



What Life is Really About

You Can Change Your Life...
Now

By Brian Thomas

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Purpose and Goal: The purpose of this book is to help someone in some way. If this book is able to help only one person in some way, it will have achieved our goal.

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Introduction

We graduate from high school, turn around one time, and we are 77-years-old. And then in a few very short years, we are dead. What happened? We had a life but what did we do with it? What was our life really about? How much was it just wasted time? What did we do with all of that time? You are still living or you wouldn't be reading this. You may be young or may be on the brink of death. Either way, you still have time. This book is about what you can do with that time. There are so many things to do with your remaining time that will make your life have some true meaning. The choice of how you spend the rest of your time on earth is up to you. Here are a few of the diversions that we can do to make our life more meaningful. You still can change your life...now.

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Chapter 1

God

You may or may not believe in God. If you do not believe in God, there is no reason to keep on reading. If you do believe in God, then you know or believe that God is universal, which means God's universe extends beyond what we can see with our strongest telescope. We also believe that God is all powerful. We believe that God consists of infinite energy, infinite intelligence, and infinite love, which creates infinite harmony—the greatest power of all. We believe that all things come from God. This includes ourselves. Each of us were created differently in every way. We were given a unique body, two minds, and a soul which is infinite. We were given two basic instincts; one is the survival instinct for our self-protection and the other is the instinct of procreation so that the human race will continue. In addition to the body, the two minds, and the soul we were given, is perhaps the greatest gift of all. We were given the gift of choice. The gift of choice gives us complete freedom. We can choose to think what we want, to do what we want, and to act any way we want.

The majority of people take this for granted and never consider the awesome affect it can have on our lives. Our lives consist of what we say and how we say it, in kindness or in anger and irritation. What we do and in what way we respond to life's problems, small or large, God has given us a great power, which some, if not most, are aware of. He gave us two minds, the conscious and the unconscious or subconsciousness. The conscious mind processes our thoughts and makes conscious choices. The subconscious has the power to cause our hearts to beat so many times a minute, our lungs to inhale and exhale without cease, our food to be digested, our cells to function, and to bring life to our entire body. We have access to all of this power simply

by giving the subconscious suggestions such as, “I will get a good night’s sleep and wake up completely refreshed,” or “the pain in my knee is going away and my knee is numb and pain free.” God has given us so much and still continues to give us more each day.

If we are to make our life worthwhile, would it be better if we took a little time each day and thanked God for all we have? There are 1,440 minutes in a day. Could we not take one or two minutes when we wake up to thank God for a good night’s sleep, a new day, and for all God has done for us and given to us? Could we not thank God for forgiving us of the wrongs we have done? Could we not take one or two minutes before we go to bed and thank God for the day and everything? This is important to remember. Everything comes from God.

P.S. One day when he was four or five-years-old, he was playing outside. He looked around and saw the plants, trees, flowers, and animals. He said to himself, man could not create any of this and something else created all of this. A few years later, he learned about God. The author has believed in God ever since. The author’s father died when he was ten-years-old. A friend of his father became his mentor. His name was Dewey Deaver who was a hypnotist.

Dewey ran away at 14-years-old. He joined the circus where he was taught hypnotism and later performed hypnotism as a part of the acts in the circus. He was taught the martial arts by a Japanese martial artist who knew and practiced jiu-jitsu, boxing, wrestling, Savate, which is French for foot fighting, southern plantation hand fighting, as well as dirty street fighting. Dewey was also taught strong man acts from the circus strong man. Dewey came to Pittsburgh and opened up a studio where he taught jiu-jitsu and hypnotism, and he hypnotized people who had mental and physical problems. He also taught swimming. He would work all three each day and sometimes had one hour of sleep. He would hypnotize himself and give himself the suggestion that he would have the equivalent of eight hours sleep in just one. All of the above is just to set

the stage for what I am about to tell you, which is unbelievable and illustrates the power of God. Dewey was one of the kindest people who ever lived. He did good works with his power and knowledge.

The following is true and the author has seen it more than once. Dewey would invite a small group of people, usually VIPs, and always three MDs (medical doctors) to this session to illustrate the power of hypnosis. He would put himself into a trance and shut off bodily. He would stop the beat of his heart, breathing, etc.... for 4-5 minutes. All three doctors would pronounce him dead. He had left this world. This is the kind of power we all have and it all comes from God. I never asked him what it was like during the time he was dead. One day I did ask him about death, though. He paused for a minute and looked at me straight in the eyes and said, "There is nothing to fear." From then on, the author has never been afraid of death.

We need God in our life and at the very least we need to take a couple of minutes in the morning to thank God and a couple of minutes at bedtime to thank God for the day we have been given. This is not too much to ask out of the 1,440 minutes we were given that day. If we do not have God in our life, we don't have a life, we only have an existence.

Chapter 2

Our Four Great Gifts

God has given us four great gifts. If you choose not to believe in God or that everything comes from God, then most of this book would do you no good and be a waste of your time.

The first great gift we are given is life. We are given the most fantastic work of creation known for mankind. Most of us don't realize how wondrous our body is.

The following facts were taken from *1000 Amazing Human Body Facts* published by DK, a division of Penguin Random House, publisher of three other great books about the human body.

Your body contains enough carbon to make a diamond as big as a soccer ball.

If your cells were as big as grains of rice, your body would be the size of the New York Empire State Building.

Your body is made up of 30 trillion cells.

Your body produces millions of new cells every second.

A cell may divide 10,000 trillion times in your life

Every minute 2 million

Every second 30,000 dead skin cells fall off of you and 30,000 are made

Your outer layer of skin regrows about 700 times in your life

Your eight fingers and two thumbs produce 110 feet of nail in your life; the length of seven elephants

Your blood vessels are long enough to wrap around North and South America

Your heart pumps enough blood in your lifetime to fill a supertanker 420 million quarts

Each beat of your heart pumps about 5 fluid ounces or 10.5 quarts a minute, or 5.3 million a year

The total surface of the air pockets in your lungs is greater than a badminton court

Over 3,000 different waste compounds have been found in your urine

The human stomach can hold 75 hotdogs

Celestial signals shoot through your brain at the speed of a Formula One racing car

Your body is controlled by your nervous system which is made up of billions of nerve cells traveling up to 179 miles per hour

Your brain can store enough information to fill a shelf of books nine times wider than the planet

The human eye might be able to see 10 million different colors

Your nose can distinguish about 1 trillion different odors

Your fingertips have 100 more touch receptors per square inch than the skin your back

One level teaspoon of poop contains about 500 billion bacteria

There are actually hundreds of bodily functions in addition to those above, which are just as wonderful, but this is just one of your life's gifts

Minds

We are given two minds. The conscious mind whose job it is to control our choices, which we make every day and our will to carry out these choices. The conscious mind is in charge of what we do and our learning ability. The conscious mind also suggests what we do. Life is mind over matter; what we mind turns into matter. Before something exists, it must first be a thought.

The other part of our mind is logic. This is the connection of different thoughts and arriving at conclusions. The other mind is the subconscious. The two minds are like an iceberg. Only 10% of the iceberg is seen above water. 90% of the iceberg is underwater and never seen. Our conscious mind is only 10% of our total mind. Our subconscious mind is 90%. It is the invisible regulator of all bodily functions as listed in the body section. It accepts and acts upon all suggestions given by yourself or others. It is the home of the memory and remembers everything you have done to the smallest of details. It retains and keeps all of your skills. It is the silent computer, which works 100 times or more better than AI. All ideas, originality, and inventions come from the subconscious. It is the dwelling place of intuition and it is the home of the conscious.

A person knows automatically whether something they are about to say or do is wrong. It doesn't matter how bad their behavior is normally, our conscious will tell us right from wrong. The subconscious is the most powerful investment of our body and most people are not even aware of its existence.

Soul

Our soul is perhaps the greatest gift of all gifts since it is eternal. The other two gifts will disappear when we are put in the ground or cremated. The soul is meant to be your essence, your eternal essence. What happens to the soul when we die? I don't know and neither does anyone else. The closest I have come is my second father. My real father died when I was ten. He was a good friend of my dad's, never married to my mother, but became my second father. He was a hypnotist and put on demonstrations where he would cease all bodily functions as mentioned previously. He'd cease the beating of his heart, inhaling air, etc.... He always had three doctors present who would pronounce him dead. He could only maintain this state for five minutes. I never asked him what it was like on the other side. I thought it was too personal.

I did however ask him about death when I was 19-years-old. He paused, looked at me straight in the eye and said, "There is nothing to fear." Since the age of 19, I have never been afraid of death. He spent his whole life writing about what he saw. After his death, his wife burned all of the writings. He never told anyone what he saw.

The Fourth

We said we had four great gifts. The body, mind, and spirit are three. The fourth great gift is one we take for granted.

This is a mistake because it *is* a gift. Choice. We were given a choice by God. Choice is freedom. We are free to choose our own destiny. We cannot blame another for the choices we make. They belong to us. God gave us this gift so we could determine what our life would be like. The choice we make will be impressed upon the soul. We make hundreds of choices a day to turn left or right, to sit down or stand up, when to keep quiet and when to talk or what to say or do. These choices come from our soul. Good or bad. This comes from our internal being. We must first realize we have a choice and how much depends upon it. Even the small choices. If we can get into the habit of thinking before we make any choice, the chances are far better we will make the right choice.

We all make some wrong choices and we wind up paying for them one way or the other. It's not a bad idea to pray to God each day to make the right choices. Everything comes from God, even the right choices to make.

Chapter 3

Love

What is life without love? A big zero. We all need love in our life. We either love or need to be loved. There are a few kinds of love.

1. Paternal
2. Romantic
3. Sexual – Unconditional
4. Sick Love

The first is paternal love, coming from the word pater, meaning father. It is the love of your mother and father, sisters and brothers, and all other members of your family, plus good friends and those people whom you have a special relationship with.

Romantic love is just what it says: A love of someone which has not entered sex yet. You are good friends and find love in your heart for that person. Romantic love can last a lifetime.

Next comes sexual love. You make love in a sexual way. There are two kinds of sexual love. Selfish and unselfish.

Selfish love is where your sexual gratification is more important than the other person's gratification. Men are the most guilty of this kind of love. It's really not love, it's sexual gratification at the woman's expense. Example, a man can come to a climax in a matter of minutes. The sexual act is over. It takes women longer to come to a climax, so they are left cold. Women also need some affection. This is selfish sex.

Unselfish sex is when you put the person's pleasure first and do everything you can to ensure that the other person is sexually fulfilled before you look to fulfill your own satisfaction.

And then there is unconditional love, the hardest of all to maintain. This involves having a deep love for someone no matter who they are or what they do. It involves loving someone who does not love you.

And now comes sick love. This is where psychotic people indulge in a behavior which can only be called sick, but which gives them a feeling of loving or being loved. One kind or another, our love cannot be complete unless we can love in our hearts which gives us peace in our soul.

There is one more type of love, probably the most important of all. Self-love. Unless we can love ourselves, we cannot love anybody else. Self-love will also give us our greatest peace of mind.

And now, we saved the greatest love of all for last. The greatest love of all is to think that people you love have only one year to live and to love them unconditionally, keeping that in thought. Develop a mindset so that you will always love them to the fullest. This is the greatest love of all.

Chapter 4

Comedy

Do you walk around with a smile or frown on your face? If you look hard enough, you will find comedy in everything. Grim is negative comedy. Uplifting humor is positive. Who would you rather be around the most, the person who is always serious or the person who has a sense of humor?

And what is best for you? To see the funny side or the grim side?

Comedy lightens our load and makes things more bearable. What would we do without humor? We would be depressed, mournful people with nothing to look forward to. Humor makes our day and dispels depression.

Unless we can laugh at ourselves, all other comedy is worthless.

Chapter 5

Learning

Learn or suffer the consequences of being ignorant. We begin to learn the minute we are born. We learn that if we scream loud enough and long enough, someone will come and give us attention or food. Then we learn to get where we want to go or get something we want by crawling to it. Then we learn to stand and walk so we can get there faster and we learn to make sounds and learn words to satisfy our wants and needs.

This all sounds mundane, and it is, but it's a primary example of learning. We are learning all our life, but what are we choosing to learn? It is our choice of what not only we learn but know. The easy way or the hard way through either good choices or bad choices. We can learn from our mistakes with bad choices or we can choose to repeat them over and over again. So how do we learn?

We learn by observation, by instruction, and by doing. Doing is the best way. Once we do something it becomes embedded in our mind and we usually remember. Our lives become what we have learned. We learn to do certain things and to not do certain things. Some learning becomes habit and we do it without thinking. If we could learn to get into the habit of thinking before we do something, our lives would improve greatly. We learn something new each day, that's why learning is so important in our lives.

We learn how to do our job or to do as little as possible. We learn how to get along with people or to simply use people to get what we want. We learn to think for ourselves or just by what we are told. The important point is that we do what we have learned to do each and every

day of our life, so learning becomes what our life is really all about. It is your choice what you choose to learn and use. We learn to do what makes us feel good.

Chapter 6

Purpose

Each and every one of us is born with a purpose, no matter who or what we are. You might ask how this homeless person who lays on the sidewalk drunk and is addicted to something can have a purpose, but they do. They made a choice to pursue that kind of life, which deprives them of their true purpose. Society and the politicians have given up on them. Some are past redemption or so it seems. Maybe they are beyond help, but we don't know because we have written them off.

Then there are the people who have chosen to enter in the wrong profession or occupation, such as the lawyer who hates being a lawyer, but his family who has a legal heritage chose this profession. When someone else chooses your profession or occupation most of the time it turns out wrong. When you find your true profession, you are happy with what you do and you will have peace within yourself. You must find your purpose, no one else can. It maybe something you look down upon, but it may be right for you. It maybe something that you say to yourself, "I can't do that." You don't choose your purpose, God does that. When we lose touch with God, we may never find what we were truly meant to do. When we find our purpose in life, we will have a peace like none other. The people who have found their purpose in life are at peace and happy.

It is never too late to find your purpose. You can find your purpose in your later years and many do. Remember God gave each of us a purpose, that is why we are still alive. God will reveal your purpose but you have to ask God, and if you find your true purpose later in life, it

doesn't matter. You have found it and that's all that counts. You are worth more than you think.

You are, but only you can discover that.

P.s. your purpose will always be to benefit others.

Chapter 7

Friends

There's a big difference between being friendly and being a friend. Being friendly is a façade. Being a friend is real. When we are friendly, we are giving them the emotions of being kind, considerate, helpful and caring. These are all well and good, but they do not constitute a friend. A friend is true blue. They are there day or night if you need them. They totally accept you: the good, bad, and ugly. They expect nothing in return. They love you unconditionally. You can tell them anything and they will still accept you and what you did with no judgement. They know the real you and still except you with no reservations or judgment.

These people are true friends, and if you have one or two people in your life that are true friends, consider yourself lucky. Life is about true friends. They make the difference sometimes of living a good life. There is one "catch" to all of this, you must also be a true friend in order to have one. Having a true friend and being a true friend will bring out the best in you. It's a big part of what life is all about. Having a true friend will give you a peace of mind that you have never had before.

Chapter 8

It is what It is

Suppose that your wife has a sexual affair with your best friend or something close to it. The emotions of anger, hurt, revenge, and death set in. Let's suppose that the love of your life is taken away. You are hurt and depressed and asking God why he took the most important person in your life. You are mad at the world and at God. Suppose your best friend in some way betrays you or takes advantage of your friendship. The same emotions will take place: anger, depression, loss, and worst of all, being alone. You must find a way to deal with all of this or be miserable for the rest of your life.

There are three steps to take that will help solve and put these dilemmas behind you. The first and probably the hardest is to forgive the person for what they have done. Unless you can forgive, you will spend the rest of your life in hate and resentment. That's no way to live so you first have to forgive or lead a miserable life. The second thing you have to do is to develop a mindset of "it is what it is" and come to total acceptance of the situation. Your loved one is dead. Period. There is nothing that will bring them back. It is what it is. Your best friend betrayed you. It happened. It is a done deed. There's nothing that can alter a past occurrence. It happened. Again, it is what it is. Period. And now, the third thing and maybe the hardest thing to do: Forget it and put it out of your mind.

This is all part of life. No one is immune from these things happening. They will happen. It's just another part of what life is all about.

Chapter 9

Adventure

Life is one great adventure. When you wake up in the morning, you never know what the day will bring. We have to look at life as an adventure. The best laid plans of mice and men can easily go astray due to changing circumstances. You can avoid much stress if you take it as it comes and do your best under the circumstances. The older you get, the more the stress increases. This is natural because of changes in our body and changes in society. There is a certain amount of fear connected with the incapacity to do things for yourself and being confined to a nursing home. There has been more than one person who has decided they would be better off dead than to face this nightmare, so they commit suicide. This is not the best thing to do since you were given life and it's not entirely yours. You don't have the right to take life even if it's your own. This is still murder. I have no idea what happens to your soul if you take your life and no one else does either. This may sound unrealistic, but it's better to look at your last day as an adventure even if there is pain and suffering involved. You can look at it as the last great adventure. Then peace. In other words, look at life as a series of adventures, good or bad, in a positive light.

Chapter 10

Imagination

A lot of us do not realize the power, wonder, and the excitement of our imagination. Our imagination can take us to places we have never been and may never get to go. Our imagination has no limits in time or space. We can travel to galaxies millions or billions of miles away. We can envision things that do not presently exist. We can see ourselves achieving the dreams of our lifetime. We can go back or forward in time. We can picture ourselves as a better person than we really are and have unconditional love in our hearts for everyone. We can go back in our past and imagine what we should have done and what our lives would be like if we had done what we should have. There is no place our imagination cannot go. The great things in our world are the results of someone's imagination. Life is mind and imagination over matter. If you don't use your imagination, then it will never matter. If you use mind and imagination, then you can make some things become reality.

Chapter 11

Family

There is an old saying that “you can choose your friends but not your relatives.” Maybe that’s the way it should be. What if it were the other way around? We would have friends who were boring, hard-hearted, and difficult to get along with. We would have “friends” that we could not trust and were deceitful as well as unreliable. We would probably pick our family who were people like ourselves and agree with us about everything. We would be surrounded by “yes men.” Since no one is ever close to being perfect, we would have to put up with all of their imperfections, which would be identical to ours. We would quickly become nightmares.

We are either born into a good family or a not so good family, but there is a sense of belonging. All families have their imperfections as do we. A lot of people do not appreciate their family. They take them for granted like they will always be there. They won’t.

Nobody can love you quite like your family does. It’s a special kind of love which we sometimes fail to see because it’s always there. They don’t love you for what you can do for them or what you can give to them. This is what makes family so special and a big part of what life is all about. We all have only one family. All of our memories from infants to and through childhood until the teen years are mostly family. Let us think back on all of those memories, both good and bad because we are the way we are and what becomes of us due to a great part of what happened in those years. And for those of us who had good families, life is all about maintaining a close and loving relationship with our family – all of them. In the long run, we are all about family and so is our life.

Chapter 12

Beliefs

Our beliefs can change as we go through life, but they will always determine our behavior. One example of this concerns a pastor and his wife. They could not have a child so they enrolled in a program where they could adopt a child upon birth because the mother did not want the child. They did this and took the child home from the hospital and named her, let's say, Marie. They both were loving people and Marie got all the benefits of this pure unselfish love. She was given the best of everything including education. She was allowed to choose the university of her choice and she chose one of the best. A few years past and one Christmas came where the parents received a call from her saying she would not be home for Christmas. Her father was a Christian pastor and had raised her to be a good Christian. They heard nothing more from her. It was like she disappeared. They were both devastated. Words cannot describe the sorrow they felt in their hearts.

One day a woman from their church went on Facebook and found a picture of Marie. Under the picture it said only one word: Agnostic. After twenty some years she went from a Christian belief to being an agnostic one. Her belief had changed and so did her life. She would not see or even speak with her parents who had given her nothing but love all of her life. This is the power of belief. It determines what our life will be like.

There are all kinds of beliefs besides religious. Some people believe that men cannot be trusted. Some believe that they are always right. Some believe that they are no good. Some believe that everyone is out to get them. Some believe you can't trust anybody. Some believe that they are superior to most people and the masses of people are ignorant. Some believe that

everything will turn out for the best. It would take a book to list all of the beliefs that people hold, but the whole point is to know what you believe in your heart and realize what you believe will determine what your life is and will be in the years ahead. I have no idea what life holds for the pastor's daughter, but I do believe that her beliefs will change as the beliefs of most of us will change as we grow older. That change is one of the things that life is all about.

Chapter 13

Occupation

How is our occupation determined? We may have several different occupations but there will always be our main occupation. This is the one that will determine what our life will be like. We become what we do. Our occupation helps guide our future. If our occupation has no meaning to us, chances are that our life will have no meaning since we spend one third of our time in our occupations. If we have a dull job, our off time may not be filled with much excitement either. If we have an exciting line of work, we may become obsessed with it, ignoring other parts of our life.

So where is the happy medium? We will always be faced with the big question: Do we choose our line of work or does our line of work choose us? Some choose their line of work very early on because they know in some way what they enjoy doing or being, and they pursue that. Our line of work also depends on what we do out of necessity. When our circumstances dictate that we get a job in order to make money, then we are forced into any job where we can make money to survive and hopefully stumble across something we like to do and get paid for it. Our occupation is a big part of what life will be all about.

Chapter 14

Regrets

Regrets are a part of our lives that have the power to consume us because they won't go away. They may come and go or they may be with us every waking hour. We can't help having them since we all have done things which we later wish we had never said or did. People who don't care about anything or anybody only regret things that affect them personally, such as investing in the wrong stock and losing money as a result. The rest of us have deep regrets about what we have said or done to other people, especially our loved ones.

How do we deal with regrets, especially if the person or people have gone to a better place? They are dead. There is no way to express our sorrow to them. One way of dealing with regrets is to change. We can become a person who would never do the things that we did to cause all of these regrets. We can forgive ourselves easier if we are no longer that person. We can ask God for forgiveness knowing that since God is a god of love, God does forgive us. It may be difficult, but we can believe that everything happens for the best and look for any good that may have come out of what we did. For example, you become angry about something a person did to you, so to get revenge, you told that person the truth about themselves. The person had no idea that he came across like he did, and changed his behavior for the better. You had no idea that this was a good thing for that person, but you still regret it.

Regrets need to be examined. How much pain did you cause? Did you ruin their life? We can gain a great deal of knowledge about ourselves if we know why we did what we did to cause the regret. We all have regrets because we are not perfect. When we realize and accept that fact, then we may be in a better place to forgive ourselves.

Chapter 15

Goals

We all have goals or most of us anyway. Some have no goals and just live from day to day. Some have a goal to just get through the day. You must ask yourself, do my goals fit what I would really like to do or do we set lower goals because we do not have the confidence in ourself to achieve what we would really like to do?

Goals are important because they give meaning to our life. There is nothing better than anticipating what we are going to do the next day and really looking forward to it. It gives life a new meaning. A few questions you may ask yourself are does my goal benefit other people or just myself, or both? We spend our life in pursuit of one goal after another and never give thought as to how much our goals make up our life, be they small or big. How does it affect us when we are unable to achieve our goal or goals? Are our goals reasonable or do they just represent a dream or repressed desire? Our goals represent our incentive for our life. They may be good or bad or ugly, but they represent most of our life.

Chapter 16

Who Are You

Your life is about you, but who are you? Do you know yourself? In order to know yourself, you must know other people, but to know other people, you must know yourself. What are your values? What do you value most in life? What is your disposition? Actor, teacher, passive reactor?

What is your temperament? Friendly, unfriendly, indecisive, decisive, impulsive, or careful?

What is your lifestyle like? Normal, desirable, or neurotic? Do you live in the past, present, or future?

What are your interests, physical, social, or material?

When you can answer these questions honestly, you will have a pretty good idea of who you are. Now comes the big question, why do you do what you do? Everyone does what they do because it makes them feel good. That's the easy part. The hard part is why does it make you feel good? If you are truly honest with yourself, you may not like the answers but that is who you are. Once you know who you are, then you are forced with a choice—stay like you are or change.

Who and what you are will determine what your life will be like.

Chapter 17

Health

Health is the epicenter of our life. Unless we have good health, our lives are compromised. We become limited in what we can do. Usually, bad health comes from having no regard for our health. We eat too much, drink too much, and never exercise enough. Without good health, we die sooner and have a painful or sickly existence. There are those who have bad health through no fault of their own. They were born unhealthy with no cure for the disease they have; so, if you are born with good health, it becomes your personal responsibility to keep yourself in the best health. Your life is all about keeping healthy if you want to enjoy life, fulfill your dreams, and accomplish all of your goals.

There are two types of health: physical and mental. Each one affects the other. A great deal of bad mental health comes from developing neurotic obsessions. We are what we think and we do have control over our thoughts. There is an old saying, “Life is mind over matter. If you don’t mind, it won’t matter.”

Matter in this case means what will be. Your mind has the power to produce a good life, a meaningless life, or a bad life. What you think is your choice. Cancer is life’s most dreaded word. There is no cure for some kinds of cancer. This is hard to believe considering the advances in other fields of technology. Energy is the world’s largest industry; cancer is the second largest industry in the world. You can reach your own conclusions about that.

Age means deteriorating health. Parts wear out from use. If you did not have good health habits of exercise, healthy diet, and proper rest during the first fifty years of your life, your health will begin to deteriorate rapidly, usually ending in an early death. God’s greatest gift to us was

the complete freedom to speak what we want to, think what we want to, and do what we want to.

We must however face the consequences of what we say, think, and do. Good health, good choices, bad choices, bad health. Your choice, and don't blame God. God gave you the freedom.

One of the things that matters most in your life is health.

Chapter 18

Death

And now the final curtain. . . A lot of people, if not most, fear death because of fear of the unknown. Death is very democratic. Every one of us will die. We came into this world with nothing and we will die with nothing. We all have had a pleasant or unpleasant (or something in-between the two) experience in this very short journey through time. What matters is making the best of the time we have. We are all given only so much time. We can spend it anyway we choose. God's infinite energy and intelligence are both held together by infinite love. God's world is infinite love. The best gift we can ever give ourselves is to develop a mindset of unconditional love for everyone.

One last note, my father died when I was ten. A friend of his became my second father. He was already married so he was just my second father. He ran away from home and joined the circus. This was in the early twentieth century. The circus of that day traveled from town to town. They had strong man acts, martial arts demonstrations, and a hypnotism act. All three of these acts took him under their wing and taught him the strong man act, martial arts, jiu jitsu, karate, etc.... and hypnotism. He came to Pittsburgh and set up a studio where he taught the martial arts and hypnotism and did hypnotherapy. He only charged \$5.00 per hour for hypnotherapy. His name was Dewey Deavers. I said to him one day, "Dewey, why do you only charge \$5.00? You could charge a lot more."

He said that he only charged \$5.00 so they would come back and he could help them. He had a creed he lived by, which I will include in the summation. He gave demonstrations to small groups of important people. He always had these medical doctors in attendance. He would

hypnotize himself and stop all bodily function. He would stop his breathing. He was dead and all three doctors would pronounce him dead. He brought himself back to life in five minutes through hypnotism suggestions. I had always wanted to ask him what he experienced during those five minutes, but I never did because I felt it was too personal, but one day I did ask him, “Dewey, what about death?”

He turned and looked me right in the eye and said, “There is nothing to fear.” I was 19-years-old and have never been afraid since. Remember, “life is mind over matter. If you don’t mind, it doesn’t matter.”

This was his favorite saying. I used to laugh. I thought it was funny. It took me a long time to understand that. The mind can actually create matter. It’s on his tombstone.

There is one more thing you should know about death. This is a little-known scientific fact. When you die, your conscious mind stays alive for five minutes. In other words, you know you are dead but you can still think. It’s an old saying that when you die, your whole life passes in front of you. Maybe that does happen or maybe you recall your regrets. I like to think we can thank God for his forgiveness and make a final expression of our unconditional love for God. Be prepared for what could be our final connection to this world. Everything comes from God.

Summation

Time. Time is of the essence of our life. Each person is given only so much time, so our life is really about how we use this time. You can use this time on so many things like love, comedy, friends, family, learning, religion, and a host of other things. The question is do we use our time wisely on doing something or do we waste our time doing nothing and live a useless life? Time is our greatest commodity, but once it is spent, it is gone forever. We all waste time, but how much do we waste and on what? How much time do we use wisely? Life is all about how we spend our time and on what. We are given the freedom to live well or to be homeless and everything in-between. You can turn your life around anytime you choose. You have that freedom. Everything comes from God and God gave you the freedom to choose what your life is really all about.

The Creed I Try to Have

The Golden Rule I try to follow

The plan of action I must try to use

Is to say the best I know and do the best I can

Which I believe will be good for you.

If my words will not help,

I will not say them.

If my suggestions will not improve,

I will not make them.

If the things I do are not kind,

I will not do them.

If the ideas I advise are not good,

I will not give them.

If I cannot make you feel better,

I will not make you feel bad.

If what I say, and what I do,

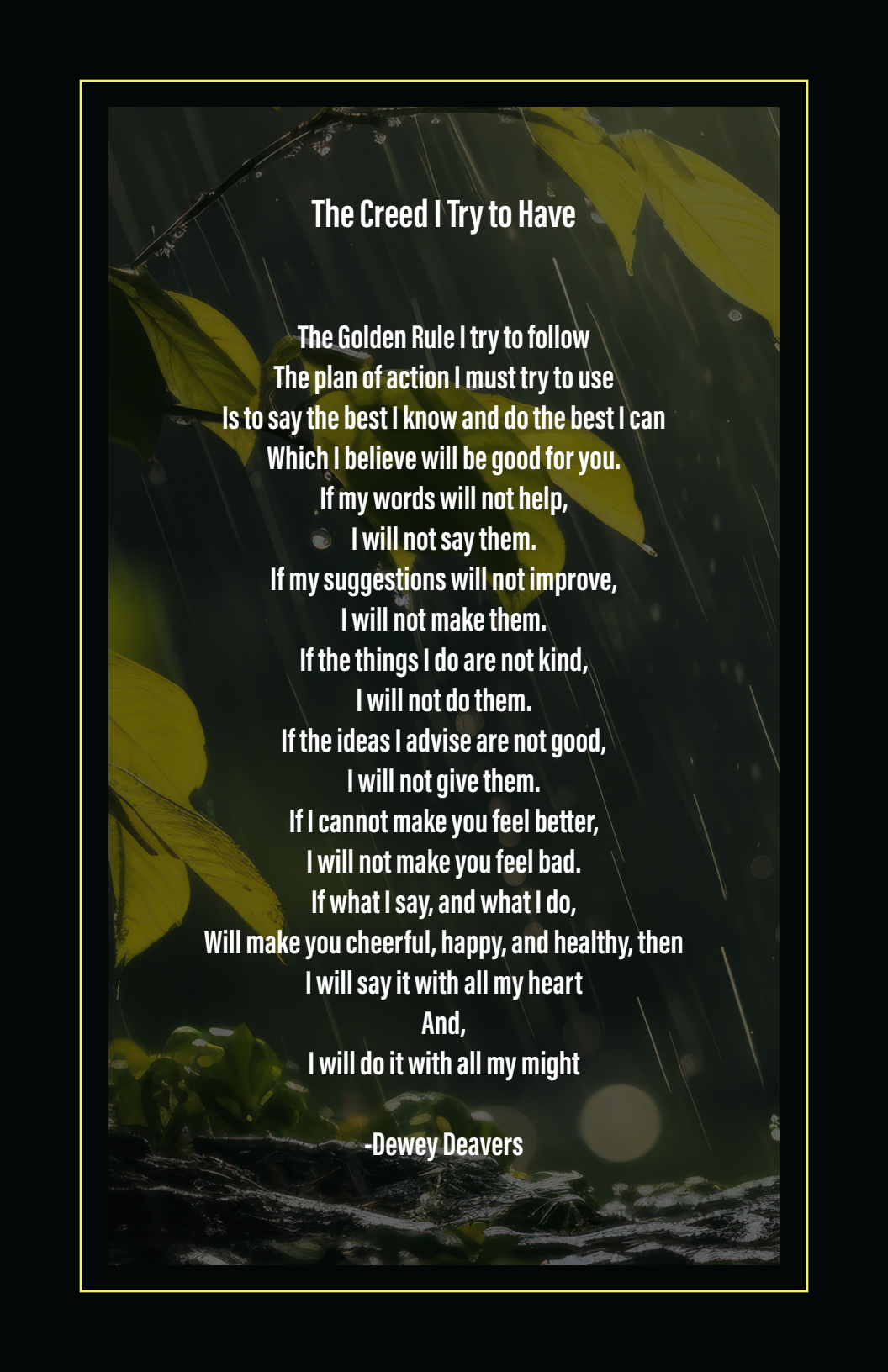
Will make you cheerful, happy, and healthy, then

I will say it with all my heart

And,

I will do it with all my might

-Dewey Deavers



The Creed I Try to Have

**The Golden Rule I try to follow
The plan of action I must try to use
Is to say the best I know and do the best I can
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If what I say, and what I do,
Will make you cheerful, happy, and healthy, then
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I will do it with all my might**

-Dewey Deavers