

Dedication

This volume of my anthology of work includes over 340 of the most popular blogs I've published on social media, for my eList subscribers, and on the online blog I once maintained. As I move further into retirement, I desire to create one space where anyone could easily access much of what I've written about, talks I've given, articles that were published, and seminars or workshops I produced over my thirty-plus years in ministry.

These volumes of work are about helping people have a life truly worth living; about finding answers when there doesn't seem to be any; about putting tried and true metaphysical principles you may have read through countless hours studying, yet still find it difficult to put them into practical living; and, in many cases, a blatant and unapologetic record of how all my studies, teaching, counseling, and work over the years have only proven that I've only just scratched the surface.

My attempts to help others have often been blunt. I make no apology for this. If something appears harsh, know that it was always meant with love—a tougher love at times, I admit. It wasn't always delivered the way some people felt a minister or counselor should act, speak, or write. Though I don't use profanity for effect, I do find it useful in certain cases to make a point. Again, my writing puts on no airs of the many gurus and teachers out there, and my way may not very well be your way. But, together, our similarities or differences will help us create a world we can be pleased to pass on to future generations.

Enjoy reading this volume, and the future ones I have planned. I hope my words will help you through difficult times, but it could also have the added benefit of making you question your beliefs, or produce new questions which may cause you to think about concepts you've not considered before. More than likely, if something challenges you, it's my hope that it will lead to a firmer faith or belief in what you've known all along.

Take this, and anything else you read or hear from me or anyone else, with a grain of salt. It's my honor and joy to help people find their answer, but my job is to stand beside you to do that—not pull you into recovery or lead you toward my personal way of thinking. You have within you a Knower that Knows, as one of my teachers taught me. You have what it takes. Whether you've been with me since the beginning of my professional life or this is the first book of mine you've read, it's glorious to be part of your path.

Thank you for allowing me to be of service.

Author's Notes

Some blogs have been updated, or re-written once or twice. The copyright at the end of each blog may add some clarity or focus for the reader.

The **New Thought Movement** and its associated religions, **Ernest Holmes**, and **spiritual mind treatment** (SMT) are mentioned throughout this series. I encourage the reader to do their own research on these topics if any are unfamiliar to them. Future volumes will include a more detailed explanation of SMT, along with a course to teach you how to use this indispensable tool for yourself.

When “God” comes up. I have readers who are agnostic or atheist. Lord knows (pun totally intended), that organized religion over the centuries has done little to unite humanity. Here’s what I have to say to you from the writing, *God Is...*:

In the New Thought Movement, we have a very different concept of God/G-d as an intelligence with which we have a direct connection. But, if S/spirit, D/divine L/love, U/universal I/intelligence, or something else works better for you, I ask that, for the purpose of this discussion, you just substitute that term for God.

As for my **atheist friends and readers**, I see this as the same for those of you who are in 12-Step programs—use the success of those who have gone before you, making their progress your “God.” Or, if you prefer, use mathematical logic or science in place of the term. I’ve done my best to be consistent, but sometime the use of capital versus lower case—when referring to a force or entity—is going to be up to the writer. If this is an issue, I honor your feelings, and hope that it will not be a stumbling block in your enjoyment, education, or spiritual encouragement.

Some blogs are specific to a **particular current event** at the time the blog was written, yet yield information we can use over and over again. These differ from other blogs *not* included, but which you’ll find in the next volume of the series.

Toward the end of the book, you’ll find a few **mini-blogs**, what I was calling “Snippets” at the time. I was trying smaller thoughts, rather than the treatises I’d been writing for years. Snippets were more than a Tweet at the time, but less than a blog. I hope you enjoy them as well.

Finally, three years of these blogs were written during the worldwide, COVID-19 Pandemic. The focus may have been on the Pandemic or the political fallout during that period. But the reader can still be assured that the same principles that got us all through those years are still applicable to many challenges today, including future world events or political conflicts.

Forward—Methodical Madness

I am often asked how I keep all the different parts of my life organized. Granted, my new phone has become indispensable, but there is another reason. I see my life and all that I do—both at home and away—as One.

There was a time when I was a man of many masks—not faces. Masks.

I was a completely different person depending on where I was and with whom. Sure, I still have what my partners call my “flight attendant voice” at times. And, as hard as I try, the minister comes out and I can even get a bit preachy. As a license therapist, I’m careful not to psychoanalyze anyone who isn’t a client, but even if you’re not, I’m not afraid to call you on your shit... all the time attempting to do it with love, of course. My mother once said that I could tell someone to go to hell, for which they will not only thank me profusely, but ask me to provide explicit directions.

In other words, with me, pretty much what you see is what you get.

In a sometimes-failed attempt at organizing my odd life, I have a total of six personal and business calendars in Google, duplicates of what is planned for the rest of the family, and it’s all linked to my mobile phone. I call this,

Methodical madness

I heard that term on NPR one day referring to someone who has ADD (Attention Deficit Disorder). I have learned to enjoy the madness of my own tendency toward ADD to accomplish more than I ever thought possible.

My family tells me that what I really suffer from is “AD...OSO,” or “Attention Deficit...OH! SHINY OBJECT!” Kidding aside, I do not *suffer from* ADD or anything else. I am not willing to claim it. Remember in the Bible when God brought the animals to Adam? Scripture says that Adam named them and he received dominion over them. It’s a wonderful metaphysical lesson:

Name it and it’s yours.

I call it a, “tendency toward ADD,” and not *my* ADD. When we *own* a disease, person, or situation it can become a noose around our neck. They aren’t the reason for our failure or difficulties. They are a convenient excuse for screwing up, not reaching our true potential, or a story we love to tell so we can make people feel sorry for us. Recognizing the areas in our lives that are out of balance and taking responsibility for our situation is one thing; resigning ourselves to something outside to run or ruin our life is another thing entirely.

Is there something in your life that is stopping you from living life to the fullest? If so, ask yourself why you continue to put up with it (or them), work around it, or permit it to force you to live a life that is less than stellar. I love to see people make decisions to think differently about physical or psychological issues. We can affect change and create lives truly worth living instead of just getting by.

As of the publication of this book, I’m still seeing private clients. Let me help you with some problem that’s been nagging you for longer than you’d like. You’ll find a way to contact me toward the back of the book. Make an appointment to spend some time together. Let’s get to the bottom of the problem and move beyond the challenge! We are all one mind—within *you* is the knower that knows the answer to any challenge you face. I’d love to stand beside you in discovering whatever stands in the way of you having a life worth living.

Adventures in Cement

It's fifty-eight degrees in the Pennsylvania Lehigh Valley this morning, or at least at my home, but with the wind chill it feels like forty-eight. After having spent an hour outside repairing the sidewalk in front of my home, it feels more like twenty-eight. I had to come back inside to run my hands under warm water halfway through the project.

Do you know the difference between cement and concrete? I never did until a high school friend whose father was in construction corrected my use of the words one day. I always thought they were synonymous. I was informed, with a condescending sneer, that cement was the dry mix and concrete was the finished product. He was forever reminding me that he was eighteen months older than me and, obviously, wiser. Sassy for a seventeen-year-old.

Here in my borough, unlike anywhere else I've ever lived, the sidewalk, curb, and driveway are the responsibility of the homeowner, not the municipality. While I feel strongly that my property taxes ought to be used to pay for this, I remind myself that my taxes are minuscule when compared to other states. The harsh winter we had here last year and the salting of the sidewalks created quite a bit of damage. Most of that is now repaired thanks to my efforts this morning.

Have you ever worked with cement? It must be just the right consistency to spread it, but not too watery or it won't set up. While in its moist stages, one can easily rearrange it, smooth it, and correct any glaring errors. But once set, you will need a sledgehammer to correct the problem.

This is very much the way our lives can turn out. We can rearrange our thoughts for more positive endeavors before carrying them out. We can exercise foresight to notice small flaws that over time can grow into noticeable problems. Something else I learned from my friend in construction is to measure twice and cut once. That worked when I was learning how to sew as well. It works equally well in our daily lives and future plans. Taking the necessary time to be sure of the facts, even if it means a delay in the outcome, can help to ensure our success.

Be aware of each step you take to accomplish whatever it is you are doing. How are you sitting at your computer? Are you slouched over and placing undue stress on your shoulders and back? If you have errands to run today, can you arrange your stops so that your route is circuitous, instead of a back-and-forth motion? If so, you'll save time, energy, gas and cause less pollution. Better yet, can you walk to any of the stops?

My sidewalk repairs will be hardened by tomorrow and completely set up within the next three days. How long will it take the thoughts you have today to take form? Once they do so, will you be happy with the outcome? If not, make a conscious choice today to prepare for the eventualities of tomorrow.