having virtually no brain at all. In one case, published in 2007, a high school honor student who had been accepted for enrollment by Smith College underwent surgery after she was injured and knocked unconscious in an automobile accident. An x-ray of her head just before surgery revealed that she had no cerebral cortex at all. She had just a brainstem inside her skull. When the surgeon opened her skull to operate that is exactly what he found—a brainstem and that's all.

Neurologists tell us the brainstem relays motor and sensory signals to the cerebellum and the spinal cord and integrates heart function, breathing, wakefulness, and animal functions. They also tell us the brainstem does not have the connections to perform higher cognitive functions such as thinking, perceiving, making decisions, and so forth. According to scientific knowledge as it now stands, this college-bound honor student should not have been able to formulate a thought of any kind, let alone function at a high intellectual level.

Hers is not an isolated situation. Dr. Greyson pointed to dozens of cases of patients with hydrocephalus, wherein as much as 95 percent of a brain is incapacitated due to an excess of cerebrospinal fluid, and yet many with that level of affliction have normal and even above average intelligence.

## **Near Death Experiences**

The near death experiences [NDEs] Dr. Greyson covered in the lecture were accounts given by people who had been clinically dead for a short time and then resuscitated or revived spontaneously. He said they typically have memories of vivid sensory imagery, and an extremely clear memory of what they experienced. They often describe what they experienced as seeming “more real” than their everyday life. All of this occurs under conditions of drastically altered brain function under which the materialist model would say is absolutely impossible. Such memories are reported by between ten and twenty percent of those who are revived from clinical death. Dr. Greyson has personally investigated almost one thousand cases.

The average age at the time of the near death in these cases was 31 years, but there was a very wide range. A young girl reported an experience she’d had at eight months old while undergoing kidney surgery. The oldest to experience near death Dr. Greyson has studied was 81 at the time of his heart attack. About one third of the NDEs occurred during surgical operations, a quarter during serious illness, and another quarter as a result of life-threatening accidents. The common features of NDEs can be categorized as changes in thinking, changes in emotional state, as well as paranormal and otherworldly features.

Changes in thinking include a sense of time being altered. Often people report that time stopped or ceased to exist. The change in thinking phenomenon also included a sudden revelation or change in understanding in which everything in the universe suddenly became crystal clear. There was a sense

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of the person's thoughts going much faster and being much clearer than usual. Finally, there was a life review—a panoramic memory in which the person's life seemed to flash before him or her.

Typical emotions reported included an overwhelming sense of peace and wellbeing, a sense of cosmic unity and of being one with everything, a feeling of complete joy, and a sense of being loved unconditionally.

The paranormal features included a sense of leaving the physical body, sometimes called an out of body experience [OBE], a sense of physical senses such as seeing and hearing becoming more vivid than ever before. Sometimes people report seeing colors and hearing sounds that do not exist in this life, and a sense of extrasensory perception, i.e., of knowing things beyond the normal ability of the senses, such as things that are happening at a remote location. Finally, some report having visions of the future and that they entered another, unearthly world or realm of existence.

Many report they came to a border they could not cross, a point of no return that if they had crossed they would not be able to return to life. Many also say they encountered a mystical or divine being, and some report seeing spirits and loved ones who died previously and seem to be welcoming them into another realm, or in some cases sending them back to life.

As a psychiatrist, the profound after effects of NDEs are of particular interest to Dr. Greyson. Near death survivors reliably report a consistent pattern of changes in attitudes, beliefs, and values, which do not seem to fade over time. They report overwhelmingly they are more spiritual because

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of their experience, that they have more compassion, a greater desire to help others, a greater appreciation for life as well as a stronger sense of meaning and purpose in life. A large majority reports they have a stronger belief that we survive death of the body and no longer fear death. About half report they have lost interest in material possessions, and many report they no longer have an interest in obtaining personal prestige, status, or in competition.

Dr. Greyson said that three features of NDEs suggest consciousness is not produced by the brain: 1) Enhanced mental function while the brain is incapacitated; 2) Accurate perceptions from outside the body, such as the ability to accurately tell doctors and nurses what they saw and heard going on in the operating room; and 3) encounters with deceased persons who convey accurate information no one else could have known, including in some instances encounters with deceased persons the NDE survivor could not have known were dead at the time.

In one case, a nine-year-old boy with meningitis had an NDE in which he saw several deceased relatives, including his sister who told him he had to return to his body. As soon as he returned from death, he told his parents—who had been at his bedside for 36 hours during his ordeal. His father became very upset because his daughter was at college in a different state and was perfectly healthy as far as the father knew. The boy insisted that his sister had sent him back and had told him she had to remain.

The father left the hospital, promising his wife he would call their daughter as soon as he got home. When he tried to call her, he learned that the college officials had been trying

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to contact him and his wife all night to tell them the tragic news. Their daughter had been killed in an automobile accident around midnight.

By the way, if you would like to see a video of Dr. Greyson's lecture just summarized, go to YouTube and search "Dr Bruce Greyson consciousness independent of the brain." A video of the lecture should come up at the top of the list.

### **Children Who Recall a Past Life**

Dr. Greyson also recounted information about the Division of Perceptual Studies' research into children's memories of past lives. Researchers at the University of Virginia have been conducting these investigations for more than fifty years and as a result have in excess of 2500 cases in their files. I was quite familiar with this even before I saw Dr. Greyson's lecture because of research I had done for my book, *REINCARNATION: Good News for Open Minded Christians and Other Truth Seekers*. I have in fact twice interviewed one of the Perceptual Division's key researchers who has written two books on the Division's reincarnation research findings, Jim B. Tucker, M.D., a child psychiatrist.

Anyone with an open mind who looks into what has been found will find it difficult to refute that reincarnation can and does happen. To give you a taste, I will relate a fascinating case history I also reported on in the book just mentioned. This true story began on the First of May 2000.

Imagine you and your wife [or husband] are sound asleep. Your two-year-old son James is in his crib, asleep in the next room. Suddenly you are jarred awake.

You hear your son scream, "Plane on fire! Airplane crash!"



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You rush into his room, and there he is on the bed, writhing the grip of horror, kicking and clawing at the covers as if he is trying to kick his way out of a coffin.

Over and over again, your child screams, “Plane on fire! Little man can’t get out!”

What happened that night was not a single occurrence. Traumatic nightly scenes like it became the norm. The nightmares became even more terrifying, and James started screaming the name of the “little man” who couldn’t get out of the plane. It was “James,” his own name. Other words he spoke out loud included: “Jack Larsen,” “Natoma” and “Corsair.”

James’ father, Bruce Leininger, could not think of what to do. Eventually, in attempt to find an answer to his son’s troubled nights, he embarked on a research project, armed only with the names and words his son had been shouting while in a disturbed sleep.

A devote Christian, the answer Bruce found was not the one he wanted. He came to believe his son James was the reincarnation of a World War Two fighter pilot whose plane had been hit and downed by antiaircraft fire—a pilot named James Huston who had died in 1945 after his plane suffered a direct hit and crashed.

James’ mother, however, was the first to suspect the truth. At the time, James was having five nightmares a week, and his mother, Andrea, was worried. At a toy shop, Andrea and James were looking at model planes.

“Look,” Andrea said. “There’s a bomb on the bottom of that one.”

“That’s not a bomb, Mommy,” James said. “That’s a drop tank.”

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The child was two years old. How could he possibly have known about the gas tank used by aircraft in World War Two to extend their range?

As the nightmares continued, Andrea asked, “Who is the ‘little man’?”

“Me,” he answered.

Bruce asked, “What happened to your plane?”

“It crashed on fire.”

“Why did your plane crash?”

“It got shot,” James said.

“Who shot your plane?”

“The Japanese!” he said.

James said he knew it was the Japanese because of “the big red sun.” He was, of course, describing the Japanese symbol of the rising sun painted on their warplanes.

Andrea began to suggest reincarnation. Wouldn’t that explain it? But Bruce reacted angrily. He thought there must be a rational explanation, and reincarnation was definitely not in his mind a rational explanation.

Bruce questioned his son further. “Do you remember what kind of plane the little man flew?”

“A Corsair,” two-year-old James replied without hesitation. It was a word he had shouted in his dreams.

Bruce knew a Corsair was a World War Two fighter plane.

“Where did your airplane take off?” Bruce asked.

“A boat.”

“What was the name of the boat?”

James replied with certainty, “The Natoma.”

Bruce did some research. He was amazed to find the Natoma Bay was a World War Two aircraft carrier. Bruce

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rushed to his office, where he had a dictionary of American naval fighting ships. Natoma Bay had supported the U.S. Marines' invasion of Iwo Jima in 1945.

Andrea, meanwhile, had become convinced James was reincarnated. She contacted Carol Bowman, the author of a book on reincarnation and children who remember past lives. Bowman confirmed Andrea's views, saying that the common threads were there with James, including his age when the nightmares began and his remembered death.

Bruce kept investigating. He decided to see if he could find someone named Jack Larsen, a name James had shouted repeatedly during his nightmares. Bruce was successful in finding someone who fit the time period and place. It turned out Larsen's friend James Huston had died when his plane was shot in the engine and caught fire, just as had been described by two-year-old James Leininger.

Bruce also found Huston's name on the list of 18 men killed in action on the Natoma. The discovery finally made him realize his son might actually be the reincarnation of James Huston. But he kept investigating, anyway, and everything he found served to confirm that conclusion.

One day, little James unnerved his father when he said, "I knew you would be a good daddy, that's why I picked you."

"Where did you find us?" asked an incredulous Bruce.

"In Hawaii, at the pink hotel on the beach," James said, and went on to describe his parents' fifth wedding anniversary, which had taken place five weeks before Andrea had gotten pregnant. James said that was when he "chose" the couple to bring him back into the world.

Something new emerged almost every day. On a map, James pointed out the exact location where James Huston's

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plane went down. Asked why he called his action figures “Billy,” “Leon” and “Walter,” he replied, “Because that’s who met me when I got to heaven.”

Eventually, the family received a phone call from a veteran who had seen Huston’s plane get hit. The man had kept his knowledge to himself for more than 50 years. He described seeing the aftermath of Huston’s crash on the sea below.

“He took a direct hit on the nose. All I could see were pieces falling into the bay. We pulled out of the dive and headed for open sea. I saw the place where the fighter had hit. The rings were still expanding near a huge rock at the harbor entrance.”

And so it was as James had said. His plane was hit in the engine and the front exploded in a ball of flames, but that was not the end of James. He returned to this reality fifty-three years later, in 1998, with his memory intact. Perhaps he had some things here on earth he wanted to do, like flying airplanes.

How about you? Whether you come back to this world, stay in the next or move on to another, like it or not it appears you are likely to continue to exist. If you didn’t believe that before, how will that change your outlook on life?

## **Chapter Five**

### **Sixty Years of Research**

I spoke with someone on my radio show in March 2009 who believes in reincarnation based on almost sixty years of meticulous study—although not all of it his own. His name is Jim B. Tucker, and he is a Phi Beta Kappa graduate of the University of North Carolina, a medical doctor, a board certified child psychiatrist and the Bonner-Lowry Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine.

The University of Virginia Medical School—in what was written about in the previous chapter known as the Division of Perceptual Studies—has been researching the subject of children’s memories of past lives since 1961. Much of this work was done by, or under direction of, the late Ian Stevenson, M.D. (1918-2007), who wrote a shelf full of books on the subject, having compiled more than 2500 such cases. At the time I spoke with Dr. Tucker, about 1600 of these had been entered into a computer database along with the information collected on each. This was sorted into about 200 different variables, allowing researchers to comb through and cross tabulate the data to spot trends as well as to categorize and compare the similarities and differences based on various factors and characteristics.

Dr. Stevenson was a methodical and meticulous researcher who graduated first in his medical school class at Canada’s McGill University. He never actually claimed reincarnation as fact, but rather, said his cases were

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“suggestive” of reincarnation. His often-cited first book on the subject was published in 1966 and entitled, *Twenty Cases Suggestive of Reincarnation*.

The cases he studied come from all over the world. When Dr. Stevenson began this research, they were easiest to find where people have a belief in reincarnation such as India and Thailand. This may be because parents were not as likely to think a child was imagining a past life, and because they are not likely to be embarrassed to talk about it. Nowadays, however, people in the United States are not as reticent as they once were. Dr. Tucker says that since the University of Virginia set up a web site on this subject, he and his colleagues hear from parents “all the time” about their children’s memories of past lives.

Nevertheless, in the United States reincarnation is thought by many to go against Christian doctrine—reincarnation was eliminated from Christian canon at the Council of Constantinople in 553 by what was reportedly a close vote of the bishops present. Even so, recent surveys show that more than twenty percent of Christians believe in reincarnation, and the percentage is higher among younger adults.

In one case Dr. Tucker studied, an 18-month-old child told his father, who was changing his diaper, that he had changed his father’s diaper when he was his father’s age. The child’s mother was the daughter of a Southern Baptist preacher, and so, as you might imagine, she found what her son said to be highly unusual. I asked Dr. Tucker to describe the case when he came on my show, and he obliged.

The child’s grandfather had died eighteen months before the child’s birth. His first mention of having been his own

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grandfather was during that change of diapers, but as time went by he made more comments about how he used to be big, and what he did when he was. His mother in particular became interested and began to ask the boy, whose name was Sam, questions. Sam came up with some very specific statements. For instance, she asked him if he had had any brothers or sisters. He said he had had a sister who was killed. In fact the grandfather's sister had been murdered sixty years before. The parents felt certain the child could not have known this since they had only recently learned about it themselves.

The child also talked about how, at the end of his previous life, his wife would make milkshakes for him every day, and that she made them in a food processor rather than in a blender. This turned out to be true.

When Sam was four years old, his grandmother—his wife in his previous life—died. Sam's dad traveled to where she lived and took care of the estate. When he returned, he brought some family photos with him.

One night Sam's mother had the pictures spread out on the coffee table. Sam walked over and pointed to pictures of his grandfather and said, "Hey, that's me."

To test him she pulled out a class photo from the time the grandfather was in elementary school. Sam ran his finger across the photo, which had sixteen boys in it, and stopped on the one who had indeed been his grandfather.

"That's me," he said.

Dr. Tucker told me he thought the grandfather may have come back as the son of his own son because of the relationship—or lack thereof—the two had had in his

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previous life. The grandfather had not had an open relation with Sam's dad. He had been a very private person. Sam's dad felt that if his father had really returned as his son, his father may have decided to come back to try to develop a closer bond than had existed in their previous relationship. Dr. Tucker said this might be true. When he visited the family he could see that Sam and his dad were very close.

Another interesting case Dr. Tucker related on my show had to do with an Indian girl named Kum Kum, who said she had been murdered in her previous life—poisoned—by her daughter-in-law. Kum Kum said she was from a city of about 200,000 located about 25 miles away. One of the things that makes this a good case is that her aunt wrote down a number of statements—eighteen in all—she made before an effort was undertaken to see if they checked out.

All of them did.

The statements included the name of a son, the name of a grandson, the fact that the son had worked with a hammer. And a number of other specifics—for example, that she had a sword hanging near the cot where she slept, and a pet snake she fed milk to.

Research led to the woman Kum Kum claimed to have been, who had died five years before she was born. A big family flap had taken place over a will and who would inherit the worldly possessions of the deceased woman's son. Kum Kum had probably been right. Circumstantial evidence indicated the son's wife had poisoned her mother-in-law—the woman Kum Kum insisted she'd been.

These case histories are fascinating and convincing, and we could go on almost indefinitely considering each one,



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individually. After all, there are more than 2500 in UVA's files. Instead, let's step back and look at the overall findings of this exhaustive study.

Children who report past-life memories typically begin talking about a previous life when they are two to three years old. Emotional involvement with past-life family members would seem to indicate reincarnation rather than superpsi or the psychic reservoir at work in that the children tend to show strong emotional involvement with their memories and often tearfully ask to be taken to the previous family. Once there, not only is a deceased individual usually identified whose life matched the details given, during the visits, children often recognize family members or friends from that individual's life. Tearful reunions are common.

Many children studied also had birthmarks that matched wounds on the body of the deceased individual. One example is that of a boy in Thailand who said he'd been a schoolteacher in this previous life and was shot and killed when riding his bicycle to school one day. He gave specific details including his name in that life and where he had lived. He continued to make this claim until his grandmother took him to the previous address, and the child was able to identify the various members of his previous family by name. Even more startling, however, he was born with two birth marks: a small round birthmark on the back of his head and a larger, more irregularly shaped one near the front. The woman he claimed had been his wife in that life recalled investigators saying her husband had been shot from behind. The investigators said they knew this because he had a typical, small, round entrance wound in the back of his head and a

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larger, irregular exit wound in front.

In another case, a boy remembered a life in a village not far away in which he had lost the fingers of his right hand in a fodder-chopping machine. The child was born with an intact left hand but the fingers of his right hand were missing.

The average length of time between the death and rebirth of the children in the birthmark cases is only fifteen to sixteen months. It has been theorized that this sort of thing may happen when the reincarnating entity takes a shortcut between lives, skipping a process by which the life just lived would have been fully integrated into what may be a higher self—in religious terminology, “the soul”—of an individual that remains always in the nonphysical realm. According to Dr. Tucker’s book, *Life Before Life* (St. Martin’s Griffin, 2005), about 22 percent of the cases in the University’s database include birth defects due to wounds suffered in violent deaths in the previous life. Most of the cases come from the Hindu and Buddhist countries of South Asia, the Shiite peoples of Lebanon and Turkey, the tribes of West Africa, and the tribes of northwestern North America.

In 1997 Stevenson published details of 225 cases in a massive work *Reincarnation and Biology: A Contribution to the Etiology of Birthmarks and Birth Defects*. The same year he presented a summary of 112 cases in a much shorter book, *Where Reincarnation and Biology Intersect*.

In many cases postmortem reports, hospital records, or other documents were located and consulted that confirmed the location of the wounds on the deceased person in question matched the birthmarks. These often correspond to bullet

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wounds or stab wounds, and as in the case described above. Sometimes two marks correspond to the points where a bullet entered and then exited the body.

Birthmarks were also related to a variety of other wounds or marks, not necessarily connected with the previous personality's death, including surgical incisions and blood left on the body when it was cremated. A woman run over by a train that sliced her right leg in two was reborn with her right leg absent from just below the knee. A man born with a severely malformed ear had been resting in a field at twilight, mistaken for a rabbit, and shot in the ear.

Further evidence for reincarnation comes from what might be called behavioral memories. For example, cases exist where children of lower caste Indian families believe they had been upper class Brahmins, and in their view still were. These children would refuse to eat their family's food, which they considered polluted. Conversely, a child remembering the life of a street-sweeper—a very low caste—showed an alarming lack of concern about cleanliness. Some children demonstrate skills they have not learned in their present life, but which the previous personality was known to have had. A number of Burmese children who recalled being Japanese soldiers killed there during World War Two preferred Japanese food such as raw or semi-raw fish over the spicy Burmese fair served by their families.

Many children express memories of the previous life in the games they play. A girl who remembered a previous life as a schoolteacher would assemble her playmates as pupils and instruct them with an imaginary blackboard. A child who remembered the life of a garage mechanic would spend hours

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under a family sofa “repairing” the car he pretended it to be. One child who remembered a life in which he had committed suicide by hanging himself had the habit of walking around with a piece of rope tied round his neck.

Phobias occur in about a third of the cases and are nearly always related to the mode of death in the previous life. For example, death by drowning may lead to fear of being immersed in water; death from snakebite may lead to a phobia of snakes; a child who remembers a life that ended when he was shot may display a phobia of guns and loud noises. A person who died in a traffic accident may have a phobia of cars, buses, or trucks.

Sexual orientation may also be affected by a previous life. In one of his books, Ian Stevenson wrote, “Such children almost invariably show traits of the sex of the claimed in the previous life. They cross-dress, play the games of the opposite sex, and may otherwise show attitudes characteristic of that sex. As with the phobias, the attachment to the sex and habits of the previous life usually becomes attenuated as the child grows older; but a few of these children remain intransigently fixed to the sex of the previous life, and one has become homosexual.”

Certain preferences and cravings can also carry over. They frequently take the form of a desire or demand for particular foods not eaten in the child’s present family, or for clothes different from those ordinarily worn by the family members. Other examples include cravings for addictive substances, such as tobacco, alcohol, and other drugs that the previous personality was known to have used.

Dr. Tucker pointed out that the cases he and others have

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studied might not be typical because most children do not remember past lives. As mentioned, the average time between lives in these cases is only fifteen months or so—although there are outliers that range up to fifty years. In 70 percent of these cases, the previous personality died by unnatural means. Many died young. This may speed up the reincarnation process. The consciousness may come back quickly due to unfinished business, or because he or she feels shortchanged. The quick return may also be the reason past life memories are intact, as well as sexual preferences, cravings and so forth. My guess is that a much longer duration between lives is the norm.

Teachings of the Rosicrucians, a mystical order of which I have been a member and attained the rank of “Adept,” say the human personality span is normally about 140 years. If we live 70 years, for example, we can expect to spend 70 years in the realm between lives before we incarnate again. If we live 60 years, we can expect to spend 80 years between lives. The teachings stress, however, that this is a rule of thumb. Centuries can elapse between incarnations, or as with many in the UVa study, the return could come in a matter of months.

## Chapter Six

### Who You Are

We have seen that life could not have come about if an incredibly fantastic intelligence hadn't created the DNA molecule and arranged the code in it in a way that would cause it to produce specific types of proteins just at the right times. We have also seen that there is only one intelligence and one life. To paraphrase Gary Zukav's famous conclusion quoted in Chapter One, quantum mechanics tells us that everything in the entire universe including you and me—everything that seems to exist independently—is in reality all one single, all-encompassing whole. Nothing is separate. As mystics have been saying for millennia, *all is one*. This means there is a single mind as well. Consciousness, the medium of mind, permeates reality, as the experiment conducted by Stephan A. Schwartz using a submarine discussed in Chapter Three demonstrated. Even plants are conscious. The minds of researchers cause the results of quantum mechanics experiments to change. Remote viewers can use their minds to see what's happening at great distances, even into the future and the past. Mediums can communicate with loved ones who have passed from the physical plane.

This begs the question, “Who and what are you?”

The answer is, “You are consciousness itself. Your consciousness and my consciousness—everyone's consciousness is the ground of being consciousness we all share. We are all one being, each of us with our own memories and personalities that cause us to think we are

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separate and apart from one another and the whole, but we are not—not at the core. Our seemingly separate minds blend into the One Mind. The twentieth and twenty-first century findings related in this book demonstrate this. We are eternal, nonphysical beings having temporary physical experiences.

I could go on, but the truth is clear, and it is the secret of life:

*We are each the Creator experiencing the reality  
we have created for ourselves.*

The great twentieth century prophet, Edgar Cayce (1877-1945), often said, “Spirit is the life, mind is the builder, and the physical is the result.” These few words describe the formula behind the existence of the physical world and all its trappings, you and me included. Spirit is the life. It is consciousness, the force that animates living creatures. It is imbued with a raw organizing intelligence that formed the stars and the planets out of nebulae. It organized atoms into RNA, and later DNA, molecules. Mind is the builder. The mind creates thoughts. Thoughts are things that exist in spirit, and what exists in spirit will in time exist on the physical plane.

We humans and everything else in the universe evolved out of the organizing intelligence that is spirit. In the beginning, spirit created an almost infinite number of variations of living things. Those that were most suited to the environment survived. These living things reproduced by the millions, each offspring slightly different from its siblings. Again, those best suited to the environment survived and reproduced. And so on and so on. As evolution progressed, living organisms themselves developed intelligence, what in

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more highly evolved creatures such as humans are known as minds, conscious, unconscious, and subconscious minds. This intelligence impressed itself upon the organizing intelligence of spirit, and the organizing intelligence of spirit went to work to create ever more sophisticated and evolved adaptations. The result of this process can be seen in ever-increasing levels of intelligence displayed by ever more evolved life forms.

As intelligence evolves, it becomes more self-aware. Flowers and earthworms possess only subjective or subconscious minds, their own small portions of underlying organizing intelligence. Their “minds” are subjective because they cannot think about themselves. They can only react in a programmed way to the input or stimuli they receive. A dog and to a much greater extent, a human, have both a subjective mind and an objective mind. Their subjective minds keep them breathing and their bodies functioning while their objective minds think about and analyze situations. Unlike the subjective mind, an objective mind can worry and be afraid. This is both a blessing and a curse. It is a blessing that we can plan ahead in order to avoid trouble and thereby eliminate the uncomfortable sensation of worry. It is a curse because fear is a kind of belief—a belief charged with emotion. Since it does not analyze or judge, the subjective mind works hard to bring about what the objective mind believes. A fear is almost certain, therefore, to manifest if it is allowed to continue unchecked—whether or not that particular fear was originally grounded in reality.

As stated above, that there is only one mind because at some point, as we have seen, all minds blend. This is why remote viewing is possible. Psychics are able to push their



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minds past barriers that separate them from the whole. Like the vast majority of water on earth that is connected but divided into oceans, seas, and rivers, we can think of the one mind as being connected but divided into various levels: the universal subjective mind, the collective subconscious mind of humanity, individual subconscious minds or souls, and last but not least the part of each person's mind of which he or she is aware, the conscious mind. Our personal conscious minds in turn are divided into a conscious portion and an unconscious portion that contains the memories of this life and unconscious and habitual programming.

At the core, however, we are all aspects of the Infinite Mind, consciousness itself. We are all linked together, all one at the core, and that means we each are the Creator, the Source, experiencing our creation, as was stated above.

It may be shocking to realize that is actually who you are, but consider this. Would you agree it's impossible for you to be something that you can observe? For example, you are not the tree you can see across the street. You are not the house or apartment in which you live. You are not a penny on a sidewalk.

What you can observe includes more than objects. For example, although they may give you a sense of personal identity, you are not your job, you are not the country in which you were born, and you are not your religion. You are also not the color of your skin, and you are not the school or university you went to.

You are not your hands or your feet, and you are not your body.

“Wait. I’m not my body?”

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That statement may raise doubt in you, but you are not something you can observe, and you can observe your body. In fact, the two words, “your body,” suggest your body is not you, but rather, something that belongs to you. You can control the actions of your body. For example, you might decide to force it to dig a ditch, and if you do, after a few hours, you might say, “My body aches.” And so it’s not you that aches—it’s your body—your back and your arms.

How about your mind? Do you think you are your mind?

You are not your mind, your mind is something that was built up over time, and, as you will see, realizing you are not your mind will empower you. Consider this. You can observe your thoughts as they come and they go. You may even observe them to a fault when they keep you awake at night. But you, the real you, do not have to be at the mercy of your thoughts, and therefore, your mind. Like Scarlett O’Hara, you can decide to think about tomorrow whatever problem has arisen in your mind today.

It’s a fact. Anything you can—sometimes figuratively speaking—stand back and observe cannot possibly be you. Moreover, whether you realized it or not before now—whether you have ever exercised this prerogative or not—you can decide which thoughts to pay attention to and which ones to discard. You can decide what to think about, or not to think about. In other words, you can control the actions of your mind, just as you can control the actions of your body, and this means your mind cannot possibly be you.

You may be surprised to learn that you are the Creator, and you may initially experience an impulse to reject the fact, so consider this: There was a time when people thought the

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world was flat and that the earth was at the center of the universe—that the sun and the stars revolved around the earth. Now, just about everyone knows the earth is round, that the sun is at the center of the solar system, and that our solar system is one of trillions upon trillions.

Once you get in touch with and live your life from the viewpoint of your true Self, the eternal you at the core that is the Creator, once you truly accept and embrace the secret of life, you will live in peace and be free from suffering and desire. This will not require learning reams of information about spiritual matters and metaphysics. It will simply require setting aside the ego and realizing that you and God are One like peas in a pod. This is what Jesus knew and what he tried to communicate to anyone who would listen. We will review what he said about that, but first let me tell you the true story of someone I know who learned the secret of life and how it happened. I'll call him George.

Leading up to that day, George had been extremely unlucky in love. What he wanted more than anything was to be in love and to share a truly loving relationship, but at the age of 26, he had already suffered one failed marriage and two unfortunate, long-term relationships. The third breakup sent George into a deep and dark depression. He became suicidal, and except for work, spent two months alone in his apartment, much of it in a fetal position. He didn't see anybody. He didn't talk to anybody. The only thing he did to try to bring himself out of his depression was to listen to Eckhart Tolle podcasts and videos.

If you are not aware of Eckhart Tolle, he is a spiritual teacher and best-selling author, a German-born resident of

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Canada best known as the author of *The Power of Now* and *A New Earth: Awakening to Your Life's Purpose*. Tolle's essential message is to stay in the "Now" as much as possible. Rather than dwell on past problems or worry about what you might face in the future, the way to achieve peace is to step back from those thoughts and observe your own mind objectively, distinguish between the voice of your ego and your actual situation, and live as much as possible in the present moment—what Tolle referred to as the "Now." Tolle doesn't call it this, but from where I sit, he talks and writes about becoming enlightened.

During lunch and other breaks at work, George would find a quiet, secluded place on a bench outside his office building in the campus style business park where he worked. He would eat a sandwich, play Eckhart Tolle videos, and stare up at the sky. After a month or so of watching white, puffy clouds drift by, and listening to Tolle talk, he began to break free from his depression.

One day he was listening to a video and Tolle was saying things a voice in someone's mind might say that would bring them down, such as, "I'm no good. People laugh at me behind my back." The sarcastic way Tolle was saying these things caused his audience to laugh.

"Life is my enemy. It's treating me so unfairly. If only life would just be nicer to me." Everyone present with Tolle laughed again. Eckhart Tolle laughed, too, and this time George chuckled.

Then Tolle said, "If only I could have that one thing—then I would be truly happy!"

Everyone laughed, and it suddenly struck George that Tolle was talking about him. The inner voice Tolle was

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mimicking was the voice of his ego—the voice he had been hearing in his head saying if he could only find true love, he would be happy. Unless he did, he would simply have to remain miserable and depressed!

This struck George as so obvious it was hilarious, and he began laughing a sidesplitting, keeling-over laugh. For the first time, he saw through the petty game the ego plays and realized the thought voices weren't actually coming from him. The voice in his head was just some sort of automatic, conditioned-into-him response, a learned-mechanism from his past—his upbringing, his parents, his previous relationships. It was an old tape that played over and over, and it had been torturing him for months—perhaps even years—and the amazing thing was, he didn't have to listen to it. He could ignore it, or better yet, he could simply shoo it away.

This insight came to him in an instant. He realized he had fallen victim to a trap, and with that realization, he was free of it. Free! He laughed and the laughter brought an incredible sense of freedom because he was laughing at his ego, and his ego was an automaton that wasn't him. It was a construction built up over years—fueled by memories he did not have to identify with, and didn't have to let bother him if he didn't want them to.

After a few moments, his laughing turned into crying—not sad tears, but tears of joy, tears of relief. The small self mind noises of the ego self had been muted. He had simply stepped out of the poor-sad-guy-who-just-can't-find-love-boohoo-poor-little-me role he had unwittingly taken on, a role he despised, and he could now move on. He'd been caught in a trap—a mind mechanism trap that now had collapsed, leaving him to revel in beautiful, peaceful silence.

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What George finally got in touch with was his true Self, his “I Am” that is pure and simple consciousness—the Silent Observer that was always there at the back of his mind, and is at the back of your mind—at the back of everyone’s mind. It is the Creator, the core of each of us that is never stained by experience; never damaged. It does not age. It is not born. It does not die. It always is—the ground of being of All-That-Is.

George realized that to find it, you have to do what Jesus said to do in Luke 9:23-24 (NIV):

*Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.*

George realized Jesus identified with the “I AM” ground of being in him and that he lived and operated from that place. And so it struck George that to truly follow Jesus, someone had first die to him or herself, meaning die to the small, prideful ego self because doing so is the only way to identify with and become full of the One Life that so filled Jesus. In other words, one must empty oneself of the small self in order to fill oneself with the Big Self—the Divine Self.

George also realized that personal identity is like a filter we see reality through. It creates the illusion that we are defined by our circumstances and environment, which is why everyone sees reality differently. Everyone views the world through a different filter—a unique lens. The only way to see true reality is to see it from the Big Self, and so the more identified and attached we are to our little identities, the less

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clearly we see and the more clouded everything becomes. Unfortunately, our judgments, our awareness, our clarity can become extremely clouded, and when that happens, we suffer, and often we cause the world to suffer along with us.

Here is the intended message of what is written above: If you want freedom, if you want liberation from psychological suffering, if you want surcease of sorrow and desire, if you truly want the truth, then you must shoo away the small, ego you, which is a false you, and make it disappear. When you do, the Real You—the “I AM” that is your window to the One Mind—will appear.

This is often accomplished through meditation. When meditating, ego thoughts are pushed away, ignored, or simply observed as irrelevant or perhaps even amusing BS by the Real You, the Silent Observer.

If you do not engage in meditation now, I suggest you give it a try. Go on YouTube and watch a few videos that give you pointers. Spend ten minutes to half an hour in meditation every morning or evening—perhaps even both. If you do that for a while, it may become a habit you look forward to. Be aware, however, that at first your ego mind will object and attempt to torpedo your efforts because it fears annihilation. Remember, the ego is in the business of survival, and so it will keep telling you that you are wasting your time. Don’t let it have the upper hand. Keep pushing ego thoughts away or ignoring them. Eventually, if you want liberation and enlightenment enough, the Real You will overcome and the ego’s screaming out in the throws of death will fade away.

And something else: Depending on your upbringing, it may also be necessary to jettison old baggage stored in the

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attic of your unconscious mind, which may be holding you back and causing you to react and behave in unproductive ways. Techniques intended to assist you in doing so will be provided in upcoming chapters.



## Chapter Seven

### The Real You

Christians believe that Jesus was God incarnate, and that is true. But it is also true that each and every one of us—you included—is God incarnate. Consider this. 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.) This 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 regardless of the color of your skin or whether you are a Christian, an atheist, or a follower of Islam. The reason people think it is impossible that God is within us and that we, like Jesus, are God, is that for millennia our culture has bought into the idea that God can be compared to a man with a long white beard lounging on a cloud up in the sky—that he is a

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separate entity. But he is not. He is everywhere—the ground of being. All truly is one, seamless whole. It is impossible to go anywhere where God is not.

By the way, I invite 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.

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.) 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 God.

Jesus was all, just as I hope you will come to recognize that you are all.

How can you wrap your mind around this and accomplish it? How do you come to recognize and feel at a deep level that there is no separation from you, others, and God? I suggest you spend time every day when you’re out in the world seeing other people as simply yourself in another body.

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That may seem difficult and perhaps silly at first, but after a while, it will do wonders for opening your heart to the world and to universal love. Seeing others as an extension of yourself will bring peace of mind and help mitigate your suffering in difficult situations. Moreover, you cannot truly serve others with deep compassion unless you see them as part of yourself.

Let me interject here that once you realize you and others are one, you do not have to become a pushover or a doormat. If people want to steal from you, or loot your business, for example, it is correct to stop them. Oneness means that others are no less the Creator than you, but it also means they are no more the Creator than you. Treating others as you want to be treated is the right way for everyone to behave, and that means that if someone treats you in a way you don't want to be treated, you are obligated to speak your truth and stand up for yourself.

What I am hoping to communicate is what was discussed in the previous chapter and what George realized: That All-Is-One, and your consciousness, my consciousness, and indeed everyone's consciousness is the single, unified, underlying "I AM" consciousness that Jesus called his "Father." It is the infinite consciousness that underlies, supports, informs—and indeed creates physical reality. You don't have to be religious to understand that—you just have to open your eyes and your mind. It is what Jesus understood, and that understanding and with powerful belief is what gave him the ability to work miracles. When that has been taught in school for a couple of generations, and everyone realizes it, racism, poverty, and suffering will become greatly diminished.

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That we are each the Creator experiencing our creation is not a new idea. 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.*

It will no doubt be shocking to some to think of themselves as God, but Watts was talking about the core

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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.”

As indicated above, that we are all One Life that arises from the “non dual transcendent” is not something I came up with. Mystics and enlightened men and women have known this for thousands of years. In the text that follows, I am going to touch on a theory I have written about in other books. In the Appendix of this book is a section from one of those books that goes into much more detail. I put it there for you to read if you are interested.

Two mysteries have captivated the human imagination for thousands of years. The first is why the universe exists at all. Why is there something rather than nothing? The second is that conscious minds exist to perceive it. An ancient idea is that the mystery of consciousness and the mystery of existence are intimately connected, and perhaps surprisingly, a growing number of philosophers and scientists now take this possibility seriously. Apparently, science is finally waking up to the truth.

Beginning in the first half of the twentieth century, cosmologists began learning a great deal about the early universe by analyzing cosmic background radiation and other

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phenomena. Using powerful telescopes they were able to see that there are many galaxies, and due to their shift toward the red end of the spectrum of light, that those farthest away are moving away from us faster than those in closer proximity. As a result, cosmologists are able to peer deeply into the past and infer the state of the universe in what is thought to be its first fractions of a second. But where did it all come from? What existed before the beginning?

Physicists have proposed that the spark of existence had its origin in a quantum fluctuation, triggering an explosive chain reaction, leading to the still evolving universe we inhabit today. This narrative, however, presupposes the laws of quantum mechanics. As British Biochemist Rupert Sheldrake said in a now banned TED Talk, “[Scientists today say] give us one free miracle and we’ll explain the rest.’ And the one free miracle is the appearance of all the matter and energy of the universe, and all the laws that govern it, from nothing in a single instant.” Suffice it to say that rather than explaining existence, current scientific theories of the origins of the universe have simply pushed things back to a point that raises the question, “What existed before the beginning?” Could it all have come from nothing? Although that is apparently what some scientists believe, it doesn’t make sense. As the song in *The Sound of Music* goes, “Nothing comes from nothing, nothing ever could.”

Instead of beginning with nothing, it seems logical that the challenge of explaining existence should focus instead on defining a self-existing ground of being for which no explanation is required. Some physicists have proposed that the true ground floor of reality is the seething quantum realm

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of particles, forming in and out of existence. While this level of reality surely exists, there is no clear reason why the primordial situation should be constrained by quantum physics. A deeper level of explanation seems to be required, and one possibility is that consciousness is the ground of being. How seething quantum particles came to be the ground of reality calls out for an explanation, but in theory, consciousness can explain itself, and as Stephan A. Schwartz's experiment using a submarine apparently demonstrated, consciousness—the medium of mind—is everywhere at once, which is what one would expect if it is the ground of being of physical reality. Moreover, a unique feature of consciousness is that it does not appear grounded in anything beyond itself. The conscious self is self-producing in so far that it exists only in and to itself. As René Descartes [1596-1650] famously said, "I think therefore I am." In other words, nothing is required beyond consciousness for existence to be a demonstrated fact.

Your consciousness seems to belong to the person you consider yourself to be because you have memories stored in your unconscious mind. You also have a name and perhaps a job and a history that was created while inhabiting your current physical body. You may think of yourself as American, Canadian, British, or Australian. Perhaps you grew up poor, or maybe your father was the CEO of a Fortune 500 company. The skin that covers the body you now inhabit might be black, white, brown, or some shade in between. Perhaps you subscribe to Christianity, Judaism, or Islam. You might have been a good student, or not so good, a star quarterback on the high school team, or a 98 pound weakling.

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The combination of all that gives you a sense of identity—it's who you think you are—your ego. But none of that is who you actually are, and your ego is not you.

As George realized, the ego is a construction, and it is not in the business of eliminating your suffering—quite the contrary. The ego is concerned only with its own survival. It wants to be in charge, and as such, causes you to react the way you do to outside stimuli—it is what makes you feel bad, sad, angry, or fearful. Give it some thought and you will realize your ego is not your friend.

You might think of the ego as a computer program like the one in the movie, *The Matrix*, that prevents you from seeing reality as it truly is. It won't allow you to see your true potential, which is virtually unlimited. The ego causes your psychological suffering. But now you know the truth: you don't have to obey the ego's demands to react to situations as you do today. Besides taking advantage of the moment between stimulus and response to stop and think before you react, you can wake up and realize who you really are—you are the Source in disguise experiencing your creation. You can become whatever you can truly come to believe yourself to be because of what some now call the Law of Attraction, Christians call the Law of Reaping and Sowing, and in the East is known as the Law of Karma. There's a wonderful little book written by a man named James Allen [1864-1912] that drives home this point. It's called, *As a Man Thinketh*. I highly recommend it.

You may recall that in Chapter One a British Biochemist named Rupert Sheldrake was mentioned who wrote a book called *A New Science of Life*. That book put forth a theory



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that what he called “morphogenetic fields” work together with an animal or a human’s genes to form and shape the embryos that develop in mothers’ wombs. Suffice it to say that you began as a spark of the Source and evolved a morphogenetic field—what is also known as an etheric body—over a period of billions of years to become a self-aware entity that has a subconscious mind or soul that contains all the memories of your past incarnations. You will continue to have the memories of this life when your consciousness leaves your current body—if not indefinitely, at least until those memories merge into your subconscious mind or Soul.

When you rejoin the Creator at the end of your evolutionary journey and all levels of your consciousness merge into the Universal Consciousness, that universal consciousness will be you, and you will still be aware. I say this because, as you now know, consciousness is the Silent Observer at the back of your mind. The “I AM” or Creator that is the real you. That is the secret of life and knowing it should erase any fears that may be troubling you.

That you are eternal, and the best is yet to come, ought to bring you a sense of pure joy. Think about that. Savor it.

## Chapter Eight

### How You Create Your Reality

Knowing you are at one with the All, and that you are the All is a magnificent feeling. Alan Watts, who apparently had achieved this state, wrote that at a gut-level, the realization of oneness brings moments of joy that are incredibly intense, that sorrows are looked upon philosophically, and that the sense of union with the universe empowers you. Once you come into harmony with all that is you will arrive in a position to live the totally fulfilling life you were born to live, and you will be positioned to achieve complete self-actualization. Here is a direct quote of some of what Alan Watts wrote about this:

*In immediate contrast to the old feeling, there is indeed a certain passivity to the sensation, as if you were a leaf blown along by the wind, until you realize that you are both the leaf and the wind. The world outside your skin is just as much you as the world inside: they move together inseparably, and at first you feel a little out of control because the world outside is so much vaster than the world inside. Yet you soon discover that you are able to go ahead with ordinary activities—to work and make decisions as ever, though somehow this is less of a drag. Your body is no longer a corpse which the ego has to animate and lug around. There is a feeling of the ground holding you up, and of hills lifting you when you climb them. Air breathes itself in and out of your lungs, and*

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*instead of looking and listening, light and sound come to you on their own. Eyes see and ears hear as wind blows and water flows. All space becomes your mind. Time carries you along like a river, but never flows out of the present: the more it goes the more it stays, and you no longer have to fight or kill it.*

When you know that All-Is-One and you are it, you will naturally want to “do unto others as you would have others do unto you.” In an upcoming chapter, I will share some thoughts about how you might go about identifying your unique gifts and talents and how you might determine the most productive and satisfying way to put them to work in service to others. In the meantime, let’s consider how your personal reality is created. If your circumstances and reality at present aren’t what you would like them to be, let’s also look at how you can create the circumstances and reality you would like to have.

It’s a simple fact that beliefs—your beliefs and the beliefs of others—create your reality. This is so because belief—true, unadulterated belief—is powerful. The effectiveness of placebos, for example, has been demonstrated time and again in double blind, scientific tests. The placebo effect—the phenomenon of patients getting well or feeling better after taking dud pills—is seen throughout the field of medicine, and belief by a patient that he or she has taken real medicine is what causes it. One report says that after thousands of studies, hundreds of millions of prescriptions and tens of billions of dollars in sales, sugar pills are as effective at treating depression as antidepressants such as Prozac, Paxil

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and Zoloft. What's more, placebos cause profound changes in the same areas of the brain affected by these medicines, according to this research. For anyone who may have been in doubt, this proves beyond a doubt that thoughts and beliefs can and do produce physical changes in our bodies.

In addition, the same research reports that placebos often outperform the medicines they're up against. For example, in a trial conducted in April 2002 comparing the herbal remedy St. John's wort to Zoloft, St. John's wort cured 24 percent of the depressed people who received it. Zoloft cured 25 percent, but the placebo cured 32 percent.

Taking what one believes to be real medicine sets up the expectation of results, and what a person expects to happen usually does happen. It has been confirmed, for example, that in cultures where belief exists in voodoo or magic, people will actually die after being cursed by a shaman. Such a curse has no power on an outsider who doesn't believe. The expectation and belief causes the result.

Let me relate a real-life example of spontaneous healing that I believe came about because of her belief and that of others. It involved a woman I'd known for quite some time I will call Nancy, which is not her real name.

Nancy is a minister's wife. She's a devout Christian—as firm a believer in her religion as a bushman who'd drop dead from a witch doctor's curse is in his. Some years ago, a lump more than half an inch in diameter was discovered in one of her breasts. Her doctor scheduled a biopsy.

A prayer group gathered at her home the night before this procedure was to take place. Her friends prayed not that the lump would be benign, but rather, that it would disappear entirely.

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Nancy is a member of a denomination that takes the Bible literally. In Matthew 18:19-20, Jesus is reported to have said, “Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there I am with them.”

As you can imagine, it was more than two or three. It was a living room full. The next morning, upon self-examination, the lump in her breast appeared to have vanished. But nonetheless Nancy kept her appointment at the hospital where her doctor conducted a thorough examination.

The lump indeed was gone. Not a trace could be found, and the bewildered doctor sent her home.

How could a solid lump of tissue disappear? It melted away due to the potent combination of belief and expectation. We indeed create our own reality.

Jesus also said, “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” (Mark 11:24) Notice the tense change in this verse. Jesus is saying to believe that you already have what you ask for and it will be given to you in the future. Jesus apparently knew that thoughts are things and that what we believe already exists in the nonphysical realm of spirit as a thought form. Thoughts are things, as we will see, that are ready to materialize on the physical plane.

How are beliefs able to do this? It has to do with the different levels of mind. You might call them lower and higher, or subjective and objective. What differentiates the higher from the lower is the recognition of self. Microbes, plants, worms, and fish possess the lower kind only. They are

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unaware of self. Even higher animals such as squirrels and other animals of the forest are likely totally unaware of self. This is indicated by the fact that an antelope, for example, does not seem to become angry with a lion when the lion kills and eats one of it's young. Once the lion is out of sight, the antelope simply resumes going about its business of grazing.

Perhaps some animals, dogs and other pets and perhaps dolphins, elephants and whales, have some level of self-awareness. I once had a dachshund that would let me know his displeasure by pooping on the rug when I left him alone for what he apparently considered too long a time. Certainly all humans, even small children, are self aware, and so it appears that the higher variety of self-aware thought is possessed in progressively larger amounts as if ascending a scale. At the present stage of evolution on Earth, humans possess the top level of consciousness, and within each of us are all the other levels down to the subjective, non-dual ground-of-being mind.

Here are the levels of mind as related to me by a professor at the College of Metaphysics in Windyville, Missouri:

1. An Individual's Conscious Mind
2. An Individual's Unconscious Mind, accumulated during the current life
3. An Individual's Subconscious Mind, accumulated during all his or her incarnations
4. The Collective Subconscious Mind of humankind, containing the archetypes and what is sometimes called the Akashic Records
5. The Subjective, Non-Dual Ground-of-Being Mind of the Creator

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Level Five, the ground of being subjective mind, is the organizing intelligence or mind present everywhere that, among other things, supports and controls the mechanics of life in every species and in every individual. It causes plants to grow toward the sun and to push roots into the soil. It causes hearts to beat and lungs to take in air. It controls all of the so-called involuntary functions of the body. And the fact is, it controls a lot more, including all physical and metaphysical laws.

Level Two, an individual's unconscious mind, contains the beliefs that have been established in this life, and like all levels after the conscious mind, the unconscious mind is subjective, meaning it cannot think outside of itself. This is why your beliefs create your reality. Your unconscious subjective mind determines your circumstances and your reality because it blends into and is part of the mind we all share and because of this influences events either favorably or unfavorably based on your beliefs. In addition, your beliefs—whether conscious or unconscious—influence the decisions and the choices you make.

Years ago, I read a series of lectures given in the early twentieth century in Scotland by a man named Thomas Troward (1847-1916) that made a lot of sense. He said the conscious mind has power over the unconscious subjective mind, and the subjective mind creates your reality. I discovered the truth of this firsthand in college when I learned to hypnotize others. I would put a willing classmate into a trance and tell him he was a chicken or a dog. Much to the amusement of my audience, he would then act accordingly.

Hypnotism works because the hypnotist bypasses his subject's conscious mind and speaks directly to the subject's

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subjective mind. Because of this, a subject's conscious, objective mind is unable to question or disregard the hypnotist's directive. Of course, once the subject emerges from the hypnotic trance, his or her objective mind will take over and will be able to nullify the hypnotist's directive. Nevertheless, while the subject remains in trance, the subject's subjective mind has no choice but to bring into reality what the hypnotist instructs it to do.

### **The Role of Feelings in Changing Beliefs**

If you want to change a belief buried in your unconscious mind, it's important to realize that how you feel about the belief, or you sense of "knowing at a gut level" whether or not it is true, is as important as facts and logic are when it comes to convincing the subjective mind to discard it. So, if you have been brought up to believe and feel, for example, that you are a victim and will never amount to anything, or that people in your family are destined to be overweight, you actually will be a victim and never amount to anything, and you will also be overweight—until, that is, those beliefs change and your subjective mind is reprogrammed.

As stated, the subjective mind cannot step outside of itself and take an objective look. As such, it is capable only of deductive reasoning, which is the kind that progresses from a cause (what is programmed into it) forward to its ultimate end. Having the mind of a deer, a rabbit or a squirrel, it does not stop to question or analyze. This is the same reasoning a criminal might use in committing a crime. He may walk into a room, see a man counting his money, and think: "I need money, so I will take his. Since the man is protecting the money, I will get rid of him. I'll shoot him. He'll drop to the floor. I will then take the money and run. I'll leave by the



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window.” The subjective mind is non-dual. Right and wrong, good and bad, are never considered—only how to get to the end result.

On the other hand, the conscious mind, being objective and self-aware, can step outside. It can reason both deductively and inductively. To reason inductively is to move backward from result to cause. A police detective, for example, would arrive at the crime scene and begin reasoning backward in an attempt to tell how the crime was committed, and who might have done it.

So, if you have a victim mentality, your subjective mind will filter out all sorts of opportunities that come your way because it determines what you notice and are attracted to out of the literally millions of things you are exposed to each day, and it is determined to make your beliefs come true. Therefore, if your subjective mind is convinced you are a victim, and nothing you do can change that, it will dismiss out of hand all sorts of opportunities that might lead to a better life if you would only notice and take advantage of them.

It follows that if you want to change your life, you must change your beliefs, and this may not be easy. Repetition of the new belief you want to adopt will help, but it may not be enough by itself because, as mentioned above, you have to *feel* the belief you want to adopt is true.

### **Toward Higher States of Consciousness**

There have always been a few people who believe we are sparks of the Divine that have evolved on Earth because of an innate desire to become perfectly balanced in terms of love and wisdom until we finally merge back into the Source at the end of our journey in the physical plane of existence. If

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this is true, it means that to move ahead we must find the “distortions” within us—what I think of as harmful beliefs or negative thought structures. Some would say they are “shadows.” Whatever term you prefer, you must purge them from your unconscious mind in order to advance.

Since the unconscious, subjective mind does not know what are good beliefs and what are harmful beliefs, and you may not even be aware they are buried there, the first step is to identify the beliefs you need to change. Beliefs are points of view you have about yourself and the world, and points of view can be changed. They are ideas we think about often, and once we have thought frequently enough about one, the unconscious mind assumes it must be important to your survival as the person you think yourself and wish to be. So, the mind condenses it into a belief, once an idea has become a belief, it exists outside of your conscious awareness.

Let’s say because of how you were raised you have a belief 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.

Unfortunately, you cannot simply look into your conscious mind to discover your beliefs. The way to go about it 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 and opinions. As already discussed, in addition to influencing how you react and your choices, 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.

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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 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. As has been said, a subjective mind does not judge whether something is right or wrong, good or evil. You arrived on this planet a blank canvas on which you can paint the life you want, so why not take advantage of that and do so?

To begin, it is important to understand that your ego is not you and does not have your best interests at heart. The ego's primary goal is its own survival. It is fully aware of your personal reality at all times and constantly judges whether your reality is in sync with your beliefs. It draws upon them to create thoughts and impulses that attract your attention, thereby seeking to reinforce and uphold those beliefs. Therefore, unless you discover what your unconscious beliefs are, the ego will always be in charge, directing your life.

You can determine the beliefs that govern your life 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 can do is take note of anything that sets you off or “triggers” you because that is a result of one

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of your core beliefs. Here's a simple example: suppose your father was critical of you and frequently criticized you with the result 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 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 improve your life and move forward in your quest to live every day in the kingdom of heaven on Earth, you need to notice any time you react to a situation. Then think about your reaction 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. Once the belief has been expunged, or replaced with one that's positive, your life will change for the better. Some say the energy centers of our body develop blockages based upon such thoughts and perceptions. If one is lacking in some form of self-love or wisdom, that distorted energy will manifest in one or more of the energy centers. In order to unblock these energy centers to become balanced, we must heal the distortions within us.

I'm aware of two ways this can be done, which are known as the "feminine" approach and the "masculine" approach, the feminine being the positive and masculine the negative polarity — the positive being love and the negative being

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wisdom. This does not mean that love is good and wisdom is evil. Both polarities are equally valid expressions of the Creator, and that achieving the balance between love and wisdom within the self is crucial for spiritual evolution. Both approaches, while different, can be effective. The feminine heals through transmutation, and the masculine heals through recognition. Which one you favor is up to you.

### **The Feminine Approach to Balancing**

The feminine approach to balancing is accomplished through feeling, thereby purging the unwanted thought form through love. It involves going to the root of the negative emotion, feeling it completely, and allowing it to express itself. Rather than meeting it with resistance, the key is to meet it with love and acceptance, and then, although it may be painful, review and to an extent relive the experience that caused it.

The feminine approach is much more painful and intense than the masculine approach, 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.

### **The Masculine Approach to Balancing**

Attaining wisdom and understanding is the masculine approach to healing. Illusions are banished by perceiving that that is simply what they are—illusions. Unlike the feminine,

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which seeks to heal repressed energy by feeling it out of existence, the masculine approach seeks to defuse and disperse the energy out of existence. It is not as immediate and powerful as the feminine approach, but it is less painful and intense. It is the one I personally prefer, and the one that works best for me. What is required is a permanent shift in perception or attitude, which over time will drain a debilitating thought form of its power.

Here is how I suggest you begin. Step back and observe your own behavior. Once you become aware what is going on, and you are 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 and passion into your desire for change. You must want the new belief to be true with your entire being. 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 masculine 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

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will get the message, and eventually, the desired action will feel natural 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 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. As a young man, 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. Not so now by any stretch of the imagination. Have you ever seen *Animal House*? That was me back then.

If this approach doesn't work for you at first, it is because some part of you still isn't completely sure that balance and

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total empowerment is really what you want. In order to change, 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 empowerment 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 Nine**

### **Clean Out Your Attic**

Give this some thought. As mentioned earlier, you have been around and evolving for a long time—all the way back to the first single-cell creatures that formed in the primordial sea. You are the product of evolution that took place over a mind-boggling 3.77 billion years. Other hominoids that evolved along the way branched off onto dead-end paths or developed into chimpanzees or gorillas and such. Some, like the Neanderthals, made it pretty far along the evolutionary path, but eventually could no longer hack it and became extinct when your ancestors, *Homo sapiens*, came along and took over their territory. But you kept going and going like the Energizer Bunny. You continued evolving until you eventually arrived at the very top of the food chain. There can be no doubt about it at all. You are a member of a very exclusive club—one among the most gifted and highly intelligent creatures that has ever lived. You are the pinnacle of life on earth, and you are now ready to make the leap into the kingdom of heaven.

You can do this because your mind is fantastic. Scientists say we humans typically use only a portion of its capacity. It is the most important tool you have—an amazing tool that is very much like a garden. You can cultivate it, pull out the weeds, water it, plant the right seeds, and allow them to grow. Or you can neglect it, and let it run wild. Either way, cultivated or not, it must and it will bring forth whatever is allowed to grow in it. There may be ideas and beliefs that were planted in your mind while you were going up that are

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doing you no good. They are weeds that need to be pulled out and cast aside. Plant good, helpful ideas and beliefs in their place. If good seeds are not planted in your mind and allowed to flourish, destructive weeds will take over and will continue producing more of their kind. Just as a gardener or farmer cultivates his plot of land, weeding it, and growing flowers and the fruits and the vegetables he or she wants on the dinner table, so may a person tend his or her mind, weeding out the useless and destructive thoughts and cultivating only those that have the promise of bearing delicious fruit. If such cultivation does not take place, if discipline is not exercised, the result will not be good because what's in your mind will eventually be what's in your world.

As was discussed, over time the outer conditions of a person's life always come to be in tune with his or her inner state. By the process of planting and cultivating positive, constructive thoughts, you will sooner or later discover that you are the master gardener of your mind—the director of your life; captain of your ship of fate. You will also come to understand that your thoughts and beliefs shape your character, which also creates your circumstances. Ultimately, what's in your mind is your destiny. As previously mentioned, James Allen [1864-1912] wrote a book about this that I highly recommend called, *As a Man Thinketh*.

Something else to know along this line is that the unconscious mind does not understand, or perhaps simply doesn't hear the words “no” and “not.” Suppose, for example, you're a tennis player. You're in a big match, it's close, and you are now in a tiebreaker. The next point could decide the match. The point has come for your opponent to serve. As you pass by him at the net changing ends, you say, “You're

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playing great today, Henry. Don't blow it. This is a big point coming up. Whatever you do, do not double fault."

You've started Henry worrying, and on top of that, his unconscious mind doesn't hear or understand the word "not." All it hears is "do double fault," and it takes that as a directive. Try as he might to do otherwise, Henry will double fault.

Actually, I advise you not to play such a dirty trick. As the saying goes, "What goes around, comes around," and you don't want that sort of negative behavior coming back at you. More will be written about this. The important thing to remember is that self-talk and coaching should always be framed in a positive way.

### **Think Positive and Rid Yourself of Fear**

Let's dig into the issue of fear because fears are beliefs and feelings, and beliefs and feelings are what create your reality.

To learn what you fear, as suggested in the previous chapter, tune into your moment-to-moment stream of consciousness and observe what makes you worried, anxious, resentful, uptight, afraid, angry, and so on. Step outside yourself and identify unsettled emotions, tugs and urges that have become part of your programming. Slow down and consider what triggered a negative emotion. Did your temper flare? Why? Why was it so important for things to go a certain way? If you trace what you felt back to its cause, you might come to a particular variety of fear, and it's been said that only two fears are instinctive: the fear of falling and loud noises. Other fears were acquired, and whatever was acquired can be disposed of.

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According to some experts, the fears that hold people back can be grouped under one of six headings:

the fear of poverty (or failure),  
the fear of criticism,  
the fear of ill health,  
the fear of the loss of love,  
the fear of old age,  
and the fear of death.

I've listed the fear of poverty (failure) first because in many ways it can be the most debilitating. It is self-fulfilling in that traits develop that bring it about. For example, are you a procrastinator? An underlying fear of failure is probably the root cause and can be counted upon to produce the result you fear.

Are you overly cautious? Do you see the negative side of every circumstance or stall for the "right time" before taking action? Do you worry (that things will not work out), have doubts (generally expressed by excuses or apologies about why one probably won't be able to perform), suffer from indecision (which leads to someone else, or circumstances, making the decision for you)?

Are you indifferent? This generally manifests as laziness or a lack of initiative, enthusiasm or self-control.

Step back and listen for internal voices that say "can't" or "don't" or "won't" or "too risky" or "why bother?"

How do you get rid of them? Shoo them away.

Whether you are the president of a company, or a bum on Skid Row, the only thing over which you have absolute control is your thoughts.

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You may say, I can't control what thoughts pop into my head. True. You may not control what thoughts arise, but you can decide whether to discard one or to keep it. You can decide that it is counterproductive and throw it away, or you can turn it over and over in your mind, nurture it and let it grow. Whatever thoughts you keep will expand and eventually manifest themselves.

Beginning now, each time you catch yourself with a negative thought, a thought that says "you can't," "it's not possible," "maybe someone else but not me," get rid of it. Shoo it away.

But you say, "I'm poor, I'm not a good student, I'm not a good salesperson, I'm in the lower third of productivity."

That's your ego talking. You are what you are because of your unconscious beliefs. You want the best for yourself, but your unconscious ego-mind is holding you back because of the way it was programmed.

If what I've been writing about on this page is a serious problem for you, follow the advice given in the last chapter, and go out and buy some self-help tapes that will plant positive thoughts in your mind in place of the negative ones. Play them to and from work and before you go to sleep at night. Use self-hypnosis tapes. Play them over and over for at least a month. Get all that junk out of your head, and replace it with thoughts that are positive.

What about the other fears? They're to be discarded in the same manner. If you suffer from fear of criticism, for example, it probably came about as a result of a parent or sibling who constantly tore you down to build himself up. You'll know this is a problem if you are overly worried about what others might think, if you lack poise, are self-

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consciousness or extravagant. (Why extravagant? Because of the voice which says you need to keep up with the Joneses.) You must rid yourself of inner voices that tell you to think even twice about what others will say. Take advantage of that fraction of a second between stimulus and response, stop to remember this, and let it sink in. That's how you can change—how to eliminate destructive fears and beliefs.

Let's think for a minute about the fear of criticism. There have been places and times in history when what others thought was worth worrying about. My great, great, great, great, great, great, great, great grandmother, Suzanna Martin, for example, was accused of being a witch, falsely convicted, and hanged in Salem, Massachusetts, in 1692. She was an old lady. Probably, she looked like a witch. But her downfall was the stir she caused after her husband died. She was able to run the farm successfully without a man around. Think of the talk. Such a thing wasn't possible, or so they believed, without the use of witchcraft.

The opinions of Suzanna Martin's neighbors mattered a great deal. They led to an unpleasant and untimely death.

What about today?

In Iran, China, Russia, or North Korea one might have to watch out what neighbors think or what the "virtue police" hear, but this simply is no longer a valid concern in developed, democratic countries. What others think or don't think of you or anyone else is their problem. Yet worrying about what they think can cause a great deal of misery, create karma that will have to be worked out, and cause interference between your conscious and your subconscious minds that blocks the channel of communication.

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What about the fear of ill health?

To rid yourself of this, it should be enough to know that what you worry and think about is eventually what happens. Ever noticed that it's the people who talk about illness, worry about illness, are preoccupied with this or that possible illness, think they feel a pain here or there or were exposed to some germ, who are precisely the people who stay sick most of the time? The power of suggestion is at work.

How about the fear of the loss of love? This one manifests in the form of jealousy and is self-fulfilling like the others. The person you try so hard to hang onto feels smothered, with the result that you end up pushing that person away. Try being yourself. Give them love, but give them room. If they leave you, they would have done so anyway. You can now move on to a truly meaningful relationship.

Next is the fear of old age. This is closely connected to the fear of ill health and the fear of poverty because these are the conditions a person really is concerned about deep down. The power of suggestion is hard at work here, too. If you think you're too old to do this or that, you will indeed be too old.

Consider this. My children are the same flesh and blood as my wife and me. I saw them being born, still connected by umbilical cords. I clipped the cord of one of them myself. My wife was thirty-six at the time our youngest was born. I was fifty-four. Yet the cells in my body, and in my wife's body, and in my son's body all were the most recent in an unbroken chain of cell division that goes back to the first life on earth. All the cells—my wife's, my son's, and mine—are at the end of a chain that is precisely the same age: billions of years. As the physic Edgar Cayce often said in trance, "Spirit is the life, mind is the builder. The physical is the result." Those

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telomeres get shorter and shorter because you think that you should look and feel older as the years go by. The physical body is the overcoat of the mental body. It gets old and decrepit because a person expects it to. It gets older and decrepit because a person stops learning, growing, and playing a role in the evolution of humankind.

When you've learned all you can from this life, the time will come for you to check out. And check out is what you will. No one says you have to be old.

Now we've come to that final bugaboo, the fear of death. As you now have seen, there's nothing to fear except having been fearful in this life. Consider the millions who have had near-death experiences and are no longer afraid to die. They're convinced they'll be greeted by their guides as well as by loved ones who have gone before. They look forward to being bathed once again in the all-encompassing light, which many have described as total, unconditional love. Most do not expect to experience pain. It has been reported by many that the spirit exits the body the instant it looks as though death is inevitable.

Only a handful who have had hellish experiences worry about what they may encounter in the nonphysical world. These folks need to know what you know. Each of us creates his own reality. We experience what we expect to experience, what we think we deserve. In the physical world, this takes time. In the nonphysical world of spirit, which is the medium of the mind, we instantly create our reality, just as we do in dreams. If we expect Hell, the Hell we believe we deserve is the Hell we will get. If we expect Heaven, our vision of Heaven is what we will have.



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Anyone who has ever had a lucid dream will understand what I mean. Such a dream is one in which a person realizes he's dreaming. I've had many and I look forward to them because it's more fun than Disney World. As soon as you're aware you're dreaming, you can begin to compose the dream, determine the players, the surroundings, the action. Want to fly over the Grand Canyon? All you have to do is "think" this. Fly over is what you will do, no airplane required. Like anything it takes practice, but I've gotten so I can swoop and turn and loop the loop.

Want to attend a cocktail party populated by Hollywood stars? You'll be there with Robert DeNiro or Julia Roberts. These characters will, of course, be your own thought projections.

You are a dreamer in the Creator's big dream of life, and you can make your waking dream lucid as well. Until now, you may have thought you were at the mercy of conditions outside yourself, that you've either been lucky or unlucky, that chance has brought you where you are. This isn't true. You've brought yourself to this spot, either consciously or unconsciously. If this is not where you want to be, you've arrived because your unconscious mind has been programmed incorrectly, and you are totally out of touch with your Higher Self. Perhaps you hear snippets from it every now and then but ignore what it's trying to say because of other voices which beat it back with "can't," "don't," "shouldn't," "too risky." These are the words of your ego. Your Higher Self wants you to evolve and to enter the kingdom.

Until you started reading this book, you may have thought you were at the mercy of conditions outside yourself, that you

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have either been lucky or unlucky, and that chance has brought you where you are today. Not so. You brought yourself to this place, and you did so unconsciously. If this is not where you want to be, you will have to change your programming, which likely took place when you were a child.

### **The Power of Positive Thinking**

I suspect you have heard about “The Power of Positive Thinking,” that positive thoughts are much more likely to produce good results than negative thoughts. I’m reminded of *The Little Engine That Could*, an American fairy tale published numerous times in illustrated children’s books and movies since its original debut in 1930. The Little Engine was a railroad locomotive that was tasked with pulling a long, heavy train—one that seemed much too large for it—up and over a mountain. But even so, the Little Engine was determined and kept telling itself over and over, “I think I can, I think I can.” It was a struggle, but the Little Engine persevered and finally succeeded.

It’s a good story and a valuable one to teach young children the benefits of optimism and hard work. The problem is, many of us today were not taught that lesson as children, and in fact, feelings of frustration, discontent, and dissatisfaction were ways of solving problems that many of us “learned” as infants. For example, if a baby is hungry, he or she expresses discontent by crying. Lo and behold, a warm and tender hand appears magically out of nowhere and brings a bottle of milk. Later on, if the baby is uncomfortable, again, he or she will again express dissatisfaction, and the same warm, comforting hands magically appear and solve the problem. That’s fine for babies but, unfortunately, many

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children continue to get their way and have their problems solved by indulgent parents merely by continuing to express their feelings of frustration when things don't work the way they want. All they have to do is feel frustrated and dissatisfied, express their dissatisfaction, and the problem will be solved. Sometimes what have become known as "helicopter parents" continue to cater to their children in this way all the way through high school, college, and beyond.

This way of life "works" for infants, and for some children. But it does not work in adult life when a person is out in the world on his or her own. Yet many continue to expect, perhaps unconsciously, that it will work. They seem to think that by feeling discontented and expressing their grievances—if only they feel put upon enough—life, or someone will take pity on them, rush to their aid and solve their problems. Let me assure you that 99.99 percent of the time that is not going to happen. It is my advice that you take responsibility for every aspect of your life.

Imagine, for example, you land an entry-level job as a management trainee in a big corporation. With you in training are several other bright young men and women fresh out of business school. Imagine the way things work in this company is often not to your liking. Management trainees, for example, are relegated to cubicles with five-foot-high walls affording little or no privacy, while the senior staff all have corner offices with large windows and spectacular views of the East River. You spend a good deal of time grumbling to yourself and to others about this injustice, subconsciously believing that will get you out of that cubicle and into a corner suite. Your fellow trainees, on the other hand, spend their time making positive suggestions and anticipating and providing

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for the needs of customers as well as for fellow workers higher up on the corporate ladder. Whom do you suppose is most likely to be first to break out of his or her cubicle? The one who constantly complained? Or the one that consistently delivered the goods?

Don't you feel a twinge inside that intuitively "knows" the positive attitude, the attitude of service to others, will inevitably win the day? That "twinge" is a message from something inside you that knows the correct answer called "intuition."

If you have been ignoring that feeling when it comes, now is the time for you to begin recognizing such messages. They have a light and airy feeling to them, even though they may seem to run counter to egocentric notions, such as, "The first order of business is to look out for number one." That egocentric notion may work in the short term, but in the long term, it is bad advice. The fact is that it's always best to under-promise and over-deliver to customers and bosses—as well as to anyone else for that matter. By over-delivering, your reputation grows as you create positive vibes and positive opinions of you by those with whom you come in contact. A reputation that you are someone who can be counted on can only lead to good outcomes and opportunities for you in the long run.

Let's consider for a moment why some people may spend their valuable time on earth grumbling and complaining away opportunities to get ahead. It's often because they have felt frustrated and defeated for so long—ever since they were babies in a crib and while growing up with indulgent parents—that those feelings have become ingrained. Their minds are in a kind of holding pattern, and it's never occurred

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to them to step outside of themselves in order to get in touch with intuition that would tell them, if they would only listen, that grumbling and complaining are counterproductive and accomplish nothing. Until they wise up, they will continue—to their own detriment—to radiate those feelings, and as night follows day, their discontent will lead to failure.

No matter what your mindset, if you want to change it, it's important to realize, as has been discussed, that beliefs and feelings are intertwined. It might be said that feelings are the soil in which thoughts and ideas grow. If you are habitually grumpy and in a bad mood, you need to lighten up and begin seeing the glass half full. Moreover, when you begin working toward a goal, try thinking how you will feel when you reach it—and then actually make yourself feel that way. I'm serious. Conjure up the feeling of "Success!" The thrill of accomplishment will communicate the belief to your unconscious mind that it's inevitable you are going to achieve what you have set out to accomplish. The feeling creates the belief, and the belief creates the feeling. A mental model of success will be etched into your unconscious, and that the desired outcome will surely come about.

Let's say you are pursuing a challenge and fervently want to accomplish it. Assuming you have the education, the knowledge, and the qualifications required to reach your goal, and assuming you feel strongly about it at an emotional level, you will almost certainly realize success. This will happen because your unconscious mind, which is connected to the universal subconscious and all other minds, will go to work and act like a magnet, drawing to you what you need. The greater your desire, the more powerfully your unconscious mind will strive to produce results.

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In summary, belief and emotions are the keys. It's important to feel the joy of having accomplished what you set out to accomplish before it actually happens. This will convince your subconscious the goal has already been reached and the universal mind will cause it to be reached as a result.

### **Be Likable and Appealing to Others**

Leaving psychological suffering behind will require effort and work, and that means things will be easier if you have help along the way. The most likely source of that help will be friends, partners, and mentors. Obviously, the going will be easier and you will attract more help if people like you and want to work with you. Therefore, it should go without saying that it's important to be someone others want to be around—someone people would like and want as a friend. That means you need to be someone who “talks the talk,” and “walks the walk.” Perhaps you know a person who does the opposite. If not, you are likely to come across someone like that in your business dealings, so be prepared and never, ever be one of them. In public such people talk openly—some even brag and boast—about the importance of having integrity and doing the right thing. But in private it's a different story. They bad mouth people and do things that aren't consistent with the honest-John public persona they hope to project. People quickly see through these phonies. As the old saying goes, “Say what you mean, and mean what you say,” and people will respect you for doing so.

### **Obey the Laws of Physics**

If you are a materialist and think matter is all that exists—that there is no God and nothing spiritual—you might come

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to the conclusion you can do whatever you want, harm whomever you want, and never have to suffer any consequences. But that is not how things work. I agree it may work for a while, but eventually you'll get back what you gave out because, just as there are laws of physics, there are laws of metaphysics. People must obey them, and nations must as well. Take Japan and Germany in World War II as examples. Both countries had astonishing victories in the beginning. Each country benefited from a national zeitgeist that they were invincible. But they ended up being crushed because the atrocities they committed came back upon them with a vengeance.

### **Always Keep Your Life in Balance**

You are probably familiar with the ancient Chinese symbol composed of a white “yin” interlocking a black “yang” that represents the dual nature of things. It symbolizes that we live in a world that is composed of opposites: Up, down, black, white, good and evil. Without the tension opposites create, nothing would or could exist—everything would fall apart. Follow the advice of this book and enter the kingdom but do not allow complacency to set in. Always seek new challenges, realizing that without one, self-destruction may result. Always strive to continue growing.

It can also be comforting to know there can be no growth without at least some discontent. Deep within, you know what is best for you. There is an urge built into you that pushes you to strive for growth, and for most of us, growth will not continue without some agitation and discontent. So study your dissatisfactions. They will tell you what you are about

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to leave behind and possibly point you in a new direction. Be willing to be uncomfortable. It is the way to grow.

As you contemplate your future course, it is also important to realize you can only attract that which you feel worthy of. Self-esteem is critical to success. That's why I urge you to get rid of the psychological baggage. The truth is you are not what you have, and you are not what you do. Beneath your fear and negative programming, you are perfect—an enlightened soul, fully self-actualized and a living example of unconditional love. The more you can let go of fears, the higher your self esteem will be, and the more options you will have and more risks you can take. The more you like yourself, the more others will like you, and the more worthy you will feel.

You can have anything you want if you can give up the belief that you cannot have it—assuming what you want does not conflict with someone else's belief. If, for example, you desire a fulfilling, one-to-one relationship, but demand it to be with a particular person, you are not operating in harmony with the universe.

Another example is in the area of accomplishment. You must get the education necessary to create what you want. "Where your attention goes, your energy flows." You attract what you believe you are and that which you concentrate upon. If you are negative, you draw in and experience negativity. If you are loving, you draw in and experience love. You can attract to you only those qualities you possess. So, if you want peace and harmony in your life, you must become peaceful and harmonious.

Something else to understand is that a stronger emotion will always dominate a weaker one. Every idea can be the beginning of a manifestation—although unless you nurture



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it, think about and develop feelings about the idea, it will not become expressed in reality. It does not matter which idea you consciously favor, even know to be desirable, a stronger emotion will nullify a weaker one, and the strongest emotion will begin to permeate all aspects of your activities. For example, if you are emotionally focused on the sexual desirability of a particular person, you may begin to create circumstances that will increase the likelihood of an eventual sexual union.

It is also important to realize that new information you accept into your mind will destroy previous information of a similar nature. Once a pathway of information has been created in you, a new viewpoint will develop and prevail unless new information comes in to replace and destroy it. Let's say, for example, you fall off and get hurt while horseback riding. That may be the end of your experience with horses because you will have just been programmed negatively about horseback riding. This is why instructors always urge new riders to climb back aboard immediately. You need new, positive input to erase the trauma of the fall.

The mind is engaged in an endless state of growth and reorganization. As a result, it is possible to reprogram yourself. You can do this by using the feminine or masculine techniques described previously, or some combination of the two, and by reinforcing new beliefs and points of view by repeatedly listening to success-meditation recordings and using visualization techniques. If you feel anxiety in crowds, imagine yourself relaxed in a crowd of people. When you fear doing something, and yet have the courage to do it anyway, you will soon do a mental flip-flop and may even become

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addicted to doing it.

Here is a case in point. Suppose you fear skydiving, or skiing fast almost straight down a steep mountain. If you force yourself to do so anyway, the experience will release endorphins, which are produced by the central nervous system and the pituitary gland and can produce a feeling of euphoria very similar to that produced by opiates. The result can be that you become somewhat addicted to skiing fast down mountains and skydiving.

You have within you everything required to make your earthly incarnation a paradise if you choose to accept that which is your divine birthright. We live in a universe of abundance, although the majority of humans populating our planet appear to view it as a universe of scarcity.

Heed the call. Take the leap. But do not go off half-cocked. Plan it out. Take a full day. Take more than one. Take as many as necessary to develop your plan.

And no matter what else you may decide to do, always remember the secret of life.

# # #

# **Book Two: A New Cosmology**

**An Advance Look at  
What Everyone Will Know in 2121**

**by**

**Stephen Hawley Martin**

“Anyone who has had an experience of mystery knows that there is a dimension of the universe that is not that which is available to his senses. There is a pertinent saying in one of the Upanishads: When before the beauty of a sunset or of a mountain you pause and exclaim, ‘Ah,’ you are participating in divinity. Such a moment of participation involves a realization of the wonder and sheer beauty of existence. People living in the world of nature experience such moments every day. They live in the recognition of something there that is much greater than the human dimension.”

Joseph Campbell [1904-1987]

# Chapter One

## The New Theory

Just over 500 years ago, people in the western world thought the earth was flat, that it was located at the center of the universe, the sun and stars revolved around it, and an anthropomorphic God created it. Then along came Christopher Columbus [1451-1506], Ferdinand Magellan [1480-1521], Johannes Kepler [1571-1631], and Galileo Galilei [1564-1642], and beliefs changed: the earth was now round, and the sun was at the center of the universe—and an anthropomorphic God created it.

This remained what people thought until 1859 when Charles Darwin [1809-1882] published *On the Origin of Species*. Following that, the only socially acceptable things to believe among those highly educated were that the universe had always existed and life had come about by accident. Material substance—matter—was all there was, and intelligence and consciousness did not exist until evolution produced a brain. This remained the scientifically-accepted worldview through the end of the first quarter of the twentieth century. The universe was thought to be much smaller than we know it to be today, it was thought to have always existed, the sun was believed to be at the center of it—the Milky Way being the all there was to it—life had come about by accident, and intelligence and consciousness did not exist until evolution had produced a brain.

Then Edwin Hubble [1889-1953], for whom the Hubble Space Telescope is named, changed how reality is viewed once again by discovering and reporting that countless

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galaxies exist in addition to Milky Way, that the universe is expanding, and that the sun is definitely not at the center of it. Hubble published his first paper on the relationship between red shift and distance in 1929, again revolutionizing our understanding of the universe and our place in it—although many still believe today that intelligence and consciousness did not exist until evolution produced a brain.

Beliefs are, however, in the process of changing once again. A major revolution in our understanding of the universe is occurring, and it is my hope that this book will inspire at least a few intrepid scientists to work out the mathematics, or whatever calculations are deemed necessary to support the new cosmology this book suggests, i.e., a new theory of creation of the universe and life, sufficient to convince diehard Scientific Materialists that intelligence and consciousness were in existence long before evolution produced a brain and that they in fact are the Source of the universe and life.

Much of the work has already been done. John Samuel Hagelin, a Harvard-educated Ph.D. in Quantum Physics has pointed toward such a theory by comparing the unified field, which many scientists speculate is what existed before the Big Bang, to the field of pure consciousness known as “Veda” described in the ancient religious texts of India called the *Vedas*.

If you’d like to view a video of Dr. Hagelin explaining this, go to YouTube on your computer, and put this in the search field, “Veda and Physics: The Science and Technology of the Unified Field.”

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Dr. Hagelin maintains that the unified field and Veda are the same. Here are two paragraphs of text quoted verbatim from the write up under the aforementioned video:

*Two sciences, one ancient and subjective and the other modern and objective, describe manifest creation as an expression of infinite dynamism embedded in the infinite silence of the underlying field. Physics describes this relationship in terms of the unified field and vacuum energy, and Vedic Science in terms of Shiva and Shakti.*

*Similarly, at every level of manifest creation, these two descriptions of nature's functioning correspond exactly. Physics describes three super fields giving rise to the five spin types that characterize elementary particles, the resonant frequencies of the unified field and building blocks of creation; Vedic Science speaks of the three Prakritis or Doshas giving rise to the five Mahabhutas that structure the universe.*

Allow me to cut to the chase and do my best to put into simple, everyday language the new theory that I believe coincides with and is supported by the statements above. I say this because the ancient Rishis of India—sages who lived thousands of years ago—believed that Veda, which boiled down into everyday language is *consciousness*, is the ground of being of all that is. In other words, the Rishis thought consciousness gives rise to the universe.

This book was written to impart and explore a theory that agrees with Dr. Hagelin that the Rishis were correct.

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Moreover, the theory supports the Rishis' belief that Veda (consciousness) is the core of each human being and every living thing.

In humans, Veda, or consciousness, manifests as the Self—the “I AM” or the silent observer at the back of your mind and my mind. But do not misunderstand. The Self (Veda or consciousness) is not an individual's mind. Veda, the ground of being, is what directs your hand to turn a page of this book. It is the decision-maker in each of us that observes the thoughts that arise in the mind and decides which ones to act upon and which ones to dismiss.

It is impossible to understate the magnitude of this realization, the implications of which are huge. A few will be touched upon in upcoming chapters.

### **What Existed Before the Big Bang?**

Does any of this fit with what the majority of scientists believe today?

Physicists have proposed that the spark of existence had its origin in a quantum fluctuation, triggering an explosive chain reaction—the Big Bang—leading to the still evolving universe we inhabit today. This narrative, however, presupposes the laws of quantum mechanics. As British Biochemist Rupert Sheldrake said in a now banned TED Talk, “[Scientists today say] give us one free miracle and we'll explain the rest.’ And the one free miracle is the appearance of all the matter and energy of the universe, and all the laws that govern it, from nothing in a single instant.”

Suffice it to say that rather than explaining existence, current scientific theories of the origins of the universe have simply pushed things back to a point that raises the question, “What



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existed before the beginning?” Could it all have come from nothing? Although that is what many scientists purport to believe, it doesn’t make sense. As the song in *The Sound of Music* goes, “Nothing comes from nothing, nothing ever could.”

Instead of beginning with nothing, it seems logical that the challenge of explaining existence should focus instead on defining a self-existing ground of being for which no explanation is required. Some physicists have proposed that the true ground floor of reality is the seething quantum realm of particles, forming in and out of existence. While this level of reality no doubt exists, there is no clear reason why the primordial situation should be constrained by quantum physics. A deeper level of explanation seems to be required, and what makes sense, as we will see, is that consciousness is the ground of being. How seething quantum particles came to be the ground of reality calls out for an explanation, but consciousness can explain itself. A unique feature of consciousness is that it does not appear grounded in anything beyond itself. The conscious self is self-producing in so far that it exists only in and to itself. As René Descartes [1596-1650] famously said, “I think therefore I am.” In other words, nothing is required beyond consciousness for existence to be a demonstrated fact.

No doubt you may be saying to yourself, “Wait a minute. The brain creates consciousness.”

Not so. Although it hasn’t been widely publicized—I suspect because science journalists are afraid of being ridiculed by Materialists—the conclusion drawn after sixty years of exhaustive research at the University of Virginia School of Medicine is that the brain does not create

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consciousness. The brain is a receiver of consciousness like a cell phone is a receiver of text and voice messages—a receiver that integrates consciousness with the body, which might better be called the “mind-body complex” because it is a vehicle or apparatus that allows your consciousness to inhabit and operate in this (physical) dimension. If you don’t believe this, go to YouTube and put the following phrase in the search bar: “Dr Bruce Greyson Consciousness Independent of the Brain.” A lecture by Dr. Greyson that goes into detail about UVA’s research should appear at or near the top. Dr. Greyson, by the way, is not some New Age Looney Tune. He is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the University of Virginia.

### **All Is One**

If the brain does not create consciousness, where do you suppose it comes from? As stated above, consciousness is the Source, the Veda or ground of being that generates and informs reality. Let’s consider evidence that supports this. The British quantum physicist, Sir James Jeans [1877-1946], wrote the following: “The universe begins to look more like a great thought than a great machine.” He was not only onto something, he hit the nail on the head. He knew what all quantum physicists know, that there is no such thing as matter per se—no separate things made of truly solid stuff. All that exists are vibrations—energy, pure and simple. And since physical reality is vibrations, nothing is truly separate—everything is connected. There can be no barrier or edge where one vibration stops and another one begins. As mystics have been saying since the dawn of time, “All is one.”

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Perhaps you are thinking, “All is one? Really? Come on, I don’t buy that. Sounds like New Age stuff to me.” If that’s you, read Gary Zukav’s book, *Dancing Wu Li Masters: An Overview of the New Physics*. In it, he explains quantum mechanics without using complicated mathematics. Consider, for example, the following statement from that book:

*. . . the philosophical implication of quantum mechanics is that all of the things in our universe (including us) that appear to exist independently are actually parts of one all-encompassing organic pattern, and that no parts of that pattern are ever really separate from it or from each other.*

Moreover, if consciousness is primal, consciousness must create everything. As Sir James Jeans seems to have suggested above with his comment about the universe resembling a thought, the physical reality we inhabit might be compared to a thought or a dream the Source is having.

Consider this. When you and I dream at night, our minds create our dreams, their imagery and all their trappings, and yet they seem completely real. If a car in your dream is about to run you over, for example, you are certain it’s going to hurt, which is why you wake up. Yet not until your eyes pop open, do you realize it was just a dream.

Now ponder this. There has to be a character in your dream from whose point of view what’s happening is observed. There cannot be a dream without someone observing it, and in your dreams that character is you. It follows that if the universe and this world is a “dream” in the

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mind of the Creator, there has to be a character in the dream for it to be observed. Who is the character?

You are that character, and I am that character.

We humans—all living things—are characters in the Creator's dream that observe what's going on. And since all is one and connected, including the Creator and us, we serve as the Creator's eyes and ears. We are the vehicles by which the Source knows his/her/its creation.

The reason this may be difficult to accept is that in our culture we are used to thinking of ourselves as totally separate entities. We think of the universe as "out there." You think of this book, or the Kindle device or phone you are holding, as a separate object. But as noted above, quantum mechanics says that isn't the way things really are. We are all one, all part of the dream. This will begin to sink in and make sense if you do not dismiss it out of hand and truly think about it, objectively.

### **Panpsychism Is Off the Mark**

Let me say here parenthetically that the theory being put forth in this book differs completely from the one called "panpsychism," which some Scientific Materialists are promulgating in an attempt to explain how matter creates consciousness. Panpsychism is the idea that everything material, however small, possesses an element of consciousness—that at the core, even an atom or a quark or an electron has a level of consciousness, albeit small. But we now know that matter is not conscious and does not create consciousness—as Dr. Greyson and the researchers at the University of Virginia have determined. To repeat what the

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UVA researchers have found, the brain is a receiver of consciousness. It does not create it.

### **Only Consciousness Is Conscious**

It is also important to understand that in an attempt to find a solution to the mystery of creation, Materialists have been attacking it from the wrong direction. Physical reality is generated by and contained within consciousness, not the other way around. Matter does not create consciousness. Consciousness creates matter, and therefore, consciousness is the place to begin an investigation.

To get one's mind around this, it may be helpful to realize that is impossible for anyone or anything to experience physical reality directly, which is an indication physical reality does not exist and cannot exist outside of consciousness. We experience this dimension through sight, hearing, touch, smell, and taste—the five physical senses of our body-mind complex. We cannot experience any physical thing without using at least one of those senses. Moreover, our consciousness and the Source—the Veda—are one and the same—the “I AM” in each of us.

Only one consciousness exists, which is the Source, and since the Source is all that is, it cannot step outside itself to observe itself. But the Source, aka infinite intelligence, has found a way. We are the vehicles by which the Source experiences its creation.

### **An Opportunity for Scientists**

If you are a scientist who wants to go down in history as the one who came up with a formula that proves all this and changes how we view reality, here are some scientific facts

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to build upon that point to the truth. While Materialists continue to maintain that only matter exists, Albert Einstein told us that what they think of as matter does not exist. He did so with the formula,  $E=MC^2$ , according to which energy equals mass times the speed of light, squared. In other words, mass (matter) and energy are the same things but in different forms. Moreover, it has been repeatedly demonstrated in scientific experiments that consciousness and matter interact. A quantum mechanics experiment known as “The Double Slit Experiment,” for example, indicates that observation by a researcher, i.e., the observer’s consciousness, causes light waves to become particles.

In 1803, Thomas Young (1773-1829) demonstrated that light is waves by placing a screen with two parallel slits between a source of light—sunlight coming through a hole in a screen—and a wall. Each slit could be covered with a piece of cloth. These slits were razor thin, not as wide as the wavelength of the light. When waves of any kind pass through an opening not as wide as they are, the waves diffract. This was the case with one slit open. A fuzzy circle of light appeared on the wall. When both slits were uncovered, however, alternating bands of light and darkness appeared, the center band being the brightest. Scientists call this a zebra pattern. The areas of light and dark result from what is known in wave mechanics as interference. Waves overlap and reinforce each other in some places and in others they cancel each other out. The bands of light on the wall indicated where one wave crest overlapped another crest. The dark areas showed where a crest and a trough met and canceled each other out.

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In 1905, Albert Einstein published a paper that revealed light also behaves as if it consists of particles. He did so by using the photoelectric effect. When light hits the surface of a metal, it jars electrons loose from the atoms in the metal and sends them flying off as though struck by tiny billiard balls.

Now let's consider a double slit experiment constructed to determine what happens when those conducting the experiment observe or do not observe which slits the photons of light pass through. As stated above, we humans are characters within the Creator's dream through which the Creator observes his creation, and that includes the researchers involved in this experiment. If the Creator cannot observe something (through one of them), whatever may be going on will by necessity remain strictly potential. In this case, that means light will stay potential matter in the form of waves. In other words, it cannot and will not form into particles.

In this experiment, a type of gun is used that fires one photon at a time. Both slits are left open and a detector is used to determine which slit a photon passes through and where each one hits. The photons make marks, tiny dots, on a photosensitive screen where they hit. Only one photon is shot at a time, so logic would indicate there can be no interference.

However, when the detector is turned off, and it is impossible to observe which slit a photon passed through, something counterintuitive, you might even say "mind-blowing" happens. The photons shot from the gun form a zebra pattern. In other words, without the detector making it possible for the researcher (and therefore, the Creator) to observe which slit a particle went through and where it hit, the particles are not particles at all. They are waves. Even

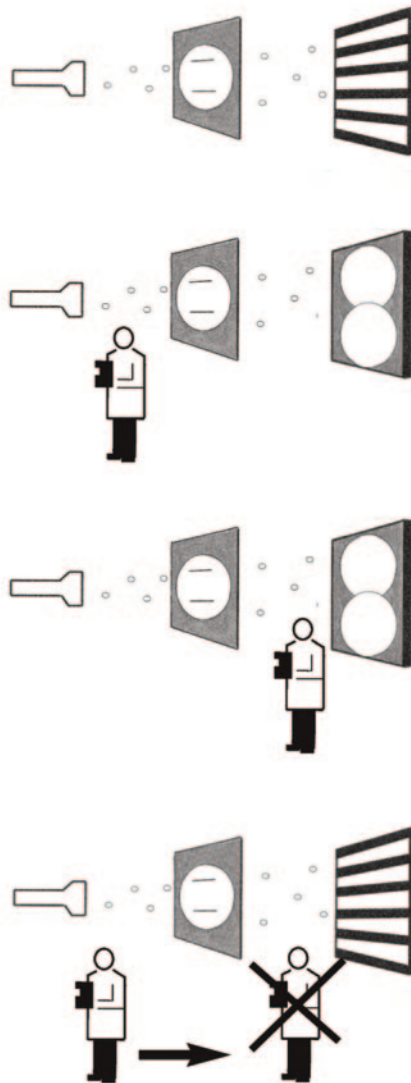
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though they were fired one at a time, they act as though they were fired all at once. This indicates that observation not only creates “matter,” observation also creates time, which is a dimension of the reality (the Creator’s dream) we inhabit.

The bottom line of this experiment is that the researcher’s ability to know—consciousness—causes the waves to become particles. In other words, the experiment indicates: 1) that the researcher is the eyes of the Creator. Therefore, when the researcher can observe the photons, the zebra pattern (of waves) does NOT occur, and instead a pattern forms of protons hitting a screen one at a time. In this way, observation, or consciousness, is shown to cause potential (waves) to form a reality made of “matter,” i.e., protons. 2) Without observation, the experiment takes place outside the reality we currently inhabit (outside the Creator’s “dream”), which must be a realm where space and time do not exist. As a result, it appears that all the photons were fired at once, forming a wave pattern as though they came from a light shining from a lantern, flashlight, or some other source of light, rather than from a gun firing photons one at a time.

These phenomena were examined and verified by setting up the experiment several ways, and they have been repeated and confirmed in a number of different laboratories across the world. In the first, the detectors were in front of the two slits. In the second, researchers placed detectors between the screen and the two slits, i.e., after the photons had passed through them. As in the original experiment, knowing about a photon’s behavior at the two slits made the zebra pattern vanish, whether or not the detectors were before or after the slits (see the accompanying graphic). But when the detectors were switched off, the zebra stripes returned.





**The Double Slit Experiment demonstrates the observer's mind is at one with the Infinite Mind.**

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In a third variation, a detector was placed before the slits and a mechanism erased the knowledge after the photon had passed through. The same thing happened. The zebra pattern returned. The result was the same no matter which way the experiment was set up—before the slits, after the slits, or before the slits and then erased. Whether or not the researcher was able to know where each photon hit determined the presence of the zebra pattern, or the lack of it.

### **Matter from Mind**

In the experiment discussed above, consciousness or mind was shown not only to affect physical reality, but it appeared to create physical reality in the form of particles—photons. This is something Scientific Materialists say is impossible. But is it? Not according to evidence that was collected by a college professor named Stephen Braude, whom I also interviewed for a weekly podcast I once hosted and produced. At the time, Dr. Braude was a tenured professor of philosophy at the University of Maryland Baltimore County, and I had just read his book, *The Gold Leaf Lady and Other Parapsychological Investigations* (The University of Chicago Press, 2007).

Dr. Braude related several well documented and amazing stories of mind over matter, but perhaps the most fantastic, as well as the one that supports the contention that mind [Infinite Mind] creates matter, had to do with Katie, a woman born in Tennessee, the tenth of twelve children.

Katie is apparently a simple woman. She was illiterate, at the time Dr. Braude wrote the book about her, lived in Florida with her husband and worked as a domestic. She was also a

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psychic who'd had documented successes helping the police solve crimes. In one instance she was able to describe the details of a case so thoroughly and accurately, the police regarded her as a suspect until those actually responsible were apprehended. She apparently also was able to apport objects—in other words, she somehow caused them to disappear in one place and reappear in another, at least that is what Dr. Braude maintained when I spoke with him. And that wasn't all. Seeds reportedly germinated rapidly in her cupped hands. Observers claim to have seen her bend metal, and she was both a healer and a medium or channel. Being illiterate, she could not read or write in her native English, but she has been video taped writing quatrains in medieval French similar both in style and content to the quatrains of Nostradamus.

I know some scientists are going to have a hard time believing what comes next because it goes against what they see as a fixed law of physics—that matter cannot be created nor destroyed—but most amazing, perhaps, is what appeared spontaneously on her skin—on her hands, face, arms, legs, and back—apparently out of thin air. It looked like gold leaf, a thin version of the wrapping on a Hersey's Kiss. Katie could not control when this happened, but Dr. Braude and other witnesses saw the foil materialize firsthand. He even videotaped it appearing on her skin.

I just stopped typing and checked. As of this writing, footage from this video can be seen on YouTube. Go to YouTube and put “gold leaf lady Braude” in the YouTube search bar. Several videos about this will come up. The title of the video with footage of Katie and her gold leaf is “UMBC In the Loop: Stephen Braude.”

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Dr. Braude took the foil to be analyzed. It turned out not to be gold at all, but brass—approximately 80 percent copper and 20 percent zinc.

Dr. Braude thinks there's a reason she produces brass and not gold. Where does the brass foil that appears on Katie's skin come from? It appears that her mind creates it. In fact, as mentioned, Dr. Braude believes she produces brass rather than gold for a reason. You see, Katie had a difficult and tense relationship with her husband. Once she apported a carving set. It just appeared. And her husband—apparently nonplussed—said, "So what? It's not worth anything." Soon afterward, gold colored foil began appearing on Katie's skin. But it wasn't real gold, it was fool's gold—brass. Dr. Braude thinks this is how she gets back at her husband. Katie's mind—albeit the unconscious part—creates matter in the form of brass foil. This being the case, why should it be difficult to believe that an Infinite Mind—one infinitely more powerful than a human mind—created the material universe? The physical universe had to come from something.

## **Chapter Two**

### **Implications of the New Cosmology**

Understanding that consciousness is the ground of being, and that the true Self in each of us is that ground of being will be a boon to humanity once it becomes widely known and accepted. Moreover, it can be a boon to you today and to others who do not wait to take it to heart. The undeniable implication of the reality that all minds are connected and at one with the Source is that all humans are inherently equal, and that our thoughts and beliefs are what create our personal realities. Skin color, national origin, and cultural backgrounds do not have to hold anyone back. In a free society, the only victims will be those who consider themselves to be victims. Understanding that your consciousness is not isolated or trapped within your skull will prepare you and others to receive and accept knowledge that will open doors you may not have realized were there. Think about it. You are the Source experiencing your creation. Your mind and the mind of the Source are connected and influence one another. You have free will and can go with the flow created by the Source, or you can rail against it. The choice is up to you. Almost everyone alive today is blind to this because it doesn't fit into the worldview they hold. Hopefully, this book will help many who read it to open their eyes.

To illustrate how our mental framework can blind us, consider what Charles Darwin found on his visit to Micronesia during his voyage on the Beagle. At that time, the natives of those islands were so isolated from the rest of the

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world that they had never seen a ship. Darwin and others from the Beagle came ashore in dinghies. The natives had no difficulty seeing them. After all, they themselves used small boats. But they did not, apparently could not, see the Beagle moored offshore—even when it was pointed out to them. A boat of its size did not fit into their mental framework. As a result, it was invisible to them. The same is true today, for example, when it comes to ill health and aging. Then, as now, the way that most people see the world is what keeps it hidden. Some who read what is written here at first may not “see” what I’m talking about. All I ask is that you suspend disbelief as you read ahead.

In the spring of 2000 a startling realization came to me after a local radio interview about one of my novels. It was evening. I was beat, having just spent an intense hour trying my best to be entertaining and witty. On my way home, I stopped at my local Seven Eleven for a bottle of beer. A sign caught my eye as I approached the register.

“We I.D. under 27 years of age.”

I took my place in line behind a couple of teenagers with Slurpies. An acquaintance from college took the spot behind me, and we exchanged pleasantries. My turn came, I put the bottle on the counter and reached for my wallet.

The clerk eyed me. “Sorry, I’ll have to see your I.D.,” she said.

“Excuse me?” I said.

“I’m going to need to see your I.D.,” she repeated.

“You’re kidding,” I said.

She let out an exasperated sigh. “No, I need to see your I.D. before I can sell you that beer.”

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I placed my driver's license it in her hand, turned to my friend, and gave a little shrug. Her mouth gaped. "It's true," she said, shaking her head. "You really do look young."

On the way home, I sipped, kept an eye out for police, and pondered the fact that I'd been asked to prove I was old enough to buy alcohol. You see, I was fifty-five years old at the time—more than twice what the clerk was required to I.D. It's definitely true that I felt much younger. Even today, almost twenty years later, I can detect almost no difference in how I feel now and how I felt when I actually was twenty-seven.

After that encounter, I started wondering why I appeared so young, and after a while, a possibility surfaced in my mind. Thirty years before, when I was 25, I'd read an article about a study of people who'd been consuming large doses of vitamin E for ten years. The article said that no measurable signs of aging had occurred among them. So I went out and bought a bottle, and I've been taking it since.

For years, I believed I wouldn't age. And for years, it seemed I didn't age.

Much later, I read that researchers had concluded that vitamin E in pill form cannot be proven to retard aging. As has often been the case, newer studies refute older ones. But I kept taking it anyway.

According to recent articles, we've come almost full circle. No researcher is ready to say vitamin E stops aging altogether, but new research indicates that taking the vitamin results in lower incidence of heart disease and cancer, while helping mitigate all sorts of health problems. Even so, I've come to believe that back then it may have worked for me in large measure due to the placebo effect. But it worked. Thirty

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years before I had read an article that said I wouldn't age if I took it. I expected it to work, so it did. If the following week I'd read another article that said the anti-aging qualities of vitamin E were hogwash, I probably would not have experienced the same result.

Belief is extremely potent. The effectiveness of placebos has been demonstrated time and again in double blind scientific tests. The placebo effect—the phenomenon of patients feeling better after taking dud pills—is seen throughout the field of medicine. One report says that after thousands of studies, hundreds of millions of prescriptions and tens of billions of dollars in sales, sugar pills are as effective at treating depression as antidepressants such as Prozac, Paxil and Zoloft. What's more, placebos cause profound changes in the same areas of the brain affected by these medicines, according to this research. For anyone who may still have been in doubt, this proves beyond a doubt that thoughts and beliefs can and do produce physical changes in our bodies.

In addition, the same research reports that placebos often outperform the medicines they're up against. For example, in a trial conducted in April, 2002, comparing the herbal remedy St. John's wort to Zoloft, St. John's wort fully cured 24 percent of the depressed people who received it. Zoloft cured 25 percent. But the placebo fully cured 32 percent.

Taking what one believes to be real medicine sets up the expectation of results, and what a person expects to happen usually does happen. This book will explain why. It's been confirmed, for example, that in cultures where belief exists in voodoo or magic, people will actually die after being



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cursed by a shaman. Such a curse has no power on an outsider who doesn't believe. The expectation causes the result. If you've read my novel, *The Mt. Pelée Redemption*, you know I used this phenomenon as a factor in the plot.

Let me relate a real-life example of spontaneous healing that concerned a woman I'd known for a dozen years.

Nancy is a minister's wife. She's a devout Christian—as firm a believer in her religion as a bushman who'd drop dead from a witch doctor's curse is in his. Five years ago, a lump more than half an inch in diameter was discovered in one of her breasts. Her doctor scheduled a biopsy.

A prayer group gathered at her home the night before this procedure was to take place. They prayed not that the lump would be benign, but rather, that it would disappear entirely.

Nancy is a member of a denomination that takes the Bible literally. In Matthew 18:19-20, Jesus is reported to have said, “Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.”

As you can imagine, it was more than two or three. It was a living room full. As in my case and vitamin E, quite naturally, Nancy expected the prayers to work.

Jesus also said, “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” (Mark 11:24) Notice the tense change in this verse. Jesus is saying to believe that you already have what you ask for and it will be given to you in the future. Jesus apparently knew that thoughts are things and that what we believe already exists does indeed already exist in the nonphysical realm of

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spirit. It exists as a thought form. Thoughts are things, as we will see, ready to materialize on the physical plane.

Belief is powerful. It is the key to manifesting your desires. A study carried out on the Discovery TV Channel, for example, gives an indication. In this case, two researchers conducted the same ESP experiment in the same laboratory using the same equipment. They went to great pains to keep everything identical except for one thing. One researcher believed ESP was valid and the other did not. Both tests were supervised by impartial observers, including the Discovery Channel TV crew.

The experiment that employed the researcher who believed in ESP had a statistically significant number of correct scores, indicating the experiment was a success. The validity of ESP was demonstrated scientifically. But the correct hits in the experiment with the doubting Thomas researcher were within parameters that could be accounted for by chance, meaning the experiment failed to demonstrate the validity of ESP. Apparently, the one and only variable—belief—made the difference. The first researcher believed and the second didn't. Each got the result he expected.

The same thing is at work in prayer by believers. Prayer works. Prayer is thought released into the subconscious. Prayers give spirit, or the Life Force, extra zest that bolsters its natural tendency to organize matter in a way that is beneficial to life. Soon it will be clear to you precisely how this works, and in Chapter Nine we will cover in some depth the effects of prayer as demonstrated in scientifically-constructed, double-blind experiments.

But first, let's get back to Nancy. The next morning, upon self examination, the lump in her breast appeared to have

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vanished. But nonetheless Nancy kept her appointment at the hospital where her doctor conducted a thorough examination.

The lump indeed was gone. Not a trace could be found, and the bewildered doctor sent her home.

How could a solid lump of tissue disappear? It melted away due to the potent combination of belief, prayer, and expectation. We indeed create our own reality. How this happens is explained in lectures I came across years ago by a man named Thomas Troward. He first delivered them at Queens Gate at Edinburgh University in Scotland in 1904. Called *The Edinburgh Lectures on Mental Science*, they provide a clear-cut and plausible explanation that fits perfectly with the findings of studies on prayer—that distance between those praying and the one being prayed for is not a factor, and that the one being prayed for does not have to know about the prayers on his or her behalf. How prayer works is simple, but let me lay some groundwork before I place it before you.

It helps to begin by considering the difference that appears to exist between what we think of as “dead” matter and something we recognize as alive. A plant, such as a sunflower, has a quality that sets it apart from a piece of steel. The sunflower will turn toward the sun under its own power. When first picked, it possesses a kind of glow. This quality might be called the Life Force, or spirit. On the other hand, the piece of steel appears totally inert. Yet, at the quantum level, the steel is alive with motion. In fact, quantum physicists tell us that motion or energy is what comprises all matter. Atoms and molecules are not solid things. They are energy. Vibrations. Some would say the whole universe is

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alive, as though it were a single giant thought—the thought of an infinitely vast mind of organizing intelligence.

Even so, by outward appearances the sunflower is alive, and the steel is not. Few would argue this. But one might argue that a plant's state of "aliveness" is different from an animal's. Consider the difference in aliveness between a sunflower, an earthworm, and a goldfish. Each appears to be progressively more alive.

Now, let's add a dog, a three year old child, and a stand up comedian on a late-night talk show. Each has a progressively higher level of intelligence. So, to some extent, what we call the degree of "aliveness" can be measured by the amount of awareness or intelligence displayed—in other words, by the power of thought.

As has been written above, intelligence, or thought, underlies and creates the entire universe. But it becomes more evident to us—we can see it more clearly—as this intelligence becomes more self-aware. So the distinctive quality of spirit, or life, is thought, and the distinctive quality of matter, as in the piece of steel, is form.

Consider for a moment form versus thought. Form implies the occupation of space and also limitation within certain boundaries. Thought (or life) implies neither. When we think of thought or life as existing in any particular form we associate it with the idea of occupying space, so that an elephant may be said to consist of a vastly larger amount of living substance than a mouse. But if we think of life as the fact of "aliveness," or animating spirit, we do not associate it with occupying space. The mouse is quite as much alive as the elephant, notwithstanding the difference in size. Here is

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an important point. If we can conceive of anything as not occupying space, or as having no form, it must be present in its totality anywhere and everywhere—that is to say, at every point of space simultaneously.

Life/thought not only does not occupy space, it transcends time. The scientific definition of time is the period occupied by a body in passing from one point in space to another. So when there is no space there can be no time. If life/thought is devoid of space, it must also be devoid of time. The bottom line is that all life, or thought, must exist everywhere at once in a universal here and an everlasting now as scientists who have studied this and worked it out mathematically would agree.

How does this help us understand how we create our own reality as well as how prayer works?

First, it is implicit in the discussion above that there are two kinds of thought. We might call them lower and higher, or subjective and objective because what differentiates the higher from the lower is the recognition of self. The plant, the worm, and perhaps the goldfish possess the lower kind only. They are unaware of self. Perhaps the dog, and certainly the boy and the comedian possess both. The higher variety of self-aware thought is possessed in progressively larger amounts as if ascending a scale.

The lower mode of thought, the subjective, is the subconscious intelligence or mind present everywhere that, among other things, supports and controls the mechanics of life in every species and in every individual. It causes the plant to grow toward the sun and to push its roots into the soil. It causes hearts to beat and lungs to take in air. It controls all of the so-called involuntary functions of the body. And, as we will see, it controls a lot more.

**Levels of Mind**

Subjective, Non-Dual Ground-of-Being Mind  
The Collective Subconscious Mind  
An Individual's Subconscious Mind or Soul  
An Individual's Unconscious Mind  
An Individual's Conscious Mind

There may actually be more levels of mind than shown above, but I have included this simplified chart to help the reader understand the accompanying text. I say there may be more because according to teachings of the College of Metaphysics in Missouri, there are actually seven different levels of mind, not just five.

That this lower kind of thought is everywhere at once coincides with the theory of Carl Jung who maintained that we humans share a universal mind. Moreover, we each have our own portion, our individual subconscious mind that blends into a shared collective mind that contains archetypes and so forth, which in turn blends into the ground-of-being, subjective mind referenced above. Our conscious minds are the producers of thought that make us self-aware. The various types of mind are inextricably linked, in that they arise out of the subjective, ground-of-being mind that is non-dual. Transcendent and non-dual, this ground-of-being mind doesn't distinguish between good and evil. It is what existed before humans evolved to a level that they could figuratively step out of themselves and consider what was "good" and what was not good. That point of time in evolution is recounted metaphorically in the story of Adam and Eve when the couple ate the fruit of the tree of the knowledge of good and evil and realized they were naked. As Shakespeare's Hamlet said, "Why, then, 'tis none to you, for there is nothing either good or bad, but thinking makes it so." The gradual emergence of

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self-aware thought out of this non-dual, subjective mind is implicit in our consideration of the plant, earthworm, goldfish, dog, boy, comedian and so forth up the scale.

Now let us consider an important point made in the lectures. The conscious mind has power over the subjective mind that creates our reality. I discovered the truth of this firsthand in college when I learned to hypnotize others. I would put a willing classmate into a trance and tell him he was a chicken or a dog. Much to the amusement of my audience, he would then act accordingly.

Hypnotism works because the hypnotist bypasses his subject's conscious mind and speaks directly to the subject's subjective mind. This part of the subject's mind has no choice but to bring into reality that which is communicated directly to it as fact by a conscious mind. Being totally subjective, it cannot step outside of itself and take an objective look. As such, it is capable only of deductive reasoning, which is the kind that progresses from a cause (the conscious mind's directive) forward to its ultimate end, having the mind of a golden retriever. It does not stop to question or analyze. This is the reasoning that a criminal might use in committing a crime. He may walk into a room, see a man counting his money, and think: "I need money, so I will take his. Since the man is protecting the money, I will get rid of him. I'll shoot him. He'll drop to the floor. I will then take the money and run. I'll leave by the window." Right and wrong, good and bad, aren't considered, only how to get to the end result.

On the other hand, the conscious mind, being objective and self-aware, can step outside. It can reason both deductively and inductively. To reason inductively is to move

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backward from result to cause. A police detective, for example, would arrive at the crime scene and begin reasoning backward in an attempt to tell how the crime was committed and who might have done it.

The result is that the subjective mind is entirely under the control of the conscious (objective) mind. With utmost fidelity, the subjective will work diligently to support or to bring into reality whatever the conscious mind believes to be true. Since the individual's subjective mind blends with the ground-of-being mind and is present everywhere, it is able to influence circumstances and events so that whatever the conscious mind believes to be true will indeed become true. So, for example, if I believe I am a sickly person, I will be a sickly person. If I believe that by sitting in a draft I will catch a cold, I will catch a cold when I sit in a draft. Conversely, if I believe that I am rich, that I deserve to be so because it is my birthright, I will become rich even if this is not already the case. If I think I am unlucky, I am unlucky.

This also explains how, why and when prayer works. When people who pray sincerely believe their prayers will have a positive effect, their prayers most certainly will. The belief they hold is impressed upon their own subjective minds. Their subjective minds blend into the ground-of-being mind. The more people praying and believing, the greater the effect. The subjective mind of the person for whom they are praying is also part of the ground-of-being mind, and the latter goes to work to bring about positive results.

It does not make any difference whether the person praying is at someone's bedside or halfway around the world. As noted above, thought, and therefore prayer, is present



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everywhere at once. It is nonlocal. This explains why prayer is not hindered by distance.

Most people go through life hypnotized into thinking that they have little or no control over their circumstances. The fact is that they create their circumstances with their thoughts and beliefs. The message of the Edinburgh Lectures is simple. Change your beliefs and your circumstances will change. And while you are at it, a few well-intentioned prayers can't hurt.

Returning to my personal experience with the power of belief and aging, as the days went by after that episode in the Seven Eleven, something else occurred to me. Starting a new life can have the result of deducting decades from a person's chronological age. Some years before, in 1993, I realized I'd gone stale in my career. I began having a recurring vision of myself coming around the track again and again. You might call it daily *deja vu*. I'd excelled in my career—was president of my own advertising agency. I was pulling down a salary well into six figures, was listed in *Who's Who in the Media and Communications*. I'd done what our society and our educational system seem to indicate should be the primary goal of life and the one true way to happiness and fulfillment. I'd picked a profession and risen to the top.

And as many who reach such rarefied air also have found, it wasn't all it had been cracked up to be.

Don't get me wrong. I love the creative process, and being creative is what advertising is all about. But when you are successful, and this is true in many lines of work, after a certain point you often end up no longer doing what made you successful. You end up supervising others who get to have the fun, and you get the headaches. So I sold my ad agency and

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took a year off before I began doing some marketing communications work again because, by that time, it was apparent I needed money feed my family, put a roof over our heads, and pay tuition bills. Nevertheless, I arranged my advertising and marketing communications work so that I was able to do the part I like, which is creating ads and campaigns, but also have time to do what I really and truly wanted. You see, back in 1993, that something was calling me.

I since have found that when you want something, really want it and remain attentive, an opportunity will appear. The late Joseph Campbell [1904-1987] labeled this opportunity “The call to adventure.” This call will come whether the desire you hold is known to you on a conscious level, or whether it’s hidden in your subconscious mind or soul. You’ll be presented with a choice. You can follow your adventure and gain from it. Or you can refuse the call, in which case you will stagnate and eventually die—figuratively, or perhaps even literally. This points to a cause of much ill health that’s hidden beneath our noses. Here is an important truth: To accept the call to adventure is to choose life over old age and death.

Myths of all cultures recount the same tale repeatedly, each in its own cultural guise. This is not surprising since the call to adventure is something each of us receive, often many times during a lifetime. We are compelled to leave the safety and security of our home base and venture forward into the unknown where inevitable dragons and demons of one kind or other must be faced and overcome. Supported by unseen or supernatural powers, the hero who pushes forward will invariably succeed, later to return to familiar territory more highly evolved than when he or she left, and in possession of

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a new level of understanding. You see, the goal of life is evolution.

Our society by and large ignores this entire phenomenon, even though the call comes whenever the time is at hand to move to a higher plane of understanding. This denial of such a basic component of life is particularly tragic in that dire consequences always result from our refusal to accept the call.

You need not take my word for this. Warnings can be found in myths throughout the ages. Refusal converts what otherwise would be positive and constructive into negative form. The would-be hero loses the power of action and becomes instead a victim bound by boredom, hard work, or even imprisonment. King Minos refused the call to sacrifice the bull, for example, which would have signified his submission to the divine. Of course, he didn't know that this would have resulted in his elevation to a higher state. So instead, like a modern day business executive or professional, he became trapped by conventional thinking and attempted to overcome the situation through hard work and determination. Indeed, he was able to build a palace for himself, just as many executives and professionals today build their mansions in the suburbs. But it turned out to be a wasteland, a house of death, a labyrinth in which to hide, and thus escape from the horrible Minotaur.

And look at what happened to Daphne, the beautiful maiden pursued by the handsome Greek god, Apollo. He wished only to be her lover, and he called to her, "I who pursue you am no enemy. You know not from whom you flee. It is only for this reason that you run." All Daphne had to do was submit, to accept the call, and beautiful and bountiful

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love would have been hers. She, too, would have had a relationship with the divine. But as you probably know, she did not submit. She kept running, and as a result turned into a laurel tree, and that was the end of her.

Let me relate one more story. It is the same one as the two above, and conveys the same warning. This time it comes from Jesus. It can be found in all three synoptic gospels. 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*

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*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.”*

Well, there you are. If ever a person received the call to adventure, it was this rich man. If he answers the call, he will be on the road to Eternal Life. As with Minos and Daphne, the promise is that he will develop and eventually experience the ecstasy of a relationship with the divine. But first, as was the case with them, he must give up his earthly treasure. As those two before him and many of us today, he was much too attached to his earthly wealth to do so.

So, returning to my personal story, there I was, tired of the ad game and ready to move to a higher plane, but held in place by golden handcuffs like the man in the story. I was ripe for the call, and naturally it came. It was not easy to turn away from that earthly treasure, but I did. I started writing. And I loved it.

Like any hero’s adventure, it was frightening to take that first step, to answer the call, and the adventure became even more frightening as it continued. It wasn’t long before a good deal more money was going out than coming in. I started doing freelance work to stem the flow, but nevertheless, I had to dip into savings in a big way before things began evening out. What I went through was no fun, but let it be sufficient to say I had to fight my own dragons and demons and to confront the fears that told me I ought to get my nose pressed back against the grindstone of the workaday world and get a real job. But, as in any hero’s adventure, when the going got

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really, really tough, unseen hands, the support of the divine, stepped in. But that story, my friends, will have to wait for another book.

I hope that like others who have taken such a journey, I have finally arrived back at the beginning. It is true that, like the heroes of old, I'm on a higher plane of understanding, mentally and spiritually, but sad to say, I am not better off financially. "The Lord provides," and that's just about it. Nevertheless, I feel more wealthy than I was before I answered the call, and I know that as long as I am pursuing the life I came here to live, invisible hands will clear a path for me and ensure I have enough to eat and a roof over my head. I've entered the Kingdom—am now a loyal subject and reap the benefits. I am no longer afraid of poverty or death. In place of fear and doubt, I sense the presence of awesome power ready to help whenever the going gets tough.

Does this have anything to do with staying young? It does. More than twenty years have passed since I was asked for my I.D. in that Seven-Eleven store. I'm now 76 years old, but I look and feel at least twenty years younger. Before I had reasons to stay in bed. Now I have reasons to get up in the morning. I'm aware of unseen hands constantly at work on my behalf. I'm following my bliss. I'm doing it in my own way, with talents I was given, making a contribution I hope, and perhaps most important, I'm doing what my subconscious mind would have me do. I'm evolving, and I'm helping others to evolve as well.

This keeps me full of life or spirit.

What is spirit?

Life Force or spirit is the invisible force that heals a wound, the energy that animates the body—makes it alive.

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When this energy is at its optimum, we feel good. Wounds heal faster. We are more resistant to disease. What fills us is the invisible force behind all creation. It underlies everything and is present everywhere. It is the medium of mind—the universal superconscious mind, our personal portion of it, which is our subconscious mind and soul, as well as our conscious, objective mind. To become aware of its presence and that we come from it and are still part of it, as is everyone and everything, is to take a step into what Jesus also called the “Kingdom of Heaven” that is both “within” us and “among” us all. We emerge from this medium when we are born. It fills us to the brim when we feel most alive. And we slip back into it when we die.

Speaking of which, at the beginning of this chapter we considered that physical immortality may be a possibility in the not too distant future. Before we move on to the next chapter, let’s review some highlights of what science knows and is doing about aging.

It is clear that the effects of aging occur at the cellular level. Human cells have finite life spans. They appear to be programmed to divide a certain number of times and eventually to stop. As they begin to stop, we experience the effects of old age.

Bacterial cells, on the other hand, are essentially immortal. They can be destroyed by ionizing radiation, or extremes of heat or cold, or by being gobbled up by another creature, or by starvation, or lack of water, or other catastrophes from outside their own cell walls. But they do not age.

What makes human cells different?

At the tip of each spindle-shaped chromosome is a sort of cap, called a telomere. Telomeres resemble the aglets on the

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ends of shoelaces. They keep the ends of the chromosomes from sticking together or onto other chromosomes. As cells divide, each subsequent generation of telomeres becomes shorter until finally, they don't exist. Some scientists believe they are the cellular clock that sets the rate at which the cells age and eventually die.

Researchers have been trying to find out how to reactivate the enzyme that lengthens the telomeres, thereby preventing them from "wearing out" and dying. In January, 1998, a team of scientists from the Geron Corporation in California activated the enzyme telomerase and were able to lengthen the life-span of cells in culture by at least 20 divisions past previous limits. In November, 1998, Geron scored another first by reconstituting the telomeres of embryonic stem cells, which are renowned for their ability to turn into any type of cell, making it theoretically possible to rejuvenate parts of any organ with a simple injection.

It is too early to say that a definite key to aging has been found, but these discoveries represent steps in that direction. If our cells can be made to keep on dividing as do bacterial cells, our bodies will just keep on going like the Energizer bunny.

Or will they? In the past, when cures for diseases such as yellow fever, the black plague or small pox were found, others such as cancer or heart disease took their place. It is true that our life spans have been lengthened on average, but it also seems true that man almost needs a way to exit the physical plane. Perhaps this is because death is an important part of life.

Programmed cell death, for example, is involved in many aspects of fetal development. One example can be seen in the development of the human nervous system. Nerve cells in the



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brain and spinal cord are connected to other cells in the body by long, thin, wire-like extensions called dendrites that carry electrical signals to the neurons from muscle cells, for example, or sensory receptors, such as the cells in the skin that respond to touch. During gestation, the fetus's brain and spinal cord neurons send out tremendous numbers of these fibers, each of them seeking a connection with another cell. When such a fiber makes a connection—with a muscle cell, let's say—it becomes the communication link between the central nervous system and that particular muscle cell. But if a blindly seeking neuronal fiber finds no other cell to connect to, it quietly commits suicide. It goes through programmed cell death.

As the human fetus develops in its mother's womb, it undergoes many transformations. The development of the fetus in the womb essentially replays all the biological forms of the fetus's evolutionary ancestors. At the end of the fourth week, the human fetus's limbs begin as small bumps. Two weeks later, the arms and legs are clearly discernible, though the hands look more like paddles than human hands. The feet, which develop a few days after the hands, also have webbing between what will eventually be the toes.

The limbs of a developing fish keep this webbing, which becomes fins. Water birds such as ducks and pelicans keep the webbing between their toes, as do aquatic mammals such as otters. But in the human fetus, between the forty-sixth and fifty-second day in the womb, the webbing between the fingers disappears, leaving a perfectly formed human hand. A few days later, the toes, too, lose their webbing.

What happens to the cells that made up the webbing? Or the cells that composed the fetus's tail, earlier in its gestation?

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They die, essentially by committing suicide. Why? It has to work this way, since they no longer serve the whole.

Here is what I want you to consider. Many who have rejected the Materialist view and accepted that consciousness is the ground of being are fond of the expression, “as above, so below.” The cells of a human fetus literally commit suicide when they no longer serve the greater whole. Suppose we individual humans are each a part of something much larger, something that has as its purpose a reason for being that goes beyond the gratification of individual egos? Should we, would we, continue on when we no longer serve the whole?

Contemplate this. Think of the universe as a mother. Think of humankind as a developing fetus. And think of Earth as a womb. Many people agree that there truly is only one life, one larger organism of which you and I are parts. We each might be compared to cells that make up the whole, but our individual perspectives—our ego minds and the illusion created by our brains as the nexus of our five senses—keep us from recognizing this. We are fooled into thinking we are separate because our conscious awareness is centered in one location, and this location is not where the real action of this larger organism takes place.

Let us hypothesize for a moment that the goal of life is evolution and that our ultimate purpose is to serve the whole. First, we must continue to evolve, or we become a drag on the greater whole. Second, we must perform a service that directly or indirectly enables others who do grow. When we stop—when our growth becomes arrested, and we no longer assist others—then as cells in the developing fetus of humankind, we no longer serve a purpose, and it is natural

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for us to die. Our ego minds are unaware of this, but our subconscious mind, our soul, the part that integrates us with the universal superconscious ground of being—the Veda—knows precisely what’s happening. The time has come to check out—to return to the place from which we came, perhaps to have another go at it.

How can we save ourselves?

The first step is to answer the call when it comes. We must learn to be attentive and get in touch with the subconscious mind that resides within. By getting in touch with our own higher intelligence, or self, which some people call our soul, we can determine what way it would have us go. Then we must set aside our fears and move ahead.

## Chapter Three

### Mind, the Builder

*Mind is the Master-power that molds and makes,  
And Man is Mind, and evermore he takes  
The tool of thought, and shaping what he wills,  
Brings forth a thousand joys, a thousand ills—  
He thinks in secret, and it comes to pass—  
Environment is but his looking-glass.*

—James Allen (1864-1912)

The great twentieth century prophet, Edgar Cayce (1877-1945), often said, “Spirit is the life, mind is the builder, and the physical is the result.” These few words describe the formula behind the existence of the physical world and all its trappings, you and me included. Spirit is the life. It is the force that animates living creatures. It is imbued with a raw organizing intelligence that formed the stars and the planets out of nebulae. It organized atoms into RNA, and later DNA, molecules. Mind is the builder. The mind creates thoughts. Thoughts are things that exist in spirit, and what exists in spirit will in time exist on the physical plane.

We humans, and everything else in the universe evolved out of the organizing intelligence that is spirit. In the beginning, spirit created an almost infinite number of variations of living things. Those that were most suited to the environment survived. These living things reproduced by the millions, each offspring slightly different from its siblings. Again, those best suited to the environment survived and

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reproduced. And so on and so on. As evolution progressed, living organisms themselves developed intelligence. This intelligence impressed itself upon the organizing intelligence of spirit, and the organizing intelligence of spirit went to work to create ever more sophisticated and evolved adaptations. The result of this process can be seen in ever-increasing levels of intelligence displayed by ever more evolved life forms. As intelligence evolves, it becomes and more self aware. Flowers and earthworms possess only subjective or subconscious minds, their own small portions of underlying organizing intelligence. Their “minds” are subjective because they cannot think about themselves. They can only react in a programmed way to the input or stimuli they receive. A dog and to a much greater extent, a human, have both a subjective mind and an objective mind. Their subjective minds keep them breathing and their bodies functioning while their objective minds think about and analyze situations. Unlike the subjective mind, an objective mind can worry and be afraid. This is both a blessing and a curse. It is a blessing that we can plan ahead in order to avoid trouble and thereby eliminate the uncomfortable sensation of worry. It is a curse because fear is a kind of belief—a belief charged with emotion. Since it does not analyze or judge, the subjective mind works hard to bring about what the objective mind believes. A fear is almost certain, therefore, to manifest if it is allowed to continue unchecked—whether or not that particular fear was originally grounded in reality.

The truth is that there is only one mind, and this mind is constantly evolving. Like the vast majority of water on earth that is connected but divided into oceans, seas, and rivers, we

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can think of the one mind as being connected but divided into various levels: the universal subjective mind, the collective subconscious mind of humanity, individual subconscious minds or souls, and last but not least the part of each person's mind of which he or she is aware, the conscious mind. Our personal conscious minds in turn are divided into a conscious portion and an unconscious portion that contains the memories of this life and unconscious and habitual programming.

We're all familiar with the conscious mind—the place where our attention remains most of the time when we're awake. It is here that we're aware of what is happening around us. We touch, taste or see something. Impulses travel along nerves such as the optic nerve from the eye to the brain. An event takes place. Let's say we take a bite of a chocolate bar. We immediately recognize the flavor. That's the conscious mind at work. To identify the flavor, the conscious mind calls upon the memory of the taste of chocolate that's stored in its unconscious part.

What other functions does the unconscious part of the conscious mind perform? Let's say you get into your car to go somewhere. You turn the key, you release the brake, you drive. You don't have to think much about what you're doing. If you're like me, you may drive along thinking about something else and take a turn that you would normally take even though today you're going somewhere else and shouldn't have taken it. After a few blocks you realize you're on the wrong road. You were led astray by the unconscious, programmed part of you.

The unconscious part of your conscious mind becomes programmed very much like a computer. Remember the first

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time you got behind the wheel? When you turned the key and released the brake you had to pay close attention to every detail in order to make the automobile operate smoothly. You had to watch all the buttons, people, stoplights and so on. Over the months and years that you've been driving, however, your conscious mind made all those details a part of you. They slipped into the unconscious part of your conscious mind as surely as a computer program is loaded onto a hard drive.

The truth is, all the bits of information you've come in contact with in this particular life are stored in the unconscious part of your conscious mind, including information that in a practical sense you've forgotten or never fully understood. Erroneous information is there. For example, as a child perhaps your parents said, "People in our family are cursed with a tendency to be overweight. All you have to do is look at food and it goes straight to your hips. There's nothing you can do about it." Or maybe they said, "Nobody in this family ever got rich. It's just not meant to be. You might as well resign yourself to a life of being poor." So, contained within the unconscious part of your conscious mind today are the beliefs that because you're a Jones or a Johnson or a Smith, you are destined to have a weight problem, or to struggle when it comes to money. You didn't question the information when it was programmed in because it came from someone in authority. But it is still there, and it's keeping you from a life of joy because as long as those beliefs are in the unconscious part of your conscious mind they are being impressed upon your individual subconscious; it and the shared subconscious, in turn, are duty bound to make them into reality.

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In an upcoming chapter, we'll discuss techniques you can use to deprogram yourself, but in the meantime let's take a minute and make sure there's no confusion between a person's subconscious mind and the unconscious mind that contains this life's programming and memories. The subconscious mind is that part of you that has been built up over many lifetimes and contains the truth and knowledge of all lessons learned during those lifetimes. It is at one with the universal subconscious, a cup of water within the ocean in which all knowledge resides. Your unconscious mind is part of your conscious or ego mind and contains the memories and the programming of this life only.

Your personal subconscious contains your personal evolutionary history. Some call this the soul. A goal of this book will be to help you gain access to your subconscious mind, ultimately to begin the process of a merger, or at least a partnership, between it and your conscious or ego mind. Whether or not you realize it, your current situation—whether you are a prince or a pauper, the CEO of your company or an assembly line worker—is determined by how well your subconscious and conscious minds work together. A good working arrangement is crucial to achieving the life you want.

Bologna, you say? Others have decided what your lot in life will be. Neither your conscious mind nor your subconscious had anything to do with it.

If this is true, it is because you have, unconsciously, allowed others to misdirect you. You haven't been paying attention to your subconscious mind or soul, the part of you that's been around since the incarnation in which you first achieved self-awareness. If you are intelligent enough and



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interested enough to have read this far in this book, your soul had a plan for you in this incarnation. This part of you—your soul or individual subconscious mind—has been trying, apparently unsuccessfully, to nudge you in the right direction. If you are not where you want to be and intuitively know you are not where you ought to be, it is because unconscious thought patterns have brought you here. This being the case, you have some programming issues to deal with.

Let me attempt to throw some light on how this works in many cases. Feelings of frustration, discontent, and dissatisfaction, for example, are ways of solving problems that we all “learned” as infants. If a baby is hungry he expresses discontent by crying. A warm, tender hand then appears magically out of nowhere and brings milk. If a baby is uncomfortable, let’s say he has a poopie diaper, he again expresses dissatisfaction with the status quo, and the same warm hands appear magically and solve the problem by removing the yucky diaper and putting on a fresh one.

Many children continue to get their way, and have their problems solved by indulgent parents, by merely expressing their feelings of frustration. All they have to do is feel frustrated and dissatisfied, and the problem is solved.

This way of life “works” for the infant, and for some children. But it does not work in adult life. Yet many of us continue to try it, by feeling discontented and expressing our grievances against life, apparently in the hope that life itself will take pity, rush in and solve our problems for us—if only we feel bad enough. Yet, the subconscious mind in us knows this isn’t so. It learned this in other incarnations. The conscious mind ought to be able to figure this out, but the

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feelings are buried in its unconscious part and simply have never been brought into the light for critical examination. As a result, our unconscious programming just keeps on trucking, and in doing so keeps on tripping us up.

Imagine, for example, you are a management trainee in a corporation. With you in training are several other bright young men and women fresh out of business school. Imagine that the way things work in the company is often not to your liking. Management trainees, for example, are relegated to cubicles with five-foot-high walls affording little or no privacy, while the senior staff all have corner offices with large windows and spectacular views of the East River. You spend a good deal of time grumbling to yourself and to others about this injustice, unconsciously believing this will get you out of that cubicle and into a corner suite. Your fellow trainees, on the other hand, spend their time making positive suggestions and anticipating and providing for the needs of customers as well as those fellow workers higher on the corporate ladder. Whom do you suppose is most likely to be first to break out of his or her cubicle?

Don't you feel a twinge inside that intuitively "knows" the positive attitude, the attitude of service to others, will eventually win the day? That "twinge" is a message from your subconscious mind. If you have been ignoring this feeling when it comes, now is the time for you to begin recognizing such messages. They have a light and airy feeling to them, even though they may seem to run counter to egocentric notions, such as, "The first order of business is to look out for number one." That egocentric notion may work in the short term, but in the long, it is bad advice. Jesus said,

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for example, “The first among you will be the servant of all,” as well as, “Whoever wants to become great among you must be your servant.” Verses such as these have been much puzzled over because humans are basically selfish. The thought of being someone else’s servant is an anathema to the ego mind. Nonetheless, Jesus’ words make perfect sense to the subconscious mind to which he was so well attuned.

Let’s consider for a moment why some people may spend their valuable time on earth grumbling and complaining away opportunities to get ahead. It is probably because they have practiced feeling frustrated and defeated so much—ever since they were babies in a crib, and then while growing up with indulgent parents—that feelings of defeat have become habitual. Their minds are in a kind of holding pattern, and they’ve never taken a step outside of themselves to get in touch with their subconscious minds which would tell them, if they would only listen, that grumbling and complaining are counterproductive and accomplish nothing. Until they wise up, they will continue to project those feelings into the future and will expect to fail. As discussed, people get what they expect.

Thoughts and feelings are intertwined. You might say that feelings are the soil in which thoughts and ideas grow. This is why, when a person begins an endeavor, he or she would be well advised to imagine how she would feel if she succeeded—and then feel that way. This feeling of accomplishment will help generate the belief that she has or will achieve what she set out to. The feeling creates the belief, and the belief creates the feeling. A mental form of success has been created and now exists in the realm of spirit. Soon this will appear on the physical plane. No wonder “Everything is possible for him who believes.”

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Positive attitude may be not all that's needed to lead a consistently successful life. Belief is the key, and this is where many self-help books fall short of their intended purpose. I can be as positive as Santa Claus about achieving the sales goal that will bring me a brand new Mercedes Benz. But if I still have worry and doubt in spite of my positive attitude, I'm constantly throwing a monkey wrench in the workings of the subconscious mind. And there's something else. The universal subconscious mind may only reason deductively, but it has an overall goal for you and me. That goal is the evolution of our minds because the universal subconscious mind wants us as conscious co-creators. That's what it's working toward. If a new Mercedes Benz in some way will help further your personal evolution or even someone else's, get ready for one to materialize in your driveway practically instantly. On the other hand, if a new Mercedes would be in some way counterproductive, don't hold your breath.

Why in the world does what we fear often come about? Because getting what we fear may actually help us grow. Like it or not, sometimes difficult experiences result in much more growth than good. Ask for the virtue of patience to come to you and you can expect to encounter an experience in which patience is required. The hard way is the only way to learn, or perhaps I should say, earn it.

Sometimes we get what we ask for and later wish we hadn't. No doubt many lottery winners have had their lives turned upside down and found out that all that money was in reality a burden they wished they didn't have to carry. But think how much they grew as a result of the experience. They became more conscious or self aware and this serves the long-range goal of the universal subconscious mind.

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The lesson is that what will virtually guarantee success is to bring the egocentric, conscious mind into alignment with the subconscious mind. When the two are working in concert, Katy bar the door.

Remember Edgar Cayce. “Spirit is the life, mind is the builder, the physical is the result.” Once a symbiotic relationship between your soul, spirit, and your conscious mind is formed, you will automatically create the life you want. This cannot help but happen. Until then, however, things will be hit or miss. They will seem to work for you one day, and against you the next because you’re sending out mixed signals. The conscious part of you might be saying, “I want to win this big contract so my boss will think I’m really on the ball and give me a big bonus,” and another part of you might be saying just as forcefully, though unconsciously, “Please don’t let me land this contract because I can’t possibly handle all the work it will generate, and even if I could, it’s not the way I want to spend my time.” Your egocentric mind may want to win and even believe it can. Your unconscious mind selfishly may not want the baggage that will go along with it. And perhaps your subconscious mind or soul would rather you lose because then there may be a chance you’ll wake up and begin to follow the destiny you came to earth to pursue. So the different parts of you are at odds. When this is the case, things will not turn out the way you consciously think you want them to. In fact, your subconscious may very likely put a stop to all the nonsense by thrusting you into a crisis in an effort to get your attention. This could take the form of an illness, an accident, the loss of a job, or whatever. But whatever form it takes, you will be forced to reevaluate your life.

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People often have accidents, or develop major illnesses, when they are not on track and refuse to heed the call of their subconscious minds to change direction. In this way, the subconscious mind forces a hero's adventure on them. If it is accepted as such, if the individual involved recognizes that fate has stepped in, goes along, does what must be done but also surrenders to the divine, the illness or accident will likely turn out to be a side trip. It will have been a hero's adventure that has resulted in spiritual growth. The hero or heroine will return to the place where she began with a higher level of understanding. Her life will have been changed. She will be more fully prepared to step into the larger adventure that awaits.

On the other hand, if a person fights it, if she refuses to give herself over to the hands of grace, if she develops no intention of altering the situation that led to the illness—in other words, if no growth comes or appears forthcoming—then illness may indeed result in the termination of this incarnation.

All crises are potential hero's journeys. They are opportunities for rebirth. Once you understand this and accept it, you are in a much better position to deal with them. It is essential to understand that fear and doubt can stifle or derail the process. Conversely, facing a crisis in a positive attitude of expectancy can help immensely and can speed you along, sometimes almost painlessly, to rebirth at a new level.

Here are the steps to keep in mind the next time you are confronted with what appears to be a dire situation:

Step One: Accept your condition.

Whether your problem is physical, mental or spiritual—if it is a health problem, it is likely a combination of all

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three—the first requisite is to accept it. As the famous psychiatrist Carl Jung said, “Nothing can be changed until it is accepted.” Acceptance does not mean giving up. It means looking the situation in the eye, and seeing that it is real. What percentage of alcoholics, or people who continue to be addicted to something, do you suppose have taken this step? Once they have reached this point, however, they are ready to take action.

Step Two: Take responsibility for your situation.

I realize this may be easy for me to say but difficult for you to do. Let’s say a hurricane comes along and knocks down your house and your business. You might have a hard time taking responsibility for that. Nevertheless, it is a necessary step. To do otherwise is to cling to a “victim consciousness” that will get you absolutely no where at all. In winter the heating grates in major cities throughout the United States are occupied by people who consider themselves helpless victims of circumstances. Rightly or wrongly, they will never get off those heating grates permanently and into a warm bed with a roof over it until they take responsibility for their situation.

Most who think of themselves as “New Age” have bought into the idea that nothing happens by accident, and that everything is always happening just as it should—as part of a big plan. They would say that the hurricane happened for a reason. At the other end of the spectrum, Scientific Materialists tend to believe that everything is a big accident. If I were forced to choose between these extremes, I’d have to go with the New Age folks. I feel they’re slightly closer to the truth. But the fact is, I think accidents do happen, and that

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everything is not always just as it should be. If it were, then the people on steam grates belong there, and I don't think so.

In either case, the best course of action is to take responsibility. If you are an alcoholic, stop blaming your mother or your father. If you are hit by a hurricane, you may have to rationalize how you got yourself into the situation. For example, some part of you knew when you bought a house and set up a business in Florida or the Outer Banks that someday a hurricane might come along and knock it all down. Your subconscious mind may even have agreed to this because it knew that out of this adversity would come needed spiritual growth. You and the universe are one. So you as the universe have sent yourself this problem for a reason, and that reason is to grow. Whether or not that is the real truth, you will be much better off to look at it this way.

Step Three: Identify the quality you need in order to deal with the situation effectively.

Try to determine what exactly is being demanded of you. This is at the heart of the "lesson" that the universe is out to teach. One crisis may call for assertiveness, another gentleness, another creativity, and still another, courage, another frugality. Another could call for a high degree of tenaciousness. Still another could require that you achieve a balance between giving and receiving. By recognizing the quality or trait you need in order to handle the crisis, you begin to usher in the breakthrough. As you strive actively to develop that, you are no longer a victim of circumstance, but a hero or heroine on a transformative journey.

Step Four: Stay hopeful.

Without hope and an underlying expectation that the situation will turn around, you may give up too easily. I once



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read, for example, that in World War II the Royal Air Force conducted a study of victims and survivors among flyers who were forced to ditch in the English Channel. Officials were surprised to learn that the survival rate actually increased along with the age of the flyers, which was the opposite of what they'd expected. The youngest men, who also were in the best physical condition, were more likely to die of hypothermia.

A survey was conducted to determine why. It was found that the older men, having lived longer and through more adversity, were less likely to give up hope than the young men. Hope like fear is a form of belief—a belief in possibilities. Hope, rather than physical condition, was judged to be the more important indicator of survival.

Some people seem to attract more crises into their lives than others. For whatever reason, they are being handed more opportunities for growing and evolving than their peers. Once they understand this and begin to follow the steps outlined above, they should find that life may not be as difficult as they once believed. As has been said, the spirit is always pushing in the direction of evolution. An important idea to grasp is that all of you—your conscious mind and your subconscious mind together—need to join with spirit in order to produce the desired (physical) result. When all the pieces work in harmony, not only have you begun to follow the path of least resistance, you are now on the road to fulfillment and happiness.

### **Why You Are Here on Earth**

This road is likely to require serious self-examination, which can be painful. It may require you to evolve spiritually,

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which could take time, study and meditation. But take heart. Whether or not you were aware of it before today, all humanity is on a spiritual journey. This journey is the reason for life on earth. It's why you are here—to evolve. It's why everyone is here. We evolve by facing and overcoming obstacles and hardships, which is why life on earth is difficult. It builds character and wisdom and leads to the evolution of individual human souls as well as the evolution of the combined soul of all humanity.

W. E. Butler, the founder of Ibis, an organization dedicated to the teaching of metaphysics, likened the spiritual evolution of humankind to a great crowd making its way along a road that winds up a hill. The crowd plods forward as a flock of sheep might, kicking up dust but moving slowly, stopping now and then, scrapping and biting each other; now and then getting panicky and shifting one way or the other; often hardly moving ahead at all.

We humans are like sheep, highly susceptible to peer pressure. With this in mind, you may want to share this book with others. Perhaps, after a quick read through, you may wish to study it along with another seeker or group of seekers. It can be lonely when you possess a level of understanding much higher than those around you, and this is what this book will give. Moreover, the knowledge here is difficult to share because it cannot be summed up in 30 seconds. Moreover, it may sound like heresy to those who cling tightly to the dogma of a particular religion.

So, how did I come by it?

Looking back, I realize that I started on this journey as a confirmed atheist at the age of twenty-seven. It began the day

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I had a brief “experience of mystery,” as Joseph Campbell called a glimpse of the Eternal. The pace of my progress shifted into overdrive, however, at the age of 44 when I made the conscious decision to seek “mastery of life.” I’ve made progress toward this goal and now believe it is waiting not too far beyond my grasp. Writing this book has helped me consolidate, digest and gain a deeper understanding of what I believe I’ve learned. This by itself would be worth the effort. But, in the process, I also hope that I will save others some time and trips down blind alleys that I have experienced along the way.

Speaking of the evolution of the soul, several theories have been put forth concerning the various stages one passes through as he or she grows spiritually. One such theory that I believe to be accurate can be found in Scott Peck’s book, *Further Along The Road Less Traveled*. As you read ahead, perhaps you’ll see some of your co-workers, your boss—perhaps even your Uncle Charlie.

Stage One is the Chaotic/Antisocial. People at this level are unprincipled and antisocial. In effect, Stage One is a condition totally absent of spirituality. While they may pretend to be loving, all of their relationships are self-serving and manipulative. Truly, they are looking out for number one. Being unprincipled, they have nothing to govern themselves except their own wills, which is why people in this stage are often found in trouble or difficulty, in jail, in hospitals, or whatever. It is possible for them to be self-disciplined from time to time and in the service of their ambition to rise to positions of prestige and power. Some evangelistic preachers and politicians may fit into this category. I was once

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acquainted with someone I now recognize as a Stage One individual who headed a successful company. Under his direction the firm became one of the fastest growing in its field. The man was a brilliant speaker and strategist. He had a photographic memory. But he was totally without principles or anything close to what might be called a conscience. Even though he was married, he took pride in himself as a master of seduction of members of the opposite sex. Figuratively speaking, he left the landscape strewn with the bodies of his lovers and adversaries, and to my knowledge, he never felt an inkling of remorse. This man was extremely successful for a time and made millions before the age of forty. But in the end, his closest colleagues turned on him. They ejected him from the firm he'd helped to build, perhaps because they feared they too would someday become victims of his egocentric nature. This was the principle of cause and effect at work. What goes around indeed comes around—though one can never be sure how long it will sometimes take to come back around.

The Stage One person can have a difficult time of it if he ever happens to get in touch with himself and realizes the chaos within and the hurt he has caused others. It seems possible that such anguish may be the root cause of some unexplained suicides. A happier possibility is that the Stage One personality may suddenly and dramatically convert to Stage Two, which Peck has labeled the Formal/Institutional. Those at this place in evolution depend on an institution to keep them on the straight and narrow. This may be a prison, the military, or a rigidly organized corporation. For many in our society it is the Church.

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Stage Two individuals tend to be attached to ritual and dogma and become very upset if someone challenges this or tries to institute change. We all know of those who take the Bible literally, who believe the world was created in six twenty-four hour days and that man was brought into being as a fully-evolved homo sapiens known as Adam. Rather than viewing the story as a myth about the ascent of man from a primate ruled by instinct into a human with free will, they believe that God literally banished the very first man—whose name was Adam—and the very first woman—whose name was Eve— from an actual idyllic spot known as the Garden of Eden.

Stage Two people think of God as an external being and almost always envision him as up there on a cloud looking down, making a list and checking it twice. More than likely they picture a man who looks remarkably like Michelangelo's depiction on the ceiling of the Sistine Chapel, and they ascribe to him the power and the will to make them extremely sorry for their transgressions. God is seen as a giant cop in the sky.

I want to state clearly, however, that many Christians and followers of other religions are by no means stuck in Stage Two. I personally know many who are well into Stage Four and even Five. A characteristic of more advanced believers is an image of God as immanent in all of creation and a belief that much of what is presented in the Bible is figurative or metaphorical.

Let's move on and consider the characteristics of Stage Three. It's not surprising that members of this group are likely to have been raised in a family headed by Stage Two parents

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(whether Christian, Buddhist, or Jewish) and as a result internalized their parents' religious and moral principles. By the time they reached adolescence, however, they were questioning the dogma. ("I looked at nude women on the Internet, and God didn't strike me blind. Who needs these silly myths and superstitions?") To the horror of their parents they eventually fell away from the Church. They bought into the Materialist dogma they were taught in school and became doubters, or agnostics, or perhaps even atheists. This is the Skeptic/Individual stage. Its members are not religious, but neither are they antisocial. They are often deeply involved in social or ecological causes. Often they are scientists and almost always are scientific-minded. To my way of thinking, they comprise a plurality of the educated middle and upper middle class in America. They can be found in large numbers teaching our children and young adults in schools and universities. The media are chock full of them. They are reporters, columnists and commentators. Because they frequently rigidly adhere to mechanistic views of reality, and to secular humanist philosophy, they often strike Stage Two and Four/Five individuals as misguided. They are usually unwilling to consider the existence of anything they cannot see or touch. Many, however, do tend to be truth seekers, and if they seek truth deeply enough and widely enough and get enough bits and pieces to catch glimpses of the big picture, they will come to an understanding that the truth curiously resembles the primitive myths and superstitions held so dear by their Stage Two parents. It is at the point of catching these glimpses that Stage Three individuals begin to convert to Stage Four, which has been called the Mystical/Communal.

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Stage Four individuals are referred to as mystical because they see a kind of cohesion behind physical reality. As Scott Peck put it, “Seeing that kind of inter-connectedness beneath the surface, mystics of all cultures and religions have always spoken in terms of unity and community.” In reality, what they have experienced is that the universe is a single organism and that each one of us—along with every animal, tree, rock or celestial sphere—is a facet of this organism. Each seemingly separate part is a component of the whole, just as a nose, or a foot, is a facet of one’s physical body.

Peck observed that we tend to be threatened by those in the stages of spiritual development ahead of us and by what they believe. For example, while people in Stage One may seem as though nothing bothers them, underneath they are terrified of virtually everyone, which explains why my Stage One acquaintance left so many bloody bodies in his path. Far from being frightened of them, Stage Two folks see Stage One folks as fertile ground for conversion, recognizing them to be sinners who need to be shown the light. Conversely, Stage Two people tend to be threatened by Stage Three skeptics. They are even more put off by Stage Four mystical types who seem to believe the same things they do, but with a kind of freedom they find terrifying. They usually hate to be reminded, for example, that it was their savior, Jesus Christ, who turned water into wine at the wedding when the host had run out of the joy juice. They prefer to think of Jesus as serious and pious, even though the most casual reading of the gospels will reveal that he enjoyed a good time as much or more than anyone else around him. He compared his ministry to a wedding feast in that it was a time for joy and

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celebration. There can be little doubt he advocated love as much or more than duty or discipline.

It's obvious to me Jesus understood his connection to the superconscious mind, the ground of being that he called his Father, and that he lived out of that connection. Actually, you might say he realized it was a more than a "connection," it was a seamless connection. He and everyone else came from that connection and are images or reflections of it. I believe that is what he meant when he said, "I and the Father are one." (John 10:30, NIV)

Here is the realization that the vast majority of people in the western world do not seem to be able to get their heads around: What was true of Jesus is true of you and me. We do not just come from our source, we are seamless extensions of it. That, my friends, is the Secret of Life. A few in every age who have understood this. Our unseen, seamless connection to our source is what the ascended masters know and use to the benefit of all.

It is apparent to me Jesus wanted his followers to discover the connection and to begin performing their own miracles. That is why he constantly told everyone the Kingdom of Heaven is near and that it is within and among each of us. It is why he said, "whoever believes in me will do the works I have been doing, and they will do even greater things than these . . ." (John 14:12 NIV)

In modern language he might have said, "Get with it guys. All you have to do is believe what I've been telling you and thereby get in touch and in tune and become an agent of the creative force of the super conscious mind. Haven't I been telling you it's my Father who does the work, not me?"



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Or, as he said in John 14:10, (NLT), “Don’t you believe that I am in the Father and the Father is in me? The words I speak are not my own, but my Father who lives in me does his work through me.” And, in addition, quoting Psalm 82:6, Jesus said, “Is it not written in your Law, ‘I have said you are gods’?” (John 10:34 NIV)

There you have it. Like it or not, the fact of the matter is we are all God incarnate and do not realize it. The reason we cannot perform miracles is two fold: we don’t believe we can, and when we actually try, we do so from the level of our selfish egos, rather than from that seamless connection. We all have the innate ability to become agents and extensions of the creative force, our source, but we must first tune in, establish a solid connection and realize our oneness with it and all creation.

Let us now consider how the various stages view one another. Stage Threes certainly aren’t threatened by Stage Ones, except when they find themselves facing one wielding a gun or a knife. They see Stage Twos as mostly idiotic zealots—harmless except for their efforts to legislate morals or to ban certain books or the teaching of evolution in the public schools. But Stage Threes are threatened by Stage Fours, who seem to be scientifically minded but also inexplicably believe in this crazy God thing. As Scott Peck says, “If you mentioned the word ‘conversion’ to a Stage Three individual, he or she would see a vision of a missionary arm-twisting a heathen and would go through the roof.”

Regardless of the skepticism of Stage Three individuals, mystics and spiritual thinkers throughout the centuries and in all societies have believed in the connectedness sensed by

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Stage Four individuals. In her best-selling book, *A History of God*, Karen Armstrong writes:

*One of the reasons why religion seems irrelevant today is that many of us no longer have the sense that we are surrounded by the unseen. Our scientific culture educates us to focus our attention on the physical and material world in front of us. This method of looking at the world has achieved great results. One of its consequences, however, is that we have, as it were, edited out the sense of the 'spiritual' or the 'holy' which pervades the lives of people in more traditional societies at every level and which was once an essential component of our human experience of the world.*

Indeed, in the television series *Power of Myth*, Joseph Campbell said that the theme of all mythology throughout all history and in every culture is the existence of an invisible plane that supports and informs the visible.

Scott Peck didn't go beyond Stage Four in his theory of the levels of spiritual growth, but I believe that at least one more stage exists, and it's the one I've just referred to. Stage Five, as I call it, might be called the Spiritual/Transient. These are folks who are so attuned to the spiritual side of reality that they are able to slip back and forth between the physical and nonphysical. Many mystics, from Buddha to Jesus, to perhaps even more recent holy men such as Paramahansa Yogananda or Mahatma Gandhi, would seem to qualify. Edgar Cayce was able to tap into the universal subconscious mind at will,

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simply by lying back and closing his eyes. He did this every day for forty years or more, correctly diagnosing and offering effective cures to thousands of afflicted persons who wrote to him for help. I've witnessed this sort of thing done myself on the occasions I've had to visit the School of Metaphysics in Windyville, Missouri. At the gentle urging of a "conductor," trained readers slip easily into a trance and access the Akashic records.

In my own striving for life mastery, there are times when I can feel or sense that all life is connected in one uninterrupted pattern that, in a metaphor created by my mind, takes the form of an enormous spider web. The trick is to learn how to manipulate that web. Apparently, some masters can do so as if the strands were the strings of a harp that they "play" using the power of their minds. A tug here, a thump there, and the predictable takes place.

Although it wouldn't surprise me if charlatans outnumber authentic psychics, some people indeed seem to have a gift of second sight or hearing that connects them with the unseen world. Others appear to be adept at out-of-body travel. The late Robert Monroe, for whom the Monroe Institute is named, and the author of several books on this topic, is an example. I know people who believe that at some point in the future, man may be able to transport himself to far corners of the universe by tapping into the flow of energy that Robert Monroe described in his books. This is the energy I call spirit or the Life Force. Someday, this energy will be the subject of scientific study, but the majority of people living in the western world today are oblivious to it. Nevertheless, it is the glue that binds us—the common ground of being that all of us share.

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You see, spirit or Life Force or what Lester Smith called Intelligence came first and we evolved from it. Since our individual subconscious mind or soul remains always in the medium of spirit, each time we are born, our personal evolution unfolds again as our fetus grows in our mother's womb and passes through the stages from single-celled animal to fish to aquatic animal with tail and so on up the ladder. The memory of the construction of all those previous bodies is eternally present and is unfolding once again. I hope you will excuse me for saying this one more time in a slightly different way. Contrary to the current belief of many in the scientific community of today, our minds are not products of our bodies and our brains. Our brains and bodies are products of our minds. This being the case, you might think of our brains as radio receivers adjusted to our frequency that help us turn thoughts into action by allowing us to manipulate our physical bodies. Our subconscious mind also works through the brain to keep our lungs breathing and the mechanics of our bodies functioning. And our nervous systems and brains keep us in touch with the physical world. Input reaches us through sense organs that relay messages to the brain. Here they are unscrambled and presented to our minds for consumption and consideration. In the process, our brains create the illusion that we are separate entities, islands in the stream, rather than pieces of the continent of humankind. The result is that each one of us experiences his individual dream within the larger dream of reality.

We are spirit playing hide and seek with itself and only appear to be separate. In truth, we each are a spark of the energy of spirit, just as a cup of water submerged in the ocean

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is fully part of the whole. This is why the number of true accidents are few, why synchronicities happen constantly—which you will begin to realize once you begin looking for them—how prayer and grace are able to work, and the reason psychic phenomena are real. As we shall see, without the unseen world of spirit, that common ground of being, the physical dimension, would and could not exist.

In order to facilitate the shift of consciousness I hope you will begin to seek, another goal of this book is to provide a rational framework of the invisible that you can hang onto. But let me state clearly that I do not pretend to have all the answers. I fully expect that scientists of a future age will correct or modify much of what I will cover here. My intention is to at least point in the right direction and in many cases to outline the answers in broad strokes. Eventually, the scientific community will reverse their currently held premise that matter gives rise to awareness, consciousness and intelligence and will turn that assumption on its head where it belongs. Quantum physics already has put big cracks in the dike. The blinders can't stay on much longer. When they come off, scientists will be in position to determine how things work in far greater detail and with more accuracy than is possible now. In medical research, for example, most effort now is spent in finding ways to eliminate or ease symptoms, rather than the actual underlying causes of illness. Many doctors realize these are almost always psychic or spiritual in nature, but at present they'd put their reputations at risk if they said so publicly. Yet, whether the treatment given is medicine in the form of a chemical compound, or nonmaterial

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in the form of prayer, treating symptoms rather than causes is likely to produce only temporary results. Almost inevitably, problems will pop up again since root causes remain. For example, remember the case history of Nancy recounted in a previous chapter who had a lump in her breast? A group gathered at her home, prayed for her, and the lump disappeared. What I didn't tell you is that two years later a new lump formed. This indicates that Nancy had an unresolved issue that kept manifesting as a lump in her breast. Once researchers understand and take to heart Edgar Cayce's assertion that, "Spirit is the life, mind is the builder, and the physical is the result," the way will be cleared for all kinds of scientific and medical discoveries.

## **Chapter Four**

### **More Implications of the New Cosmology**

The Source fosters growth and life, and so perhaps it should not come as a surprise that prayer appears to double the success rate of in vitro fertilization procedures that lead to pregnancy, according to a study published in the September, 2001 issue of the *Journal of Reproductive Medicine*. The findings reveal that a group of women who had people praying for them had a 50 percent pregnancy rate compared to a 26 percent rate in the group of women who did not have people praying for them. In the study, led by Rogerio Lobo, chairman of obstetrics and gynecology at Columbia University's College of Physicians & Surgeons, none of the women undergoing the IVF procedures knew about the prayers on their behalf. Nor did their doctors. In fact, the 199 women were in Cha General Hospital in Seoul, Korea, thousands of miles from those praying for them in the U.S., Canada and Australia. According to Dr. Lobo, "The results were so highly significant they weren't even borderline. We spent time deciding if it was even publishable because we couldn't explain it."

This is not the only study to indicate that prayer can have a significant effect on matters of health. Another example comes from Randolph Byrd, a cardiologist, who over a ten-month period used a computer to assign 393 patients admitted to the coronary care unit at San Francisco General Hospital either to a group that was prayed for by home prayer groups (192 patients), or to a group that was not prayed for (201).

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This was a double blind test. Neither the patients, doctors, nor the nurses knew which group a patient was in. Roman Catholic as well as Protestant groups around the country were given the patients' names, and some information about their conditions. The various groups were not told how to pray, but simply were asked to do so every day.

The patients who were remembered in prayer had remarkably different and better experiences than the others. They were three times less likely to develop pulmonary edema, a condition in which the lungs fill with fluid; they were five times less likely to require antibiotics. None required endotracheal intubation (an artificial airway inserted in the throat), which twelve in the un-prayed-for group required. Also, fewer prayed-for patients died, although the difference between groups was not large enough to be considered statistically significant.

A third study indicating that prayer may have positive health effects is at this writing scheduled to be published in 2002 in the *International Journal for Psychiatry in Medicine*. A team from the University of California at Berkeley found that Christians and Jews who regularly attended services lived longer and were less likely to die from circulatory, digestive and respiratory diseases. Devotees of Eastern religions were not surveyed. The study examined links between religious attendance and cause-specific mortality from 1965 to 1996 in 6,545 residents of Alameda County, California. Even after adjusting for variables like health and frequency of exercise, religious devotees lived longer without succumbing to disease.

"At this point it's a puzzle why there should be this pattern," said the study's author, Doug Oman, Ph.D., a



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lecturer at Berkeley's School of Public Health. "It's likely a stress-buffering resource. Regular attendance at services can give people an inner peace that is unshakable. That results in less wear and tear on their bodies."

It is not surprising that Dr. Lobo of Columbia University and Dr. Oman of Berkeley are puzzled by the results of their own studies. These men are card-carrying members of the religion of materialistic science, and this religion still operates under the misconception that the body arises spontaneously out of the mother's egg, the father's sperm and the genes of both parents, and that the body's brain gives rise to thought. They believe that awareness and thought are the result of electrons jumping across synapses and that thought remains inside the skull. We, of course, know why and how prayer works. It does so because all things, including people and their bodies, are products of the universal subconscious mind. People's individual subconscious minds are diligent in their efforts to create what the owners' conscious minds believe, and subconscious minds are part of the universal subconscious mind. The belief of those praying that their prayers will be answered is impressed upon the subconscious, and the subconscious faithfully acts upon the bodies of those being prayed for.

An organization exists that has as its purpose the study of what prayer techniques produce the best results. It was founded by Christian Science practitioners who have been at this since 1975. (The name of the organization is Spindrift, Inc., and the address is: P. O. Box 452471, Ft. Lauderdale, Florida 33345.) Resting next to my keyboard at this moment is a document an inch thick, printed on both sides of standard

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letter-size paper called, “The Spindrift Papers.” It gives detailed information of prayer experiments conducted under rigorously controlled conditions.

The first question Spindrift researchers sought to answer is, does prayer work? The answer, as we already know, is yes. In one test, rye seeds were split into groupings of equal number and placed in a shallow container on a soil-like substance called vermiculite. (For city dwellers, this is commonly used by gardeners.) A string was drawn across the middle to indicate that the seeds were divided into side A and side B. Side A was prayed for. Side B was not. A statistically greater number of rye shoots emerged from side A than from side B. Variations of this experiment were devised and conducted, but not until this one was repeated by many different Christian Science prayer practitioners with consistent results.

Next, salt was added to the water supply. Different batches of rye seeds received doses of salt ranging from one teaspoon per eight cups of water to four teaspoons per eight cups. Doses were stepped up in increments of one-half teaspoon per batch.

A total of 2.3 percent more seeds sprouted on the prayed-for side of the first batch (one teaspoon per half-gallon of water) than on the unprayed-for side (800 “prayed-for” seeds sprouted out of 2,000, versus 778 sprouts out of 2000 in the not-prayed-for side). As the dosage of salt was increased the total number of seeds sprouting decreased, but the number of seeds which sprouted on the prayed-for sides compared to the unprayed-for sides increased in proportion to the salt (i.e., stress). In the 1.5 teaspoon batch, the increase was 3.3

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percent. In the 2.0 teaspoon batch, 13.8 percent. In the 2.5 batch, 16.5 percent. In the 3.0, 30.8 percent. Five times as many prayed-for seeds in the 3.5 batch sprouted (although the total number which sprouted was small as can be seen from the chart below). Finally, no seeds sprouted in the 4.0 teaspoon per eight cup batch.

What this says is what people in foxholes with bombs going off around them have always known: the more dire the situation, the more helpful prayer will be. Up to a point. There comes a time when things are so bad that nothing helps.

This experiment was also conducted using mung beans. The solution of salt and water ranged from 7.5 teaspoons per half-gallon of water to 30.0 teaspoons per half-gallon. The increase in the number of sprouts for the prayed-for side ranged from 3.3 percent to 54.2 percent.

Salt	Control	Grown	Prayed for	Grown	% Increase
1.0	2,000	778	2,000	800	2.3
1.5	3,000	302	3,000	312	3.3
2.0	3,000	217	3,000	247	13.8
2.5	3,000	454	3,000	528	16.3
3.0	3,000	52	3,000	68	30.8
3.5	3,000	2	3,000	10	400.0
4.0	3,000	0	3,000	0	0.0

Next an experiment was constructed to determine whether the amount of prayer makes a difference. This involved soy beans in four containers. One container was marked “control” and not prayed for. The other three were marked X, Y, and Z. In each run of the experiment, the X and Y containers were prayed for as a unit, and the Y and Z containers as a unit. So, Y received twice as much prayer as either X or Z. The Y

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container also had twice as many soybeans germinate. The results were in proportion to the amount of prayer.

This is reminiscent of a principle set forth by Napoleon Hill in his perennial bestseller, *Think and Grow Rich*. He wrote this granddaddy of all self-help books in the late 1930s and updated it in 1960. One chapter is devoted to the principle he called “The Master Mind.” Hill suggested that whatever project or purpose or goal an individual had, it could be advanced and achieved most readily by bringing together a group of people to apply their unified brain power to it. Hill never used the word prayer nor did he suggest people sit around and pray. But he did liken a group of minds at work on a project to a group of storage batteries connected together in a series to produce much more power than any single battery possibly could on its own. He wrote, “When a group of individual brains are coordinated and function in harmony, the increased energy created through that alliance becomes available to every individual brain in the group.” He cited several examples, including the remarkable successes of Henry Ford and Andrew Carnegie, each of whom had a group of colleagues around him working and pulling together on common goals. Hill wasn’t referring only to innovative thinking that leads to marketing and sales results. He was talking about much more, of creating an aura that leads to favorable events taking place, or to what might be considered by Materialists as “good breaks.” The Master Mind creates a force with a life of its own, a force I’ve called grace later in this chapter. This is the force that works much like unseen hands. A case Hill cited was that of Mahatma Gandhi, who led the successful non-violent revolution that freed India from

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British Colonial rule. Hill wrote, “He came to power through inducing over two hundred million people to coordinate, with mind and body, in a spirit of harmony, for a definite purpose.”

If one person can make 54.2 percent more saltwater-soaked mung beans sprout with his mind, imagine what two hundred million can do. They toppled a government which had been in power for more than 150 years, and they did it without firing a shot.

The power of the Master Mind is another good reason to become part of some sort of spiritual brotherhood. You may want to organize a study group as well. I propose that groups range in size from three to ten and that they be dedicated to the expanded consciousness and spiritual growth of each of its members. A group ought to meet a minimum of twice a month, or more frequently if possible. For a period of about five years, I participated in three such groups and experienced quantum leaps in my own development. I participate in one today.

The group ought to study a text such as this, or the Bible, or the Bhagavad-Gita. Share your thoughts, your individual interpretations of what you study, and ideas about how to put what you’ve learned to use. You’ll also want to set aside a time at each meeting to share personal concerns, fears and troubles. Prayer is one of the tools your group can and ought to employ.

For example, you may wish to pray for someone who is trying to get pregnant. As the study cited at the beginning of this chapter demonstrated, prayer can be particularly effective in this regard. This makes perfect sense, since the Life Force’s goal is to foster life. In the Columbia study, the people praying were from Christian denominations and were separated into

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three groups. One group received pictures of the women and prayed for an increase in their pregnancy rate. Another group prayed to improve the effectiveness of the first group. A third group prayed for the two other groups. According to the authors of the study, anecdotal evidence from other prayer research has found this method to be most effective.

The three groups began to pray within five days of the initial hormone treatment that stimulates egg development, then continued to pray for three weeks.

Besides finding a higher pregnancy rate among the women who had a group praying for them, the researchers found that older women seemed to benefit more from prayer. For women between 30 and 39, the pregnancy rate for the prayer group was 51 percent, compared with 23 percent for the non-prayer group. This would seem to parallel the Spindrift study in that those who needed help the most, up to a point at least, saw the biggest gains from prayer versus no prayer. With Spindrift, it was salt-soaked rye and mung beans. With the Columbia study, it was older women.

Is there anything more the Spindrift researchers learned which would be helpful to know?

The quality of prayer is a factor in how effective it is, as is the quantity or amount of prayer. Like anything, practice makes perfect. More experienced practitioners got better results than less experienced practitioners. Get in the habit of praying. Do not save the practice of it only for the times bullets are flying overhead, or the airplane you're in goes into a tailspin.

The Spindrift research also gives us clues on how to pray. First, you need to know what you're praying for. Some

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experiments were conducted in which the prayer practitioner was kept in the dark about the nature of the seeds he was praying for. He or she did not know what kind of seeds they were or to what extent they had been stressed. Results showed a drastic reduction in the effect. The researchers concluded that the more the person praying knows about that which is being prayed for, the greater the positive effect of the prayers.

Another experiment measured the efficacy of “directed” versus “non directed” prayer. Directed prayer was that in which the practitioner had a specific goal, image, or outcome in mind. He attempted to steer the seeds in a particular direction. A parallel in healing might be for blood clots to dissolve or for cancer to isolate itself in a particular place in the body where it could be cut out. In the seed germination experiments it was praying for a more rapid germination rate. Non directed prayer used an open-ended approach in which no specific outcome was held in the imagination. The person praying did not attempt to imagine or project a specific result but rather to ask for whatever was best for the seeds in an open-ended spirit of “Thy will be done.” Both approaches worked, but the non-directed approach appeared to be more effective, in some cases producing twice the results.

Using the non-directed approach is bound to conflict with the beliefs of many who hold that one must visualize a specific result and hold it in his mind. No doubt in some cases this works. The problem is that we humans often do not know what the best outcome of any given situation might be. The theory put forth by Spindrift researchers is that prayer reinforces the tendency of an out-of-balance organism to return to balance. It enhances the Life Force, which you know

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by now is the opposite of entropy. In other words, the goals of nature are harmony and growth, and prayer supports this. To quote the Spindrift research document, “If the power of holy prayer does, indeed, heal, then such a power will be manifest as movement of a system toward its norms since healing can be defined as movement toward the optimal or ‘best’ conditions of form and function.” The Spindrift researchers did not try experiments in which prayer was used to try to prevent seeds from germinating. If they had, and if what they say here is true, this would not have worked.

Chances are that we don’t know the best way for an organism to achieve balance. Likewise, the subjective mind and the Big Dreamer push in the direction of growth and evolution. The best outcome of a situation will have growth of some kind as a result. In this way, nature achieves harmony and balance, or the healing of a splintered soul.

This may be bad news for anyone who picked up this book thinking it would provide a formula for conjuring riches without the conjurer having first to change. If a new Mercedes will not help foster your spiritual development or someone else’s, you’re wasting your time praying for it no matter how clearly you can picture in your mind a shiny new one appearing in your driveway.

Here’s what Jesus’ brother James had to say about this: “You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” (James 4:2-3.) Our motives need to be in line with the goals of the universe. God is not in the business of satisfying our selfish whims. He wants something much more valuable. He wants us to evolve.



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Finally, here is what Thomas Troward has to say about creating mentally, or prayer. The text below is taken from the modern English version of his *Edinburgh Lectures on Mental Science* as they appear in *How to Master Life*, first published in 2002 by The Oaklea Press:

*Some people possess the power of visualization, or making mental pictures of things, to a greater degree than others. This faculty may be employed advantageously to facilitate the working of the Law. But those who do not possess this faculty in any marked degree, need not be discouraged by their lack of it. Visualization is not the only way to put the law to work on the invisible plane. . . .*

*We must (simply) regard our mental creations as spiritual realities and then implicitly trust the Laws of Growth to do the rest.*

Our minds are in touch with the Big Dreamer, which has access to and is immersed in all the information needed in any situation. The way to the best result may be exactly the opposite of what we expect, which means that it is always smart to put things in God's hands and pray for the best possible outcome. Consider this outcome already accomplished. Do not attempt to explain to the universal subconscious what course it should take to arrive at the desired destination. Let the Infinite Mind find the best way.

The readings of Edgar Cayce have something to say about all this. Suppose, for example, someone you love is suffering from an addiction such as alcoholism. You want to help, but

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how? Prayer is certainly one action you can take. But if this loved one is not yet interested in changing, what form of prayer is best? Cayce described two kinds: direct and protective. In direct prayer, you ask for a specific healing to take place. Such a prayer is appropriate, he said, only if the target of your prayer has asked for such efforts and desires that outcome. In this case, you are adding energy to a process of change that he or she has already willed. If the person you are praying for is not in sympathy with your efforts, your prayers may actually aggravate the problem. In such a case, protective prayer is best. With this type of prayer, ask that the person be surrounded and protected by the forces of love and healing, while at the same time allowing that individual his or her own free will in choosing whether or not to change.

You recall my prayer to have events take place that would wipe out the bad karma I felt was hanging over me. This was a direct prayer, and I got just what I asked for—although it was perhaps more than I bargained for. Nevertheless, the experience caused me to grow. Even my wife divorcing me turned out for the best. I suspect that neither of us had been happy for quite some time. Today, I am remarried and have children that are delights of my life. Had I remained married to my first wife, they would never have been born.

I've often seen direct prayers answered. They always seem to result in growth, and sometimes in unexpected ways. A friend in one of my study groups, for example, recounted a story recently about how we should be careful what we ask for because we just might get it. Her son had spent a miserable autumn and winter, first on the bench of his high school football team and then on the bench of the basketball

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squad. Lacrosse season was getting underway and the first game was scheduled for that afternoon. Her son was in the starting lineup. At last he would have a chance to show his prowess. “Please, Lord, have him score a lot of goals,” she prayed. “Let him be the star of the team today.”

She was thrilled and amazed as she watched the game. Not only did his team win, her son scored all the goals for his side. He was all over the place; seemed to be everywhere at once. She patted herself on the back and praised the Lord all the way home.

But her joy was short-lived. When her son came home he was depressed.

“What’s wrong?” she asked. “You should be feeling good. You were sensational.”

“Aw, Mom. No I wasn’t. I was a ball hog. It was like I never gave anyone else on my team a chance. It didn’t even feel like it was me out there playing. It was as though I was possessed, or something. Like someone else scored those goals—not me.”

My friend had wanted a feel-good experience for her son and herself. What was received was a growth experience for her son, and a learning experience for herself.

Next time you pray, think about what you are really asking. Will it help you or someone else grow? Think, too, about what is happening in the unseen world as a result. Here is what Betty Eadie experienced when out of her body while clinically dead. In *Embraced by the Light* she wrote:

*I saw many lights shooting up from the earth like beacons. Some were very broad and charged into heaven like broad laser beams. Others resembled the*

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*illumination of small penlights, and some were mere sparks. I was surprised as I was told that these beams of power were the prayers of people on earth. I saw angels rushing to answer the prayers. They were organized to give as much help as possible. As they worked within this organization, they literally flew from person to person, from prayer to prayer, and were filled with love and joy by their work.*

I imagine what Betty saw was a metaphor constructed by her mind. It seems logical to me that mental constructions are how we experience the spirit realm. Heaven and hell are what we imagine and believe them to be. Nonetheless, her vision is one of beauty.

Let's sum up what we need to keep in mind about prayer:

1. Belief is a key. Believe that what you pray for already exists in the realm of spirit and that it is only a matter of time before it manifests on the physical plane.
2. Practice makes perfect, or in other words, experienced prayer practitioners receive the best results.
3. Quantity is a factor. More minds at work praying brings more and better results.
4. The more a person or group knows about the subject of their prayers, the better.

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5. If the desired outcome is clear, visualize it, and pray for it. Consider it an accomplished fact. But do not tell the universal subconscious how to arrive at this outcome. Let it find the way.
6. If the best outcome is not clear, prayers should be kept general in nature. Pray for the best outcome. The universal subconscious knows.
7. For good results, the purposes of Infinite Mind need to be served by our prayers. This includes spiritual growth and development, the healing of the soul and life, or in the case of physical healing, the bringing of a stressed body or physical system into harmony or balance.
8. If you truly want to find your purpose, if you want a fulfilling life and the buoyant feeling of following the path laid out for you, if you want to make progress in this lifetime, and if you want to enter the Kingdom of God, ask for help. Pray for guidance and assistance in bringing this about. Ask to be shown the way. You will be led into the most exciting adventure you will ever take.

A word of caution may be in order. Once you ask, be prepared to experience events you might never have chosen for yourself. At first it may seem like a roller coaster ride, and you may wish you could get off. What seems to be a disaster may happen. You may get transferred to another city by your employer. Your wife may ask for a divorce. Your apartment

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building might burn down. Of course, you might get a promotion, win the lottery, be offered a dream job out of the blue. But I predict that whatever happens, the path won't be easy. Growth takes effort and means change. A transformation must take place in you.

Most people resist change. This is their ego fighting for what it thinks is survival. Even if you want to transform, it won't be easy. So you might as well anticipate a number of character-building challenges. A friend in one of my study groups relates a story which illustrates my point. One day, feeling frustrated with a situation he had to deal with, he prayed, "Lord, give me more patience." Soon, he found himself in a situation that took every ounce he could muster.

Later, it came to my friend that we have to learn by doing—that "practice makes perfect." He was sent what he needed—an opportunity to exercise patience. He'd thought God would hand him more patience as a gift but more patience came to him in the only way it could—he had to learn and eventually earn it.

When you ask for change, don't be surprised if some of the change that occurs is unrelated to the central issue. For example, when I was making the transition from advertising agency president to writer and publisher, my car started falling apart. It wasn't a particularly old car, but nevertheless, one thing after another went wrong. I believe now this was an outward sign of inward change taking place in my life. Since everyone and everything is connected, and part of the whole, I guess we need to expect this sort of thing. Trust. Continue asking for guidance. If you think you have an answer but aren't positive, don't do anything precipitous. Ask

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for further guidance, confirmation, or some form of reassurance.

And expect to be helped by the invisible hands of grace. What is grace? Grace is what happens when the universal subconscious is working in people's lives to insure or further growth and development. To the untrained eye, grace appears to be a set of mysterious or unexplainable conditions, events and phenomena that support, nurture, protect or enhance human life and spiritual growth. Grace works in all sorts of ways. The forms of grace seem to be universal. Our immune systems, for example, are tied to it. Modern medicine has only a vague idea why one person exposed to an infectious disease will come down with it and another experiencing the same level of exposure will not. On any given day, in practically every public environment, potentially lethal microbes and viruses on surfaces or floating in the air are too numerous to estimate. Yet, most people do not get sick. Why? Doctors would say it is because most people's resistance is fairly high. But what do they really mean? That most people are not rundown or depressed? Perhaps. Not everyone who is rundown and depressed contracts an infectious disease. Yet many do who are perfectly healthy and in good shape.

In some cases, however, getting sick may be an act of grace. At one point after leaving the ad business, I got discouraged. I very nearly threw in the towel with respect to my dream of writing books. I concluded it was time to return to the rat race and took several steps in that direction. I actually had promotional materials printed and was putting together a mailing list. It wasn't what I wanted to do, but I was worried that I'd never make it as a writer. I was afraid

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my money would run out. So I stood on the brakes and was in the process of making a U-turn. Then grace stepped in. I got sick. I caught the flu. It was a bad case that lasted almost two weeks, and it gave me plenty of time to think.

Whenever I get sick I always ask myself why. Sometimes the answer is that I'm pushing myself too hard and need to slow down. This time, my system was telling me I'd be making a big mistake to reverse course. I was as certain of the message then as I am of it now. For me, the viola twanged its low-pitched note.

Most people do not get sick and face death because that is not necessary for their personal evolution or the evolution of humankind as a whole. In my case, catching the flu was just what needed to happen. It was my wake up call, and it worked. I decided to stay the course.

I'm sure that sort of thing happens every day. I didn't need a really big, life-threatening illness to get my attention because I'm on the lookout for such things. But think about those who have stalled in terms of personal growth and have no idea how these things work. A serious illness can be the wake-up call needed to snap them out of it and get them back on track. ("My God, if I die I won't be able to accomplish X, Y, and Z, and I really want to do that. Please, God, let me have another chance!")

Or, it may be that nothing is going to do the trick. They've truly reached a dead end. This individual's higher self and the Big Dreamer may have come to the conclusion that the usefulness of the present incarnation has come to an end and that it's time for the individual to move on. This person will not pull through. Those who are left behind may grieve and



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wonder why, but this course will allow the person's soul to assimilate what has been gained in this lifetime. The individual will now be free to be born again into a new body and begin a new life cycle of growth. In the big scheme of things, getting on with a new incarnation and moving ahead will be preferable to figuratively treading water until the individual has lived out his or her allotted three score years and ten.

By the way, the grace of resistance is not limited to infectious disease. Have a chat with a state trooper who has been on the scene of a number of motor vehicle accidents. Ask the trooper what percentage of crashes appeared fatal when he first arrived, and how many actually turned out to be. You're likely to hear some amazing stories of cars or trucks smashed beyond recognition, metal so collapsed, twisted or squashed the trooper will say, "I don't see how anyone could have survived. And yet the person walked away without a scratch," or with only minor injuries. How is it scientifically possible for metal to collapse in such a way as to conform perfectly to the shape of the human body contained inside? Nevertheless, I'm willing to bet the trooper will tell you that this happens more often than not.

When she was about a year old, my now twenty-four-year-old daughter body-surfed down the steep flight of stairs from our kitchen to our basement—not just once, but twice. Another time, a babysitter turned her back while changing a diaper, and the same daughter rolled off the counter top and fell straight to the bare kitchen floor. Any of these three falls could easily have been fatal. None caused so much as a bruise.

Almost everyone has experienced a close call that could have killed him. In an earlier chapter I promised I would tell

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a story I believe to have come about through divine intervention. It happened when I was fourteen. I darted across Jefferson Davis Highway without looking properly. At the time, it was the main north-south highway on the East Coast. This particular stretch had six lanes (three north and three south) with a grass median. A car struck me in mid-stride. Maybe it was the way the car bumper caught my foot that lifted me into the air, but I should have been pushed down and run over. Instead, I was lifted up, seemed to fly through the air, and landed on the grass median. The driver was certain I was dead—until I stood up and dusted myself off. I didn't have a scratch. The only evidence of the accident was the stain on my trousers where I'd slid on the grass as I came to a stop. Also, both my shoes were missing. I found them eighty or a hundred feet away where the car had screeched to a halt. If the laws of Newtonian physics had been working that day, I wouldn't be here to put this down on paper.

How, physically, was I lifted into the air? Were angels responsible? Did they pierce the veil, reach out and lift me up? It certainly seems the only way what happened could have happened. But whatever the case may be, the phenomenon called grace came to my aid, and I lived to be an adult. As a result, I grew and studied and learned enough to enable me to write this book. And you know what? If this book didn't exist, at least some who would have read it, perhaps including you, would die before it was necessary for them to do so. They'd check out of this life before accomplishing the objectives set out before they were born. So the angels that lifted me up did them a big favor as well as me.

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The role of grace is to help advance the evolution of souls. This fits with the forms of communication with your higher self or soul discussed in the last chapter: The voice telling you to wake up and take note because the mother of your children is approaching, the clairvoyant message that says someone you love is in trouble, a dream that brings the answer to a question. Or grace may manifest as the answer to a prayer.

If you want to take advantage of the higher intelligence available to you, it makes sense to align yourself with grace. Make the evolution of your soul, and the souls of others, your number-one and number-two priorities respectively. The forces of the universe will fall in behind you to help make this happen. I know, because I experience this daily.

Let me give another example. Twenty-five years ago, a friend in one of my study groups and his wife quit their full time jobs in order to attend seminary together. They both had to work part-time and even then were only able to bring in enough to just get by. Unexpected bills arrived, as they always do. In this case, they totaled \$578, money they simply didn't have. The couple's bank balance registered zero. They had no place to turn. Creditors were calling. Our group prayed that the money they needed would come to them. My friend and his wife prayed, too.

Two days later, the couple received an envelope in the mail from the IRS saying that their petition had been reviewed. Their tax return from two years prior had been found to be in error. Along with the notice was a check made out to them for \$588.

Good timing? True. But the amazing thing was, the couple had not filed a petition. Nor had they filed an amended

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return. Somehow, the IRS had done this recalculation on its own. The couple rummaged in their files and pulled out their return from two years prior. The IRS was correct. They found the error that had been referenced.

In my experience, the IRS is not in the mode of helping people out this way. It was grace that brought them that check because they needed the money to stay in school. Seminary was helping them grow, and their growth and the degrees they eventually received would someday allow them to help others grow.

Why was the check for ten dollars more than they needed? Maybe, since our group met at a restaurant over breakfast on Thursday mornings, grace wanted to pick up the tab.

You may also be familiar with the story of psychiatric pioneer Carl Jung that he related in an article called “On Synchronicity.” Jung had a patient, a young woman, who was the type who thought she knew everything. She was well educated and used highly polished rationalism as a weapon to defend herself against Jung’s attempts to give her a deeper, spirit-based understanding of reality. Jung was at a loss as to how to proceed and found himself hoping something unexpected and irrational would happen in order to burst the intellectual bubble she’d sealed herself within.

One day, they were in his office. He had his back to the window, and she was talking. She was telling him about a dream she’d had the night before in which she’d been given a golden scarab—an expensive piece of jewelry. Jung heard something behind him tapping at the window. He turned and saw a large flying insect knocking against the pane on the outside, trying to get in. He opened the window and caught the insect. It was a scarabaeid beetle, or rose-chafer (*Cetonia aurata*), whose golden-green color resembles a gold scarab.

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Jung handed the beetle to his patient with the words, “Here is your scarab.” This poked the desired hole in her rationalism, exactly as Jung had hoped. She had dreamed about the gift of a scarab and now it had happened. What she received, however, was a much bigger gift. She was shown through grace that all is of one mind, that she was a single character in the larger dream of life. Grace worked, as always, to advance spiritual development.

Perhaps you are now saying to yourself, these sorts of things never happen to me. This Martin fellow is living in a fantasy world. To this I will ask, are you making an effort to advance and grow spiritually? If so, are you on the lookout for acts of grace? Do you expect synchronicities? You must be open to them and permit them to happen. You must expect them. If Jung hadn’t been looking for an unusual, irrational occurrence, if he hadn’t been expecting it, he might not have bothered to open the window. And if I didn’t expect to find the quotation I need or the answer to a question when I walk into a library or bookstore, I doubt I ever would. If I did happen to find what I need, I’d chalk it up to coincidence, wouldn’t I? I’d tell myself it probably wouldn’t happen again. And I probably wouldn’t see it when it did. As I’ve said a number of times in this book, you usually get, or don’t get, what you expect.

Expect grace to happen. Be on the lookout and it will.

Let’s suppose you have decided to strike out on the path of spiritual growth. One way to insure you’ll be helped along by grace is to cut off avenues of retreat. This is what the couple in seminary had done. Both had quit their jobs. It seems possible they received help partly because there was

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no other alternative. I'm reminded of the general of ancient times who took his army across a sea to fight a distant enemy. As soon as he and his men landed, he ordered the ships that had brought them burned, cutting off all means of retreat. This created a big incentive—his men had no choice but to win or die. Of course, they won. But the question is, was it purely the will to live that led to victory? Isn't it also possible they got some breaks because of the desperate situation they were in? If you cut off all means of retreat, your subconscious mind, or perhaps your guides or guardian angels will be left with no other alternative but to help you. I believe this is precisely what they want to do. They want you to make progress. They want you to wake up and live. If they do allow you to stumble and fall, it will be because this is necessary before you can climb to new heights.

Making the effort to grow spiritually is difficult, and it takes courage. Perhaps most difficult is being totally honest with yourself about yourself and your surroundings. You may not like what you see, and this can be painful. Just keep in mind that growth means change. Your goal is to become the best you can be. The problem is that most of us think we are just fine the way we are. Our ego self does not want to change for fear that change will wipe it out of existence. Of course, that isn't true. Your sense of self will never disappear, and the new you will be happier, stronger, more vital, alive, awake and aware. But this transformation will take effort. There will be hardships to overcome. Pursuing spiritual growth is not an undertaking for the faint of heart or the lazy.

It's human nature to be lazy. Everyone is lazy some of the time. Unfortunately, a lot of us are lazy a lot of the time. We

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think the world owes us a living. We think we can get by without trying all that hard. What we need to understand is that life will be difficult whether we chose to stay put and “play it safe,” or instead strike out on the wondrous adventure of growth.

Getting on the right path is what each of us needs to do, and what I hope for you. Remember. You exist to evolve, and this means going the direction of the flow. Your subconscious mind and the Big Dreamer want you to join them. They want a relationship that will eventually lead to a merger. But don’t kid yourself, you will have to make major adjustments in your life, and these take strength and courage. But as you get to know your true, inner-most higher self, and form a relationship, you will grow to the point where you would not trade the relationship or the growth for anything

\* \* \*

Seven steps to finding and taking your path:

1. Recognize that a force exists that’s not yet acknowledged by science. The opposite of entropy, it fosters evolution and growth.
2. Form an alliance with it. Ask for direction and guidance.
3. Expect a “call to adventure,” which is the Life Force beckoning for you to follow your path to a higher level of understanding.

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4. Look for communication and guidance, which will come through intuition, the Scriptures, the written word, others, and your circumstances.
5. After answering the call, expect a crisis. Resist the temptation to abandon the quest. Press ahead. Watch grace come to your aid.
6. Major adjustments in your life will probably be required. Make them.
7. Self-actualization will come as you obey your inner voice and accomplish the work assigned. Abundance, joy, and fulfillment will be yours.



## Chapter Five

### What Brought You Here This Time?

*Before it incarnates, each soul enters into a sacred contract with the Universe to accomplish certain things. It enters into this commitment in the fullness of its being. Whatever the task that your soul has agreed to, all of the experiences of your life serve to awaken within you the memory of that contract, and to prepare you to fulfill it.*

—Gary Zukav  
*The Seat of the Soul*

Did we incarnate and enter the physical realm with a specific mission or missions to accomplish as stated by Gary Zukav in the quotation above? Many believe so. If so, some aspect of ourselves would have to have existed before we were born. Let's examine this.

To the Scientific Materialist each individual human is an assembly of parts, the same as my twenty year old Toyota Land Cruiser. We are built of a brain, heart, blood vessels and muscles. The Toyota has fuel injectors, pistons, a crankshaft and valves. It was put together in a factory. We were assembled in the womb. Fortunately for the roadster, I've taken care of it so it has outlasted many of its contemporaries and enjoyed a relatively good existence for an SUV.

Humans, too, seem to be subject to the same whims of fate. One may be lucky and be born to a wealthy, well-educated family in the West or unlucky and enter the world

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in Somalia, Afghanistan, or some other Third World nation where living conditions are miserable and opportunities for a good life are largely nonexistent.

Or is it luck? We know from our review of the facts that a human being is not an assembly of parts. Rather, behind, supporting, and giving life to the physical body is a thought construction—an assembly of memories that exist in the medium of mind or spirit. In his book, *A New Science of Life: The Hypothesis of Morphic Resonance* (Park Street Press, 1995), the British biochemist, Rupert Sheldrake, presented a theory that seems plausible based on the New Cosmology. He wrote that our physical bodies are projections of our personal morphogenetic field that combines with the fields of our parents and other members of our species. The resulting morphogenetic field is what shapes our body in the womb, while genes produce and release the necessary proteins at the appropriate times.

Our bodies are not made of separate pieces. Each is a unified whole. The human body's abilities were shaped by the evolution and experiences of our species in an unbroken chain dating to the first life on earth. We are each separate only to the extent that we identify ourselves as such. At a deep level, we are all totally at one with the Source—the universal mind from which we evolved. Indeed, as we each grow spiritually and move through the stages described earlier, we will come to sense our connection to all of creation. If we answer the call to adventure when it comes, we will experience growth that will lead to a new way of seeing the world. This shift may be accompanied by a sudden insight—an epiphany.

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As an individual who has had this insight grows in wisdom, experiences life, and moves into and through middle age, the idea of fate as whimsical and arbitrary will increasingly seem contrary to personal experience. The Nineteenth Century German philosopher Arthur Schopenhauer, for example, observed in one of his essays that when an individual reaches an advanced age and looks back over his or her lifetime, the lifetime will seem to have followed a consistent plan as though composed by a master storyteller or novelist. Specific events and meeting of individuals that seemed at the time to have come about by chance turn out to have been essential components in a constant storyline.

If this is so, and my personal experience says it is, we are compelled to ask who wrote the story?

Today, Schopenhauer would have said that it was an individual's subconscious mind. He would note that our dreams are composed by a part of us of which we are unaware. He'd argue that our whole life is created by a subconscious aspect of ourselves that he labeled the "will within." This will within merges with those of others so that the whole of human existence comes together like a symphony.

As we now know, according to the New Cosmology, only one organism with one single mind exists, and this mind is having the dream we call reality. We have trouble understanding this because we are each an aspect of the organism—you, me, and everyone—are each characters in the dream, and we each possess a unique point of view. Our individual perspectives are from where we happen to sit in relation to the whole. This point of view constitutes our

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personal reality—the environment our minds unconsciously create. Yet our individual subconscious minds or souls are part and parcel of the whole, which is the Infinite Mind that is the Big Dreamer.

This idea is not new. More than 400 years ago John Donne wrote, “No man is an island.” Our lives are intertwined. As a piece of the continent of mankind, we have roles to play that affect other parts of the mainland. An individual we meet apparently by chance becomes a key player in the story of our life, just as in turn we play key roles in the lives of others whether or not we realize it.

What is the part of us, our personal puppeteer with its unique point of view, that compels us to play our different roles at different times in the giant dream of humanity? And why aren't we aware of it? Was this part created at the moment the egg, the sperm and the morphogenetic fields of our mother and father united with our own unique morphic field? Did it develop as our egos developed, a sort of parallel construction? We've said that an unconscious part of our conscious mind exists that stores the memories and programming of this life. The other part of ourselves that is beyond our conscious awareness is our subconscious mind or soul. This is our personal morphic field built up through our own evolution that began when life began. This part is our puppeteer. It is privy to the big dream. It is a player in the game of life. Its goal is growth and evolution because it is at one with the Big Dreamer.

Perhaps you, too, have made or were about to make a decision based on some ego demand or urge, the part of us that becomes afraid, that lusts, that rationalizes, and worries what

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others will think. Something inside said you would live to regret the decision if you followed through. At that moment you were in touch, however briefly, with your subconscious mind.

One mind exists, and it is divided into a number of gradations: The mind of the Big Dreamer, which encompasses the entire medium that we call mind, the collective unconscious we share with all humanity. Our individual subconscious minds or souls. And finally, our conscious minds, also known as the ego mind, which has an unconscious part which contains the memories and the programming of this particular lifetime.

The conscious part of our ego mind is our objective mind that by definition has self awareness. It is the part that tricks us into thinking we are separate. But we are not separate. From our individual perspective, life may appear to be chaotic and random, but everything is coordinated at the subconscious level. We each have our roles. Things click along when we are going with the flow. However, when we get off track by refusing the call, things go awry, and life gets messy.

Perhaps you know someone, as I do, who married a person he knew deep down he was going to divorce. Unfortunately for the person I know, the feeling didn't poke through into conscious awareness until the day the invitations were mailed. Even so, there was still plenty of time to call off the wedding. But he didn't. Two years later, after he and his bride had split, he came to the realization he'd—his ego had—talked himself into going through with the marriage because he didn't have the courage to tell the girl or his friends and his parents and her parents that the marriage would be a mistake. Embarrassment is typical of an ego

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concern. Had he listened to his inner voice, he would not have lived through the nightmare that ensued. But his ego mind blocked communication through the mechanism of denial because the truth was not what it wanted to hear.

The late Elisabeth Kübler-Ross [1926-2004], the Swiss-born physician and author of the perennial best seller *On Death and Dying*, was in attendance and helped ease the deaths of scores of patients. She studied the near death experiences of many more. She spoke of her own mystical, out of body experience and is generally acknowledged as one of the world's leading authorities in this area. She came to the conclusion that this inner voice is very real. In a 1977 lecture given in San Diego and published the same summer in the *Co-Evolution Quarterly*, she said, "If you listen to your inner voice, your inner wisdom—which is far greater than anybody else's as far as you are concerned—you will not go wrong and you will know what to do with your life." It is too bad my friend had not been exposed to these words, or if he had, that he did not heed them.

How can we get in touch? By answering the call to be "born from above." By recognizing that we are a part of the whole and that we have a conduit to the mind of the whole within us. As this becomes real for us, we move into the Kingdom of God—the condition of knowing and sensing our connectedness on a gut level. Over time our ego or lower self will come together in harmony with our subconscious mind. This cannot help but happen, and when it does we will experience the major payoff of our struggle upward on the spiritual path: a life where the pieces fit, where we understand why we are here, our purpose and how we are to achieve it.

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Fear will fade and finally vanish. As time passes, we become patient, collected, and serene. We are able to live in the eternal now and, perhaps for the first time, truly to experience and enjoy life in the physical world.

We all have egos, the part of us that has developed in this life from an unfocused awareness in our early days in the crib to the part of us that contains the memories of this life. It is the part that worries, that fights for life, for achievement, for glory and for recognition. In contrast, the subconscious mind or soul is not concerned with the trappings of the physical world. It seems to have been around for a long, long time, since the epoch of mankind's evolution from a species driven by instinct into a species characterized by self-awareness and free will. It does not experience fear or worry because it knows it will continue to exist throughout eternity. It possesses no desire whatsoever for self-aggrandizement.

This fits nicely into the theory of morphogenetic fields advanced by Rupert Sheldrake. Life itself has a morphogenetic field that first became differentiated from the overall field when DNA formed into one-celled creatures. This field evolved and changed over the eons as life took ever more complicated forms. Along the way, different parts of fields followed different paths of evolution. What has become my field and what has evolved into your field followed the path of primates. Each of us has a corner of it—figuratively, since the field is everywhere at once like TV transmissions. Ours dates from when we became differentiated from other primates via self-awareness. Your field, which is also known as your soul, just keeps on evolving as it continues reincarnating time after time.

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Besides fitting this theory, the evidence for reincarnation compiled by researchers such as Ian Stevenson and Jim B. Tucker of the University of Virginia is simply too compelling to ignore. Readers who are Stage Two Christians may be put off by this, or dismiss it out of hand because it's not part of the doctrine of the Church. Nevertheless, I believe that Jesus and his contemporaries—both Jews and pagans—took reincarnation for granted, just as Hindus and Buddhists do today. Read the Gospels with this in mind. You will see that passages that once seemed obtuse snap into focus before your eyes. Many scholars think that as the canon of the Church was formalized in the Fourth and Fifth Centuries the concept of reincarnation was judged to be counterproductive. It was thought that some potential converts would resist or delay accepting Christ because they'd think they'd have opportunities in future lives. Reincarnation was doctrinally eliminated as a result.

But consider a few examples why it seems likely that Jesus and others of his time believed in reincarnation. For example, John the Baptist was supposed by many to be the prophet Elijah reincarnated. Jesus himself said this was so. (See Matthew 11:14.) Once, Jesus asked his followers who people thought he (Jesus) was. They replied that many believed him (Jesus) to be one of the prophets—presumably reincarnated, since the last prophet had lived about 400 years earlier. Also, consider the story of Jesus healing the blind man as recounted in John 9:1-12, which begins as follows:

*As he went along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?'*



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*'Neither this man nor his parents sinned,' said Jesus, 'but this happened so that the work of God might be displayed in his life.'*

Since the man was blind from birth, the only way his sins could have caused his blindness was for him to have sinned in a former life. Jesus did not tell his followers this wasn't possible. To the contrary, he seems to have assumed it was possible, although he gives another reason for the man's blindness.

In researching reincarnation, I've found that libraries are well stocked on the subject. Since becoming interested in this subject, I have met and come to know well two different people who make a living by helping others remember past lives and then release buried memories that are holding them back. In some cases, thousands of years have passed since a debilitating incident took place. I've visited the School of Metaphysics in Missouri and watched trained readers of the Akashic records report on past lives of workshop attendees. Additionally, I've read four books written by different past life therapists and edited a fifth. Rather than relate what is contained in those, however, I will give you a quick summary of a case reported in the 1988 book, *Many Lives, Many Masters*. I've chosen this because the author, Brian L. Weiss, M.D., cannot be accused by anyone of being a Looney Tune. He is a Phi Beta Kappa, magna cum laude graduate of Columbia University who received his medical degree from Yale, interned at New York's Bellevue Medical Center, and went on to become chief resident of the department of psychiatry at the Yale University School of Medicine. At the

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time of the case covered in his book, he was head of the department of psychiatry at Mount Sinai Medical Center in Miami Beach.

Weiss is a medical doctor and a scientist who has published widely in professional journals. Ethnically Jewish, he was a skeptic who had no interest in reincarnation. He was fully aware that most of his colleagues in the field do not believe in such things and waited six years before giving in to the feeling that he had an obligation to share what he had learned. He had much more to lose than to gain by telling the story of the woman called Catherine (not her real name) who came to him in 1980 seeking help for her anxiety, panic attacks and phobias. Read his book. I'll hit only a few highlights.

For eighteen months, Weiss used conventional therapy, which means that he and Catherine talked about and analyzed her life and her relationships. When nothing worked, he tried hypnosis in an effort to find out what she might be repressing that would account for her neuroses. Forgotten events in her childhood, in fact, were revealed that seemed to be at the root of several of her problems. As is customary in this type of therapy, she was instructed to remember them after she had been brought out of the hypnotic state. Dr. Weiss discussed what had been uncovered in an effort to dispel her anxieties. But as days went by, her symptoms remained as severe as they had ever been.

He tried hypnotism again. This time he regressed her all the way back to the age of two, but she recalled nothing that shed new light on her problems. He gave her firm instructions, "Go back to the time from which your symptoms

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arise.” Nothing had prepared him for what happened next. She slipped into a past life that took place almost 4,000 years ago. Weiss was astounded as she described in detail herself, her surroundings and others in that particular life, including specific episodes, and in later sessions entire lifetimes, which seemed to be the root causes of problems. In all, she said she had lived 86 times. This, by the way, indicates she was a very young soul in that most who have gone through this type of regression therapy have lived hundreds of times.

Weiss continued using hypnosis in an effort to rid Catherine of her neuroses. In weekly sessions that spanned several months, she recalled and recounted in detail the highlights of twelve previous lifetimes, including the moment of death in each. People who played a role in one lifetime often reappeared as someone else in another, including Dr. Weiss himself, who had been her teacher some 3500 years ago.

Catherine had not had a happy existence over the last forty centuries. The overwhelming number of memories from her past lives were unhappy and proved to be the roots of her present day symptoms. Bringing them into her consciousness and talking about them enabled her to recover. Considering the number and intensity of her neuroses, psychotherapy would normally have lasted years before she was cured. In fact, her symptoms disappeared within months. She became happier and more at peace than she had ever been.

Weiss is an experienced psychotherapist who has dealt with thousands of patients. He is convinced that Catherine was not faking. She was unsophisticated and of average intelligence, a young woman who made her living as a laboratory technician. He thinks it quite impossible that she

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could have pulled off such an elaborate hoax and kept it up every week for months. Think about it. She was a physically attractive twenty-eight year old woman of average intelligence. She had a high school diploma and some vocational training. Could she have faked her neuroses? Could she have faked gradual improvement from one visit to the next, all the way to a state of being completely free of them? It hardly seems likely. Also, and this is where the plot thickens, she conveyed information about Weiss's father and an infant son, both of whom had died. Weiss is convinced she could not have known anything about them through normal channels.

This message from the other side leads to what some may find the most amazing aspect of her story: the spaces between past lives. Once, after having been murdered, she floated out of her body and was reborn very quickly. At the end of her next life, she described an experience remarkably similar to that related by thousands who have been clinically dead and come back to life. She rose out of her body, felt at peace, and was aware of an energy-giving light. It was at this time in this session that spirit entities spoke through her to Dr. Weiss for the first time. In a loud, husky voice and without hesitation Catherine said, "Our task is to learn, to become God-like through knowledge. We know so little. You are here to be my teacher. I have so much to learn. By knowledge we approach God, and then we can rest. Then we come back and help others."

Although Catherine was able to recall her past lives after she was brought out of a hypnotic state, she was never able to recall, nor was she particularly interested in remembering, the conversations Dr. Weiss had through her with several different spirit entities. These "masters," as he came to call

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them, spoke through her primarily for his benefit and only indirectly for hers. I will not go into detail about these exchanges; you may wish to read this book for them. Essentially, they told him that we incarnate into the physical world to learn what cannot be learned on the nonphysical plane. In that realm, whatever is felt or imagined instantly appears real or greatly magnified. The slightest ill will toward someone becomes rage. The smallest feeling of affection turns to all encompassing love. If you imagine a demon, a thought form of it will suddenly materialize before you. If you picture in your mind a lovely sunset viewed from a secluded beach, you will find that you are there. It is because of this that we need the thickness of matter. Matter slows things down so we can work them out. Earth is a school. The most important things we come here to learn are charity, hope, faith and love, as well as to trust and not to have fear.

Funny. This sounds an awful lot like Jesus or the Apostle Paul, doesn't it?

Let's leave Dr. Weiss for the moment and dig into the workings of reincarnation. What you are about to read at first seemed as fantastic to me as it may to you. Nevertheless, like Dr. Weiss, I feel compelled to share .

When the Life Force or spirit is withdrawn from anything, be it an animal, plant, person or object, the Life Force continues to exist, but the object it supported no longer is animated by it. That thing ceases to be alive—informed by the Life Force—and turns to dust. This is true of what we normally consider living things such as plants and animals, and it is true of what we may have thought until now were inanimate objects such as rocks, moons, mountains. Although

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the process of decay and return to dust takes longer for the latter, it will nonetheless happen in time when the Life Force is no longer present.

As Claire DuMond came to know in my novel, *The Secret of Life*, the secret of life for her, at least, is the “urge to become,” which in this book I’ve called the Life Force or subjective ground of being mind that pushes toward growth and is the opposite of entropy. In other words, life is imbued with an organizing ability that pushes it to evolve into ever-higher forms. Finally, when the sensation of being separate comes about, a soul—or an individual subconscious mind—is born.

Your subconscious mind or soul may have evolved on Earth, or it may have evolved elsewhere. As for myself, I’ve had a flash of memory that might be compared to an epiphany, which I believe is an indication of my own personal history of evolution. This moment of recall lasted perhaps for 30 seconds during which I “relived” all my pre-human lives in rapid succession, from life as a fish-like creature in some primeval sea, through reptilian forms, to a furry lemur-like creature that lived in a tree. This seems to fit. When a soul has learned all it can in one form, it seeks a new experience that will allow it to continue its upward push. Ultimately, it will grow and develop until it reaches a perfected state.

We live in a multi-dimensional reality, though under normal circumstances our physical senses allow us to experience only height, width, depth and the passage of time. Souls are evolving in other dimensions, and they are evolving on other planets in other solar systems of this universe. While recognizing that your soul could be much older than life on earth, one view of how souls evolved along with life on this

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planet will be presented in the paragraphs that follow. This is by no means intended as the last word on the subject and is meant only to give you one plausible explanation of the evolutionary path a soul may have followed.

A theory accepted by some followers of eastern religions is that souls that began their journeys here have been around in some form since the beginning of life on Earth. They did not become differentiated, however, until the epoch recounted in the myth of Adam and Eve. Scientists would probably estimate this to have occurred about 200,000 years ago. As mentioned earlier, this was when we reached a point in the evolution of our minds that we were self-aware. We saw ourselves as different, separate and distinct from the rest of nature. Unlike birds and animals of the forest or the savanna, we no longer relied on nature and instincts to direct our behavior. Our minds could override what instinct said to do.

This is what the story of Adam and Eve is about, the development of objective awareness and the splitting off or separation from the field that resulted in self-awareness and free will. God told Adam and Eve not to eat the fruit of the tree of knowledge of good and evil. The snake, which represents Adam and Eve's all too human nature, or ego mind, said to go ahead and eat. Rather than consult God before taking action, Adam and Eve acted as humans usually do today, and proceeded to do as they pleased. By exercising free will in this manner, they severed their connection to God, and humankind has been suffering the consequences since. We have, in effect, cast ourselves out of the Garden, with the result that we are no longer able to tap effortlessly into the abundance that nature is always ready to bestow on us.

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The way back, of course, and the major point of this book, is to reestablish a relationship with our personal subconscious mind, or soul, and thus our connection to the transcendent. But this is a digression. The point here is that the origin and evolution of souls in this particular scenario would have followed the course of evolution from one-celled animals in the sea, to creatures who first walked on land, to tiny mammals, to pre-apes, to homo sapiens. It was as homo sapiens that we became differentiated. The Adam and Eve step was absolutely necessary. But we've been on a plateau now for about a hundred thousand years. Since the course of evolution is a spiral rather than a straight line, our next step is to return to the state the first man and woman enjoyed, but on a higher level. The time has come for many on earth to reconnect with the whole, while remaining aware of their separateness and maintaining free will. Metaphorically, they will return to the Garden and this time remember to keep God in the loop. When this happens, the bad times will be behind us. Our every desire will be fulfilled.

Some will argue that reincarnation isn't likely because there are so many more people alive today than in the past. The population of earth has exploded in recent centuries. If humans aren't humans unless they have a soul, and if a human soul must be built up through many incarnations, then where, they wonder, did all these souls come from?

It seems to me that there are at least two possible explanations. One is that souls which evolved on earth are incarnating more frequently now than in the past. In other words, they are spending less time in the state between lives. One therapist who has helped many recover from



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psychological problems due to past life traumas indicates that with respect to his clientele, the duration between lives ranges from a high of 800 years to a low of ten months.

Another possibility is that souls are pouring into this world from all over the place, that evolution of these souls up to this point may have occurred elsewhere for many alive today. Morphogenetic fields are composed of information as opposed to energy. According to quantum physics, unlike energy that must travel and diminishes in intensity with distance, information is everywhere in the field at once. It is nonlocal. (This, by the way, coincides with Thomas Troward's theory concerning thought and life or spirit covered in Chapter Two.) Since a thought form is everywhere at once—nonlocal—souls can come from anywhere in the universe; no travel time is required.

Parenthetically, we can expect life forms that have evolved on other planets to be similar to those on earth, provided physical conditions of the planet are similar. I say this because this is true of life forms that evolved in Australia after that continent became separated from the rest of the world's land mass. We see equivalents of dogs (dingoes) and cats and other animals in the land down under that are not exactly dogs or cats. They are marsupials, not mammals. So on a family tree, they would be placed closer to the opossum than to the animals they resemble. Water prevented the spread of genes of cats and dogs but not their morphogenetic fields. These are everywhere at once—unhindered by water. These fields have influenced the shapes and forms of Australian creatures—though their genes may be quite different. When you think about it, those strange creatures might just as easily

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have evolved on another planet since physical contact with the rest of the world had been cut for millions of years.

Let us now consider the process of evolution of a human soul. When a new human soul starts out, the number of foolish or evil actions, thoughts and words the soul is responsible for far exceeds those of the good variety. This is understandable. It is also where the law of karma comes into play, as a basic learning tool provided by the universe. According to the law of karma, which boils down the law of cause and effect, every thought, word or deed must produce a definite result, good or bad, and the result must be felt by the person responsible. Experiencing the law of karma is one of the ways we learn. It is one reason many lives in physical form are necessary. We usually do not live long enough for all our acts and deeds to play out in a single life.

The Bible tells us, “As you sow, so shall you reap,” or as an old friend of mine in the ad business was often heard to say, “What goes around comes around.” I believe that Jesus was talking about karma, for instance, when he said:

*Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.*

—Luke 6:37-38

A selfish act on your part that causes misery to someone else earns a unit of bad karma. This must be repaid by your

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suffering from a similar action at the hands of another person, either in this lifetime or in one to come. A kind act on your part earns a unit of good karma. The result of this action can be either the erasing of a unit of bad karma or experiencing the same amount of kindness from someone else. You might say that karma is the metaphysical law that's equivalent to Newton's law of physics—for every action there is an equal and opposite reaction.

When I first learned about this and the realization of it took hold, I began to think back over my life and to remember things I'd done to others that had caused them pain. A number of instances of thoughtlessness, and two or three of outright cruelty, came to mind. I truly felt remorse and was thrown into a kind of depression. It was as though a black cloud hung over me and my future. I could almost feel the pain I'd caused and went about wondering how I'd ever repay these debts. At that time, I didn't know the therapeutic and practical value of confessing my sins directly to God, or to Christ, and asking forgiveness. Rather, I was convinced that I was doomed to suffer the same level of misery that I'd inflicted.

Let me interject here that this happened thirty years ago. I have since come to realize that karma is not a form of justice or punishment. It is a teaching tool. Once a person has learned the necessary lesson, the associated karma is dissolved. This brings up the subject of a personal God verses the creative force that I have called the non-dual, subjective ground of being mind. Edgar Cayce's readings suggest that both exist. It seems to me our personal God may actually be our own evolving soul or Higher Self.

Let's get back to my dilemma about repaying karmic debt. One day, I was running along the Canal of Burgundy during

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a summer sojourn to France. I came to a stop and said, "Please, God, Please. Even out the score. Give me a level playing field. Make whatever needs to take place happen so that these debts are paid."

A Jewish friend later told me that Jewish prayers to wipe the slate clean include the phrase, "But not through pain or suffering." I thought, "Now he tells me." I learned firsthand that you get exactly what you ask God for when what you ask will result in spiritual growth. In this case, what I asked for started coming three days later when I was back in the States. I took my daughter's brand new ten speed bike for a test spin down the hill in front of our house. My foot slipped, caught on the pavement, and the metal pedal completely severed my Achilles tendon. The result was a ghastly wound. I spent almost two weeks in the hospital, had two operations, suffered a great deal of physical pain, and was in a cast from the tip of my toe to the top of my thigh for eight weeks. It took nine months before the wound was completely closed, then another nine before I was able to walk without a limp.

But that was not all. While I was still in the cast, my wife announced that the spark had gone out of our marriage. She was sick of living in the United States. She was leaving me, filing for divorce, and taking my daughter with her to live in France.

As a parent, I can imagine that the death of a child may possibly be the worst possible experience one can endure. If this is so, then having your only child, age twelve, taken to live 3,500 miles and six time zones away is number two. It was not a good year, but at least the slate was wiped clean. As you might expect, I developed spiritually. Adversity is a great teacher. The experience also taught me that it is possible

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to get in touch with the Big Dreamer and to have a request granted. I do not advise you, however, to follow the same course because I now believe the process of arriving on a level playing field with respect to karma does not have to be so painful. This is partly due to the fact that the purpose of karma, the law of cause and effect, is not retribution in and of itself. The Big Dreamer finds no joy in extracting “an eye for an eye and a tooth for a tooth.” Rather, as with most things connected with the subconscious mind and universal law, the purpose of karma is to foster spiritual growth. Sometimes an “eye for an eye” is the only way to make a point. This is especially true during the early part of our spiritual journey. Then, the only way we will fully understand the consequences of our actions, our thoughts, and our intentions will be to experience those consequences firsthand. When O. J. Simpson comes back in another life as a woman and is brutally murdered by a bigger, stronger person with a knife, chances are he will finally “get it” deep down in his soul.

The end goal of the law of karma, you see, is the shift in consciousness that I’ve been harping about. It is the “aha!” experience, the gut-level realization of what one has done when one realizes that he and others are the same person—not literally at this moment, perhaps, but certainly at another moment, or in a different incarnation. This is likely what Jesus was driving at when he took a child in his arms and said, “Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me.” (Mark 9:37) And, when speaking of the hungry, thirsty, and the downtrodden, he said, “I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.” (Matthew 25:40)

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In these quotations, Jesus is saying we are all from God and of God, and we all have played or will play every role and part in the dance of creation. This being the case, to help or harm another is to help or harm yourself at some point in your past or future. It is also to help or harm God.

How is possible to help or harm God? There is only one screen of awareness on which the moving picture of reality plays. In aggregate, the total screen is God's awareness. Each person's awareness, on the other hand, is a tiny sliver of the larger screen.

Does one who has committed murder in this or a previous life have to experience the same violation? I believe that meditation, study, reflection can lead to higher level of consciousness that, combined with true repentance, can avert having to live through "eye for an eye" retribution. The universal subjective mind doesn't judge and it doesn't hold a grudge. Being subjective, it doesn't even sit around and analyze. If retribution is no longer needed for growth, it will not happen. This is one of the key messages of Jesus. He came to show the way, his way, to Christ-consciousness and everlasting life. The attainment of the Christ-consciousness triggers the "law of grace," and this dissolves the need for a karmic boomerang. Spiritual consciousness "fulfills the law," to use Jesus' phrase, in the sense that it annuls the erroneous thinking that was the source of the wrongful action. "I come not to destroy the law," is what Jesus might have said "but to teach you how to fulfill it through an elevated spiritual consciousness."

Full attainment of this consciousness is not easy. "Remember," Edgar Cayce said in one of his readings, "there

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is no shortcut to a consciousness of the God-force. It is a part of your own consciousness but it cannot be realized by a simple desire to do so. Too often there is a tendency to want it and expect it without applying spiritual truth through the medium of mental processes. This is the only way to reach the gate. There are no shortcuts in metaphysics, no matter what is said by those who see visions, interpret numbers, or read the stars. They may find urges, but these do not rule the will. Life is learned within the self. You don't profess it; you learn it."

How, specifically, does one learn it? Regular meditation and prayer. Fasting. Study of the Scriptures and books such as this. Rendering service to one's fellow men. All these will be helpful. Depending on where a person stands in the evolutionary process, regular practice of these acts may be all that is required. But I personally have been at it forty years in a concentrated way and can say with honest conviction that I still have a good way to go. Every now and then when things seem to be going wrong, I suffer bouts of fear and doubt. Intellectually, I know that this is counterproductive. If I were fully evolved, I wouldn't have those doubts. Even so, I am putting my talents to use, and I do feel fulfilled in this regard. I have a solid, comfortable, affectionate marriage. I share and revel daily in the joy of healthy, happy, well-adjusted children. My greatest shortcoming seems to be the almost subconscious fear that if I don't push myself, the good things the universe has flowing in my direction will somehow stop coming. Perhaps this stems from growing up poor. Nevertheless, I'm making progress. I have faults, but I know it. Some would say I'm patient, but I know I'm too quick to

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anger. I'm making an effort to correct this. If I stay at it, perhaps full mastery of life may not be all that far off. This life? The next? The one after that?

I believe I may have entered this life at a level of evolution higher than I now have achieved. But for the first half of my days in this incarnation, I was sliding backward, losing ground. Having come to my senses, I've been able to make up much of the lost ground quickly because in effect, all I've had to do is "remember" (re—member) what I already knew and recapture the level of consciousness.

Backsliding is a potential danger an old soul must face when he or she incarnates. But as is always the case, the consequences of the ill-advised exercise of free will be used by the Big Dreamer as an opportunity for spiritual growth. The experience of having to crawl back, for example, helped prepare me to write this book. If I had come into flesh with prior knowledge intact, I'd have faced two problems in sharing it. First, it would have been a priori, or part of me and my makeup, and therefore difficult to verbalize. Second, It would not have been gained in the white-hot crucible of a society of doubters and skeptics. But because it was acquired gradually, over the years, I can present it with a good idea of what objections will need to be overcome. After all, I had to overcome them myself before I accepted the knowledge as truth. Perhaps this makes what I have to say more convincing.

Having regained what I have to share in this lifetime, I can do so in the context of this lifetime and the time in history that we share. My sincere desire and intent is to help you, too, to re—member what you once knew, and to help you soar to a new level of understanding. But let me quickly add that



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growth cannot be mechanically induced. Unless and until the heart is sufficiently tenderized, practicing charity, for example, will be in the Apostle Paul's apt phrase, "as tinkling brass." The rich man who gives it away with the idea of buying his way into heaven has bought nothing. It's what is in the man's heart that counts. What he truly gives, he keeps, because of the joy he feels. But don't misunderstand. This doesn't mean he should not give, even though he does not feel joy. Perhaps his deed may be the act his soul needs to start it on the proper path. But this won't let him skip a grade. Souls in kindergarten, spiritually speaking, cannot jump ahead to college.

Let's think for a moment about the new soul with very little understanding. In the early incarnations, this entity will go about creating much havoc. Fortunately for him or her, no one is expected to suffer more in one lifetime than he can stand. Units of bad karma that aren't worked off by good deeds or a poke in the mouth are carried forward to be worked out in future lives.

Think about a person you know or have come in contact with who has what you now recognize to be a young soul. The individual appears to have very little conscience. He or she simply cannot hear the still small voice and thinks nothing of spraying his housing project with bullets just for the fun of watching broken glass tinkle to the ground. During the early incarnations, a person like this will pile up more karmic debt than he works off. But as time goes by and he continues to incarnate, the connections between his subconscious mind and his ego grow. Once the lines of communication are open, conditions improve. At last, the right wavelength is found and

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the mother ship comes in loud and clear. This is why a person with an old soul appears to have a highly developed sense of right and wrong. When this happens, bad karma stored up from early lives is whittled down. Many people today have reached this state. You probably are one. If so, a short jump is all that's required to make to that shift in consciousness.

This book isn't meant for those who possess young souls. Past-life therapists tell me that often such individuals incarnate with no life plan. Their lives are chaotic at best and purposeless at worst. They aren't likely to tap into the universe's cornucopia, nor does it seem likely they would have much interest in what this book has to say. On the other hand, having stuck with me this far, I suspect you have a relatively old soul and may be on the cusp of a breakthrough. This being the case, it's highly likely that you came to earth with special talents to use to the benefit of humankind and have an important purpose or goal to accomplish. If you have achieved Christ-consciousness in a previous life, your visit to earth this time is to help others do the same. If you have a ways to go, it is to face and overcome certain problems or to work out karma from a previous incarnation. Soon we'll cover how to drop the karmic baggage that's holding you back so that you can enter the flow.

Speaking of flow, I've heard a number of people who profess to be New Consciousness thinkers repeatedly make statements to the effect that "everything is working just as it should" at any given moment. Perhaps this is to remind themselves not to be concerned with outcome, but rather to concentrate their energy on doing what they are here on Earth to do. I agree with this approach. I've never made money, for

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example, by trying to make money. And believe me, there are times when I've tried very hard. To the contrary, I've made a lot of money by concentrating my effort on what I do well and "just doing it," to borrow the Nike slogan. Each time I've let the chips fall wherever, things have indeed worked out to my benefit, provided I was doing what I now see I'm here to do.

Even so, I do not agree that everything is always working out for the best at any given moment. Though I rarely say anything, these kinds of statements sometimes rankle me because they are contrary to the law of free will. On the material plane, in other words here on Earth, each human being is free to choose, and therefore, is free to make mistakes. Dumb mistakes. Mistakes in calculations. Mistakes in judgment. We are free to be just plain cruel or stupid. Thomas Troward pointed out that the universe operates by laws. Violate a law, whether or not you even know the law exists, and you will suffer the consequences. If you don't believe this, watch what happens when an unsuspecting child sticks his finger in an electric socket. Metaphysical laws are as consistent as those of physics. For example, it is a law that what you believe will happen will eventually happen. So, believe you are going to go bankrupt, and you will.

Wait a minute, you may say. I've thought terrible things might happen a number of times, and they didn't.

The key here is that you "thought they might happen." You no doubt hoped they wouldn't. Though weak, hope is a kind of belief. It is a belief in possibilities. You believed this might happen or that might happen. You were sending the subjective mind mixed messages, and fortunately for you, hope was stronger and won the day. You'd have been better off to believe you would succeed and not take chances.

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Some people think there's a fairy godmother looking after them, or maybe a guardian angel, and that's okay. It may be true. In fact, I think there are souls or guides beyond the veil who are with us on the journey of life. In a way, these disembodied beings are part of us and always with us. But I tend to think things usually happen because the law of belief is at work. It's a matter of maintaining consistency so that we are able to see and learn how life works. However, I also believe "divine intervention" happens as well, albeit rarely, because I've experienced what to my mind could have been nothing less. In an upcoming chapter, I'll tell the story of the divine intervention I experienced, but let me say here, I think it happens only when the consequences of it not happening would thwart Spirit's push toward growth and evolution.

It seems to me belief can bring about what appears to be divine intervention. For example, Jesus is said to have turned water into wine, to have walked on water, and to have fed 5,000 people with a few fish and some loaves of bread. Jesus didn't just believe, he knew he was in touch with and an extension of his Father in heaven. I've heard firsthand reports from people I trust—one the founding partner of a large law firm—of miracles similar to this being performed today. Turning water into wine is one.

Keep in mind, however, that no set plan for the universe is in place, as the Panda's thumb indicates. Things aren't automatically going to work out right. Edgar Cayce indicated that things can go awry even though they have been planned with the clarity that surely must exist on the spiritual plane. He assured us, for example, that the process of birth and rebirth does not always work as intended, and that sometimes

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errors are made. Cayce said that we choose our parents and our circumstances from what is available at any given moment. The circumstances may be far from perfect, yet we may elect to go ahead anyway and, figuratively speaking, keep our fingers crossed. The fallout may be that a soul may discover, after having made a choice and been born, that the parents are not living up to expectations they seemed to have offered before birth. Realizing that its own inner purpose for the incarnation may be frustrated by the altered circumstance, the soul may decide to withdraw. Cayce said that this may be the cause of at least some infant mortalities.

For detailed descriptions of what happens between incarnations, and the process of selecting parents and circumstances, read the books, *Journey of Souls*, by Michael Newton, Ph.D., Llewellyn, 1994, and *Life Between Life* by Joel L. Whitton, M.D., Ph.D., and Joe Fisher. The authors of both are past-life therapists. Both provide interesting information, although I found the one by Dr. Newton to be slightly more enlightening. Essentially, groups of souls numbering a dozen or so who are at the same level of development work in what might be called clutches. Each group has guides or teachers to help them. The guides are a level or two farther along the evolutionary path than those in the group and do not incarnate as often. These guides are at work virtually all the time, behind the scenes during an incarnation and at the head of the class in between—not unlike your high school math teacher. Members of the clutch often incarnate at the same time, in the same place, often in the same family, with the goal of helping one another accomplish specific tasks, work out karma, or learn specific lessons.

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Soon after bodily death, a soul's guides or teachers, or what also might be described as elders—up to three, according to Dr. Whitton in *Life Between Life*—will expose the newly returned entity to a detailed review of his or her just-completed life. These elders do not judge the entity, however. The entity judges him or herself—actually feeling the pain or the distress, as well as the joy, that he or she may have caused others. The elders or guides make comments and suggestions. They are non-judgmental in their approach and often provide comfort to the entity, who may find the review gut-wrenching. This is very likely to be the case if a number of mistakes were made, or if opportunities were wasted that might have led to the accomplishment of goals that had been set forth for that life.

This seems a good spot for a couple of anecdotes that relate to this. When he learned I was writing this book, a friend told me something that happened to change his life when he was a teenager. He had an unhappy home and was deeply depressed. His mother was wacky, and she and his father constantly argued. He had almost no friends. It was so bad, and things appeared so hopeless, that he was seriously contemplating suicide. One night, after he'd gone to sleep with suicide on his mind, he had the sensation of being shaken awake. He opened his eyes and saw two strangely clothed men. They grabbed him and whisked him upward, directly through the ceiling and the roof—or so it seemed. He now realizes he had passed through the tunnel we've heard so much about into a kind of limbo where the three had a chat.

“Don't do it,” one of them said.

“Do what?” he asked.

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“Don’t commit suicide.”

He looked at the man sheepishly and frowned.

“It won’t do you any good,” the other said. “If you do, you’ll just be sent back again, and again, until you get it right.”

My friend understood precisely what they meant. If he ended his life prematurely, he’d have to be born into the same circumstances over and over—like the character in the movie *Groundhog Day*, who had to live the same day again and again until he finally got it right.

Another friend, a therapist with a Ph.D., uses past life recall to help his patients get over their phobias and neuroses. He has explored his own past lives, and says he’s been able to remember back about 15,000 years to the time before he came to this planet. At that time, he was engaged in an intergalactic war—sort of like Star Wars, I guess. He and his crew were captured just as they were about to blow up a planet inhabited by the enemy. He and the crew subsequently were sent to earth for incarceration and rehabilitation, and he’s been here ever since, forced to reincarnate over and over again. He’d like very much to break out of the cycle but, so far, hasn’t been allowed. He believes he is part of a small percentage of the population of our world who are prisoners in a penal colony. For them, Earth might be compared to Devil’s Island in the South Atlantic off the coast of French Guiana, which was a French penal colony from 1895 to 1938. Instead of criminals from France, however, prisoners like him from other worlds are put here to “get them off the streets,” so to speak. He calculated the total number of prisoners on earth at about five million.

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Returning to our description of the inter-life, quite a bit of time may be spent between incarnations, during which an entity will study his most recent past life as well as other lives he or she has lived. As souls become more highly evolved, they tend to spend more time between incarnations than do less evolved souls. They are more cautious about picking the circumstances of upcoming lives. Also, compatible parents don't come along as frequently for the more evolved souls. In the meantime, the soul may use the time to hone particular talents or skills.

Once back in flesh on Earth, a soul may accomplish what was planned for a particular incarnation more rapidly than anticipated. This was the case for one of Dr. Whitton's subjects. With nothing left to accomplish in the lifetime, some sort of premature death would normally have occurred so that the soul could return for rest and recycling. Instead, the living soul was given a new assignment and was allowed to stay on Earth and continue evolving. This way, the remainder of the incarnation was made fruitful and productive, and what would have been viewed as an untimely death by us mortals was averted.

It is important to know that taking on a new assignment is possible. This means we don't have to die just because we've accomplished the objectives set forth before birth. In effect, we can begin a new incarnation without having to go through the bother, drama and trauma of death, rebirth, childhood, adolescence, and so forth. If science indeed finds keys that unlock the mechanism of aging, this could become the norm, provided people understand that the purpose of life is spiritual evolution—their own and others'. I say this because it seems only logical that people who decide to retire



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and play golf all day, everyday, will have a serious illness, accident or something else happen in order to get them back on track and productive once again.

Back to the interlife. When the time comes for rebirth, the panel of judges will review or help identify objectives and lessons for the next incarnation, perhaps giving the entity a choice of a couple of different families in which to incarnate. The soul must agree to the selection, although it appears that this agreement is often given reluctantly. The upcoming incarnation is then planned much as a writer might outline the plot of a novel. The elements must be in place and the supporting characters ready and waiting. The entire process can be tricky. Race, nation, region and familial circumstances are factors. Someone who was a bigot in a past lifetime may come back clothed in the race they were prejudiced against in order to experience the other side of the equation and to work out the karma they created.

Amnesia of the time between lives is important. If we know what's coming, the purpose will be defeated. Fortitude and courage, for example, will not be acquired if the harrowing experience and outcome are known in advance. For lessons to be internalized, they must occur spontaneously, without foreknowledge. So as a new ego begins forming, amnesia sets in—starting when a baby begins to bring its surroundings into focus.

Most of us who have been around babies and small children instinctively know that they have just arrived from some heavenly place. I could see this clearly in my son, Hans, when he was still a toddler. As long as his needs were met, including food and a lot of good, healthy interaction with

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people who love him, he appeared absolutely delighted to be here. His face almost seemed to glow. The quality I have in mind has been recognized by poets down through the centuries. It was best captured, in my opinion, by William Wordsworth in the fifth stanza of his poem “Ode.” This work is perhaps best known by the subtitle, which is, “Intimations of Immortality from Recollections from Early Childhood.”

*Our birth is but a sleep and a forgetting:  
The Soul that rises with us, our life's Star,  
Hath had elsewhere its setting,  
And cometh from afar:  
Not in entire forgetfulness,  
And not in utter nakedness,  
But trailing clouds of glory do we come  
From God, who is our home:  
Heaven lies about us in our infancy!  
Shades of the prison-house begin to close  
Upon the growing boy,  
But he beholds the light, and whence it flows,  
He sees it in his joy;  
The Youth, who daily farther from the east  
Must travel, still is Nature's Priest,  
And by the vision splendid  
Is on his way attended;  
At length the Man perceives it die away,  
And fade into the light of common day.*

Whether a little person “trailing clouds of glory” makes progress in this incarnation or whether he fulfills his destiny

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or slides backward, will depend in large measure on the efforts and abilities of his parents. Consider for a moment how important it is that we create a loving environment in which a child can flourish and develop and pursue “natural” talents. Indeed, we can make it easy or difficult and, in the process, create a good deal of negative or positive karma for ourselves. In a very real way, our parents are our guides at least until we’re grown. It is an awesome responsibility.

All that our invisible guides can do is provide us with guidance when it is sought and help create favorable conditions for us to “pursue our bliss,” as Joseph Campbell called it many times. Of course, the subconscious mind will remain a subpart of the universal subconscious doing its best to keep the communication lines open. But each of us is born with free will. We always have the option of going against what our intuition or “better judgment” tells us.

A major point of this chapter is that you are here for a reason. Your birth was not an accident. You have a choice. You can try to find that reason and live it, or you can do as you please, and perhaps get so far off track you’ll never get back. You are a soul with a body, not a body with a soul. Maybe you have made some mistakes. If so, it may not be too late to correct them, especially now that you know you are the driver and not the vehicle.

It’s hard to doubt that we are all here to evolve. Some do so rather quickly. For others, it takes longer. Some may never make it.

But why? What is the purpose behind it all?

In his book, *The Seat of the Soul*, Gary Zukav argues that the purpose is the rounding out and eventual perfection of the

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soul. He wrote, “When the soul returns to its home, what has been accumulated in that lifetime is assessed with the loving assistance of its teachers and guides. The new lessons that have emerged to be learned, the new karmic obligations that must be paid, are seen. The experiences of the incarnation just completed are reviewed in the fullness of understanding. Its mysteries are mysteries no more. Their causes, their reasons, and their contributions to the evolution of the soul, and to the evolution of the souls with whom the soul shared its life, are revealed. What has been balanced, what has been learned, brings the soul ever closer to its healing, to its integration and wholeness.”

Let us ask the question one more time. Many believe it is to become co-creators. But is that the end of the line?

If we think about this long and hard it will occur to us that perhaps the transcendent, the universal subconscious “one life,” has set about the task of reproducing itself. Think about it. As Richard Dawkins observed in his study of cheetahs and gazelles, propagation is an underlying theme of nature. Every organism from the smallest amoeba to the biggest whale has this as a primary objective. Why shouldn’t the universe, the largest organism of them all? Perhaps at some point in our development, long after this life is finished, we will not only be the field, we will be a new reality.

Perhaps a less grand view is that we will be fully evolved beings whose function is to help in the construction of new realities, new universes. This idea was held by the occultist, W. E. Butler. He said, “We’re going to be universe builders in company with God. We are going to be tools, instruments in the hands of the Eternal as His will prevails in the universes

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which He has formed and in which He lives, moves and has His being and which He is bringing back to perfection from their fallen state. And you and I have the privilege of being coworkers with Him and with the whole of creation which is part of His work.”

### **Parting Thoughts**

Going forward, as you take the steps you have set out for yourself and row your boat in the direction of the flow, I suggest you set aside a full day once each month first to develop, and then to update, add to, and refine your plan.

Remember, life is the dream of the Source, and you are a character in the dream. You have a role or roles to play. Before you arrived here on earth, you took them on, and you made a solemn vow to carry them out. By taking the time I’ve just suggested, you will hopefully recall that solemn oath and the vision you had before birth of the self-actualized you. Now you have a choice to make. You can either make good on your promise, or you can welsh. If you welsh, you will view the consequences when the time comes for your life to be replayed before you, your judges and your guides. So, go to a library, or some other quiet place. Take time to think, and plan.

Getting it right might not be easy. It will take courage. To get started, you must clear the junk from your mental attic. That’s why you must set aside time to work on this with no interruptions. You must also take time to forgive yourself and others. You must get past your fears and replace them with positive belief. You must learn to trust. You must commit to change. You must be willing to suffer hardships. You must give up the “certainties” of the world you have created up to this point in your life.

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Once you have a plan, you need to stick to it. Devoting a half-hour once, perhaps twice each day to meditation and a full day each month focus on and update your plan. In between, keep listening to the still small voice. When you review your life, you will think about the decisions that brought you here. Were they the right decisions? Did you feel good after you made them?

Remember to try to discover why your soul chose the circumstances of your birth. You will think back to what you loved to do as a child. You will ask for guidance, and you will receive it. You will follow your bliss.

Begin to build trust in your intuition by following the direction you receive when making small decisions. Eventually you will follow the gentle voice you come to know inside as you make the big ones. This may be frightening at first. It may be frightening because you will not know if it is indeed leading you toward your desired destination. But after a while, after you have learned how to trust, not knowing will become part of the fun, like opening packages at Christmas. You will be on an adventure as thrilling as any that has been attempted by Indiana Jones. You will be the director of your own lucid dream.

Or you may finish this book, put it down and forget about it. No doubt that is what many will do. They've spent their lives doing what others told them. They've carved out a place for themselves. It isn't all that exciting or fulfilling, and it can be difficult. But they've become comfortable with who and what they are. Why change? There's no proof they're in danger of getting so far away from their soul and their source that they may never find the way back. No conclusive proof

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can be produced that a nonphysical realm exists. No scientific experiment shows that any part of a human being survives death. Those who died and were resuscitated? Many scientists still maintain it was all in their heads. A trick of the brain; a lack of oxygen. Besides, it's so much trouble to change. And what would people think? Things are comfortable the way they are. Life isn't so bad. Why rock the boat? And this Martin fellow says that once a person gets started, he or she won't want to stop, and may end up changing completely, as though all they wanted was to remodel the kitchen and ended up rebuilding the entire house.

Sun room done? Now how about the den? Oh, and you need a wing off to the side. And a second-level master bedroom with sky lights and a fireplace.

All the while this renovation is going on, dust and debris are piling up, and the person occupying the house has to live in the middle of it.

"Wait a minute, I had a nice little bungalow," you may be tempted to say. "All I wanted was a new kitchen. You're turning this into a mansion. When will the job be completed?"

The architect, your higher self, will shake her head and say, "Not for a very long time, I'm afraid. You'd best get used to it."

Maybe you don't want a mansion. If this is the way you feel, I doubt there's anything I can say now to change your mind. You might as well stick with the bungalow.

I'll tell you something from personal experience, though. There is no greater joy in life than doing what you are here to do. Getting there may be difficult, it's true. But if you listen and persevere, if you earnestly follow the path laid down, you

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will receive help. After a while you will begin to sense unseen hands guiding you and the way will become less difficult to find. The trials won't be as hard to bear. There will be blind alleys, of course. There will be disappointments. There will be tough lessons to learn, but gradually you will come to a gut level understanding of what your existence as a human being is about. You will come to a gut level understanding of how you fit into the scheme. You will feel at one with it all and yet maintain your sense of self. You will come to know what you are doing. You will see outcomes materializing well before they arrive. You will choose what to pursue and what to avoid.

When you arrive at this point, you will realize that you have come to power, spiritual power, and with this realization will come joy. Can you imagine the buoyancy you'll feel? Whether it's mastery of a sport such as tennis, mastery of the card game of bridge, a musical instrument or a foreign language, the arrival at the state of really knowing what you are doing always brings joy.

And abundance. Not so much in the form of money per se, but the true riches of the universe, which will flow effortlessly to you because you are working with the universe, instead of rowing upstream.

And health. Your body will respond to the new life you've found. No longer will there be any reason for aches and pains. No longer will there be any thought of or reason to contemplate the possibility of death, for you are on the path to Eternal Life. You will be a vibrant, living cell in the larger body of humankind, fulfilling your purpose and your promise. You will grow every day and help others do the same.



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Yet with all this will come a sense of deep humility because you will know that it is not you who brought you here. It is your subconscious mind and the mind of the Source. Perhaps there will be some small pride in knowing that you finally have learned how to listen. But you will be careful to guard against feeling a sense of pride in any form. One of the lessons you will have learned on the way is that support is withdrawn from those who believe they are accomplishing great things on their own. The saying, “Pride goes before a fall,” is true. The prideful soon learn how little they can accomplish on their own.

There will also come a sense of aloneness. Not loneliness, because you will have friends, you will have family, you will have others who are with you on the path. But few, if any, will have arrived where you have arrived. Few will be the number with whom you can share your feelings and insights. Few will understand them completely. If you want a sense of what this is like, read the Gospels. Time and again you will witness the frustration Jesus experienced. Often, even his closest Apostles could not grasp the true meaning of his words—for Jesus knew that he was at one with the Source, whom he called his “Father,” and everyone around him thought they were separate, isolated, and robotic-like—as the vast majority of people think they are today.

In spite of this, you will possess a new, deep understanding of your true worth. It will be impossible to continue to think of yourself as meaningless or insignificant once you understand and take to heart that you and the Source are one, that grace exists for you, that guides are constantly with you, and that you are in truth the very Force of Life itself seeking expression, self-awareness, and understanding.

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In closing, let me say that my wish, my prayer, my hope is that you will put to work your unique talents and gifts for the benefit of the greater whole of creation. My hope is that you will answer the call to adventure when it comes, and in so doing enter with me into what Jesus called God's Kingdom. Believe me, you will not be sorry in the long run that you did.

I feel gladness for you and joy that I might have been a conduit in bringing a deeper understanding of yourself. Now you know who and what you are, that you came here to pursue a specific goal, and that possibilities are unlimited and boundless. My sincere wish is that my efforts have helped you move another mile on the journey. Thanks for taking that mile with me.

Keep moving ahead. Remember always to look for the light. Expect it to be there, and it will be. Go for it.

And remember always: As you believe, so will it be for you.

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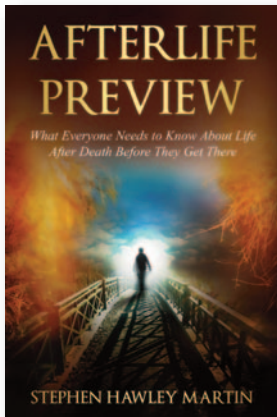
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## About the Author



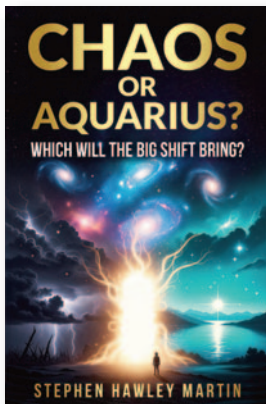
Stephen Hawley Martin is the author of more than three-dozen books, including five published novels, half a dozen business management titles, and quite a few self-help books and metaphysical investigations. He is a former principal of the world-renowned advertising agency, The Martin Agency, the firm that created the GEICO Gecko and “Virginia is for lovers.” Today, Stephen is editor and publisher of The Oaklea Press. Listed in *Who’s Who in America*, and best known as an award-winning author, Steve is the only three-time winner of the *Writer’s Digest* Book Award, having won twice for fiction and once for nonfiction. He has also won First Prize for Visionary Fiction from *Independent Publisher*, First Prize for Nonfiction from *USA Book News*, and a Bronze Metal for Visionary fiction from *Readers’ Choice Book Reviews*. He is actively looking for books to ghostwrite as well as other authors’ manuscripts to edit and publish via The Oaklea Press. To get in touch with Stephen, and to find out about other books he has written visit his website: [www.shmartin.com](http://www.shmartin.com).

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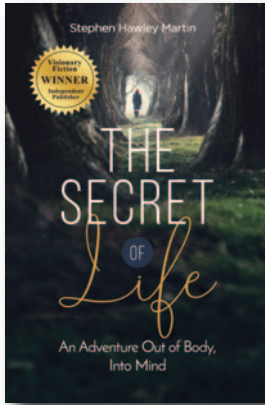
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A presidential campaign is heating up when former lovers on opposite sides are thrown together. Sparks fly—too bad they're on opposing sides—when she realizes something sinister is going on and they must cooperate—if they fail, a new dark age will engulf the world. Their adversary is not a mortal human. Can they stop him? Will they save the planet?

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