

Spiritual **WISDOM**

By Brian Thomas



Spiritual Wisdom

“You read of but one wise man, and all that he
knew was that he knew nothing.”

-William Congreve

By
Brian Thomas

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

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The Last Word

What Life is Really About

Introduction

This little book is written for those who would like to have peace in their life. In the world we live in today, peace is a rare commodity. The road to a peaceful life is possible only if someone has a kind of spiritual life. A spiritual life is usually a simple life free of obsessive desires such as wealth, sex, fame, and power. Those who seek these things will never have a spiritual existence because to have any of the above requires taking from others, which always results in conflict and strained emotions. It also demands that you put yourself above everything and everyone. Someone who puts themselves first will never be spiritual.

Our strongest and most basic instinct is survival and putting yourself first to survive. Being spiritual means putting yourself aside and being happy by being number two. This is called humility. It all starts with what you believe.

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Chapter 1

Beliefs

God

You must believe there is a God. A being that is over and above you and is everything you are not. You must believe this God is all powerful yet benevolent.

You must believe everything and all things come from this God.

You must believe you were created by this God for a purpose.

You must believe you have a purpose no matter who you are.

You must believe things happen for the best even though they are lightyears beyond your understanding what they are.

Other People

You must believe people are basically good and that you are above no one and no one is above you.

You must look at people as they are and accept them as they are. You do not have to accept what they do.

Chapter 2

When Things Go Bad

You are living in a world full of everyday conflict that you must deal with when it happens to you. You must invoke spiritual qualities to deal with them if you wish to be a spiritual person. I will give you an example of this.

I had a collection agency and had a hospital that I collected for. These were the days when records were kept on ledgers. I sat down with an administer one day to get accounts they needed to collect. He would pull a ledger sheet out and hand it to me. Once in a while, he would keep the ledger sheet. There was a small stack of them. I asked him why he didn't give me those to collect. He picked the last one up and said that they, meaning the medical staff, cut off the wrong leg.

There was a small stack of these mistakes, malpractice surgeries, etc...

There are many bad things that can and will happen in your life. You may get permanently injured by a drunk driver. Your child may be molested by a pedophile or a gang, the list goes on. You get the idea. When bad things happen to spiritual people, they must deal with them in a spiritual way.

The Spirited Ways of Dealing with Tragedy or Personal Disasters

1. Forgive

Forgive the person who brought this grief into your life. It is not easy, but it is necessary. If you let resentment and hatred rule your heart, it will eat at you like a cancer. You will stay unhappy and miserable, and the person or people who caused this grief will not feel a thing. There is love involved in this process. What is the opposite of hate? That's love, but to have this kind of love, you must love yourself first. Some way, somehow, you must find love in your heart for this person or people. When you have love in your heart, it includes everyone. This is called unconditional love.

2. Accept

Unless you want to live in misery for the rest of your life, there comes a time when you have to accept what happened. Sounds easy but it's not; however, there is a way. You must develop a mindset of, "it is what it is." A mindset starts by believing the premise. It is what it is says that what happened cannot be changed. There is nothing you can do about it. When a loved one dies, all the grief in the world will not bring them back. It is what it is. Believing with your whole heart that you can do nothing to change what happened or do anything about it will bring you to a total state of acceptance. You need this. You need to have complete and total acceptance with no reservations. This will free your mind of needless preoccupation with what occurred. Your mind needs to be free so you can get on with your

life, instead of being stuck in a car that is stuck in a mudhole, its wheels spinning but not going anywhere. Take the chain off of your mind and be free of all this.

3. Forget

Once your mind is free because you have total acceptance, you can live your life with things you would like to do, places you want to go, have relationships with likeminded people, and choose a job or career you had always thought about.

When you fill your life full with all that you would like to do, you will be preoccupied with the pleasure of living your life the way you had always dreamed of. When life is this way, you can completely forget what happened in the past because it has no meaning in the present life—the life you had always dreamed of.

Chapter 3

Number One and Number Two

#1

One of the ways of sizing up people is to evaluate how they feel about other people by putting themselves in one of three categories: Equal, Superior, or Inferior. People also consider other people in the same three categories. Putting people in these three groups depends on how you look at and treat people and how other people regard you. Example, if someone considers you inferior, you can never gain an acceptance from them if you treat them as your equal, much less if you consider yourself superior to them. There will be a clash of personalities.

Another example, if you consider someone inferior to you, no relationship is possible if they

consider themselves equal to you, much less if they feel superior to you. Our strongest instinct is survival, so to survive we must consider ourselves first. We must take care of our needs first before other people's interests. This leads to considering ourselves and what we want and need to be #1. We place ourselves and what we want and need over the wants and needs of others. We consider ourselves #1 in everything. It's part of our survival instinct.

#2

When we consider our wants, needs, and desires first, we become slaves to the material world. We also will experience frustration and stress in seeking and trying to meet our wants, needs, and desires since it seems everyone else is looking to secure these needs, wants, and desires as well. This leads to constant conflict, frustration, and endless stress. This also destroys our spiritual life since there is no room for a spiritual life when materialism and things of the world prevail. Our pride overtakes us when we are consumed with having the materials and pleasures the world provides.

When we consider ourselves equal, not inferior or superior, and put ourselves second, we will have true humility which will give us a sense of peace. When we are content to have less and be

in second place, we will eliminate a lot of frustration in our life. Less love of materialism and the pleasures of the world allow us to be more spiritual. We will feel a sense of peace and happiness when we put ourselves second. All of the stressing is gone and our relationships with others are harmonious since the strife is gone. Putting yourself and desires below and not caring about being #1. When you put your needs and wants and pleasures second, you will achieve where few go. Not wanting and not having equals less strife and conflict and more harmony with those you come into contact with. People will have more respect for you since man's nature respects, admires, and appreciates true humility. If you wish to become more spiritual, you must first become more humble. You will feel so much

better about yourself when you take second place.

Put yourself aside and put God first.

Chapter 4

The Final Five Minutes

God gave us a life, lasting until it is over, which we will never know when, plus five minutes. Everyone gets five minutes at the end. According to scientific fact after we die, our conscious mind lives for five minutes after we are dead. We are conscious and know we are dead, but we can still think and be aware for five minutes. God gives us five minutes to think about our life. There is a belief that when you die, your entire life passes in front of you. This could happen or maybe you are given this time to ask forgiveness for all of the past wrongs you have committed in your life. You might also be given the chance to thank God for all of the mercy God has shown you, and to tell God how much you

love God. It's your one last chance to make amends and to express your love since everything comes from God. You have a chance to show your appreciation to God for your life and all you have been given. There is also the chance of having a panic attack, knowing you are dead and terrified of the thought of what is coming next. No one knows because no one has come back to tell us. It is better to know that you have those last five minutes and maybe prepare for them. A good place to start would be to ask for God's mercy in your last minutes. Since God's love and mercy are endless, this might be the way to go. We are given a whole lifetime plus five minutes. God has a reason for everything and there is a reason for the last five minutes. Maybe it's one last chance to make things right by thanking God, asking

forgiveness and stating your unconditional love for God, so be prepared.

Chapter 5

Stop Complaining to and About God

When disasters occur, whether natural or manmade, a lot of people begin to ask why did God allow this to happen? It can be storms, which cause destruction and loss of many lives, or it can be a mass shooting at a school by a deranged person. It is always the same complaint. Why did God let this happen? It's almost like they blame God for all of these disasters. These people who are complaining believe in God. The people who don't believe have the attitude that things just happen. They don't know why they happened, they just did. Cause unknown. When natural disasters happen, it is due to the nature of our world, which is the law of opposing forces. This is

due to the natural law of opposition and proposition.

The natural law is one of the constantly opposing forces which comes into conflict; for example, a mass of very hot air comes into contact with a mass of frigid air and a mighty storm results. Both of these forces occur in nature so that nature can exist. Nature must have two opposing forces in order to exist. When it comes to manmade disasters, it must be remembered that God's greatest gift to man was freedom. Man has the freedom to think as he chooses, to believe as he chooses, to speak and say what he wants to and act or do what he desires to do. A man chose to kill all of those children. He was free to do what he wanted. This was man's fault, not God's.

God created a world man could exist in. This world had to be natural with the laws of

nature taking their course. Man was given the freedom of choice; otherwise, the human race would be nothing but a bunch of robots, so don't blame God for man's action or the forces of nature for natural disasters. God's world is a world of nothing except pure love. God's world is one of love and nothing else. We must understand this so we can connect to God through love. God does not step out of God's world. Disasters, natural or manmade, are not God's doing, so stop blaming and complaining to God. Just choose to love God and be part of God's world. Pray that your spirit be filled with unconditional love.

Chapter 6

Stop Asking God for Things

God is not a free Walmart or a giveaway Target. When we ask God to give us things or make sure we have a new car or a better house or any number of materialistic items, we are engaging in a material pursuit. We were not created by a materialistic God. We were created by a God who lives in a world of love, not materialistic things. We were given the means to acquire the things we need in this materialistic world. We were given a body with muscles to do labor so we may acquire what we need. We were given a mind that can give us the answers we need to know so that will be able to come up with a way to get what we need on this physical plane. In fact, we were given an overabundance of

intelligence to reach our goals. Einstein, the most brilliant of scientists, was said to have used only a little more than 1% of his mind.

The point is that we have what we need to acquire what we need to while in this world. Use the gifts you were given to get what you want and concentrate more on your spiritual needs than on your earthly wants, needs, and desires. Ask God for the answers and there is a good chance you will get them. Everything comes from God, but we have to do what we can with what we have. Spiritual people are happier than those who want only material goods in this world. Everything will someday be gone including you, but your spirit will live on and is the only true reality even though it may not seem real. Pray to God to meet your spiritual needs and you will get answers to

becoming more spiritual. Spend your time
thanking God.

Chapter 7

The Eyes Have It

It has been stated by the great philosopher Hiram Powers, that “the eye is the window of the soul. The intelligence and will are seen in it.”

This is true but there is more. The pupil is the key. When you see something that delights, pleases, or excites you, your pupils will become enlarged. When you meet a person and they like you or they are impressed with you, their pupils will become enlarged. They have no control over this and are not even aware of it taking place. So when we first meet a person or even a person you know, look into their eyes and observe the size of their pupils. If they like you or they are impressed by you, their pupils will be enlarged. If their pupils stay the same size, their feelings about you

are likely more neutral, which means that there is a lack of feeling toward you.

Now onto reasons where the pupil becomes smaller. When you look into a person's eyes and they are smaller or little, beware. Lookout. You probably have heard the expression, "he has beady eyes." This usually indicates that the person's intent is to take advantage of you in some way. Beady eyes indicate shyness, possible sadism, erotic thoughts, or possible harmful intentions or they just may not like you.

Either way, it is an excellent way to help you in your size-up of other people. When you look into their eyes, you are looking into their soul. This can be a very spiritual experience if you have unconditional love in your heart and still have love no matter what you see.

P.s. Professional gamblers who are really good at sizing up their opponents in every way will look into the eyes of the other payers. If they are enlarged, they may have a great hand. If they are normal, they will usually bluff to get over a mediocre hand. If the pupils are small, they have a bad hand but may bet more money in the hopes that they may have a better hand than anyone else. The truly professional gamblers know all of this and more. That's why they come away winners.

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