A Manifesto: Getting more health, happiness, freedom, and success into your life in spite of Life's booby-traps.

by Dr. Robert C. Worstell

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Publisher's Warning:

There is no red pill/blue pill.

What you are about to read will change your life from here on out.

After you start reading this manifesto, you're going to be thinking differently.

Some people start seeing things they've *never* noticed before—secrets hidden in plain sight.

Many experience relief, even joy.

Others start getting annoyed (some, extremely) with the people around them, and then dissatisfied with their life and the choices they've made.

But you will be changed.

Guaranteed

Your only other choice is to close this book.

Now.

You've been warned...

INTRODUCTION

The Elevator Pitch

About 5% of the population know for a fact that the world is filled with endless opportunities and that a person can be and have whatever they want. This is achieved by learning what they need to know from freely available sources.

The other 95% don't believe it and actively work to make sure no one else does either.

What you believe is your choice.

That always has been, always will be.

The Short Version

- You've never been trained how to think rationally.
 Instead, you've been emotionally misprogrammed to have knee-jerk reactions. That allows you to remain a wage-slave—and sold just about anything.
- Your diet has been filled with mass-produced "food" stuffs that are causing diseases instead of maintaining consistent good health.
- Conventional business is consistently promoted based on shortcuts, which are based on deceptive economic theory. People are taught to chase money as an object instead of increasing the value of produced goods and so, their exchange value.
 - The result: 1% of our population controls 90% of the world's wealth.
- Most people go to work at jobs they hate, with no secure retirement, living in fear of being fired. People should

love what they do and do what they love. But they have no clue how to leave the rat-race treadmill they are on.

- Routes to resolve the above are well booby-trapped. Each route influences the others directly, so attempting to solve one without the others usually ends poorly.
- Powerful tools that could solve these problems have been also the most discredited. The problems embedded at the level of just making a living and staying alive have kept people from even seeing these tools, much less putting them to work at finding solutions.

Sound familiar?

Read on...

How to Read This Book

Anyway you feel like. Forwards. Backwards. Upside down.

Seriously.

Start anywhere that gets your attention.

Or put it away until you feel like reading it.

When the time is right, you'll be reminded.

Otherwise, give it away. Someone else might need it more than you right now.

Because by now, you have the key points.

And you'll be haunted from here on out until you prove them or disprove them for yourself.

You might even need to read the rest of this manifesto at some point. Maybe.

Just the way life works.

Your choice.

Have fun with this.

Begin Here

The biggest problem you have stems from what you haven't been taught.

- It's not in any curriculum at any school—I don't know that it ever has been.
- The government ignores this, but talks about it all the time.
- Several authors through history have written books with this in the title, but never get around to actually defining it for anyone.
- It's said that it's something you learn when growing up, but ask your parents about this and you'll get a blank look.
- Practically, this is harder to talk about than sex—and there aren't even any scandalous magazines printed about it.
- *Yet <u>everyone</u> can do this*. Everyone can practice this. Everyone can learn how to improve their skills with this.

This is probably the first time a simple explanation for this hidden subject has been put into words, let alone print:

Sensical (Sensible, "Makes Sense") is where Emotional thought agrees with Rational thought.

If you read nothing further, I've done my job here.

Take that definition and test it for yourself. When you can emotionally "get behind" something, and it is the rational "thing to do," then it's a sensible action to take. You'll find that you will do sensical/sensible things and not do non-sensical things (unless you are a comedian or a politician. Comedians who become politicians, well...)

That is the point of this book:

- Accept all data conditionally—test everything you hear, read, or experience.
- Adopt only those ideas and "facts" you've proved as workable for yourself.

I'll tell you why this works and how as we go along.

Why I'm Writing This Book

Short answer: because it's the sensical thing to do.

It's taken me most of this life to get up to this point—all of it, in fact. So you will be getting the summation of over a half-century of thinking and figuring things out.

Why did it take so long?

Because I had to go there in order to get here.

For many years, I've known that I needed to help the world become a better place, I just didn't know how.

I joined a group who said they were going to do just that—and swallowed their cult Kool-Aid for a couple of decades as a full-time staffer. But their rosy promises turned out to be merely based on popular self-help clichés, covered with a thick facade of PR.

When I finally got back out into the "real world," I found it wasn't much better. There were simply some very thin facades being used as an attempt to disguise some very stupid conclusions by otherwise bright and well-meaning people.

I wasn't really interested in explanations. I was interested in the very bottom-level "whys" that would give a complete and final answer to questions along the line of "This doesn't make sense—how come?"

The penny dropped finally when I was studying some classic books in copywriting (which is really the study of "what to tell

people to help them get started doing what they really want to do anyway") and found a simple answer to the question, "When did something make sense?"

At that point, most of my life's research and studies fell neatly into place.

Thud.

I found I was sitting on a wealth of data I'd accumulated and stashed on various hard-drives that had survived all the computers I'd worn out. I always thought that it was a shame to have this data and not be able to do anything effective with it.

Along this route of recovering from that cult, I got into writing, editing, and (re-) publishing books. Their lack of sales (despite the self-publishing boom) led me into a study of marketing, which led me to copywriting, which led me to you. And you might be reading (or listening to) this in a book form right now.

Why am I doing this?

To help you any way I can.

Along the line of these various studies, some very basic laws kept showing up.

One of these is called the Golden Rule (but it also goes by many other names.)

The bottom line to this is that you're always treated as you treat others. (The late Wayne Dyer humorously said that the way you treat others just trains them how to treat you.)

So if you want people to help you get rich, you have to help them get rich—first.

If you want world peace, then not only do you have to be at peace with yourself, but you have to constantly be peaceful in all your actions.

Of course, if you want people to act sensical around you, you have to live sensical yourself and help others live sensical.

All this led to my finally deciding to accept the fact that I had to become an evangelist for Living Sensical—even though I didn't know what to call it at the time.

This Stuff Isn't Easy

But you know that already.

What you are going to be asked to do is to examine *every* assumption you've made, *all* the training you've already gone through, *everything* your parents and teachers and mentors have ever told you. You'll review *everything* you've ever read or heard or saw.

You'll even start examining most of the thoughts that go through your head with a clinical detachment.

Everything has to be scrutinized under the "Is This Sensical?" mental microscope.

OK—you can throw this book over into a corner now. Or turn off your computer, switch channels, or go get a snack or favorite beverage.

But the "damage" has been done.

Now you will actually start thinking this way—is this sensical? What is sensical about that? Does that person even know what they are talking about? Did they simply base that rant on some non-sensical assumption?

This is your life from here on out. Even if you never pick up this book again.

No, I'm not going to apologize. I did this on purpose.

You're welcome.

How This Works...

...is just as well as you work it out for yourself.

You might as well start over and re-read everything I've already told you by now. Decide on each point whether it's sensical for you. Then reject it if it's completely wrong, change it if it's partly right for you. Accept and build on it *only* if it makes complete sense as it is presented.

Only you can decide what is sensical and why it is.

Because we are each individuals. And that's the way this particular game of life is played. There is no one-size-fits-all school of thought that has all the teachers.

Life is a buffet. You pick out what and how much you want from what's available.

Most people do a good job at this.

But it's *your* life that is *most* important.

My opinion is only that *you* should decide for *yourself*, and form your *own* opinion based on what *you* believe to be sensical.

What we are going to cover first is how to think sensical—which is really how to get free from the multitude of scams out there.

You'll hear about one workable, natural system that *can* be used to make sense of the world.

You are expected to *reject all of it until you've tested it for yourself.* If you take years to get through this book, taking a single sentence or paragraph at a time, it will be time well spent—or not.

People revise their world-view on the fly—it's a normal function of survival.

What you're doing here is learning to take your reviewing and revising off automatic.

You are even going to have to review your own reviewing process.

Then you test your new world-view to see if it works.

The object is to start living more successfully than you ever had before—by learning to start living sensical.

We're just going to be giving you more life tools to use on that story-journey you're already on.

The chapters that follow explore what's been discovered and these are now available to you to do what you want with. Improving your life is up to you, as is the idea that all this is mere entertainment...

Your choice.

As always.

This Manifesto Sells Hope.

That's probably the simplest way to put it.

Of course, it immediately wades through some of the worst nonsensical dogma that commonly passes for "wisdom" these days.

And the conclusions are breathtaking at the end.

But you don't have to follow this book in any particular order.

Wade into the middle if you want. Or skip to the end and read that first.

You can also just pick a random chapter and start there. Or wherever it looks interesting to you.

You see, what is being restored here is your own freedom of choice.

What you choose will make you happy or sad, rich or poor, enlightened or average.

Consider this: your life outside reflects your thoughts inside.

So the fastest way to improve the life you're leading is to improve how you *consider* the way you want to live.

Of course, you can speed this up by getting rid of stuff around you that doesn't support any progress you want to make.

But all this manifesto really says is this:

Everything is your choice.

Have fun with this.

SECTION I: The Problems

1. Mind Problems—Keeping You Enslaved The Problem

You are surrounded by people who have no clue how the mind operates or how people make decisions—yet base their lifechoices on those ideas.

Not that certain people wouldn't like to know. Multitudes of studies have been done, backed by government financing, to figure out how to "control" people or make them more controllable.

Factually, such efforts are a dead end, since the mind is one of those free things you inherit at birth and are constantly changing from there on out. Minds can be controlled about as much as you can tell the wind to blow in a different direction or tell the rain to stop or start. "Herding cats" would be simpler.

You can decide anything you want. Once you do, it's common to set up your world so that it reinforces those beliefs. The house you live in, the car you drive, the computers you use, the friends you associate with—they all reinforce your world-view.

Everything you buy or acquire is a tool or symbol to help you on your life-journey, and they all reinforce your beliefs.

Discussion

Controlling people's minds has been a constant motivation for governments and corporations. It didn't start or stop with Hitler. Madison Avenue started investing heavily in psychological studies after the Second World War, all in search of a "pushbutton" society.

Reason: The insecure constantly seek to control others in their efforts to get their own life "under control."

The trick is that *no one can control your mind unless you let them*. All the brainwashing done by both sides during that war was undone naturally when those people returned home. This current rash of PTSD (post-traumatic stress disorder) is really the problem of the mind working to reconcile some traumatic war (or life) experiences with what we call "normal living."

Psychiatrists get paid by how many sick people they treat. It's not surprising that they keep expanding what behavior is defined as "mental illness" so they can get more (mostly government – meaning: your) money to treat people. (One report I read recently said "they" estimated the "mentally ill" as 25% of the total population.)

Most of psychology and psychiatry are based on Freud's work with the insane, as well as pretty bizarre tests done on rats, monkeys, and other animals—all to tell us how we think and act.

My oldest brother had a rough time with this. He studied psychology in college and would come back home to find that little of what he'd studied actually worked in the real world. Oldest and youngest siblings were supposed to get all the attention and so would exhibit the most talent. Unfortunately for him, this middle child was more gifted artistically than any of his siblings. So much for that theory. Finally, in grad school, that brother switched majors to plant genetics and never looked back. Good for him (and good for all of us.)

Internet Marketing (IM), which is always chasing shortcuts, has settled on a simplistic (and false) idea that people are all cut from the same cloth. The IM guys think it's all a matter of Pain vs. Pleasure, with pain being a stronger motivation than pleasure.

No wonder that people hate advertising—it mostly tells people how stupid advertisers think *they* are. Most of these ads are designed to tell you how bad it's going to get if you do *anything* except buy their product.

"News" media also follow this trend. They are operating on the "car wreck" scenario, thinking that people will stay glued to their channel and watch all their advertising if they go from one bad situation to the next one.

It's just *all* bad news. Very seldom anything good or hopeful, except for local news channels who do this more infrequently.

(But then, *all* conventional TV and radio programming was and is created to sell advertising as its chief goal. You aren't watching or listening to be educated or enlightened—you're there to buy stuff. Even the "sponsors" for public TV and radio were formed from that same mold. Nothing is free except what you were born with.)

While I'd worked in that cult for those many years, it was all dependent on a single person being Source for all others to follow. That single person said that there was only *one* route out —and his was the *only* way. Monolithic and horse-blindered belief was required.

After I left, I had to then study the entire field of self-help and personal improvement, as I had a real need to prove or disprove for myself that these actually worked.

I found that there were bona-fide results in these fields that science actually supported. The same results could be achieved by nearly anyone with even the most rudimentary training and no blindfolded faith was required. Silva Method and the Release Technique, as well as Transcendental Meditation were all well-studied and routinely returned positive results.

Also, studying successful people revealed that there were many books they mentioned or referred to in common. These books were also regular best sellers long after their authors were dead, which points to effective knowledge well presented.

Bestselling public domain self-help books were compared and several common points showed up in almost all of them.

That concept of looking up public domain books to find evergreen material has stuck with me—particularly since these tend to buck what is *currently* passing for conventional "wisdom."

These books also help us to avoid the charisma traps. Dead authors attract no mesmerized crowds with open pocketbooks and ready credit cards. That personal flame is seldom passed.

I could go on and on about the over-hyped modern fads built up by a single author or several working as a cabal to push each other's sales up.

If you chase these books back to where they got their data, you will almost always (these days) find they got their inspiration from other books and earlier authors.

Those authors I have found that experienced a life-changing epiphany or revelation had to then go back and study earlier works to understand what had just happened—and so became channels for even earlier authors.

As a sidebar: you'll also find that some bestselling public domain classics were well researched:

- **Napoleon Hill** interviewed over 500 movers and shakers of his day to distill a "Success Philosophy" that formed his *Think and Grow Rich*.
- **Dale Carnegie** personally critiqued over 150,000 speeches and used his speaking course as a crucible to forge his *How to Win Friends and Influence People*.
- **Stephen Covey** studied 200 years of American success books that resulted in his *7 Habits of Highly Effective People*.
- Thomas Troward (perhaps the main taproot of New Thought) studied all the major world religions in their own languages while a provincial Judge in India during the late 1800s. He had several bestsellers in his day—his *Edinburgh Lectures on Mental Science* is still quoted today.

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Your life has always been your own. No one can make decisions for you. Almost all psychology fails on this point because they have been studying how to use Control, Approval, and Security (as well as Fear of Death) to keep people in the dark about their

own abilities. Their roots were in Freud and his followers, who studied the insane (and animals) to predict human motivation.

Abraham Maslow took a different approach—studying people who were high achievers or peak performers. They routinely pushed the envelope of what was considered the upper end of "normal." Not only did he disprove Freud-based psychology and psychiatry, he inspired studies into what humans are actually capable of. The "upper end" of talent is still being mapped. So far, there are no actual limits to the abilities any person can achieve or acquire.

You can (and should) study all of this for yourself. Working backwards to discover what has made people successful seems to have resulted in making more people successful. Working backwards from the motivational studies of the insane seems to have included more people into that category. Your observations and conclusions will always be your own.

Why Your Surroundings Reinforce Your Beliefs

There's a Feng Shui idea that goes down this line.

We'll discuss this in a later chapter about your bliss, but consider for a bit that your life is a journey.

Along this journey (given that you decide to accept it and aren't here simply to be entertained), you'll find that you have tasks to fulfill and challenges to face, along with various tricksters and mentors to encounter along your path.

You'll collect tools and weapons to deal with these challenges, as well as symbols that remind you of who you want to be and what you want to have.

These tools and symbols are found in your home, office, and any living space. How you collect and configure them reminds you of what you believe and how strongly you hold those beliefs.

What you believe is backed up by the environment you build around you. What you hang on your walls, the books on your

shelves (or the lack of them), the artwork, the colors, the textures—all these are reminders of what you are doing here and where you are going, as well as where you've been.

Also involved are the friends you "hang" with, the media programs you follow, which books you choose to read (or listen to), how you use social networks, the clothes you wear, the car or truck you drive, how you get your hair cut, etc.

If you want to change your mind, or any mental habit, you'll need to get rid of anything that reminds you of the old way you used to think. You can then start purposely thinking in that new way for 30 to 40 days and not get tripped up.

The old advice of taking long vacations or sabbaticals in distant locations would fit into this approach.

Try it for yourself. Don't take my word for it. I'm only a tour guide. You have to travel your own path one single step at a time.

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Getting your mind straight could be a first step, but you may be held back by your own body as well...

2. Body Problems—Eating Toward Disease The Problem

Our modern eating culture has been booby-trapped by those who we've trusted all along.

Restaurants became fast-food joints that fed us "addictive" recipes filled with extra fat, salt, sugar, and grain-based products.

It's no wonder that Morgan Spurlock's doctor ordered him off the *Super Size Me* diet. (Others since have found they can actually lose weight eating at McDonald's if they choose more wisely—and smaller potions.) Regardless, it's questionable that a consistent diet of fast food would result in a healthy old age.

Our own agricultural systems have become low-profit industries that use all the shortcuts possible to improve crop yields at the expense of the land itself. These current trends are slowly mining that land into yet more deserts.

There are many books that point out our various modern "epidemics" like obesity and type 2 diabetes are directly related to the quality of the food we eat.

Simply gardening daily as part of a lifestyle change could improve your health markedly, even inside a city.

Discussion

Having left that mind-numbing cult, I began running a working farm (between having a job and attending college). This threw me into the very real world of raising animals for meat and crops for animal feed.

Not too surprisingly, I quickly found that farming is based on a lot of very non-sensical conventional wisdom. Most crop farming is done by the thinnest of margins. When there are good crop years, the fertilizer and herbicide costs will rise to grab most of that profit, leaving the farmer with nearly nothing if he doesn't

have bumper crops. Buying insurance against the chance of crop failure simply adds to the cost and lowers profit even more.

In the last few decades some remarkable changes in Western culture have taken place. In the United States, our populations grew and centralized into large urban areas, and since then have been slowly moving back out. That process expanded cities into suburbs built on former farmland. The result has been the creation of megalopolis masses on each coast, a huge city-type environment that stretches almost uninterrupted up and down most of our East and West coasts.

Recently, Internet businesses have taken advantage of expanding broadband infrastructure to develop services and products that are reversing this trend, allowing people to move from urban and suburban concentrations back to rural environments, where the cost of living is lower, and the quality of life is higher. People no longer have to have a centralized business structure to make their living. Also, they no longer have to depend on having a central production facility that needs a mass of local workers to produce their product. Nor do they need a fleet of trucks to dispatch their goods from a central warehouse.

While I talk here about the centralizing effect of cities, I also point out the de-centralizing effect of Internet commerce as a potential solution.

How Our Food Supply Got Centralized

A review of the oldest books on farming revealed that until World War II, we were more a farming population than anything else.

After that war, there was a glut of manufacturing facilities as well as weapon-grade ammonia. A new industry of creating anhydrous-ammonia for fertilizer was created from these.

Assembly-line concepts that had been applied in producing tanks and weapons were now applied in producing tractors and agricultural equipment.

These actions radically changed American farming by enabling large-scale land ownership. The resulting lack of agriculture-

based jobs drove more people off farms and into cities to make their living.

Food became much cheaper, and fewer people were needed to mass-produce crops. Processing had been moved off farms into central packing plants.

These older books say that you can make a sustainable living from farming if you stick to Nature's rules.

Just recently this trend is starting to reverse. There are small farms on small acreage at the edge of suburbs that now can support large families sustainably. These small farms have production as much as five times greater per acre than that produced on the massive acreage of corporate-owned farms that spread across the heartland.

Cattle

Grass-fed beef never has a "failed crop" in a drought. If you run out of pasture, you can sell the beef and then expand your herd again when the rains start.

Meanwhile, some systems exist that can predict such droughts with accuracy—and have been doing so since the 1880s. (So much for climate change.)

The modern movement toward using "high-density stocking" methods with cattle can actually improve the land so much that you have to *add* more cattle to keep up with forage growth. You can double your herd or more, using certain techniques, in as little as five years.

Some northern Midwest farmers have gotten to the point that instead of needing five acres per cow to keep them fed all year, it can be as little as one acre—which is what it takes to raise cattle to weight in a feedlot. (Of course, your fuel and machinery use is less than a tenth, and fertilizer consumption is zero compared to a cropping-to-feedlot system—and your overhead cost has dropped just as dramatically.)

Non-conventional farming can be highly profitable. Instead of gradual desertification, the land is actually improved.

As well, it's been discovered that grass-fed beef has better omega-3/omega-6 ratios, which improves body functions in numerous ways. Also, such beef has all the necessary nutrients, if need be, to supply all human dietary requirements. (Might be boring meals, but verified from both early and modern studies.)

Non-conventional Agriculture

As for "organic" farming, it only seems to fail when you get government or corporate-sponsored universities involved. Academia isn't able to duplicate the results of places like the Rodale Institute, which has been routinely *increasing* crop production without using chemical sprays or fertilizers for decades now.

Books like *Farmers of Forty Centuries* by F.H. King show that densely-populated China and Japan have been using naturally-based, organic methods for at least that long. The original subtitle for that book contained the term "Permanent Agriculture."

Other books cover practices of using cattle in rotation with cultivated crops in order to restore the soil in between. With intensive management, permanent pastures could become the norm of raising meat.

Another classic text, *Tree Crops*, says that you could plant forests in highly-erodible areas that have been disastrously row-cropped. The author mentioned one farmer who had worked out how to fatten pigs entirely from the fruits and nuts of trees which produced at different times during the year. Again, "Permanent Agriculture" was in the original subtitle.

Toward a Natural Diet

A cross between grass-fed beef and permanent agriculture comes up when you start inspecting the popular (but over-marketed) "paleo" diet, which recommends cutting out grains and as much processed food as possible. Grains have a natural enzyme that keeps them from being digested, which is how seeds can last in the soil for hundreds of years until the conditions are exactly right for them to sprout. When you grind seeds, you mix this

enzyme through all the flour. These types of carbohydrates are poorly digested by any animal except birds.

These grains, along with our modern high-fructose corn sweetener (which people are eating instead of natural fruit sugars, honey, or tree syrup) are a cause of our modern "obesity epidemic" and some dental problems that were noted as being diet-related at the turn of the nineteenth century. (See Weston Price, among others.)

If you look for replacements for acreage currently growing grain crops, you'll find that there are many perennial vegetables that can be raised without having to till the soil every year. Buckwheat, actually a fruit, can raise three crops a year on the same plot and its "grain" can be ground and substituted for many recipes requiring flour. Buckwheat does not require pesticides or herbicides to grow abundantly.

Converting this acreage by planting "guilds"—organized groups of mixed trees, shrubs, and plants—you can then increase the production of a garden or farm by as much as five times. This is as you are growing in three dimensions, instead of a large flat plane. These guilds are also mostly permaculture, with the annuals often broadcast and not mechanically cultivated and planted. Natural fertilizers, such as nitrogen-producing clovers, are used in this set-up. No sprays are needed since these plants attract beneficial insects and crowd out unwelcome weeds.

Small-acreage farms using mostly permaculture/guild models support large families and provide fresh produce and meat to local cities—reversing this trend of people having to leave the farm for city jobs.

Compare this with thousands of acres being farmed by a single landowner with heavy equipment and thousands of gallons of fuel and chemicals, and you'll see that perhaps we have too many people in the cities and too few on the land. (And too much of our land is supporting buildings and parking lots instead of crops.)

That we have new "epidemics" of obesity and type 2 diabetes illnesses fairly uncommon just a few decades ago—shows the vital necessity of getting people to eat more simply and more directly

from where the food is produced. We need to teach people to prepare and preserve food and to shun "instant gratification" from fast-food restaurants.

When you live on food that has a very short processing route, you can become healthier and need fewer medicines because less nutrition has been removed. These illnesses are of deficiency, not excess.

If you raise your own food as much as possible, you will be getting more exercise and sunshine. It is noted that walking barefoot as you garden is itself a way to gain some nutrients (or at least needed ion exchange), as the skin is our largest digestive organ.

If you adjust your diet by reducing or eliminating your grain and flour by-product intake, you can cut out other anti-health factors, as well as risks from genetically modified foods (rubber-stamped by the U.S. government, but under increasing scrutiny as medical cases mount).

De-centralizing Cities

As our employment opportunities have become less and less dependent on centralized supply chains, it becomes more sensible to move out of large cities with their high costs of living (and high crime rates) to get better quality food locally—to *participate* in the food cycle instead of simply being a *dependent* on it.

Cities, where they still fill a need, should be made to become selfsustaining.

I respect the farmer-author Joel Salatin who remarked that cities are a failed project.

But they don't have to be.

Cities should be held *more* liable than farmers for what is done to the land they're sitting on. With high densities of consumers, you have high amounts of waste. While New York City was well known for taking barges full of garbage out and simply dumping

them in the ocean, they now are reportedly trucking it out to landfills in their own state and five surrounding ones.

How can anyone say that is responsible these days?

Some cities have found that if they simply put all that organic matter in landfills and then collect the methane produced as Nature turns it into soil again, they have a supply of fuel for their electrical generators and can even run their city vehicles on it.

You'd think that with all these people, they could figure out how to get all that plastic and metal recycled. You'd think that they could compost that wasted food and turn it back into soil to grow their own food.

Individual activities have been able to reclaim vacant land inside these cities and once again enable agriculture to bloom, if only as gardens.

Meanwhile, the advent of low-power LED lighting has enabled "vertical farms" to be developed inside cavernous buildings to supply green salads all year round.

But our government-sponsored schools have quit teaching people how to care for the soil or about the intimate relationship between the food they eat and the farming methods that produced it. These same schools teach people to quit asking questions and just answer the tests with the acceptable answers.

There are a rare few schools that encourage independent thinking and none of these are government sponsored.

Governments want to maintain the status quo where more and more people are centralized and centrally controlled. As a side note, where people have moved to rural areas, they frequently change party affiliations. You see this in the red/blue maps—although this is not just a two-party scene. It has to do with becoming more independent and making your own choices.

As we've already seen, and will explore further, there are people who have become remarkably well off and financially free. Those are the people who have started to live sensical and quit

swallowing the Kool-Aid they've been fed since birth and learned to rediscover natural laws and apply them.

Governments and Activists

Governments take first and then give. Such organizations do not exist in Nature beyond simple groups of animals. Governments do not follow natural laws but create artificial ones and hold these as more valuable than the ones that preserve the soil so that their food can be grown. Jesus said to give to the government (Caesar) that which belongs to Caesar. Beyond that little bit of taxes they actually require, I see no reason to deal with them other than to impress whoever I vote for to do what I expect. (Where I live now, voters routinely vote down local tax hikes and expanded government regulation.)

Mark Twain once compared politicians to baby diapers—stating that they should both be changed often, for the same reasons.

Extremist groups are no better than the government stooges they use to try to control others. PETA and the Humane Society of the United States (HSUS) share a not-so-veiled purpose of turning everyone vegan. Everyone. Both tend to hide behind that thin, narrow "animal welfare" banner. HSUS is simply a government lobbying organization. While the HSUS took over the name associated with a lot of pet shelters, the group contributes only a small percentage of its budget to actual pet shelters and run none of its own. PETA, meanwhile, has been found on several instances to be killing far more animals than they save on a year-to-year basis.

(You can look up their approach to handling the Katrina disaster. Both moved in and ran extensive money-raising ad campaigns. HSUS was found to be selling pets in other states instead of finding their owners. PETA was found to be killing more than it was saving.)

Environmental extremists are hardly more respectable. While they claim to be working for everyone's best interest, few of them have ever been farmers or have even owned land that could be farmed. It's a bit odd to be an expert on something you know

nothing about. Look to their tactics: they utilize government-financed scientists to influence government committees and government regulatory bodies to get the laws and regulations they want. Control-based operations, simply.

I've got nothing against people who want to improve things. However, there are no two farms that are identical, even side by side. It's the person who farms that specific piece of ground who can tell you how it works and which parcels could be improved. The vast majority of land-owning farmers are constantly researching, running tests, and tinkering with the acres they make their living from. They seek to further improve its production while conserving (or even increasing) its nutrients.

Environmental extremists go to our capitol in Washington, or any other government capitol they need to, in order to lobby those officials to approve broad and sweeping laws, rules, and regulations. Both extremists and government officials are misguided, if not insane. And that includes the unelected government staffers who assist.

Privately owned (non-corporate) farms do a lot to care for their land and to keep it as healthy as possible. Nearly all, if not all, the positive innovations that have been introduced came from individuals who experimented with their own land, using their own money, and came up with improvements that make sense and make things better.

One of my favorite studies was one that compared scientific studies. It found that for any given study, there was a 50% chance of the findings being wrong. So much for government and corporate-sponsored studies. People who use science to justify controlling other people are probably at least half-wrong, if not more.

Most cities are emptying out because they've become government-centric. Instead of caring for the people, they have stayed in power by pandering to the people with handouts and raising taxes on anyone who isn't on the government dole. Taxpayers are leaving those cities, government-dependent recipients are staying, cities are going broke.

This is an old cycle that has occurred throughout history, not just Rome and Greece, but also Egypt and back to Mesopotamia.

This is the underlying reason most of the Fertile Crescent turned to desert. This is what happened to the Greek topsoil. Cities require food in massive quantities. Poor farming methods ship the nutrients to cities and unprotected topsoil flows down to the oceans. Rocks and deserts surround most of the ruins we excavate today.

Our modern cities and big-equipment agricultural practices are little better. The change has been to utilize chemical fertilizers, which only slows down the process. In order to monocrop grains, farmers are now trained to use pesticides and herbicides to kill off everything else. Monsanto and the government agriculture officials have championed "no-till" farming to reduce erosion. But erosion is happening still. It's just a matter of time.

Monsanto went to absurd lengths in crossing DNA from a fish into a soybean plant. All so that the plant would not be affected by a certain chemical—glyphosate (Roundup $^{\text{TM}}$). Through apparent lobbying efforts, this invention was approved and no ill effects *are reported* by our government. This doesn't mean there aren't any. Increasingly frequent reports are coming up that genetically modified foods are found to be less healthy than non-modified foods. Glyphosate has been found to be related to illnesses where it enters the drinking water, much as any other agricultural chemical has.

What no one in government or corporations has discovered is a way to actually improve the land, to improve its ability to raise crops or reverse desertification.

Individuals have. And paid for their research through profitable (and privately owned) farming operations that proved their theories.

The obvious point is that this food system we've inherited—run by government-sponsored conventional wisdom—is broken.

The trend toward decentralization is coming just in time.

Businesses no longer have to locate near natural resources. They don't have to have massive numbers of employees. Their customers don't have to be local. You can create and ship a product from anywhere to anywhere. Products entirely digital in nature can be delivered instantaneously anywhere on the planet with an Internet connection.

This means a person doesn't have to live in a city to make their living. People can live and work in suburban or even rural areas with a higher-quality and lower-cost quality of living.

People can garden part time and be closer to their food sources regardless. Or they can procure their food directly from farmers on the city outskirts. They can know their farmer and know their food.

Farmers can expand their use of methods that *rebuild* the soil and increase its capacity. They'll start saving our civilization as they do.

People just have to wise up and start to live sensical first.

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Having your mind and body cleared up will get you feeling quite good. The next factor to tackle is what you give in order to get. Most people call this "money." Any lack of it, because you don't know and apply its principles, can give you the stress that will wipe out all your gains...

3. Value Problems—The Money Rat-Race The Problem

Modern commerce has been run by money-crazed people who do not understand what they are doing.

People chase money instead of earning income by providing value. Those who just chase money might get rich for a time, but they'll end up broke. They might repeat that cycle many times in their lifetime.

"You have to give before you can get," as Napoleon Hill said.

Yet our schools teach that it's OK for government to take first and not necessarily ever give back.

Any brick-and-mortar business knows that their local business comes from giving greater value than the customer expects. That is what really creates their positive word-of-mouth.

The individual who works out how to give great *value* and get exchange for it can start and successfully operate any type of business. This is particularly true on the Internet. A farmer in the rural Midwest (such as myself) can get real financial freedom from providing valuable content distributed across the Internet. No more factory or warehouse jobs—or necessarily even freelance bosses. One-person companies grossing over a million dollars annually are now more commonplace.

Discussion:

<u>Earl Nightingale</u> said it best when he noted that your income is just a measure of the value you are giving.

Of course, this goes back to the early 1900s, when Charles F. Haanel pointed out that money was only a symbol and that people who chased that symbol often had nothing to show for it. (And there are much earlier Bible verses and other philosophic texts that say as much.)

You have to clear your value in order to clear up your income.

While this is currently revolutionizing our marketing world, it goes back to the Golden Rule which shows up in every single religion and major philosophic text in one form or another.

Again, Napoleon Hill said that you can only get as well as you give—and giving comes *first*. Some texts say that you get in return far more than you give away, that it's a multiplying effect.

This affects marketing by showing that advertising is not only hated, it just doesn't work. Remember banner ads? They are still around and even more ignored than ever.

What is working now is poorly named as "Content Marketing." What this does is give away great content (as infotainment or edutainment) to develop trust and authority. Once you've given value, then you are trusted to receive goods (and commodities like money) in return.

It's funny how our modern, technologically advanced Internet Age is taking us back to some of the oldest natural laws ever uniformly observed.

There is a whole section of marketing called "Internet Marketing," which has gotten a very bad name because they insist on taking shortcuts instead of simply producing incredibly valuable, evergreen products and services.

What they have for customers is a small section of the possible buyers who are hooked on this type of material like it's crack cocaine. While their buyers think they are getting "breakthrough" courses and material on how to market, they are actually just spending money on new packaging for the ideas and technical details that are already out there and available on the Internet for free.

These Internet Marketers have bought into the old Freudianbased psychology that humans are all either avoiding pain or seeking pleasure—and that pain is more motivating than pleasure.

But Freud studied crazy people.

We covered Maslow earlier—and how he disproved Freud. People are motivated to improve their quality of living. Marketers such as Eugene Schwartz found that there are multiple positive desires that motivate people to improve their lives. It's not all just "avoiding pain or seeking pleasure."

This means Internet Marketers are leaving all sorts of "money on the table," no matter how many millions their sales launches produce. They are only attracting a very small percentage of people who haven't wised up or gotten "scam free." They attract, and profit from, perpetual suckers.

(They are also in a very incestuous marketing relationship where "Internet Marketers are selling Internet Marketing to Internet Marketers." Like I said—crack cocaine. Keep your day job; you'll need it to pay your bills.)

You can see in this Value point how clearing up your other elements will start solving this one. If you clear your mind and invest in self-improvement books, you'll overcome petty and selfish tendencies. You'll start to realize a common point that Nightingale focused on during his Gold Recording, *The Strangest Secret*. He quoted a long list of authors, from his contemporaries back to Shakespeare and into the Bible. Nightingale's version of this truth: "We become what we think about."

The oldest version was found hidden in the language of the Hawaiian-Polynesian peoples: "The world is what you think it is." (Per Dr. Serge Kahili King.)

Another principle found hidden was "There are no limits. (We are all connected.)" That explains the Golden Rule—what you do to someone else, you do to yourself.

As you do, so is done to you.

Give incredible value first, and then you'll be able to receive incredible payment. If your income sucks, then you have to look only at the value you've been giving (which obviously "sucks.")

Again, this turns conventional wisdom on its head.

After WWII, Madison Avenue looked to all the psychology studies as a way to find "push buttons" that would help them sell their products.

They only needed to study those classics from the 1920s to find the basics they should have been covering. It's taken nearly a century to get back to these basics. Those who have been applying those classics all along did not suffer the problems the shortcuttakers have.

They gave value first.

As mentioned earlier, the world economies are decentralizing. Remote areas that haven't even had wired telephone service before are leapfrogging into having solar-powered cell towers and cell phones—before that village even has reliable electrical service.

All one has to do is to find an underserved area and provide value. On the Internet, this is more simply accomplished. You can research for your audience based on your own interests and what value you can produce. You can find raw material that you can add value to. And you can produce content that people want, and that improves their lives so much they will want to exchange with you.

Eventually, beginning frugal and lean, you can create a home business that requires nothing but an Internet connection and your inspiration to expand first into financial freedom and then into "getting rich." This just depends on the value you provide *in advance* of getting income.

You can work from anywhere, no longer limited geographically. Anywhere you can get broadband is fair game. You no longer have to go "where the jobs are" but can live where you choose, however you want.

I can see truly mobile societies starting up, prosperous and adventurous. These will thrive from the concept that the value a person provides isn't dependent on where a person lives, or where they grew up, or on their belief system, or political

affiliation (and especially not on their skin color—or lack of it) but rather simply the value they can offer and deliver.

This world looks to become a very fascinating place to live in.

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The bulk of humanity can't see this because they are taught to ignore urges to do what they have always wanted to do. Hint: it's not the wage-slave job they have now...

4. Bliss Problems—Working Your Life Away at Jobs You Hate

The Problem

Most people don't know why they're here and where they are going, so they accept wage-slave jobs that, well, just suck.

They are unhappy and don't know why. People are stuck in "dead-end" jobs, in constant fear of being laid off and having any possible retirement put on hold indefinitely. Yet they have no skills to rely on to bring in income.

People should only work at jobs they enjoy doing.

That's a helluva statement, but is very true these days.

Farmers know this—they all appreciate the lifestyle more than the (lack of) income they are allowed to keep, even though they have full-time jobs and spend all their remaining daylight hours after work and weekends raising crops and/or livestock.

Artists know this, even though they are similar to farmers in having jobs to support their lives while they work to create art and get it sold. It's the lifestyle they wouldn't change for the world.

In both these cases, the farmer and artist have both swallowed conventional thinking. Non-conventional farming can be far more profitable than conventional row-cropping. Artists who learn to create recurring passive income from their works can exchange their value and earn a healthy income. (Maxfield Parrish became a millionaire during the Depression and said that he would sell one work multiple times through reproduction rights before he finally sold the original.)

But the world has always had a use for slaves, including wage slaves. Government-employed bad actors constantly work to mute people's choice and keep them stuck in whatever they are doing. That is how our government-sponsored schools work—go through college, get a degree, get a job, spend the rest of your life

paying off your college debt. And the colleges then just keep increasing their costs, an endless spiral that the students pay for (loans guaranteed by the government).

Dumb.

Non-sensical.

There's a reason why the richest people in America are almost all college dropouts. Conventional wisdom gave us a failed system. Ignoring what they were told, then rediscovering and applying natural laws turned out to be far more profitable.

Find your bliss. Train on what you need to deliver great value in that area. Work at what you love doing. The world in turn will love you for it.

Discussion

A lot of this comes from Joseph Campbell, author of *The Hero with a Thousand Faces*. He was interviewed by Bill Moyers for the PBS broadcast *The Power of Myth*. It was there Campbell said,

"If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Wherever you are—if you are following your bliss, you are enjoying that refreshment, that life within you, all the time "

Bliss is similar to life purpose. It isn't found except by personal introspection, comparing how you feel about what you are doing to how you feel at other times.

When you narrow down your actions to those that make you feel best, then you can find your bliss.

This isn't emotional, it's your *feelings* that you're listening to. While I've covered this elsewhere, the shorthand version is that your emotional responses are programmed in through your life training. Fear is one of these. It's said that for the vast bulk of us, the only native fear we are born with is falling. (And even that

one might be learned during birth itself. Imagine how you would react if the first thing that happened in your life *wasn't* being held upside down in the air by your feet and slapped on your bottom.)

All the hate, anger, pessimism, criticalness—everything except a calm, cheerful expectancy—these are all programmed responses.

They are simply let go by releasing.

Your feelings are the result of observation. Emotions, by the word itself, are your reactions to the world outside yourself. Feelings are your *observed* response. Emotions are sent out. Feelings are felt within.

The trick here is that some of these "feelings" you have are actually emotions. That's our English language having errors. Feeling "sad" or feeling "apathetic" are both emotions.

So you have to work with these. When you use releasing long enough to release the fear of death (or the fear of becoming a non-individual) then it's clear how to distinguish between the two.

A shorthand—if it's something which is a display, it's an emotion. If it's a positive, observed result, it's probably a feeling. (Exhilaration may be a crossover, as could be excitement, which Internet Marketers constantly feign in their videos.)

Anyway, look for positive feelings in what you do and see which actions help you get these. Narrow down to what makes you regularly calm and cheerful, and you'll be on your way.

A good question to ask: "Will doing this make my life simpler or bring me more peace?" Another question would be: "Will this forward my bliss-journey?"

We've covered above that *you aren't limited* in what you have to do in life, or where you have to live.

People who love baseball can get or make jobs for themselves that allow them to be immersed in the game.

The word "job" has been defined as "just over broke." In those cases, you have been working to mold yourself into someone else's job description in order to earn a regular paycheck, regardless of whether that job makes you feel good, bad, or indifferent.

In these days, you aren't limited to the jobs available in your community. If you like living somewhere, you can create your own job—whatever is a valuable service or product that people need. You can personally produce it, or you can create digital or physical products that can be sold for you by various online and real-world stores.

Music CDs, DVDs, and ebooks/printed books can now be published and shipped anywhere in the world. Write once, and other people will print these and ship them on demand.

Get a big enough set of products like that and you can literally just do anything while the money comes in every month. (Such as Indie publishers like me.)

This is where you truly "kick over the traces" and quit being anyone else's slave from here on out.

It's worth a full study all on its own.

Only in our Internet Age is it now possible for *anyone* and *everyone* to truly follow their bliss—and make a living at it.

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The next problem to solve is why you simply can't just improve any one of these areas on its own. If it were that simple, more people would have done it by now. So what is holding us back?

5. Natural Systems at Work—Keeping Life Problems Unsolved

The Problem

Everyone's world is built on underlying natural systems that have to be solved as systems, not their individual parts.

We have only been taught to think in shortcuts for fastest profit. The majority of humankind has been taught to take Nature for granted—but it's the only thing keeping us from destroying ourselves.

- As covered, modern agriculture is using a minimal number of chemicals and modified plant species to produce food while simultaneously turning our land slowly into desert. The worse the land is destroyed, the longer Nature has to take to restore it. Deserts can be changed back into arable land by mimicking natural methods—in just a few years.
- Modern economics only preaches lack and fear, instead of natural abundance, which Nature produces routinely.
- Business classes in colleges are routine failures—"agile" and "just-in-time" processes (developed outside academia) are closer to natural systems and more resilient by result.
- Advertising has developed into a science of interrupting people and irritating them into buying, basing their "pitches" on fears and preprogrammed responses based on artificial scarcities, approval, belonging, security.
 People go to Nature to restore their personal inner peace and tranquility (this is the reason for parks in our cities).

Destructive shortcuts are not natural and are the result of enforced education, not *workable truths* derived from accurate observation.

<u>Earl Nightingale</u> once said that the things that are the most valuable are those we were given at birth, which cost us nothing, and we take for granted: our intelligence, our freedom, our health.

The natural systems at work keep our air fresh, our wastes recycled back into nutrients that grow other living things. Humankind has been busy abusing our heritage, which has caused various deserts to appear and has led to the extinction of several species.

Yet Nature continues to forgive and restore, unconditionally.

Underneath all of our own humankind dealings, there are natural systems at work.

The smallest system is the building block for this universe, the hydrogen atom. Buckminster Fuller used it as a model for his amazing geodesic domes, the first breakthrough in building technology in thousands of years, and still not fully understood.

I've covered above how one such system works and can be used to improve any situation. *Unknown, it will also naturally defend any single part from being resolved or improved.*

Discussion

This small system—Mind, Body, Value, Bliss—is a four-way model, much like Fuller's tetrahedron.

The intrinsic strength of the tetrahedron is due to each part being dependent and in synchronicity with the other parts. They are so strong intrinsically that the military uses metal spikes made on a tetrahedral structure to defeat bulletproof wheels and destroy steel tank treads.

As a thought-system, a person can improve his mental ability but be brought down by a sick body. A person can develop their mind and body, yet without producing something of value will be, at best, entirely dependent on society for food and housing. When a person has mind and body in good shape and can hold a job, they will still live a miserable wage-slave existence if they aren't doing what they love and what brings them joy.

Natural systems do not build linearly, they build *simultaneously*. The result is exponential growth and expansion. Natural abundance results. Businesses that use similar systems have rocketing income and problems with expanding fast enough to fulfill demand for their products or services.

People who master part or most of this system become saints, or simply become part of the 1% who control 90% of the world's wealth.

Andrew Carnegie saw this phenomenon and commissioned Napoleon Hill to interview 500 world leaders of his day in order to distill a practical philosophy of success. Carnegie saw that these successful people had more or fewer pieces of the whole Success Philosophy, but none had the whole system. Hill's result was ultimately *Think and Grow Rich*, still a perennial bestseller. Hill continued to revise his work the rest of his life.

You can't just handle any single point and expect the rest of them to not drag you back down again. As a system, all the points are interrelated. Improving any single point will improve the rest, slightly. Working to improve all of them increases gains far more than just a+b+c+d more like a, b, c, and d all multiplied in powers of the others.

Again, you'll have to test that out for yourself.

Trying to work on only a single element while leaving the rest to muddle along will probably not seem successful. You're working against the system instead of trying to balance the equation.

Ever try climbing a rope? With one hand, the other tied behind your back? How about with both legs tied as well?

That's the point. While climbing a rope is difficult, it can be done with both hands and feet working in unison.

People who don't have a clue that there are natural systems at work are trying to get somewhere (or nowhere) with their wits tied up in knots.

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This brings up our next problem, that the tools for self-help and personal development—the oldest known tools to improve any given scene—are also booby-trapped...

6. Tools That Solve—Kept Unknown and Discredited

The Problem

Tools (and even weapons) that would help you on your journey often can't be found or even perceived unless you're ready to see them. The old phrase, "You don't know what you don't know" applies to accessing your native abilities.

Abraham Maslow stumbled onto something more than he or anyone thought when he worked to develop his hierarchy of needs as a single theory to explain motivation.

That pyramid explains so many, many things. One of its points is that a person can only start effectively living at a higher level when they have the lower ones fulfilled.

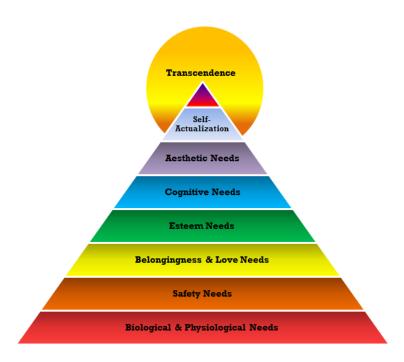
What he didn't know is that the middle hierarchies are boobytrapped thoroughly—safety, love, and esteem needs are all programmed as emotions to keep people from thinking clearly or on their own.

When you compare his hierarchy with Cialdini's *Influence*, you can see how our modern marketing uses our own security, control, and esteem deficiencies to trap us into lower (subsistence) levels that keep us from accessing or attaining higher levels.

It's observed that while Maslow is correct that until a deficiency on a lower level is fulfilled, one can't fully achieve any higher level, it's also true that *people aren't generally aware of tools on higher levels* that would help solve deficiencies on lower levels. People are trained and encouraged *not* to look.

This finally explains why there are apparently no truly enlightened people living in our own times—and saints seem to appear every few centuries at best.

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Maslow's Hierarchy Of Needs Pyramid

(illustration courtesy of Dana Claudat at fengshuidana.com)

Our own programming has condemned us to lower level hierarchies, to remain wage-slaves as we eke out our existence on the lowest levels. The worst off among us have mostly given up, and are seeking only entertainment and distraction to make their way through (at best) an uneventful life.

Discussion

Most self-help and personal development books have as many or more detractors as they do supporters.

Artists are held in awe and also suspicion, their abilities and perceptions praised as well as ridiculed. Artists have found over

and over that they do best when surrounded by other artists who understand their motivations.

"Cognitive" and "Aesthetic" are Maslow's labels for two hierarchies that exist between esteem and actualization/transcendence. This is not only where artists exist, but also where self-help, personal development, and creative thought methods come into their own.

The bands between these two and subsistence level were discovered to be the exact traps that keep people from moving up. Lester Levenson developed his <u>Release Technique</u> specifically to address these traps.

His method is to simply "release" the counter-programming as it became apparent.

In doing so, he helped people find a simple way to move from subsistence to transcendence, a process that Levenson initially said should be a three-month journey. In a later tape, he pointed out that this could be a few-minute process.

Yes, that skepticism you just felt is natural.

Look that particular thought over carefully.

Defensive? Possibly. Rejection is normal for extreme claims.

After all, the "world" has told you constantly that only "science" can prove or disprove anything. And government backs and finances science, so obviously that's the "authority" you should listen to.

Obviously.

And what about that thought you just had?

What was your reaction to sarcasm about government and science?

When was the last time either of those areas asked you to think for yourself, on your own?

And that is the point of this manifesto.

What you think is what you become, what you are. <u>Earl Nightingale</u> recited a litany of dozens of sources throughout history that said this same statement over and over. Nightingale himself first said this way back in 1956 when he started the recorded self-improvement industry with *The Strangest Secret*.

People aren't able to achieve upper levels on Maslow's hierarchy until they fully complete lower ones.

People are also trained to *not* look at higher levels. If they happen to gaze that way, they automatically react by discrediting those upper levels without even looking.

Our own "mainscream media" has a hand in this. Long ago, they took the psychological shortcut to observe that "pain and pleasure motivate all human activity, and pain is more powerful than pleasure." So our "news" programs are filled with chaos, catastrophes, and unsolvable problems. Their advertising (the sole reason television exists) is mostly filled with pharmaceutical ads—to avoid this same pain (and depression).

Solutions to mankind's problems have been long known but ignored. Even when they were written into bestselling popular books.

<u>Think and Grow Rich</u> and How to Win Friends and Influence People still sell today while they are also widely panned. One of the most powerful books, Self-Mastery through Conscious Autosuggestion, is still today lampooned because of his affirmation, "Every day in every way, I am getting better and better."

Practically, in order to get people aware of these upper-level tools, any marketing for these types of products has to be couched in terms of levels potential customers are currently on. Napoleon Hill's bestseller was based on that marketing. It was designed to resolve people's fear of poverty during the Great Depression. Dale Carnegie's classic bestsellers were based on the recurring subjects his students used as speeches, *How to Quit Worrying and Start Living* and *How to Win Friends and Influence People*.

The public domain is filled with good books that solve the problems of humankind's existence. And they are widely accessible on the Internet for free, in multiple formats. They even sell well on Amazon when they are marketed specifically to our *modern* desires and awarenesses.

These are some of the "Secrets Hidden in Plain Sight."

In most cases, these authors experienced paradigm shifts that they report in their books.

- How to heal naturally.
- How to raise enough food for a family on just a few acres.
- How to improve your eyesight by exercising your eyes instead of getting new glasses.
- How to predict natural climate changes that occur on well-documented cycles (the stock market follows with their boom-and-depression/recession cycles).
- How to heal exhausted land using natural methods and cattle grazing so it produces better than before without artificial fertilizers, chemicals, or the need for huge equipment.

Our culture has been built on shortcuts. Because the desire for "instant fulfillment" has been emphasized by our own marketers and trained in as a primary response.

This is the sole reason for fast food.

This is also the reason for our Monsanto-style chemical addiction in agriculture, the search for minimal inputs, and near-instant crop response.

People are now taught that the latest electronic device will get them more esteem, instead of teaching them that by treating people around them better, they will then receive better treatment in return.

And, probably worst, that "money" is their goal, not providing value.

The result is that the bulk of humanity is trapped in these lower levels.

We have all these feedback loops in our own culture that keep us locked into our own safety, belongingness, and esteem needs. All of our marketing is designed to feed these lacks and reinforce them.

People are trained through school to amass debt and live a life of mortgages and payments, so they have to have a wage-slave job for their entire life.

The government invented Social Security and Medicare to provide a "safety net" and replace the community support that already existed for those who *chose* their way into being poor. Both of these government programs were set up on a Ponzi scheme of soaking the existing working population to pay for a retirement that never came. (At the time Social Security was passed into law, the life expectancy of people was just a few years after retirement. Today it can be a quarter-century later.)

Now people live longer and have to work longer than ever before because that government scheme doesn't work. (And applying for Social Security auto-enrolls you in Medicare, which then makes you pay because your Social Security payments won't cover its costs.)

Our marketing and media is driven by huge concentrations of people on the East and West coasts. It is these culturally inbred areas that dictate what entertainment and education is created for the rest of the country.

Meanwhile, the living conditions (and taxes) are so onerous that both California and New York as states have been losing population for years, according to Census records, to more rural and less-taxed areas (Texas and Florida).

Corporate and Government Traps

The government is requiring more and higher taxes to support city populations while ensuring our children are never educated to think. That government is backed up by an advertising-

dominated media that pushes pain as a motivation. Don't look for this scene to improve any time soon, at least for the bulk of humanity. Kool-Aid drinking habits are hard to kick when you're surrounded by Kool-Aid addicts.

And that's why people stay stuck in their level and don't progress upwards. Also why the government is constantly moving the cost-of-living index higher—to create more "poor" people who are now eligible to receive their handouts.

It's no wonder California and New York are losing their millionaires. That small minority of people is being forced to support larger and larger numbers of "poor." So went Rome.

When marketing becomes scamming, people are sold goods they don't need or that won't actually meet their needs. Marketing goes the scamming route because marketers have been trained into the shortcut idea that money is a goal, when it's really only a symbol of exchanged value.

This reasoning and social training also sets up corporations to fail. Companies big and small develop their own culture, and groups, like individuals, seek to defend themselves against anything identified as a threat.

The trick is in that word "identified."

Corporate leaders who consider themselves stuck on the subsistence level, and who are surrounded by employees who think the same way, can identify individuals and outside groups as posing a threat to their collective survival.

The group then goes into action to attack or nullify that threat.

All of this is built on weird ideas that there is somehow a *lack* of stuff.

Nature operates on sheer *abundance*. Each plant puts out thousands of seeds. There are seeds in the ground that can last 100 years or more before the conditions are right for them to sprout.

Modern agriculture is built from exploiting this exact premise. Their problem is that the techniques of monoculture cropping

have long been taught as the only way to raise crops enough to feed people and profit. Meanwhile, modern agriculture with its required inputs is one of the least profitable of all industries. Fertilizer, chemical, and equipment costs all rise in good years, declining when farmers can't afford them.

Farmers employing non-conventional agriculture methods have proved over and over that they can produce around five times the amount of food from an existing plot of land by planting combinations of trees, shrubs, and perennials, using no herbicides, pesticides, or artificial fertilizer.

Non-conventional grazers have shown that they can raise the same amount of meat, at higher quality, on the same amount of acreage as the corn-fed feedlot and crop fields. Meanwhile, there is no pollution from effluents, no inputs such as chemicals and fuel for tractors. While around 50% of the cost of feeding conventional cattle is in raising their feed, grass-fed beef raised on a management-intensive basis can cut the *total* input costs as low as 10%.

This improvement is because the non-conventional grazing model actually *improves* the land so that it is producing more forage per acre, enabling an increase in the amount of grazing animals several times over.

Such grazing practices in South Africa have actually reversed desertification and restored savanna grasslands to lush states, supporting expanded numbers of wildlife as well as cattle.

Photos of conventional and non-conventional pastures side by side showed green, thick growth (non-conventional) separated by a thin fence from the conventional (government-managed) pasture opposite, which was brown and sparse. This has also been documented in our own Southwest.

Nature allows humankind to produce in abundance as well. Self-help authors have researched this further. Many of these books written in the New Thought publishing boom of the 1920s concerned themselves with the abundance created by people who simply rid themselves of non-constructive thought-patterns.

Throughout our industrial history, all the biggest advances in technology and production can be traced back to the idea of a single person who didn't accept the conventional wisdom of that day and time. Instead, they saw the problem for what it was and accepted inspiration to apply different principles to come up with a new, more productive solution.

We've already discussed Buckminster Fuller and his Geodesic Dome, which is the cheapest, strongest housing structure to date. Our modern container-based shipping was due to a single truck driver in 1955, Malcolm P. MacLean, who was tired of waiting in line for hours for his truck to be loaded and unloaded from a ship. He conceived of a truck's load being handled in a single container, transferred from truck to ship by crane or vice-versa. (And he had to buy a steamship company to implement it.)

Our modern oil companies are now able to drill sideways to where the oil exists and so have less surface impact. Modernly, these and other breakthroughs have made the U.S. independent of foreign oil. If the U.S. government regulations were removed, we could lower the price of fuel for our cars and trucks back to levels not seen for generations. (Which would shift world politics intensely, perhaps being as big a factor internationally as the end of the Cold War.)

All of these advances were and are fought intensely by shortsighted individuals and groups (corporations) who consider these to be threats to their survival.

They are simply not aware of the huge increase of survival potential that is available on upper levels.

End of the Walled Garden

It is natural for people to look for solutions and to be inspired, regardless of the walled garden they may be living in. It has become "normal" for their "garden" landlords to do everything possible to keep them from looking.

The government is a major part of this scene, since their appeal to their base is often built on fear. They tout that the opposing party's success would then bring about all sorts of disasters.

Politicians are elected modernly by coalitions of "oppressed minorities" who are encouraged to lobby the government for yet more handouts. Factually, the only thing that keeps people poor is their own decisions. The bulk of the richest people in the U.S. are self-made millionaires and billionaires. In his books on American millionaires, Dr. Thomas J. Stanley pointed out that becoming rich is an individual action, by people who usually came from humble beginnings. However, this drive and success rarely extends to the children of the rich.

Your wealth or lack of it is because of *your* choices, *your* decisions. You become what you think about.

The bulk of government, media, and marketing budgets have been spent to keep people on the plantation or reservation. They discourage instead of encourage people to find alternate solutions. That would be too disruptive to the status quo.

However, their days are numbered. Because they didn't take into account one factor:

The Internet.

Now anyone and everyone can find these solutions for themselves.

Now people do not have to work for corporations or depend on government handouts in order to get a secure, fulfilling, worry-free life.

But I'm getting ahead of myself.

See the next section...

INTERMISSION

We've covered a great deal of material up to this point.

I just wanted to tell you something before we continue:

It's not all that bad.

Once you see the solutions, you'll probably also see that we have an incredible future ahead of us for those who refuse to let others stop their looking.

At the same time, I want to give you another chance to quit.

With any progress, there are naysayers. Their job, self-chosen, is to criticize and condemn anything and everything they find that works.

I've already given you plenty of reasons to reject everything I've said.

And this was done on purpose.

If you're going to quit, I'd rather you quit now.

After this point, we are going to cover some points that might be even harder to swallow.

Covering all this with an open mind doesn't mean you do nothing with it. The ideas you will encounter in the following sections are designed to get you into action.

Testing is an action, not a mental activity.

You have to try things out before you know for sure whether they'll work for you or not.

What we've done so far is to examine the bottom levels of Maslow's hierarchy and show how these have been exploited to keep the masses thinking that way. You've also seen that the people who are keeping others from succeeding are doing far more harm than good.

Their imagined threats don't actually exist. Walt Kelly perhaps said it best through his character Pogo:

"We have met the enemy and they is us."

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The higher-powered solutions exist in levels above mere subsistence, safety, belongingness, and esteem. Moving into Cognitive and Aesthetic levels can supercharge our solution-finding efforts.

This, of course, means we are dealing with higher analytic processes that include self-help, personal development, and spirituality.

But many refuse to credit these fields, despite the consistent proof of their results.

So, if you want to tune out of these, no one is stopping you.

No one.

Your decision is your own—always has been.

My point here is to give you the idea that you can, and always have been able to, think for yourself.

You can do more with your life than just go from one entertaining movie or show to the next. You can do more than just keep your regular job so you can afford to remain distracted. That's a drug that has a hard kickback when you start your withdrawal.

You can do more with your life than just keep buying the latest model or the latest release of anything and everything.

Yes, that is the way the world has been all this time. Probably all of recorded history.

Right now, in this time and space, we can change that outcome.

You can change your life into anything you ever wanted it to be. You can have anything you've ever dreamed of having.

But like the old joke about psychiatrists changing light bulbs: it only takes one, but you *really* have to want to change.

Problems continue to be problems only as long as you keep thinking they are. Observe them for exactly what they are and you will very probably see multiple solutions begin to show up.

All it takes is a change of mind.

Yours.

From my experience, there are actually tons of secrets hidden in plain sight, most of which can change the world if you are willing to set aside disbelief for a while and honestly test them for yourself.

- 1. Honestly observe—without prejudice.
- 2. Set aside any disbelief temporarily.
- 3. Test what you find for yourself to see if it's workable or results in a better scene than you started with.
- 4. Use it or improve it if it does.

And you may find that the world isn't as serious or hell-bent as you've been thinking it is.

Up to you.

Your choice.

As always.

SECTION II: Some Solutions

7. First—Clear Your Emotional Mind

Before you can get anywhere with solving things, you're going to have to clear your mind—both parts of it.

Let's review here:

The definition for "sensical" is where your emotional thinking and rational thinking agree. This then gets you into action.

Your mind has been booby-trapped by cultural programming that has kept you stuck around subsistence levels.

Fears, control problems, approval needs, esteem lacks—all these are artificial and can be simply released out of your life.

The research for this took a while to find. It's from upper levels, obviously.

Two people working independently around the same time, in the same state, found different but effective ways to solve these traps.

Lester Levenson's Release Technique

While there are several books and tapes in this area, most of the work out there is based on Levenson's discoveries.

In brief, he experienced a near-death epiphany. It took him years to understand what had happened.

The shorthand:

Four needs tie up your attention:

- Control
- Approval
- Security
- Belongingness/Separation

He also found that these were ultimately based on the fear of death.

As a solution, he worked out that anyone can simply let go of these, much the same as you can hold a pen or pencil in your hand and then release it, dropping it to the floor.

The simple technique is to observe your own emotions, particularly the unwanted ones.

You then release the ones you don't want.

Yes, it's that simple.

Of course, it takes practice.

But the more you work at this, the easier it gets.

And you can look up Release Technique online to find videos and free downloads to tell you how to do it simply.

If you do need courses and other materials, the place you might find useful is <u>Larry Crane's Release Technique</u>.

Again, test it for yourself.

José Silva's Method

Starting with an electronics course as a child, José Silva made a living repairing radios and electronic equipment, financing his research into the mind, where he saw parallels.

Self-taught, never having finished much schooling, his experience as an electronics technician, along with his study of psychology, hypnosis, and music, gave him a unique view into the workings of the mind. He saw that there was a relationship between brainwave activity and the functioning of the mind and human behavior.

Working with his children as well as neighbors, friends, and associates, he spent 22 years perfecting his technique, and in 1966 he started teaching a formal course in his <u>Silva Method</u>. Since 1997, it has been taught in over 100 countries.

Our concern is with his most basic training—the ability to move your own brainwaves from a beta state, which is associated with normal waking consciousness, to an alpha state, which is found in deep relaxation. This is where a person can make changes in their basic programming.

It's done by relaxing the body's muscles so that there is no stress in the body. Stress helps keep the mind operating in beta wavelength. And that "normal" operating state is yet another defense against change.

Silva found that affirmations worked incredibly well here, as you were directing both mind and body to work in unison toward a particular goal.

While Silva found a wealth of applications for this, our concern is to eliminate the blocks that keep us from progressing up Maslow's levels.

Using the Most Effective Combination

It's when we release at alpha that we accomplish the most.

This crossover enables you to do the most for yourself at the best time.

- Go to alpha.
- 2. Consider recent events (or goals you wish to achieve).
- 3. Release the counter-emotions that come to mind: the need for control, approval, security, belongingness. Eventually, the fear of death.
- 4. With these blocks removed, you can then access the upper levels, which have far more powerful tools that can be applied.

<u>Silva's studies</u> also showed another interesting point:

"I began to observe certain common characteristics in my research: there was usually a strong belief, a faith, involved in the process, and often some kind of trance state was involved with either the healer or the subject."

Napoleon Hill addressed this in his <u>Think and Grow Rich.</u> Hill pointed out that you have to have a "burning desire" to achieve, that faith was a key point in the success of those 500+ industry leaders he studied. His approach was to use self-affirmations to reprogram a person's mental habits.

Silva found that while Hill was correct, the affirmations and faith he covered in his book had to be instilled from *within*. In Hill's day, people could only repeat the affirmations aloud in order to try to install them from the outside.

There is much more to these upper levels than I can even begin to go into at this point.

What we're here to do is simply open up these blocked lower levels.

The steps to solving your emotional counter-programming are simply these steps done on a regular basis:

- Go to alpha level.
- Release any unwanted emotion in any area you want to improve.

Actually, both Silva and Levenson recommended adopting a constant state of alpha/releasing. Being able to do both simultaneously on a full-time basis supercharges your ability to get the results you want.

You'll find things get simpler in life as you do.

And this will move all sorts of emotional roadblocks out of your way—permanently.

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As great as these achievements are, we aren't but halfway there.

The second half of learning to live sensical is to sort out your rational thinking...

8. Second—Relearn Your Rational Thinking

We've already covered most of this, if not all.

Being able to release and remain at alpha (or higher) constantly will in itself help you think more clearly.

The way to clear your rational thinking is simple:

- 1. Take nothing for granted—question everything you've ever accepted.
- 2. Accept all data conditionally, without bias. Just be there and observe impartially.
- 3. Look over whatever you want to improve. Examine the existing scene, observe. Release any emotion that may be obscuring your observation.
- 4. Consider the more optimal scene you could create, utilizing the existing resources.
- 5. Compare this new scene against the observed scene to discover whether the result is more optimal.
- 6. Repeat steps 1 to 5 above until you have worked out the most optimal solution for the problem presented.

While this can take some getting used to, it is actually the basis of the scientific method, which is how people have figured things out for centuries. (Another one of those natural systems at work.)

Note: Science itself is quite overrated, as it excludes other valid methods of research and discovery, particularly faith-based and spiritual approaches.

This way of rational thinking includes whatever you feel is necessary to resolve the problem at hand.

Practice makes permanent.

9. Third—Begin to Live Sensical

You may note that these steps can take you into an operating state where you are unable to be scammed.

Practically all scams are based on poor value being hidden under emotional "needs." When you remove the false emotional "needs" you've been saddled with, then you are able to observe more clearly and respond more optimally.

Clean Your Room, Clear Your Life

Joseph Campbell created a model called the "hero's journey," which can be used to analyze your own progress through life. In this, you'll see that the "stuff" around you in your life is composed of tools and symbols you've accumulated to help you on your life-journey. If you have a collection of DVDs or books, the stories you've collected are those you compare your own life-journey against.

You can go through the material you have to see which are tools and symbols you can use to improve your life.

- You can review those role models you've been following and see if they are helping you on your journey—or are being "tricksters" and actually holding you back.
- Your clothes may not be appropriate to what you now want to achieve in your life.
- The next time you replace your car, you may not need that size, color, or power to accomplish what you now want.

There is a point brought up by Feng Shui that the immediate world around you reinforces your world-view. Changing the decorations and other surroundings you have can reinforce your new view of this world and help you on the next part of your journey.

There is a growing Minimalist movement, where people are regularly examining their lives to see just what they actually need around them.

If you toss out books and movies and pictures that are depressing and invest in inspiring and motivational stories, then you can move your life in this direction.

Your Own Golden Rule

This is how you treat others in order to get treated the way you want.

The Golden Rule is so widely prevalent because we are all connected. Everyone.

You'll want to treat people empathically, being interested in their life and helping them to make their own choices.

You'll want to help people adopt a free-choice mindset, so that they are not stuck in earlier decisions they made but can decide upon and achieve even greater goals.

Being critical is being defensive. Defensiveness is denial. Being calm and cheerfully expectant is probably a more useful attitude to adopt in helping people around you.

This is the one attitude <u>Earl Nightingale</u> recommended practicing in the program he outlined in *The Strangest Secret*. By practicing at alpha level and releasing constantly, this attitude is more attainable. It's actually a natural state we've been trained out of.

All of these can be worked backwards against what you want out of life and what you'll need to do, what beingness you'll need to assume to do and have what you want.

The Golden Rule is an action statement. It works best when used in all your actions.

10. Fourth-Find Your Bliss and Follow It

Let's go back to that Joseph Campbell quote:

"If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Wherever you are—if you are following your bliss, you are enjoying that refreshment, that life within you, all the time."

Your bliss could also be known as your life purpose. Most people have never worked this out.

The simplicity is to find those actions that make you feel good and keep doing more of these.

Of course, you have to separate out emotions from that. Emotions by definition are external and go out from you. Feelings are more perceptions of what is. And our English language confuses these two. "Feeling sad" is the emotional response of sadness. "Feeling angry" is demonstrating anger. Feeling cheerful is simply that.

Finding your bliss is following your interests: what's fascinating to you, what you could do all the time if you could make a living at it.

For instance, some people like playing baseball. Some play ball to earn their living. Others like to talk about people who play ball—commentators, sportscasters.

Your bliss is what you make it.

Spending your entire life watching videos and listening to CDs or eating out will take up all your free time, and your day job to pay for them will take the rest. Of course, you can get paid vacation time and all your health care taken care of. Maybe you'll even get a retirement out of the deal.

But if you want something more...

That's the point of learning to live sensical.

You can start a new stage of your life-journey at this point.

Or not.

Again, this isn't a red pill/blue pill option.

If you do nothing with what you've learned to this point, you'll be haunted by the "what ifs" that follow you the rest of your life.

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Next: what's now possible...

11. A List of Possibles

You are starting on a new phase of your journey, a part that is increasingly self-directed instead of being tossed around by the winds of fate.

Practically, you've just been handed the world on a silver platter.

You can do and have *anything and everything* you've ever wanted or dreamed of.

The only limits you have are those you set for yourself.

In this time and place, you can be truly free and live any life you choose, just as long as you give good value to those around you so they will continue to exchange with you (and support your lifestyle.)

Funny, huh?

And that is the result of living sensical.

Makes sense, doesn't it?

When you find that simple base where you've undone most or all of the emotional programming you'd earlier accepted, where you've started to live sensical and act sensical in most or all aspects of your life, then your native abundance shows through, as well as your native peace and freedom and health. There is no more conflict with the world around you, or the people in it.

As people realize and internalize that they are treated the way they treat others, that we are truly all connected on this planet, then the people who are still acting non-sensical will become a smaller and smaller group and have less and less power over anyone else.

This is already happening with the sources I've talked about on this planet. Content Marketing (a poor term) is replacing the "Mad Men" Mass Advertising. The new approach is to build an audience and find out from them what they need, then produce their desired product.

Most of the terrorism we are experiencing is due to our own media popularizing it. Were we to make more jokes about how non-sensical they act (both terrorists and mainscream media) and about the results of their chosen lifestyle (which has nothing to do with Islam or Mohammad or workable truths), then their social media support would dry up. Seriousness has no defense against laughter.

You can't follow something that isn't serious, except as dramatic entertainment. And there are much more enjoyable ways to be entertained than watching news about government reactions to terrorist threats.

(Consider the idea of creating a "Whack-A-Mole" type video game with terrorists, government stooges, and members of the mainscream media all chasing each other in some sort of <u>Keystone Cops</u> episode. That might get across the idea of how silly all three camps are acting.)

There are peaceful ways to make peace.

Governments and politicians also need to be laughed at. Regularly and consistently and loudly. By their nature, they take and give little back. People should have more say in what politicians are "required" to give. We need only start exercising our native freedom of choice to reign in any and every government that exists.

Some Freedoms Every Person Has...

Freedom of Thought

Freedom of Choice

Freedom to Act Responsibly

As long as people follow the Golden Rule (treating others as they would be treated), they'll find that they can act with impunity. You'll see that people who live sensical will act tentatively at first and then more and more certainly.

Freedom of Certainty

Freedom of Laughter and Joy
Freedom of Harmony
Freedom of Health
Freedom of Wisdom
Freedom of Good Company and Great Relationships
Freedom of Personal, Community, and World Peace.

That Secret Agenda of This Manifesto.

World Peace is breaking out all over. What our governments and the mainscream media don't want to admit is that there are far fewer areas in global conflict on this planet than ever before. Because governments and "news" media are devoted to Freudbased psychobabble with the intent of "controlling" everyone within reach (and making themselves rich meanwhile), they don't see the world as it is, where its inherent beauty and abundance makes their control unnecessary.

This manifesto is purposely simple, without annotated examples that "prove" these concepts. If you agree with some of the ideas presented here, great. If most of this is illogical, well, thanks for reading what you did (please pass this along to someone who might appreciate it more).

The point of this work is to help you realize your own untouched and hardly-used native abilities, to enable you to discover more native peace in your life, and to help you spread this to the world around you and the world at large.

Freedom and abundance, as well as health and intelligence, are the native birthright of every individual. Whether these are gifts from God or not, they are *qifts* and can only be given away.

There is no reason for anyone born on this Earth to live in any other lifestyle than one of freedom and the responsibility that goes with it. You can live nearly anywhere you want, in complete peace, and with financial freedom. Your job can be anything you

want it to be. You can follow your bliss and get paid to do just that.

This new world is within our grasp. Choose to lead a sensical life and you can be and have everything—and I do sincerely mean *everything*—you've sincerely hoped and wished for.

Your personal choices determine whether your life is spent in "heaven on earth" or in a living hell.

It's not just to choose wisely—that is also poorly defined.

One thing you can do now is to choose to live sensical. And that has an ever-expanding set of benefits.

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To get this happening in your own life, you simply have to take the steps outlined above (or work out your own) to start living sensical.

I'm building a site at http://livesensical.com to make available all the resources that I can.

Come join us and help us smooth this path for everyone.

See you on the other side.

SECTION III: Some Tools

Why This Manifesto Is for All of Us

Because we are all connected.

I've covered the Golden Rule above, briefly. That sentence just above this explains why it works—everywhere, all the time.

That first sentence comes from the ancient prehistory Polynesians, one of their seven basic principles per Dr. Serge Kahili King.

If you want to improve something in your own life, you'll need to help someone improve something in theirs.

As you think more sensical, you live more sensical.

And that can bring you more peace. As you help others with their peace, this can spread through the world.

If you extrapolate out what's covered here, you should be able to see that if we can get about 1% of this planet's population routinely living sensical, then all sorts of great things can happen.

One by-product is that we should have considerably more enlightened people around.

That should bring peace all over the place.

And abundance, security, all these things.

Do what you want with this.

Do the *right* things.

The Golden Rule is your first tool. Use it wisely.

What Can I Use This For?

In business, as I've mentioned, living sensical separates the 1% from everyone else.

Yes, that's the same 1% who control 90% of the world's wealth.

They think sensical (mostly) and, just as Napoleon Hill found out, they have bits and pieces of a sensical world-view system that they use to manage their wealth, income, resources. Few have a complete system. (Even *Think and Grow Rich* was incomplete, actually.)

This manifesto is written for a minority of people who can actually see the sense in it and apply it for themselves.

The essays here can be best utilized by those who are above Maslow's subsistence level:

- They have achieved or are well on their way to financial freedom.
- They are out of debt.
- Their monthly costs of living are more than adequately covered.
- Their job is something they actually like to do, if not love.
- They give enough value that they are more than adequately repaid for it.
- Their relationships are in good shape, probably even great.

The people who can really get behind this manifesto are those looking forward to taking the next step on their journey.

They are confident that they can handle anything in front of them but are investing in personal development to complete themselves and move into the truly interesting things they haven't had time to invest in until now.

This manifesto cannot help people who:

- Are constantly critical of anyone or everything about them.
- Live mostly or entirely from government handouts.
- Work for a political party or in a government or lobbyist or academic position.
- Hate their job, but can't quit it.
- Are in debt up to their eyeballs.
- Get their relief from drugs or other addictions.
- Constantly chase bright, shiny objects—new cars, new electronics, new clothes, the latest fads.
- Consider sports or other entertainment as vital to their well-being.
- Are professional journalists or newscasters or they work for any news agency.

Because these people are personally invested in non-sensical living.

No, I won't apologize. These are the people who created "political correctness" as a freak control method.

They are hypocritical, as well as hypercritical.

Aren't I just being critical? Maybe. Depends on your view of things.

But would you like to live in a world that is so abundantly peaceful that such a manifesto is unnecessary or is just a poor work of fiction?

At Maslow's levels of cognitive or above, there are huge solutions to the world's problems, and these are considered just minor puzzles to sort out.

The main situation is that the most powerful tools to resolve these situations have been rendered ineffective by the trained-in defenses of the levels from subsistence up through esteem.

Self-help bestsellers have to work around this by appealing to the mass psychology (such as is accepted) of these lowest levels.

Napoleon Hill had it all worked out in 1925 with his *Law of Success*, but had to make a popular version in 1937 with "grow rich" in the title. The purpose was to help people shake off the fear of poverty leftover from the Depression (which was caused by governmental financial mismanagement).

Do you see the booby traps he was trying to handle?

The next all-time bestseller is Dale Carnegie's *How to Win Friends and Influence People*, which followed an earlier book, *How to Stop Worrying and Start Living*. Both were derived from surveying his public speaking students for their top concerns. Both are targeting the esteem-and-below crowds.

Almost all the books in the self-help genre have been strictly dealing with those areas.

But if you go back into the New Thought boom of the 1920s, you'll find authors like William Walker Atkinson who was describing the Law of Attraction and other mystic abilities under various pseudonyms.

He saw incredible abilities like clairvoyance, remote viewing, and remote influencing as simply achievable by anyone.

Around that time, Charles Haanel laid out the laws of the universe with his *Master Key System*, following the late 1800s successes of Judge Thomas Troward, who derived the laws from studying all the major religions' essential texts in their own languages during his time as a judge in provincial India.

There are programs that exist today that can routinely take *anyone* and enable them to have *unlimited* abilities.

Anyone.	

Unlimited.

Abilities.

Yes, really.

What's keeping these unknown?

What we've already covered here.

Governments, politicians, "news" agencies, academics—are all invested in keeping the status quo of people who have to keep wage-slave jobs for the entirety of their working lives (or be on lifetime government handouts).

They don't want this boat rocked.

People who would perceive at a distance would be dangerous to the "secrets" they hold (even though the government has been running their own programs for years to develop this as a military control weapon.)

The same ability to perceive can also be used to heal at a distance, and using natural means. But the FDA says you have to have a doctor present.

Since abundance is native, there really would be nothing for these same government people to tax if people were allowed to use their native talents. Wealthy areas historically have ample charity programs, all volunteer. (Conversely, surveys show that those who consistently vote for more government handouts give the *least* to charities.)

If a majority of the people could communicate over wide distances with no limit, then mutual understanding would make most laws unnecessary and archaic. Wars as we have known them would die out (and the insane who tried to start them would not be listened to, but enrolled into rehab.)

Predicting and preventing accidents could become the norm.

The outrageous statements I've just made are just the tip of the iceberg.

There are no limits.

Anything is possible. Anything.

Your own imagination is the key.

But you can't get there from here—as long as you live and act in non-sensical ways and support non-sensical people who are trying to keep us all living in competition with each other instead of cooperation and coordination.

So, this book may not be for you.

But I warned you at the beginning.

Now you'll be thinking about this forever.

Which has been my exact and hidden agenda here.

Go ahead, try to have some discussions with your friends about this.

But don't say I didn't warn you that most will turn on you or think you're more than a little crazy.

The question comes, then: Was that a relationship you really needed in your life?

What's In It for Me?

For you, infinite freedom awaits. Providing you live responsibly, certain in the fact that we are all connected, that you create your now by how you treated others yesterday.

For me, I publish books.

So you can buy them.

More than that, these are the "secrets hidden in plain sight" that I've been telling you about. Stuff I've found in my travels and research.

Long ago, I saw that I didn't need to reinvent the wheel. The Internet had tons of these nice wheels just sitting there. Free downloads and all that.

The trick is that it takes a lot of work to find them. Often the quality is poor—scanned pages, missing text, links to malware sites.

Also, I found that these were poorly marketed. Versions found in online book distributors were often "free" but had generic covers and generic (at best) descriptions.

In other words, content discovery was (here's my favorite word) booby-trapped.

People would wind up spending decades rounding up what they needed.

In this manifesto, I've had to push it further—to find the breakthrough of Maslow's levels as a means of tracking progress. The second breakthrough was in finding the two main mindsets and how we've almost all been trained out of using the more powerful of the two, so we'd be weak and controllable.

The biggest realization is how these all fit together in a system that anyone could use and everyone should.

My point here is that the higher levels have incredible solutions to problems known at lower levels. But they are blocked by the

mob rule that says everyone has to stay down between subsistence problems and esteem needs.

Of course, it doesn't have to stay that way.

In this book, all the tools are laid out in the order you need to achieve personal development goals that most people spend a fortune—and again, huge amounts of their lives—to find out.

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Living Sensical is really just the bottom rung of a tall ladder.

It's a marketing approach to get enough people in at the lower levels so we can graduate far more out the top.

Because we need far more "enlightened" people to make the changes we all know are needed and have been for a very long time. Eons probably.

(And yes, you now know. Test this for yourself. Accept this conditionally.)

If you've gotten this far, then here's the plan:

I build a site where people can get what they need to get their basic needs met. They buy books, materials, and courses, and the site stays afloat.

You come here, invite your friends. You and everyone else keeps improving their lives and those of people everywhere they go.

As people continue, we can get everyone into Levenson and Silva (and any other tested and proved programs) so they can unlock their ability to really understand and act on the materials that only exist at Maslow's Cognitive level and above.

(And yes, I get affiliate fees from these sites when people buy stuff there or when they buy my own books on these subjects. Again, buying my books and investing in your own future keeps these doors open and the lights on.)

This approach is where self-help really starts working because people can start implementing this from the "inside-out."

Once enough people become able to undo all the programming and start getting the real results that upper-level materials contain, we'll then see some great change happening that we've all been wanting for a very long time.

Self-Actualization, Self-Transcendence.

Anyone should be able to do this.

Everyone could, actually.

The tools have been outlined in this manifesto.

It's your decision to apply them in your own life or not.

Both of us consider that your life should be more peaceful, more abundant.

And the route to living sensical might just bring you that peace and abundance.

Your choice.

As usual.

As always.

Definitions and Goals You Can Use:

Basic Steps

- 1. **Question all conventional wisdom.** Test everything you've heard, seen, or experienced. Everything. All of it.
- 2. **Prove to yourself whether it works or not.** Any datum is only valuable if you've tested and proved it for yourself.
- 3. Remove unworkable data and influences from your life. Discard what you can, work to wean yourself from any dependency on non-workable influences.

 Gradually eliminate all that you can. Reduce all dead-ends—all their symbols and "archetypes" in your life—to a minimal exposure.
- 4. **Resolve your emotional responses** and release any that are inappropriate and do not bring you more bliss.
- 5. **Adopt the habit of living sensical.** Analyze every choice you're presented with. Act *only* when it makes sense to do so.

A Clear Mind

Free from outward persuasion, able to make your own decisions based on your own sensical determination.

Emotional thought not swayed by preprogrammed responses.

Rational thought based only on your own decisions about what will help you attain your bliss.

Regular, daily review/meditation/prayer is recommended. The <u>Silva Method</u> and <u>Release Technique</u> have been tested and found very useful.

Eventually, you hit a tipping point. There are more positive influences supporting you and your life is more blissful. You start each day with an honest, permanent smile.

A Clear Body

This comes from sustainable and health-based eating and exercise. There's an old Oriental parable that ends, "...the best medicine is food."

- The "100-mile" diet and a non-grain (paleo) diet are recommended.
- Regular/daily exercise with plenty of walking (running) recommended, preferably in rural/natural surroundings.

Less-processed food contains the most available nutrients in most cases. Having a direct line for local food helps greatly. *Know your farmer, know your food.*

Clear Value

The value you personally provide determines your income.

Financial Freedom can be accomplished in three stages:

- Financial Security is when you are out of personal debt and living within your current income and following a sustainable budget.
- 2. **Financial Independence** is having enough savings and resources to provide your current lifestyle for three to six months with no income.
- 3. **Financial Freedom** is an attainment of a volume of passive income and reserves that achieve all the above and you have complete freedom (choice) of daily activity.

Note: None of the above says that you *must* get outrageously rich. Once you attain your Financial Freedom, that can be another game you can play. Your choice.

(This also says nothing about retirement. You are free to follow your bliss for the rest of your life and then will or turn over your passive income sources to someone else or to charity.)

Clearing Your Bliss

The indicators are lack of stress in your life, with a continuing calm, cheerful expectancy all day long. Let's look at Campbell's quote once again:

> "If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Wherever you are—if you are following your bliss, you are enjoying that refreshment, that life within you, all the time."

You can see a sort of checklist developing from that.

To follow your bliss

- Is this a kind of track that has been there all the while, waiting for you?
- Is this the life that you ought to be living?
- Could this be the life you are currently living?
- Are you enjoying that refreshment, that life within you, all the time?

How Does Mind-Body-Value-Bliss Work?

Best at lower levels. It gives you a structure to balance living with. Once you internalize the ancient Polynesian principle, "The world is what you think it is," then things change rapidly. Keeping your Mind, Body, Value, and Bliss in balance seems less important, but it also becomes second nature.

Most people don't do this and live very unbalanced lives. When you do get everything in balance, you can quickly move beyond mere subsistence into having far more meaning in your life as you become far more valuable to those around you.

A Possible Formula:

- 1. Look at what you are doing and how that makes you feel (different from what emotions you've responded with.)
- 2. Recall those actions that have been regularly successful in attaining your bliss.
- 3. Recall those actions that are unsuccessful in attaining your bliss.
- 4. Keep and build on what's successful.
- 5. Throw out what's unsuccessful.
- 6. Adopt an attitude of calm, cheerful expectancy. *Practice makes permanent*.
- 7. Get your life into a sensible working structure.

Writing that sequence down and keeping track of what you find can speed your progress immensely.

A Motto...

...you can adopt, if it proves useful to you:

"Will this choice make my life simpler or bring me more peace?"

Four Methods of Life Analysis

Any incident, actual or remembered, can (and should) be analyzed by all these four approaches:

- **Subjective**: How does this affect me? Is my response an inappropriate one?
- **Objective**: How did this happen? What can I do to solve it? How can this be prevented in the future?
- **Symbolic**: What does this mean? Is there a message in this?
- **Holistic**: How does this fit into the wider scheme of life? What is the natural system behind this?

Anything that is truly inappropriate or unwanted can be released. If it won't release, then analyze as above.

Notes on Releasing

From experience, this is best done in active meditation, assuming an alpha or delta state and then releasing. See "Freedom Is (period.)" for a more detailed description of using Silva Method and Release Technique together.

The "fear of death" is best approached when you have already done extensive releasing of control, security, approval, and belonging.

People who have a history of earlier self-help and personal development practice can find this much easier.

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Other Observations

- An old proverb: "Before enlightenment: chop wood, carry water. After enlightenment: chop wood, carry water."
- There are miracles around you every day. Learn to appreciate and enjoy them.
- "As you sow, so shall you reap."
- "Heaven lies within you."

- The Golden Rule predicts that you could experience heaven on earth or make your own life a living hell. Your choice.
- If you want to get rich, help others around you get rich; if you want world peace, first get at peace with yourself and then pass it along to those around you by your words and actions. As you help people find and follow their own bliss, they'll help you with yours.
- "As above, so below. As within, so without."
- "The past is done. The future never comes. Now is forever." That is the logical formula for all affirmations, as well as why they work.

Boiling the Manifesto Down

People don't succeed in life because they don't think and live sensical.

Sensical is where emotional thinking and rational thinking meet.

Emotions are booby-trapped with counter-programming—inappropriate emotions that get in the way of you fully functioning in life.

A key breakthrough was to find that <u>Maslow's Hierarchy of Needs</u> can be used to find out where you are and what you need to do next in order to move up his levels of motivations.

The vast majority of people are stuck in the subsistence (lowest) level because:

- They have no clue how to get their own subsistence resolved so that they don't have to put attention on it daily. (No systems in place.)
- Their emotions have been sabotaged so that they are critical of nearly everyone around them, and any efforts to improve.
- They have accepted their **purpose in life** as only being there to be entertained and to buy stuff. Lots of stuff.
- Their idea of **earning income** is to pour themselves into the mold of a mindless wage-slave worker, trading time (their lifetime) for money.
- They don't eat healthy **food**. Fast food is just another form of entertainment, which kills people off slowly. So they buy into health insurance schemes at work and have to keep their job to pay their medical bills, etc.

The next several levels of Maslow above sheer subsistence are filled with counter-programming booby-traps as well. If you simply spend some time daily releasing on control, security, approval, and belongingness, eventually you'll solve these levels

and become "hootless" about these concerns. Then you are free to work on upper levels.

Once you've gotten these lower levels sorted out, then you really get the results from personal development programs, books, and materials. (Cognitive and aesthetic levels deal with materials covering thought and imagination.)

After you've selected and internalized the personal development materials that fit you best, you are well on your way to actualizing your abilities.

Eventually, you'll transcend to helping others succeed as a primary purpose for your life. Helping becomes your bliss.

Note 1: *Nothing in this manifesto says you need to move up to the next level.* If you've got all your basic needs handled and don't mind having a job (if it doesn't particularly suck) and everything else is fine, then enjoy it.

Note 2: The books I recommend won't fit you exactly. Because we are individuals. There is no one-size-fits-all approach in personal development or self-improvement. You are expected to test and prove everything for yourself. That includes this manifesto.

How to Deal With Criticism

In short: "Smile and nod. Then move on."

Then bless those critical ones when you have. (No reason to keep fueling whatever is bothering them.)

How people treat you is basically how they want you to treat them. (But you treat them back the way *you'd* like to be treated.)

This is so ancient, it existed before all written history.

How people act shows how they think. How people think governs their actions. What they decide and do is how their world ends up.

To some degree, you can tell a lot about a person by what they have around them. All that stuff sitting there.

When you add this up with their general attitude toward life, then you get a picture of what they're thinking, more or less.

As you live your life, when you tell people about this manifesto, when you talk to people at all, you'll be surprised from time to time with criticism. And if you look over earlier conversations with that person, you'll often find that these people are simply replying with critical comments more often than they aren't.

They live critical lives.

Critical people are defensive. They try to tear down people and ideas around them as an attempt to prevent change to their own world.

But do you have to have critical people around you? Probably not.

Let them have their world.

Find people who are positive, creative, inspiring, helpful.

Surround yourself with *these* people.

Reading their books or recordings, studying their artwork, these are ways you can also have that person in your life, even if you never get to personally meet them.

Surround yourself with inspiring works. Build your own library of these. Refer to them often.

The more creative inspiration you can tap into, the more you can keep improving your life.

And your journey becomes filled with the bliss that has always been available to you.

Your choice. As always.

Have fun with this.

PS. This manifesto will be updated regularly. Visit <u>livesensical.com</u> to get the latest version.

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