

**P**ersonally **I**nvolved in **M**atters of the **S**oul

*Or*

**The Growing Importance of Becoming Human**



**This short collection of passages may improve your chances of becoming a successful human in both the real and the virtual world.**

**It is not a requirement to read this in its entirety in one sitting, but it is recommended that each sitting be free from electronic distractions.**

## **DEDICATION**

To the souls of my two beautiful Granddaughters and to the spirit of the next person that begins personal involvement in matters of their own soul.

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## Passage 1 - Preface

The youth of today are experiencing more angst, depression and anxiety than decades past. This is in direct correlation with the introduction of the smart phone and social media. The rates of youth self harm, harm to others, psychiatric treatment and suicide climbed sharply in 2014 and again in 2020, ascending to today's alarming plateau. Even younger adults, who now operate in a "virtual" corporate world, are finding work almost identical to a social media environment. And here comes A.I. like a rocket taking flight the day after the Wright Brothers left the ground!

But there has been no rise or major change in preventative and protective measures for the challenges the modern technological landscape presents. No real solution is being offered. The solutions that have failed the first group of humans to use such "progressive" tools in early adulthood, need to be challenged - and sometimes new ideas are as old as time. Ineffective reduction strategies, government complicity through inaction and guesswork psychoactive medication from a failing healthcare system - Is this the best we have to offer our youth? Reactive, unproven "care", on the back end, for problems we have created for them? Are we not better humans than that? I believe so.

This is a very real problem. Not a new problem. But an issue that is evolving at the pace that technological engagement is evolving; *exponentially*. It is my belief the root of the problem is not being addressed, and will not be addressed by those who carry the most influence and ability to drive change, as it is counter productive to their corporate goals. This book is not about politics or religion or science. But I do believe the condition of your spirit, your soul, has an effect on each of those areas. And countless works have been written on those topics already.

We humans, particularly youth and undeveloped souls, seek solutions to human challenges through material things before creating a strong spiritual foundation - a firm bedrock - of what it means to be a human being living in the natural world. Money, people, substances, technology, ideologies and the various habits that surround them dominate our existence. The new part is that the youth of today are being encouraged to explore an alternate reality as their *primary* reality. It is there that they are being not at all subtly introduced to the trappings of the material world; not by their parents and advisers, but by the strangers, images, influencers and virtual relationships (that may or may not be real humans) that command their attention daily. Those who understand the power of this medium can manufacture a world indistinguishable from reality to human minds that demands participation.

Youth are being handed one of the most powerful drugs and most dangerous of weapons - technology - with little to no instruction of the effect it has, the power it wields, upon others and themselves. And in their dash to grab independence and connection through technology, they have instead been bound, often isolated, in a digital labyrinth. Like a drug, the toll may be subtle and dull, but always consistent, progressive and significant. A steady flow of a tailored algorithm and targeted advertisements, sprinkled with tiny intervals of delight. But like a weapon, there is nothing subtle, the sting delivered can be sharp, instant and irreversible. A

proactive or reactive slap to the face of a human, even oneself, somewhere in a place that is not real. Unfortunately, unlike an offline electronic playground, like an arcade, this new one blends with the real world. It demands attention by providing an infinite, mostly unsolicited, library of impressions that *masks itself as choice*.

Who created this permission structure? We all have.

Why? Control and profit for a powerful few, perceived necessity for and by the many, and a lack of human ability to curtail it thus far.

Did we ask for this? Of course we did, we are human.

Why are options needed now? Everyone is questioning what is real. Or worse, not questioning anything at all.

Why a short book? You and I may want to come back to it for reference frequently.

What can we do about it? Let's investigate. Being a functional, peaceful human, in the tsunami of modern life and technology, is difficult.

It must have been a day off of school for me, because I do not recall ever receiving the basic text book on becoming successful as a human being. It took me forty years of trial and mostly error to finally arrive in the human race, as a very small part of the natural world. I had my own challenges that led to depression, anxiety, isolation, suicidal ideology and a general desire to be on any other planet than this one. Other humans seemed to possess an ability to fit in with each other that I did not. Feeling became scary and lack of control was asphyxiating. *I turned to external, material sources to change the way I felt. I never involved myself in the matters of my own soul and had no knowledge of the spiritual damage those material fixes were inflicting.* I just wanted five minutes. Five minutes of peace. Five minutes of control. Five minutes of not feeling. By the time the effort required to obtain those Five minutes was so great, so taxing, so insane - it was too late. Having lost touch with my soul, my humanity, I prioritized the fulfillment of my basic instincts with very unnatural acts.

I believe that social media for youth is most unnatural and can break the human spirit before a child has the opportunity to gain invaluable self knowledge. Regardless of what human organ you pride yourself in using most effectively - your heart, your mind, your body - it cannot fix you if it is what broke you. At some point the faculties of those vital organs were used ahead of, or in place of, your soul. The mind is powerful. And the body and the heart will try to get what they want via any means necessary. But the soul is the fix to the emotional, mental and spiritual problems technological engagement present.

Today I take action so as not to hinder myself. I take no action without first trusting in sources of power that are bigger than me. I follow a simple set of rules to live by to be a good

human. Today I am personally involved in matters of my soul. Anyone can do it. No one can do it alone. And you are never alone.

I was told, by the people I respect most, that I had a personal problem that only a “spiritual experience” could solve. This was frightening to me. It sounded life changing, dramatic and overwhelming. And frankly not possible. Until I looked up the words “spiritual” and “experience” in the dictionary. “Matters of the soul” is the definition of things that are spiritual. And experience is simply “personal involvement”. It was at that point that I had to ask myself some questions. And seek some answers. You will find them here.

I faced many challenges in life, mostly self created, but through it all I never doubted whether I had a soul or not. I simply never considered its care or condition.

Will you take control of the care and condition of your human spirit, your soul? Or will you continue to hope, even believe, that materials - people, places and things - real or virtual - will someday deliver you tranquil humanity?

I would like to show you precisely how countless others, throughout the written history of mankind (that we have found so far), have done precisely this - found peace. My proposition is simple: We all have the same problem and we all have access to the same solution.

The main object of this book is to serve as a drop of water on the soil. The first step in the process of breaking the seed that holds freedom. Freedom from your oppressor, even if that jailor is you. Once free from oppression, any soul can grow, change and change others.

## Passage II

### About the Very Human Author

Because we are human and have a soul, we are the only animal on the planet capable of dying multiple deaths. The death of the body, once, or the physical death. Or a spiritual death, the death of the soul, potentially numerous times.

*I have died a spiritual death.*

Today I am very much alive, functioning in the natural world as a human that is personally involved in the matters of my own soul.

Here is a brief look at what my life was like when my focus was on the material, in the real and virtual world, and what life is like today. Explaining the causes of my spiritual death and personal transformation will be difficult in these few words. We have all been hurt in life, and for each of us our worst thing was our worst thing. This is simply my experience. Take from it what resonates with you and simply leave the rest.

Most of my life I had problems with being a feeling human being in the world. I had a spiritual malady that I tried, like most good humans do, to fix with material things. In my case money, people, drugs and alcohol. I acted like a small child, tied to a belief that material things would bring happiness and peace - I did that until age 51. I found little peace and only artificial happiness.

People were afraid to tell me the truth about my problems, or lacked the information to take appropriate action with me because *I* was incapable of telling *them* the truth. The world I constructed did not align with reality or with my own soul. But because I am a human, I was selfish, stubborn and afraid by nature and I went to extremes in most emotions, actions and behaviors - well beyond intended instinct.

I have only shared my entire story with a couple other humans, as it is private, depressing and disgusting at times. Here are the basic facts and my feelings at certain intervals. You will be able to feel the story in your own gut with just this limited information. No need for all of the intimate details that would only hurt other people.

I felt like I did not fit in by age 10. I was short. I was Jewish. I was nerdy. I was a tennis player. The "cool" kids were different than that. The images flooding my mind were eighties movies and MTV - Virtual Reality of the decade. I first drank at age 10 and first used drugs at age 12. From age 15 to 51 I was a daily user of drugs and/or alcohol with one break between age 38 and 40. I do not have a high school sob story. But here is the thing - All of the things that I was so distraught over at age 10, that kicked off a career of abuse, were solved materially for me by age 17. But, by then it was too late.

I became probably the most popular kid in school. I was quarterback of the football team, an honors student, number one on the tennis team, hosted the best parties, drove a brand new car at age 16, never wanted for anything materially, had more friends than I remember, had no enemies - but I was also the biggest drug dealer and drug addict in school.

There was a lack of knowledge about certain fundamental truths of human nature. I had trouble with relationships - normal for a prepubescent child. I did not think much, acted on emotion and let human instinct run wild - fairly normal for a growing human. Patterns developed that I could not see, or decided not to look at - also normal for an adolescent. I was always looking for the next dopamine hit, thinking that was what life was about - remember that eighties movies and MTV drove my world through mass consumption.

I became numb when intoxicated. And because I lacked the basic knowledge and tools to handle the problem of becoming a human, my goal would be to find the most dopamine daily, for the least amount of effort. Armed with the one human tool I possessed, rampant egoism, I swung like a hammer, as if every person or problem was a nail!

I think it is important for those of you struggling with drugs and alcohol to relate and identify with me, on a level that will mean something to you. But it would be wrong for me to list the types of substances I used, the frequency, the duration and the amounts, as it would only hurt other souls. If you can name it, I tried it. And because I am an addict and alcoholic, trials quickly turned to routines. The particular drugs that were problems for this country in the past 30 years were problems for me. For me it was the most tangible expression of misguided fulfillment of primal desires for security and sustenance.

I took psychiatric medications daily from age 29 to age 51. Taking anywhere from 1 to 5 medications at a time. Navigating my psychiatrist's intentions and care and trying to find a cocktail to "fix me" was an enigma. The side effects, risks and lack of any real or measurable benefits motivated me to divorce the western mental healthcare system.

I went to rehab 4 times. I earned millions of dollars and have not one dollar to show for it. I am worth negative dollars if you ask the IRS. I was married only once but went through four ugly divorce proceedings. I have blacked out in eight countries. I have flown half a million miles, and most of those were intoxicated. I made many friends and lost all but one of them. I worked closely with hundreds of people in my career, none would recommend me at the end. Most of my family loves me still, but did not like the person I had become. I have been part of nine figure business deals and I have navigated some very shady hundred dollar drug deals. I could not hold a job for more than a couple of years. I was angry at the world. I did not want to be part of it at times. My children have bad memories from their childhood. I have been through two bankruptcies. I had little control over my thoughts and my words. I have been to jail. I have been held in a mental institution against my will. I would torment people by using confusing words and put them down when they were not around, to feel superior. I took advantage of my position to influence people. I used my status to manipulate women in my sexual relationships. I would impose my will and my beliefs on others, especially the controversial and ugly ones, without

their consent or any consideration for their well being. I enjoyed watching the people I did not care for get humiliated. I believed the world was out to get me, specifically. I lost the present by constantly wishing certain things had never begun or wishing other things would never end.

The world I had constructed operated much like a video game and all other humans were treated as NPCs - non player characters. In video games of old, the landscape was filled with characters that had limited capacity and were there to serve a purpose in the players experience, but not playing themselves. I treated most people that way.

My soul was dark. I was a wounded, bewildered animal. I could not understand how everyone in the world did it...how did they get out of bed every day, smile and *feel*?

I reached my spiritual bottom when I lost myself in alcohol and the online world. - My attitudes, beliefs and thoughts could no longer be trusted. I was reduced to being able to see only the following clearly - *"I am right here, in the natural world and I am human. "*

This was all I could muster at the darkest point. Those were the only truths that I could manage to tell myself once I crossed over beyond insanity. I had done the very best I could with the information available at the time and this was the end and the beginning.

Being fully aware of the human experience I was living was the starting point for me. And my soul requires that reboot every morning.

Any number of the things in this passage could have physically killed me, most of this did destroy me mentally and the combination of it over time left me spiritually bankrupt.

*Today I am free. My obsessions have been removed. I am clean and sober. I take no medications. I can see the truth. I know peace. I am personally involved in the matters of my soul. I am fully connected to the natural world. I look to be of service as a small part in an infinite Universe.*

*I found a design for living in a 12 step program, confirmed my beliefs in ancient history and philosophy and formed a connection as a human to the natural world.*

Even when most would say, "but your life is still a mess." My "material life", possibly. I was bankrupt, I still own very little, other people had to help me with shelter and food to get on my feet. But I no longer operate in a finite material world. The realm of the Spiritual, with a properly cared for soul, is infinite and provides more than I need each day. If I do my part, it offers me everything I need to be useful to others in my presence and content when I am alone. And that is a very dramatic transformation.

*As a human, all of this is available to you. If you have a desire to be personally involved in the matters of your soul as frequently as your current circumstances demand.*

At this point you may be asking yourself; "Who does this guy think he is and what makes him believe he is uniquely qualified to speak of such things?"

The reason is simple - every human I have ever known from my dark past would tell you the same thing if you asked them to describe my soul and my humanity. Every single one except of course my Mother:

The author is a very flawed human being - a lost soul.

And I was. Today I am just a very human "Human" that wants to help other humans by offering all that I have to give - my voice and my experience.

*I believe adult humans are able, and obligated, to place the security and serenity of our youth ahead of their own perceived, unchecked instinctual desires.*

As we all battle the existential crisis of overabundance, our primal instincts to hunt, procreate and seek shelter should be targeted first at the nourishment of the souls of the youth - delivering their peace and happiness before our piecing together of the material world we have prioritized through technology.

If you can give your soul the freedom to feel and relate to any part of my human experience, you have the power to change yours. Remember, our fundamental problem is the same regardless of our real or virtual world experiences - we are human. And you have one person interested in the matters of your soul already. Me.

## Passage III

### The Problem is the Solution

“We are but men, not Gods; our knowledge is partial, our judgement frail.”  
- Epictetus (c. 108 CE)

I think we can all agree on one thing we have in common, we are human. But we believe we differ dramatically due to the individual challenges of our lives; Circumstance, Station in Life, People, Money, Sex, Substances, Technology. But do we differ? Do our fundamental problems differ? Do the solutions differ?

I believe if we solve for the problem of humanity and care for our soul first, life situations - including challenges with technology - will fade or fall away completely. This belief stems from adherence to the evidence I have seen in myself and others that have practiced what is in the pages that follow.

Let's define a few key terms, as good humans should when they are talking about serious matters. Words can have so many meanings, each of incredible depth and weight. My preferred definitions will have to do for the purposes of this reading.

You are going to hear a few specific words, many times in this writing. So to keep it less monotonous, here are the synonyms that you will see as well.

#### **What is a human?**

The common definition is:

*A bipedal primate of the species Homo Sapiens*

Synonyms we will use for human(s): Person, Individual, Mortal, Being, People, Mankind

You know what a human is, but isn't it more relevant that you can *feel* what a human is? Even animals can *identify* humans. But you and I get to live it. But how human are you? Have you considered the level of your humanity? And what is the quality of your humanity? What is the condition of your soul, right now? Let's find out!

#### **What is a Soul?**

The common definition is:

*The Immaterial essence of consciousness, identity, and morality, eternal and divine.*

Synonyms we will use: Spirit, Essence

Your possession of the ability to contemplate your souls' existence means you have one. Whatever IT is that you believe separates mankind from the animal world and allows us to do things other animals do not, like questioning whether or not we have a soul. This is the thing I am referring to.

When I speak of spiritual things, I am referring to this part of you. Not related to the secular or the material.

### **What is a Problem?:**

Common definition:

*A challenge or a difficulty requiring a solution.*

Synonyms we will use: issue, challenge, obstacle, roadblock

For us, the things that require a solution will meet one of three criterion:

- A. We no longer have an ability to see the truth because of them
- B. We no longer have a choice in stopping or starting them
- C. They are damaging our soul or the souls of others.

Being human is the problem we will address first. It is one we cannot remove entirely, so we must deal with it properly. It will aid us in dealing with our problem with technology.

If you cannot meet the conditions you have put on your everyday life, real life, due to the virtual world, the problem is in your spiritual well being. Not the conditions you are physically in at the present or the virtual world itself. You are the human in the equation of life. Everyone has a different level of tolerance. With all the problems we complain about being thrown at us by life, why then would we ever be a hindrance to ourselves, to our own souls?

We all have the same problem: We are living in the most amazing time in history, on the most beautiful planet we can see, with most of our basic human needs provided for with little effort from us, and we cannot peacefully enjoy it because of \_\_\_\_\_, (fill in the blank).

For some of us, the problems we blame for our discontent create an inability to see the truth. But the majority of us have at least one soul in our life that cares deeply about our essence. If you are hurting, go ask them why they think you are hurting. Then listen without interrupting and forming opinions. Sometimes the first movement in the face of a problem needs to be towards the safest place possible. I know that was the case for me.

### **What is a Solution?**

Common definition: *The resolution of a problem or achievement of a goal.*

Synonyms we will use: answer, resolution, remedy, explanation

The resolution of any problem has been the same for any human, ever:

Admit there is a problem, either aided or unaided.

See a proposed solution.

Believe that the proposed solution can work for your problem.

Decide you are going to implement the solution.

*Sounds like a lot has to happen to get to this point, but at this point nothing has happened at all. No action has been taken.* I was a great decision maker. A quick and spontaneous decision maker. But no action was ever taken on more than half of the things I decided to do. What about the New Year's resolutions, the dropping of this habit or that habit, the adding of this hobby or that hobby, promises made to other humans? If the actions do not follow, the decisions remain beliefs, wishes and manufactured realities inside of us.

Let's keep this light...It's like realizing you need to relieve yourself. You have done this before so you know the solution exists. And because you have done it before you have faith it will work again. At that moment you admit what needs to happen, believe and have faith it will happen and have probably manufactured an actual route, or action plan, to make it happen. But without taking any actions, things get messy. Pun intended. Actions must be taken to overcome time, distance and pressure, taking into account the current environment. You become personally involved in matters of your *bladder*. As we get older and wiser, and understand our bladders more intimately, we proactively reduce the stressors of time, distance and pressure by attending to our needs proactively throughout the day. But what of the consideration and preparations of your soul? Is it ignored with no plans laid to maintain its condition?

The achievement of a seemingly insurmountable goal is identical to using the restroom, in that it is simply a removal of obstacles on the path to the desired result. So I suppose if we want to achieve anything we "decide" to do, we had better get very efficient at identifying and solving problems. And it is certainly in our best interest not to introduce new problems to the path ourselves.

Let's explore some of our universal human problems first.

I forget the most basic problem most often, the fact that I am human..  
"I need to go do this or go there and buy that"....yes, but, will I not do so as a human?  
"But I will miss out".... yes, but, must I miss out on being a human while I am missing out?  
"They hate me. They love me"... yes, but, do I love my human self?

Who are you, as a human?  
Who do you want to be, as a human?

No one is going to sit you down and ask you these questions. You have a brain, emotions, a body. Be honest, no one else is listening. Take a minute to listen to what your gut says. Remember, no material things are involved in these questions. Human traits only. Who are you now and who do you want to be?

So what is holding you back at this very moment? Whether the roadblocks be physical, mental or spiritual, the challenges are human first and you are not the first person to be precisely where you are right now. I hate to break it to you, but you are a regular, average, garden variety human.

*I had to ask myself: Are my projections to the world, my actions, an actual representation of the contents of my soul? Or are possessions, relationships and my virtual status dust on the lens of my projector, blurring the clarity of the picture I show to the world?*

Starting is not easy, especially when the end is unknown or the path appears cluttered. Yet, it is very simple to start a session on our device, because we know we will get what we are looking for. Now let's stick to the truth - 99% of the time we are just looking for dopamine. There is not much there of real value, and to get to the good stuff we will need to sift through unknown, changing barriers of content we were not looking for. If we examine the name, we can see the truth starts and ends there, in raw form. If I were invited to a "social" event of some kind and, after arriving, found half of the people there to be mean spirited, aggressive and bad intentioned, I would not stay. If "media" is digital content that flows to us and through us, shouldn't that content be useful? Are we physically wired to be connected to the entire world, at once? To have EVERYONE's media flowing through us? Well, certainly not before breakfast?! Most mornings I require some time alone with nature, until I am ready for contact with one single human or their digital content - let alone *each and every human* on the planet! The longer I look, the less and less content I see online that is worthy of being called "social" or useful "media". The data shows the landscape we are choosing to reside in is primarily a network full of asocial spam.

When my kids were young, taking electronics away from them was a punishment. It was their freedom, and they did not like it. Would you feel punished or relieved if your device was taken away right now? If you feel a loss, ask yourself if it is the loss of your freedom or the loss of the thing you are completely dependent upon? Which one is real, the freedom or dependence? Why not find complete freedom in the complete dependence on caring for your soul?

Here are a couple thoughts from long ago to consider when we begin a journey - or for our purposes, a trip on a device to our "social" network.

There was a traveler who left his family and home on an important journey. His trip was long and required many stops. But he had only a certain number of days in which to complete it. He was so captivated by his time at one of the inns along the way, he decided to stay. He forgot his intention, the trip itself. He neglected his duties. Have you made a stop in the journey of life that you did not intend, captivated by the temporary situation, forgetting the goals you set at the onset? Did unknown, unrequested diversions create new, instinct driven decisions that were acted on without considering the impact further out? If the decision was deliberate and well thought out, from the soul, you would not be surprised when 45 minutes have passed on your device when your intention was merely 5 minutes.

The other example is a bit ridiculous at face value - but take a few seconds to really try and do it...it is not easy.

“In every deliberation, we must consider the impact of our decision on the 7th generation from now.” - Dekanawida, 1142 CE

Sometimes I wonder if those with the most power and influence ever think this way in analyzing their contribution to mankind - but I am human and I need to mind my own business. Today I am good in this regard, if I am considering my spirit first in my life, acting accordingly and doing the best I can. That will always be enough if actions initiate from these depths. In the past, I did not do so well. I took risks and made poor decisions that did impact my children and will trickle down. I also had extreme good fortune, in that those risks did not result in one event that could have most assuredly rolled through multiple generations like a tidal wave.

Do you spend a lot of time wishing for bad outcomes? That's right, wishing. Fixating on the potential, unknown, future catastrophe so much that decisions get made in the present based on your mind's construction of the future? There is an innate human tendency to project desire into the future. The root of the word “wish” is from Old English meaning to desire or long for. Ancient traditions sought to blend human rituals with divine intervention to achieve an outcome. An interplay with the heavens by broadcasting human desires into the skies above. When we pray we are wishing. So why would we wish for something negative to happen? We would not consciously, so let's go deeper. In Taoism a wish is an attachment to “outcomes not yet determined by nature”. So in that sense, worry or speculation that something bad is going to continue to happen is an attachment to that outcome - A wish. We could go as far as to say a longing or a desire for that outcome, because that is the only possibility we see, the only thing we evaluate and ponder in dark times. What if it were that easy? Just wishing for the right thing? We all know that simply leads to unfulfilled expectations and frequent disappointment. Why not try *wondering* about things? A wish has two possible outcomes. A wonder has endless possibilities. Try wondering if you will do something different today. Wonder how your peers will act today. Wonder if you will have peace. Keep your mind open enough to be surprised. I remained indifferent and unimpressed by most things when I was wishing from a place other than my soul. We will explore this in Passage VII

It is human nature to want to do the things that others are doing, to have what others have, especially while young, especially those things that are perceived out of reach or beyond capability. Even the old and wise must resist the desire to be young again. But the young want to be grown. The child says, “I want to do it and I want to do it myself.” *It* being whatever they see, as that is all that they know. They have little choice in the matter. But to select the best option in anything, choices must be proposed, of varying value, and we must have the capacity and/or assistance to evaluate them.

***Why are we not giving youth the option of being a human that is personally involved in matters of their own soul first, every day, as the thing made most readily available and of the highest value?***

So back to the “social” part of your media - What groups are you a part of? I had to examine mine to understand I was a *follower* of many things. I was *part* of very few. The things

in life I truly felt a part of had a lot to do with my contributions to the greater whole. Are you contributing to the things you are a part of or are you simply conforming? Are you permitted to bring your true self as an addition to these greater wholes? Or have you simply merged into something, making it bigger as you were absorbed without notice? We will go into the groups we are “A Party to” in Passage IX, but here is a short example.

For me American Football was everything. I did not miss a minute. This meant all day Sunday. Plus Monday night. Then Sunday night was added. Then Thursday night. And three games on Thanksgiving. Then Saturday games during the holidays. Then games from Europe. Then the playoffs and the super bowl!! For 30 plus years. I was “part” of the NFL. But I was unable to see the truth. I gave up time, compromised relationships with family and friends, lost money and rearranged my entire world for the NFL. The group I decided to be a part of for “free” entertainment. Materially free, yes, but spiritually very costly. Yes, there were Super Bowls and other memorable occasions surrounding football. But those were times spent with other humans, and it was that experience, not the football, imprinted on my soul. The other ninety percent of the time, I watched it alone for the very regimented schedule of custom tailored, living room delivered, dopamine! My body thought it was fulfilling its needs for survival by staying “close” to this very successful pack of humans.

Our bodies evolved alongside the natural world over millennia, where serenity typically prevails. Seasons change, steadily. Wildlife migrates slowly with time. and disruptions like storms or predators are exceptions, not the norm. This tranquility is easy to get lost in. If you have spent any time in nature you have experienced this feeling. Ancient peoples even prayed to nature's rhythms, embracing storms as much as sunshine, since they deliver rain for growth and sustenance. Perhaps we can cultivate peace in ourselves by accepting life's full, natural cycle, detaching from the forces that are simply out of our control. Nature is out of our control. People are part of nature. Resistance to this, by placing expectations on people and events in the natural or virtual world, is the source of most of our disturbance. Expectations driven by fears.

And there it is. Fear. Fear is the biggest problem we face as humans. Fear of threats to our security. Physical, Emotional, Sexual and Spiritual. The “scarcity mentality” is ironically abundant! Then there is the existential crisis of overabundance, bringing about *perceived* threats to our security from not getting the next thing we desire. How human is that? We have more than we know what to do with, yet we act as if we do not have enough. Fears are ingrained in us for good reasons - historically. It was not too long ago that we had legitimate reason to fear for our lives on a daily basis. Today, those primal fears still exist. And what of the fear of being different or an outcast for not participating in what the herd is doing? My parents used to ask me if I would jump off a bridge if my friends did. The analogy never meant anything to me. To kill myself, no way! But if we were intoxicated and bungy jumping I would have considered it. I think they were trying to say - “you are who your friends are”. If you question this, my question to you is - if you did not share the beliefs of your friends, wouldn't you have different friends?

The real question to the youth of today is; do you feel free, with your peers today, to seek what your soul desires - without your security being threatened? Or do you feel there are tasks you must perform that are not comfortable? Would some question you if you did not perform these acts? Would others question their performance? In answering these questions the awareness of the impact of other humans on our own soul should become apparent. Once we can see that possibly the other humans we are a party to - in the real world or the virtual one - have us twisted in knots, performing gymnastics of conformity, we can ask our soul if it feels free. Every child has an innate freedom, and it is being bound more tightly over time by a world that is only partially real. The young people of today can free themselves from their Gordian Knot. The spirit that is inside each of them, may be currently diminished, but holds the key to their freedom once the knot is cut.

There is a famous Korean Sijo that talks about casting a net for fish on a beautiful moonlit night, versus simply looking up at the moon and stars. Will you cast your reach for material needs and do nothing more, or can you simply be nothing more?

Difficult lessons are easiest to learn through avoidance and observance of others. Humans will feel fear in new and unfamiliar situations. But you are not the first to feel, think, see or do anything in the real world. And most likely there are books written about the very thing that you want to do or thing that you believe separates, or keeps you from everyone else. There is little utility in placing oneself in new and unfamiliar situations daily. So why do we do this so often? Jump into the unknown and expect familiarity online? It is impossible to learn the virtual landscape, so it will be unfamiliar and it will surprise you every day. Yet we try to fulfill our instincts with childish acts. I say childish because, even as "adults", we have each found ourselves in the following scenario. We engage with our device to look at a funny video. We then look again, because why not? We are human. And in that short amount of time we unlock the endless possibilities waiting for us in the virtual landscape on our device, and SNAP! We are gone! The funny video becomes a distant memory.

As a run of the mill human, I also had a problem with resentments. If we go to the roots of the word - Re (again) and Sentiment (feeling) - Resentment is the thinking and feeling of the same thing, over and over again. Not always solely anger. But why are you having feelings and re-feelings about things that may or may not be real, never happened or happened in the past? Who is providing these thoughts, ideas and feelings and re- feelings about these things? Is it you? Are you certain? If I spend most of my time looking at images and ideas from others, can I really believe that the ideas in my own head are truly my own? Have I made any space at all for my own beliefs, my feelings, for my own life in the real world? Or have the priorities of those who profit from the engagement of my eyeballs and my mind become my own? At first glance the answer is always "No! Of course they do not control me, I am just looking and there is no harm in looking!" Perhaps. Only you can answer that question. If there has been harm in the engagement, only you can admit that. If these things are a hindrance to your life, if there is an uneasy feeling you get with engagement, you are not alone. You are never alone. Once you find a source that you can draw from internally, the images, ideas and lives of others can reside externally, where they belong. It is impossible for us to draw from two sources at the same time.

If you are listening to your soul by tuning in with your mind, you cannot simultaneously use that mind to listen to another channel. And vice versa.

In the past, I behaved in a very “entitled” manner. Just about everywhere. Nothing was a problem and that was the problem. Pride, in its many forms, removed my ability to honestly evaluate most situations. Reckless Pride allowed me to neglect my soul and humanity in decision making. Defiant Pride told me your rules did not apply to me. Intellectual pride told me my intelligence separated me from humanity. These were my established norms. Let’s walk through the most basic example of something we all need to do and just how entitled we do it. The problem of needing to move from point a to point b. We believe we can by picking up our feet and walking. We decide to put one foot in front of the other and we do it. We don’t even have to think about that. Then while walking, if we see a wall, we admit we need to avoid it. We must make a decision to go around it. We evaluate the options that exist and take one. But every day, every step we take, we decide to walk through the wall of air. We don’t really consider it unless the wind is 100 mph. Are we entitled to it? Do we forget every step that we are breathing it in and out to stay alive? Are you walking through people, places and things like they are air? No fear of them harming you, sucking them in and releasing them out, on a whim, with no consideration that they are the reason you have whatever you may have and will achieve whatever you may achieve? The virtual space you roam through may seem digital, but it is 100% humans. Even the bots have humans behind them. Have you achieved a sense on line like that of walking in a room and smelling a gas leak, or is your pride still plugging your nose?

The true human experience is feeling, and moreover, *feeling* the feelings. A sensation comes from a quick hit of unearned dopamine. A feeling comes from true fulfillment of our animal instincts through natural acts with other humans (sometimes including use of modern things). Fulfilling the instinct to feed and shelter ourselves - as if life itself depended on it. Because at one point it did. Maybe this is why we feel nervous when we must do the modern hunt and shelter routine involving SO MANY other humans, using tools we have not yet properly evolved to use . Or worse, when those modern tools are stripped away leaving only our untrained human tools to communicate our needs for those very basic requirements. How do you demand security from the modern world and from the humans around you in your seeking of sensations? It takes courage to nurture relationships with others that bring about true feelings. Courage to suppress desires for immediate, small, intermittent sensations and courage to cultivate a long lasting, deep and consistent feeling of security.

Just as these human problems are common and known, so too are the solutions.

I found my solution in powers greater than me. A fellowship of people concerned with the quality of their souls, and in Nature. Go find your powers that are greater than you. I hope to help you acknowledge them in Passage VI.

I found a solution in a set of principles, and a program of action, spiritual in nature, provided by a 12 step group. If you have a specific problem others have solved through a twelve

step program, maybe you should follow the same prescription and take the same exact medicine.

I found a solution in the teachings of ancient philosophers. Most of us will have thoughts and beliefs that others have documented over time. Go construct your own algorithm for what you align to at the basic human level regarding matters of your soul (not materials, society, politics or religion - more basic than that).

I found a solution among other humans by being personally involved in the matters of my soul first. We find what we seek. I can assure you that there are good, clean souls out there. Find them, remain close to them, then go find some more!

Social media is showing most humans are addicted to being rewarded for doing very little. This is most unnatural, especially when the acts are neglecting or damaging to the soul. There is no more real concern with natural selection for most of the human race. But rather the selection or avoidance of unnatural choices, now determines an individual's success and survival. Is it possible that you are experiencing an abnormal reaction to life as it is today because life as it is today is not what we are designed to do? I believe the natural design of the body is to have a steady stream of dopamine from doing daily activities that are fulfilling our natural instincts for sex, procreation, nourishment, and peaceful shelter. Dopamine technology can deliver at a pace the human body is not evolved to tolerate.

The quality of my life is determined by what I choose to feed myself. Or simply the fact *that* I choose to feed myself rather than allowing others to do it, with or without my permission or even my intention. If I am using a material device to view other people's experiences in the real world as my source of pleasure, or power, I am not in charge, or recharging at all. Our souls can be nourished by very few two dimensional things. And despite being hurt, disappointed, lied to, harassed, surprised and betrayed, I would return to this space, almost requiring the dopamine for survival. Believing I was "living". What a weak foundation on which to live a useful life. The world in the device becomes the truth, our truth, and we can no longer distinguish it from reality. Until we bump into someone while walking with our head down looking at our device. Fear pops up, possibly anger. That connection to another person just brought us back to life, just for a moment. Suddenly we can feel all of our senses. Suddenly we are human again.

Try driving without your GPS. Do you know where you are going without it? Or do you simply trust your device to get you to your destination via the best route possible? Is your soul cruising on the GPS driven by the algorithm on your device? Did you ever put in a destination? Or, in your brave dash for independence, did you place yourself in tracks you did not lay yourself? Determine a destination for your life and then build an algorithm that delivers a map to get there? If you have ever arrived at the wrong destination before, it is a stark realization. But the most startling part, the most frightening aspect, is not realizing it until you are there. And *there* is not where you were supposed to be. This is why the seemingly innocuous is so impactful online. Things frighten us and get our attention when we are wandering unknown paths seeking what we deem necessary for survival.

The solutions we seek must be spiritual in advance of our material desires, not religious. But the religious terms sure fit nicely! To be an Atheist is to believe in no religion at all. Do you believe you have a soul? Good. You are not an atheist in believing there is a soul. Agnostic is rooted in Latin "Agnosticus", meaning without knowledge. Are you knowledgeable of your soul? Are you personally involved in matters of your soul?

## Passage IV

### Personal Involvement in Matters of the Soul - P.I.M.S.

After realizing I was actually involved (experienced) in trying to be a human (spiritual), that I was not just a reluctant participant in the world my mind constructed, I had to examine the quality of that experience and the condition of my soul. I had lost touch with the spirit I so desperately defended my whole life. I was missing out on everything, everyday - even when physically present - because of the clutter and the darkness in the tiny little world I was confined to emotionally.

We have a gift, and we know no other animal on the planet has *It* - The ability to contemplate our soul and its condition. What will you use your gift for? Will you care for that part of you? How can you care for something that you cannot see, touch, smell or taste? Because we can feel its condition - if it is clear enough to send and receive messages. And even the darkest of souls, in the darkest of times, can muster enough clarity to admit humanity. Sometimes there is emptiness when your essence is lost completely. At times it feels squeezed, pressed behind the clutter of material things in our lives; money, people, and even our beliefs, if we have chained our identity to them. But it is always there. Patiently waiting.

Just like the material things we own that hold or require electricity - our souls are batteries. They are hybrids. Using multiple power sources, that when in harmony, require the least amount of energy to get you the farthest, and the cleanest. Precisely like that of a car; we can charge from the electrons provided by mother nature, with little human effort. And / Or from consistent actions by humans, like the oil we extract and transform. Your soul is your only hybrid - our minds and bodies are diesels. We will talk more on this later.

I never earnestly considered my soul, let alone its condition or its strength. I frankly never took even thirty seconds to use my other faculties to try. The rest of this passage will mean more once you try it. So go ahead, right now. Set a timer for 30 seconds and consider your soul's condition. I will wait for you.

I found that difficult at first because I am the type of person that has a very quick mind. Not that I can solve complex math problems in my head as fast as a calculator. No, my mind is quick to wander. I can go to other places in my head in an instant, sometimes regardless of my surroundings. Thoughts of the troubles at home, during a business meeting. Getting lost in my head on the way to the kitchen, forgetting the purpose of the trip entirely. And it happens fast. So through the use of some thought exercises, I worked to retrain my brain. Just the first thought. Just one thought to become the new first thought when things seem out of alignment. Just one syllable. Because frankly, that is how my mind shifts at times, one word at a time. If you have depression, maybe you have replayed your life a thousand times, frame by frame in slow motion. If you have anxiety, maybe you fixate on one scenario so intensely that you are not really there. So unseated that you time travel and are not mentally in your own body. If you do not suffer from these feelings, maybe you have been fired, laid off, rejected, been visited by a

collector or that feeling when you realize you are stuck in a serious pickle with big implications...If you have been through any of these human conditions you can relate to how the mind takes over. In the time it takes to digest what is happening, it can wander with its own intentions. In each of these cases there is danger. When I was depressed, my future emotional security was threatened because the tunnel was dark and there was no end. When I was tense about an immediate threat that came to the security of my path - whatever path I was on serving my own selfish needs - I became anxious. In those moments we are not ourselves. Survival, as we know it in our current environment, is threatened. If you are human, you have been in situations your mind absolutely cannot solve, yet you try to relentlessly, with futility. Then, a year later, there is clarity. Possibly not a huge change in the circumstances, but clarity of them. An honest appraisal, not impacted by the wild human reactions of the immediacy of the event. So then, how do we, in an instant, get the attention diverted from the head to the soul? How do we get personally involved in the matters of our soul in any situation, immediately?

For me, it became PIMS.

It is one syllable. It is quick. But here is how far we can take it.

I am human and I have problems, real and perceived, in the natural world and in the virtual one. When I became Personally Involved in the Matters of my own Soul, once crippling problems became manageable concerns.

Acronyms are useful. Now a word, a single syllable, can mean so much more when you see it in your mind's eye. When we hear "N.A.S.A.", we think about rockets shooting into space, instantly! Why? Because we have heard it for years, seen the images over and over again - the triumphs and the disasters - and we associate it with great human achievement. I frequently require one thought to remind me that I have a soul in need of care, before my primal needs (which may or may not be real). Why not PIMS?

There is a story about three wise men of old discussing where to hide the greatest secrets of life. To keep them away from all of mankind for all of eternity. The solutions to the mysteries of the Universe, Life and everything. The first wise man said "We should hide it atop the tallest mountain." The second wise man replied "Man is clever and greedy and will learn to scale the highest mountain with ease. We should hide it at the bottom of the deepest ocean." The third wise man said "But man is also persistent and curious, if they reach the highest mountain, they will surely reach the deepest depths. Let's hide it inside of them, they will never look for it there!"

My moment of clarity in the chaos landed me in the dictionary, looking up the words **spiritual** and **experience**.

The definitions that stood out to me were the following:

Spiritual = Matters of the Soul

Experience = Personal Involvement

Personally Involved in **Matters of the Soul**.

**PIMS** is easily made fun of in its simplicity, and its cheekiness. Making it very real, very human in its make up. Many religious zealots have hymns, I have **PIMS**.

And there are endless possibilities.

You can be a PIMS. A **Person Involved in Matters of the Soul**.

The steps you take to solve problems can be PIMS.

**Principles Insulating Matters of your Soul**.

You can find **Power In Manifesting Spirituality**.

Some minds interpret things like a reflection, so don't be a SIMP!

**Solely Interested in Material Progress**.

For us, our involvement in things needs to become personal and from the spirit. There are many P's that we can expose our soul to as humans, that can drive us, believing we are doing the right thing. Some of these should be watchwords for us when we *believe* they are personally involved with matters of our soul: *Power, People, Property, Postures, Popularity and Promotion*. Sometimes necessary for our survival, but requiring extreme care for use in our daily lives. We must make sure we have begun from the soul in the quest for each. The People Involved in Matters of our Soul can help with that.

We are looking for Power, right now, to overcome our challenges with humanity and technology. And we will cover those powers in the following passages. There may seem to be an emphasis on negative powers in the following pages - this is intentional. Awareness and acceptance of the fact that not all humans are PIMS is part of the freedom and protection of your spirit.

People, Property, Postures and promotion can be wonderful for us, when they originate from, or are truly involved in, matters of our soul. But the real world is full of both good and bad influences. And even the bad will come to us in the form of "good". It is obvious that self assertions of bad intentions are not widely accepted, so even criminals claim true virtue. Involvement of people in our lives is required. You have everything you have, and will achieve everything you achieve, because of them. So I had to take a different view of the foundations of my relationships, an honest one. The ones that began from a place of aversion to the good, from a lack of virtue, debited my spiritual bank account. Sometimes one tiny little convenience fee. Sometimes high interest, auto deducting, frequent and regular payments. Be especially concerned when a Person is offering you some sort of Property (Material thing) for your acceptance of them or their Postures and Promotions. The same was true of my postures and promotions. When their origin was firmly grounded in my spirit, they did not harm me. But when driven by instinct, I simply could not predict the outcomes.

Today it is possible for me to add I M S to the end of almost anything and ask myself if my involvement with anything, real or virtual, is driven by or for the matters of my soul? Or are instincts, ego or a defect of character driving the engagement?

I like top 10 lists. It is always fun to have a conversation with someone else about the top 10 of anything. And then discuss and debate and agree, possibly. I tried to recall my top ten life moments. I noticed commonality - so I tried 100. Mine were all real moments in the real world, with other humans and, or, nature. I could think of only a couple instances that might make the list that originated from a screen. Possibly viewing large balances in my bank account. But those were validations of other things and there was no other way to see that data. Everything else was live and in the flesh. Births, weddings, parties, vacations, momentous occasions, sporting events, time in nature, embraces, and most of these with other humans. An actual lived experience stays with you. Very few two dimensional experiences do. Your virtual life is two dimensional, do not forget that.

The PIMS equation - Percentage Index of Mammalian Sapience  
We are all humans, but how human are you?

For the purposes of having a measuring tool of the human problem of healthy integration with technology, we will keep it cut and dry solving our percentage of humanism. Since I am a math guy. It is clean. You cannot argue with a number. You can argue the importance placed upon it, but we cannot argue that a value will exist after execution of an equation. 1 plus 1 always equals 2.

We will calculate a value that represents how human we are based on our time spent in the real world. This is not THE solution. This is an evaluation tool, and it has two levels.

By the following LEVEL 1 formula, I am 91.18% human.  
My waking hours on a typical day are from 4:30 a.m. to 9:30 p.m. - 17 hours.  
My average screen time is 1.5 hours per day. Or 8.82 percent of the time.  
So the other 15.5 hours of the day, or 91.18% of my waking time, I am interacting with the natural world on some level.  
Again, we have a number. The value you place upon it is up to you.

Here is the formula and the definitions:

$$\text{(Waking hours - screen time)} / \text{waking hours} = \% \text{ Human}$$

Waking hours is an average and is self explanatory.  
Screen time is any use of a device above and beyond Phone Calls, SMS, GPS, use of a directory (for a phone number, hours, or address) and activities required to perform your occupation or your education\*.

There are many other useful things you can do with devices, but my research found anything beyond this simple list crosses the lines of pure utility. But there is no perfection. What

we are looking for here is improvement of a problem if one exists. Or just a basic understanding of the effects of more or less of something.

If you like, try the more complex LEVEL 2 version of the formula and determine what percentage of your waking hours you behaved like a *clean soul*: Did you look everyone in the eye, Consider other humans feelings and ask questions, Help others without being asked, Treated all humans as humans with souls, Exhibited a calm demeanor, Used material things only to fuel your soul or the souls of others, Demanded no special attention from other humans and did not compromise another person's feelings to boost your own. Well that is literal sainthood!

Do not be discouraged by your results. I was 6.2% human at one point in time.

If your number is 6.2, strive for 12. And evaluate. If you are at 50 and desire 80, then begin doing what is required. Progress or a plateau that feels good to the soul is what we desire.

Everyone wants to be happy. So let's examine that. What problems could we solve with PIMS to make us happy?

Why don't we begin with World Peace? Let's go big! Are you not a human that must be part of that world peace? This would require a lot of humans being humans personally involved in matters of the soul (PIMS). If you are not at peace right now, then are you the reason there is no world peace today?

Next on the list, financial stability! So let's just hit that lottery! Money is no longer an object. But who to share it with? That yacht would be much more enjoyable if it was full of other humans! So let's invite the selfish, dishonest ones that want our materials and have no concern for our soul? Since the spiritual life is now the only one to live - the lottery made money and materials no matter - would it not be more beneficial to invite People Interested in Matters of your Soul?

How about freedom? Freedom from depression, anxiety, OCD, even jail? OK, Voila! You are cured and set free to "go" live. But wherever you go, will there not be humans? Now that you are free, which ones will you choose to surround yourself with? The ones who are also free or the ones who could potentially cage you once again?

What about salvation? The ultimate in promises. Freedom from the unknown, the not known to date and probably will never be known - is this it? Is this life the end or the beginning or a stop on a much longer journey? Well, you now have the answer and it is very positive! You have nothing to worry about after or during this life - there are no words to describe this level of freedom, few people have known it. But again, here you are, in this world, right now, as a human - surrounded by humans.

It all begins and ends with other humans. We are very powerful creatures. Find your PIMS. Find humans that take care of their souls. When your soul is in poor condition, everyone will seem to be in better shape than you. But with a little clarity, you can begin to notice “clean souled” humans. You will begin to see the positive actions from others or begin to notice you are doing the opposite and need to wonder about it.

There can be no happiness before peace. When fighting the natural world and your place in it, any seeming happiness is just a recess from that fight. The emotion of happiness is unavailable to the spiritually disturbed human. Fulfillment of an instinct - yes. Happiness - no. Temporary reduction of a stressor - yes. Elimination of it - no.

Can the soul itself can be used improperly and for material or instinctual pursuits? Yes, of course it can! We are human and have amazing abilities. I would bare my soul to people all of the time. Telling them the most intimate details about myself, simply to get them to offer theirs, or to gain their trust. I would then abuse that spiritual trust to get what I was really after.

The soul is our most prized possession. So how do we care for it?

If this all sounds simple and too good or easy to be effective, that is precisely how it should feel thus far. But how do we put it to practice? Athletes in all sports practice the basics, daily, for a lifetime. They make very complex repetitive actions look effortless. Let's examine the practice of PIMS.

“The more I practice, the luckier I get” - Tiger Woods

## Passage V

### The Power In a Single Human

“The good news is, we are human and we have free will. The bad news is, we are human and we have free will.” - Anonymous

If you have ever been to a zoo, you know humans are different from all other animals on the planet. Not slightly different - radically different. We cannot define IT yet. That thing that differentiates us and allows us to do so many things no other animal can in terms of physically manipulating the material world and emotionally manipulating each other. Those abilities can be driven by different desires and instincts, and can be driven to different aims. The duality of free will. When I used my free will unchecked, I gave myself the freedom to neglect my soul in attempts to be whole with material things. That is some power. The power to create and the power to destroy - even ourselves!

But if you are personally involved in the matters of your own soul, your soul can be engaged as a source to draw from. As well as a compass to guide that will. It is also a tank of your willful human efforts you can fuel, once you have properly aimed those actions. But it requires some patience and some serenity - even minutes worth to start - as the soul's reaction can lag behind the mental and physical sensations.

I posed this question earlier:

***Why are we not giving youth the option of being a human that is personally involved in the matters of their soul first, every day, as the thing made most readily available and of the highest value?***

If this sounds absurd at face value, you must ask yourself why. Is this a contradiction to established norms, based on a faulty presumption? Is my premise sound? Is it possibly only violating newly established virtual norms that are the actual absurdity?

Now is a great time to be clear on technology and its proper use so you are not of the impression I am pushing for an anti-materialist, technology free society. Remember the number generated from the PIMS equation is just that, a number. You can place your own importance upon it.

I have two granddaughters. They are 4 and 6 and are very different in their make-up, but both extremely curious souls. They showed an interest in airplanes once they were big enough to see them outside the car window. So we had an airplane day. We watched a couple videos of different sized planes landing and taking off as we were getting ready to leave the house. Proper use of technology - they were educated on how a plane performs its basic functions of take-off, resistance to gravity and landing. I then used my GPS to take us 2 blocks from the end point of the runway of the nearest airport - in the path of the landing planes. Proper use of

technology. As humans, we engaged in discussion about the music they requested I play from my device. We arrived and got positioned, bag of food and drink at our feet on our blanket. I showed them how to spot a plane in the distance on approach, and the show began! Plane after plane, aimed right at us, getting closer and closer, louder and louder, and wooosh!! Right over us! We decided to try to get a selfie at the exact moment a plane was above us. That process became the most memorable part...The three of us staring at the phone, laughing and smiling, waiting for that next 737 to get above us so we could snap the shot at the right time. We got it after several attempts. Our next stop was to see the small planes land at a private airport. We got in the car and BAM! My younger granddaughter literally closed the car door, completely, on her own hand. I am not sure what each of them may remember from that one afternoon, if anything at all. It might only be the hand part! Whether the day ended with her smiling and eating an ice cream or getting stitches in the ER, we were involved in matters of our soul. My spirit feels I gave them the best option to feed their spirit in that one hour - through time in nature, time together, new experiences, involvement of senses and real life happenings, good and bad. It also involved education, GPS and entertainment via modern technology. It is possible - Proper use and utility by a single human, prioritizing and enhancing matters of the soul, only upon request.

Does your “airplane day”, or “anything” day for that matter, only contain two dimensional images on screens? And equally important, did you decide on “airplane” day or was that simply what was delivered to you? If you are a parent, is this the case for the youth in your life? Remember, we are the adult humans in the equation of life and hold tremendous power.

When my kids were young it was so easy to put them in front of a television, so I could pursue my selfish needs (I was not PIMS at the time). Not great, but at least the TV was not 7 billion people interacting with my child without my permission or supervision. If kids are going to be subject to precisely that, I would hope they are armed with all they need to succeed as good human beings first. I struggle with handling these technologies and I have been with them since their inception and for decades. Imagine handing your child a narcotic drug or a deadly weapon, all day, every day. If that bothers you, maybe you need to be PIMS with them first? There will be some will power required from adults. Primarily, you, as an adult, not placing youth in a virtual space because they are seen as a hindrance to you achieving your selfish desires.

To be actively involved requires will power, but the beauty of it is that it requires as little will power as possible once you are PIMS! Our natural will power was for things of old that required great effort - like hunting, gathering, staying safe and alive! Today, most of us do those things with an entirely different sort of effort...but we still have those longings for primal activities because they kept us alive for millenia. Keeping the family safe was and is a priority for us. But as the playing field changes, so must our standards.

Your child is in your home, with you, doors locked. They are safe. Are they? By old definitions, yes. Today, with a portal to the entire planet locked in the home with them, they are not entirely safe. We take great care and caution and make great preparations when we leave the home with the kids. Whether to the park or on a vacation, It is a lot - especially with more

than one child. What preparations are we making with our kids before we hand them their portal to a half-real world? One with tens of billions of citizens, half of which are super intelligent robots programmed to provide targeted ideas, opinions, images, truths, half truths and lies. No preparations daily? No preparations at all? Of course not. Constraints and restraints of the bad can only be temporary. Your child will grow. And so will their free will. Offering paths to being good clean souls, PIMS, is the proper starting place, daily. I say daily because we are human and we forget. We are wired to be closer to loved ones at home, in the morning and at night. We feel strange without this because that is how we stayed safe for so long. So get together for a minute in the morning and evening and talk about the human challenge of care for the soul with your PIMS in your home. We all want our children to possess powers, to be empowered. So which type of power will you teach and preach? How often will you do it? We will get to some daily practices in passage X.

Imagine the most prized material possession you desire. Anything at all. A diamond the size of your hand, a billion dollar submarine - the world is your oyster! Do you have it locked in your mind? OK, now imagine an oyster, a complete one. I want you to make that oyster big enough to house that material possession. Imagine it at the appropriate size. I know this is a strange image for your brain to process, but that is the point. Now create an image of the security measures you may put in place on this shell protecting your most prized possession. Chains, locks, alarms, security guards. We know the world can be the world. People can be people. Things can, and do happen. This is now an impenetrable oyster, protected from the material world.

Picture your object inside, safe and protected. Seems nice.

Now that it is safe, go take a look - go handle it in whatever way is appropriate - because only you hold the keys!

Feels nice, not a care in the world!

Well I hope so, because the next part is difficult...

As fast as you can, imagine an object in your hand that could do serious damage to your possession and quickly imagine it happening. The damage being inflicted - by YOU!

That's right. Play it over and over again, slower and slower each time. You are damaging the goods.

Why would we ever hinder ourselves by damaging our own soul, our most prized possession?

Why would we ever hinder or endanger our children by offering no protection to theirs?

Who are you allowing entry into that safe protected oyster daily?

Who are you allowing into your oyster through wifi signals and virtual paths?

Because we are human, we have a lot of power. Let's use it properly.

Your valuable asset was safe for a period of time because you put all sorts of measures in place. Because I gave you the freedom to do precisely that in the exercise above. Give yourself the freedom to be the protector of the one priceless item already in your possession - your spirit. As often as you can and for as long as you can. That is the power of the individual. Give yourself the freedom to do the most basic thing. And when needed, give yourself the

power to lean on other PIMS that have successfully navigated the portions of your world that give you trouble.

Here is a practical example of the power of the human condition in a very real life situation I faced many times. A material versus spiritual fork in the road. *Suppose you accept a promotion in salary and responsibility at work. But the position requires praise for a person, and their ideas which have little concern for the souls of others.* Not everyone can do what they love for a living, filling their bank account and soul simultaneously. But you do have a choice as to where you place the most value - the material or the virtuous. By staying virtuous, you cannot be hurt. If you accept the position, the money and the ideas, you will be without defense when others find the ideas troubling and remove them, and you, from the organization. Because you placed priority on the material, the spiritual blow can be tough to handle. Something like this can cost years of effort to be wasted. Or worse, followed by more decisions, about more material needs you perceive you need, digging an even deeper hole. Everything has a cost, but be especially attuned to the spiritual cost attached to material price tags. There is power in being someone that is PIMS on a daily basis. If in a place where we can see things as they are - in the above case simple greed and lack of honor - we can look farther out, stay virtuous and be safe from harm.

Have you won an election of your peers based on the actions you can perform as a human or upon your postures, property, popularity or position alone? The quality of our spiritual experience is dependent upon our actions, not our intentions.

And of course we have the power to harm other humans directly, in a couple prominent ways. In the real world and online they are the same.

I am not going to tell you what obvious outward and direct harm can be inflicted on other people, we have laws for that. But what of isolation? What of the removal of oneself from humanity, either physically or virtually?

“I have swords as weapons as well as islands.” - Caligula.

When the Roman Emperor Caligula came into power, he banished his sisters to islands. He made it clear that if they returned he would use his physical weapons as punishment. But he felt isolation was a worse sentence. You know you have the power to wield words and ugly actions at people to hurt them, but which humans do you put on islands and for how long and how often? OR do you place yourself on one and float down the river of life blocked off from humanity? I lived on an island for a very long time. Or better stated, *survived* on an island for a long time. Surviving is really all you can do on a tiny island like mine. I convinced myself that it was the safest place because I was not PIMS. Do you ghost people? Do you make yourself intentionally unavailable to good humans because of insecurities? Even when we are confident and try to force our own will upon a group of humans, are we not putting ourselves on an island in the middle of the action?

Anxiety would put me on an island quite often. I had to get honest with myself and make some changes. It was a strong power, I assumed only inside of me. But the free will of all humans can get corrupted when we neglect our 3 major primal instincts for nourishment, shelter and reproduction. Because we are living in the most fruitful time, as the most amazing animal, on the most beautiful planet, we can trick our brains into thinking we are fulfilling these instincts with all sorts of absurd human behavior. How can we expect to be able to control timeless innate human qualities when the requirements for living have only changed recently? I know I have personally gone days without properly nourishing my body due to material choices that were attempts to “feed” my perceived needs. I have put myself in dangerous, defenseless situations - physically and emotionally - to get what I needed materially, believing I was keeping myself safe. Do you ever make or perpetuate bad decisions because you are hungry, lonely or afraid? If my body is weak my mind is weak. To make matters worse, I would subject my mind to imagery it is not yet evolved to handle. Telling my body it is being fed, but actually receiving nothing in return. It was no coincidence that my anxiety would snowball into an avalanche of depression. Constantly giving myself to my device, my human wants, constantly searching. I never realized the solution was inside of me, holding access to other, greater powers. It was like searching for my lost cell phone, only to find it in my back pocket.

The virtual world you reside in cannot KNOW anything if you believe it KNOWS everything. The real people in the real world around you know things - from experience, from personal involvement. The ones that live in the manner you respect and are good clean souls - see list of criteria from Passage IV - those are your people. Find them. It is ok to use technology and modernity to find PIMS. It is the proper use.

We are so much more capable than all other animals, but we can learn from them as well. Most of nature groups together and works together for survival, not for destruction. Unless required to ensure survival. At the individual level they are doing everything, everyday as part of that survival. If we were to take away that need - as has been done with us - what do you think an army of ants would do all day? I have no idea, but I am sure it would take them some time to figure out what was going on. “You mean I no longer need to follow this line and carry this crumb? What now?”. By isolating yourself in the virtual world have you become a worker insect with no path, no daily purpose. Sometimes just trying to slow the angst can feel like the purpose. Or are you similar to the still working ant, spending all of your days foraging the virtual landscape, head down, directed in a path to serve others, storing little for yourself? We are living this for the first time in human history. Some of us are using the time, energy, resources and technology to continue to create and build and thrive. Some are using it to destroy. Either way, people are fulfilling their primal natural desires virtually, as the real tasks no longer exist or have changed unrecognizably.

Because we are human, we can find solutions we are powerless over. We can leverage other sources of power greater than ourselves: Another single human that has previously solved our very same problem. A group of humans. A higher power greater than human power. So maybe we should add some powers greater than ourselves to our arsenal?

## Passage VI

### Powers Greater than One Human

As soon as someone mentions the words “higher power”, our assumption is they speak of the “G” word. But there are so many powers greater than us, the single human. Two humans are greater than one in most respects. Groups of humans with common problems, working towards common solutions. Nature. There are higher powers doing good for individual humans every day. There are also packs of caged dogs in the world that can, and will bite - that still hold power. When we seek out greater powers, our quest for the more beneficial sources of strength must begin from the soul.

I felt a decay in my soul. These feelings are very hard to convey in words, but my soul sickness was quite visible to everyone around me. Especially the people who knew me as a child - they could feel it beyond my words. At times my description to my loved ones was angst. At times anger. At times a complete disgust for the world. But was I not there, as a human? Physically together with them, able to talk as free people? My resentment, anger and fear, was driven by my inability to handle the material additions to my life now standing between us. Even when I removed material problems from my life physically, or removed myself physically from problems in the virtual world, my attachment to them would remain. I had to remove this attachment. There were complex present day issues with my spirit that I could not solve using solely my primal instincts. Yet I tried. For a long time I exhibited the capacity for emotional experience of the ape - periods of calm and self care that serve one purpose and one purpose only; to be ready for the rage and violence required to fight and survive another day. When we concentrate on what we can do as a human in a society of humans we can detach and observe the material as immaterial - we are no longer merely *surviving*. That decay in our spirit can be treated, by brushing away the hindrance just long enough to apply some attention to the soul using powers greater than just us. This is not a dependence upon others. It is a realization of interdependence. That we simply cannot do anything in this world alone - other than to be comfortable in our own skin while we are alone. Other PIMS in our life can help us monitor the condition of our spirit when we are not PIMS enough to do it ourselves. This is because one of our biggest human problems is an inability to see the truth at times.

I have trouble understanding people I know well if they do not speak clearly and fairly loud, even when they are right in front of me. I misinterpret written words from close friends, particularly when they use slang, improper grammar and lack emotion, like in texts. I cannot read minds when people are sarcastic, even the closest of family members. Yet I am surprised that I get people and their communication wrong all the time. I can be slow to challenge the endless algorithm of opinions from complete strangers with their own motives, as if I understand precisely what they are saying when they cross my screen for 2 seconds. Why? Because we are human. It is difficult enough to judge when others say falsehoods directly to us, face to face. It is impossible in a virtual space. This is where other powers come into play. With the right humans in your life that have previously solved your problem, your interactions will provide enough clarity to evaluate the soundness of what you hear and read. And provide an ability to

act in a virtual space with consideration for your soul first. This simply cannot happen in reverse. Do not venture into the jungle to search for the guide that will get you safely through the jungle.

Our most readily available example of Powers greater than a single human is nature itself. We are subject to its whims every day of our life. Dedicated surfers are engaged with nature and subject to the mysteries of the tides every day it is humanly possible for them to be on the water. They feed their souls by showing up every morning to see what the Ocean holds for them, that particular day. They do this most days regardless of the circumstances of their life on land. I understand they have good data and indicators to anticipate what to expect each day in terms of the conditions. I have never surfed, but I can guarantee each one of them has been surprised by a wave, a set of waves, an entire day that was better, worse, bigger or smaller than expected or the unplanned encounter with another human or other animal. They control what they can; their suit, the condition of their board, their attitude. Then they accept what nature offers.

How do you engage with nature? Do you interact at all, or do you simply react to it? I sometimes stayed indoors for weeks or months on end. Spending more time in the virtual world than the real one. I understand not all of us can surf every morning, but we can all engage with and notice nature. Do you do it daily? Do you at all? You are the only creature with a soul that is able to live out a life of discovery on planet Earth. It is nature that has provided, and will provide, you with everything you need to survive. I engage as frequently as possible by looking at the stars. It is a stark reminder that we are all surfing the galaxy on a speeding, spinning rock that is hurling itself around a dying star. And all I have to do is overcome a little gravity every day to see that spectacle unfold!

You do not need to be a naturalist or environmentalist to understand that we humans are only surviving on this planet because we are part of something bigger than us. That is the extent to which you need to acknowledge nature to be successful in using it as a higher power. In passage VII we will discuss how to instantly ground yourself in this frame of mind when things get squirrely as a human.

We can go further with our simple acknowledgement of the natural world. We all see trees everywhere we go. Have you ever *examined* a tree? Wondering how old it may be, when each branch formed through the years, why it turned this way or that, the nature of the life of one of the million leaves on those branches - Each of those leaves fed by the sun, doing its part to serve the whole. Are you healthy and contributing, basking in the sun - reaping the rewards of each of the other leaves' contributions? Or are you sick and infecting the greater good, extracting what you need to survive while the system tries to cut you off? There is something bigger than you, that you are a part of whether you want to admit it or not. Each of us is a leafy soul with its own part to play. Nature is always available. The sooner you see and engage with the natural world as truly a part of, the sooner you can leverage the fruits of the whole.

Admitting you require these greater powers is the same thing as going to work or school every day, going to sleep at night, tying your shoes or brushing your teeth. You empower

yourself by solving problems daily using the power of tools, advice and knowledge. I am powerless over tooth decay. It is real, but I cannot stop it on my own volition. I begin to look for the source of the power that can stop it - and I find it - toothpaste! But thinking about toothpaste and reading other people's accounts of successful use of toothpaste will not help me. So I take the actions to interact with humans, earn money, buy toothpaste, apply it to a brush and perform the action as directed, or as often as needed. Lots of little actions with one overarching intention. How are you polishing your soul every day? Only thinking about the problem or the solution will not help you, it will actually hurt you. The longer it takes to accept the problem and take action, the more time you allow for the ache to become an extraction. By taking the action daily you have tapped into the source of the actual power required to do the job. I recall the struggle of getting my kids to brush and care for their teeth. It took a lot of little daily actions. We did not have the full power of the internet yet. Maybe sit as a family and look at some online content about tooth decay. View some photos or videos. Feel the effect on your souls of these gross images, and then discuss the causes and prevention. Maybe people would have the same sort of intent and dialogue about spiritual well being if *soul paste* was sold in every outlet!?

We will go over suggested actions to calm the mind and specific steps for problem solving in the following two passages. To allow the space for the soul to drive our daily actions. They are simple suggestions, and If you take them daily, you will change. Change is scary. It can be so frightening that at times it seems impossible. It is not. Look back at my story. No one believed I would or could change. Myself included. "How could all of my established norms be wrong?". It was the lack of awareness and knowledge of any other way of living that hindered my ability to change. But as soon as I saw that change and peace were possible in others, I knew I owed it to my soul to try. This is the tremendous power of groups of people that share a common problem and seek a common solution. Well, by now you know how I feel - We all have the same problems and we all have access to the same solution! I assure you there are other PIMS or groups of people that have recovered from precisely what ails you at this moment. But I can guarantee you will *not* find the soul paste you seek if you are filling your cart from, browsing along, or even standing in the liquor or magazine aisle (what is now known as social media).

Explore Religion if it improves your spirituality and warms your soul. These large groups of people, aligned in values, have helped the vast majority of the people that have inhabited Earth. Just mind our watchwords - People, Possessions, Positions, Postures and Popularity. Your soul does not seek nor demand any of these. There are many fables about being an instrument, found in just about every religion - about keeping yourself clean and tuned so the spirit of that denomination's higher power can flow through you. I will keep this brief - I am going to be a blunt instrument for a moment - any instrument can play, in the language of any religion, so long as it is not full of S\*\*\*! I mean this in a very literal sense - material things stuffed inside an instrument will change the tune and the melody of the tune being played. Modern religions make beautiful sounds when they come from clean souls.

As we explore these greater powers among us, even the smallest of material things can interfere. We can learn so much from kids. And we can all fall back to the emotional intelligence

of a toddler with the right shiny object in front of us. Give a kid another kid to play with and watch what happens. Give them one beach to play on, with no direction, and watch what happens. Then add **one** stick, and watch what happens! Material things are scary - even the most basic. The greater the value, the greater the opportunity to ignore our natural virtuous instincts and let the primal ones take over. I find situations with the least amount of materials involved provide a greater feeling of connection to the world and stronger ties to other humans and higher powers.

What about big organizations, with vast materials? They certainly wield more power than a single human. Not all of them are PIMS, of course. But what of the ones that claim to be? Not-for-profit charity organizations must be, right? Of course not, they are made of humans! If groups of people are using your materials, or using you as material, through pleas made to your soul, we must take care. Personal finance is not a very spiritual activity. It is the quickest path to arrogance or self deprecation, depending on the state of your affairs. Please be careful mixing the two.

And what of Super Powers, like A.I.? Billionaires? We are the humans in the equation, so just like in the movies, super powers used for destruction are frightening.

Artificial Intelligence may help us or it may destroy us, but A.I. cannot replace us. Let's be clear on that. As A.I. begins to do the things we do today, take over the jobs we performed for decades, a labor gap will most likely be created for humans. Why? Because humans in power are going to continue to make instinct driven human decisions that negatively affect the mass majority of other humans. History has proven this and I agree with Graham Hancock, the human race has amnesia! If an enormous change is coming, is not being a human even more important than ever? To do the things only humans can do? I am sure the A.I. Driven robots of today can already build shelter, hunt and gather - but they lack the soul to enjoy or appreciate any of it. Get involved in matters of your own soul, get spiritual and ask yourself that question; What to do with a life that is your own, not bound to a title or employer or profit and loss statement. What then? A.I. may actually be the thing that brings us back together and closer than ever as humans. Either by providing all we need to live abundantly, or by hunting us down as we wander in packs for our survival. Either way, I want a clean soul to deal with the circumstances on the horizon.

It would sure be nice to be a billionaire! I would just like to be the best friend of a billionaire! I hope by the end of this paragraph you will question how close you draw to my "hypothetical" billionaire friend, Bob. He is a self made man, a pioneer of Silicon Valley Technology. Bob is an avowed *environmentalist and human rights activist* (Labels). He invests billions a year in sectors of business that provide jobs, innovation and the direction of global culture. Now that is some power! But the technology Bob and his companies advance require rare-earth minerals. Minerals extracted by child and slave labor in Congolese cobalt mines and processed in Chinese plants, by underpaid workers in horrid conditions. Bob pushes for electric vehicles. Cars that have much larger batteries than our small devices and require more of these rare earth minerals and carry a larger toxic footprint. The power required to charge those

vehicles, on top of the powering of the other silicon technologies Bob advances has stifled electric grids. Grids still using coal, often strip mined from the earth in questionable conditions. All the while energy costs rise for decades - a problem nuclear power could have solved. But Bob advocated for nuclear power over this time, right? Yes, advocated. Apparently a very soft advocate. Bob took action and used all of his power and influence to implement nuclear power as soon as it was required for his latest thing, and proliferation of his profit, power and prestige. Was our philanthropic tech billionaire helping the environment and humanity all along, or hurting it? He holds the power to drive real measurable change - AND HE HAS! Technology is taking a toll on our health - it is real, measured and not improving - yet our billionaire takes actions daily, in amounts we cannot comprehend, to advance his obvious motives. He amplifies the very exploitation he claims to oppose. Labels can mean everything when not understood, and mean absolutely nothing once the truth is in the light. Assign your own labels once you have the facts to identify what it is you see. Choose your Billionaire friends and greater powers wisely.

I am not here to judge, as I cannot imagine having that much material influence. But let's try, shall we! Let's use numbers to see what we can do with large sums of money when interested in matters of the soul first. You assign your own importance to the numbers - like in our PIMS equation. Let's just do what I believe can be done with *one number* from our billionaire friend Bob. He invested 25 billion of his own dollars over the past 30 years in technology and has turned it into 75 billion. That is 50 billion in profit. So let's just borrow that 50 billion from our good friend and see what we can do with it. Please do not fret for Bob, his net worth increases by 5 billion per year without this, so he can still get by! In my perfect world there is a PIMS - a PLACE Involved in Matters of the Soul - on a corner, every square mile of every city and town in the country. Just a small covered space, with no power outlets, just one light, many stand-up tables, no chairs, with one person working from sunrise to sunset, secured with cameras, offering paper and pencils (you will see why in passage 8) and 2 hollow walls if you need to leave a deposit. Just a simple safe place in the natural world to be human. If I use a very safe number of \$200,000 per year to run each site, we could offer 8,000 of these places - for 30 years! Physical PIMS . That is more locations than Taco Bell! If something like this had support, it would work, - I don't recall voting for, supporting or deciding to make "normal", the proliferation of smart phones, social media, infinite scrolling, tailored algorithms and AI as priorities for humanity. And I imagine if being a PIMS is a good thing for our citizens, grants would be available - we would not need Bob. In his attempts to save an unknown number of lives, at an unknown point in the future, with his alleged philanthropic acts, our billionaire actually contributed to a measured number of deaths and mental health problems *today*.

The reason the youth today have so little serenity is directly tied to the expectations that modern life demands, as it simultaneously strips away the very activities our primal instincts drive us to fulfill; The anxiety of abundance that has been studied for centuries. As the humans in power - for better or worse - I believe adults in the equation of government should consider delivering serenity as a priority for youth. We changed the system of education in this country entirely, long ago, to produce good factory workers. We have very few factories today. Humans require an education primarily surrounding interacting with other humans - in person, by voice, virtually, by text and probably soon via direct connection - mind to mind! More engagement with

more people ever in human history - and we are teaching our kids how to be a good online search. Learn, store, regurgitate, delete. As a group of humans with power, we are better than this. Most of the retardation of change in the education system has to do with political fighting about split opinions and disagreements about where the money goes. If we, the adult population, are presenting ourselves as a greater power for the good of kids, can we agree one hundred percent they deserve an opportunity to be personally involved with the matters of their own souls first and foremost? I have enough evidence now to know that in the near future all humans will easily be able to follow the money in politics. Politic-ing is for the people. Any entity with a bottom line must serve that bottom line first. Is humanity's bottom line not being PIMS first? Have these greater government powers forgotten this?

Remember the power you have as a single human and the power of groups that are virtuous humans.

Today I try not to isolate myself from other humans and diminish or completely miss powerful interactions with others. Our time spent in large groups, enjoying things we have in common, is priceless and powerful for the spirit. Looking through my device and recording, or photographing an experience is an odd thing. This strange longing to produce a masterpiece, while cheapening the actual experience. The experience becomes the filming of the experience and therefore not the experience itself anymore at all. If you take a picture of the most iconic moment in sports history, did you actually see it happen? Were you actually present? Were you *there* when it happened? Some would say "yes, even enhanced!" Some may say you only saw a screen that contained an image. I have completely missed so many things because I was literally reaching for my device in an attempt to record them. And even if I do capture the moment, what can I do to share that experience in the future? Show someone the experience by handing them my phone? Now their experience is equal to mine and I was there physically! Try living it as deeply as you can. Write it down if you must. When you retell the story, describe the events in your own weird way and with feeling. You will feel the event, almost reliving it every time just by telling the story. If you have a photo, add it. I feel like an empty vessel when I can only provide two dimensional descriptions of my life by handing someone my device. If you must record, prepare. The recording can, and should, happen without your personal involvement. I believe my soul wants to live the original experience more than it wants to miss it, and then watch the video of me missing it, over and over again. When we are among groups of humans, in these rare times and settings, the events themselves, not filming them, will land on the top one thousand list of your lifetime - not the photo shoot. If you are PIMS first, you can connect to this power greater than you in and among large groups of other humans, truly live the experience.

We all get to experience flight today. Just over one hundred years ago it was considered a super power like A.I., but today we take it for granted. If you are having a hard time believing in powers greater than you, I hate to break it to you, but you already do if you have ever flown in an airplane. Planes do not fly. They perform a very long, controlled fall. Let's examine all of the powers, greater than a single human, that you rely on every time you board a plane. It looks to us like a plane is doing an amazing thing, but let's break it down and see how we humans can

leverage greater powers to do the seemingly impossible with grace and ease. The takeoff begins by doing what a train does - going very fast in two dimensions. Then tiny elevators go down on the wing, providing a slight bit of lift. It's just that subtle resistance to gravity that's required. But there has to be a strong acknowledgement that gravity is there and nature is working. A *very* strong acknowledgement. When that small amount of energy is redirected at just the right time and at just the right angle, the plane is lifted and we are airborne. Having done the effort (our daily activities, our jets pushing in one dimension) and applied the will from our soul slightly (the elevators), what we believed could not happen, happens. As we get into the air at cruising altitude, we can engage autopilot and it is smooth sailing! We really can forget that we're flying. Then nature will remind us, in an instant, that we are in a metal cylinder, going five hundred miles per hour, miles above the Earth. It can be startling, and it can bring us back to humanity very quickly. But some slight turbulence is normal, just like the ups and downs of life. But what of the very rough airplane ride? Oxygen masks dropping and all! Let's look at the powers that come into play in times where our actual security is threatened. I always imagined the pilot in the cockpit, looking out through the windows at the clouds, searching for a clear patch to aim for, then steering the plane to safety by what they saw. Oh, was I wrong. In the most trying of times, the pilot could literally black out the windows and fly. In fact, their training manual says they must do precisely that. They cannot trust their human faculties since humans did not evolve to navigate a third dimension. We have all fallen off something of some height or another. We each can only jump so high. And it certainly does not feel normal when traveling through space with gravity as a human. Even the small amount of time it takes to hit the ground after the start of a fall seems to last an eternity. It is spatially foreign to us. Pilots can get lost in that very same space. I get lost pretty easily in two dimensions sometimes! In the most wild of scenarios, the most dangerous of times, pilots fly by their instruments only. That's right, your security is now in the hands of all of the humans that assembled and maintained the aircraft, the humans that trained the pilot to read those instruments and gauges, the humans that filled the oxygen tanks and the ones that fed the crew before take-off. What are you using to monitor your flight through life inside this spirit of yours? Are you using gauges to monitor yourself or just alarms that go off when levels become critical? What are the labels on your gauges? What humans keep you maintained and train you? Or are you still flying on your will power alone in spaces and dimensions that are new or foreign to you? We will go into detail on spiritual gauges in Passage VIII. Until I put them in place to avoid turbulence, my spiritual condition was a mystery. Alarms would ring out when I would curse out, blame and carry on arguments with inanimate things that just stopped the momentum of my toe! Or sirens would blare because something slipped out of my hand and gravity worked.

Not utilizing powers greater than ourselves can be a very rigid way to live. And very selfish when we are responsible for the care of other souls.

Are you part of an army or armies primarily constructed for defense or attack? Look at your actions and the actions of the fellow humans you are a party to. Groups of people, of any size, are powerful. Particularly groups constructed for defense of common problems. Times spent with these groups refuel the spirit. At some point in human history survival and defense,

our strongest of instincts, became less vital - we could consistently, and fairly effortlessly, protect ourselves from the other animals of the World. Are you part of a group on the offensive? Attacking other humans over beliefs as if your actual survival was threatened? Time and space is required for the soul to answer these questions. We will cover this in Passage VII.

Most people believe (with no personal evidence) that a bottomless bank account will deliver happiness and peace. Imagine looking at your lottery ticket as the numbers are drawn and as you see the final number land - all your numbers match! You just won the big one! Try to feel that feeling. Worries about money - Gone! Flashes of basking in paradise. Who do I call?! - That feeling right there. Those first ten seconds. Not the feelings that will come from the material things that will follow - *the instant that you believe all your problems are solved* - Did you feel it? Can you imagine it? Freedom From and Freedom To. Freedom from the burdens of fighting to make it in the material world. Freedom to do anything on the planet you choose, every day. I propose that with personal involvement in your own soul, that freedom is possible, every day. The feeling of just winning the lottery is real, but not sustainable. The problems that arise from the material things (money) that will follow are significant. Especially if our souls are dark. I suppose either way, winning the lottery or not winning the lottery, being PIMS would be a very useful thing?

I did not want to be an ordinary human. I believed I was different and because of this I was often alone. But I required other humans, oftentimes the thing I feared the most. Why this struggle? It is hard to move from conscious separation (the problem) to conscious unity and integration (the solution). Long ago we determined we were better off together. Thus the development of clans, tribes, villages, cities and countries. All intent on benefiting the individual. And all are benefiting the individual, despite our complaints and opinions about what is "wrong" with the world. Are you grateful for all of the other humans that built your home, your bed, the pipes and roads, deliver your air and heat, stock your grocery store, grow your food, build your electronics and make sure the network is always running? Those people that you might be slightly or greatly annoyed at all day provided you with everything you need, so you could use those tools to complain? I don't think that is the point.

Once we have tapped into these powers, we must be very aware of their source as we make our way. The powers are always there for our taking, good and bad, all around us. And we are either drawing from them or contributing to them. Our soul is diminished by wrongful acts and is made whole from the good. We will only receive additional power from these greater powers we are also contributing to. The powers that come from good and evil are of different sources. Different taps. You will come to the sink one hundred times a day and both spouts will be within reach - in the virtual world or the real world. Which tap will you choose? Maybe look at the plumbing first. Notice the flow of the line that carries the GOOD has a drain that returns directly to us. No waste. Half of our hybrid powered soul. But the flow of the line that carries the aversion to the good has a drain that flows into the abyss. A complete wasteland of hazardous materials. The truth flows back effortlessly to us...dishonesty leads to the abyss. Fear flows to a void, faith and courage strengthens us.

As you may or may not have noticed, I intentionally omitted the G from this passage about things all powerful, until now. I had a large problem with it. Mainly the human construct of the word itself. We must address it and you may not like what I have to say. You believe in God. You not only believe, you give of yourself to that God every day, in spite of what you may need to retain for yourself. Morning and Evening worship to the provider of your world. Daily, continual offerings. Sacrifices you make so often that the ritual has become your routine. That is how Gods are treated, right? Has the worship of, and devotion to, your device become so intense that it has disrupted the intended journey of your soul? Do you treat it as the guardian of what is good for you, giving it the utmost priority? The concept of God had failed in my mind. There could not possibly be a Guardian Of my Divinity. I was a mess. Nothing was caring for me. I was certain of that. Oh how right I was! Nothing was caring for my soul, not even me. I assure you the answers you seek lie with PIMS in the real world and will not be found on line (yet). And if a solution is ever presented on line, by those who deploy the virtual world, it would simply be the arsonist in a fireman's hat.

When using my device began harming my soul, a solution was difficult to find. Especially with the information I had available at the time. My methods stopped working and I was unable to see that they never worked in the first place. The solution simply had to come from other sources of power greater than me. The group of humans that had solved my problem, the principles presented in this book, nature. These powers allowed me to PAUSE. Possibly Another Unknown Solution Exists.

## Passage VII

### The Action Preceding Involvement in Matters of the Soul

Have you ever had a job you enjoyed? Nothing feels better. Getting rewarded materially for doing what seems like fun. Awakening, fired up and ready to go everyday. Spiritual work should always feel this way. If what you are doing feels hard, it is because it is. And you may be contributing to that if you are not in tune to the condition of your soul. Spiritual work can be very taxing, but the pay is very good. Everything we must do in life is a job of one sort or another. Being a person is our main job. Wouldn't it be nice to get rewarded for just performing the duty of being a person? So what is the actual work? What does that job description look like?

It would be wonderful if I could provide you with the specific actions required for your particular situation. But my experience has shown me that we either already know them and are fighting them or we know someone who knows them and our soul is unable to ask them for help. Even the smallest child knows to look to the parent in times of trouble, but the ability to communicate its needs depends on maturity. The older we get, we hope to gain the ability to fight less and communicate more, through spiritual maturity.

In the next passage we attack our problems head on. In this passage we will keep it simple and work on our common human problem, the problem of the mind. This is the first work required. Creating enough time and space for willingness to drive the body to actions involved in the matters of your soul. The specific actions for your specific problem, but taken from a different view and of a new source. Even inaction is a chosen action. I had to work hard to gain the spiritual maturity to find a quiet place mentally. Allowing enough time and space for some virtue and principle to show itself, prior to my next formation of a belief, decision and action. *My instincts do not require this time and space and therefore dominated my life for a very long time.*

The puzzle of the mind body connection was nearly impossible for me to solve. I wanted to change, in my mind, but lacked the ability to perform the physical actions required, because of my mental state. The chicken and the egg every morning! For me, the calming of the mind had to come first. But how could I be calm enough, have enough clarity, to do the first thing right and set the day properly? I could not. For years. Countless failed attempts. And as soon as each attempt failed, I would immediately resort to what was familiar, with no consideration of my spirit. Due to the mental paradox and the primal instinct to survive, I believed I was helping myself. As soon as perfection was broken for the day, it was easy to mentally let up on any efforts to strive to do better - And why would the body want to participate any longer, I had already fed it the dopamine it desired? This was a tight spot for me and its frequency and duration increased over time by being more personally interested in material solutions (being a SIMP) than in caring for my soul. If there were attempts, they were fueled by resolve centered in inebriation, and therefore not real. Give yourself the freedom to take these suggestions and perform them as an imperfect person.

Life is made up of moments and because we are human and live in the natural world, none will be perfect. So let's examine first the concept of perfection versus humanity. Try doing

everything perfectly one day. See how long it lasts. I challenge you to try 5 minutes of perfection in the morning. It is impossible. I actually cannot even get out of bed perfectly. When I opened my eyes, did I open them properly? Was the first movement of the day the correct one? When I sat up, did I do it so as to ensure longevity for my spine and hips? How did you sit up? Did you sit up in a way that you did the least amount of stress to your back? And incurred the least amount of long term damage, so that you can do it thousands of times in your lifetime and not hurt yourself? That's from an orthopedic standpoint. Did you do it artistically? Did it flow? Did I walk perfectly to the bathroom? And as soon as my mind woke up enough to wander, was my focus diverted just enough to cause imperfection of movement? Just as perfection itself is an unachievable ideal to strive for, so will be our steps and principles in the next passage. Awakening to the fact that we must awaken our soul, early and often. Endless starts and restarts as a human - the embodiment of imperfection.

When we are getting ready for that big event - the interview, the Prom, the family engagement - we spend great amounts of time on our appearance. Our clothes match the theme. We are groomed. Maybe even accessorized for emphasis. We look in the mirror examining every detail that we can, even getting into awkward positions looking at our back. But what of our soul? How much time and space did you allow in your brain to consider the condition of your soul in these preparations? Believe it or not, your spirit shines right through your clothes, your skin, your attitude, your gestures, your eyes, your makeup and your movement. Others can see its intensity. You notice it in its full brilliance in some, and dimly lit in others. These big events are big interactions with other humans. With a properly cared for soul and PIMS around you, this should be paradise! So why do we have fear? Because we are human. Take action with mind exercises to make space and time for your soul in preparation for these events - it can receive so much if we are able to let other PIMS in in these situations. The harder the work in this direction of conscious integration, and away from conscious separation (by giving time and space to the matters of the material), the greater the rewards.

But what of the freefall of the mind in these times? If you are like me, it can seem at times that thoughts are a very large, seemingly unstoppable waterfall. A waterfall can generate so much power. If your thoughts are free falling, as mine most often did, they are creating energy. It may seem like negative energy, but harness it and see what you can make it into, in the real world as a PIMS. Clarity can only come from chaos.

“Say what it is you would be, then do what you have to do”  
- Epictetus

I personally had to, and continue to have to, remind myself that I am human in the natural world. In my mind. In and under the waterfall, there I was, a human. Decisions in the mind are easy, as we now know. The very first action to fulfill their intention can be difficult. So tackle a problem you can handle first, your humanity. In your mind, open up space to harness the power of the waterfall. Put your hand through it. The origin and destination of the waterfall is no matter right now, here you are simply in and a part of the natural world.

We must remember that our minds will be cluttered in times of trouble, when our security is threatened - real or imagined. It is therefore extremely important to share our spiritual plans - our thoughts - with another PIMS, every day. With small actions applied at critical times of day, change can come quickly. In my case, it was agreed that my screen time needed to come down. It was a problem, particularly first thing in the morning. It met all the criteria we described earlier. I could not see the truth about it. I could not be without it for long. It was hurting my soul. When does your soul wake up every day? How long does it take you to divert your attention to it?

Pattern recognition is an easy skill to master. Memorizing something so the brain knows it when it comes back to it, allowing us to move more rapidly through our environment. It starts at birth and the world is constructed from what is available. What patterns are you making available for your brain to learn and memorize and assist you in matters of the soul each morning? Pattern deconstruction is difficult, extremely difficult. But pattern replacement lies somewhere in the middle. *It can be good for the soul to leverage the structures the mind knows, so thought is removed as much as possible, while we change subtle things for the better.* In the example of my screen time: In the past, reading the news, checking emails and looking at social media could occupy 30-45 minutes at breakfast. I still look at the news in the morning, but I am a human today. Today I agreed with another human that it is better for my soul to scroll through the news headlines for 30-45 seconds. If there is an article with facts and figures or times and dates regarding an event that is news worthy, I can allot more time to read about it. I could also allot more time to look at opinionated news at some other time in my day, if there are topics that I want to explore and my soul desires it. I agreed with this other person that looking at my work while at work (during working hours) seemed logical if it was causing a problem at breakfast. And social media - we agreed that if there is guaranteed utility or joy in opening it, I can look. In my case, only to check my daughter's account to see if she posted my granddaughters. Those are the only factual things on social media that feed my soul. Breakfast may not be the best time of day to be bombarded with opinions. I only wrote that last sentence in hopes that right now you are reading my opinion at breakfast. In the morning I share my plan via text and I wonder about it. I review it at night, never judging, just observing. Observing the effect on my spiritual condition from my very human actions taken in the virtual space that day.

In our minds, we yearn for good feelings so deeply, yet mire in the feelings so bad for so long, not realizing each is dependent on our actions entirely. Your actions determine if you are living or dying. Because we are amazing creatures with a soul, we can be approaching death and still be growing. You are approaching death. Is your soul still growing? Like a plant in your home it requires actions for its care. What are you giving it daily for sustenance? Do you give it extra nutrients weekly? A seasonal trimming? What materials are you using in this care? If the virtual world is your nursery, you are at its mercy for growth and survival. When I honestly examined my world, I found little to be my own. I was killing my soul by shutting it off from PIMS and the real world, thinking the whole time I was filling it. When I honestly looked at the facts of the feelings that came from my actions, I had to begin to question them. I had to consider my soul a living thing I should care for. I take whatever actions are required to remember to care for my plants. I set reminders, put the action on my daily list and look at them constantly as a reminder. Today I simply remind myself that my first thought must come from a place of PIMS.

Give your soul that first ray of sun or drop of water and see what happens. Thought is an action and requires great care. And it becomes useful and efficient when engaged from the soul.

I will share some thought exercises I do all of the time, particularly during my morning and evening routine. I give them priority to set my main intention on caring for my soul. Regardless of where I am physically and what is going on in my life, I wake up with me every morning. And despite what may happen on any given day, It is just me when I lay my head and fall asleep. These two times of day were my most difficult. Finding enough energy to simply get out of bed. Securing enough calm to fall completely asleep.

Don't try these, do them. Anytime I said I was going to try doing something it was already corrupted. Just with the use of the word. I think an alien from Dagobah said something about "Try"?

At this point right here, you are most likely saying, "But I simply do not do this type of thing." You do, daily. And that is the hypnotic state of The Affliction of Overconnection. You say you do not practice visualization. But suppose you did try it, would you practice Negative visualization? If you are constantly viewing and complaining about the negativity of the world, as provided by the internet, are you not participating in its negative visualization exercise daily? Do you make simple actions more difficult (verbally, emotionally, physically) through this negative visualization? Does overcoming these daily hurdles give you mental satisfaction? Detach for a moment and do one of these, maybe just to prove you are not hypnotized.

#### "Yes, but" Thought Exercise

Sit and think, about anything at all. Let your thoughts be like the news ticker at the bottom of the screen.

When an opinion or thought crosses your mind, conclude the thought with "yes, but...".

And when the next opinion or thought comes, add "Yes, but."

And so on, and so on. Adding "Yes, but." each time.

Go for as long as you desire or are able.

It should not take long to notice that no matter what you think, you will think again.

If you are like me, thoughts can be uncontrollable at times. I have a hard time slowing or stopping mine completely. But I am able to add these two words.

When you run out of thoughts - or simply want to end the exercise, conclude the final thought with "yes, but, I am human."

I found an ability to temper the storm with the one thing that changes the channel completely: the undeniable: the end and the beginning - "I am human".

This will seem strange at first. Especially if you are not in a quiet and grounded place the first time you try it. But give it a chance.

I have found this helps me at any time and in any situation. Even to ground me when my ego driven thoughts get inhumanly *positive*.

Here is an example of what my cluttered mind would tell me over and over and over again. Then below it is how it looked when I first began using this method. Notice how two words can soften, slow and even change the rhythm. It is on the heavy side. I hope your first trial is much lighter than this.

I feel tense.  
The dog is annoying.  
\*\*\*\* this world.  
The birds are very loud.  
I have few possessions.  
I am breathing in.  
I am hot.  
I feel tense.  
I am free.  
I am breathing.  
I am scared.  
What the \*\*\*?  
I feel like I can't breathe.  
I am right here.

I feel tense. Yes, but,  
The dog is annoying. Yes, but,  
\*\*\*\* this world. Yes, but,  
The birds are very loud. Yes, but,  
I have few possessions. Yes, but,  
I am breathing in. Yes, but,  
I am hot. Yes, but,  
I feel tense. Yes, but,  
I am free. Yes, but,  
I am breathing. Yes, but.  
What the \*\*\*?. Yes, but.  
I feel like I can't breathe. Yes, but.  
I am right here. Yes, but I am human.

#### Thought Exercise - Breathe in a an entire tree

Try examining a tree the next time you get upset and someone tells you to go take some deep breaths. When I needed a break, obvious to everyone around me, people would tell me to go somewhere and breathe often. Doing some breathing exercises can be a great thing, if you can do it. Well, for me, I was breathing when I was upset. So I did not understand how exactly this was going to help. Once I thought about what I was breathing, why and how I was breathing it, my relationship with breath and air changed. Considering in these moments where my life was

coming from. No, do not go over your life history in your times of trouble, go over your life right at that moment, that exact moment. You are human. You are alive. Remember you are alive because you are breathing the air, period. The air from trees. Get to know the things you can touch. You live among humans and the ones that have knowledge of their environment will be at an advantage. The natural world is your environment, not the virtual one. Remember that tree you examined earlier? Go find a new one. They are easy to locate even in a time of trouble. Look at the tree. The tree is looking at you. You're upset. How many other humans have stood where you are right now, upset in front of that tree over its lifetime? How big is it? How long has it been there? What does it look like? What season is it? What happens to it season over season? Have you ever thought about this particular tree before? Have your thoughts about it changed? Where are all those people that have been beneath it before you? Did that help every prior human beneath it live through those times by providing air? Is that problem from a minute ago so big that it will destroy all the trees and kill all humans? Even if the answer is yes and the world *is* ending. Always remember "Yes, but I am human" Like my only remaining friend Brett would say whenever I shared a personally frightening situation with him - "Hey, nobody's going to die".

The above may sound like a petty trick or idiotic in its simplicity, but remember that your mind and soul were affected by what you *thought* to be totally innocuous. You lift weights not because you want to be experienced when the time comes to save the world by lifting a barbell. You must work out your mind with thought exercises - simple, repetitive motions.

#### Thought exercise - Wonder vs wish

Rather than saying I wish for this or that, try saying "I wonder"?

And notice your wonders. Do they include adjectives and conditions like "Good, bad, less, more, enough, never or ever"? Try to eliminate those. I have placed mine in ( ) below to show that they require removal.

I wonder if I will get that (great) new job I interviewed for.

I wonder how (bad) the traffic will be today.

I wonder if I will be able to save (enough) money.

I wonder how long this (bad) feeling will last.

I wonder if I will (ever) get that promotion.

I wonder if I will (ever) feel these feelings of freedom being described.

A wish has two possibilities, a wonder has endless possibilities.

If I am wondering about something my mind is open to seeing new details I may have missed previously. Able to add new information easily. Once I am wishing, I am in a tunnel and can see only the path I took in and only a single path out. And here is the best part - we can use the adjective wonderful all we want! We can be full of wonder about the thing we are wondering about! If it is already in your make up to pray or your religion requires it, this is not a replacement, simply an add on.

#### Thought Exercise: Truth Walk

This one is very simple. It has three rules only. If you can successfully do this for 30-60 seconds, you will gain a firm understanding of precisely where your soul is no matter the surrounding circumstances - above your feet and below your mind.

1. Walk
2. Say or think what you observe with your 5 senses
3. Use no adjectives

Providing an example here would give you too much information.

Simply say what you see, touch, taste, feel and smell. Say what you are doing.

—

We have intentionally not discussed specific actions involved in all of this “work”. Once you have become personally involved in the matters of your soul as a starting point, the actions that will fulfill all of your needs will be able to present themselves to you. You are human and therefore capable of living a peaceful, rewarding life if you honestly want to and if you are willing to offer your soul enough space and attention to do *its* work.

I asked myself a lot of questions when things were rough. The toughest one to answer, the one that I spent more time *thinking* about, was “When is this going to stop?”. I had no answer, yet continued to ask myself daily. I never once asked myself if I wanted to be personally involved in the matters of my soul. It is a simple question to respond “yes” to, but is it a practical ideal to live by? It is. I would propose it is the only ideal that can deliver life as it is intended to be lived.

## Passage VIII

### Steps and Principles Involved in Matters of the Soul

When we speak of the steps to solve our problems and the principles behind them, they can seem daunting and intimidating. I assure you they are not if you take them for what they are. Simple and practical ideals to strive for or at least be aware of. Progress on our problem with technology will be made if we do our best daily to practice the principles stated **or** do our best to not do the opposite. Sounds obvious, but everyone's brain works differently.

This simple work is not a substitute for a twelve step program designed to target one specific problem. If you can see the truth that your soul is dark due to a problem that has an existing twelve step program, please investigate with your soul and leave your mind at home. For people who struggle with control and enjoyment of something that once was not a problem, exploring twelve step literature can do no harm whatsoever. You have free will and will do what you choose. Maybe just check in with your soul every now and then and let it know how long you plan to ignore it.

If we consider our flight example and the measuring of our soul's condition with gauges, now is the time to put the instrument panel in place. When you see the list of principles behind the steps, the monitoring of them may seem like a chore. That is not the point. Remember, we no longer want to hinder ourselves. We seek awareness of reality and we don't want to over monitor things, that would only introduce new problems. My Mom has to get gas in her car when the tank reaches half full, no emptier. This becomes a stressor - pretty much the same stress as riding on empty. The point of our gauges is to understand that each of these virtues has a range we want to be attuned to. Understanding where we are now and which direction we are headed. Then we can investigate influences behind the principles, so we can be more proactive than reactive. Preventative maintenance versus daily, emergency surgery. If we were to rely on simple on/off indicators, any protective measures we can muster may come into play too late.

You can call this list whatever you like; Steps, principles, suggestions, proposals, plans. The name does not matter. The order, the depth they are used to and the frequency of that use will be completely dependent on your situation, in life as a whole, or minute by minute. Don't get hung up on my words or you may miss the point. And this is the point - The simple awareness of these **principles** is the beginning of a spiritual experience, the personal involvement in matters of the soul. Attention to them can not guarantee greater good in your life, but it can provide defense against self hindrance.

Have you ever admitted to yourself, or had someone point out, that you had a problem? Or is everything the fault of the world? Your shoe lace is untied. Your spouse just filed for divorce. You were made fun of. The country elected a president. You are atop a fence and need to jump down. What are you going to do about it? If these things are a problem for you, they will wait for you. Nothing will change for you until you admit they are happening, that they are a problem and they are affecting your soul. We have all seen someone solve a problem we could

not - The adult tying a double knot when we were a kid, or the doctor who just performed your surgery - other humans have solved all of our problems so far. It is difficult to accept and be present in real life circumstances so long as we are wishing something bad never started or that something great would never end. This can block us off from the PIMS that can help us in the here and now.

At the start, you will only be able to examine the current reading of your gauges. Confirm today's levels by going through this passage very slowly with another PIMS. You are not able to see the truth on your own if you are not personally involved in matters of your own soul yet. That is not a problem. Awareness of a problem is never a problem.

Let's work through a sample set of twelve steps, patterned somewhat closely to the first twelve steps ever written, to address two problems:

The conundrum of Being Human and getting down from atop a metaphorical fence.

The same steps will be used to address each.

Their principles behind each step are in (), the labels for our gauges.

**Step 1 - (Honesty)**

*Admitted we were human, and our soul required attention.*

**Step 2 - (Hope)**

*Came to believe in alternate sources of power that could ground us in humanity.*

**Step 3 - (Faith)**

*Made a decision to turn our soul towards these alternate sources, as we understand them.*

**Step 4 - (Courage)**

*Made a list of the human qualities we possess.*

**Step 5 - (Integrity)**

*Admitted to our sources of power, and to ourselves, the nature of our entries.*

**Step 6 - (Willingness)**

*Became willing to have the fears reduced to concerns.*

**Step 7 - (Humility)**

*Humbly asked our sources of power to share in the burden of our concerns.*

**Step 8 - (Brotherly Love)**

*Made a list of all persons we had harmed and became willing to make amends to them all.*

**Step 9 - (Justice)**

*Made direct amends whenever possible, except when to do so may injure their soul or others.*

### **Step 10 - (Perseverance)**

*Continued to examine being human, and when we were wrong promptly admitted it.*

### **Step 11 - (Spiritual Awareness)**

*Sought through examination and direct conversation to improve our conscious contact with our sources of power, as we understood them.*

### **Step 12 - (Service)**

*Having become personally involved in matters of our soul, we tried to carry this message and practice these principles in all our affairs.*

Something very similar to this, with the same guiding principles was given freely to me and it is a critical element to the care of my soul for me to freely give it away (my 12th step). Especially to those I can reach that are hurting. Our youth is hurting and therefore I will try to reach as many as I can.

As good humans should, prior to discussion at this spiritual depth, we will be very clear on our common definitions of key words. Words are powerful and humans are too, as we have seen in the prior passages. If we can align on definitions of simple things, ambiguity and assumption lessen. There are fewer opportunities to be misunderstood. Being the misunderstood one was never easy for me.

Let's give just a little color to our second problem - to set the stage and remove many variables - *the sitting atop a fence and needing to get down*. You found yourself at a gathering with a group of your peers where you all decided to go for a walk. At the onset there was a fence with a couple small steps leading up to the top. You were second in line, following the host who knows the terrain. They are of similar physical make up to you. They climb the steps and then leap down the other side. The other side has no way down other than jumping. The leader did it successfully, almost effortlessly, landing with a loud thump and a shout of joy. You are now poised at the top, your first time in this particular situation, with a group of people lined up behind you waiting their turn. Directly behind you is your most trusted friend. You are frightened by what is in front of you, unsure about the height. Action must be taken. Even inaction is a chosen action.

Our first problem is and will remain being human. No explanation needed there.

### **Step 1. Admitted we were human, and our soul required attention.**

The guiding principle behind Step one is ***honesty***.

Common definition of honesty - *n*. Adherence to the facts.

Are you honest in your daily life? Be honest. No one is listening. Are you honest to *yourself*? Are you honest *all* of the time?

I guess we better understand what adherence and facts are!

Adherence - n. Steady or faithful attachment

Fact - n. An actual occurrence or event

In our first proposal above, we ask ourselves “Am I steady in my attachment and adherence to the fact that I am human and have a soul? Or do I still believe that I possess super powers to control other people, events and nature with my mind? Or that I am an animal not yet evolved to realize I have a soul that requires care?” Remember the mental exercise “Yes, but, I am human.” That simple acknowledgement can get you through dishonest thoughts and beliefs to a moment of clarity focussed on a single truth.

It is strange how the truth always brings with it freedom. Freedom from the burden of the lie or obscurity and freedom to pursue reality from a new starting place.

We have identified a problem with over usage of our devices, as it met the criteria in passage III. This problem is more difficult to step into than the one of being human. *But we cannot deny humanity even in our use of electronics.* Throughout time people have donned costumes and tried to deny it, but it is real, actual and factual. The amount of usage on our device and its effect on the soul is not so cut and dry, despite the number we calculated in our PIMS equation. When caught in the spin cycle of technology, you will require a moment of freedom to reattach yourself to the facts. Start with that which you cannot deny.

Before we get back to the top of our fictitious fence, let’s see how you are doing with honesty during this reading. Did you complete the PIMS equation yourself? Did you honestly appraise the numbers you used in the calculation? Did you share your number with another PIMS? Did you honestly share your number? Are you willing to accept the fact that engagement with your device may be affecting your soul's condition? Possibly considering a couple of questions, pointed in the right direction by another PIMS, will be the motivation to move into and through this step. If you cannot admit a problem, there is no problem. Have your lies become your truth? I lived in lies my entire life - not lies to inflate myself or about material things - lies that were canned responses to the two most basic questions of “How are you doing?” and “What are you doing?”. It became easy to answer these questions honestly, once I got PIMS. The truth is freedom. The truth is always revealed in time. Not my time or your time, nature’s time.

One of the criteria we discussed was not having the ability to see the truth about, or control, something that is a problem. In the online world, If you do not choose what your soul is exposed to, someone else will, and the priority in their motives will not include your soul. Your attention, time, money and data, yes. The health of your human being, no. This is where the power of other human PIMS in your life can come into play. Not to help you necessarily, as they may not be able. I know from experience, in these times of blindness, we must take the first step out of the dark ourselves. Their only power at this point is to bare their souls, their humanity,

showing us what we are damaging by ignoring the actual occurrences in our life. Like in our second example, If the person behind us in line at the top of the fence is a PIMS, we know they will not push us. We know they will help us back down if that is the direction we choose. Their simple presence can allow us enough clarity to be honest about where we are right now as a person. And right now we are atop a fence.

## **Step 2. Came to believe in alternate sources of power that could ground us in humanity**

The principle driving Step 2 is *hope*.

Hope: n: a feeling of expectation and desire for certain things to happen.

When we break down two of the key words - expectation and certain - we can see how there can be healthy hope and unhealthy hope. When we looked earlier at wishing versus wondering, our aim was to open up the possibilities and not make every thought, decision, problem or desire completely black and white. The common definition for expectation is a thought that something will or should happen. Who are we to know what will or should happen? We can wonder all we like. The hope we are looking for arises from the quest for positive change and connection to the real world. Not demands for conformity by everything and everyone to our constructed, virtual world. If I place expectations on things I am setting myself up for disappointment. My desire for perfect conformity by all humans to my plot and narrative was the death of my serenity. I attempt today to have active engagement in uncertainty.

We understand what hope is for us. A desire for the same outcome we see in others. We have discussed alternate and greater power sources at length. These powers keep us firmly planted on the ground. The leader of our peer group successfully jumped the fence - it is possible for a human. All of the others around me are successful in being people right now, maybe I can too.

Being a human is not optional. Acceptance of it was/is inevitable. We did that in step one. But to remain human and involved in the matters of our soul, we will require greater powers to remind us. Other humans. Nature. It is my HOPE that you believe in something greater than yourself to ground you. Gravity is always available if you are in a pinch.

The “real” world is entirely subjective and individual to each human. There are undeniable objective facts about the world - natural laws of physics and matter - that tree is right there, it is daytime or night time right now. Those are shared without objection. Because this world goes through a filter, the filter of your thoughts, your emotions, your mind, your heart and yes, of course, your soul, our individual “real” world can become completely misaligned to the actual events that are happening. We simply cannot filter or align to it and we drift out of the real world. We require things greater than us, PIMS that have previously solved our problem, to help provide that same inevitable acceptance of reality as we did with our humanity itself.

Let step 2 allow you to PAUSE (Possibly Another Unknown Solution Exists).

In our case of humanity itself, I apologize, the real world is not offering any options here. Other humans will affirm this. We all share the same outcome.

Our fence scenario is different. Hopes and feelings of fear arise from things that could happen. Oh the scenarios the mind plays out. If we can calm it with actions like thought exercises, we can tap into our greater powers and feel their presence in these very real scenarios. We are now in the situation itself, with the humans in the natural world, right now - not the possible scenarios. We have hope that in this situation our soul can be cared for.

### **Step 3. Made a decision to turn our soul towards these alternate sources, as we understand them.**

The principle involved in Step 3 is *faith*.

Faith: n: a belief in something for which there is proof.

Is proof of anything available online? Can you trust any digital media anymore?

We are going to stick to real world proof of actual beliefs that are PIMS.

In step 2 we formed a belief that something was possible for us with only proof that it had worked for others. Our two scenarios are new to us. I had never examined my humanity and this fence is one I have not been on top of before. A mental leap is required here. A leap beyond our personal evidence. Why do you think they call it a leap of faith? The very first person in our group of peers, who successfully jumped from the top of the fence, had only a *belief* their leg would not break the first time. They now leap with confidence. Now I can follow that person with faith that my leg will not break because I have proof of successful completion right in front of me. There is now trust in one of the possible, uncertain outcomes. A much greater position of confidence and strength.

Do you have faith in beliefs that may not be solid in their make up? I had a hard time digesting the facts about myself, let alone the state of the world. I formed beliefs about the world and had "World views" when I was not even looking out my own window very often. If you understand enough about the world to have world views, you must have wondered and investigated long enough to understand its size, history, current make-up, the law and many, many facts. My mind and my mouth proclaimed world views that were provided to me online, until I had an actual view of the world. The world is not your responsibility right now. We see our problem clearly now and believe our soul needs some care. Then maybe the rest of the world after we are in a place to learn facts, gather proof and then form our own Earthly views.

Yet, after three "steps", no action has been taken. No movement from our current position has been made. We have admitted the truth, formed a belief from our soul and now decided to have trust in that belief. I am human, I believe in and I am now deciding to incorporate something bigger than my own beliefs into my thoughts and actions, enabling personal involvement in the matters of my soul.

We are making progress on humanity. As far as the fence goes, this step is simple. Are you going to use nature, actual breath and gravity that you are familiar with, to your advantage? Your trusted friend behind you? The evidence of the leader you just watched jump? Or are you still evaluating real world situations, using beliefs constructed from the virtual world your mind or device has provided? The latter is faith in what you may be surviving on to date. The soul wants more. So we turn it towards our greater power sources, that are PIMS. As we understand them - Not as anyone else does. Like nature, other humans and even religion. This freedom is vital to its success.

#### **Step 4. Made a list of the human qualities we possess**

The principle involved in Step 4 is **courage**.

Courage: n: mental or moral strength to face fear or difficulty.

We are now faced with an action! Our very first motion forward.

Wait a minute?! How is making a list of the things about *me* facing fear and moving me forward? Well, let's look at what it means to be courageous. If what we are looking for is moral strength to face things, what better place to start looking than somewhere we think we know pretty well - ourselves! Let's go back to the top of that fence. Before I decide to leap or climb back down, I had better understand some things about myself very clearly. This is a time when false pride or lies about my stature could physically hurt me. We require just the facts, no judgements. Was the person who jumped first larger than me? Stronger? Reckless? Careful? How was their landing? Possibly only for a moment, you are forced to take an honest stock of the situation. Some leap over the fence and some climb back down. But first they face the reality of the situation, not a fantasy.

In step four we simply make a list of things about ourselves, at the time, related to our current situation. It can be constructed in whatever way you like, but it must include as many assets and as many liabilities that you can think of. And it must *not* include any headings or labels of any kind. We will make no real judgments until step 9. Take some time on the makeup of this list, but do not think deeply about it. Consult other PIMS in your life about your assets, they may not be visible to your soul in your current condition. The list is not labeled and has no headers or descriptions for a reason. We have a problem right now, so our brain is foggy. Introducing requirements to our list would only cause more problems and decisions for us. And because our mind is the problem or fanning the flame, it is best to put the pen to the paper (remember not to make the list on the device you are trying to free yourself from!). Engage your other senses by touching a pen, seeing and feeling it move on the paper. Take a break if needed. Do more. Or stop. It will never be perfect. We have already formed a belief and decided (have faith through evidence) that perfection does not exist. Don't beat yourself up when you're already beating yourself up. Moments of clarity come when things are unclear. That's the nature of it. Just write, or if in a calm enough place, create and remember a list in your mind.

You have now packed your bag for your journey into humanity and from the top of the fence. That figurative journey may be the length of a walk to the mail box or it may be to the summit of Mt. Everest, depending upon the issue at hand. Either way, you are ready to make the first motion in the direction of your destination. If your problem is mountainous, you will require a sherpa on your first trip. And if you have ever walked by yourself to the mailbox, you know you were certainly not alone when you did it the first time!

While we are atop the fence, our list may simply look like this:

Scared, Anxious, sweaty, shaking, lost, angry, ugly

**or**

Cocky, confident, excited, focused, fit

### **Step 5. Admitted to our sources of power, and to ourselves, the nature of our entries.**

The principle behind Step 5 is *Integrity*.

Integrity: n; adherence to a code of values

Integrity is a steady or faithful attachment to the powers that are vital to the matters of the soul. We have established that nature and other PIMS are important for our survival and our serenity. So how will we be faithfully attached to them? We will provide evidence through our actions. By sharing evidence in the form of our list of things that make us human, right here, right now in Real World Land. Or, in our other case, a list of things that describe our humanity in relation to being atop a fence, requiring action.

When kids are young and in tight spots on the playground, what do they do? They turn their heads and look to Mom or Dad for that nod of assurance. "You got this!" Or better yet, Mom or Dad climb on and do it with them the first time. That is usually all that is required. The child looks to the adult as if to say "Here I am. Here are my human qualities in this very situation", begging the question of "can I do this?"

This is the first step involving another human, if one is available. If you do not have a single PIMS in your life or cannot reach one, you can use nature. I do all of the time and it is integral for my success.

We seek to share the list to confirm its validity and to reaffirm our desire to solve our problem. In an ideal world, we can communicate with the person we wish to share in advance, so they can prepare their own list and this step can be an exchange. They are human too, and can always address our one common problem, being human.

An exchange with another person or with nature begins the right about face towards engagement with the real world. Just two humans, or a human and a tree, sharing a list of things about themselves with no labels or judgements. If you desire, talk about your lists. When you do, try adding "yes, but" to your comments.

Once you are able to see the truth through some trials with others, you will be able to perform this step alone. Until then, we use another human that has survived our problem, to ground us in our humanity and in the natural world, reaffirming steps 1 through 4.

So you breathe, gain your balance, look the leader in the eye, or your best friend standing behind you atop the fence, and you let them know your feelings. We do not ignore the powers around us. Ignorance requires no integrity.

## **Step 6. Became willing to use principles in the matters of our souls**

The principle behind this step is *willingness*.

Willingness: Cheerful readiness to do or accept something.

Readiness is preparedness for an experience or action. Readiness is what we are accountable for and will determine how principled our future actions will be.

You are at the top of the fence, still. Let's face it, there is fear in the unknown of leaping but there is also fear in the *known* situation you may climb back down to.

We get scared of most things, especially the unfamiliar. We are human. Our situations are real as long as we have facts about them or have verified them with another PIMS. So what do we do with all of this fear? The first thing we are going to do is determine if our fear is a real fear or a concern. A fear is a reaction to or anticipation of an threat to our actual survival, our human survival. We are afraid of certain animals, insects and the dark because for most of human existence these things presented actual threats to our life - daily. A concern is a threat to the survival of the world we have constructed through our personal filters. Whatever world you have come to believe you require on a daily basis, real or virtual. If your threat or fears are truly life and death, if you fear for your survival because of others, please contact the agencies that exist to protect and aid hurting souls. If you are your biggest threat to your own survival, I will simply wonder when the facts of your life in the real world will lead you to the PIMS in the world that have previously solved your problem.

So when we talk about our fears atop the fence, we know they can be removed because they were not really fears. No one has died on this fence. No one was ever going to die. They are concerns, carefully calculated worries, and they can be numerous. What if I jump, twist my ankle, cry and embarrass myself? What if I climb back down in shame?

Can we turn a concern into a fear? Of course we can, we are human. I am concerned with getting down from the fence. If I allow instincts to lead me and become more concerned with popularity and praise, the actual task becomes secondary. As soon as I decide to do a backflip off the fence to show off for my peers, actual fear is introduced, masked by the pride of potential ego driven rewards. You are now risking your actual life for no spiritual reward. The potential 4 minutes of praise has blocked you from the thought of losing the ability to use your 4 limbs again. Have you been doing backflips throughout your life? Are you pole vaulting over

puddles? Remember we are the humans in the equation. Our fears will only be right sized when you are willing to let them.

As we discussed earlier, your spiritual condition at these junctures is what matters the most. Whether you are running to something, or from something, under your own faculties or at the mercy of someone else, you are right here in the natural world, and you are human. How prepared is your soul to take the action atop the fence? If you have completed the prior 5 suggestions thoroughly, I believe you will be cheerfully ready to take the appropriate action.

Or simply remain open to the fact that your current situation, high atop the fence, needs to change.

Happily comply to start again, from wherever the spot. Our progress, as all progress in the history of mankind, will be an endless string of starts and stops; willingly complied to or begrudgingly endured.

### **Step 7. Humbly asked our sources of power to share in the burden of our concerns.**

The principle behind this step is *Humility*.  
Humility; freedom from pride or arrogance

Freedom is the absence of constraint, mostly from ourselves. Pride and arrogance are both related to the great impression one has of one's self. Pride being more of an internal feeling and arrogance displaying itself more outwardly and physically in the material world.

At this juncture we strive to reside between hubris and self deprecation. Humility is a modest view of ourselves, while being knighted by the Queen or while being sentenced to the guillotine. It is certainly a requirement in our times of turmoil or trouble, when we request necessary aids for spirit from outside sources.

But precisely how are we suddenly in this "zen-like" state? Aren't we about to leap or fall from a fence, or turn back in shame? Remember our plane analogy. Planes fall controllably using all of the powers and gauges available to them. There are so many powers greater than you working at this very moment on the fence. Gravity from nature, the powers of your preparations leading up to this point, the power of the human experience in the group around you and the power of the PIMS behind you.

You used step 1 to honestly appraise the facts of the situation because you value your soul. In step 2 you looked to greater sources of power that had solved your problem, and thus believed a solution was possible, then made a decision to trust in it in step 3. Took a look at your true self in the moment in Step 4 and affirmed what you saw with another PIMS in step 5. We saw that as long as we had honestly completed those five proposals, our fears were concerns we could simply wonder about. At this point - we know there always comes a point - your body

will take action. Almost without you knowing it, you will move from this spiritually neutral position into the chosen direction.

In our first example, accepting our humanity, the steps we have taken have shown us our humanity in black and white and we were willing to accept these manageable concerns for the serenity our soul desires. We are free to be human.

In our second situation, we are now free to be a human concerned with our spirit. By addressing our part in the fence dilemma - with matters of the soul at the forefront - we make the correct decision.

So did you jump from the top of the fence? Or did you climb back down?

I simply cannot answer. Whatever the decision you ended up making, the origin will have been from your soul, with the overarching intention of refueling that same soul. I have found that when and if I am able to practice these steps, I understand situations more clearly and more often than not take the action my spirit can stand behind.

Once step seven is taken in a situation, any action that damages your soul or the souls of others is a deliberate choice of poor character. But we are human. This will happen frequently. We will address this in the following step. If your involvement in the matters of the soul falters, start again. Use the new information to strengthen the resolve of your steps. Be concerned. But do not be afraid.

### **Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all.**

The principle behind this step is *brotherly love*.

Brotherly love; A reciprocal and shared consideration for the values of the other members of the human race.

The world is small. Our individual worlds are smaller. If we have taken action, has anyone been harmed, including ourselves? The answer is hardly ever no. In caring for our soul, we can no longer lie through omission and simply try to avoid our part in the outcome of our decisions - This is precisely why we take such great care in steps one through 7.

“We are all brothers. The brothers that love us and the brothers that hate us.”

- Marcus Aerelius

I found in my self examination that I was simply a hypocrite and I held resentments against people for doing precisely what I did to them. Or, I faulted people for doing something to me one time that I had done to them a hundred times before. There were people I harmed with words and actions and others I harmed by placing on islands. The soul carries these burdens. In our quest for freedom from our challenges, we must be free of all things.

“When I forgave I set the captive free, only to find the prisoner was me.”  
- Anonymous

As you can sense, this step has little to do with whether or not we jumped from our fictitious fence. This deals with the people we encountered to get there, upon our leaping or climbing down, and the new reality just beyond our prior hurdle.

We list the human relationships we want to make whole - not fix necessarily - the outcome is out of our control. It can be concerning, but it is very rewarding. If we jumped on someone's head, we must atone. If we backed down too quickly and bumped our best friend, we would look them in the eye and say “excuse me”. If we disappointed ourselves by climbing back down or twisted our ankle jumping, it simply did not remove the other 8 billion humans from the planet. They will be there to help us if they are PIMS and there will still be those that hurt us. Clearing our soul from *human to human* roadblocks is paramount to our success. Our connections will be weak and our goals compromised until we remove them.

**Step 9 - Made direct amends whenever possible, except when to do so may injure their soul or others.**

The principle behind this step is *justice*.

Justice; ensuring that each person receives what is due or deserved, in accordance with moral rightness, reason, and law.

“What is just? What is fair?” As a human, driven by animal instincts, run wild at times, am I not capable of taking my response to this to extremes very easily? Believing I know what is due to me, and ensuring I get it, according to the laws of my world that I have constructed?

When times were the darkest for me I believed everyone in the world owed me an apology. That was simply a massive projection onto others, from my own soul, because I was incapable of apologizing to anyone, including me. Unable to recognize and accept my humanity.

We believe today that our soul deserves justice. Not the other human beings on Earth necessarily. And certainly not our judgmental minds. I owe my sick mind very little. Having tapped into new sources of power, and made a decision to become personally involved in matters of our own soul, there is no resistance to humbly attempting to bring justice to fractured relationships. The simple presentation of our soul is enough for most people we have hurt. A simple offering of our hands to make the broken whole again. The outcome is up to nature. Our spirit will be made closer to the whole no matter the results. Remember our man on the journey who stopped at the inn. Each of these amends will be a stop at an inn - nothing to get stuck in while performing the overarching intention of completing all 12 steps.

If concern, or actual fear, arises considering a human interaction, we take an honest look. If there is a threat to our soul's condition in reaching out to another soul to make amends,

we avoid it. Here we can do our part by thinking it through - try the “wonder” exercise. You will need to trust your soul and the PIMS in your life to assist in deciding what actions to take to safely make things whole.

My experience has shown me that admitting a mistake (humanity) can be most rewarding and surprising. Amazing things happen when one human exposes their soul to another, unsuspecting human.

Being a person that can, and frequently will, make mistakes - it never excuses them. Make sure that your “mistakes” that impact others are not subconsciously premeditated. Whether or not they are, make a sincere apology for them. They happen to humans.

PIMS apologize with actions more often than words. If you are like me and have been dishonest to the PIMS in your life, your words may mean very little. Or they may mean too much.

### **Step 10 - Continued to examine being human, and when we were wrong promptly admitted it.**

The principle behind this step is *perseverance*.

Perseverance; steadfast determination to persist in a course of action despite difficulties

Our soul is alive and the proposals thus far have shown us we have the tools required to manage being a human. We must use them, daily, hourly, to grow our involvement in the matters of our soul. Things can deteriorate quickly, and rebuilding happens slowly, just like the physical body. Like the physique it must be sculpted and maintained with this regiment of daily steps. Get your steps in as they say!

We perform seven steps to our freedom. Making decisions rooted from the soul. We make sure no other souls were harmed, and make amends if they were, in our next two strides. We now keep pace, starting every intention, thought, feeling and action from the nexus - our soul.

“Tend to the part of the garden you can reach.”

- Marcus Aurelius

### **Step 11 - Sought through examination and direct conversation to improve our conscious contact with our sources of power, as we understood them.**

The principle behind this step is *Spirituality*

OUR DEFINITION IS *P.I.M.S.*

We set aside time every day to think, meditate, contemplate, pray, talk and listen on the matters of our soul. The possibilities are endless. I suggest trial and error of most things human in the natural world. PIMS included.

You will know what is more right than wrong for you when you feel it - I know my thoughts about most things rarely matched the actual experience.

You are now tuning into the channel of your soul. The powers greater than you and your personal involvement in the matters of your soul have got you through every human challenge thus far, so draw closer to them and see what happens.

**Step 12 - Having become personally involved in matters of our soul, we tried to carry this message and practice these principles in all our affairs.**

The principle behind this step is **Service**.

Our definition is; Duty without pay or promise of repayment. Selfless.

This is foreign for us, but not a complete unknown.

Who is the one human you can start treating this way today? We all have one somewhere in our life, no matter how big of a dirtbag we have been. Maybe it's you - your spirit - that you owe some service to at this moment?

You are entitled in this world to receive precisely the amount you give away freely. I am not sure how you receive things, but I receive them from other people, either directly or indirectly. Without other people we would wait for the weather to change to warm us up or cool us down, we would still be hunting and gathering to feed ourselves. If we do not consider this daily, how will we feel an obligation to give?

I no longer want to be a diseased part of the human organism. I no longer want to work in opposition while its "immune" system rejects me. Opposition brings disharmony. Service brings harmony and harmony is peace.

The extent to which these steps are worked and their frequency is entirely up to you - it is your soul to consider and care for.

Practice of these steps will never bring perfection. I was very good at pretending to do things, faking them. Faking anything is dishonesty. Be real. Be OK with being perfectly flawed. You will find the ease of acceptance of the results of your actions will be precisely proportional to the level of the 12 principles you put into those actions.

I hope the fact that I am not spending any time on my current problems is not giving you the wrong impression. It may sound like this is a path offering nirvana by the way it is written. Well it is and it isn't. With so many people around us dealing with these same instincts,

problems and unawareness, things often happen that surprise me, threaten me, challenge me and test the condition of my soul. I just look for improvement every day in the 12 principles. Or, if no improvement, was there an attempt at improvement? Or, if no attempt at improvement was made, did I attempt to hold the line from yesterday? I have problems today, I am a person. But with solutions available to me today, I seem to find less problems, they seem to be smaller in scope and impact. And the best part is - I am no longer contributing to them. I let the powers greater than me act as my elevators on my wings and as my instrument panel as I cruise the Skyways.

## Passage IX

### Parties Involved in Matters of your Soul

If I asked you about the people you would invite to a party - your boys, your chicas, your people - who do you think of? Who would be “a party” to your celebrations of life?

As always, let's start in the dictionary. **A Party**

Common Definition: n; One of the people or groups that is formally involved in something.

So how do we build a group of “Parties” *formally* Involved in the Matters of our Soul? Making sure these fellow humans share our values, in all aspects of life, on a path with us carrying out a shared mission?

Now firmly planted in our own humanity, with tools to handle the day, our new aim is to integrate with the other humans on the planet. Conscious integration as opposed to the wide range of ways we have isolated in the past. Particularly getting locked inside our devices at school, work and at home. This is difficult and requires effort. But what do we have to be concerned about? Our fears have been put in the light and are now the proper size, being dealt with from the soul. With this new freedom we have - granted by contact with greater powers, other PIMS and our own soul - we can bring “human integration” into the working part of our mind.

I always wanted to be the best at something. To stand out and hopefully earn fame and fortune for doing precisely “*IT*”. At age 6 I decided I was going to be a brain surgeon and I was going to invent an artificial brain. I proclaimed it with great enthusiasm to the adults in my life. It did not happen - I was not the prodigal AI son! In my actual lifetime I was able to get very good at a few things. Golf, by choice, over 42 years of play. Being a Father that was personally involved in the matters of my kids' souls, long after the decision was made to have a child. And I thrived as a selfish and dishonest business person in the cess pool of Silicon Valley Technology, well, because I was a dirtbag not concerned with other humans. It is believed by many that 10,000 hours is the requirement to become what we will call “proficient” at something. Let's look at it from a different side for a moment and do some simple math. Get some facts we can adhere to about becoming a proficient PIMS in the real world.

So you want to be an Influencer? You are a human, that is your decision. Remember, decisions are easy, actions must follow. We don't like to wish anymore, but being a well known online presence is a dream of yours, so you now wonder about it. I am sure there will always be plenty of souls out there to be influenced, so what will you influence them to be? Say? Do? What do you have to offer as a human to other humans? “Well,” you say “I have *IT*.” There are 8 billion humans on the planet. So let's give the decent global odds of 1 in 1000 that YOU will be one of the well known influencers on planet earth of *IT*. Using our 10,000 hours as our benchmark, how and when did you become proficient at *IT*? Wait, we have to live our life, sleep, eat AND spend 10,000 hours to become proficient at something?? Well, swaying minds about something we are not proficient at would be dishonest and discovered quickly. That is a full time

job on top of a full time job for 5 years! But this is not a problem anymore, remember? We are human, and it is a concern. My problem of never finding **IT** remained a problem, because I was trying to be a prodigy at everything. I tried to spend 1 hour doing 10,000 different things hoping to strike gold on one of them, instead of concentrating my daily effort on one thing for 10,000 hours. Right here you can relax. Why? Because 10,000 hours as a human is just over one year. And a third of that will be sleeping. If you can lean into the principles and steps for this period of time - for one year, as a PIMS, with other PIMS - you will be a proficient human by the end. Watch what will have happened along the way. You will have become an Influencer. A human that is influencing the souls of your fellow PIMS. You have probably discovered the **IT** you desire to be skilled in because the other powers and your soul have shown **IT** to you.

If we go back to the flight analogy - Proficient humans can be pilots carrying willing humans to safety, to work or on a vacation - Influencing them. People not yet PIMS will form groups and board planes with unskilled pilots, and we will just wonder how that will go from a safe distance. Consider the fellowship right next to you that you are creating content for right now, every day. You have an opportunity to master the PIMS craft in your garage before you go global!

I had no real serenity in my isolation. I had an “off” switch for the real world and used it frequently. I refused to depend on others due to pride and ego, when dependence was the key to the freedom my soul really wanted. Remember the dependence on our devices brought no freedom to be PIMS in the natural world. The converse should be true of those close to us. When we are in the dark times it is difficult to engage with other humans. I was unconscious a lot of the time, literally. I would disconnect from the truth, completely unaware of reality at times, making integration difficult. When in pain, real or imagined, I would locate the quickest path to security - usually my device or a substance to change my mood. Because I was not aware of the matters of my soul, even these false securities sufficed. Once PIMS, I could see that walking through life in a self induced coma was not what my soul desired. Why is it so hard to reach out our hand and our soul in these times and so simple at other times? It is usually because the materials in our lives, the bad P's - people, property, postures, popularity, profit - are firmly planted between our minds and our souls. This creates a distortion, sometimes a wall. Let's look at an extreme case of how material things can completely change a reality. Making even a group of thousands of strangers, that may or may not be personally involved in matters of your soul, seem like heaven, even to us isolationists. Trust me, even if you are frightened of large crowds like me, you have found little difficulty in this scenario. The day at the theme park!

At a theme park, there is material everywhere! People, rides, games, treats, shows. There is abundance - no scarcity here. And when there is a crowd, everyone maintains order and waits their turn in line. It is a safe place to act like a child, no need to pretend. The energy of the collection of human souls is real and palpable. Dopamine runs high and you are euphoric. Nothing is “normal” so you have a built in permission structure to be abnormal - which is sort of our natural human state. You can disappear in the crowd if needed. It is *temporary* - So you throw more into preparation for that day and savor each moment. But everything is *temporary*. Every moment of every day, in “RealWorldLand”, Nature shows us that. Your life has shown you that. How do we bring those same personal freedoms into today, here in RealworldLand? Why

are we not preparing for and living every day like we do the day at the theme park? Giving ourselves permissions, freedom and safety, while maintaining order? We can do this in the physical world fairly easily if we are PIMS. Remember, we are the humans in the equation in life and we can choose our PIMS that surround us. We simply cannot do this and have no control in the virtual world.

In the virtual world nothing is real, so there is an over abundance of anything and everything. In the social media space people (or bots) do not wait for anything or maintain order. There is a false sense of connection because you are consuming the virtual world with the same senses you use in the real world. You cannot simply disappear in the crowd, in fact quite the opposite - you can unwillingly be exposed in the middle of it. Nothing is normal, so you give yourself permission to be abnormal. The illusion of security is created in both scenarios - both constructed by your mind, but only one involving all physical senses and human interaction. The theme park has actual physical threats to the security of the body that contains your soul - and the actual threat of what happens when you impede on someone else's security and serenity; Their place in line, their cotton candy, their prize from the carnival game. Have you built a permission structure to act in an absurd fashion in the little theme park on your device? It can certainly seem like an oasis when you are wandering in the desert of isolation. But the virtual world is a mirage of an oasis and nothing more.

At the theme park, most of those souls are not PIM of our S. Most we will never see again. So we walk away and we leave most of our expended energy there at the park. But in intimate gatherings of PIMS we are a-party to, in any setting, our temporary engagements are actual soul charging sessions. When we depart, the fragments of our soul we have given away remain with our PIMS. When we require recharging, spiritual stock and stores will be available to you, through them. If you believe you were doing that at the theme park, because you went there and enjoyed it with your PIMS, Be honest, you have lost the attention of your soulmate at a coffee date due to one "phone" being on the table. The Theme Park should be taken for what it is - a very fun day of shared, safe, dopamine overdoses. Period. It is difficult to form a bond from the soul while hanging upside down and screaming or while strung out on a dopamine high. Were you truly in danger, surviving each ride, over and over again, with your partners in cheating death? No, you rode a ride with 10 year olds. So grab a piece of paper and a pencil, and try a wild ride on the Soul Train!

I was childish in my handling of most things, but I expected to be treated like an adult. Growing up I wanted to be part of the older crowd, like every normal youth. As an adult my soul was so sick from years of neglect, I could not do it - be "a part of" the crowd. The problem for me as a youth and as an adult was the same one - Only being able to integrate using material things. I was quarterback of the football team and I hosted the biggest parties in high school, but it was 3 am at my house, when everyone had gone home, sitting on the roof looking at the stars that me and the boys got real. Usually watching the sun rise in tears, having bared our souls to each other. As an Executive, I made sure that my department and my team "let loose" very often. Many times combining work with pleasure in the way of lunches, dinners and little celebrations. Usually with the help of lubrication, an employee would open up to me, baring their

soul - but aided by the materials of the ambiance, the alcohol and the removal from the rigidity of reality (the office) to a temporary safe space they could play - the Theme Park in feel. Do you only consider yourself free when you are doing something bound to materials - people included?

Most of us dealt with this feeling of difficulty with integration during adolescence. So you were the tough captain of the football team...but nothing felt better than that bonding moment with your buddy when you said "I f-ing love you man". Because you were not yet capable of simply saying "I love you". I guarantee that if you are still friends when you are 40 you will simply be saying "I love you". Start now. And how did it feel getting caught by your girlfriend and apologizing with your tail between your legs. You were the confident head cheerleader, but you were too insecure to be seen doing anything alone? How did it feel apologizing to that friend who only did to you what you did to them a dozen times? Maybe you are that loner rebel that everyone snickered at in the quad, but there was that one person in that one class that you always laughed with when no one was looking. No matter what our brain tells us, we are a part of. People need people who want to be involved with their souls first, not just in a pinch when nature forces us. Are your peer groups consciously initiating activities from the soul, or are they solely spiritual opportunists?

There are fellowships of necessity and fellowships within those fellowships. Like work, school and driving in traffic. We now have a triumvirate of strength comprising our soul, our PIMS and nature itself. Everyone is part of nature, we must do our part like the leaf on the tree, or we will fall off. In our efforts to gain the necessary elements to survive - materials - we find other PIMS are required. But we now see our soul. We have the ability to take care of it in any situation, in our symbiotic relationship as a PIMS with other PIMS. Our focus moves from needing any sort of people for our material gains, to needing clean souls to grow our spirit and our peace. While I am a needed part of the tree for basic survival, it is my specific branch of leaves closest to me that matters the most. When you examine a tree you will notice each branch is unique and has its own character. While each branch feeds the whole, they too can independently thrive or fall off. The tree will adjust. Leaves cannot change branches, but humans have amazing powers and can change sub groups within humanity. In your efforts to honestly adhere to facts, look at each group and subgroup in relation to the health of your spirit first.

You enjoy the funny meme not because it was clever, but because you share in the reaction to it with those around you. The memory of sharing it with others and the mutual enjoyment, including uncontrollable laughter, is the memory that is imprinted in your soul. The meme resides solely in the mind. Material things cannot be imprinted on our soul without other humans doing the stamping or tattooing.

Build your "parties" 1 PIMS at a time. Take time. Take care. Life is long and lifelong friends are priceless to the soul. Find the spark of your contact with new humans, not when they have something you want that will boost your material worth, but from spiritual connection.

How can you approach someone and initiate a brand new relationship and have it be spiritual from the start? Some people approach this with fellowships, clubs, organizations and other groups that share in the same values or the same activities that feed the soul. Caution the intentions of the group and its individuals. Realize that not all souls are clean. Some of the most intimate attachments are within groups that are struggling with the same issues, not always enjoying the same things. If you find someone you can heal with AND grow with, that is a very spiritual experience. You know what hurts them, so you can wonder what helps them. Can't you do that with anyone? It is difficult to help someone when you are wondering what hurts them. Honesty in PIMS relationships is key. So how do we start there when strangers are often dishonest. Long ago I studied what people tend to do with their eyes, mouth and head just before they tell a lie. The ability to bend the truth was my sharpest tool and greatest shield. I wanted to be proficient in using it and in defense of it against me. People tend to give some information away 1-3 seconds before they lie. But I think what is more important is knowing when someone is being genuine. Most people PIMS of mine connect me with are safe to converse with and open up to. Complete strangers introduced informally by a PIMS of mine require protection and defense first - our soul is priceless, remember? Random people on the street are humans, single humans or groups, with tremendous power. We are not afraid of them, unless we are in a situation where our life is in danger. Until we know them well we will take actions from the soul, using the steps. So how do you get to know anyone!? PIMS you do not know well yet will appear soft. Not in their makeup as a person, in their eyes and in their mouth. A liar simply cannot fake this for any period of time. I tried, for many years. If you try to read people for the key indicators of dishonesty, you will overthink it. There are many and they vary. But when the soul is engaged we can spot that fairly easily. Look for a prolonged period of ease in the eyes, attentive but not intrusive. Look for a slight pout in the lower lip or cheeks being slightly raised into those warm eyes. The words should match the eyes and mouth, but actions ultimately speak the truth. As cautioned before, sick people can and will use their souls to lure you in for the material things they desire. So the best way to ensure your relationships BEGIN as PIMS is to start with honest conversation about our common human emotions. Minding our watchwords as a protective measure - Posture, Promotion, Popularity, Property and a new one we will address on the following page - Pressure.

There is a common denominator in all PIMS relationships. PIMS talk to each other - with their voices - because communication with other humans is difficult. Tone, inflection and emotion matter in spiritual communication. I am what is known as a "long texter". I can initiate a text conversation with a thought the length of the entire chapter from a novel! All that means is that I am living in fear - fear of not being able to speak *ALL* of the words I am thinking, feeling and believing I need to say while I am typing. Fear of being misunderstood because I am not there to add color to the print. So I add and add and add until I think it is perfect. Then I click send, find two spelling errors and regret sending it! We still call our devices phones, but using them to make a call regarding matters of the soul is nearly extinct. I am old fashioned. Very old fashioned. Definitely Confucian in my sentimentality for family and my elders. I heard my mother use her voice, using a phone as a phone, while I was growing up and into maturity. Every day she was on the phone from morning into the night, telling people her feelings. Baring her soul. She used the phone to run her business and to be a good Yenta. So I inherited it, to a degree.

What she does with no thought whatsoever takes me time. The stronger my feelings about something, the longer it used to take me to open up and discuss it with another person. It is the inverse for my Mom. But we are really not that hard to reverse engineer, us humans. We learn what we see in our impressionable times. Who is teaching you how to bare your soul verbally to other humans that are a party to your soul? Has someone taught you that a phone call is an opportunity to list the material things that you have acquired or lack? Or to gossip about the people who are loving you or destroying your life? Or are you being taught that a phone is not a speaking device at all, only to be used for real human needs in life threatening emergencies? We always have options even in the use of our valuable tools. And as long as we are dishonest about their name, their label - "Phone" - they will remain a dishonest medium to conduct matters of the soul. Begin by discussing a list of your human qualities with someone close to you. List your concerns and deal with them in order with the steps and constant contact with your greater powers. Your communication channels, and the desire to use them, will broaden with practice.

Here are some guidelines to consider regarding peer interactions in matters of the soul:

1. The availability of safe space for two PIMS or more to gather is key. I am not an environmentalist as defined by popular media, but I do believe in tending to the part of the Earth around you so that you always have a place to simply be human with another human.
2. Lost people interested in material solutions will find you. Our function is to operate in the world with principle. If someone asks why you appear at peace, you can honestly tell them. "It is because I got personally involved in the matters of my own soul." By simply being a human PIMS, you can show lost souls that there really is another way to live.
3. Humanity and PIMS are not organizations. I will propose that both are inevitabilities. Our goal is to be human and in touch with our soul for as many moments as possible, prior to our last, when we realize the ultimate in both. In my final moments, I hope to be completely in touch with my humanity and my soul.
4. Nature governs and provides everything required. Materials should remain as such, external and not a hindrance to our ability to care for our humanity, our soul. Be attune to your soul so your mind does not demand the materials that are not in your possession or prioritize the materials that make up your reality. Each of those concerns can be dealt with after we deal with the problem of humanity.
5. When someone shows an interest in exploring what it means to be a human PIMS, agree to make a list of the feelings you have after reading this book and exchange them. A PIMS has no Power to draw other PIMS into anything and does not seek Popularity by Posturing that being a PIMS is better than any other way of life for any other human. Have the courage to share your humanity by showing up with a list and the integrity to listen to the other person's list. Times of vulnerability are very spiritual as the soul is completely exposed.
6. A PIMS will always allow another PIMS space to work steps 1 through 7, as they choose, using their own greater powers as they understand them.
7. This last one is most important. There is no pressure involved in matters of the soul. Pressure must be another watchword of ours. Everything is a matter of time and a

matter of the soul. Everything will happen in nature's time and nature knows no pressure. When my granddaughter was 2 she would sit on the potty, then look up at me, raise her palm towards me with an outstretched arm and say "I need my space". How right she was! She needed space to honestly appraise her situation, trust her beliefs, have courage and integrity and then take action! My presence was unneeded pressure. She had no idea how PIMS she was! I gave her space for necessary personal actions. When my soul was dark I would put pressure on every situation in my demand for space to perform unhealthy actions.

Why do we desire to do this activity that used to frighten us so much? - Getting "out there", so to speak. I wanted peace. I wanted to be a part of the real world, but I had no clue how to do that and maintain serenity. My methods had failed. The stresses of money, relationships and the basic requirements of survival were hurting me, down to my soul. Being "a part of" was simply not an option I was willing to explore. Not until nature calmed me and allowed me moments to play in the space of my own mind without hurting myself. Once the moments of peace became seconds and then minutes, actions could be taken to care for my soul. Leading to the other PIMS that were on the same mission as me. Our minds and bodies can work very hard to align with "parties" for material wealth. But once engaged with the soul, we look for peace and these other faculties will draw us nearer to clean souls. When I needed drugs, I went to a drug dealer. When I needed money, I worked harder. Nothing was done alone. You will be engaged with humans your whole life - I simply suggest that healthy engagements require no more effort than the unhealthy. And while the good and the bad are always blended together, like water and oil, clear separation is visible if you can get a look from the proper perspective.

Honesty is not easy, but it is the foundation of all soul-party relationships. Nature shows me honesty through its daily scenes both terrible and heavenly. As long as my eyes are open, my head is up from my device and materials are not in the way. Other humans cared for their souls by caring for other humans souls, and provided me with factual, honest evidence that service changed their lives. Things that once seemed so vital to their survival were no longer important, I could see they sincerely valued being PIMS. The foundation of the most important fellowship for me - the relationship with my soul - only came after I was willing to honestly ask, and answer, the following question:

"How are you doing?"

Truly asking myself if I was personally involved in the matters of my own soul. Did I have a heartfelt purpose to achieve a common goal together with my soul? Could I? And where to start? I began, and began over and over again, working with my soul at being a human in the natural world. From there I worked outward and my group of PIMS has grown. The groups that once felt relevant to me, that were not involved in the matters of my soul, are now completely cut off. Without effort, they simply faded.

Today your online presence reflects your party lines...all of them. Political, social, business and even religion for many. There was no internet when I was young. My algorithm was developed from actions. For me it was drugs, rock and roll via MTV, physical interaction

with friends and eighties movies. That became my truth because that is what I fed myself daily. Today we are fed via the internet. 2000 years ago it was the stoics with their sex, drugs and philosophy!

It is difficult to be anything other than what you are surrounded by - in the real world or in a virtual one. Today, your actions include virtual ones in a place that is not real. Do you have a choice to participate or even how you join in?

I spent a career in high tech manufacturing - pre internet. Did I choose that career, or was it inevitable because I grew up and went to school in Silicon Valley when it first arrived on the map, and I was consumed by it? The choice only existed because I was submerged in opportunities that existed only in Silicon Valley. I spent 28 years going down a path I believed I was creating and selecting. I did choose things and develop a career - fueled by material things, leaving me bankrupt financially, emotionally, mentally and spiritually. You may be very far down a path on line that you cannot see because you are submerged. In my case, my career, I fell victim to a similar alternate reality for years. It is amazing what we will subject ourselves to in pursuit of fulfillment of what our environment is telling us is important. I found out that I do not like flying. And I am not a fan of big cities. I feel large amounts of anxiety in both environments. They both feel very unnatural and I desire calm via any means available in these places of limited choices. The choices on planes are limited by space and those in Cities are limited by capacity. It is then difficult to understand why I "chose" to be an International business person operating in California and Mainland China. There were times in my career that I spent an average of 18 hours per week on a plane. I had a difficult time in Silicon Valley congestion, yet spent half of my time in small Chinese "towns" of over 10 million people.

What are you drowning in daily? Do you have a choice to remove yourself from a path and select a new one? We will see in the next passage that every day is an opportunity to build a new world. One that begins from the soul.

## Passage X

### Constructing Your World Daily

Each day is a tidy little amount of time. Each has its own importance in your life. But did you know that you build your world, every day, from the ground up, from the moment you open your eyes? You have the option of aligning your daily constructed world to the real world, or not. The real world will go on with or without you. But an honest peek at the soul first thing is really all that is needed to set your direction and intention - your *vector*. My soul knew little peace until I began making this daily attempt at synchronization. For me, constant attempts at *alignment* are required from the soul, to fight the materials and instincts that will misalign me and lead to *estrangement*.

Alignment - Common definition - position of agreement, arrangement in correct position

Estrangement - Common definition - no longer close, separated from

Vector - Common definition - a carrier of something that has direction or heading and magnitude

I am not sure about you, but I rarely wake up in a state of agreement or in the correct physical position. I disagree with the alarm and my body aches as proof I slept out of position. When I wake up, my mind will immediately begin doing its thing. The sooner I can get my soul involved in my actions, the more serene and habitable the world tends to become during this construction phase.

Your soul must be considered, particularly in times you are hurting. When I injured my wrist I had to take great care to do simple things in a different way, even uncomfortably and painfully slow, to avoid further damage. If your soul is hurt, should you not change actions to keep it protected? Maybe strap up that soul bandage before you start your day, not after the first collision?

At some point in each of our lives we will ponder our spirituality. For an unfortunate few, possibly not until their last breath when humanity and spirituality reach their maxim. To make a decision is to rule out all other options - To "kill" the other options in its most literal sense. I have found that by engaging in this simple form of living, by turning towards my soul as the origin of my actions, no killing was required. The other options simply fell away and the conflicts settled themselves. I only required one simple decision to resolve all controversies, real or constructed - The choice to get PIMS first thing, daily.

You may be asking yourself, "how can *I* operate in a spiritual realm? *I'm* not a spiritual person. How can *I* create a spiritual world?" Let's take a look at that. You may call your daily self dialogue "playing around" in your mind. Playing out things in our mind that may or may not actually happen, that do not exist yet in the material world. Our minds are limited to the experiences inside us to construct all of these future scenarios. To construct something, plans must be laid and decisions must be made about the actions required to bring them to fruition.

Do you not have a personal A.I. inside you used to draw out these possibilities in this new world you just woke up to, today? I would say you do, and it is that thing that only we humans possess - the soul, the spirit. Are you programming your A.I.? Are you involved in the development of the large language model? Are you evaluating the responses and answers you calculate? When you get PIMS, entire new worlds can be constructed. Do you allow that spirit inside of you to aid in the construction of your world? I assumed the life I was living, that was being presented to me daily, was coming *from* a dark place. But it was simply the clutter of the material world casting shadows on my soul keeping me in a dark place. I found my depression and anxiety were really spiritual in nature, manifesting negatively, due to lack of attention and involvement on my part. You are a living breathing part of a spiritual world composed of souls and your price of admission is the simple admission of being a human being, personally involved in the matters of your own soul.

I will not pretend I know what you should decide to do with your day. We have highlighted that most of what you “decide” to do you will not take action on anyhow, unless you are PIMS. I have provided simple suggestions, things I know have worked for me and others in the past as to how to handle the individual problems of the day. So here are some thoughts on solely the end and the beginning of your every day, single day, construction project.

The very first thing I do when I open my eyes is reach for my device. That’s right, pattern replacement. Technology is not going anywhere, so I must integrate with it as I did my parties in the previous passage. I only open the notepad app. It is not interactive in any way. My first motion was always to my device in the past, usually drawn there by my alarm and splashed in the face immediately by the reality of notifications. So the replacement here is simply the first action on the device being performed from the soul. My notepad contains my morning wonder. I have it memorized, so why am I not working towards saying it without my device? Because I am setting the intention of the entire day, first thing, that action with my device will always be initiated to feed the soul. As discussed, I very imperfectly begin to move. In that first action so many things have already happened. We have plugged in. And not some cheap cord, the three prong variety! I just acknowledged the greater powers that will be part of my day and “wondered” if I will be aligned to them. I have “wondered” if I can be of service to them to get that juice I desire. My soul may not be fully awake, but we hope that this little breakfast in bed has all of the elements to get it going.

Mornings have transformed from my most feared time of day to my most nourishing. My fears are manageable concerns and my moments engaged with my soul are priceless at this time - especially the morning night sky for me. The stars before sunrise fill me with humility and hope. There have been many times in my life when I have been the first one awake in the house. Times when I was stumbling to bed when others were just getting up, dark times. And times like the present when I sit alone with nature and align to a new beginning, peace.

The mind can complicate actions, so start with the simple setting of a table in your mind. Keep the actions as simple as putting the right things in front of you at this very critical time of

day. Are you setting liquor on your breakfast table? Have you put out the olive oil instead of the coffee creamer? Did you try to throw a full place setting onto the table like a frisbee?

As soon as my headphones are engaged and I have hit “play” on “Rhapsody in Blue” by Gershwyn, I step outside. It is sixteen minutes and twenty seven seconds long. It has no words to distract me. I know the flow and time stamps of the dramatic parts. My walk outside is usually just after I use the facilities and start the coffee - and at ten minutes and 12 seconds I look up at the pre-dawn sky. I hope to see the stars and most days I do, where I live. The weather is temporary and reveals its form, but the stars are permanent, at least in my lifetime. But it is all nature. And I am a part of the natural world. I sit in wonder with my thoughts and as they come I simply add “yes, but”. I conclude with “yes but, I am human”. For the dramatic finish, during the last minute of the song, I am pouring coffee and opening my daily morning journal. My morning journal is not for writing, it is for reading only - this is not the time for me to be trying to form coherent written communication. In the past I would respond to important business emails or intimate texts before I had fully awoken. I now use this time and activity to create a focus for the day constructed to align to the principles behind the 12 steps. Before I have to begin giving of myself to the outside world. Coffee in hand and the device in front of me, open to the notepad only. I can now move from my morning wonder to my calendar. Right here, half of you are saying “Not my \*%&!@ calendar! Noo!”...

I understand how inhuman and Primarily Involved in Material Solutions your online calendar can be. I traveled a lot - my calendar told me literally what country, city, building, phone call and meeting to be in for most of the waking hours of most of my days. Monday through Sunday. My corporate world was driven by meetings, which were driven by people, with agendas. Scheduling was based on everyone's calendar availability. Other people could fill my calendar by sending me invites to meetings they felt I should be in without any notification to me prior. I was double booked most hours most days. Mismanagement of time was ordinary. I would use one meeting as an excuse to miss or leave another meeting. I would use my calendar to attempt to block out time for myself (a cry to the soul), but inevitably abuse that time or use it to catch up on work. Alarms and notifications went off all day and all night, as I worked on multiple continents. And what of ALL of the things I could not put on my “live” work calendar? My podcast times, my long lunch times, my important meetings with people that had material things I wanted or required to get through the day, not job related. I would look at my calendar and begin drifting into future days, all before I had left my bed! My soul was not considered. My calendar had no reminder, no appointment, no availability to be PIMS. And once I looked up to walk to the bathroom, I was already spinning in the bowl, so to speak.

Today my calendar is static. It is dates and times and critical actions listed in order on my notepad on my device. You will see that in our evening routine we will have addressed concerns the night before, so hopefully you do not wake up with one. But many times we do. If this happens, our list is open and we make a note to address it with a PIMS later in the day, or now if urgency requires. Allot the mind and soul time later so you can move on. Consider each item on your list. Each time your brain leaves this static calendar to wonder about the possibilities of events, bring it back. Start over. Just see yourself standing in each place, at each appointment

through the day, as a human. I am silly so I imagine myself there, but with something glowing from my chest. It reminds me that I will not be anywhere today that my soul is not. But why all of these constraints? Why so rigid? I am not sure about you, but most things I did during my day were little longings for, and attempts to cling to, freedom. Despite all of the evidence to the contrary, I believed I was giving myself freedom through material outlets - doing what I wanted, when I wanted to. Isn't that freedom? But once the routine began in the morning, it was bound to continue throughout the day. It became easy to rely on those empty dopamine hits I secured with minimal effort. Had I simply placed my ACTUAL actions on a notepad and reviewed them daily, I would have seen clearly there was no freedom in my day at all. That was an illusion. An untruth I told myself and believed, due to lack of PIMS

It only took a couple of days to feel the effects of these 20 minutes I spent in the morning getting PIMS. It allowed me to begin enjoying what I did throughout the day. After all, that is the point of doing what we do for a living, right? That is what we tell everyone. "I love what I do" - "I am studying in the field that is my passion for life" - "Being a parent is the most fulfilling job". Do you? Are you? Is it? I lied to myself for a very long time because I never asked my soul. I ruled out all other options, every day, without even trying them. When my calendar included the acquisition, consumption and management of the material things I believed I required, every day seemed ominous, tedious and monotonous. It is plain to see that these unnecessary materials are being delivered to you and your primal instincts, constantly, through your device. If my drugs were delivered to me at my bedside daily I am not sure I would have ever found my soul.

After reading my morning wonder, engaging with nature to my soundtrack, enjoying fresh hot coffee while looking at today's to-do list - I open a book that contains daily thoughts to consider. My most supportive PIMS in my life has the same book. We each read it first thing in the morning and exchange our human feelings and actions surrounding it. The first human I engage with every day is a true soul mate. On the same path as me. We know what hurts each other so we can help each other. We are there for one another every morning to listen and provide human interaction from the soul.

In 20 minutes I have performed actions to align with every concept presented in this book. Today it would take something very large, very bad and very surprising to shake my daily foundation. But that is just one of my many defenses. Possibly the most important. From this place I am able to be a simple human that is a part of the natural world.

This cycle is repeated daily to protect our soul from the reliving of battles we have fought already, but most important to be grounded for the next round which will inevitably come. But these battles are not waged with the world any longer. We fight them head on, minute by minute, internally and spiritually. With constant contact with higher powers, most emphatically fellow PIMS and groups of PIMS living the human experience.

"Thus the good fighter is able to secure himself from defeat, but cannot make certain of defeating the enemy." - Sun Tzu

Where do you wake up?  
Who do you wake up with?  
Is the problem *you* waking up with *you*?  
Is it Physical? Emotional? Mental?

These are big questions and cannot possibly be dealt with in a single day - or in the first portion of a day. It will take a string of days to place Primary Importance on Matters of your Soul. Remember that days are all full of wonder. If you set the day properly your head will be up and eyes engaged when the opportunities to step into new possibilities present themselves. You are always alone when you wake up, but only until you connect with another human that is personally involved in matters of the soul.

The mind is so powerful. Give it some basic building blocks and it will create your world with little effort from you, if aligned to the real world. Are you setting for a cocktail party first thing in the morning? Having a board meeting during your morning constitutional? Memorizing important life information between IM's and videos? Alignment provides space, freedom. Today we give ourselves space to be PIMS so at least our initial motives and actions are pure. Then the day will unfold. My days were folded all right, like a compressed car in a junk yard! With practice, they still fold unpredictably, but always smooth out into wonderful origami!

At night we must reflect on how we did in caring for our most prized possession, our soul, that day. At some point it will just be you and the pillow, or whatever surface you may have passed out on as was the case many nights for me. I am not sure how long it takes you to fall asleep normally. Just the time from head on pillow to unconsciousness. For me it is about 15 minutes. Before I got PIMS, I could relive my entire life and project unlimited future lives for myself and everyone else in those 15 minutes. Every night. Sleep is our off switch so that recharging happens faster. Sleep is valuable in that when rested we have more opportunities to be PIM of others S and draw even more energy. When I am tired I want more rest. I tend to isolate myself. I think I am performing mini hibernations and I will pop up the next day like Spring is here! But the mind never rests! So how do we fall asleep? The first thing we do is breathe. We are human. Well, you now have some tools that mean something to you. We can wonder all we like. We can think about things and describe them as wonderful. Everything ends in "yes, but", because we know that nature is unpredictable and we are nature. If we cannot stop the thoughts, we add "yes, but I am human" and try to argue that one with ourselves if needed, again. We can do a truth walk in our mind. I am lying in bed. I am warm. I am on my right side. My head is on the pillow. We have written our evening wonder on the NOTEPAD on our device. We can read it slowly, word by word. It means something to us, we wrote it. (Samples in appendix) We have no need to look at tomorrow too deeply. Our calendar will be there during the morning routine the next day. We have hopefully said good night to the one or many PIMS within reach. The lights are off, so we are in nature in a form that every other human has been in every night of their lives for the entire history of man. No matter where we are, we are all in the same place when we sleep and dream. And the demolition crew enters as we fade into our

dreams. The world we built that day is gone and when we open our eyes a new opportunity for construction will begin.

In my search for happiness, I found peace. Peace makes me happy. Do you have 30 minutes a day to dedicate to your soul?

Our modern day circle of life is delivering mixed results economically and materially for humans. We have discussed control of material things and how elusive it can be. But we all have a soul, the most precious gift on the planet. The youth deserve peace. Adults do as well. The youth are our next group of adults and adults were once the youth - history has proven that the circle of life will remain unchanged, regardless of our advances materially or with technology. We are responsible for our serenity first, not our inventions. Let's take responsibility in the next passage.

## **Passage XI**

### **The Guardians Of Damaged Souls**

The power of the human and groups of humans is very real. No more evident than in the virtual online world. Power is one of our watchwords. When Power is involved in the matters of our souls we must proceed with great care. As PIMS, we can move forward confidently with the renewed power of our spirit. Armed with evidence from the many times humans were in peril and “soul power” prevailed. Actual history has mimicked the ancient lores of religion and mythology in this regard. The greatest movements in recent times were led by titans of humanity. Abraham Lincoln, Martin Luther King Jr., Gandhi, Mandela.

The Adults with power are now the **Guardians Of the Damaged Souls** in the current situation challenging our youth. It is my hope that we perform acts of greatness like the Gods, Prophets, Saints and Deities of the past, finding the lost souls and showing them a virtuous path.

It is only natural for humans with solutions to share them with other people. Each of us that are “mature” can remember the unease of the transition from child to adult. I am not sure what valuable human principles may have done for me as a teen, but I am sure I never considered them because I was “Agnostic” - lacking in knowledge of them completely. I was only made aware of these ideals from biblical movie scenes and Sunday school. And if I did have the genuine opportunity to study them, I may have squandered it, as I did many other opportunities before I was ready to receive them. *But would it not be best to offer the chance to our youth and accept the unknown result rather than withhold the opportunity completely while continuing to accept this subpar reality?* How ignorant is it to withhold the inquisitive mind from investigation of the very thing that is giving them the most trouble - their humanity? We have all been taught and been teachers of basic, and not so basic, human activities. But what of the activity before the activity? The good instructor emphasizes the necessity to remain grounded to the amateur, to understand the power of neutrality in learning, to desire and explore the many ways humans have prepared to perform that task they are about to perform in the real world. Knowledge is power. But knowledge is a combination of education and its practical application in the real world. Learn, perform and then know. Remember, daily preventative care as opposed to regular emergency surgery.

I wondered for a very long time when I would know peace. Today peace is a pillar of my existence. And it is what I try to understand and teach, daily. Today I know serenity. The rest I wonder about.

***Let’s simply wonder together to end this reading***

*I wonder why we believe the virtual environment is a place to educate our youth about humanity?*

We must remain fit in order to teach spiritual fitness. I can measure my fitness today using my gauges from Passage VIII, or based on the length of time between fulfillment of a

human instinct or desire and any consequential remorse. Once I have fulfilled a human desire with some form of material or instant gratification, I must be aware of this. Did I feel remorse quickly? Did I feel no remorse? If I feel it quickly, I am not in good shape. Quick cheap thrills can do that. If I feel no remorse, my actions must have been virtuous. If it is somewhere in between, OK, I am human. How often and how quickly do you feel remorse from your own actions? Is it a concern? This is a lesson our youth will not learn online. Actions rebound in real life. For every action there is an equal and opposite reaction in the physical world. This is not true in the virtual, social world. An action can go into oblivion with no reverberations or it can cause disproportionate reactions.

Imagine a game of billiards. The table is in sight and measurable. When you take an action - like hitting the cue ball - every collision is clean, predictable, and perfectly balanced by the governing laws of physics. Reactions even happen predictably based on those laws. And after the shot you see the landscape clearly with the new layout of positions.

Now put that same pool table on a small ship on a stormy sea. Half of the pockets are black holes, leading into an abyss. The other half are wired with megaphones, loudspeakers and explosives. You perform the very same stroke and hit the cue ball the very same way as in the physical world, but the instant you do it explodes into 1,000 smaller balls that all roll uncontrollably on the rocking table into the pockets causing a chain of reactions.

Same game. Same shot. Wildly different environment.

One gentle tap online can slip into scary silence... or start an avalanche that returns and buries you and those close to you.

*I wonder what you will do with this newfound awareness of your soul?*

I attempted to convey these thoughts with little room for debates, tried to make no mandates and be unprohibitive. There are many questions in this book. Hopefully questions you have never asked yourself. Hopefully you wish to debate them with PIMS in your life. Hopefully I have provided some evidence you can draw from or relate to. I will make no mandate that you must do anything or cease to do anything. You are a human and I am a human. Your actions, beliefs and decisions are none of my business, unless you are a Person impacting my soul. Then it is simply my choice to draw nearer to you or create distance between us. Ideally, any human involvement with another human comes from this place we have discussed. It is difficult to gain physical space from the virtual world as electronics are now human appendages. I hope this has helped you understand and desire spiritual space from which you can work principled steps in your daily life.

Whether you agree or disagree with my premise - that being personally involved in the matters of your soul will deliver tranquil humanity - I know you will agree with me when I say you are a free human. Freedom is a choice. *Freedom From* what keeps you unaware of your soul. And *Freedom To* make your soul the guiding light in your life. You have the ability to make choices to exist without the oppression you are feeling.

If you do not consider the souls of others after reading this, that is now a choice of yours. You may have thought previously that you have no choice in how you act because your circumstances justify your behavior - they do not. You are an ordinary human. You are not the first human to be in your circumstances. Others have solved your problems. Work to be PIMS (the first obstacle) and then list your other problems and use these same tactics to solve them. No one will, or should, do for you what you can do for yourself.

Maybe someday, maybe even someday soon, you will pass everyone in capabilities of some specific skill...be the best on the block at whatever it may be. And maybe, just maybe you will learn to do something no one else you know can do. Why not do it today? No matter your age. No matter your current skill set. *Be a proficient human.* Most people have given no consideration to the things we are discussing. Get familiar with your human self and get PIMS and you will be something they are not. You may have heard "that kid has an old soul" - It is very high praise. Do what is required to obtain that skill! I hope you see now that it is an action, a craft, a trade - not divine intervention.

"Nothing is finished. Nothing is done. Everything is in process. You are in process." - Marcus Aurelius

*I wonder if this will help you make a start?*

We cannot eliminate electronics from modern life, so my proposal to you is this; For a short period of time try using devices while not allowing them to use you. Think of the internet as a literal file cabinet of static files. You can go retrieve what you like for consumption. If it exists statically on the internet. Information, maps, pictures, videos, podcasts. You still have freedom. But do not accept anything that is dynamic, interactive and/or provided to you, for this short time. I believe this to be a healthy utility. I found this provides the first step towards serenity. I cannot rely on the greater powers that have greater resources to control my content and deliver my peace. Go to the file cabinet for what you require, do not reside in the drawers.

There is no guarantee that great things in life will come from this work. But you can be assured that if you do not address your human problems you will miss the great things when the universe brings them your way. Be at least alert enough throughout your day to notice if something great is about to happen to you.

It all begins with you. As an adult, possibly a parent, show your actual child or your inner child that you care about the matters of the soul first, and at all times.

Instead of thinking of this as a new idea, a new design for young people to live by... imagine it has been around for 100 years, or maybe 1000. Imagine it has already saved lives. Imagine a movement that is already in motion. Because it is. These concepts are not new. The concept that they can, and should, be applied to combat a new world problem is the only thing "new". I have been successful at being a human with simple implementation of these concepts and following their guidance. You can be too.

I believe this solution can conquer any material problem that the world throws at us. When practiced as a way of life, we can remove the label “problem” from anything related to the material world. We are free souls, remember? We hit the lottery of being a human being, right here, right now, every day. You were given a human soul, the greatest gift we know of - with no instruction manual. Concerns about this can be dealt with.

*I wonder when we will offer humanity and care for the soul as a priority for our youth?*

I believe being PIMS first offers a lifeline for American youth trapped in technology’s Faustian bargain. It counters the emptiness of digital addiction, while the fellowship of PIMS builds a community to resist the absurd appeal being exploited. I use the word absurd in its oldest known form - “out of tune” or “inharmonious”. That is precisely how it feels as our country turns 250 years old. By following these steps, principles and philosophies, youth can reclaim their autonomy, forge real connections, and lead a movement for a healthier digital future.

If we all agree as humans that harming an innocent child is one of the most vile acts we can commit, does it matter the intention of the harm? Based on the facts and the evidence available to me today, I’m finding that the intent does matter. If an adult harms a child purely for primal or sexual fulfillment, we agree this is horrific. It is the most vile of human acts and we demand punishment of the criminals because innocent victims are damaged for a lifetime. But when the intention is profit, driven by adults with out of control primal instincts, we cosign it daily. Corporations sprint forward to expand what we know to be harmful and citizens and investors tie their materials and retirement to them, with no meaningful or preemptive protections for young people. My soul does not agree with this. As a country, we have more power in human history. We are secure. Yet we are not fighting for the security of the serenity of our youth. We have the means, and if we are PIMS first, we can find the ways.

*I wonder when the laws will change to match the reality of the virtual world and its impact?*

In 1923 a case was argued about teaching the bible in a native language versus the mandated english in the classroom, highlighting *the right to control the education and upbringing of one’s own children*. What exactly are we entitled to, and should be protected in, when it comes to establishing a home and raising children vs simply “surviving”? (as defined in the Declaration of Independence and our Constitution) *Meyer v. Nebraska*. The findings stated that “Without doubt, Due Process denotes not merely freedom from bodily restraint but also the right of the individual to contract, to engage in any of the common occupations of life, to acquire useful knowledge, to marry, establish a home and bring up children, to worship God according to the dictates of his own conscience, and generally to enjoy those privileges long recognized at common law as essential to the orderly pursuit of happiness by free men.” I would argue that the inaction of our government to properly classify, regulate and separate online technology and content is violating our fundamental human rights. In the real world we do not blend and layer things with absurdity - for instance “child care” and “adult entertainment” do not happen in the same place. We now have the technology to easily distinguish which advancements are necessary for us to “establish a home” and “bring up children” from those that should be available to all free adult American citizens (everything else).

The online world is the real world today - so I wonder why we do not implement the obvious solution at the device level. It seems to be the most logical, the most feasible legally and from a manufacturability standpoint. In any city, neighborhood, store, magazine rack or menu, we segregate, separate and enforce safe spaces for kids (and for adults to be adults). Yet I see toddlers, children, pre-teens and teens holding devices everywhere I go.

Interstate commerce capabilities of the internet should classify internet access as a utility requiring safety measures for youth, provided by the Federal Government. Because it is the source of adult capabilities (access to guns, drugs, gambling and pornography) it must be governed by age limits. But the onus of this governance cannot be put on an infinite number of providers of content, it must go to the smallest common denominator, the narrowest of access points - phone providers, or phone manufacturers. How about a "minor" device and an "adult" device? And because we are free citizens, and have rights - we can govern how and at what age adults can legally grant access to a minor by formally tracking it. Just like gun access, opiate access, health care directives, etc.

*"I understand that disabling Minor Mode gives my child unrestricted access to addictive design features and adult content that federal and state health authorities have linked to depression, anxiety, self-harm, and suicide. I accept full civil and criminal responsibility for any harm that results from this decision"*

We are humans. We created the virtual world. It is real. It is now part of the physical world. Have you come to accept a child playing with a toy that could *possibly* provide instant access to pornography, drugs, guns and unsolicited interactions with strangers? I had to be there when my kids were licensed to drive a motor vehicle, register and vaccinate for school, to enroll them in little league or permit them to work. When kids become involved with other humans, parents sign off that they acknowledge the risks. We agreed on this as a society long ago.

It is my hope that this will not take 30 years, as has been our modus operandi for over 100 years. It took decades to remove child labor from factories. It has taken decades to understand the damage of prescribed narcotics and psychoactive medications. Damages must be incurred before we humans change. History and its lessons are always there for our taking, but so are profits. How long will it take? You are a part of this process, so it cannot change entirely until *you* do.

*I wonder why humanist and spiritual movements come and go throughout history?*

The simple answer is because we are human, and we will at times allow instincts to run wild - even as a society.

There have been many humanist and Naturalist movements in the past. I found the works and thoughts from those times very helpful in understanding what it means to be the guardian of a soul. But not a practical solution to the problems I had with modern life and technology. I found that in a 12 step program. While studying all of this, I found my soul, in

precisely the manner I have outlined. I believe when these ideals are practiced, they form the foundation of truth our youth can stand on. A real path to the option of opting out. Opting out of the current force feeding of technology and opting in to using it in a manner that is good for the soul and for sustainable serenity.

Many will simply laugh at this. Let that serve as their own refusal to acknowledge their own soul and humanity. That is their decision. If you, taking care of your own soul, violate their established norms and they mock you, so be it. You now have evidence you can adhere to about your relationship with them. We are free humans that are PIMS and can create space to declare our ways. By being personally involved in the matters of your own soul you can, and will, be ready to receive them when they begin to be personally involved in matters of their own soul.

I cannot guarantee that becoming PIMS will solve the problems for you that it solved for me. When I examined the totality of my humanity, it was frightening to accept the truth. I was - and always will be - alcoholic, drug addicted, bi-polar and materialistic. Yes, but I am human. Once in the light, brushed off and exposed to greater powers, my spirit was able to become a working part of my daily life - removing the labels I had attached to myself. When I considered the steps, practices and principles we have discussed, the fear of failure was my only roadblock. But once I engaged with my soul, I was divorced from that fear. Life became a series of manageable concerns, including technology and its impact on my humanity.

Up until this moment in your life, right now, reading this sentence, you may or may not have ever considered your soul to this degree. Or, like me, never considered it at all. Now that this investigation is complete, further spiritual suffering from neglect is willful ignorance.

The answer to the question of - "where to begin?" - is, in and of itself, a question.

*Am I personally involved in the matters of my own soul?*

The asking of this question repeatedly, and the disclosure of any response at all, will reveal new doors to new worlds - within the natural world - and you now have the keys to open them.