

**HINTS  
FOR  
ALL  
SPECIAL  
GRANDDAUGHTERS**

**WRITTEN**

**BY**

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**You are as young as your hopes and dreams  
And  
As old as your doubts and fears**

**A SELF-TEACHING TOOL  
SELF-PUBLISHED BY ASCENSION SUPPORT TEAM**

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## CHAPTER ONE. THERE'S NO FOOL LIKE AN OLD FOOL

I have written this little book of hints and tips mainly for all Young Adult Ladies (although young adult lads may also find the tips helpful). For brevity I will use the name 'Teenagers'. A teenager, due to her or his limited experience of life might only see her or his own point of view. Your parents, with more experience ' of ' life than you, try to see your point of view whilst also struggling with their own parental viewpoint.

I am a Grandfather; a role I enjoy because having experienced and somehow survived both, teenage and parenthood myself, I can now see both points of view without having to struggle with either of them. Grand parents quickly learn the delicate art of tact and diplomacy. This often enables them to offer harmony and balance to family when the different viewpoints clash. I have found that life is mostly about learning from your own mistakes. If this is true then the experience will be a lot less painful for you if you are able to also to learn from the mistakes other people make. This is a book of hints and suggestions. It is certainly not meant to be a book of instructions about how to live your life, and this is why I always use the words 'You could' instead of 'You should'. What I hope to offer you in this book is a different way of thinking about your life. During my life I have made countless mistakes. Each time, just as you would, I have found it very unhelpful to have the people around me eager to recite their favorite wise-sounding proverbs, adages and 'old wives' sayings, for example, 'You make your bed you must lie on it.' To get my suggestions over to you in this book of hints and tips, and also to turn the tables on these people, I have used some of these 'sayings' etc. to help you to avoid the mistakes in the first place.

For example: "Once bitten twice shy" ...could apply to a beloved but vicious dog, a friend who lies, cheats or betrays you, or, to a stranger who takes unfair advantage of your trust and inexperience. In each of these cases, to be unexpectedly bitten once is understandable. But to allow a second bite would be the action of a fool. Always be ready to forgive but also make sure that you learn from the experience.

Whilst mentioning fools I must tell you that they have no age limit. Some people never learn wisdom, hence the adage "There's no fool like an old fool" No doubt you will guess from this that as a grand father I have foreseen, and wish to answer your next quite natural question, which I'm sure must be something like this..."However well meaning his intentions, what can a grandfather, who was a child during World War Two, when German bombs rained down upon London. In his late twenties when the legendary pop groups the Beatles and the Rolling Stones, began their teenage careers. What can he know about Modern Day Teenage life?

This is a fair question and to give you a fair answer, first let us look at the word **Modern**.

My father and his friends in their teens, believed that they were modern and trendy by going to the newest thing in entertainment 'The Moving Picture Cinema' to watch the then new modern silent films from the USA They rejoiced whilst building the latest miracle of technology, Crystal (cat's whisker) Wireless Radio sets to eagerly listen to the very early world of broadcast entertainment. They were thrilled to live in such exciting times as when the British Steam Engine, The Flying Scotsman, achieved a record--breaking 100 m.p.h. They thirsted for the very latest information about the new experimental heavier than air flying machines, and also the new horseless carriages sometimes seen on the roads, driven by rich trendy people. They danced together to recorded music played on the then modern clockwork windup Gramophone. Most teenagers then, including my father, thought that their parents were very old-fashioned. But then, just like teenagers of today, they forgot that all the newest inventions, all the latest technology, the latest films, dance music the latest clothing, in fact everything that the teenagers of any generation thought of as modern and different from their parents, was and is the product of their parents age group and generation, not theirs. Probably today the marvellous electronic music synthesizers or the gorgeous laser light displays used by your favourite pop group, were designed by a man whose teenage daughters and sons think that he is very old-fashioned and out of touch with the modern world. So if that covers the word **modern**, what can I tell you that may help you understand yourself, your parents, and the world beyond the protected comfort of your family home?

### **THE GENERATION GAP**

The generation gap is the name that covers what we have explored so far.

Each generation experiences in turn what in their teens they regard as a way of looking at life that is different and better than the way of their parents. So now let's ask a question. What happens as teenagers move into their twenties and beyond that makes them, in turn, now as parents, seem old fashioned to their teenage sons and daughters? This has happened to every generation during the long history of mankind. The answer to this question is of more interest to you than you may think, because if it happens to every generation it will also happen to yours. One day you may have a teenage daughter or son with maybe a very high opinion of her or his self, telling you that you are old-fashioned. So now let's look at what is expected from you as a teenager.

In your teens you are expected to educate yourself. I word it this way because no teacher, however good, could force knowledge into an unwilling head. A teacher could only help you to teach yourself. You are expected to attend to your own cleanliness and appearance, and to be trusted with your own safety and welfare outside of your home. Beyond a few chores, your parents expect little from you, to leave you free to enjoy this special period of your life, carefree and responsibility free as possible.

Time passes, your school days are over, and you have to earn your living. At work you are given duties, tasks responsibilities that are yours each working day to fulfil in exchange for your pay. Maybe you will meet a young man who becomes your boyfriend. Now you have to expand your mental outlook beyond just caring for your own and your family's feelings. Now you have to also care for his feelings. If this relationship later ripens into marriage you have to expand again to include the feelings of his family and friends

More mental expansion is required from you to include the welfare, upbringing and feelings of any children that you give birth to. All this whilst sharing with your husband the responsibility and expense involved with running a home. This is a word picture I am painting of a possible future 'You' in a few years from now. As a possible future It will be less difficult for you to visualize, than it would have been to visualize your life as it is today, when you were only seven or eight years old. Why is this so? It is so because since then, mentally you have grown or expanded. This ongoing mental expansion continues throughout your entire life. It will enable you to cope with more and more situations, responsibilities, demands on your time and energy, and also the feelings of a growing circle of people that you care about. Don't worry, each stage and age will feel right and natural to you at the time. During this process you will slowly evolve, change and progress from the carefree, maybe sometimes, thoughtless teenager you are at present. When, in turn, your lovely young daughter accuses you of being old-fashioned, you would be able to laugh as you explain that the generation gap is an illusion caused by her not yet understanding the ongoing process of her own mental growth.

Later we will explore the many other illusions that people in business use to widen and exploit the generation gap. Part of the carefree nature of teenage years is having fewer demands on the money in your pocket than your parents have on theirs. They have many years of experience of getting value for hard-earned money spent. YOU HAVEN'T YET! The world of money makers in all of their different forms, know that by weaving illusions they can persuade you to de-value the advice of your parents. They then use your inexperience against you to lift your money right out of your pocket straight into theirs. They do it all the time, and quite legally. In a world population of about seven billion people, only a tiny handful of them have ever heard of you, or care enough about you to not want you to be cheated and fooled by these money makers. Your parents are the main ones of this handful, whose advice you will value if you are wise.



## CHAPTER TWO. QUALITY VERSUS QUANTITY

In the previous chapter I have described your teenage years as the only period of your life free of responsibilities. Gradually and gently, over those years, you move from the toys and ways of childhood to the independence and responsibilities of adulthood. I have also reassured you that this is a natural process of mental growth, and not anywhere near so grim as it sounds. It will always feel right at the time.

Just as many children are reluctant to give up toys and their childhood, many teenagers resist the flowing process that, like a river, gently carries them to the more fulfilling ocean of adulthood. They find themselves at an adult age, mixing with other adults, but still using the teenagers' thoughtless, sometimes selfish ways. This is a cause of much unhappiness for these people and for those around them. Often it is the cause of couples' separation and divorce. What I am leading up to here is to show you that a choice exists for you now, today, that could affect your future life no matter what path that future life takes.

You could choose that these few carefree years ahead of you could be simply that, with all your free time used in a search for diversions and pleasures. These are pleasures and diversions that for the most part, due to your ongoing mental growth you will outgrow one day, just as you have outgrown your childhood toys now. Here I will remind you that most of your life lies ahead of you. Knowing this you could choose to use this carefree period to both, enjoy yourself now, but also to put in groundwork at this same time to enrich your free time during those many future adult years.

No don't worry! I am not referring to exams results or to good jobs. Later I will explain what I mean. You might ask what possible control could you have right now over the quality of those future years?

Part of the answer is by consciously taking over the function performed by your parents, teachers and even the television in your home. Even though you may have been unaware of it, they have all since your birth to the present day, shaped your mind and the way you think. The society that you have been born into is made up of many types of people, all of whom have to try to live together in harmony as best they can. The only way that society can work is by having some very basic ground rules that all are expected to follow throughout their lives. So, for example, now at childhood's end you are expected to know the difference between right and wrong, and to live your life in a way that does not interfere with the lives of other people. Society makes other demands on us all but these are the very basic rules. In suggesting that you have been unaware I mean that if you have thought about it at all, it is likely you would have assumed that your parents devised the rules and restrictions in your home. Also that these rules will only apply to you while living in your parents' home

By widening your viewpoint, you will realize that what you regard, maybe sometimes with resentment, as rules and restrictions are really commonsense guidelines to follow whilst you learn to consider the feelings of other people. These are also guidelines to follow whilst you learn to protect yourself from dangers that you may not even realize exist. Let us look at one rule that you will find in most caring parents' homes. After an evening out enjoying yourself, your parents insist that you be home by ten thirty pm latest. Maybe you feel that this is unfair because the parents of your pals do not insist on this rule. So now we will explore the reasons for your parents' insistence on you coming home on time. When you give it more thought it will become obvious to you that your pals' parents by not protecting your pals from danger are the unfair ones. Let's look at some of the reasons.....

(1) Obviously if you are studying for exams, too many late nights and your concentration and your work would suffer; just like the work of anyone would, including mine.

(2) An attractive young girl (or girls) on the street late at night would become an easy target for the groups of male low life who rely on empty dark streets for their vicious sport. Bear in mind that very few women of any age are prepared to risk walking unescorted at night along deserted streets, alleyways, or shortcuts across parkland. Even if you are escorted for the evening, a blazing argument caused by a thoughtless remark could cause an angry parting, leaving you to get home alone. These things just happen.

(3) Prostitutes have to risk the late night dangers to earn their living. They and you risk Police arrest, accused of practicing Prostitution. You have to prove you are not.

(4) 10.30 p.m. means that you avoid the often unpleasant crowds of drunken and abusive men on the streets at public drinking house or beer-parlour closing time.

(5) When you are older and run your own home as a parent, you will realize that there is no peace of mind for you until every beloved member of your family is safely indoors, and the house is locked up for the night.

(6) Don't ever believe that your parents do not trust you. They realize the dangers you face alone, better than you do, so try not to resent their fears.

I will leave you to explore other rules made by your parents. If you are truly honest with yourself I'm sure you will not find them unfair. Now we return to our chapter title ...Quality versus quantity.

As long as you enjoy ongoing good health, you should have no worry about the quantity of life ahead of you.

My hope is to interest you in a determined search to put quality into that quantity, during your teens, while you have time on your side. Let me explain what I mean by 'while you have time on your side'. One of the saddest sights so common today, is that of the retired man or retired woman whose entire adult life has been focused on his or her work, or solely on making a home and bringing up their children. The children grow up, marry, move away, and are preoccupied with their own lives, and the upbringing of their family. The retired couple still fit and well for their age have no one who actually 'needs' them anymore. No employers or children's demands to fill their thoughts. They have no interests, no hobbies. They never read a book, paint a picture or write a poem. Until retirement their busy lives and some evening television have been enough for them. Now they face endless empty years of empty days, only relieved by the passive role of television viewing. These unfortunate people are bored with their lives because they are bored with themselves. They find themselves boring because they closed their minds to the whole world beyond their tiny part of it, and then were left stranded when it no longer needed them. Where have these people gone wrong? Often due to confused thinking in their teenage years. Their teenage years could be yours, so let us examine them together before you live them.

If I may I will take you back for a moment to the olden days, when I was a teenager, I remember that I lacked self-confidence, and I was painfully shy. I thought that I was always clumsy and wrong, whilst anyone of my age that seemed to be 'Street-wise' or full of self-confidence must be right and far cleverer than me. Maybe, even in these modern days you have felt the same way at times? I discovered, just as you will, that it is mostly an illusion and that really that the self-confident front of the 'Streetwise' hides the same lack of self confidence as you feel at times.

No doubt, by this time you will have received earnest talks from your parents and teachers on the theme " Your future level of income depends on your level of education and numbers of exam passes, and so on. To a certain extent this is true and so we needn't labour the point here. 'The future employer requires proof of your ability and willingness to learn, because he has to teach you your job, and to pay you while you learn it. Without working knowledge of English language, grammar and structure you cannot communicate effectively with him or anyone else. Without some knowledge of mathematics you cannot calculate either at work or in your private life. So these are essential tools for anyone, garbage man or a brain surgeon. A good working knowledge of a foreign language or languages, apart from being another skill to offer an employer, it could also add a new dimension to your future here or abroad. Enough about work, let us return to teenage confusion, the streetwise and after that, our bored retired couple.

The law insists that until a certain age you must attend school to receive an education over several years. This law applies to you and to your teacher.

Neither you nor your teachers and parents have any choice about obeying this law. During those years school and your fellow pupils become a large part of your life. Many teenagers lack self-confidence and so they tend to let their thinking, their attitudes to life, and their opinions follow those of classmates who seem to be far more self-assured. Because they have yet to gain self-confidence they do not realize that it can be based equally in knowledge or ignorance. It can mask uncertainty, self-doubts or plain stupidity. Every school has its share of pupils who seem grown-up, 'Streetwise' who long to leave school, get a job, some money in their pockets, and have a good time. No exam passes or further education for them! "No Thank You"! In their ignorance of working life, I agree, they do seem adult in their mistaken self-confidence. It is your choice whether you let them influence your plans for your future or not. Here is a brief word picture of what they face that may help you decide. They will tell you that paper qualifications are meaningless. Now we will look at working life without paper qualifications to understand beforehand just what that means. At school they may be stupid or they may be bright and intelligent. Compelled by law to attend school they resent the fact and allow this silly resentment to grow. They refuse to apply their brains to the learning process because this is a part of the compulsion they resent. They fall behind with their work because just like building a wall, today's lessons depend upon you having learnt yesterday's lessons. If you fail to lay a course of bricks today there is nothing for tomorrow's bricks to connect onto. While the rest of the class has moved on this pupil no longer fits because they have frozen their own progress. Even with a delayed change of heart they find each day's lessons an experience of growing frustration and a torture of boredom. To get relief from this torture; in their resentment they will often attempt to disrupt the work of the class. In their confused thinking, they compare enjoyment of their free time with the self-inflicted grinding, boredom, sense of failure and misery that they associate with compulsory school. From this, anything that involves investing brain effort for a future reward or goal becomes a thing to avoid. Now we sadly watch their illusion unravel.

At last the day arrives when, rejoicing, they can leave school finally to get a job. But then they find that they cannot offer an employer what he most needs from an applicant, proof of, or even the ability to, learn. The employer cannot afford to pay a new employee, straight from school, wages to learn what should have already been learnt before leaving school. The ex-pupil, having rejected further education, has to earn a living. All any employer can offer this school leaver is a low paid, boring, sometime heavy, repetitive job that is so simple it could be done by an idiot, and probably one day by a machine. So having escaped from boring school they now find themselves trapped by the need to earn a living, into a future of boring jobs surrounded each day by often uninteresting people doing similar jobs. The same conversations, the same jokes, the same tasks over and over, and the low pay, limits the enjoyment of his or her free time.

When you think about it you realize that these misguided people have cheated themselves in every respect. Could they escape from this trap? Yes they could, but in Life 'there is nothing for nothing'. If they listen to good advice they will return to their studies to bring themselves up to an acceptable standard. To achieve the standard they must use their free time to study at evening classes for which they have to pay out of their low income, and this only after completing their dreary day's work. To do this takes great determination and willpower because, as I previously mentioned, as you get older, more demands are made on your time and energy. These demands, for example early marriage, will often conflict with the need to allow free time and mental effort simply to catch up.

Regardless of what further education, college or university may enable you to offer a prospective employer, what could it offer you as a person with your life ahead of you? First, and most importantly, it can offer you the chance to study in a totally different atmosphere to that of your compulsory school that you attend now. This is hard to believe until you remember that the need for compulsion is no longer there. The reluctant, resentful pupils have already left the world of education to get jobs. This means that just like you, the pupils studying alongside you are there because they want to learn they want to be there. You all learn quickly to encourage each other's efforts and to strengthen each other's hopes by helping each other to learn difficult lessons. Many new lasting friendships are formed in this optimistic atmosphere and at the same time, anyone who wishes to could leave. Just consider what a good teacher could offer you in tuition quality if she or he no longer has to deal with and discipline those reluctant pupils.

Our society has many layers and classes with clear dividing lines, from the aristocracy and the very rich and privileged, to the very poor and every level of income and educational standard in between. Society is also divided by the way a person speaks, her or his level of education, store of general knowledge, the intelligence level of his or her conversation. Also by the type of work she or he does for a living. Many people would deny that these divisions and layers exist, but rest assured they do. The old saying, "Birds of a feather, flock together" fits here because people of similar education, intelligence and broadly ranging interests are drawn to each other on an equal basis... It is as if intelligence is drawn to its own level, whatever the level. There is no equal basis to draw people of educated refined intelligence, and those of inarticulate and illiterate ignorance, to each other.

To be inarticulate does not mean a person is stupid or ignorant. It means that a person does not have the knowledge or the word power to either express their own thoughts clearly and with accuracy or to understand the words used by another to express thoughts and ideas. A person uttering a string of swearwords in an almost absent-minded way to fill in awkward gaps while he or she searches for a word often demonstrates this lack. To be inarticulate is often the result of being illiterate. Again this doesn't mean that they are stupid.

Illiteracy means a person cannot read, spell, or write. If they cannot read, their intake of knowledge is limited to what they hear and see. They are reliant upon others to read and write for them.

Because they cannot read or write this channel for expressing their thoughts, opinions, and ideas is denied to them. They are trapped in a vicious circle, and often their sense of shame at this lack bars them from seeking adult tuition. This in turn, sadly also bars them from employment where reading and writing skills are required, although many are gifted and brilliant in areas where language skill is not needed. Why have I explained all this to you, simply because if the above is true then the other extreme must be true as well.

### **A TREASURE HOUSE JUST FOR YOU**

Did you know that in each town and large village there is a treasure House built by the public for the public: including you? All are invited to visit it as often as they like and to help themselves to the treasures, am I dreaming? It depends on how you define treasure. Gold, Silver Precious gems? These are lovely but can be lost, stolen or become a millstone around your neck. These treasures are all forms of knowledge that you can keep safely in your mind where none can steal them. I am describing a treasure house of ideas, other peoples' thoughts and deeds, travels, tales of afar, journeys into the mind. Histories of long dead races; their achievements and failures and their hopes and fears, brought to life with their lessons for us to learn from, by the magic of words. There you would find treasures of arts and skills that you could teach your self in your own time and at your own speed of learning with no compulsion from anyone. Also you would find treasures of fact, fiction, and fantasy, a treasure for every need, and for every taste.

Whatever are your plans for the future, someone somewhere has either succeeded or failed to do the same thing in the past. For you to be able to learn from their successes and mistakes is treasure indeed. Their stories you will find along with all of the other treasures down at your local public library. You only have to make the effort to get yourself there and to ask for what you need, or simply browse until you find it. The person who in their teens cultivates the habit of reading would soon find that they enjoy it. You would have then opened your mind to the world of ideas, imagination and self-education. Your word power, vocabulary, sentence structure and grammar would improve without you even realizing it, as would your general knowledge, deftness of phrasing, humour and wit. Even more valuable than all of that; a book is a friend, and a diversion or temporary escape how ever rough life becomes for you. The glowing terms I have used about the joys of reading are from my heart, and are offered to you here after an ongoing sixty-year-old love affair with literature in its many forms. At the same time I can understand your difficulty in agreeing with my views if, as many find, your preparation for the English Literature exam involves studying, analysing and virtually dissecting some classical work by, for example, Chaucer.



### CHAPTER THREE. MODERN QUESTIONS WITH ANCIENT ANSWERS

I will pose a question that I have heard many people ask in a world so full of visual entertainment. The question is, "why read books?" That is a nice short question, but the purpose of you reading this book is (hopefully) to switch your mind into an eager search for quality and truth. To begin the search and to find valuable answers we have to delve back into the mists of time. This will help us realize just how similar the people of those olden times were to us. I mean of course the Human Race that existed at that time. If there were similarities where would we look for them? One similarity would be that then, just as today, all children would have been taught to believe what their parents, relations, family friends, teachers, priests, and leaders, believed. This is how any community system is made to function, but there are flaws in this system as our search will reveal. Now let's ask another question. Where did the knowledge taught to the children by the adults come from? The answer is that it was passed down from the previous generation who received it from the previous generation, and so on.

A large amount of this handed-down knowledge has been tried and tested for value and usefulness by each new generation, and an equally large amount of it has not been tested. Instead the children of each generation accept and believe the un-tested knowledge is the truth simply because their parents, relatives, family friends, teachers, priests and leaders believe it is true. By un-tested I mean that the ones who receive the un-tested knowledge are not then encouraged by their elders to test the knowledge for truth. With each generation, almost everyone relies upon the expertise of experts of many different fields of work to keep we non-experts informed. Here is a typical example of this reliance upon experts and the flaws that it creates in the system.

Of every generation, people, who are experts in their fields of research, share one thing in common. They feel a need to place everything into clearly labelled compartments. This includes those aspects of their chosen field of research in which, they are not expert. Prehistory (defined by the dictionary as "relating to mankind's history before the development of the written word") is a typical example. Thus your school history books, written by experts, will ask you to believe as fact what at best can only be a theory based entirely on fossil bones excavated from many different sites in the world. These fossils have been placed in historical sequence by a carbon dating process, which every few years later is found to be less accurate than the experts who did the tests believed. The history we are offered tells us that long after the age of the dinosaurs ended primitive man appeared, lived in caves or lived as wandering nomads. We are told that men learnt how to make and use flint tools, discovered the use of fire and then began the long difficult climb through the many centuries to what we are today.

As far as it goes, all of this could be true, but if we return briefly to our cave dwellers and nomads, what we are offered doesn't explain the reasons why these people were (A) Primitive and (B) cave-dwellers or nomads. This is not as silly as it sounds. Consider what might be the effect on the Human race tomorrow if through some worldwide catastrophe all, but a few scattered survivors that included you and your family, were wiped out of existence. The survivors would use what knowledge they possess to survive but our civilized life of today depends entirely upon technology. Machines to do our heavy work, machines to transport us, water, electricity, and gas ready for use. Our food is bought from a shop. People are paid to teach us, to cure us, to defend us, to lead us, to preach to us, and even people to dispose of our garbage and sewage, all gone forever. Father and mother would spend the time from dawn to dusk seven days a week seeking the means to keep themselves and their children alive. There would be no time left to teach the children anything beyond how to survive. All the niceties and the sophistication of the previous civilized life would be forgotten or turned into stories told around the fire, as would knowledge that the parents felt should be preserved, such as knowledge of God. As the years passed Father and Mother would die leaving their now adult children to carry on. They would have learnt a lot about how to survive but barely anything about life before the catastrophe. This would mean that they in turn would have less knowledge to pass on to their children. So here we see a sequence that in a few short generations could reduce the modern man of today into a cave dwelling savage whose history would be handed down from parents to children, in the form of myths and legends of a long lost golden age.

Eventually the scattered survivors would be able to gather together to create communities large enough to support someone to teach the children. Only then could knowledge be preserved and the long, hard struggle towards civilization begin. If the world catastrophe also left the world without protection from the sun's deadly cosmic rays even for a short time, this alone could deform and cause mutations amongst the survivors. This might affect the conclusions that distant-future paleontologists (people who study fossils) might draw. This is to suggest to you that the fossils might not be typical of the whole human race of the period when the fossil was a living human being. If it could happen in the future it might have also happened many times in the distant past. I'm not saying it did happen, I'm saying it could have happened.

Who cares? What does it matter now? It does matter now because we are taught to take it as a fact that today we represent the pinnacle of human evolution. But just suppose that we have not reached that pinnacle yet? Even if those pre-catastrophe civilizations had existed and were orientated towards technology, as we are today, no trace of it would remain when even bone turned to stone during such a vast time span. Equally those ancient civilizations might have been orientated towards exploring and developing the mysterious powers of the human mind, such as Telepathy.

Possibly they had a much clearer idea of why man exists in this Universe than we have today. Where in the post cave era would we look for these remnants of such knowledge, certainly not in modern history? Why should we look? Because the answer includes a guide to mankind's spiritual progress both as individual and as a planetary life form. This sounds very heavy, deep and far removed from a choice between Books and Television. The linking point for us is a person's ability to imagine and accept realities beyond the five physical senses of the human body.

Since far back in time, different races of men have lived in separate countries. Each race isolated from the others by distance, mountain ranges, oceans and deserts of sand or ice. The mental growth I have described to you, of infancy, childhood, teenage, adulthood, maturity and then the gradual decline of the human body into old age, so also does each race move through these stages. In the same way as you would expect your grandfather to have more knowledge and wisdom than you, some races are far older in their mental growth than other races that exist at the same time. There is a point to this that, in the next few chapters, I hope will interest you and affect the way you face the future. Let's end this chapter by answering the question I posed at its beginning. What are the advantages of reading books? The answer is quite simple. With visual entertainment you would always take the passive, audience role with little or nothing left to your imagination. When you read a book you become an active participant. The author only provides the words, the story, and the characters in the story. It is you who has to create mind pictures by using your imagination to illustrate the story, and every one who reads the same story would create slightly different pictures in their mind.



## CHAPTER FOUR. FLEXIBILITY OF MIND

At some time in the future, religion and belief in a Creator may enter your life in some form. If and when it does I urge you to use your FREEWILL and INNER GUIDANCE to choose a path of belief or disbelief in what is offered. Later in this book in briefly referring to some of the past and current religious belief systems I am simply explaining, with the advice that it has to feel right with you, what you may be offered. The millions or billions of people, who are sincere followers of a religious belief system, are not a reliable measure of its truth. Many of those people choose to follow the guidance of other equally fallible people. This is an easier option than that of making the mental effort involved in seeking the answers inside themselves in meditation or prayer. That is their choice, and it is also your choice. In a previous chapter I described how children receive knowledge, some of which they are able to test for truth for themselves. For example, at school you are taught mathematics, and by using the methods you have been taught you personally could test the truth of mathematics. When children are taught religious knowledge they are not encouraged to test it for truth, nor are they taught how to test it. Instead they are expected to accept, without question, that what is taught is the truth. At the end of this little book I have included a chapter in which we explore ways of testing religious and spiritual knowledge.

The title for this present chapter is, Flexibility of mind, but what does this mean? Let's see how flexible is your mind. I will offer you a thought that probably has never occurred to you before. If you could believe as I do, that each of us is only created once, you will realize this means that every person on this planet and in the whole of creation is unique. What does the word unique mean? It means that nothing exactly like it exists anywhere it is priceless because it is unique. From this you go on to realize that you are unique. Nowhere in the Creator's creation is there an identical combination of Spirit, Mind and Matter that is YOU. Simply because there are billions of people living on this planet it is all too easy to think that you are nobody, but if your mind is flexible you could then think of each one of those people as a unique Masterpiece, like the paintings in an art gallery.

They and you, all share one thing in common. They are all human beings, but the value of each is in their individual uniqueness. Whether they and you realize it or not, each one is different and so is unique. If you can believe nothing else I have told you, please believe in your own uniqueness. TREASURE IT, GLORY IN IT, PROTECT IT, AND ENJOY IT. At all times during your life from today onwards you could choose to express your uniqueness to the world in the way that you think your thoughts, and in the way that you present yourself to the world. You are special because you are unique. This means that you don't ever have to feel inferior or superior to anyone, and you don't have copy or to try to be, or wish you were, someone else.

Doesn't this sound odd? The way you think your thoughts and the way you present yourself to the world, and in the same paragraph I wrote, "whether they and you realize it or not each one is different, and so is unique". Why does this sound odd to you? It sounds odd to you because just like every one of us, you were born into a world where very few members of mankind realize that they are unique in this vast and limitless universe. In our art gallery scenario it would be pointless for the unique masterpieces on display to make comparisons with each other because each magnificent painting is different to the magnificent paintings around it. A visitor to the art gallery might prefer this artist's style and choice of subject rather than that chosen by the other artists, but this doesn't in anyway make the other magnificent paintings less than unique. In a similar way you may prefer this person rather than that person, and this is fine as long as you remember that every person that you meet is special because he or she is unique.

What is the result when most members of mankind never realize that each of them is unique? The result we see all around us, nearly everyone becomes judgmental in the way that they think and regard other people. This person is good that person is bad this person is clever, but that person is stupid. My nation is superior your nation is inferior. I am in the right so you must be in the wrong. This person is beautiful, but those people are ugly. My religion is right your religion is wrong. The sad thing is that each of us from birth to adulthood becomes tainted with this judgmental attitude towards others, even to the point where we apply it to ourselves, and teach it to our children. This person is better, cleverer, and more attractive than me, but I am better, cleverer, and more attractive than that person. This person is rich and important that person is poor and unimportant. This judgmental way of regarding others is the result of the fixed and rigid attitudes of people taught from birth to have inflexible minds. That is why I invite you to allow your mind and your imagination to become very flexible. When you keep your mind flexible you would be free to always seek to see through the front, that people use to face the world. Your flexibility would always allow you to see the real, very special, unique and sensitive human being that hides behind that front.

Why would a person feel that he or she needs a front to exist behind? To answer this question we have to realize just how hurtful it is to be the one who is unfairly judged by those people who make up his or her world. Next we have to stretch our imagination to multiply this one hurt person by the billions of hurt individuals that in total make up mankind. Oh yes, they've all been hurt in some way and each has had to build a protective shell or front to protect themselves from further hurt, in fact we could think of mankind as 'the walking wounded'. Each of us learns to build this protective front or shell during our early years, and then as more years pass the protective shell grows thicker. Whether they seem to be or not every human being is very sensitive and has feelings that can easily be hurt. This is why our minds build the shells to protect us from hurt. Unfortunately this same thick protection created by our minds makes us less sensitive about the feelings of those around us.

Eventually many people expect to be hurt and so they retaliate by being hurtful to others. Sadly this has become accepted as the 'normal' way of life. We have all become trapped in a vicious circle by unfairly making judgments about people without knowing all of the facts. After all how could anyone know everything about you? Even your parents are not able to know every thought that passes through your mind just as you could not know their thoughts unless they revealed them to you. Everyone has secret hopes and dreams, hidden fears and secret worries. All of these remain hidden behind the protective shells that our minds feel we need to protect us from hurt.

Before we finish this chapter let's look at that last phrase, " that our minds feel we need to protect us from hurt" Here we find a clue that could save you from falling into this judgmental trap. There are many ways to regard the human being that you think of as 'yourself'. You could regard yourself as a mixture of chemicals, trace elements, proteins, and water that together have somehow taken on the form of an intelligent, physical, living human being, just like the rest of mankind. Another way to regard yourself, you could think of you as a trio made up from unique you, your mind, and your body. Each part of your trio has a special function. Your physical body is your vehicle to use throughout your physical lifespan, and for the most part your body has the means and resources to maintain and repair its structure and its functions. The female physical body is equipped to be the threshold through which yet more unique human beings may enter physical existence. The human body has nervous systems that link every part of it to its control center the physical brain, and much of its functioning is automatic. By automatic I mean that you never have to think about it, and so it never interferes with your daily life. You never have to remember to breathe, and you never have to signal your heart to keep on pumping blood, the automatic part of the brain sends all of the required signals.

Next as the second part of your trio we take a brief look at mind. Mind is the linkage between conscious, aware, thinking, you, and, via your brain, your physical body. This may seem to be a strange way to describe your mind, but it would be helpful for you to realize that you are not your mind and your mind isn't you. Your mind and your physical body should be the servants and certainly not the masters of conscious, aware, thinking you. Many people have never given it thought so they regard their selves as a blend of mind and body, and then, as their priests teach them, somewhere they each have a soul. Personally I prefer to believe that my soul is the one that I think of as 'me'. So why does thinking 'me' need a mind? The role of mind is to protect thinking 'me' and physical body from harm. Mind is like a nervous child that needs reassuring and must always exist in a state of harmony and balance. Mind monitors the smooth functioning of your body and mind also monitors the thoughts of thinking 'you'. Mind cannot think because thinking is your role, but mind is able to sense any disharmony contained in your thoughts. Mind is the source of your emotions and feelings, and can only sense and feel.

You could also regard your mind as a lens through which you interact with your body and with the physical world around you. In a similar way if and when you choose to make contact with the unseen world of Spirit, again you would use your mind lens to make the connection. Always try to remember that unique, thinking 'you' is supposed to be the leader and navigator of your trio. Only you are equipped to be the leader because you are able to learn to think with clarity, harmony, and balance. Your mind and your body cannot think and so are not equipped to be leaders of your trio. In the next few chapters I will show you some of the ways to introduce clarity, harmony, and balance into your thinking. All minds and all physical bodies have much in common with each other. The uniqueness of you that I have described is only to be found on the level of unique thinking 'you'.

In this next part of the book we look at ways of thinking about yourself, those around you, and ways of recognizing and protecting yourself from illusions and unfairness. BOTH, OTHER PEOPLE'S ILLUSIONS AND YOUR OWN.

## CHAPTER FIVE. A BRIEF LIST OF TIPS

Many bookshops pride themselves on displaying shelves of books, magazines, and even Teenage comic strip publications, all eager to explain to you in glorious detail, how your body works. How the male body works. How, together you may enjoy, or maybe not enjoy sexual intercourse. How the wanted, or unwanted results of this intercourse, babies are made. Before this stage is reached, the bookshops can offer you reading matter on cosmetics, fashion, personal hygiene, contraception, and then "HOW TO GET YOUR MAN! As all of this type of information already exists I'm sure that you will be as grateful as I am that this book and the list of tips is not about this. The list is about Teenage lads, how they think', and more importantly for you, how they often don't think. Whilst you are reading the list, do try to remember that this part of the book is about protecting yourself from illusions and unfairness.

(1) It is a proved fact that at the same age most teenage girls are more intelligent than teenage boys. This could mean that as you look forward to womanhood, he is still looking backwards to boyhood. Beware of becoming one of his toys.

(2) Many lads lack the wisdom to look deeper than their eyes can see. This means that you control the direction of their thoughts by how you dress, how you use cosmetics, and how you behave with them, which includes how you allow or don't allow them to behave with you.

(3) Try to keep a cool head in control so that your emotions do not make you lose touch with reality. In your teens, both, you and any boyfriend you have, are still being educated, focusing on a future career and learning how to fit into your new world. Before you know it, one or both of you are thinking in terms of living together or marriage. I mention this possibility hopefully, before it has happened to you because if harsh reality is going to enter the scene, as it always does, it is better to know beforehand. By this I mean before you are wracked by your emotions into believing you cannot live without each other. The truth is that you both existed quite happily without each other before you met. The reality is also that until one of you if not both, are earning regular and sufficient income you cannot afford to live together or to get married, unless you intend to be supported by yours or his parents, relations or friends. This leads to the obvious question, why should they support you and him? The reality of ongoing money worries has tested, to breaking point and beyond, partnerships of all ages. My advice in your teens is never to let a loving friendship be spoilt by wanting too much too soon. Life is very much about timing. Sometimes it is a case of the right person at the wrong time of your life. The right boy is willing to wait for the right time to arrive.

(4) Most lads long to have a girlfriend. Be cautious until you know why. It may be that he finds you are attractive, intelligent and enjoyable company. It may be that he thinks of you as special and respects you as a real person, and if so this is lovely. The reasons could also be not so lovely or flattering. The reasons could range from, wanting to possess you in the same

way he would like to possess a fast sports car as a part of his self-image, or wanting to explore any attractive girl's body, to be able to boast of it afterwards to his cronies. In such cases he seldom considers the reputation, feelings and sensitivity of the girl as he spreads the word of his prowess and her eagerness, true or not.

(5) Good looking Pop-stars or nervous bespectacled youths and most lads in between share one thing in common. Mums, sisters and aunts, have coddled most lads since birth and so it is not surprising that lads are used to always getting their way in most things that they want. Earlier I used the phrase "respects YOU as a real person". Do try to always keep this in mind. True friendship and true love are incomplete unless they contain a large measure of respect for the other partner. This means that neither you nor the lad should allow yourselves to think that you or he is doing a favour by allowing the friendship to exist. If you don't, but he does, think deeply before allowing this relationship to go any farther.

(6) This is similar to (5) only heavier. Again, and again make it clear by insisting to your doubting, sometimes even cringing mind that YOU are a special very real person in your own right. If a boy, however popular, good-looking and desired by the rest of your girlfriends, tries to dominate your will and wishes. DROP HIM FAST OR BE PREPARED TO BE HIS PUPPET. YOU MIGHT THINK THAT YOU COULD CHANGE HIM, BUT YOU NEVER. WILL.

(7) Here is another very old English saying: "To be left holding the baby". An important consideration for any teenage, or any aged girl for that matter, is that a boy of a similar age won't know, or care anything about contraception. This means that in the all too brief excitement of satisfying his sexual drive, and this after maybe hours or days of keen and tormented anticipation, the last thing he will have in mind would be precautions against consequences that **he** won't have to live with. I mean of course a baby that teenage wages could not possibly begin to support, or abortions that at best are traumatic and distressing experiences for the reluctant, unintended, teenage mother-to-be This is why I referred in (1) to the fact that YOU CONTROL THE DIRECTION OF THEIR THOUGHTS AND BEHAVIOR.

(8) The background to this next tip has to be explained because it is all to do with your right to receive respect from those around you. Many years ago, when I was a teenage lad, just like most lads in those days, I felt very fortunate if after the second date with a girl, I received a goodnight kiss. For a lad to expect more than that was generally considered to be an insult to the girl's respectability. Maybe today that respectful attitude is thought to be old fashioned, but always keep in mind that most people follow where they are led The respectability of people in the public eye was considered to be very important and most of the public then followed this trend. Today is no different people are still following the trends set by people in positions of power. Included amongst those today are those in the Media business who set trends and form the opinions of a public that is for the most part is too lazy to think and form its own opinions.

A large part of what is known as the Media is the entertainment business Cinema, Theatre etc, and these have to persuade the public to buy admission tickets. With television and videos, television has to keep its paymasters, the advertisers happy by ensuring that the maximum numbers of viewers are exposed to the advertisements. The programs and the films screened in between the adverts are only there to make sure that the viewers keep on viewing the adverts. You may think that I have got it twisted around but remember this is the harsh world of big business not for fun. The advertisers know that no viewer in his or her right mind would choose to continuously watch TV adverts. The video business depends on public buying or renting of videos. Newspapers, magazines etc. rely on copies sold for their profits. All are in vigorous competition with each other for customers.

Where, you might ask, does the list of tips enter the scene? It enters here because nearly all Human Beings including teenage Lads, because they can be led, can be encouraged to develop the best or the worst sides of their nature by following the good or bad examples of the trend setters. The Media in its many forms has found that it is far more profitable to pander to the worst side of its customers' natures in terms of violence and sexual behaviour presented on the cinema and TV screens. The media in all of its forms is in fierce competition, but in catering to the viewers' lower instincts the media has become caught in its own trap. To keep the profits rolling in from an easily bored and fickle public, each production must be more realistic, more explicit and more outrageous than the last one. It would sound strange to you now, but a few short years ago Hollywood filmmakers were expected to limit to five seconds the time length of a screened kiss to avoid the appearance of being suggestive of loose morals. Today, with the choice of watch or switch off the TV set, film producers, in what they call 'A SEARCH FOR "REALISM' portray scenes that in real life you would neither see nor wish to see.

Today typically interesting and exciting film stories are deliberately interrupted to allow the Macho Hero and the sexy Heroine, within minutes or within a few hours of meeting each other, to be watched by the viewers or cinema audiences, as they perform the sexual act vigorously, explicitly and at length. We then are expected to watch them shower clean their teeth or go to the toilet. So in the realism of real life, all the things normally done in privacy, are in the film world of illusion, put on public display. This is not a search for realism it is a lie. Simply because filmmakers watch each other's successes and then copy their ideas, the trend to shock, horrify and to titillate the viewers' basic lower senses continues. The repetition over and over, night after night of such scenes quickly numbs the viewer's sense of shock or disgust. Several years ago, before you were born this trend was started by people that are artists paid to use their art and creative skills to make money for their employers.

There is an unfortunate effect of this trend on young people like yourself, and any boy you may meet.

With this sort of sleaze on your screens every night you both could be forgiven for believing that what is portrayed on the screen is acceptable or even expected normal behaviour from you in real life. It is not my intention nor right to lecture you on your choice of morals. You have to live with the results of your choices, not me. I do ask you to remember that what you see on the screen is not normal acceptable behaviour. Ironically the same filmmaker has probably also been employed to make films about the prevention of becoming an AIDS victim through having casual sexual intercourse. By how you dress and present yourself to the world you are making a clear public statement about yourself. You are saying to the world, "I am this type of person, this is me" To increase sales the powerful Media have brainwashed the public into being obsessed by their physical bodies. Just count the number of TV adverts about hair shampoo and colouring, cosmetics, and body care, slimming diets and so on. No longer is it enough for a young lady to dress smartly and attractively. Today, according to the Media trend-setters, she must make herself look 'sexy' but to make yourself look 'sexy' is pointless unless you intend to state to the world, "I am longing to go to bed with a man. So don't be fooled by what you see and hear around you. What ever you do, do it because YOU. YOU. YOU. WANT TO DO IT. Not because your boyfriend expects it of you. Not because you think it is the normal thing to do.

(9) Now I shall reveal to you the oldest and most successful confidence trick in the world. This is a trick that many lads try on their girl friends, and if the girl is a bit dim, her emotions will make her fall for it. Usually the lad says something along these lines. "YOU DON'T REALLY LOVE ME IF YOU WON'T HAVE SEX WITH ME". You will be a mug if you fall for this old trick. This is emotional blackmail, because if he truly cared for you he couldn't let himself risk losing you by trying to blackmail your emotions. He doesn't want a relationship he is only looking for sexual conquests. Drop him before he drops you.

(10) So do all the above warnings mean that I think all teenage lads are "Bad News"? Of course I don't. Most of them would run panic-stricken if they were offered the charms of the sexy film heroine. They just wouldn't know what to do. Most of them have got a lot of loud brave talk to impress you and their mates, whilst underneath all the show is a very shy nervous and uncertain boy. Your presence provides his real confidence, and you provide the clear thinking. You provide the guidance intuitively and with your inner strength you set the pace of the relationship. If this is true, then a guide for you will be how he behaves towards you. "Actions speak truer than words". If he thinks of you with respect as an intelligent friend as well as with attraction as a girl, he will wish to be trusted by your parents. He would also wish to protect you from harm done by others and from possible harm thoughtlessly done by his self. He would ask you to do nothing sneaky, furtive, nor out of character, and finally, would try his best to care for your feelings before his own, whilst trusting you to care for his feelings. He would not resent you having other friends. The last thing you need, as your boyfriend, is one who is moody, aggressive or prone to fits of jealousy.

These types look very attractive and mysterious in movies but in real life they are self-centred bores. With his heavy moods and childish tantrums he would quickly drive all your other friends away from you. To this type of lad you are just a possession. For a relationship to have any chance, however good-looking the boy or girl might be, the good looks must be backed up by intelligence, a sense of humor, warmth, kindness, and consideration for others. Nothing kills a relationship quicker than boredom, the boredom of a girl whose sole topic of conversation is fashion, cosmetics and her favorite pop groups, or, the boy who talks endlessly about football. Try to be interesting and try to find someone interesting. That is enough about boys, in chapter six let's talk about **YOU**.



## **CHAPTER SIX. YOU LIVING WITH YOU.**

Adolescence, or Teenage is the time when the child in you longs for toys and boys fascinate the woman in you. It is a time of rapid adjustment for you, mentally and physically, so learn to be fair, patient and considerate with yourself, but also patient and considerate with your family who has to live with you during these sometimes disturbing changes. Try to consciously expand your outlook to the point where you are able to regard even your parents as very real people who also have to live with their own fears and doubts and their hopes and dreams, just as you have to. They have experienced their own teenage during the past. Now, as parents they are trying to learn, as amateurs, to guide you through yours. Oh yes, I do mean parents are amateurs because this is as new to them as it is to you, even though theirs and your situation is as old as the history of Mankind. The world is a beautiful exciting mixture of love, hate, kindness and cruelty, beauty and ugliness with every person you meet sharing some aspects of each. There is no shame attached to being young and inexperienced about people beyond your family circle, this is natural. Just as natural is the wish of most caring parents to protect, prepare and pre-warn their children. The children are now in their teens, and are about to face these different aspects; good and bad, in their selves and in the people they have yet to meet. Please do not ever think that your parent's anxiety is a lack of trust in you. Their anxiety stems from knowing that they cannot place an old head filled with experience and wisdom, onto your young shoulders. The day you step out of your home to meet your first boyfriend, all their work of preparing you is put to the test.

### **TRUTH AND UNTRUTH**

Every one of us is to a certain degree, dishonest. At the very least we tell little white lies to avoid hurting the feelings or shattering the illusions of others. But dishonesty beyond this point, regardless of whether it is good or bad, deceitful or wicked, it is illogical because it builds a barrier between the person who is dishonest and the people that make up that person's life. Added to this are the mental burdens this person creates and has to carry all the time, and always it must be concealed from those other people. This is known as 'getting your values right'. The beauty of honesty and truth is that both leave you free to live your life uncluttered by self-inflicted burdens. Let's look at these burdens. The first burden is a guilty conscience. Everyone has felt its twinges when they have known they were doing wrong, and they feel it even when no one else knows of their wrongdoing. The twinge is seldom strong enough to paralyze you or to prevent you from using your freewill while choosing to do wrong. This is because your conscience is not meant to control you. It is more like the flight controller at the airport, observing on his radar screen that the plane you are piloting is starting to wander off course. He triggers a signal on your control panel to let you know. Whether you get back on course is up to you not him, because you are piloting the plane not him.

So the first burden is to continuously numb your mind to the guidance signal of your conscience. Your conscience is the part of your inner self that loves the unsoiled quality of truth. Maybe you've noticed that you have never felt that twinge when you are doing right. This could only mean that your inner self clearly cares very much about the freedom you gain by living with truth as your guide in your every day life. So a guilty conscience is not God glaring at you, it is your inner-self prodding you into awareness. It is better to always couple and use your awareness with your actions of freewill.

Let's have a fictitious example to illustrate this point. With your awareness signals numbed your freewill alone would allow you to steal from Mum's purse to buy cigarettes to enable you to copy adult behaviour that usually results in expensive nicotine addiction for life. Using your freewill alone also now affects Mum's freewill because she wants so very much to, but could no longer trust you. Now she must hide her purse. Remember, the female intuition that will be your guide through life if you let it, Mum already has developed her intuition and it tells her that now a tiny barrier exists between her and you that did not exist before. Mum may not have even missed the money but she will search for the cause of the barrier until she finds it. This could cause another burden for you and Mum. God forbid that it should happen, but just suppose you were wrongly accused of stealing by someone outside your family. Whose word could Mum feel able to trust? The outsider, or you who stole from her? Don't ever resent or ignore the twinge of conscience. It is your Inner Self trying to protect your Outer Self (the Self that faces the world) by reminding you that you haven't switched on your Awareness. Both Selves are one. Your illusion is in only regarding your self as the Outer, while ignoring the Inner. Learn to consult and trust the Inner Self, because without it, a half of you is missing, and it is the best half. If all this is rather difficult to understand, read it again then give it some thought.

The third burden is easier to understand but not easy to carry. The third burden involves the actual mechanics of dishonesty, lying, or cheating. Think of it this way. If you always stick to the truth it doesn't matter if you forget what you told someone three weeks ago because whatever you told them was to the best of your knowledge, true, but to be a successful liar you dare not forget. You need a memory like a computer to keep track of your previously told lies. Truth is sometimes painful but in life's pattern it always fits perfectly like the pieces of a jigsaw puzzle. Lies rely upon more lies to work, so a liar's burden is to first make the pieces fit and then keep track of each piece how ever long ago it was made. It is the same with cheating or stealing. To cheat always leaves a sour taste because even if no one else knows, YOU KNOW! With stealing or any dishonesty you have to hide it from those people whose love and respect you value the most. Please do not think, even for a moment, that I think you need lectures about honesty, truth and untruth. If you hadn't been taught about and agreed with already during childhood, many of the things I have written about here, by now you would have chucked this book in the garbage bin.

I have written about truth and untruth from the perspective of logic instead of good or evil. This would enable you to relate to it in such a way as to be able to understand the same behaviour in others. In short, to understand the confused thinking of people that make them wander from the truth.

Let us now look at situations you could face as you on your own get to know people. When a person is doing wrong he or she only has two choices, either to do it alone, in secret, away from friends, or, to convince the friends to do wrong with him or her. There is only way he or she can make the second choice work. This would be by convincing the friends that what he or she is doing is not wrong, it is adult and clever, and that if the friends join in, they will be clever and adult also. So now we have a group of young people, all persuaded by one person to be foolish, dangerous or dishonest whilst telling themselves how adult and clever they are. They may be hiding together somewhere to smoke, or to drink alcohol or take drugs. They may be stealing from parents or shops, or they may be playing stupid, risky games of a sexual nature. They are not evil, they are stupid, and they have allowed themselves be led like a flock of unthinking sheep by one stupid person. Now, quite unaware of all this, you enter the scene. You meet a member of this silly group, at school or at a dance or a youth club. You like each other and would like to become friends. What is this person to do? He must either to keep the existence of the group a secret from you, or persuade you to join the group, but the group will only accept you if you are prepared to join them in their stupidity. The group and your new acquaintance would then put you in the position of having to choose between being popular by being as stupid as they are, or by refusing to join them you will be unwelcome and thought of as stupid yourself.

This is the moment for you to think with clarity. It was your new acquaintance that interested you, not the group, so the opinion of the group is of no importance to you. Your new acquaintance must make the choice not you, and the choice is between the group, and you. Because how ever good-looking and friendly he may be, and no matter what wording he may use, what he is really telling you is that he only wants you if you are prepared to be as stupid as him. Please don't ever join a herd or a flock, be your own person and do your own thinking, and form your own opinions and ideas, because only you know what is right for you. No one else knows, how could they know what is going on in your head? You will meet many people who are convinced that they know what is best for you. They will be so convinced of their own "Rightness" that their advice, when given, will sound more like a set of instructions that you must follow, and excludes the possibility that you just might have your own plans and ideas. Always be prepared to listen to advice. It may be good or bad advice, but you must be the final judge who decides whether to follow it or not: because you, not the giver of advice, have to live with the outcome, good or bad.

## **SELF RESPECT AND YOU**

A very large part of getting your values right starts with how you value yourself. Many people instead place a high value on what and how other people; friends, relations, or even the general public thinks of them. These people then try desperately to conform to the image they think others have of them even though that image may not represent what they truly want to be. The silly thing is that they can't win this way because each individual would regard that person in a different way. So the title SELF RESPECT AND YOU is not meant to suggest a frenzied quest on your part ' for respectability in anyone's opinion, except possibly your own. You will be surprised at the numbers of people who will come and go, in and then out of your future life, hence the expression, "Ships that pass in the night". Some of those will touch on your life because you and they have, at that time, similar interests. When the interests change you and they have nothing else in common so either they or you move on. The interests may be shared hobbies, studies' or the same type of work at the same firm. Only one person never moves on from you, and this person is you. You are the one who must always keep striving for your respect because respect has to be earned, especially SELF RESPECT. Remember that your body and your mind have to last for around seventy years or more. At the moment your body feels as if it could last forever, but don't be fooled. Just like any other smart new vehicle, if you don't respect it, maintain it, and generally take care of it, it will let you down when you most need it. This means that what you do to your body and your mind, or what you allow others to do to your body and mind, could affect your future well being, your self-confidence and the state of your health. If you intend to respect your body and mind you will insist that others have that same respect for them as you do.

## **ACQUAINTANCES AND FRIENDS**

I have mentioned self respect and have tried to give you an idea of the kind of pressures you may face from new acquaintances. Learn to know the difference of meaning between the word 'acquaintance' and the word 'friend'. A friend has known you long enough to have earned your trust. An acquaintance has not earned your trust. An acquaintance is a person that you have known only for a short: time. This person is an acquaintance. Many people that you will meet have learnt to develop an easy familiar approach that is meant to imply to you that you have known each other for a long time even though you've only just met them. These people have found that often this manner allows them to take liberties that a more formal manner would not. No matter how good-looking, interesting, flattering or entertaining this person may be, he or she is an acquaintance, and he or she is not a trusted friend yet. Enjoy their company yes, but protect yourself with caution.

**NEVER RUSH TO TRUST. ALWAYS ALLOW TIME TO PASS.**

You might ask, "What has time to do with trust"? Simply this. If a person feels attracted to you, when they first meet you, they will make quite sure that what you see is their best behaviour in the hope of, in turn, attracting you to them. If normally they are cheats, liars or loudmouthed bullies they will make sure that this side of their nature is not displayed to you.

For this person to hide their true nature behind an amiable pleasant mask every time you are together takes a great deal of mental effort and restraint, so now the importance of allowing time to pass becomes obvious to you. Etch these next words into your memory for instant recall.

**IN YOUR DEALINGS WITH OTHER PEOPLE YOU MUST ALWAYS HAVE THE RIGHT TO CHOOSE FOR YOURSELF BETWEEN YES OR NO!!!**

By caution I mean it is wise when with this new or recent acquaintance to always insist upon staying in public view. It is far easier to say NO to a person when other people surround you than it is when alone with the person with help out of reach. You will find that in a very short time, even in public, if he or she wears a mask, the mask will slip and the person's true nature will reveal itself. This will happen when you say no. If you always apply this rule to all acquaintances you will find that the genuine people will respect your right to say, and to mean, no. Their best behaviour will continue because they do not have a mask to slip. They have shown you their normal behaviour right from the start. As time passes, trust grows between you because 'actions speak truer than words'. Acquaintanceship ripens into friendship in a relaxed, natural way.

#### **THE SELFISH TEENAGER**

The selfish teenager is a very unhappy person who only has courtesy, smiles and laughter to offer parents, family and friends when he or she is getting his or her own way. If they don't get what they want, the nice-ness disappears to be replaced by shouting, bullying, sulking, and childish tantrums. They often complain because they are bored, as if expecting the people around them to entertain them instead of using their own brain to fill their mind with interesting things. These teenagers are still trapped in the thinking of childhood instead of young adulthood.

#### **THE ROLLER COASTER EFFECT.**

All teenagers, girls or boys, have to live in a brain and body that is rapidly changing, developing, rebuilding itself in preparation for it's next stage, adulthood and it's role of procreation. Hormones flood through the body to trigger functions that up to now were not appropriate. As you will know from your own experience, all of this happens at bewildering speed and has a powerful effect on all teenagers' emotions (not just yours) rather like a hectic ride on a roller-coaster, causing rapid swings of mood: The heights of joy, and the depths of despair, unreasonable anger and floods of affection. Don't worry all this is perfectly natural. One day soon the changes will be complete. Meanwhile you have to live with these changes so do please try to remind yourself during difficult times that your own point of view may be clouded by the mood of the moment.

During one of these moods you may think that your parents demands on your time are made to stop you having fun. So now we will look at the real reasons.



### **LIFE WITH FOLKS WHO ARE NOT MUM OR DAD**

Your parents want you to have fun. This is one of the reasons for having a family. Your parents also know that you won't always be living in their home. So now, before that time arrives, in their own way they are trying to teach you some guidelines to follow. Circumstances of study (College or University) or your place of work may require you to live elsewhere, with people who are not your family. These strangers would have a right to expect you to know these guidelines so let us look first at the typical family home set-up and then the set-up away from home. Let's take MUMS (all mums) because they are one of the main pillars of any family home. Most Mums take it as part of their role to Cook, Clean, Launder, Nurse. To try to make sure that their children are fed, decently clothed, are healthy, happy, educated and loved. That sounds like a big task for anyone, but this is only a part of her role. The other part Mum regards as far more important. A house is a solid structure, but a home is an abstract idea that all mums have to create. Mum has to use what ever is provided in which to create it, a lovely house, a caravan, a tent or even a cave. It doesn't matter what it is, or whether it has beautiful furniture or packing-crates to sit on because what Mum has to create is an atmosphere for her self and for the family. At school you have to compete. At work Dad has to compete. You and Dad face people in the outside world who have no interest in anyone but their selves.

Your home is a bright pool of warmth and light in your lives where no one has to compete, and everyone cares about you and loves you. A place where you dare to trust, and a place where the people you trust offer you their experiences as guidelines (NOT RULES) for your future.

Where do DADS come into this? Dad has to earn the money to make all of this possible. Every penny spent in the home, for whatever purpose represents many hours of Dad's energy and time converted into money by Dad's daily toil. If Dad cannot earn high wages the cost of running the home might be more than the money he can earn. This often means that Mum, on top of her busy life at home, has to take a part-time job or jobs to earn the extra money needed. Most parents know that it is likely that their children will one day face similar money problems as married adults. The parents avoid mentioning these problems when the children are around so as not to spoil their children's happiness and sense of security. The child accepts all that is offered with no knowledge of the time, effort and expense the parents have faced to provide it, and so naturally the child maybe takes it all for granted. The child grows into teenage still with no real idea of what running a home involves and costs until the parents, in trying to prepare the child for the future, explain just what is involved. This, for the teenager, is a very new, unfamiliar and uncomfortable way of thinking. Do not make the mistake that many teenagers make of thinking you are being told that you are a burden to your parents. Who else but your parents would bother to prepare you for your future? From tough experience Mum and Dad have gained the unavoidable knowledge that anywhere outside of your family home THERE IS NOTHING FOR NOTHING.

### **CHORES AT HOME AND AWAY**

When people get older their energy reserves are less than when they were young. By the time the babies of her young days have grown into their teens, Mum, at least ten or twelve years of hard work later is ready for a little help from her teenage sons and daughters, who, incidentally, might insist that they are no longer children (you may have said it yourself). Please try to remember that part of no longer being a child is, wherever possible 'taking your own weight'. If you are still at school, obviously you cannot support yourself financially: No one would expect you to, least of all your parents, but help in the home with the chores could be a type of token payment. By using your energy you save your Mother's, so that after Mum expertly irons or repairs your special dress needed quickly for the party or the Disco, she finds that whilst she was doing it you have washed up all the dinner dishes and pots without waiting to be asked,. This is adult sharing of work. Though many are not so lucky, some teenagers are fortunate in that their parents give them their own room, their own four walls of privacy and quiet in a busy, noisy, crowded world. Earlier I mentioned the future possibility of you leaving home to live with other people, and also what they would have a right to expect from you, and you from them.

In shared accommodation this might include taking turns at shopping, cooking, washing up, cleaning the kitchen and any rooms, stairs and hallways that you all use. All, including you, would expect to find, and use a clean bath, hand basin and toilet, this would mean that all, including you, would be expected to leave it clean, every time, for the next user. At the very least you would be expected to keep your own clothes, belongings and room clean and tidy. Whilst sharing living quarters with these people you would want to enjoy your free time just the same as they would. So out of that free time you would be expected to allot some time to do your share of the chores WILLINGLY AND THOROUGHLY. NOT GRUDGED NOR WITH RESENTMENT. This is in the future wherever you go. This is one reason why Mum asks you to keep your own room clean and tidy, and to allot some of that free time to help her with a few chores. Mum wants to prepare you for that future without her, and to give her some free time to enjoy as well.

### **GRACEFULNESS**

When you do a chore for Mum or anyone else, try to do it with good grace so that asking you does not become a misery. If you can learn to offer that good grace to your family at home you will fit in and be welcomed in any place where your future may lead you. If you don't, you won't, just a final word on chores. All through your life you will often be faced with unpleasant tasks that have to be completed, that you cannot avoid. These are tasks of all sorts that will range from learning Math, or changing a baby's very soiled nappy. Using your hand and arm to clear a filthy blocked drain, or gently telling someone that his or her loved one has died. My Father's advice for when faced with any task, I will offer to you, it helped me and may help you. As you approach the task, fill your mind with it, to the exclusion of thoughts of anything else: Tonight's disco, tomorrow's exams, resentment, distaste or how you feel about the task. In short, forget YOU. Fill your mind with the memory of a task well done, even whilst you are doing it, then suddenly the task is done. The huge mountain ahead of you becomes the memory of a small hillock behind you.

GRACE? I have used the word Grace several times, but what does it mean? To be graceful means, without foolish vanity, to have pride in, and respect for, your self. It means avoiding hasty, thoughtless judgments about others, because you could never know their true story. It means to never utter cruel or hurtful words about anyone, because once they are spoken, they stick, just like tar in the listener's mind, and no tears or apologies could erase them. It means you admitting to your mistakes without resentment. It means you setting high standards for yourself, that you refuse to lower for anyone. It means offering the same high level of courtesy and consideration to a Tramp as you would a King (both roles in other lives may have been yours). It also means you controlling your mind and its emotions, your body and its appetites so that, like a ballet dancer, as you move through life you have self-control and poise.

Grace means reminding yourself at all times, however down hearted you may feel, that your warm, genuine smile, and kind words or help will be like a gift from Heaven to the lonely, the aged, the ill ones, the shy ones, the ignored and rejected ones, and it will cost you nothing. These are just some of the many meanings of the word Grace. It takes time, thought and practice, to learn gracefulness, and often you will forget, but every day you can make a new start (if you wish) in the bosom of your family. A fair question you may ask is "Why should you aim for grace in your life, when your pals don't? They shout, they argue, they seem to enjoy being rude and thoughtless, and with grace you would stick out like a sore thumb?" The answer again is, "Ships that pass in the night". Sooner or later your present circle of teenage friends will disperse, to jobs, college or to move away with their families. To aim for grace is to aim for quality in your life. Then you will discover that you could be content with nothing less, and that you would be drawn to and would draw to you, people of like minds.

### HERD OR FLOCK MINDS AND YOU

So far I have used this phrase several times to illustrate the non-thinking of the many followers of trends, fashions, politics and religions. I do not want you to think that I am only referring to brainless clods, lager louts and football hooligans. Let me explain that the 'Herd mentality' extends to all walks of life. The herd mentality includes the highly educated astronomer, architect or scientist; highly specialized in his field, who, because he has never thought about it for himself, votes for the same political party that his father always voted for, or blindly follows the same religion as his parents. During your childhood the guidance you receive from your elders includes being exposed to their beliefs, their ways of thinking and doing things. This means that at an early, impressionable age other peoples' thinking or not-thinking becomes imprinted on your mind. The thinking however sincere may be correct or incorrect. When you have reached your teens, the age of independent thinking: at last you could choose to re-examine this passively accepted input to see if it fits in with your own search for quality. If it doesn't, then you could seek to replace it with something that does. If you aim for quality, grace and independent thinking you will always stand out from the herd as an intelligent, aware graceful person. No matter what kind of face or body you have, your beauty and your uniqueness will shine through your personality.



## CHAPTER SEVEN. THE PRICE OF DRUG ADDICTION

All of us, at some time have watched television programs portraying both the dangers and victims of drug addiction especially for young people. My immediate reaction: as yours might be also, is to wonder why these victims allow themselves to become addicts when there are so many public warnings about the dangers that they face. When we think about it more deeply we realize the whole sentence pivots around the word 'young' and with the word 'young' (with no shame attached to it) we have to couple the words 'and inexperienced'. In your home you are experienced in knowing your relationships with your family members and their requirements. Outside of your home, with other people you are still finding your feet, as are your friends and acquaintances still finding theirs. Probably you long for the self-confidence that only time and experience of life will earn for you, and most of you want to be popular with your peers. For this reason, most shy teenagers tend follow the ways of the ones that appear to be self-confident (whether they really are or not). The illegal drug dealers are well aware of this and know exactly how to exploit the teenagers' general condition that is a mixture of shyness and uncertainty, bravado and a wish to shine in the crowd. The Illegal drug dealer no doubt loves his wife, family, friends and pets, but in his or her trade of selling addictive drugs there is no room for friends, only victims. I will now offer to you a few facts about these people and then a short fictional story in which, to help you to understand the hidden dangers, YOU are the central character.

### A FEW FACTS ABOUT ILLEGAL-DRUG SUPPLIERS AND DEALERS

Any person., of whatever age, involved in any way in the illegal sale of drugs to teenagers or to anyone else, is involved in the crime of murder. Why, because just as if they shot their trapped customers with a gun, they are killing them with their drugs. The gun would at least be quick and clean, but to be addicted to a drug is slow death of the most agonizing and degrading sort. The dealer would say "It's up to my customers, I don't make them buy anything, but this is a lie because it was he or she who first laid a trap for them. They may lay the same trap for you and in the story you will see how it is done.

First of all you should understand that the supplying of illegal drugs is a HUGE, INTERNATIONAL PROFITABLE BUSINESS organized by ruthless men who never see their victims. Most of these suppliers are as old or even older than your own father. In turn it is these drug suppliers who supply the illegal **drug dealers** with drugs to sell to you. Next get it very clear in your mind that **Drug Dealers, just the same as Murderers, Pimps and Rapists, do not carry placards telling you what they are. They do not have claws, fangs or a permanent vicious snarl on their faces.**

They look just like anyone else: smiling, friendly, self-confident, and **because the big drug suppliers, that you will never meet, want to trap you they will use drug dealers of around the age group of you and your friends.**

### THE FATAL TRAP

Let us imagine that your parents have allowed you to go with trusted friends to a Disco. At the disco you all are invited to a party at the house of someone you all know. You telephone Mum for permission to stay out later to go to the party. Mum says "O.K. but at the party keep near your friends and be home by Midnight" You and your friends all arrive at the party and soon are having a good time. Your friends drift away to talk and dance with other friends, whilst you find yourself talking to and then dancing with a handsome, attentive, friendly and amusing person, not much older than yourself. He is very likable and you find yourself warming to him. Whilst you are dancing and laughing with him and his friends, various teenagers, some you know, some you don't know, drift over to him and he gives each one of them a few white or coloured pills from his pocket. Puzzled and intrigued you ask him what they are for. He laughs and explains that they are "Happy" pills to make you feel wonderful for the party. He then offers you some of the pills whilst his friends urge you to try them, "Don't be Chicken, they're harmless, you'll feel marvellous, go on, try them" They will say. You feel confused, shy and flattered at suddenly becoming the centre of attention. It's lovely being popular so you try one of the pills, and yes, they do make you feel happy and high. You stay conscious but your entire focus of attention is on the sensations in your head; rather like a walking dream state. The "Happy" effect wears off before you leave the party but while under it you feel too high to be cautious. Fortunately, because your friends are around, none of these strangers have attempted to take liberties with you.

Just as you and your friends are leaving the party this nice young man will flatter you into meeting him again for another dance or party. Once again you swallow more pills, and again you feel happy and high, but now the trap begins to close on you. After a few more exciting, entertaining meetings, and Happy pills taken, the next morning you wake up in pain. Your head is aching and every single nerve, muscle and joint in your body hurts. You take painkillers but they don't work. Finally, in desperation you take one of the nice young man's pills. In a matter of moments the headache and body pains disappear. The "Happy" effect this time is less intense but 'Thank God' that pain has gone. For a few days there are no more parties or pill taking, the nice young man is busy.

Again you wake up in agony. You have just one of his pills left. You take it with a drink of water.

This time no happy effect at all but again the pain fades away. Suddenly, filled with horror, you realize that the pain relief you get from the pills, you didn't need until you started taking the pills. You, the carefree, laughing, happy girl, beloved by your family, you are trapped. What happens now? You now know that life to you means the pills or the pain. This is your future. The nice young man makes himself unavailable to you until the pain will make you beg him for some pills. He will then explain that in future, as he has to pay for the pills he will only be able to sell them to you. He will give you a few more to stop the pain but will tell you to bring an amount of money next time when you want more pills. The price will be high for a dozen pills, and you must have them. You only have your pocket money. You can't ask Mum or Dad, you think that they suspect something already, and you feel too ashamed and think they wouldn't understand. But you must have the pills. Somehow you scrape the money together from pocket money and savings to buy a dozen pills. You are alone in this and **it is Hell**. Now you find that the pain is more frequent. This compels you to swallow these expensive pills more often. Next you start borrowing money from friends until they get sick of the sight of you. Next you lie to your parents to get them to give you money. Soon you find yourself stealing from your parents, from friends, from shops, from anywhere to keep that pain away, until one day, You have to beg the nice young man for pills while also telling him that you don't have any more money.

He then will offer you a solution to (not his) **your** problem that will disgust and sicken you. He will offer to supply your pills in exchange for the sexual use of your body "Take it or leave it" he will say. This is not the worst that faces you. To have unwilling sexual intercourse with this ° charming good-looking young man would be bad enough, but he doesn't want your body for his own use. He has many teenage drug slaves in your position to choose from. He intends to offer the use of your body to any man, however brutish, of any age, who will pay the price he asks. By now life at home has become intolerable for all who live there and you will have left home, leaving a heart broken family behind you. You will be living alone in some cheap dingy rented room where you are always on call. You have no choice it is the pills or the pain. You think that this is scraping the bottom of the barrel, the worst that you face? No, it isn't, because next, you will find that the pills no longer remove the pain. They become less and less effective. Now the nice young man provides you with a more powerful drug that you will have to inject into yourself. This is for his benefit not yours, to enable him to continue offering your body for rent until your physical and mental condition makes you useless to him. The injected drug will remove the pain but continued use will kill you within weeks, at the most, a few months, and the drug is so highly addictive that you will crave for it. By now your personal cleanliness, and attractiveness will be things of the past, to the point where, in your rented room you exist in squalor whilst waiting for the next drug 'fix' or for the next customer as your means of paying for it.

The young drug addict usually dies alone, beyond the help of heart-broken parents, doctors or of anyone else. Dumped by the nice young man into some filthy room or dark squalid alleyway to die, wracked by the pain, poisoned by the drugs, and degraded, humiliated, and soiled by misuse. The nice young man has to make quite sure that any police inquiries would not connect him with the cause of your death. Meanwhile he will be busy tonight setting his fatal traps at a party for teenagers.

As you've seen, at the beginning of the story it all seems to be harmless fun to copy what the rest are doing, but now you know where it might lead you, just because you didn't say and mean, **"No thank you"**. Healthy people don't take pills unless needed, and then a doctor prescribes them. In the story I've named them 'Happy' pills, but instead the nice young man may call them some other name, and may offer you coloured capsules, or even a powder to sniff into your nostrils, but no matter what he offers you, the end effect is the same as I have described, and so always say **"NO THANK YOU"**

Do you think that this is grim, horrible story? I promise you that it is a true story repeated many thousands of times. Each time another teenage girl or boy is trapped, soiled and degraded, used, and then left to die in agony, fear and loneliness by these evil men. The names are different but the path to destruction always starts with something you want to believe is harmless. The moral of this story could be.....

**BE STRONG-WILLED AND ALIVE. NOT POPULAR AND DEAD.**

None of the story makes sense until we explore the logical reasons for the awful pain. The normal sensing process of the brain receives nerve signals from every part of your body, all of the time. To protect your brain from damage by this ongoing flood of signals, the pain control centre in the brain produces a natural chemical that keeps this activity below certain intensity. In this way the natural chemical allows every nerve in every part of your body to be sensitive to the lightest touch, but without this naturally-produced buffer chemical the intensity would register in the brain as pain from every nerve ending all of the time. The only purpose of pain is to act as a warning signal to protect your body. Only when part of the body is damaged, such as a stubbed toe or worse, is the cushioning effect of the buffer chemical overridden by the warning signal that you'd then feel as pain. The 'Happy' pills, that the nice young man persuades you to believe are harmless, actually contain a manmade chemical very similar to the natural buffer chemical produced by your brain. In fact it is so similar that when taken into your system it takes control of your brain's pain control centre, which then ceases to produce the natural buffer chemical. When the effects of the pills wear off, your brain has no way of controlling and buffering the incoming nerve signals...Until you take another expensive 'Happy' pill to control the endless pain.

Before we leave the subject of drug addiction let's briefly explore what might often mistakenly be thought of as a milder form of drug addiction, that of cigarette smoking. Once again it all seems very harmless and very adult to smoke cigarettes, either alone or together with friends, but to do so is to fall into another trap, only this time a trap to be set by your self, and this I know from personal experience. Maybe your parents and family are smokers, but you don't have to be a smoker as well. Continuous intake of the nicotine contained in cigarettes is addictive because your body becomes dependent upon its soothing effect. This means that once you are hooked on smoking, cigarettes become part of your diet, and you would feel that you couldn't exist without them. No matter what else you went without you would have to have your cigarettes. Already many people have written about the damaging effect of nicotine upon your health, but there are other unforeseen pitfalls to consider. For example, governments have always used the tax that is added on to each packet of cigarettes, as a source of revenue. When the harmful effects of smoking became widely known, the governments didn't ban tobacco as an illegal drug, but instead each year they increased the tax on each packet to compel each smoker to pay more and more. This means that always you would need to set more and more money aside to buy your cigarettes. When you smoke a cigarette the smoke has a pleasant fragrance, but the smoke also impregnates your hair and your clothes so that you would always give off the not so pleasant odour of stale cigarette smoke, regardless of any perfume you might use. Cigarettes have been described as...

A FIRE ON ONE END AND A FOOL ON THE OTHER END...Avoid the trap now.

## CHAPTER EIGHT. ILLUSIONS

Now let us take a lighter-hearted look at other traps that are waiting for us all. Let us look at some of the illusions clever people weave to manipulate our thinking, not for our benefit but for theirs. You may recall, at children's parties, seeing a conjuror doing his act performing magic tricks. He knows, and you now know they are not magic they are clever illusions. The watch he smashes with a hammer is not the watch he borrowed from the audience. The lady is not really sawn in half, and so on. In a similar way, when watching a movie in the cinema, you may laugh or you may cry at the film's story, but part of you, sitting in the darkness of the stalls knows that your emotional feeling is being caused by a reel of film running past a bright light throwing flickering shadows onto a silvered screen. Again this is an illusion over which your awareness keeps you in control while still enjoying its spell. There are many other weavers of illusions who have more selfish motives than wanting to entertain us. These people want to control the way we think. These people are specialists in twisting information around in such a way that millions of people will believe something they are told even though it is not the entire truth. If everyone a person knows believes something they have seen on television or have read in the newspapers, as likely as not that person will also believe it. Not because it is true, but because all the rest believe it is true. This is the easy, lazy way of the herd mentality that I have already described, and these information twisters encourage it wholeheartedly. Obviously, for them, it is far easier to manipulate and control a flock of sheep than it is, a population of individuals each of whom insists on his or her uniqueness. Unique people insist upon preserving their individuality, with very definite ideas and opinions, regardless of what other people believe. Unique people also insist upon the right to question everything they are expected to believe without proof.

THE THOUGHT TWISTERS WANT TO CONTROL YOUR THINKING. THEY ARE VERY CLEVER AND EXPERIENCED. They begin working on you when you are very young and impressionable. When, in fact you are a toddler. An example: If parents know that a program that is not suitable for children is to be shown on television they have the choice either of removing the child or switching the set off. If programs are offered as specifically for children's viewing time it should be possible to leave the child to watch them, and to know that nothing shown on the screen will harm the child. In this respect the programs are faultless. But the programs are interrupted regularly to advertise in the most exciting, colourful and enticing way, a very expensive toy or game. This advertisement is timed to repeatedly appear during children's viewing time in the weeks running up to Christmas. If the advertisers were fair minded they would only show this advert in the evening when the children would be asleep. Instead, even before the parents can do their homework to see what spare cash there will be for Xmas presents after the house bills are paid, the child has already been brainwashed by the advert to want THAT toy for Christmas. Nothing else will make the child happy.

So the advertiser, and his client: the toy-maker, to sell the toy has bypassed the parents and fooled the child with an illusion. It is an illusion because without the TV camera tricks, lighting

effects, animation and music, the toy that the parents have been tricked into buying is just that, a toy. It would be a disappointment for the child and because of that, for the parents as well. It may be a very good toy, but it is not what was implied by the exciting advert.

Before we continue, let us look closely at this word IMPLIED. Be very clear in your mind of the vast difference there is between (1) promising something definite to someone by using unmistakable words, by which the commitment to the promise is made. (2) By using vague phrases, tones of voice, facial expressions and body language in a clever way to persuade someone (maybe you) by implying it, to believe that a promise has been made to them. Only after looking very closely at the words actually used do you realize that no promise was made. This, even though you may have based your future course of action on what you believed was genuinely promised.

**Implied** promises are one of the main tools that advertisers use to sell their clients' products. I will mention here that many people will use this tool to fool you in your future life. You will meet them in your working life and your private life. At work, they may **imply** a promise of promotion for you, with no intention of promoting you despite your extra efforts. Or in your private life, the boyfriend who cynically strings you along for years on an **implied** promise that he has no intention of keeping, of marriage at some future time. My advice when faced with **implied** promises is to insist that the meaning be clearly defined before you accept it as a genuine promise. This will save you a lot of hurt feelings and disappointments in the future. Your insistence on truth will separate the genuine from the frauds.

### THE PRODUCER / CONSUMER SOCIETY

You will have heard of our title but may be under the impression that producers are a different set of people to consumers. In fact, the many million of ordinary workers who are paid to produce goods in factories, the people who direct the workers' efforts, the people who finance the factories, the lawyers, the accountants, the advertisers and retailers and so on, All either directly or indirectly are involved in the producing side. Even before any of these factories begin production, market researchers; who are a branch of the advertising industry, have to be able to reassure the factory owner that the product will sell. But sell to whom? To sell to the very people, all over the land who are going to produce, so the producers and the consumers all over the industrialized world are the same people. All of the factory owners have to compete with each other to persuade you to buy their product rather than to buy someone else's. No factory can cater for the individual taste of people who place a high value on their own uniqueness. To do this the factory would need to produce thousands of differently designed goods to suit all of the individual tastes.

To be profitable, only a limited number of designs are put on the production line to be massed produced in vast quantities, all identical to each other. The only way that the producer can sell identical products to millions of unique people such as yourself is by implying that his product (rather than someone else's) will add something special to your life. **The truth is the reverse of this.** Your uniqueness is enough to make you stand out anywhere, if only you will recognize it. The truth is also that you will add something special to the life of the producer, and his product if you choose to buy IT rather than leave IT on his shelves not purchased. The product may be lipstick, toothpaste, the latest fad in clothes or footwear, or automobiles or furniture. It doesn't matter what because he will call in the professional thought twisters to convince you.

These people work in the advertising industry. This industry does not produce anything you could eat, drink, wear, drive, or live in. What it prides itself on producing to perfection are illusions. The production of movie films made for entertainment costs a great deal of money. In a similar way, filmed advertisements for television cost a lot of money to produce. In a lot of cases the same professional filmmakers produce both adverts and movie films. They have two arguments to offer, depending on which aspect of their work is being discussed. Earlier I explained to you how they have to compete with each other in displaying in their films, outrageous and explicit sexual and violent behaviour. This they justify as a search for realism. Then they rush to reassure us that what they portray on the screen (cinema or television) has no effect at all on public behaviour or morals. On the other hand, they will eagerly inform us that when their professional talents are employed to make a television advertisement for a particular product, when that advert is shown on TV, millions of viewers rush out the next day to buy that product. This is an obvious contradiction because the filmmaker is talking about the very same public.

All of the tricks of lighting, camera, sound, sexy or macho images and voices are used. These are given an extra punch in the adverts by the way that the television set works. When you watch either television or a film at the cinema, the impression of movement on the screen is created by projecting a series of still shots onto the screen at a precise speed of 29.9 frames a second. This means that a light source strobos your eyes at this speed all the time that you are viewing. It has long been proved scientifically that if at certain frequencies, a light is flashed into the eyes of a person an entrainment of the human mind occurs. In other words the flickering has the effect of riveting the attention of the audience and rendering their minds receptive and suggestible. This is verging on the realms of mild hypnosis, in which the images and sounds that accompany the flickering strobe effect are deeply imprinted into the subconscious mind and memory. You could test this yourself by first trying to recall the faces of the cast in the first live show that you saw during childhood. You will be very lucky if you can recall even one face. Next try to recall some children's television program you watched around the same time.

After a few moments it is likely that you will recall in vivid detail sequences and faces from that program. The reason for the difference in your ability to recall is because in a live performance on a stage before a live audience, the flicker effect is missing.

From this you might, as I do, find it very difficult to believe, as has been suggested by the TV advertisers, that the only reason that product sales figures soar after the advert is screened, is, because television has such a vast audience. Before we leave the subject of mind conditioning (because that's what it is) I will offer you one more experiment you can try at home. When your family are all watching television, stand beside the set whilst you try to converse with them. It will be difficult because the TV screen will distract their attention. Next turn the sound off but leave the picture on. Still their attention will be drawn back to the screen. Lastly, turn the sound back on but stand right in front of the screen. Suddenly, though possibly annoyed at the interruption it would be as if they are suddenly released from a spell. The sound does not have the same effect as the flickering picture. I am not suggesting that you shouldn't watch television, but I am advising you to be aware of its hidden power to influence people either for good or bad motives. In the next chapter we explore the subject of protecting your uniqueness.

## **CHAPTER NINE. PROTECTING YOUR UNIQUENESS, AND YOUR POCKET.**

Why do I keep on warning you about the world of advertising? The reason is because maybe in their private lives they are no better or worse than anyone else, but when they are practicing their trade (which is an art form) they wield enormous power and influence over every aspect of our lives although they are only a tiny part of the entire population,. This power ranges from influencing us in the brand of coffee we will buy, to which political party we will vote for. They have always had this power but only during my lifetime have television sets become common household objects in every home throughout the world. The TV screen has been able to dominate many hours of our attention each day in our own homes and has also been able to become the advertisers most powerful tool. It's all very well me warning you, but how can you protect yourself from the many forms of manipulation, and not just television advertising, that you will come up against in the future? Often you may not even realize that you are being manipulated, so how do you protect your self. To protect your self is easier than you think, and you could start right now by making my next suggestion a regular part of your clear thinking.

Even when it hurts to do so, try to **ALWAYS BE STRICTLY HONEST WITH YOURSELF.**

This is your weapon and shield that will protect you from illusions, whether created by your own mind, or for their own hidden reasons, by the minds of other people. How do you use this weapon? By first teaching your self to know the vital difference between YOUR NEEDS AND YOUR DESIRES. Why? Because this is how the thought-twister's illusions are able to control your thinking. They do this simply by blurring the line between what you know you need, and what you think you desire. They are able to do this by offering you, in the hope that it will become your outlook, an outlook on your life that is not in balance. They cleverly magnify what other people have got, and what with their help, you could get. They encourage you to believe this whilst almost ignoring what you have got in comparison to many other people, who have far less than you. Let's look at needs.

### **NEEDS**

What are our basics needs to enable us to live civilized lives? We need clean air to breathe, clean water for drinking, cooking and washing. We need sufficient wholesome food daily to keep ourselves healthy. We need a place of safety and comfort in which to live and sleep. We need clothing suitable for the climate. We need the means to light and heat our homes. We need access to health care, and to education. Later we need a means of supporting our dependents and ourselves. This requires us to earn enough money to pay for those basic needs. Only then, and only if we are that fortunate, could we allow ourselves to spend money upon desires. Now let's look at desires.

## DESIRES

In this instance desire does not refer to the attraction between two people. It means anything that you wish you owned, but don't really need. For example let us compare your life with the lives lived by teenagers who are born and grow up in what are known as countries of the Third World. In these countries nine out of ten people are so poor that they are close to starving. They exist in shantytowns in shacks built from garbage dumped by the rich people. They have no clean water supply and no sewage system, and so raw sewage flows along the alleyways where children play. There is no employment and so no wages for these poor people. They have no healthcare, no education, and nothing to hope for. Their governments ignore the plight of these poor people. There the daily life of teenagers would mainly consist of begging or stealing to feed their families. These people are not strong or healthy, and due to their deficient diet they are vulnerable to the many diseases that thrive in filth. In their daily battle to survive desire seldom enters their thinking. For many of these poor people, maybe mercifully, their lives are quite short. Planet Earth is a vast, beautiful world that is filled with enough resources for everyone. On this same planet, poverty traps into living the awful life of our third world teenager, ninety out of every hundred unique, special people that are no different to you.

I have told you this not to depress you, or to make you feel guilty. You would find it helpful to put the life you are offered, in a rich country, with a Producer/Consumer Society into a balanced perspective. To the teenagers living in squalor, filth, poverty and disease, you are rich beyond their wildest dreams. By including their outlook in with your own you could achieve a balanced outlook. This would enable you to clearly see through the illusions we are encouraged to believe for the sham that they really are. You will quickly learn what society expects from you, but as a unique person what should you expect from yourself? To not be fooled into the belief that your life should follow the unreal path of the illusion-makers and thought-twisters. We have looked at their powers and tools. We have seen how they will even exploit children. Now we look at some of the illusions they weave to fool teenagers and adults. Even as you read them they will appear to be ridiculous, but they work with the unaware. I hope that the silliness of them will open your eyes because there are so very many illusions. First, always bear in mind that in a TV advert, or in a shop, or even a salesperson at your front door, YOU ARE HIS OR HER OR THE ADVERT'S TARGET. This is regardless of how nicely he or she smiles, or implies you will be getting a bargain, or appears to want to help you or give you something for nothing. Always remember that the wages of He or She that will pay for his or her needs and desires depend entirely upon you buying what they are selling. Your only consideration is:

**Do you need it? If not, do you desire it? If so, can you afford it? If not, forget it.**

### **A SILLY ILLUSION**

You go to the shop and buy a nice blouse. Inside the neckline at the back is the little cloth label sewn along one edge, bearing the maker or designer's name. You wear the blouse, unaware that the label is sticking up above the neckline. Because it is thought to look unsightly a friend pushes it down out of sight for you. Even at that very moment you, and your friend may be wearing jeans and trainers that the thought twisters have convinced you both, will make you look special, trendy, and smart, simply because the maker or designers name is displayed in full view for all to see. Obviously it is worthwhile for the makers to pay the TV advertisers huge amounts of money. This to cleverly fool you all into giving the makers free advertising in your millions, everywhere you all go. The famous sports, pop, or film star who appears in the advert to tell you how wonderful the product is and how wonderful it will make you, is not required to believe it to earn the fat reward for saying it.

### **ANOTHER SILLY ILLUSION: FACIAL SPOT REMOVERS**

Facial spots are a temporary side effect of the changes going on in your body that we have already discussed. They come and they go. One myth that many people mistakenly believe is that to eat fresh fruit will cause spots. The truth is that the spots are ready to appear anyway. The detoxifying effect of the fresh fruit speeds up the process and clears them much faster. You could try it for yourself. In the TV advertisement for a facial spot remover, we are shown several girls of around your age, panicking because of their facial spots. Next we see them using the spot remover. Then we see them all without spots, looking delighted. But nowhere in the advert is it clearly stated that the product removes spots. Regardless of the thought twister's efforts to imply otherwise, so far, no manmade remover of spots for teenagers or adults exists anywhere in any shop or pharmacy, so save your money and instead, study your diet. Fast food may be fast and it may be trendy, but is it healthy? Try to remember, that you are what you eat. Also remember that if facial spots are a natural teenage condition, most teenagers will be too busy thinking about their own spots to notice yours.

### **FEMALE BEAUTY**

Before we explore illusions in the world of cosmetics, let us look at real life by trying to define female beauty. To do this we have to widen our view to include far more than the appearance of a woman's face and figure. From your own knowledge and experience you would know of people, both male and female, who at all times radiate anger, like an enveloping cloud, at everyone and everything however trivial. There are others who radiate an air of worry, nervousness and insecurity. There are yet others who radiate a darkness of furtive untrustworthiness and secrecy.

This is your feeling that even though these people may be as handsome or as glamorous as Hollywood film stars, the anger, uncertainty or deceit that you feel coming off them repels you, and this even before they speak. On the other hand you will have met people who would not be noticed in Hollywood, or even in a crowd they are so plain and ordinary to look at, but they seem to radiate laughter and joy, or something you find difficult to define. You only know that you feel drawn to their caring warmth that they extend to everyone that they meet. These people, however hard or difficult their life, will always have a smile for you and time to uplift you, however busy they might be at the time. Having met people like this, as I know you have, your outlook has to expand to include them in your perception of beauty. They have beauty that goes far beyond shape of face and figure or the colour of their skin or cosmetics. This type of beauty has an ageless quality about it and is the result of understanding the true nature of love. Sexual attraction has no connection with love although sometimes, but not always, it is accompanied by love.

Many people cannot understand this but it is true. Also many people fear to love beyond their immediate circle. It is almost as if they are frightened of running out of love to offer because their lack of understanding makes them view the present and the future with a lack of trust. This in turn compels these fear-filled people to build mental walls around themselves. The walls keep people out but also keep the mental wall builder trapped inside. Many wise men through the ages have taught that as the future has yet to arrive it is unformed and can be influenced by the way we think now in the present. So for your own future this means that if you project positive, trusting thoughts into your future that you will be safe and will always have what you NEED, this is exactly what you will receive as your future unfolds. This has been my experience through life and so I do urge you to try it. I will repeat POSITIVE THOUGHT. If you project doubt and fear of something into the future this also is exactly what you will get. Here I will also repeat WHAT YOU NEED NOT ALWAYS WHAT YOU DESIRE. Each time that it works for you, it will get easier for you to do. Then you would clearly understand how these people that I have described as beautiful, think and are able to radiate their beauty. Simply by learning from their (and your) own experience to trust the future they cease to be preoccupied by thoughts of self. They have proved that they have nothing to worry about. Only when this preoccupation with self fades away could anyone realize that each person has access to a bottomless well of love and compassion. The more love and compassion you give to others, the more you end up with. From this you learn that each person you meet is a very special person who has learnt what you have learnt, or they have yet to learn it. Meanwhile, if they have yet to learn it they have to cope with their fears. Knowing this, you will find yourself radiating a compassionate love in the way you respond to them, a way that makes them feel special and cared for.

What is this radiation? Scientists call it an electrical field generated by all human beings.

People with psychic ability call it the human aura. The Aura can extend anything from a fraction of an inch to several feet outwards from the human body. When the fields or auras of two people touch, instantly, information on a very subtle level is exchanged. In a way you are radiating the type of person you really are. This is why you feel drawn to some strangers when you first meet them, and repelled by others. The aura has many functions that we cannot explore here, but your inner self uses it as a sensor to protect you in a similar way to using your intuition to warn you.

All of this might seem to be far away from the subject of female beauty. By explaining it to you I hope to encourage you to use your intelligence and intuition together because combined they will serve you as a shining lance that you could choose to use to always probe deeper than a person's face or figure. I ask this of you because here are more hidden illusions. What the world calls beauty may conceal much ugliness in the form of greed, selfishness, meanness, dishonesty or a cruel, spiteful nature, or it may not. Ugliness, just like beauty, is difficult to define. What do many consider as an unattractive face may conceal a warm, loving and generous heart, a wise and witty sense of humour, and a compassion for others learnt by suffering the cruel thoughtlessness of people who should have looked deeper. Do you think you are ugly? I doubt it. No one thinks they are ugly. In the same way, no one, except very vain people, think of themselves as beautiful. So the beauty that the cosmetics industry would have you aim for is an illusion. The old adage "Beauty is in the eye of the beholder", really means that no one including the thought-twisters have the right to tell you or anyone else what is or is not beauty female or otherwise. So this pierces the vague illusion that producers of cosmetics and even beauticians are also experts on female beauty. They are not. They are experts in the manufacture and use of cosmetics, which is a totally different thing.

There are three stages in the life of a healthy female human being when her skin tone and complexion is at it's very best. First as a child, second as a young adult or teenager, and third during adult pregnancy when the metabolism of the female body strives automatically for peak efficiency. Others have written much on this subject in a depth not needed here. Every living creature from birth to death is subject to the continuous downward pull of Planet Earth's gravity. To enable the body to remain upright instead of on all fours, each year of a human life is another year of bones, joints, cartilage, internal organs, muscles, tissues, blood vessels and skin, using energy to resist that relentless downward pull. As the years pass the strains of this battle begins to show more and more in the face and body: Coupled with stress and worry and the wear and tear of daily life in this hectic modern world, this causes fatigue. Earlier I described this fatigue, in the chapter about chores, as a reduction in the energy reserves of all adults; including your Dad and Mum. The skin is a sensory organ that reacts visibly to this ongoing fatigue. The face and neck; that are always on display to the gaze of others, gives the first indications with symptoms such as dryness, lines, sagging, loss of skin tone etc.

Most adult women remember when their skin; like yours is now, was firm and glowing with health, vigour and natural colour. In exchange for all of this, as the years pass, adult womanhood can bring with its arrival, experienced sophistication coupled with mature intelligence and graceful poise. Equally who can blame adult women for, in a nice way, envying you for your youth and natural looks, or for trying to preserve the youthful looks they once had?

Earlier I explained the vital difference between a genuine promise and an implied promise. You can see this difference at work while you watch a TV advert for some new "Wonder" cosmetic specially created for adult women. In the Advert we are shown an adult professional model, and the advertisers have selected her because she already has marvellous skin for her age. She is shown using the product then smiling with joyful satisfaction. Without definitely saying so, the advertisers are implying that it will work on all women of any age, however tired their skin. Sales of the product soar, but before you are tempted to laugh at adult women's hopes and dreads, you must understand that the thought twisters also target you. Yes you, with the skin tone and beautiful youthful complexion the envy of all older women. The clever thought twisters who are well aware of your teenage uncertainties and your search for self-confidence, offer you another "Latest Wonder Cosmetic" to buy and use. This will (they imply) give you the sophisticated look and poise of an adult woman. So the thought twisters have got you trying to look like adult women, and adult women trying to look like you. Millions of you, isn't it silly? It certainly is profitable for the makers of cosmetics. The purpose and art of using cosmetics is to enhance, not to replace, what you already have. Beauty depends not on make-up on a face, but on the type of person who lives behind that face.

### **THE ILLUSION NAMED FASHION.**

The fashion world has its roots far back in history. Then, men of power had to find ways to secure their authority over the resentful populations of the areas that they and their armies had conquered and sought to control. To achieve this the conqueror had to make agreements with the conquerors of areas that bordered his. The agreements were always uneasy because just like today, most wealthy powerful men have a fear losing of what they own, and they want what others own. Their fear of losing, feeds their greed. The man of power would make sure that his army was well paid, well housed and well fed, to ensure their loyalty. The man would put his power and wealth on display by living in splendour to impress and to intimidate powerful visitors. His generous display of hospitality would thinly disguise the display of power intended to show that he was not a man to tangle with. He would insist; as part of the display, that his wife and family be dressed in the finest clothes the costliest furs and beautiful jewels. His wife would employ the most skilled dressmakers to design and make her clothes specially and only for her. To visitors, or when visiting others, always she would reflect her husband's wealth and power by the individual and unique way she was dressed.

Now we move through the ages towards modern times. The top dress-designers have always been in demand by wealthy women who require uniquely designed clothes to enhance and to emphasize their own uniqueness. This in turn quite rightly has enhanced, the reputations of these designers. One of the sad things about so many people is their lack of original thought, imagination and ideas. It is so very much easier to follow and copy the ideas of other people, thus avoiding the effort of seeking inside themselves for their own originality. It is easier to believe the illusion called fashion that is offered to them today. It works like this. A top designer prepares a collection of garments, all original designs. He then employs professional models to parade in a fashion show, wearing these original creations. The models are trained in deportment, are young and attractive, and would look marvellous even wearing an old potato sack. The audience at the show consists mainly of buyers employed by huge manufacturers of mass-produced clothing. The buyers buy the original designs for their firms to adapt, copy and then reproduce in their many thousands. The garments are then advertised and sold in the big stores. The emphasis is placed on the originality of the TOP DESIGNER and the fact that you are being offered one of his or her original designs; which, you are. This is the cleverness of the illusion. The whole point is lost because many thousands of women or teenagers are wearing garments of the identical design to yours. So fashion today implies uniqueness and originality, but in reality supplies sameness. To put it another way, the Top Designers and the manufacturers offer you a limited selection of uniforms. Most working people can only afford mass-produced clothing. There is nothing wrong with that but only buy if the garment enhances **you**. Not for the meaningless fact that the top designer's name is on the label and not because your friends and everyone else is wearing the same design. This again is the thinking of a herd, which results in disappointments time and time again. The dress that looked so good on the model may look ridiculous on a person of a different shape or age. This is why I urge you to be selective and original in a way that enhances the uniqueness of **you**, not the reputation of a top dress designer.



**AN ILLUSION CALLED THE LATEST**

One of the most successful confidence tricks that the illusion makers use to lift money from your eager pocket is in the clever use of the meaningless phrase: "THE LATEST". It is meaningless in that you can place your own meaning on it. The thought-twisters use in their TV adverts, young actor or actress models portraying either modern, macho, successful men, or sexy, liberated, go-getter, smart and sophisticated women. The cast of the advert is seen to be using "THE LATEST" automobile, computer, tape deck, laser CD player, hair dryer or whatever else they are paid to sell in the advert. The aim is to imply that to achieve personal success depends on you buying and owning 'THE LATEST'. Again this is the reverse of the truth, which is that to be able to afford to always buy 'THE LATEST' depends upon personal success having already been achieved. For most people it has less to do with success and more to do with buying 'THE LATEST' by borrowing money to buy after signing a hire purchase agreement with the seller. So now let's briefly look at hire purchase.

### **A FEW THOUGHTS ABOUT HIRE PURCHASE**

Hire purchase is also known as buying on credit. Seventy years or so ago it was not thought to be respectable to borrow money to buy something. It was considered far better to save your money and then to pay the price in one lump sum. At that time wages were very low with no certainty of keeping a regular job. During World War Two, many workers serving as armed forces were killed. When the war ended employers found themselves with far more jobs to offer than they had workers to fill them. The employers had to compete with each other by offering the highest wages so that for a while workers had more money in their pockets, but also they had the idea fixed in their minds that the surplus of jobs meant that they would always have secure employment. This idea created a general atmosphere of optimism, which banks and finance houses exploited. The banks did this through the Media by convincing the public that Hire Purchase was respectable and sensible. Cleverly this shifted the focus of the customer's attention away from the actual full price of the article. Instead the customer was encouraged to focus more upon whether or not they could afford the monthly repayments plus interest on the borrowed money. This was regardless of how many monthly payments were required to pay back the whole amount. The workers, who are also the consumers, could not imagine the employment situation would ever change so they chose to believe that to live in debt is both, respectable and safe.

The financial people were eager to lend the money just as they are today because part of the agreement that the borrower has to sign includes paying for an insurance policy that covers the lender's risk in lending the money. This is on top of the amount needed to buy the article, plus the interest you are to pay the lender for lending you the money. This of course is a very tempting way of buying articles that normally you could not buy.

The weekly demands on your pay packet would prevent you from saving the lump sum even though this is a far cheaper way of buying expensive items; it cuts out the large additional costs of insurance and interest.

The consumers that I described, in many cases took on too many H.P. debts simply by confusing their NEEDS with their DESIRES. It was so easy buying everything on H.P. and they had the use of the articles whilst still paying for them. All was well until the employment situation changed and jobs became scarce again. Suddenly all of these people had all of this debt but no job to pay the debts. The result was a lot of worry and misery for the borrowers who had not thought it out beforehand, but not for the lenders who had thought it out beforehand. Please do not think that I am advising you to never use this method of buying, I am advising you to be very careful and selective, and also to be very clear in your mind what you are telling yourself. Because you are actually telling yourself something that you have no way of knowing will turn out to be true: **That there will not be anything in your future that will prevent you from repaying what you owe.** It may make sense for a husband to buy a washing machine for his wife on H.P. credit terms. This as an alternative to his wife washing the family laundry by hand whilst he saves the lump sum to buy a washing machine. This is different to buying luxury goods by this method because it means that you are paying dearly for your own lack of patience and your urge to buy the 'latest'. So now we return to an illusion called the latest.....

Let's look at the meaningless phrase 'THE LATEST'. TV audiences are subjected to a form of brain conditioning several times during an evening for weeks or months at a time. The same adverts with the same message to buy are repeatedly thrust before the viewer's eyes. This until the message is burnt into the viewers' subconscious memory. Often the TV viewer on arrival at the shop to buy will only buy the product repeatedly shown in the TV advert. He or she ignores anything else in the shop that has not been advertised on TV even though it may be better quality for the price than the latest one advertised on TV. It is wise to remind yourself even as you are tempted to rush to the shop to buy 'THE LATEST' that the makers are already manufacturing next year's 'LATEST' whilst their designers are busy designing a "LATEST" for the year after next. Until recently the thought twisters were able to rely upon the public's tendency to avoid thinking things out, also they relied upon H.P. easy payments to make their confidence tricks work. The trick of making the customer chase THE LATEST like a donkey chasing a carrot on a string has been very successful. In fact it has been so successful that manufacturers are able to pay less regard to producing a product expected to have a lifespan measured in years. Instead, they are able to use as their measure how soon after buying the product, the customer will lose interest in it as once again he or she is fooled into chasing "THE LATEST". Today jobs once more are scarce and money is scarce, but still the thought twisters ply their trade. So be warned!

For this reason I have, at some length, tried to make you aware of how your thinking can be twisted without you even realizing that it is happening to you. Though I do not mean that the commercial world is out to swindle you, do remember that they are all in fierce competition with each other for your custom. The more scarce money becomes, the more fiercely they have to compete. You are the target and the prize. To win your custom, the advertisers employ highly paid psychologists, psychiatrists and media analysts who use their skills and expertise, and their knowledge of the mind's suggestibility. These experts use the impact of a combination of symbols, logos, light, colour, shape and the driving beat of music, and then a dominant well-known personality on which to hang the message. Experts into a script for a TV advert that you will see over and over again blend all of these tools of mind manipulation. After a while, the advert will bore you, but they don't care because the message is still burning its way into your mind. Manipulation of customers is not limited to TV advertising. The drinks vending machine in the public place will often have standing beside it another machine vending highly salted snacks that will of course make you thirsty. With the same increased sales aim in mind many places of entertainment increase the heating in the cinema or theatre a little while before the audience's refreshment interval. To get you to spend more than you intended is the aim, and the tricks for achieving this aim are countless so do look out for yourself.



## CHAPTER TEN. HINTS IN A NUTSHELL FOR THE YOUNG ADULT LADY

- (1) Treasure your uniqueness.
- (2) Respect other people's uniqueness hidden behind an ordinary appearance. This of course includes Mum, Dad, and any sisters and brothers.
- (3) Always demand, and be prepared to offer quality in your search for Grace, Poise and Balance.
- (4) Try to always remember that your genuine smile and a few kind words cost you nothing but could be like a shaft of sunlight to those whose lives at that time might seem to be made up of dark and desolate clouds
- (5) You will find it is always easier to find solutions to the problems of other people. Why? Because as it is not your problem your thinking remains unclouded by your emotions: Anger, Hurt, and Jealousy. Emotional solutions are not always the correct or best solutions. This much is obvious. What is not so obvious is how to solve your own problems without becoming swamped by your own emotions. In chapter eleven we explore a simple way of managing emotion.
- (6) Your shyness is like the illusion of a thin paper screen, painted to look exactly like a solid brick wall. Don't be fooled by this illusion, just smile, thrust your hand through the illusion and say, "Hullo, my name is 'XXXX' and I'm very glad to meet you". The screen is painted both sides to look like a solid wall. For this reason many very shy, very friendly people never meet to become friends, fooled as they are by this illusion. You are in charge of you, not your shyness. Always take the initiative. A herd of a million people will always wait until someone else takes the lead, so do keep out of the herd, **you** take the lead.
- (7) Always trust your intuition, it will never let you down even though you will find that many men deride it. Use it in combination with your intellect and intelligence in your relationships with people. In chapter eleven we explore intuition. To avoid telling the entire truth is exactly the same as lying so do listen carefully to what people say to you, and just as importantly, what they avoid saying. What they offer and what they avoid offering. What they definitely promise in words and what they imply with vagueness. Often you can build a more true and accurate picture from what is missing rather than what is there.
- (8) In a long life of ninety-nine years or even longer, the only moment you control is 'NOW' so enjoy it because 'NOW' always feels right: Your 'NOW', your Mum's 'NOW', your Granny's 'NOW'.

## HUMOUR AS AN ASSET

Life seems to be made up of two alternatives from which all other alternatives spring. The main two always boil down to, 'It will happen, or it won't, I will pass the exam, or I won't, the boy will fall in love with me, or he won't'. After you have made your best preparations and most concentrated efforts 'It' may still not happen. That exam still may not be passed. The boy still may not fall in love with you, and so on. As you read this it seems too obvious to mention but to many people, though it is obvious, they fail to apply that knowledge to their everyday life. Instead they pin all their plans hopes and dreams on one main alternative or the other and are shattered when despite all of their efforts the wrong alternative turns up. The reason I have mentioned this is not to teach you what appear to be Cosmic Laws but to try to encourage you early in your life to always allow your thinking, plans and hopes for the future to remain flexible. It is the rigidity of a person's thinking that makes the unavoidable disappointments in life so intense. Here is another appropriate ancient adage. 'One door must close before another door could open' and the doors in the adage are the doors of opportunity. As an example of this, many people desperately cling to what they have because what they have gives them a sense of security and safety. What they have may be employment that they don't like or a partner with whom they find that they have nothing in common. They refuse to try to change the situation even when the opportunity to do so arrives. They have refused to allow one door to close so that another door could open for them.

If you can learn to flow with the river of life instead of clinging to the river bank or swimming against the current then you would discover that living your life would be a lot easier because life is providing the energy instead of you. For example, to you your future is formless, a misty, blurred path that you know you have to travel without a clue where it leads. The uncertainty in your future is one certainty that you could always rely upon. How you choose to regard that fact gives you control over that future, and this is where a sense of humour enters the scene. Try to mentally step back from your own hard and fast plans to look at the situation that faces every human being including you. That uncertain future will not even guarantee that you or anyone you care to name will still be alive tomorrow. If you think about it there is an ironic humour in such a situation that makes rigid plans laughable even for what you will have for breakfast tomorrow morning. I'm not for a moment saying don't plan, just stay flexible, always have another plan or two up your sleeve in case the main plan doesn't come off. Always also try to see the ludicrous side of any situation in which you are involved, even that of attending the funeral of a loved one in the pouring rain of which I have attended many. I have found that it helps with the grief to think of that departed one up there somewhere, free of their tired old body, looking down on we mourners as we get soaked, whilst they, dry, warm and with no more doubt about their future; or ours, find the whole situation hilariously funny.

The alternative to having a sense of humour is to take everything seriously but you will find that this is rather like starving a machine of oil. For a while it will work but stress will build up until some part of the machine will falter. Humour is a lubricant in human situations. Humour always makes you pause for thought, and it will quell your rising anger at other people's anger. It will help you cope with yours and other people's thoughtlessness, mistakes and stupidity. More importantly it will help you to trust that uncertain and blurred future. This will enable you to learn that sometimes the best action is no action, to wait. For example, just like I was when at school, you might be hopeless at most of the subjects they expect you to learn, mathematics, English and French language exams, your pathway to the 'GOOD JOBS'. You might think to yourself, "Oh God, what shall I do? The only thing I can do is find a nice boy to fall in love with, get married early, have children, then I won't have to think about the future any more. To allow yourself to think this way is to devalue yourself. You would be trying to delude yourself into believing that your intelligence would be completely happy and content from your teens to possibly your mid thirties trapped into a life of procreation, soiled nappies, housework, and the limited interest you would gain from a tired teenaged husband's conversation after his day's work. These marriages can work but they place very tight limitations on both partners simply through lack of life's experience, and possibly the wrong motives for entering the marriage in the first place. So what could you do instead?

First of all do your very best to pass the exams, but also find out what you are good at, and what you really enjoy doing. Then turn your attention to the idea of turning that enjoyment into a way of earning a living. It might be dress designing, hairdressing or beautifying yourself or some form of artwork. If you enjoy doing something then learn how to become really good at it, however long it takes. It is always less difficult if you enjoy what you are doing because every new thing you learn about it makes it even more interesting, makes you better at it, and as a bonus, makes you more interesting as you gain more and more expertise. I may be wrong but I doubt if the lack of an exam pass in Algebra or Physics has ever affected how well a Beautician, Hairdresser or dress designer was able to offer their art and skills to people only too eager to receive and pay for them. These are Arts and skills every bit as precise as would be needed in any career that required exam passes in subjects you are never likely to use. So don't ever lose heart because you are not an intellectual genius, they are very hard to live with. We are all such a mixed bunch with hidden talents, that everyone is very good at something. Find out what it is that you are good at, then develop it, and then offer it to the World. You may be the type of person who is better at dealing with people than with things, so remember that caring people earn their living working at something they love doing. In this way marriage and children would fit into your life at the right time and for the right reasons.

**ABOVE ALL ELSE DO DEVELOP A SENSE OF HUMOR AND A SENSE OF THE RIDICULOUS.**

A PUN... People rely upon words to communicate. A pun is a play upon words, which twists generally accepted ways of communicating .So puns always make people groan.

A JOKE ...An amusing anecdote with a punch line at the end, how ever long the joke. Tension builds in the audience as they wait for the punch line. Their laughter is the sudden release of this tension when they hear the punch line.

SARCASM. This is a way of using wit and humour to hurt others. If you use sarcasm you will discover that it is a viciously sharp double-edged sword because it will also hurt you by killing the love and affection that others would offer to you.

## CHAPTER ELEVEN. A MYSTERY, WHY DO WE EXIST?

At some future time during your life you may be drawn to wonder why you exist, and for what purpose. Many people ask such questions as these at times of personal bereavement. A greatly beloved friend or relation dies and we are left to grieve and to wonder where our beloved has gone. During our busy, hectic lives we avoid and postpone giving thought to this subject. Only when the sad occasion arrives does our sense of loss also maybe awaken our sense of curiosity. Does death of his or her physical body also mean that the dearly departed beloved one no longer exists anywhere? Always without thinking about it we regard each of the people around us as a complete person. A sense of shock accompanies the grief felt when he or she dies. This is the shock of realising anew that what we always regarded as one complete person was in fact a living, loving, aware human being who, for his or her lifespan in this physical dimension, had the use of a physical human body. We attend the funeral of the physical human body, but where now is the living, loving, aware, beloved person who has left that body? Does he or she now exist without a physical body in some other dimension?

At times of loss and grief whom may we ask to get believable and logical answers to those questions?

This very much depends upon where on the planet you were born and spent your childhood, because on this planet there are many different religions and belief systems. Each has its ancient and revered holy books, and its learned priests and its many sincere followers of that particular religion or belief system. Naturally, at the loss of a loved one, a grief-stricken follower turns to his or her learned priest to get the answers to those questions. The priest has deeply studied his holy book and sincerely believes in what it has taught him, and from what he has learnt he would genuinely try to answer the follower's questions. Confusion enters the scene here because each religion and belief system has its own holy book that is different to the holy books of other religions. Because each holy book is different it has a very different set of answers for the priest to offer to the grief-stricken follower. This means for example that if you put your questions to priests in Japan, China, or India, Tibet or Iran, Great Britain, the USA or Israel and so on, you would receive a set of totally different, sincerely believed answers from each of these priests. It is as if each different holy book contains an incomplete fragment of the truth, but the priests and followers have been taught from childhood to believe that only 'their ' holy book contains the entire truth and so all other religious belief systems must be untrue.

You've no doubt heard of the saying, "It's a small world" but it wasn't always a small world. Once upon a time not so long ago it seemed then to be a huge world because travellers were tightly limited by their means of transport. The lucky few rode horses or in horse-drawn carriages, but for most of mankind all over the planet, travel meant walking, and so folks, wherever they lived, mostly didn't wander very far from their own communities.

To travel overseas was a perilous voyage into the unknown in a sailing ship always at the mercy of the elements. A ship might take weeks or months to reach its destination, and so except for traders, and intrepid explorers, most people remained in their own countries. This meant that the peoples of the many nations remained isolated from each other. Because of this isolation they never came in contact with the religions and belief systems of the other nations of the world. It is a sad fact that when an isolated population is taught from birth onwards to believe in the teachings of a religion nearly everyone of that population will support each other in that religious belief whether it is the truth or not. It is the easy, safe and lazy way to go along with the non-thinking, non-questioning crowd. It takes courage to insist upon thinking things out for your self and to question anything you are expected to believe without proof. At one time anyone that did question what he or she was expected by all to believe, risked the death penalty for being found guilty of Heresy. Our world seemed to become smaller when machines driven by steam were invented. These machines enabled ships to no longer be reliant on the winds, and vehicles no longer relied upon horses to pull them along. The latter gave to the ordinary people of a nation a freedom to travel and to mix and meet each other that they never had before. Much later, with the introduction of commercial airlines and shipping, the world seemed to shrink to an even smaller size when the ordinary people of the isolated nations were able to mix and learn from the folks of other nations. Today we have the precious freedom of the Internet that gives each of us the chance to create lasting friendships with people all over the planet. The once huge world full of isolated nations peopled with strange, foreigners, is now shrinking to the size of a global village with a multi-coloured community named Mankind.

At last we have escaped from the trap of isolation. Whilst we were caught in that trap our only sources of information, true or false, were what our political leaders, and religious teachers chose to tell us all. Rather like a drug, power over the people that a leader leads is addictive. This is sometimes, but not always, the reason why elderly politicians and elderly high priests cling to their seats of power long after ordinary working people have gratefully taken their retirement from work. Most people don't crave for power; they are preoccupied with earning an income and living their busy lives. Most working people seldom think deeply about politics or religion and so would choose to believe anything their politicians or priests chose to tell them. If a leader chose to tell his people that they were threatened by another nation, whether this be true or not, the people would choose to believe him. The leader would use his power to make quite sure that the people would be so filled with fear that they would eagerly give him yet more power to take their nation to war. No longer are we trapped by isolation. Today everywhere on the planet ordinary people are linking up with each other. Rapidly like the dawn of a new day we now realize that wherever and whoever we are on Planet Earth we all have similar hopes and dreams, fears and worries. This is regardless of what our leaders might want us to believe about each other.

We all are living during an extraordinary period of mankind's history. This, like never before, is a period of rapid change and of mental and spiritual evolvement for mankind as a race, and as individual human beings. After many centuries of being fooled and manipulated by their leaders into the madness of wars, billions of individual ordinary human beings of all nations are standing up to demand that Earth becomes a world of peace. Every individual is unique and unrepeated throughout Creation, and so when I use the word ordinary I simply mean that they are not leaders of nations, politicians or leaders of established religions, I mean the great multitude of working people all over the world who just wish to peacefully live their lives in harmony with everyone. At last these countless ordinary people are standing up to clearly and loudly say what they want and intend to have.

What is the next change we may expect to witness in our global village scenario? It will be when all of those separate and different religions and belief systems agree to bring together into one belief system all of those different fragments of the entire truth. It will be a painful experience for the priests and for their congregations because of the inflexibility of their belief only in their own religions. It will require all to swallow their pride enough to publicly admit that no religion has got it completely right, and no religion has got it completely wrong. All of these changes have yet to happen in the world but the seeds of change are planted and nothing could stop them from germinating and taking root. Meanwhile if and when the time comes for you to ask those questions I posed at the start of this chapter how could you bypass all the religious confusion to seek for your answers? There is a very ancient, simple method that you could use, and this method only requires you. No one else is needed.

In an earlier chapter I explained that the real nature of your conscience is your inner-self sending signals of awareness to you. Also that you only receive these uncomfortable signals when you choose to make a freewill action that you know in your heart is wrong for you. In the same chapter I mentioned your mother's use of her intuition, and that intuitively she would sense a barrier had come between her and you. So before I explain how to use the method it could be helpful if we first briefly explore the subjects of, Inner-self, Conscience, and Intuition. In our daily lives you would already know that everyone uses five physical senses, the senses of smell, and of touch, and the senses of taste, of sight, and of hearing. What you might not know is that everyone on the planet has access to other senses that seldom intrude into their daily lives. Because those extra senses seldom intrude many people find it difficult to believe that those extra senses exist to be used. The five physical senses are quite adequate for any human being to live his or her physical life, but, simply because they are not designed for it, physical senses are of no use when trying to sense anything that exists outside of physical life. This would mean that like the majority of people, from birth to death you could rely upon and only use your five senses. This would also mean that you would always have to rely upon other people, for example the priests, for the answers to your questions about the afterlife.

This wouldn't be much help when you received different answers from different priests, because you wouldn't know which priest to believe. So we return to the original question. Who could you ask to receive believable and logical answers?

Odd though it sounds I have to tell you that the only person who has those answers is you, and this is where intuition, signals from your conscience, and your inner-self enters the scene. First let's look at Intuition. To 'know' from your own first-hand experience is totally different to believing knowledge received from other people. I'll give you a simple example. When you were a child a million people could have told you that ice cream is delicious, but if you had never tasted ice cream you couldn't 'know' that it is delicious, you could only believe that it is so. Regardless of what a million people told you, only when you tasted ice cream would you 'know' that it is delicious. In a similar way most religious beliefs are based upon what this or that mystic or prophet of long ago told his or her followers when, we are told, God spoke to him or her. Our interest is the personal first-hand experience of the mystic or prophet, not the handed down belief of his or her followers. The mystic or prophet had learnt to develop and use those extra senses that we all could learn to use if we would only believe that we have them to use. Let us be clear about this, the mystics or prophets of olden times were no different to you or to me. Just like we have now, they had physical bodies that perspired when it was hot and shivered when it was cold. Sometimes they felt full of energy and other times they felt tiredness. They had to sleep, eat and drink just like we have to today. They had similar emotions, worries, hopes and dreams as we do today. Each of them was a unique human being just as each of us today is unique throughout Creation. Prophets and mystics exist in our world today but now we think of them as Psychic mediums or Clairvoyants. These have learnt how to develop and use those extra senses, but first they had to learn complete control of self. Let us try to understand what we mean by the word 'self' and why self needs to be under your control.

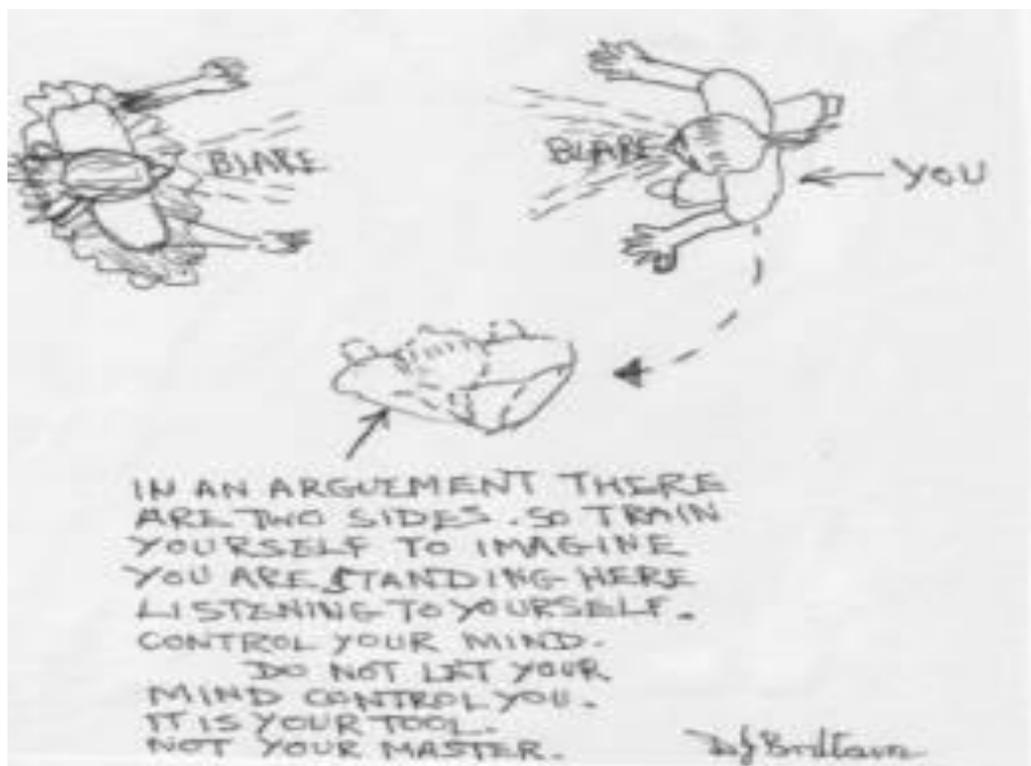
It might sound strange to you, but during physical life each human being is a trio. The three members of this trio exist together and each member acts out its essential role. The trio is made up of 'unique you' that does the thinking and imagining for your trio, and is, or should be, the leader in charge of the trio. The second member is your mind, and its role is to enrich your thoughts with emotions, and to also monitor your trio for harmony and balance. The third member of your trio is your physical body, and its role is to enable 'unique you' to interact with the physical world around you. Your mind acts as the linkage between 'unique you' and your body via your brain. This really means that your mind acts as a lens, or projection screen through which 'unique you' perceives and thinks about the physical world. The snag is that if you allow it to, your mind may often also cloud and distort with emotions how you perceive and think about the world around you. You might wonder how you could not allow your emotions and feelings to influence your thoughts? This takes practice but it is easier than it sounds and I will give you a comparison and then an example to explain what I mean.

First let's have the comparison. The third member of your trio is your physical body, and if it is injured it will send signals to your mind that 'unique you' would feel and acknowledge in your thoughts, as pain. You have consciously acknowledged in your thoughts the signal of pain, and you then 'think' of doing something to remove the pain. In a similar way the role of your mind is to supply a flow of emotion that exactly matches what you are currently thinking. Your mind cannot think because thinking is the role of 'unique you' but mind is able to sense the level of harmony and balance contained in your thoughts as you think them. Here it is helpful to know that your outlook on life governs the level of harmony and balance in your thoughts and your level of understanding of life at the time governs this. Now we get to the example.

In our example we have three human beings. The first is a young lady aged fifteen years who is rather shy and doesn't yet have much experience of life or much self-confidence. The second is a lady aged twenty-five years, with more experience of life, and she is full of self-confidence. The third is a thoughtless male or female person who enjoys making stupid, hurtful remarks such as, "My Goodness! You are ugly" The effect of such a remark made to the fifteen year old would be entirely different to the effect on the twenty-five year old. Why? Because the older woman's greater experience of life would remind her that stupid, thoughtless people exist, and to not take their hurtful remarks seriously. Because of her higher level of understanding her thoughts would remain in a state of harmony and balance. The effect of the same remark, if made to the fifteen year old, would be entirely different. The cruel remark would add to the uncertainties in her thoughts. Harmony and balance in her thoughts would be instantly replaced by the turmoil of confusion as she struggled to analyse the cruel remark for truth. The role of her mind is to instantly match the current level of harmony and balance in her thoughts with a flow of the correct emotions, which in this case would be fear in the form of alarm, hurt feelings and self-doubt, followed by anger, but why anger? Mind is like a nervous, fiercely protective child that cannot think but can instantly sense and react if danger threatens the trio. Mind's only available reaction to danger is instinctive and automatic, and it consists of 'flight' away from the danger or face and 'fight' to remove the danger. This reaction is appropriate if danger threatens the physical body. Unfortunately this same reaction is not always appropriate when applied to the current thinking of 'unique you'.

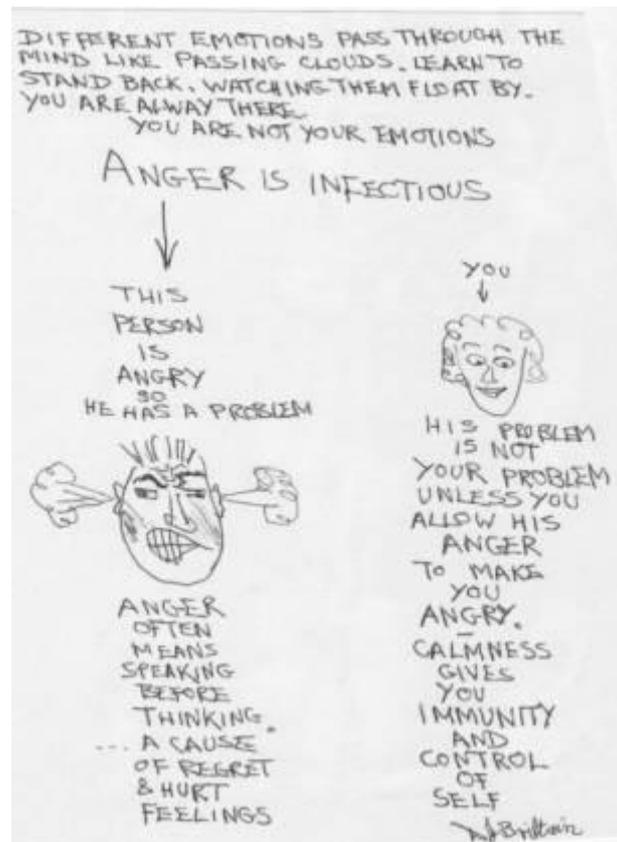
Mind is not equipped to comprehend the contents of the cruel remark, but is equipped to sense its effect on the thinking of 'unique you'. Mind would instantly sense this effect as danger and would react as I have described. Anger is an emotional reaction to a threat from outside of the trio, and the current level of understanding governs it. When flight from a threat is impossible the thinking of 'unique you' with a lower level of understanding would be flooded with a flow of fear and anger, because the only alternative would be to fight the threat. The flood of anger would blind you the leader of the trio to everything beyond fighting the threat. In this context the flood of anger would be serving a useful purpose.

Earlier I explained that your level of understanding would continuously expand as you journey through and experience life. How could you aid this expansion? You could aid it by consciously acknowledging your emotions as they enter your thoughts. In the comparison I offered, you consciously acknowledged as pain, signals from your body. In a similar way you could teach yourself to consciously acknowledge your emotions as they arrive from your mind to enter the thoughts of 'unique you'. For example, " I feel angry", or, "I feel worried", or even, "I feel happy", but by doing this what have you actually done? You have converted the vague but powerful emotion into clear thought. You haven't crushed or stifled the emotion; you have simply converted its energy into thought and in this way you have removed the emotion's power to cloud your clarity of thought. You don't become coldly unemotional, but in this way you learn to understand your own emotions as you feel them.



In turn this helps you to understand how emotions affect and distort the clear thinking of the people that you meet during your life. Lastly let's look at the meanings of two words that are always appropriate when we feel anger entering our thoughts, the words are React and Respond. **It would be wise to remember that all emotions are very contagious.** This means that if you allow it to happen the emotions felt by other people may cause similar emotions to be felt by you. This is fine if the emotion is joy and happiness, but suppose the emotion felt by the other person is anger, and the anger is directed at you? This is where those two words enter the scene because you only have two choices when faced with anger, to either react or to respond to it.

An angry person expects you to defend yourself with an angry reaction, to resist his or her anger with your own anger. When you react with anger the resistance that you generate allows the anger of the other person to intensify and grow. In fact you have opened yourself to emotional contagion because their anger has then also become your anger. When you respond with a calmer emotion to the anger of others you generate no resistance and so they have to convert their anger into a more reasonable emotion.



The role of mind is to enrich your thoughts with emotion, otherwise 'unique you' would think like an emotionless robot. Earlier I explained that your level of understanding when you thought those thoughts governs the intensity of emotion you would feel entering your thoughts. I also explained that your level of understanding would continuously increase throughout your entire lifespan. This means that the intense emotions felt by you when aged fifteen years would not be appropriate to your thinking, and level of understanding, ten years later. All of this may seem obvious until we explore yet another role of mind.

#### **Mind: Your filing clerk.**

So that 'unique you' can learn from your past experiences, every thought that you think has to be stored in your memory for future reference, and your mind is your filing clerk. Mind supplies the emotion that exactly matches the thought as you think it. We could compare your thought with a letter, and the supplied emotion as the envelope that contains the letter. The letter must automatically be filed in your memory by mind, but what about the envelope?

The envelope has done its job so you don't need it anymore, but unless you consciously remove the envelope, mind will file the envelope with the letter. In your everyday life what does this mean? It means that a few or many years later when you draw the same thought from your memory you will feel the same intensity of emotion as you felt at the time when you thought the thought. This is why for many people, later in life, their enjoyment of 'now' is spoiled by their bitter and sour memories of past hurts inflicted upon them by others, or guilt over past hurts inflicted by them upon others.

How could you avoid this happening to you? Simply by teaching yourself to acknowledge your emotions as mind sends them to you. Mind must always exist in a state of harmony and balance. When mind receives the thought, with its envelope of emotion, mind will file the emotion with the thought, but mind will also sense a lack of harmony and balance in what you have sent to it to file. During the many busy years of your life mind is also kept busy filing the continuous flow of your current thoughts, and so the disharmonious thought is soon deeply buried in your memory. There it remains until age or illness prevents you from being busy. Then sensing a lull in your thoughts mind will return that disharmonious thought to you to enable you to use your higher level of understanding to remove the envelope. You could remove the envelope by thinking, "I felt angry or hurt, or guilty at the time, but I don't intend to feel that way any more" By converting the emotion into clear thought you are in fact putting the envelope into the wastepaper bin so that only the letter is returned to your mind to be filed. Many years later when you recall that thought from your memory you won't feel the intense hurt, guilt or bitterness that you felt at the time all those years ago.

We have explored some of the many reasons why 'unique you' needs to be in control of his or her trio. Now we may explore the method that only needs 'UNIQUE YOU'.

Mind is the lens or projection screen through which 'unique you' perceives, communicates with, and thinks about the physical world. Suppose what 'unique you' wished to perceive and communicate with, was not of the physical world, what would 'unique you' use to perceive the non-physical? The answer is your mind the very same mind that enables you to communicate with others in the physical also enables you to communicate with others in the non-physical. Your mind is your tool and just the same as with any tool you have to learn how to control and direct it if it is to achieve the results that you require. In your daily life your mind knows more or less what you require from it, but when you wish to use the method you have to teach your mind to stand back and simply act as a projection screen. The method is named Meditation and whilst you meditate 'unique you' has to take on the role of an observer. Put simply, during your busy day 'unique you' interacts with anything that appears on your mind's projection screen. This is very different to when, for example, you go to a cinema to see a movie. If it is an interesting movie you would relax in your seat and become totally immersed in observing what was on the screen, and your relaxed physical body would be almost forgotten.

You would be so engrossed by the movie that no thoughts about tomorrow, or what you'll have for supper tonight enter your head. Sitting in the darkened cinema while you observed the movie it wouldn't matter whether you were alone or amid an audience of many people because only 'unique you' and the movie would seem to exist. Only after the movie ended would you think about and analyse its content and story. Now we take the example a little farther. If you arrived too early you would have to sit in your cinema seat and wait for the movie to begin, and as you idly gazed around and at the blank cinema screen all sorts of mundane thoughts would enter your head. How does this apply to Meditation? It applies because exactly the same thing happens when you choose to meditate.

To meditate takes time, patience, and requires you to find the time during your busy day. It also requires you to really want to meditate so that doing so doesn't become a chore. Next you need somewhere, maybe your bedroom, where for a precious half an hour or so you could relax and not be disturbed by anyone. Just like at the movies you need to relax your body so that you can forget it is there. Either sitting or laying on your bed you close your eyes and quieten your mind by listening to the sound of your breathing, and then you wait. Whilst you wait, just like when you idly waited for the movie to begin, mundane thoughts will enter your head. When this happens, as it certainly will, just ignore the thoughts and concentrate on the sound of your breathing. If you are patient with yourself the stream of thoughts will fade away and will leave the projection screen of your mind blank. The first time I tried to meditate I fell asleep and probably you will as well, but don't lose heart if this happens. Just keep trying as and when you are able to, and eventually you will enter the meditative state. The meditative state is also known as the altered state, and it is you that consciously chose to alter your normal state of consciousness.

Put simply, just like switching channels on a TV or radio you have redirected or retuned your mind to receive from inwards instead of from outwards. For these precious half hour sessions you intend to activate and develop the link with your inner self. Your inner self is also known as your higher self. Your higher self is the part of your intelligence that seldom intrudes into your daily life. It always waits for you to invite it to enter and to guide you as you live that daily life. Your higher self is the source of those signals that warn you when you are wandering off course. When you allow yourself to be guided by your intuition the guidance you receive is sent to you from your higher self via your intuitional link. With this link you are always linked to God your Creator via your own higher self. When you practice meditation you are consciously strengthening and widening that linkage to allow more and more guidance to flow down it just when you need it. Then it is your freewill choice whether you follow that guidance or not. What form might this guidance take? While you meditate you might be shown people or places that are unfamiliar to you, but whatever you are shown, only observe and remember it, then write it down in a notebook at the end of each session to keep as a record.

What you are shown might not make sense at the time but later its meaning will become clear to you when you refer back to your notes. Only after your session do you think about and absorb what you were shown. The main reason to meditate is to strengthen your intuitive link and now I'll explain why. Throughout your life you will be faced with choices that you will have to make. Each choice that you make will affect your future in some way. The choices that you made in the past have led you to where and what you are today. Because here in the physical dimension you are not able to see into the future you made those choices with no idea of what the outcomes would be. Time is the difference between existing in this physical dimension, and existence in the non-physical dimensions. Only in this physical dimension do past, present, and future seem to follow in sequence. In the non-physical dimensions there is only 'now' where all of the choices have been made and all the outcomes of those choices are known. 'Unique you' has chosen to live a physical lifespan in a dimension where time exists and where you can't see the future, and so your life here has to be made up of choices. Everyone around you is faced with this same situation and so couldn't help you with your choices. Help and guidance with your choices is available when you consult your higher self. Your higher self, existing in that higher dimension, has access to your future. This means that with the help of your higher self, when you have difficult choices to make you would intuitively 'know' which was the correct choice, it would **'feel right'** to you. When I have difficult choices to make I always seek the guidance of my higher self and ask that the future outcome of any choice I make will be to the benefit all that would be affected by the outcome of that choice.

Earlier I mentioned that your physical senses are not designed nor equipped to sense anything or anyone that exists in the non-physical. This means that you have to activate and develop those special senses that are attuned to the non-physical. Your higher self is the main part of 'unique you' that always exists in the non-physical dimensions. It may sound very strange when I tell you that 'unique you' the one you would think of as 'Me' is also nonphysical. 'Non-physical, unique you' previously chose to experience, and to learn lessons from, a lifespan in this physical dimension via the limitations of a physical human body. The drawback with any physical body is that it has to obey the laws of this physical dimension for example, the law of gravity and its aging effect on the human body that we discussed in an earlier chapter. In turn this means that when in the non-physical even as we choose to have this experience in the physical we already realize that the future physical lifespan experience will end before we have learnt all of the lessons we planned to learn. The only way 'unique you' could choose to enter into physical life is as the soul of a physical baby that is forming in its mother's womb.

To make this possible and bearable you would leave in the non-physical dimension all of your memories of previous lives lived in the physical and the non-physical. You would commence your physical lifespan with your memory a complete blank.

At your birth your parents and family would be full of joy. Many years later when your physical lifespan ended, those dear ones you left behind in the physical would be filled with grief because they wouldn't realize that you were still alive, conscious and aware, and now released from your old and worn-out physical body. What would you take with you when you left the physical, and what would you face on your return to the non-physical dimension? You started your physical lifespan with a blank memory, and so all that you could take with you would be what you had learnt during that lifespan. If you had been taught to believe that heaven, hell, and god's stern judgment awaited you, you would probably face your transition with fear and trepidation. To help to quell your fears there would be to meet you trusted and beloved friends and relations who had already made the transition before you did. These would, from personal experience be able to re-assure you and guide you to the level where all of your memories of all of your many, many past-lives would return to you. What would you do then? You would realize that you are truly unique and that no one including your Creator has the right to judge you. Only you have that right. You would realize that you had just awakened from another dream, a dream in which you had chosen to live another lifespan in a physical dimension. You would also realize that in each of those physical lives you had learnt valuable lessons about yourself, and that you have many lessons yet to learn. Then in your own timing, and after assessing what you learnt or failed to learn in that last physical lifespan, you would plan to re-enter the classroom of physical existence yet again to learn more and more about yourself. Every lesson that you learnt would never have to be learnt again, and each time you returned to the non-physical your progress would bring you nearer to the higher dimension in which your higher self resides. You and your higher self would merge together, always learning, evolving, and moving closer to your Creator's level of perfection.

This chapter reflects my personal spiritual beliefs that I use to guide me through my life. I have offered them to you simply to help you to expand your thinking. I want your thinking to become flexible enough to realize that there are many ways of thinking about why you exist, not just the few ways offered by the religions of the world. When you are ready you will find your own pathway to your Creator.

Love and Laughter, and the best of Luck

From

David Brittain

April 2004

## **BOOKS WRITTEN BY DAVID AND YVONNE BRITTAIN**

**The gentle art**

**A journey through the spheres**

**Not just how but why?**

**Food for thought on the Ascension path**

**A flavour of the Languedoc**

**Life is hell and then you die (or would you run that by me one more time)**

**Hints for all special granddaughters**

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### **About the authors:**

Yvonne and David are spiritual seekers, both, self-educated in the 'down to earth' University of Life.

In 1991 Yvonne and David took early retirement and were guided to southern France to continue their spiritual and energy work. Since their arrival in France, together they founded the Ascension Support Team, dedicated to networking Ascension Process information to seekers throughout the world.

### **Yvonne:**

Naturally psychic since childhood, Yvonne developed her gifts to also become a past-lives regression therapist, and a trapped soul rescue/release consultant. Today amid the Pyrenean Foothills (Land of medieval Cathars) Yvonne uses her gifts to locate and release countless souls, victims who died amid the flames of the heretic's fire.

### **David:**

1975 Learnt spiritual healing. Enabled David to ease pain of a spinal cancer victim when orthodox treatment failed. 1988, psychically via wife Yvonne, David was told, "Stop reading and start writing. With no idea what to write, David tried and the information flowed. Not channelled from ascended masters, but intuitively from David's higher self.