

Absolute



EMPOWERMENT

The final answer to



Allen David Ritter

Dedicated to
Nancy

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Preface

Fact: You Are Insecure. You are insecure about: your body, your clothing choices, your job, your family, your ability to speak intelligently, your income, your health, your future and so on—*and so what?*

As a healer and I have encountered countless Human conditions in my experience. Of all the things I have observed in people, the simple observation that one is insecure is met with the biggest recoiling from those I suggest this to. People are more bothered by admitting they are insecure about being fat than they are about being called fat. In this book, we are going to look at why insecurity is the most insidious, destructive, and prevalent of all of our internal experiences, and why it is much easier to address that than you might think. You will also learn why it is wonderful that you are insecure.

We are here on Earth to have experiences, experiences that will hopefully lead to an increase in awareness about ourselves, yet when we get caught up in what we call life, or surviving life, we forget all about the awareness part.

I hope that by reading this book and following the very simple, proven energy/consciousness changing techniques you will get back on the self-awareness bus in a whole new seat—driving it instead of being driven.

This book is written in way that I hope will help unlock your consciousness and increase your awareness. I have laid out a process that mimics my experience with teaching the technique to others in person. What you will experience is a personal transformational session if you follow what is presented here. It is *highly recommended that you print the book out*, so you can keep notes as you go along. There are spots left for answering questions at key points. The answers do not have to be elaborate or complicated, just a few words to get yourself in the self-reflection mode. The questions are not designed for right or wrong answers, but to break down some long held beliefs and limitations, which, when released, will increase your awareness. You may even want to go back and look at your answers after you have finished the program.

I am using the word “insecurity” because it is the fundamental association with an energy that has been mislabeled by us. The goal here is not to get you to be less insecure, but to transcend the ideas, actions and reactions associated with an energy most have come to view as an energy demon that must be stopped at all costs. By the end of this book, and through the use of the techniques, you should have an entirely new view of the word and its associated energy.

It is important you do the very simple exercises actively, in order to make changes in your life. While the explanations given here may change your outlook, it is not

the sole purpose of this book. The explanations, examples and layout contained in the book are done around the techniques and those techniques are not meant to be excluded from the whole of the process—the techniques are the process. The techniques lock in what is being said in order to expand your awareness. This is not an abstract theory book, nor a simple social commentary but an all-encompassing technique.

While you are reading this book you may find what you read may hurt your head, may confuse you, may challenge you in ways you do not feel comfortable being challenged. Hang in there, reread if you have to, take a break if you have to, but hang in there. In some cases it may seem like I am repeating myself but trust me, there is a reason. In other cases it may seem I have left you hanging, there is a reason for that too. When you reach the end it will all begin to make some sense.

A word of caution. I gave this to a friend to review prior to proofreading. I asked that person to make notes. What I found in the notes was very interesting, several things I had said were altered, by a word or two, to change the meaning to be more consistent with modern main stream views. This may happen to you, you may seek to alter things I say, but I assure you the words I have chosen are for a very specific reason. I want to challenge your mainstream views.

What does insecurity have to do with empowerment? Read on...

PART ONE

Your Purpose



The path to empowerment goes right through the world of insecurity, which we will be spending a lot of time on, but before we get on with the business of insecurity and how it influences your life, we need to create a simple foundation for the purpose of your existence. So often I have heard folks complain, “why am I here” or “what’s the purpose of all of this?”. Over the last two thousand years, there have been countless explanations given to the “meaning of life,” one more complex than the next, and few, if any, are correct. The fact is, “the meaning of life” is remarkably simple: you are here on Earth, in a body, in order to have experiences; experiences that help you learn more about yourself, and in turn, more about Creation as a whole. A super concise explanation is: you are here to have experiences.

Your Soul, you, places energy in various scenarios in order to express itself, in order to have experiences, in order to express itself more, in order to have even more experiences—you are one of those expressions. This happens in a process that is eternal; you have an infinite number of all encompassing experiences in an infinite number of arenas, all to learn more about yourself. Consider this Earth-based experience as an Earth-based game, as opposed to a Saturn-based game, as opposed to a non-linear, non-time-based game or any other number of possible games within the expression of consciousness. The game gives you experiences unique to this game, experiences you can only find on Earth. You will play the

game until you are no longer interested in playing. Your Soul System, you, has you plugged into many different games right now, via simultaneous incarnational expressions, all having experiences unique to that particular game.

Eventually you will return to the truth of you, Soul, with the rest of your incarnations, at which point you will move on to even more adventures. While the idea of sitting on a cloud as a reward for undertaking the human/body/Earth life seems great to some, the actual act of doing nothing as a reward for doing everything seems completely counter to the greater significance of the endless possibilities of life. Your reward for each life is the understanding, the experience, and the awareness that you have accumulated from your experience. Your life is not a punishment, it is not born of sin, you are not here on Earth, or wherever you are, because of a screw up at the universe's headquarters. You are "here" by choice (later you will see how choice is your empowerment foundation). How you "do" the entirety of your life experience on Earth, or elsewhere, is another story.

Important Point: *Everything you do should be about leading you to a greater understanding of yourself. Always use where you are, who you are, what you are doing, as a tool to find out more about yourself. You, yourself, is all you need to increase your awareness.*

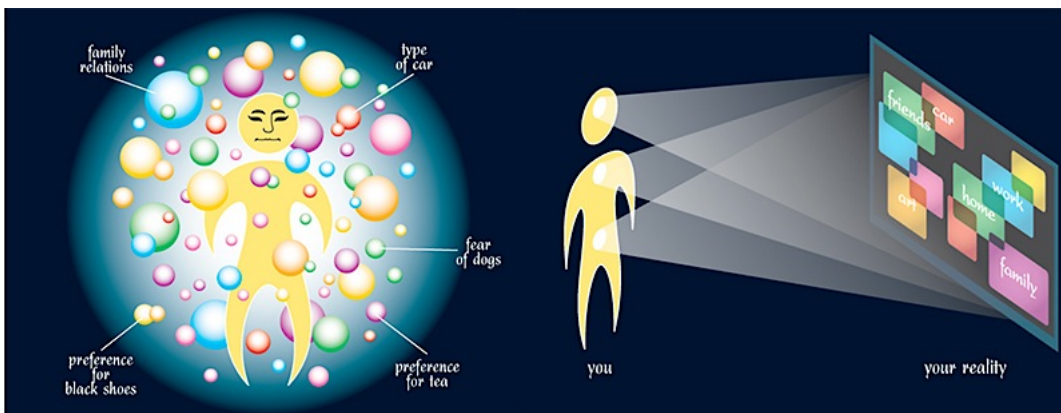
Being in a body is a temporary condition. One in which the essence of you, the energy form that is the Truth of You, binds the personality you, to a physical 3d body on the Earth-Plane. Everything about this process happens by choice. The entire body process is not permanent, but a temporary experience that lasts as long as it lasts. Some 3d body-based experiences last one day, others last one hundred years, with some experiences transpiring in a big city and others in the country, with some as male, and others as female. Regardless of the form taken, the basis for the process remains the same: Energy from the Truth of You is funneled into a form we call a body, which manifests as a personality—the you reading this book, which then creates reality to interact with using the energy from that same Truth of You energy source. All of this process happens by choice. Remember that, everything about this thing we call life, happens by choice.

How You Create Your Reality

We hear quite a bit these days about the world of "creating your reality". Some folks have gone to great lengths to package this idea and sell it to those who are said to be unfamiliar with the process of how to create their reality. Sadly this is like selling someone who runs marathons a basic course in walking—each person not only knows how to create their reality, but more importantly, *they do it every moment of everyday*. The problem lies in the fact that people do not know *how* the process actually happens or why they project the reality they interact with. In fact, nearly all packaged systems of creating your own reality are predicated on a false

notion of how things work, as most systems operate under the idea that you attract things under the “like attracts like” premise. Most systems perpetuate the idea that you are like a magnet that attracts things to you, but this is not how things actually work. There is nothing outside, only inside, so there is nothing to attract. I’ll say this again: there is nothing outside you (that is an illusion) there is only inside and the world around you is a projection coming from you, and that world is not a series of objects waiting to be pulled to you.

You actually project the reality you create, you do not attract anything at all—you *project* a reality for you to interact with. The simple image below is from my book and website, “The Harmonizing Statements”, in which The Harmonizing Statements technique helps folks actually demonstrate the truth to themselves: you project your own reality from within using your Creator-Self Energy. Energy runs through the programs in your head which in turn, tells that energy what to project. The Harmonizing Statements system teaches you to manipulate the reality you project in real time. In the image below, we see a person’s energy (via the defined energy resonances contained within one’s 3d body consciousness expression) projected from within out to the external world. The system mimics the film projector, silver-screen process of movie theater projection.



Defined energy resonances contained within the consciousness expression, like a “fear of dogs”, manifests through projection. What is then seen is the reality created from energy from within. The energy spheres with enough power will project into the reality you see and interact with. See more on the process in The Harmonizing Statements.

We create our own reality from the energy contained within us. Think of it this way, the Creator-Self Energy is raw energy, just like the raw power which fires up the computer when you turn it on. The programs in the computer tell the machine what to do with the energy that comes in from the wall socket and what program images to project on the monitor that we interact with, just like your brain. The images and processes created by the programs is what we interact with on the monitor: Power + Programs = Interactions. Seems rather simple when broken down into its proper format, yet this process often confuses people when the time

to change arrives. What do we change when we want change?

What people tend to do in their lives is work to change the creation, or the projected image, (the movie screen image in a theater) after it has been created, instead of altering the program that is creating the image itself (the film in the projector). If you want to alter the image that is on the computer monitor, you will need to alter the programs themselves, not the image on the monitor itself. If you want to alter what is playing on the movie theater screen, you do not attack the screen, you need alter the film itself. The image you see on screen, your life, is actually seen *after* the reality has already been created so you cannot change what has already happened. Again, your reality has already happened by the time you see it, so changing it isn't possible.

The film image that you see on screen, your life, is extremely important, as it is the feedback to know what you are creating. It is also the feedback you need to alter the film of your life, without that feedback you would have no way of knowing what is going on in your reality. Consider this: how do you know what you look like without a mirror? If you have no sensory input, no sound, no sight, no sense of feel, no nothing, how do you know where you are? The external projection tells you what the internal is representing through the energy reflection. Again, the internal energy is being represented in the external world.

Important Point: *What you see, hear, feel, taste, touch in your real world projection has already happened. The two key components you are familiar with should be defined a bit more clearly here. The subconscious is the programming that tells the Creator-Self what to do with the energy it places on the Earth-Plane. The conscious part of you is the part of you that is tasked with perceiving what is projected. Subconscious creates, conscious observes.*

You already create your own reality, you do it every moment of every day, but why do you create what you create? What is the driving force behind your creations? Everyone knows what they want to create, yet few create that certain thing effectively, even after using all the prescribed tools known to man: praying, thinking positive, investing energy and so on. Nearly everyone on the planet wants to be rich, yet roughly only one percent of the population is rich. I would say desire is not an issue, need is not an issue, so what is the issue? We all want to be healthy, yet many struggle with their health. We all want loving families, yet the family system is failing in many homes. So what is influencing the energy that you are using to create your reality? Hint: think insecurity.

Through the course of the book you will teach yourself how to alter your projections by altering the way in which you treat the Creator-Self Energy that comes into this Earth-based game through your body. You will learn how to alter what is on the film long before it gets up onto the screen.

Healing and Change



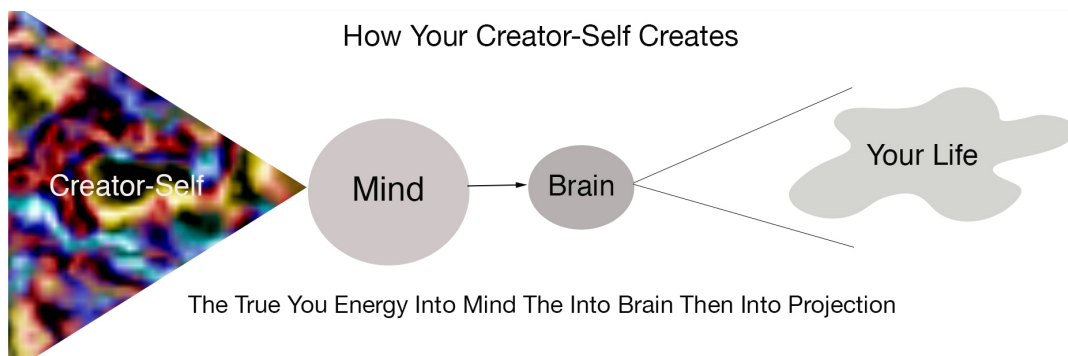
In this book, you will discover the truth about the energy of insecurity, but first a little background about how the simple but effective technique came about. As a healer, I have worked hard at assisting people to increase their awareness about themselves and I have assisted a great many people in a myriad of ways. Over the years, I have assisted folks to become better singers, actors, parents, mates, athletes and so on, with much success. Yet there were moments when very successful, evolved folks simply fell apart. They lost their way, became unglued, and often over seemingly insignificant things. Seeing folks go from so high to so low, and often within the same moment, was a vexing issue for me. I could not accept the sudden change of direction in people as it directly spoke of my efforts. Why were folks fine one minute and out of control the next? How could I assist someone to resolution and change in such a meaningful way one day, and then without warning, watch that person lose all the skills and balance we worked so hard to achieve?

What was really interesting is that nearly everyone had the same pattern to their meltdown, male or female, old or young, the regression from evolved to broken looked the same from a vibrational point of view. When I removed the hysteria and glimmering lights of what was perceived as the problem, the vibrations all looked alike. Regardless of the events surrounding the meltdown, be it a real crisis or not, the energy patterns of each person looked the same. I wondered how this was even possible.

After becoming seriously frustrated by not being able to help people over that

recurring meltdown hump, I began to look at the process of our energy manifestation in a different way. In my example above, the most effective way to alter the image on the screen is to alter the film. My techniques are very effective at doing this. However, I began to feel that the energy creating the projection should be accessed long before it reaches the printed film image, even before the negative, as something was influencing the energy just before it hit the negative: the energy which of course created the film, which of course created the image on screen. The light from the projector, our core energy, is the energy that lights the film for projection onto the screen. So what is this energy doing just before it hits the film and before it becomes what is our lives? I used that premise to hunt down the problem.

I tracked the energy from a sample meltdown back to the originating point in the process of projection/creation. In short, the process looks something like this: “Creator-Self Energy” travels down to “Mind” then down to “Brain” then into brain-based “Programs” and then is finally projected out into the reality we see.



The Creator-Self is the eternal-self. The mind is the translator that exists between the Creator-Self and the personality. The personality is you by name. The brain is the interface between the reality you create and what you perceive you create. The common item in the process is the brain, it is the last line of projection and the first line of perception. The brain holds the programs that tell the energy what to do, as well as the senses which tell your personality how the energy projection is to be perceived.

After several attempts at breaking down that process into a system for healing and increasing one’s awareness, I finally determined that the issue was how this neutral energy, the Creator-Self Energy or Truth of You Energy, was being interpreted by the personality through the programs contained within one’s 3d body expression via the brain, the body and the programming of life. That Creator-Self Energy, the pure, extraordinarily powerful energy, was being misperceived, even

misrepresented by my personality, and in a sense misused (again, the personality is you by name and body, like Allen). By tracking the process all the way back to the origination point, I could see there was a more effective way to alter the reality created by that energy.

We are obsessed with changing the reality we create. We try to alter our lives through therapy, chemicals, god and so on. The problem I see is we are not approaching change at the correct level. This book is about altering your reality by altering your awareness, not about adding a new therapy technique. This book will not add another 10-step plan to your tool kit, in fact, we're going to reduce your tools to three.

Perhaps a brief discussion of the last one hundred and fifty years of "therapy" might help you to see where I am going. Before Freud, if you spilled a glass of milk, the therapeutic association was, "how do I clean it up?". After Freud, the association was, "why did I spill the milk?". This led to an explanation along the lines of, "well, milk is mother's milk, you had issues with breast feeding, you may want to sleep with your mother, let's explore that..." Then the New Age came along and spilled milk was an opportunity to learn about what the universe, or god, was trying to tell you. Spilled milk was now a teaching moment. Then the New New Age came along and asked, "why did you attract the spilled milk to you?" Has any of this therapy really been helpful? Is going back to the primitive view of just cleaning up the milk really so bad? My interest is not in the esoteric fun of exploring the deepest meaning of spilling milk, but how to help people live a more comfortable, self-aware life while on Earth.

After years of assisting others, I have come to the understanding that healing is really about assisting others to expand their awareness, and in doing so, bringing about change. First I will show you what is going on with how you create your reality, then show you the patterns you use to manage your creations, and then we will move on to something much deeper and more profound. By using this process to expand your awareness about yourself, you will change what you create. It is my hope that by finishing this book, and completing the techniques, you will never ask the question, "why did I spill the milk?".

The Insecurity Energy technique included here is a tried and true method of healing and change. It works really well if you follow the remarkably simple steps. You can alter things in truly meaningful ways and increase your awareness by leaps and bounds by using the technique. The whole process requires nothing more than your awareness, your attention and your commitment to seeing things through. This book is all you will have to buy in order to fully realize what I am saying. I say this as I want you to know I am not selling you a series or a system, this is it. You will quickly teach yourself how to change the way you perceive the things you create—this will happen within a day. You will learn what Insecurity

Energy really is, what it is not, and why it is the most wonderful thing you can imagine. You will learn why saying, “I am really, really insecure” is not only *not* shameful, it is a wonderful proclamation. Most importantly, you will learn the “why” behind every single thing you do, and why the psychology 1-0-1 “why” does not really matter at all, and in fact, only serves to confuse you. Won’t it be nice not to ask, “why is this happening to me”, ever again?

Before we move on, you need to keep a few things in mind. In order to make this technique work for everyone, I needed to use terms and symbols that have meaning in our daily lives. As a result, you may find yourself in conflict with my use of certain terms. You’ll need to put down your amateur psychology hat through this process and simply accept the use of the terms as they are presented here—it will be worth it in the end. I need you to get a real feel for a certain Human-branded energy, and in order to do that, I have used terms that you associate with that particular energy. Please accept my use of the terms presented here, while I know it may serve to confuse, it is by design.

Some key terms you will learn about in a new context: *Insecurity, Insecurity Energy, Securing, Choosing, and Freewill*. *Very briefly, Insecurity is what you label your insecurities. Insecurity Energy is the energy associated with your insecurities. Securing is the process of caging your Insecurity Energy. Choosing is the process of determining where your Insecurity Energy goes. Freewill is who you are.*

In the end, I hope you will see that your entire reality you exist in here on Earth is all about capturing your Insecurity Energy, a reality which creates a climate where you are doing nothing but looking for ways to secure, contain, trap, and imprison that energy in systems that claim to secure you. I hope you will see that the process of insecurity management (the process of working dutifully to secure yourself through items contained in the world around you) is a process doomed to fail because securing yourself from the outside is impossible. I hope you will see that it is your choice to participate in these Earth-based reality games, via your Freewill, which is making this entire reality experience happen for you. It is my most sincere hope that you will learn, through demonstration to yourself (*not by my words alone*), that you are one powerful person.

Insecurity or Fear



Here I am going to make a very important distinction between two commonly used terms: fear and insecurity. I realize that what I am doing will confuse some, but please accept the reasons for the distinction, as differentiating is critical to maximizing the benefits of the technique. Fear is something that can only come with a concern based on having an actual experience with that which is feared. If one has been in a car accident, then, and only then, can one be fearful of being in another car accident. If one has never been in a car accident, then one cannot be fearful of being in a car accident, as they have no idea what a car accident really is. I know this seems odd and many will ask, “why, when I get in a car for the first time, do I feel fearful? Is it because I know I might get in an accident?”

Consider this: are you afraid, really fearful, of a Megalop? Megalops are everywhere, they do very bad things to people, so are you fearful of them? No, of course not because you have no idea what a Megalop is. Are you fearful of a Tyrannosaurus Rex? No because you know they do not exist anymore. For the technique to work, we need to completely disassociate fear and insecurity. So, for purposes here we are now going to view fear and insecurity differently.

Fear is a rational response to revisiting an event that one has experienced, an event that one has decided they may no longer want to experience again.

Insecurity is the energy that comes about each time one is engaged in something, *especially* something new, which manifests in things like: nerves, sweats, irrational actions, anger, head spinning and so on.

We all know the vibe of insecurity. Insecurity is that feeling, that vibration that grips the chest, hits the abdominal area with butterflies, attacks the nerves, spins the head in circles and triggers a feeling similar to holding back the power of the Universe with your hands. In the most extreme cases of insecurity energy, one may see a meltdown of minor or epic proportions. The first day of school triggers

insecurity, the first bike ride, the first test (all tests really), the first date (all dates really), the first sexual experience, the first day living on your own, each time you feel you are in trouble or have gotten into trouble. The energy of insecurity is that vibe we experience far more often than we realize. Take a moment now and think about the vibe you felt in the examples given above. Take a moment to remember that feeling surrounding your very first date, or even your most recent first date.

As much as anything, insecurity and the energy it brings, is something you feel. It is a full sensory event, not just a definition of how you feel. Insecurity is a tangible feeling and most definitely not an abstract, post-event idea or explanation to be laid over an experience later in order to define something. Insecurity, and the feeling of that energy, is something that happens to us all the time whether we are consciously aware of the insecurity or not. One is insecure when getting into a car for the first time, because one does not know if they can negotiate the process of driving a car at all. Note that same exact feeling occurs when you sit down to your first piano lesson, or your first day at a new job. I intend to make you fully aware of your insecurities by the time we are done.

Fear is a different process that shows up in a different way. I can have a fear of snakes only if I have had a bad experience with one. If I have never even seen a snake in person, I cannot have a fear of one. What's the difference between being fearful of a Megalop I have never seen in person, and a snake I have never seen in person? If I have never seen a snake and someone describes a snake to me, I can surely become insecure about meeting a snake as I am unsure whether I can interact with a snake in a positive or safe way. Insecurity is associated with the unknown. Without knowledge of the physical elements associated with the experience of the snake, insecurity is all there can be.

Important Point: *The world has an endless supply of people selling the idea of "fearing" something that you will probably never come in contact with. Many people are fearful of the terrorist around the corner, yet only a handful of the seven billion humans will ever come in contact with one. In the case of the terrorist, endless media reports mean we "know" they exist, so insecurity is triggered, while we "know" a Megalop does not exist, as there is no media reporting about Megalops. So no insecurity is triggered when I say the Megalops are coming. What happens here is people's insecurity is triggered by the stories of terrorists, not their fear. Stories you hear about things you have never experienced trigger insecurity, not fear. People all over the world get insecure when they are told about earthquakes, I've been in dozens and I have no insecurity about them.*

A simple way to see the difference between the two is this: fear is the concern over a known outcome happening again whereas insecurity is concern about being able to handle an unknown experience and the possible outcomes. It is this definition of insecurity that will be most revelatory for many. Insecurity is derived mainly from one not knowing if one can handle something, something known or unknown. Fear

is really about not wanting to handle something again. There is no “fear of the unknown” but rather insecurity surrounding the impressions the unknown triggers.

There is often a fine line between insecurity and fear, but the distinction between the two is important. We’ll look at the difference through this simple example. Your first attempt at riding your bicycle without training wheels is upon you. Dad takes you and your bike out to the front yard to have your first crack at it. You start to cry as you get seated on the bike, so dad asks you, “why the tears?” The only response you can give that will make sense to him, and you, is that you are afraid of falling. To date you have never fallen off a two-wheeled bike, so how can you be afraid of this? What is creating the conflict within you is insecurity and you have translated that to a possible external event you can express—falling. You are insecure about your ability to ride the bike and it is your insecurity that has you crying. It is also the intensity of your Insecurity Energy flowing through your body that has you feeling discombobulated, feeling out of your body, feeling weak and maybe even mentally confused, as it runs through you during the experience.

At this point in the bike riding process, the insecurity and the Insecurity Energy are just as much of the process as the bike riding itself.

As dad holds you up in the ready position, you cry out, “I can’t do it”. There is an interesting truth here, *you can’t do it*, at least not yet, and this is why you are learning to ride the bike. Quite often well-meaning teachers ignore this glaring fact in favor of putting out well meaning platitudes that suggest otherwise. When dad says, “yes you can”, he only serves to confuse you, as you *know* for a fact you cannot ride a bike, simply because you have never done so before! Quite often mental confusion ensues while one attempts to reconcile things being presented in this way. This “you can” when you have not before, creates insecurity in many, as they cannot figure out how both are true.

Important Point: *Never tell people, especially children, they can do something that they have never done. This creates major conflict, and only serves to make someone more insecure. Tell them you know they haven’t done it before, and this is why they are trying to do it for the first time. Finally, acknowledge they are not expected to succeed at all, let alone the first time; then tell them to have a go at it!*

Important Point: *There is no such thing as fear of failure, only the fear of the perceived ramifications of failing. There is really only insecurity until this so called failure happens. Failure is simply a confused belief derived from the notion that there is success. It is remarkable how many people toss out the “I have a fear of failure” line when in fact they have not even tried the thing they are apparently afraid of. Someone came to see me once and said to me, “I really want to sing, but I have a fear of failure.” What would that failure even look like to this person I wondered? I said, “Have you ever sung before?” The answer was no. Okay, so*

this person had a fear of failing at something they had never done? I said, “You are insecure about the process of singing, so what?” There is an important distinction to make here, as I had another professional singer client who had bombed one night on stage, just one out of many successful performances, and fear of failure was not the issue in subsequent performances, insecurity was the issue.

Let me give you an example from my personal experience. My good friend, who happens to be eleven, wanted to learn to walk a slack-line (a thicker version of a tight rope). I had no idea how to walk a slack-line, in fact I only watched one YouTube video five minutes earlier of a skilled adventurer doing this over a cliff as my education. I figured I could teach her without a problem if we used the process to work through her insecurity. So we set up a fifteen-foot slack-line in the backyard, two feet off the ground, and went to work. Before we started I told her that I did not care whether she could actually do it, but that we were going to use this experience as a lesson on insecurity. I wanted her to see the vibration at work.

Since she had never been on a slack-line before, we agreed she could not be fearful of it and she would not be expected to know how to do it, prior to actually learning how to do it. Because she had fallen countless times in her life, her fear of falling in this arena was reasonable. She acknowledged that she was really, really insecure, which of course was beyond reasonable, as she had never done it before. As her assistant, the key for me was to separate her fear of falling based on her actual experience, with the insecurity that erupted from doing something so new and so challenging. Insecurity shows up in response to new things, and can be seen in one’s rational concern over being able to handle new things.

Important Point: *All insecurity prior to doing anything for the first time is reasonable. I’ll say this again, if you are experiencing insecurity prior to undertaking something new, you are right where you should be. How much angst in the world has been generated by the notion that one should know what they are doing before they know what they are doing? Are you one who believes you should know how to fly a plane without lessons? Are you frustrated at your first piano lesson because you feel you should already know how to play perfectly?*

So, with our fear and insecurity issues clear, we jumped in feet first into the process of slack-line walking. The first time she stepped onto the line she fell off—no problem. Except, after falling, she began to make excuses and demonstrated the usual signs of insecurity: nervousness, chattiness, excuses, obfuscation, and so on. I had none of it as she was *expected* to fall off the first time. So before she had time to go on with her avoidance routine, she was told to get back on the line and try again. Can fear and insecurity be present in the same moment? Of course, and after falling off on the first attempt, a fear of falling, based on actual experience, was added to the insecurity of learning something new. That fear was important to the process; it was that fear that needed to be used to

show her the actions that lead to falling. It was important, as her instructor, that I made sure she did not let her insecurity overwhelm the lesson. I'll not go into every moment of the next hour, but at the end of an hour, my friend was able to walk the full fifteen-foot slack-line without support and without falling. More importantly, the effect Insecurity Energy had on her was demonstrated in a real and tangible way, something she has used to her advantage many times since. Insecurity and Insecurity Energy were brought up the minute she stepped onto the slack-line, as expected, but as her instructor, it was incumbent upon me not to manage it, not to placate her, but simply to get her on the line doing the work of learning something new.

You will learn that the Energy of Insecurity is not event specific, as one will feel it when engaging in things that are perceived as being fun, as well as things perceived as being unpleasant. The vibe is what we are talking about, the energy, not the event that is triggering it. This is a key distinction to keep in mind as we go.

Take a moment to remember the last date you went on. Remember the phone call that led to the date? Remember getting dressed? Remember sitting down to eat with this new person? How about the moment right before the goodnight kiss? Now tune into the energy that erupted during each of those parts of the date. Did you feel unstable? Did you experience a dry mouth? Did you feel a rush of energy through the nervous system? Was your inner dialogue tough to control? Were you nervous? Insecurity and Insecurity Energy were at the core of the date experience. How about the last roller coaster ride you went on, do you remember that feeling as you rode the coaster? Can you see the pattern emerging yet?

There are countless ideas on how to deal with fear but they all treat fear of something known and fear of something unknown the same. I've been in several car accidents. I know what they are like and I have a mild fear of being in another, but it is precisely my experience with car accidents that puts the fear at bay, that and my driving skill based on experience. Experience is the key. Professional racecar drivers crash a lot, but they keep on driving because their experience with crashes helps them process any rational fear. I have no fear of crashing in a professional racecar because I have no experience with it, and I have no fear of blowing up in a rocket ship accident for the same reason.

What about those who crash a racecar and cannot get back in the car to race, aren't they afraid? No, they are insecure; insecure about their ability to drive the car in a situation that may lead to an accident. They have become insecure about their skills to the point they cannot overcome it.

A client of mine once told me she was gripped with fear about driving into the big city. I asked, "Have you driven in the city before?". "Yes" she replied. I simply said, "You know how to do it then. When you drive around the city with millions

of nuts in cars, not in your home area, with all the mayhem, you get insecure—so what?” She realized she knew how to drive a car just fine. She also realized the process of driving in the big city was indeed insecurity inducing, but despite that, she actually knew what she was doing because she was a skilled driver. She had no problem after that, and more importantly, she could not believe she ever had a problem.

Work to keep the distinction between fear and insecurity in mind as we go along. There is one other thing I’d like to put out there at this point: confidence is not the opposite of insecurity and is not an antidote to the insecurity problem as presented here. I will not be teaching you how to be confident, what I will be teaching you is not to engage in insecurity management to the point of losing yourself in any given moment. Confidence may be a byproduct of the exercises, but it is not the point.

The Origins



Where do we get these patterns of association with this energy I’m calling Insecurity Energy. Childhood is where the management of the insecurity system of existence is born. The development of the body has a lot to do with this, as well as the contributions of mothers and their insecurities about the entire birth/child rearing process and themselves. Later in childhood, the entire educational structure is a gigantic contributor to the insecurity problem, as it was designed to increase the insecurity in those who attend. In many ways, the insecurity problem is simply put upon us, and not really of our own design. Insecurity, and insecurity management, is largely an Earth-based body problem.

We are born with insecurity as our primary reality foundation. During birth, many mothers are totally insecure about the process, often translating those vibrations to their child in utero. This makes perfect sense, a first-time mother should be insecure about every single aspect of the process, and second or third time mothers should be insecure too, as they have never had that particular child before. The unborn body in utero is a vehicle in waiting, a car being built, for someone to attach their animating energy as the body is born. But during the gestation process, a mother's insecurity about the process of having a child is translated to the child's energy field and recorded by the child's body. If the expectant mom is insecure about money, her body, her health, or her relationship, the vibrational process is translated to the body of the child while it waits to be tossed out onto the Earth-Plane.

When it is time to be born, the child-body is flung out onto the Earth-Plane in a fairly violent process. Even under the best of births, the process can be a bit of an insecurity inducing event for mother and child. The modern birth process is particularly insecurity inducing as the hospital, insurance, doctors, awkward birth angle, insecurity of cesarean surgeries, harsh climate, vaccinations and unfamiliar people all contribute to the insecurity-creating event—not exactly a warm and inviting realm for a new Earther to be delivered into.

The body and animating energy are linked up as the birth process happens. In the best of circumstances, the connection between body and Creator-Self's Earth-bound expression is challenging. Consider the most chaotic of birth processes and one can see why linking up might be akin to trying to do brain surgery while driving a car at two-hundred miles per hour down the highway.

Once body and animating energy are linked up, the harsh world of the Earth-Plane is revealed to the infant. As infants, we come into the world with no way to take care of ourselves. If we are out of our parent's arms, let alone sight, we become insecure, as we cannot take care of ourselves in any way, shape or form – infants are helpless to help themselves. We go from a world where everything is taken care of without thought, to a world where starvation is now on the table as a real option. We go from being truly secure in the womb, to susceptibility to death in twenty-four hours if we do have a warm enough blanket.

Oddly enough, death is the opposite experience. We go from the restrictive, suffocating nature of the body and all of its weakness, to a world of liberation—funny how we are so insecure about death. In fact, men and women, to one degree or another, spend most of their lives trying to find that unique form of security created by gestation: constant food, controlled climate, protection from most of the elements. They seek to find the womb again while working hard to avoid death. Adults do not want to sleep with mom, they want to find the security they left behind when they were tossed out into this world. The womb is the most

secure place a person will ever be while on Earth.

The mid-twentieth century saw an actual public policy established to purposefully exacerbate the insecurity problem by maliciously separating infants from their mothers at birth. Many would have seen the visual example in the movies with many newborn babies in large sterile hospital rooms, away from their parents, all separated in cribs, alone, isolated from their family only minutes after hitting the Earth-Plane! It was not fear that was created by the separation, as an infant does not know what there is to fear in the Earth-Plane world, but insecurity. A massive amount of insecurity was created in each child by this bizarre and vicious effort. Think about this: does immediately separating the helpless, insecure, infant from the being who facilitated the remarkably secure environment of the womb make any sense? Your body connects with your mother, via the womb, for nine months, only to be placed in the hands of people you do not know upon arrival on the Earth-Plane—is there really an argument in favor of this? Insecurity in us went up when birth went from something that occurred at home with the family around, to the birth-for-profit, sterile, and impersonal world of the local hospital.

Birth onto the Earth-Plane is a monumental shift, the secure, protective environment of mother's womb has been taken away in favor of a harsh, non-temperature controlled world where nothing seems secure, and physical movement within the new impersonal world is all but impossible. For nine months, a mother's womb was a foundational system of security, and now, in the physical world, security can be taken away at random if mom simply walks out of the room to use the bathroom. It should be said that quite often the gestation period is a world of insecurity for the infant, and not a safe place, especially if there is instability in the mother's world due to drugs, economic issues, or insecurity stemming from life's possible problems.

Let's take a look at this rarely detailed problem from another angle. Animals are not humans, they are different consciousness expression here on Earth, but it might be useful to examine the Animal Kingdom's Earth-Plane experience for a moment. In every BBC nature program, David Attenborough announces the word "survival" countless times. It would seem that, according to David, all animals are born onto the hellish place called Earth where the only thing they can hope for is the daily fight for survival at the beginning, followed by more daily fights for survival, followed by a random death at some point because they failed to survive. If an infant is born into that same realm, does it not stand to reason that they too have an innate concern over survival?



How Would a Crawling Baby Survive Here?

Does an infant survive life without a mother? Does it not stand to reason that each child would feel a great sense of insecurity if they were unable to secure their own survival due to the limitations of the infant-body? And what if the only method of securing life was with mom? And rather than cling to the back of mom like an opossum, the infant child is left with whomever, wherever, whenever, for whatever reason, once arriving on Earth? Sure this all sounds a bit extreme, but the process of insecurity is our emotional and physical foundation in the best of circumstances. Ponder the worst of circumstances a child can be born into: poverty, drug addiction, crime, or an unstable family. Would a drug addict's child who is removed from the parent(s) early in life, and bounced between foster care homes grow up feeling rather insecure?

A child's inability to communicate is of course a huge insecurity generator. As an infant, we cannot speak and the only real tool we have to get attention is to cry. The inability to communicate is something that generates insecurity in us all. Have you ever attempted to communicate with someone who does not speak the same language about an emergency you were having? If you have traveled to a foreign country, did you feel insecure about communicating? The child's world is one fraught with weakness in managing their own bodily existence, or as Attenborough would say, survival. Children are insecure because the body they occupy, and the ability to express their Creator-Self through that body, are hindered greatly by the dynamics of the Earth-Plane. What a cruel joke that the weakest among us communicates the poorest.

A friend of mine taught her infants to speak through sign language. What a great way to help eliminate the insecurity between parent and child during those insecurity inducing years prior to speech.

Many parents are insecure about the process of having a child and this translates to the child. Mothers, in particular first-time mothers, are always insecure, yet curiously, there is little attention paid to the validation of those feelings. In fact, in some cases, women are just expected to fully and completely understand the gestation/birthing process without reservation. Ask a first time mother if they are insecure about having a child and watch the indignation erupt. Why is it that first time mothers are expected to know everything about giving birth and raising children, but first time drivers are not expected to know everything about driving? In a curious oddity, one has to demonstrate proficiency to open a nail salon, but not bring a child on to the Earth-Plane. A lack of knowledge always exacerbates the insecurity factors, be it motherhood or mathematics or doing nails.

Insecurity can lead to a lot of trouble post-birth for both mother and child. Health problems for an infant are insecurity inducing. Simple illnesses can be a big issue in setting the insecurity foundation as a child cannot express the problems they may be experiencing in a coherent way. They can only cry, as such, imbalances are often more trouble than they should be. Not spending enough time with mom can be an insecurity issue for the infant, as many mothers drop their children off at day-care shortly after birth. Mom can be insecure about leaving her child with others too.

Postpartum depression, when not hormonal, is often a feeling of, “What have I gotten myself into? I can’t do this, what do I do?” Insecurity can overwhelm anyone, and severe postpartum is an example of insecurity overwhelm. Is it really so unreasonable that someone who has never had a child, who might be financially unstable, who might have relationship issues, might have health issues, or might even experience regret upon seeing the child, is feeling wildly insecure about the next eighteen years of child rearing? The entire birthing process is one giant insecurity inducing event. Don’t dad’s wonder what they have gotten themselves into, and doesn’t that create some insecurity surrounding money, future, career, and even the ability to be a dad?

All moms should be insecure about child rearing, and dads for that matter, but bring this fact up in a room full of mothers and watch the panic, denial and the bizarre self-righteousness ensue (and of course the insecurity). Why do parents feel they know, or should know, everything about raising a child? Is it simply because they can bring life into this world leads them to this silly conclusion? A child is nothing but the unknown, yet so many are convinced that the day of the child’s birth is the start of the *known*. The unknown brings up insecurity, especially in the realm of parenting.

Important Point: *These simple words have brought more relief to parents as much as anything else I have ever said: “You should be insecure about being a mom/dad and it is just fine that you are.”*

Early childhood is nothing but insecurity-generating for both parent and child. The development of the body to accommodate the ability to express the Creator-Self Energy is slow and often a hindrance. A child's fully developed nervous system would be great to express all of that energy, yet the completion process does not happen until after our late teens. So, as children, we work with a weak and less than optimal nervous system to funnel all of that Creator-Self Energy into the body and then into the reality we create. At the same time, the parent's nervous system is in a state of deterioration, making handling of their Insecurity Energy flow more challenging for them. That strange fact is an unfortunate sequence that happens in the Creator-Self Energy/body expression of child and parent—both nervous systems have trouble handling the energy flow but for different reasons.

Important Point: *It is infancy that creates a big conundrum for parents. Parents do not wish their children to suffer. In fact, in the modern American Age, the child is often treated like a fragile object. While it seems helpful to reduce future insecurity by tending to every sharp corner, every danger, every potential hurt feeling, this isn't a reducer of future insecurity at all. We are all more secure in ourselves when we are more secure within our ability to handle life. Children who experience life, but with parents who are supportive of all the mishaps, will become more secure in themselves than children who are protected from life's unfairness. I was once standing in the yard with my friend. His two-year-old child got stuck between two cinder blocks and whined a bit. He glanced over and continued our conversation. I said, "You're not going to help her, are you?" He said, "No, she'll figure it out." Helicopter moms, insecure moms, do more to facilitate insecurity in their children and in themselves than anything useful because they actually insert insecurity, often panic, energy into too many scenarios through their actions.*

A child's first walk is insecurity inducing for the child, as they attempt to negotiate all that walking encompasses. It is also insecurity inducing for the parents. The first day at school is the same for both. What about an early childhood surgery? What about a fall from a tree? What happens when a parent loses a job and becomes insecure? Childhood is filled with the vibrational energy we call insecurity. A child who has not eaten will get insecure. A mother who cannot find her child when she wants, or needs to, gets insecure. A father who sees his child fall will get insecure (in fact, he may have been insecure by anticipating his child's fall). The Insecurity Energy vibrations are happening to all involved, all the time, sometimes to all of the family members at the same time.

Vibrational resonance is something to keep in mind here. Vibrations vibrate in harmony. If an "E" string on a piano is struck, all of the other strings tuned to "E" vibrate in harmony—they cannot help it. The same can be said for the Insecurity Energy vibration. If child is insecure about x, and mom and dad are insecure about x too, the energies can vibrate in harmony. Yes, harmony. There is no escaping

this energy and quite often in the family dynamic, if one vibrates insecurity, the others will too. My mother could trigger insecurity in the whole room for any number of reasons, and within moments we'd all vibrate in the same energy wave as she did.

Does this vibration harmony mean that when a child is insecure mom must always be secure, or confident, in order to prevent more conflict? Does it mean that mom can never be insecure? No, that's the beauty of the techniques you will be learning, you will learn that there is a way to work around the seemingly impossible process of acting confident when feeling insecure, as such, one can be totally insecure and still help a child to feel secure.

I could go on forever about the childhood/insecurity components, but this is not a research book and I think you get the idea. Childhood is a process that is all about insecurity, insecurity largely based on the physical body's inability to handle the reality it is living in without a lot of help—timely help. The reality of having a child in a world of money problems, social problems, governmental problems, health problems, relationship problems and even weather problems, will assure a parent of at least some major insecurity throughout the process and a whole lot of minor insecurity.

Questions

- 1. Write down a few things that might have been a unique contributor to your insecurity foundation.**
- 2. If you have children, write down a few things that your child has done, or not done, that triggered insecurity in you.**
- 3. Write down two things in your childhood you previously thought were fear-based that you now see were insecurity-based.**

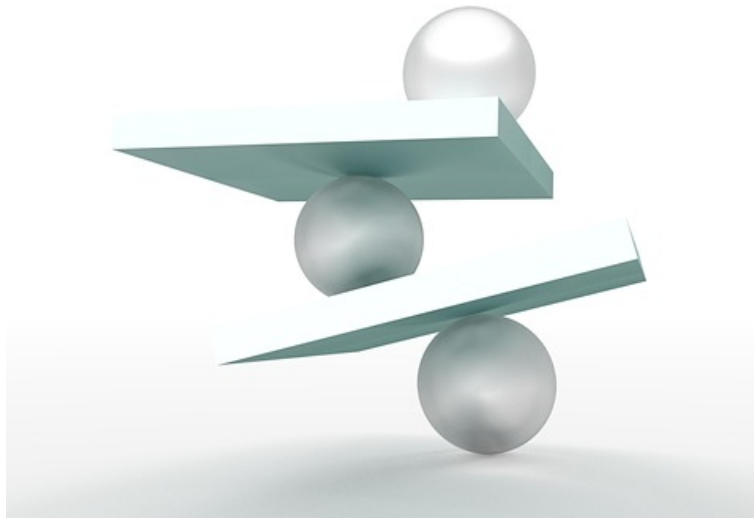
Change in Perception

The Label: Here I am going to introduce a major change in perception. Insecurity Energy is not what we commonly call insecurity, until you label it. This is an important element of this process that cannot be overstated. The energy you experience in your day-to-day life does not become what you normally call insecurity, insecurity centered around your hair, your finances, your relationship,

your health, until you actually label it. Prior to you saying, “I am insecure about my first day at work”, the energy is just a vibration and nothing more. Remember, according to the projection system of reality creation, you label things *after* they have happened, *after* you have experienced them. The energy that comes from the wall and enters the computer, the energy that is used to run the programs, is nothing but potential until a program tells that energy what to do. What you are going to do through the knowledge you gain here is change your association with the energy you call insecurity.

What we are working to do here is separate the connection one has to insecurity about being poor, with the energy that creates the feeling one defines as the “insecurity about being poor”. We are looking to change the insecurity, and the Insecurity Energy, association.

What Makes Us Insecure?



The primary contributing element to the world of insecurity is thought. The thought we are talking about here is where nothing physical is actually happening in the reality to trigger insecurity, but one is just thinking about something that may, or may not, happen. Those thoughts often trigger insecurity and an Insecurity Energy flow.

I heard a story from my science professor about a lecture he once attended. A scientist was giving a lecture in which he mentions to the crowd, that the sun will burn out in 250 million years, leaving the planet dead. After the lecture, a man came up to him and asked if he said, “250 million or 250 years?” The professor

clarified, 250 million. Upon hearing it was not 250 years, the man was totally relieved. Insecurity in our present-moment-self comes about, in large part, because we believe that we are not capable of dealing with something that may or may not happen in the future. Evidently this man was worried, insecure, about how he would handle an event 250 years off.

Seems downright crazy that a man would be insecure about a possible event that may occur 250 years in the future, long after the man would be dead, yet anything can trigger insecurity in us from events that are likely to happen to us individually, to events that probably will not happen to anyone at all. Anything we perceive to be real, as well as fantasy, are all game for triggering insecurity. Our lives are about triggering the Insecurity Energy, then funneling that energy into systems of containment designed to secure the Insecurity Energy. It is pre-event thinking that is the big problem for most people. We're not talking about actual live events, we're talking about simply thinking.

One of the most basic and fundamental concepts that triggers insecurity is the belief that we cannot handle something that may occur in the future. Could you handle being in a wheelchair? There are some for whom this thought would actually paralyze them if they thought about it too much. Many can work themselves up into a complete insecurity frenzy by dreaming of all kinds of scenarios they could not handle were they to become real. What if Russia attacks us? What if my child got polio? What if the economy collapses? See a pattern, the presence of the phrase "what if" is a telltale sign someone might be wrapped up in an insecurity situation solely based on thinking and nothing else.

The future, the world of thinking "what if", is the perfect trigger for insecurity because there is nothing one can do in the present moment when they think "what if" to resolve any insecurity. Thinking creates energy, but provides no place to put it, which creates insecurity, as the system struggles with how to deal with the energy. "What if I get on that plane and it crashes?" and of course, what if it does not? "What if I get sick?", sure, and what if you don't? Only one side of the "what if" equation actually triggers the insecurity and the energy response we are talking about. "What if you don't get sick?" has no meaning at all to nearly everyone. Does anyone ever say that? But "What if I get sick?" is often treated as if it is a present-time fact. If "what if" is attached to a thought, there is nothing real to deal with. "What if I get sick?" is just as viable a statement as "What if I don't get sick?"—there is no difference between the two other than the insecurity one triggers.

I never play the "what if" game with clients, and you can see why. When I am dealing with the "what if" scenario, I know I am not only dealing with speculation. The presence of "what if" means that I am exclusively dealing with insecurity, and the energy generated by thinking, and nothing real.

Important Point: *Never play the “what if” game for real, either with another or yourself. You may play for fun, as in “what if I move the desk over there?” or “what if we traveled to India?” but never play if for real. If you are one who is prone to endless “what if” games, I suggest trying to refrain from this for a month. Every time you “what if”, simply state, “new thought” before you can complete the thought process. Snapping a rubber band on your wrist every time you think “what if” can help too. Never argue about “what ifs” with another person. Never make plans based on “what ifs”. The future, as you believe it to exist, does not exist, and in reality, it does not even exist at all. There is no future, only what is happening now. If you are confused about what the present moment is for you in any given moment, just remember this: **If it is happening, it is happening; everything else is irrelevant.***

Thinking about the past can bring up insecurity energy too. Think about the time your parents threatened to ground you for life. Think about the first date you ever had. Think about the one you really loved who dumped you. What about the person who stole something from you? Our past was created with energy, energy we projected into our reality to experience, and it is the very same energy that is associated with insecurity, so tapping into that past with thought will almost always bring up more insecurity. If I think about the two people who stole from me many years ago, I get very insecure and frustrated as I try to manage all the energy, rage, that comes up in the present moment. The flood of insecurity returns as I “think” about them and what they did, but that energy has no where to go as they are no longer in my reality.

People who have had truly awful things happen to them in the past will struggle if the insecurity erupts in the present moment when they are thinking about that past event. The more significant the past event, the larger the energy rush during that event. Folks who have experienced some of the more egregious horrors of Earth-life rekindle that flood of energy when “remembering” the past. Just thinking can bring that energy “back”.

The past, as we remember it in thought, is mostly a distortion, mostly a collection of bits and pieces, as the brain remembers things in odd ways and in incomplete ways. When we remember something on our own, we see it through a certain prism, from one point of view that is uniquely our own. When we remember something with another, we seek to find some communal history that is in some way simpatico, yet this is not really possible. For example, I remember showing my mother how I could jump my bike off a huge ramp I set up in the street on a sunny Saturday in 1973. My Insecurity Energy was in full force in a good way for me that day as I was using it to try something new. She would remember that day as a moment that did nothing but bring up her insecurity in a very bad way—“that

idiot son of mine is going to kill himself with that stuff”. One event, two different interpretations of the Insecurity Energy and the event itself. Never argue about the past, it only serves to bring up insecurity in the present, especially when memories do not link up exactly.

FYI: *Memory becomes even more blurred when the point of view shifts from within. You may remember things from the first person point of view, your personality, but occasionally you might remember them from the Soul-matrix point of view, as if you are looking at yourself. Even stranger, some remember things from the collective consciousness’s point of view. An event like the World Trade Center incident has people remembering things the collective consciousness saw – saw mostly on TV, as few actually experienced the event in a personal way. Memory is rarely fact and mostly never truth. It makes court testimonies a dodgy business indeed.*

Thoughts about the present moment, or near present moment, are where insecurity and Insecurity Energy is always part of the equation. The reason for this should now be clear to you, as it is the energy you use to create your reality. Yet, the reality that is manifesting before us will always bring up insecurity when it does not meet with our expectations. Ah, expectations, the evil offspring of “what if” and “personal history”. If I expect to get the new job I apply for, and I do not, the insecurity will surely show up as I think about the entirety of the event. If I expect Jane to call me for a date, and she does not, insecurity will surely follow as I speculate about why she did not call. If I am playing golf, and I expect to hit a good drive on the first hole, and do not, I assure you I will see some insecurity on each subsequent shot, and maybe even for the entire round. The belief that things should be a certain way, and are not, is an open door to being insecure. As a rule, expectations are always inappropriate.

Important Point: *Insecurity issues will nearly always be present when the reality you perceive does not meet exactly with the reality you expect to see.*

Here’s a thought that provokes insecurity in three ways. The idea of aging can bring about insecurity if we are thinking about the past: “I was once young, remember when...” This can make us insecure as we think about all that we could once do and no longer can. How about thinking about the future realities of age: “Oh, what am I going to do when I can’t take care of myself...” This can bring up huge insecurity, in even very young people if they think too much about their future declining years. Then of course there is the present time thought that grips us all: “Oh, I’m getting old...” Here we have one idea, age, and three different insecurity-generating thoughts, thoughts that having nothing to do with what is happening in real time.

Thoughts are Insecurity Energy generators, but the actions we experience everyday are generators too. Everyday, one experiences things that bring the traditional insecurity feelings to the surface. It is important to start seeing that it is the presence of the energy itself that creates the feelings. When we attach a label to it, only then do we experience feelings of insecurity about X, Y, or Z.

Life Examples



I went skydiving once and the experience brought up massive amounts of insecurity in me, as you might expect. At the time, I had no clue about the Insecurity Energy factor, so what I thought was fear was really insecurity. I just felt this rush of energy as the process began, well before we got into the plane. If you had asked me how I felt, I'd have nervously said, "ah, I'm cool, everything's fine." If you pressed me, I'd have pointed to the idea that I was just a little afraid. What was really happening is the insecurity showed up, and in the inner world, it had me concerned, insecure, about my ability to pull the cord, not look like a jackass, keep my bowls in check and more. I was damn insecure now that I think about it. I was insecure about my ability to handle something new, and truly stupid. Doesn't that seem reasonable? This experience was one in which I was consciously choosing to participate for fun and it brought up insecurity. That energy is exactly the same as the energy that came up right before a surgery I had, and the same energy that came up right before I started this book.

My jump was a fun a contained three-hour event, but so much of life is not structured that way. In our day-to-day life, things seemingly happen to us which can build on each other, creating a full-blown insecurity attack. Here is an extreme example of a troubling day in the life of a single mom, which has a mix of thought-based insecurity and event-based insecurity.

Our single mom has watched a catastrophe movie alone, which brings up insecurity before bed—"what if" there is an Armageddon? In the morning, she feels fat (insecurity) and so she skips breakfast (body-based insecurity through starvation kicks in). She heads off to work after dropping her child at school and the car starts making a noise (insecurity triggered by the unknown). The school

calls to say her child is sick, and insecurity kicks in big time. The movie triggered some, the weight issue added to it, no food exacerbated it, then finally the child's unknown state. It is all too much Insecurity Energy flowing through our single mom. She needs to ask to take an early lunch to pickup her child and asking for that triggers more insecurity, as the boss seemed grumpy about her request. One gigantic bag of insecurity is her reality that day, and she is feeling like she is going to explode. She gets to the school and immediately yells at her child for being sick. In that moment, the only thing she could point to as a source of this intense energy was the child.

Her view at that moment was that if the child wasn't sick, none of "this" would have happened. What was the "this" she was referring to? "This" is the thing we believe is the key to our problems. Insecurity, and that energy, is the *only* issue here. The child got sick, so what? The boss made an accommodation, so what? She attacked the child for being sick, as it is the one thing she could see as the cause of the problem. Without the child, the insecurities, the Insecurity Energy, would never have shown up and flowed through her body, and she would never have had to feel the way she felt. It is the insecurity, the Insecurity Energy, which she did not want to experience. So often the "this" is the energy of insecurity, the powerful vibe that shows up in times of stress, confusion, or trouble and a vibe which we very often do not want to experience.

The energy associated with my skydive is the same energy associated with our single mom's bad day. The energy is just like the power coming from the power line, generic until it is being used. The power line's energy can be used for playing music through a stereo, or it can be used to jackhammer the patio concrete. One is pleasant sounding and one is not, but the power that drives both experiences is exactly the same.

Our next example is less about stress and more about excitement. While standing in line for lunch, Adam stands behind a very attractive girl. He sees she has no ring, so he's now interested in her. A rush of energy hits him. His brain starts thinking all sorts of thoughts, including how to find a way to talk to her. She gets to the counter and orders her lunch. Adam still ponders the dilemma, tapping his foot, nervously twitching, as she orders her food. Our mystery girl walks away, disappearing through the crowd as Adam makes his way to the counter. What should he do, what should he say, what if she rejects him, what if she likes him, what if she doesn't speak English? Adam stands in the corner and waits for his food; he decides he cannot talk to her. The rest of Adam's day is a mix of frustration and anger. Have you ever been too insecure to speak with someone you were interested in? I know I have. There is a rush of energy that accompanies seeing someone of interest, it brings up "feelings" as the energy courses through the body, and many of those feelings are feelings of inadequacy, excitement and confusion. The reason those feelings come up, is that somewhere along the line we associated the presence of that energy, and someone we are attracted to, with the

feelings of inadequacy, excitement and confusion. Why wasn't the association a more comfortable one? Adam did not speak with the mystery girl because he was too insecure to try and talk to her.

Pressure can trigger insecurity, even pressure that should be fun. Daniel heads out to play in the company golf tournament. After a pretty good round, Daniel stands over the putt that will win him the tournament. Suddenly Daniel feels paralyzed. He's confused by the putt, he feels pressure like never before, he's unable to choose a putt line that he feels good about. Daniel is riddled with insecurity as he steps up to finally hit the putt. He has made putts all day, but this one "feels" different. He misses the putt badly. In golf there is a term for guys who are too insecure to putt effectively called "the yips", and professional careers have been killed by this easily remedied situation.

It is life that makes us insecure, it is life that forces us to bring Insecurity Energy into our reality, energy that makes us feel insecure, as this is our association with that energy. In fact, it is not the energy that is a problem at all; it is the association with the energy that is the problem. Hopefully you are beginning to feel a change in the association you have with being insecure and Insecurity Energy already.

As you can see, it is our lives that create this thing we call insecurity. The first time you fly on a plane, the first day at college, getting fired from your job, a divorce, a family member's death, even something as small as the responsibility of giving or receiving a gift can do it. Responsibility is a huge instigator in the insecurity game.

When someone is handed a responsibility it will nearly always trigger insecurity and the Insecurity Energy. The boss walks in and says to Jane, "Jane, you have one week to get this 2,000 page Henley Report done!" Watch Jane's insecurity rush to the surface. Tom's friend David just called and told him he needs Tom to rush out to Oklahoma to help him deal with David's mother's death. Ellen's husband was just diagnosed with cancer and he has to quit his job for a while, while he gets treatment. Art and Mark are planning on opening a new restaurant; can you guess what is going to be present throughout their process? Margo is going on stage for the first time, performing her own, personally written, one-woman show, called "Margo".

Performance anxiety is insecurity. If you are concerned about your ability to perform regarding the Henley Report, or regarding assisting with a friend's tragedy, or regarding the creation of a new restaurant, or regarding the performance in front of an audience, insecurity is the cause.

Margo's agent says she has a "fear of public speaking". Margo's issue is actually insecurity associated with public speaking/performing, which is really, "I am insecure about my ability to speak in front of an audience, especially when the entire show is all me."

Consider this: when in the womb we had no responsibilities at all, but on the Earth-Plane, we might have any of the above responsibilities thrust upon us. Even as a child, our responsibilities are minimal as our parents provide food, clothing and shelter. The sudden receipt of responsibility is always a challenge. Now add to that the information we just put forth regarding the process of “what if” and “thinking”, and you can see how things can quickly get out of control. Jane’s first thought when handed the Henley Report job was, “Oh my god, what if I screw this up and they fire me?” How did Jane handle the news externally, what did she say to her boss?

Jane’s first statement to the boss was said with vitriol, “Wait, what, no, you can’t do this to me, why me?” How often is the bringer of the responsibility hit with a backlash, or an outburst, upon delivery of the edict? I know I get quite insecure, and full of insecurity, when an unanticipated (*un-expected*) responsibility is dumped on me. In fact, I have a phrase for it, “Gee, that’s a responsibility I didn’t have fifteen minutes ago.” How does your child react to getting unexpected responsibility?

Far too often, I have seen insecurity erupt in children who are given new things to do. Children struggle with the idea of how they are going to handle the unknown and the insecurity can overwhelm them in the moment. Children struggle with the responsibility of test taking, as it makes them insecure; a pop quiz is beyond insecurity inducing for many. Keep this in mind when your child reacts to something that triggers insecurity in them.

Everything I have just said about insecurity triggers, applies to children as well as adults.

Important Point: *Having worked with countless people, I have come to the conclusion that it is a very bad idea to remove life’s responsibilities from your child simply to give them a childhood. I’d recommend involving your children in the payment of the monthly expenses, as well as many of life’s other musts. Why? Because there is no reason they should not learn what money and living expenses are all about; they are not going to get that information from school. One day they will have to pay, yes pay, for cars, power, water, and living quarters just like you. Is there some cosmic or biblical reason why this should be a responsibility just thrust upon them when they get tossed out at eighteen?*

In many ways, it goes without saying that money makes us insecure. Too little money is an obvious insecurity inducer to almost all, but what is not so obvious is that a lot of money does not always eliminate insecurity issues. David Rockefeller, when asked how much money was enough, once said, “a little more than I have.” I knew someone once who could not spend the money they had if they tried, and this individual was triggered to insecurity by a great many things, even money issues.

Money, it would seem, does nothing but make people insecure; if they have it, they are trying not to lose it, and if they don't have it, they are trying to get it.

Each time we do something new like take a step, eat solid food, take a test, get married, etc., we can be riddled with insecurity. Sadly, this is never recognized by either us, or those around us, as a mitigating issue for our behavior and our actions. It is the act of existence that triggers the energy we feel as insecurity. Going back to our definition of life, we can see that the energy coming to, and through us needs something to do, so we participate in a life. The body is the vehicle for that life and the vehicle for that energy's expression. Insecurity Energy is that energy.

Shame



The public, or even private, admittance of being insecure is akin to being a lame Elk within the sights of hungry wolf pack—"that's the weak one that we will feed on". When I first started teaching this technique I told many women the core of their issue was insecurity, and the venom coming at me from them nearly poisoned me to death. The negative association the women had with this idea was remarkable to me. For example, most women I have met, in particular my mother, are remarkably insecure about the way they look. Since most women are insecure about their looks, you'd figure there would be no issue surrounding the topic. Yet, telling a woman she is insecure about the way she looks is the worst thing you can ever say to a woman. Women would rather be called ugly than be told they are insecure about the way they perceive themselves.

The response from the men I worked with on the topic was complete confusion and befuddlement on their end. Telling a male client that the core of his issue was insecurity, was almost as if I had told him he was the new King of Siam. Men, who are just as insecure as women, do not seem to even know what the idea is, let alone subscribe to the idea that they may be insecure and that this insecurity may have an effect on their lives. Oddly enough, the detachment of the men is much harder to overcome than the recoiling of the women.

Shame is the key word here. People are ashamed that they may be insecure. If everyone on the planet is insecure, then what on Earth is there to be ashamed of? It is as if everyone is ashamed of having a body. Even now, there is a part of me that is ashamed of being insecure about choosing what to say in this section. The sense of shame around this topic runs deep, really deep, in all of us, yet insecurity, or feeling insecure, is nothing to be ashamed of at all. Insecurity Energy, the energy associated with being, or feeling insecure is something to be proud of, something to celebrate.

Important Point: *Never seek to distance yourself from feelings of insecurity no matter what is triggering them. Do not seek to embrace them either, simply see them as a part of your life.*

After all that I have said, if you are still unclear what the feeling of insecurity is like, think about the feeling you got when you received your first traffic ticket. Really think about what you felt when the cop lit you up, motioned for you to pull over, then strutted to the car with his gun, his handcuffs and his authority.

If you've never received a ticket, think about the feeling that came over you when you went to open a bill you knew was going to be way more than you wanted it to be. Think about the feeling you had when you held the letter and thought, "how on Earth am I doing to pay this?"

Questions

- 1. Were you ashamed about being insecure before you read part one?**
- 2. Are you still ashamed after what you just read?**
- 3. Can you write down the last time you were really insecure?**
- 4. Are you ready to see Insecurity Energy in a new way?**

The end of part one gives you your first technique. Many people will read the entire book right to the end, but from my personal experience, you are better served by doing the first technique before moving on, as the second and third parts will make more sense once you familiarize yourself with the energy of insecurity. While many will skip ahead, it is strongly, strongly recommend you at least refrain

from moving on to part three before doing parts one and two, as you may use part three in the incorrect manner. You may read, but please do the techniques, in order, to completion, before moving to the last technique.

Technique Number 1:



For the next week, you are to observe when Insecurity Energy shows up in your experience and simply make a mental note of it in that moment. Here you are looking for your personal signs of insecurity which may include some or all of the following: nervousness, stomach discomfort, pain, backache, spinning thoughts, feelings of hopelessness, anger, frustration, chattiness, withdrawal and “what if”. You are not to judge the feelings or the event(s) surrounding insecurity and the Insecurity Energy. You are not to try and figure out why you are feeling insecure at all. You are simply to note the fact that this energy is present. My personal catchphrase to signify the energy is, “oh, I’m insecure, that’s cool”. There is no need to take notes, simply acknowledge the vibe in each moment that it occurs. If for some reason it takes you a few hours to finally see you are insecure – long after it may have started, simply state your insecurity catchphrase when you finally see it.

For the week, observe every single place you find yourself feeling insecure. Do so without judgment, without logic, and without investigation of any sort, just acknowledge the presence of it. Keep this in mind: no matter what the insecurity is related to, or how absurd or ridiculous it seems, the insecurity is always perfectly reasonable. This is a troubling exercise at first, as you cannot believe the places you are insecure. You may find you are insecure about cooking dinner for yourself, or going out to eat by yourself. You may find you are insecure about taking a shower or a taking business meeting. You may find you are insecure about what you are wearing, or what you are not wearing. You may find you are insecure about not sleeping, or going to sleep. None of the reasons matter; just notice the insecurity for what it is—simple insecurity and nothing more.

There is a possibility that some of you reading this will be so detached from your insecurity that you may see or feel nothing at all. That is okay too as you are probably insecure about doing the exercise. Let me assure you, if you are on the Earth, you have it.

This technique is designed to assist you in familiarizing yourself with Insecurity Energy in a new way, in order to begin the new association process. Insecurity Energy is associated with feelings of insecurity. In fact, the two are paired, so if you have one, then you have the other. Your goal here is to get to know the energy attached to your personal feelings of insecurity in a very conscious way. This exercise is about nothing more than this process. You will fix nothing, you will solve nothing, you will simply observe.

If you are really having a hard time getting the sensory feeling of insecurity, I suggest you go out to eat by yourself as a way to trigger it. The process of eating in a fine restaurant alone will almost always trigger insecurity. I'm reminded of a brilliant scene in Steve Martin's "The Lonely Guy" where the restaurant staff does everything they can to point out he is eating alone. By highlighting the fact that he is alone, makes him very insecure.

Very Important Point: *You are not to judge anything you are doing while undertaking this process. Under no circumstances are you to say, "I'm so stupid for feeling insecure about this", or "I would never feel insecure about that". Judgment is a huge problem and it will not help you here, this system is about moving away from judgment. I can honestly say, without hesitation, that in all the sessions with people I have had, I have never seen an insecurity concerning a real event that was foolish, or negative, or bad, or childish or anything other than reasonable. No judging!*

Doomsday



As many of you may have figured out by now, I have the ability to see things, to know things in ways others do not. This gives me insight into the future of both individuals and the collective. So I am now going to share something with you, something I think you should know. This is a fact that I personally know to be true and I will share it with you now in order to prepare you:

I know for a fact, that within two years from the time you read this, there will be one, if not two, global catastrophes that will, without question, have a marked effect on you and everyone you know. Your life, as you know it now, will not be the same after the catastrophe hits you personally, as many you know and love will die, and die a horrifying death. This is a fact.

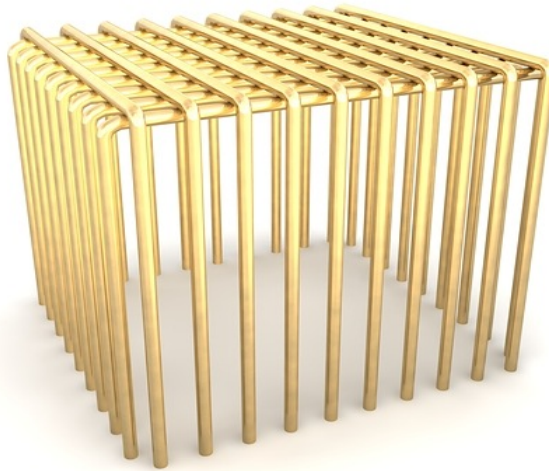
PANIC!

I have just triggered some real insecurity you. Once you think about what I have said, insecurity takes control and has you internally saying, “I don’t know if I can deal with that” or “I don’t know how I will deal with that?” None of what I just said about the future is true, none of it, but did you notice how a little part of you just got insecure? Did you notice a little rush of energy as you pondered the idea?

Even if you think that I am full-of-it at this point, there is part of you that thought, “hmm, what if he is right, what will I do?” And it is that last thought about what you are going to do which is important. This “what if” really means, “how will I secure myself, in this catastrophe?” It is the idea of securing that leads us down the real rabbit hole—the world of insecurity/securing.

PART TWO

Securing



Before we get into part two, I want you to keep one idea in the forefront of you mind: *Securing means to contain or to cage.*

It is here that I will introduce the idea of insecurity/securing. Securing is the process whereby the insecurity in us is secured by something in the external world. In our infancy details, we saw how the insecure child relies on mom for survival. From day one when we become insecure over being hungry, we cry and an attentive mom recognizes our cry as a cry of hunger and secures us with food—and so the process of insecurity/securing is born. If, as an infant we are chilled, or we have a wet diaper, or we need to be held, mother is there to secure our insecurity by taking the appropriate actions. It is not the wet diaper that is the trigger, it is the insecurity over having the wet diaper that triggers insecurity, Insecurity Energy, which then requires a securing agent of some sort.

For our purposes here, a securing agent is someone, or some thing, that we use to eliminate our insecurity. What this means for each of us is a securing agent is used by us to stop the feelings of insecurity, and cage the Insecurity Energy. What this really means, at the deepest level, is that a securing agent captures our energy, our Creator-Self Energy.

As an infant, food secures us, it keeps us alive. So when we feel insecure concerning food, the energy inside us seeks to get securing from a source, that source usually being mom in the form of the delivery of food. The need for food triggers insecurity, which triggers the process of obtaining food, which triggers a cry, which triggers mom to bring the food. In infancy, our needs are met primarily by mom. This is natural as mom is our go to securing agent. What is less obvious is the association we develop with this energy we call Insecurity Energy; the force that creates our reality and the energy that is the core of those insecurities. Instead of being able to secure ourselves, our infant-selves must rely on another to secure us every time the Insecurity Energy shows up. As an infant I was not able to go to the local grocery store, buy groceries and return home to fix myself an Italian meal, even though my Insecurity Energy was demanding I do something of the sort when I became insecure about food. So as a helpless infant, someone else had to provide the milk, or the meal, for me to survive—to secure me. The outside world was the securing system for my insecurities, my Insecurity Energy, for as an infant, I could not secure myself.

This sets up the equation for life: *when insecure, seek to secure from the outside, not from within*. At no point in infancy are we taught, let alone trained, to secure ourselves from within, as we have no mechanism for accomplishing this. So, our foundation for life on the Earth-Plane is set; we must secure ourselves from the outside. Food, which used to come from within us (mom and child in unity) while in the womb, now comes from the outside. My internal programming reads something like this: “Since I cannot get life sustaining milk from my internal world, I must get it from an outside source—mom. Mom, or someone other than me, must be available to secure me, or I will die.” Think about that, as this is your Earth-life operating system’s first line of code, the foundation for which all other future programming will be based. All of your programming is stacked on this one notion; external securing is all there is.

Infancy teaches us the process of external securing via another. When an infant feels general insecurity, they will reach out to mom to be held. When a child learns to walk and feels insecure in the first few steps, they will reach out to dad to keep from falling, and when an infant learns to swim with mom at the pool, the insecurity is assuaged as long as mom’s hands are securely holding him/her. As a child, the hands reach out to another for securing. Have you ever seen a child wander off and then suddenly realize they’ve gone too far? Notice how that feeling of confusion is assuaged once the insecurity is secured when mom sees the distress and rushes over. Childhood is one sequence of insecurity/securing by a parent or another. Isn’t one of our preferred early childhood items called a “security blanket?”

Because of that foundational programming, every human on Earth is under the

impression that their existence is fully and completely contingent on things that exist outside them. Initially the foundation on which they come onto the Earth-Plane, the womb, provided all the securing needed, which seemed to come from within as mother and child are woven together. Then, in a moment, the inner securing world is altered; it is now an external securing world. It isn't that we actually secure ourselves while in the womb, but it appears that way from our point of view and the change is monumental. Suddenly that world transforms by 180 degrees, as now mom bathes us, mom takes us out, mom changes our diapers—mom secures us in every way possible. The world from the infant's point of view is one in which the outer reality secures the needs that derive from the inner reality, as we cannot do any of those things listed above for ourselves.

Later in life we have to undo all of that insecure/securing action history and learn to feed ourselves, bathe ourselves, provide for ourselves—*secure* ourselves from the outside without mom as the securing agent. Admittedly some get this changeover better than others.

At first, we begin the process of insecurity/securing by relying on others to secure us: mom, dad, grandma, and so on. Then we add the notion of using items to secure us: food, clothing, toys, and so on. Later we need less tangible things to secure us, items beyond the basics of food, clothing and shelter, like our inner sense of who we are. Childhood is also the place where we look to others to secure us in the form of assurance, support, guidance, approval, acceptance, and so on. In essence, by the time we have finished our first year of grade school, we've all but solidified the notion that we cannot secure ourselves no matter what. That very first moment the teacher tells us how we did on our first test is the very moment we end the pursuit of self-approval. It is that moment we move into the realm of external securing as our entire developmental process.

Securing comes in the form of food, items of personal use, and even the maintenance of our physical form. What is less subtle is our need for securing emotionally, mentally, and spiritually. Soon the securing basics in childhood give way to those more nebulous realities that need to be secured from the outside: who likes me, how smart am I, who loves me? Then we add things like: what if I die, what about my career, what is this world all about? No matter the topic, no matter the need, no matter the issue, we are taught in no uncertain terms that securing comes from the outside, never from within.

We learn when we are insecure that securing is only to be found in the outside world. That securing is often for sale, often vague, often not what one really wants, regardless, the facts are clear: securing must come from another, someone, anyone other than you. As we develop we are taught, based on our foundation of insecure/secure, what we are supposed to be insecure about, like money, relationships, and health. Then we are taught, often by the same people, what will

secure us. For example, the institution of education teaches us we should be insecure about crime, they also teach us that the police will secure that insecurity. Are we not taught in school to go to an authority, like the police, when we have a problem? Why aren't we taught to first try and sort out our problems ourselves, and only as a last resort to seek out an "authority"?

The Securing Institutions



Now that you have a basic sense of the reality of insecurity/securing, I am going to take you on a journey through the remarkably complex world of the institutional securing systems. We're going to take some time here, as it is my experience that few, if any, truly see what is going on here and how the system we live in really works.

The institutions, like government or education, are the major Earth-Plane systems of securing, and those institutions are in the business of selling securing to the insecure for profit, monetary profit, but more importantly, energy profit. Again, the institutions of government, god, law, education, policing and the like are in the business of selling securing via their wares and they take both your energy and your money to secure you. They are the mechanisms by which nearly all humans on Earth secure themselves, or think they secure themselves. These institutional systems are complex, invasive, and ubiquitous and they survive solely on the Energy of Insecurity given freely to them by you and me.

Important Point: *All institutions survive on the Energy of Insecurity, as such this means all institutions must seek out those who are insecure.*

As we move ahead, please keep in mind that I am referring to the institutions here, not the individual people who make up the institution. There many wonderful people, doing wonderful things, who happen to be a part of these institutions—this will not be a condemnation of those individuals but an exploration of the institutions themselves.

The Government



The average human is under the impression that without government, not governance, but government, there would be anarchy. The average human is under the impression that government is a benevolent force created out of the will of the people in order to provide those same people with a better quality of life by managing the things that only a collective, like government, can manage. The average human is under the impression that if they can choose their government officials by voting, they are an essential part of the process. In actuality, none of this is true. What government actually is and does, is beyond the scope of this book or technique, but for simplicity's sake, I'll ask you to view the government as a corporation (all governments are actually corporations) that is in the business of selling security, via the products that particular corporation does best. Through the process of selling you security through the regulation of your food, your health, your travel, your house, your money, your relationships, your personal hygiene and especially your body, they can sell you a great many other things too, like nuclear weapons.

It is believed that Henry Kissinger said the following at a meeting of the Bilderberg Group: "Today, America would be outraged if UN troops entered Los Angeles to restore order. Tomorrow they will be grateful! This is especially true if they were told that there was an outside threat from beyond, whether real or promulgated, that threatened our very existence. It is then that all people of the world will plead to deliver them from this evil. The one thing every man fears is the unknown. When presented with this scenario, individual rights will be willingly relinquished for the guarantee of their well-being granted to them by the world government." What Henry is really saying here is that the people are so insecure (fear is the wrong word) that providing *security*, during a real or perceived threat, will allow the government to do anything they want to the

populace. He is absolutely right! The government's chief product is securing just like mom.

The government has securing systems with the names: National *Security* Agency, Department Of Homeland *Security*, Transportation *Security* Agency, Social *Security* Administration, National Nuclear *Security* Agency—these names were chosen for a reason. The presence of the word “security” implies that you are insecure without this agency. The word “safe” or “safety” in a corporate title is also used as a code for insecurity exploitation via the selling of securing.

FYI: Kissinger uses the words “...our very existence”, which is a key point. The politician, the face of the company, must include themselves as potential victims of the perceived trouble in all sales pitches for securing systems. Keep that in mind when a politician asks you to do something, or give up something, that really does not apply to them.

Government is nothing more than a big giant security blanket that, ironically enough, does not intend to actually provide security or secure our insecurities. Why? If a corporation has nothing to sell, they are out of business. The main product that any government sells is protection from those who threaten the people they govern. The threat of the unknown people who seek to kill us in mass are what government uses to trigger insecurity energy in us. Once the insecurity is triggered via real or perceived events, the officials then offer us the securing. There has not been one day in the last 2,000 years without war; this fact has kept them in business has it not?

The Iraq war was fought for a myriad of reasons, primarily on behalf of the IMF and their fiat currency, but the reason the people residing in the United States were so eager to rush off and bomb another nation was they were convinced the action would secure them. Fresh off the insecurity inducing event in New York, the population needed securing from the outside threats the government told us we needed securing from. The various securing institutions of the media, the military, elected officials, etc. continued to fuel the insecurity generated by that event until we demanded war. The reason given for the war was that some form of weapon contained in Iraq could kill Mom and Pop Smith in Peoria Illinois at any time—tell me that idea isn't insecurity inducing if you believe it to be possible. Mom and Pop Smith were so insecure about the possibility of dying from an Iraq-originating event, they gleefully supported the idea of securing themselves with war against a group of people they never met. Did the war assuage any insecurity?

The federal government secures us, or does it? One would think that the thousands of government-controlled nuclear weapons, weapons we voters paid for, would make us really, really secure. Since the day the weapons went active we've been warned, hourly it seems, that we are not secure! We're told our weapons are not

enough to secure us and we must be even more insecure about another country getting these nuclear weapons and killing Mom and Pop Smith in Peoria. What is the point of the weapons then? Even more curious, as soon as the nuclear weapons went live, we became insecure about the nuclear weapons themselves. Many built securing bomb-shelters in their backyards to secure themselves from the insecurity created by the weapons that were supposed to secure us.

In the bigger scheme, the governments of the world sell faux security so they can continually exploit the insecurity in the masses for complete and uninterrupted control of their wards. The masses just eat it up because their insecurity within is so powerful and overwhelming that they ignore the hypocritical facts in front of them and press on with insecurity abatement via government bureaucracy and the killing of others. The people who live in America are so insecure about an external attack, they are willing to give nearly a trillion dollars a year to the corporation of the United States Government to spend on weapons and other killing accouterment. In the last fifty years, those same insecure people have paid trillions to secure themselves against an attack that never happened—TRILLIONS!!!

Important Point: *The killing of another is a proven way to obtain temporary security on Earth. While it is tragic, those in the business of selling war exploit that unfortunate truth.*

The federal government takes the power created by national insecurity/securing systems and simply imposes it on the rest of one's existence through various securing agencies. The FDA is supposed to be concerned with your security by looking into possible issues with the tens of millions of food and drug products made available to consume. The TSA is supposed to keep you secure while traveling by looking into your body for bombs. The DMV is supposed to keep you secure by looking into the way you drive. The EPA secures Earth by looking at what you do with what you make. There are countless government agencies, quasi government agencies and agencies that act like governments, all in the business of keeping us secure...for a fee of course.

We, the people, pay the government to secure us and we give money to those we want in the government to secure us as well. The representative system of government in the United States, a republic not a democracy, has people giving money in the form of campaign money to the candidate they wish to elect in order to secure them personally and, later, they give them money in the form of employment compensation too. A person who seeks to run for office goes around town to collect money from the people who believe that his form of control over them will secure them best. In the United States, the people who want to exert control are often divided into two pretend oppositional camps: the Democrats and the Republicans. There is some kind of vague distinction between the two parties. This distinction gives folks the illusion they are choosing the brand that secures

their insecurities the best. You'll notice that nearly all political campaign platforms include being tough on crime. As we know, the thought of random crime creates insecurity, which is nearly always assuaged by the candidates promises.

Folks elect these life managers in the hopes that they will get something personally, something securing, yet few ever do. I've been on the planet a long time and I have never had an elected official offer me anything that would actually secure me, or anything at all for that matter. None have ever come to my house to help me plant a tree, or given me a few bucks when I've been short on money, or stopped by after a family trauma. The same goes for me, I do not care about a thing that happens to them personally, as I have never done any of those things for them either. But, the minute my neighbor decides to put up a twenty foot purple wall between the two of us, I'm all over that local politician via email, fax and phone, demanding he stop the wall from being built. Why? Because he is now my securing agent. I want him to keep that wall from going up by using all of the securing agencies at his disposal. And I will use the threat of doing everything I can, to keep him from being re-elected if he does not come through for me—I want him to feel insecure so he'll do what I demand.

Did you catch that? If I don't get what I want, I'll look for ways to make the securing agent, the politician who failed to secure me, feel insecure. The government official I elect is there to secure me from others via his ability to garner the various securing agencies of the government, and by making laws, to impede the ability of those I disagree with to make me insecure.

What most people do not understand is that quite often the most insecure people are drawn to run for office in this system of control. A secure person does not want to control others, but an insecure person desperately wants to control others because they believe it will secure them. They believe getting elected into office will eliminate their insecurity. So the more insecure a person is, the more likely they are to enter public office. A politician knows that the more people that vote for him/her, give them money, support their causes, the more secure they will be. There is nothing more securing then a landslide victory. How insecure do you have to be to run for office in order to change things in people's lives to reflect your point of view, your insecurities?

Important Point: *Government's chief method of securing is to write laws. All laws are written for you personally. There are millions of laws, codes, ordinances, statutes, and policies defined by hundreds of millions of words, and all are written to control your personal behavior, in order to better secure you. I'll say that again, not one law is written for the other guy, they are all written for you personally. How does this secure you?*

Government is a system of control. The way in which the government asserts its control over others is by triggering insecurity. At the national level, the process of a threat to security is hard to come by, but those who govern know about a quirk in the human condition and they exploit it to no end. The modern national governments were set up to deal with the notion of collective, or mass, death. The human population is fearful of dying in a group, to the point of absurdity. Today over 150,000 people died all over the Earth, and at least one million died last week. Does that upset you? The key is they did not die all at once, and all in one place.

If several thousand die at one time, the insecurity erupts in an uncontrollable fashion for those who are told about it. If Mom Smith dies, it is okay. Even if Mom and Pop Smith die in a car accident, everything is okay. But if Mom and Pop Smith die with five others in a seemingly random event like a plane crash, many will get insecure when the media exploits our insecurity to sell their story. Have you ever said something like, “how many died?” when responding to the news of an accident of some sort? Why does the number matter? What is the number that triggers insecurity in you, five deaths, twenty deaths, or is it more?

Collective death is a problem for humans. Random collective death is one of the biggest insecurity triggers for all humans, despite the fact that some 54 million of them die each year. The government proclaims to protect us from this happening via the regulating agencies. The Transportation Security Agency secures us from dying in a plane crash; The Department of Homeland Security secures us all from dying in a collective terrorist attack death. We are so insecure about communal death that we subject ourselves to the most humiliating and degrading of procedures in order to prevent it.

The job of securing an individual from personal death, and the ramifications thereof, falls to the god people, the religious institutions.

Religion



The religious institutions, no matter the origin or the form, are about control through the dissemination of information—they claim to know what you want to know. Religious institutions derive most of their power from pretending to secure us from our insecurity surrounding the process dying. It is our insecurity about what happens when we are no longer in a body that they exploit. More to the point, it is the “what if” thinking about death that they exploit, the insecurity about the future.

As children, we have no concern surrounding dying until someone programs the insecurity about bodily death into us. The death insecurity, when added to the inherent insecurity foundation within us, allows this programming to effectively control us as we get older. We quickly become insecure concerning what dying is for us *personally*, as the inner dialogue of “what happens when I die, what will I do, where will I be when I die?” needs some answers, securing, immediately, via the systems of external securing available. We want to know what happens *then/death*, right *now/life*. Remember what I said about future thought?

Concern about death is nothing but insecurity about the future. The keepers of the post-death information, the religious institutions, then exploit that insecurity and create an Earth-based “fear” surrounding it. Hell is a place where Earth-based problems such as heat, fire, enslavement, etc. occur; all things people experience on Earth everyday. Karma takes you to a place where Earth-like punishments or rewards happen; all things that happen on Earth everyday. The New Age gives us a place where we learn the Earth lessons we didn’t learn; Earth experiences again. Each version of post-life is familiar Earth stuff, it has to be, because who’s insecure about seeing a Megalop in death? No one is actually concerned with a Megalop in life, but if I, as a religious authority, said, “Megalops will enslave you in death if you do not take Jesus into your Soul”, some folks would actually be insecure about that.

If I am secure in what I know death to be, no ranting lunatic with a three-dollar toupee is going to have any effect on me, as he preaches the salvation that is due me upon death. If I am insecure in my understanding of my death process, then preacher-boy has a follower for life. The man on the alter must play to my insecurity in order to provide the securing through his wares. In preacher-boy’s case, he provides two possibilities, heaven and hell, and each week he suggests some ideas on how to get to one and avoid the other.

Some religious groups perpetuate the myth that when you die, you are met with your family and other loved ones upon arriving in the afterworld. Here, familiarity in the death world will secure you in the now. The idea is that you will be secured by those who once secured you. But what about those who were not previously secured by their families at all? Those who are extremely insecure about death would love nothing more than to have their insecurities assuaged by the fact that

their mommy and daddy will be there to take care of them all over again after they suffer the awful sequence of leaving the body—under no circumstances would seeing my family, after body, comfort me. If death is so awful, why do we all do it? No one avoids it. The truth is, dying is easy, it is the one thing every person who visits Earth does, and it is the one thing everyone does to perfection. Suffering is hard, but for some bizarre reason we think the opposite.

What would a religious order be if it simply said, “death is what it is for you, you’ll find out then, until then, just live”?

The religious institutions work very hard to establish the use of ritual as a way to secure. Really insecure folks love nothing more than ritual to secure themselves and the folks selling god provide all they can take. In fact, if you want to avoid being tied down to any one religious order you can sample an orgiastic array of rituals and mix and match them to suit your particular insecurity needs. Folks wear this outfit, put on those shoes, and adorn themselves with these bangles, all in order to secure themselves according to the ritual outlines laid out by their religion of choice. They go pray on these days, with special praying on those days, with a little more praying on other days not defined by canon. Folks light the candles, sing the songs, and donate money (lots and lots of money), all in an effort to secure themselves. Each week, each month, each year of life, they do these things and yet, they are still insecure, and they may still be sick, broke or unhappy in spite of all the Insecurity Energy spent on the rituals.

Many do these things despite not believing in the system, or the ritual, but because their insecurity demands they do it “just in case”. Both my parents, feeling insecurity about their impending death, sought out rituals they had not done in their entire lives prior to that time. My mother performed a ritual in order to get into the cemetery she liked, while my father picked up the nightly ritual of reading the bible when his final days approached.

The enterprise of religion also provides the power of the group as a securing mechanism. Like-minded people gather in religious orders, people who share the same concerns about life, death and how to get ahead through pleasing god, the gods, or the universe. The group dynamic assuages certain kinds of insecurity eruptions through the “I’m not alone” notion. The idea that others just like you are right next to you, often keeps the insecurity gremlins at bay for a moment or two. The proverbial “there is safety in numbers” applies here. In each religious order, a leader, or front man, is chosen to lead the group, and I can assure you that, man or woman, said leader will be the most insecure of the group. Why? Because no one actually secure enough to lead a large group would ever do so.

The religious institutions that are the most successful, and I view success in terms of money and followers, are the ones that do two things effectively. First, they

create a doctrine that emphasizes insecurity, usually by stating they have insight into god's will, the gods plans or the universe's design (they have secret information that you don't). The fact that they have insider information and you don't triggers the insecurity response through the process of feeling left out, or stupid in some way, which in turn draws you into their group. The second thing they do is refuse to give you the information unless you give them your energy. To be skilled at this process, one has to dole out the securing in bits and pieces through the process of insecure/secure. They give you information to secure you, followed by more insecurity triggering, followed by some securing, and this process can go on for a lifetime. It's a well-choreographed dance, as they trigger insecurity in you, you give them your Insecurity Energy, they secure you a bit and so on. It is this energy dance that keeps their securing system alive. It has been said the Vatican holds a treasure trove of texts they refuse to let anyone see and it is this "we know something you don't" vibe that is a key component to their power.

These institutions work from a place of authority, derived from their insider knowledge—was there ever an authority that knew nothing? Their authority is derived from their ability to offer securing, or take it away. Many religious, or quasi religious, organizations have a system of excommunication to create perpetual insecurity centered around leaving the group.

There is no religious institutional system in place that actually seeks to help one secure themselves; none. There is too much money, too much control, too much perverted fun to be had at exploiting the human weakness of insecurity. Further, they cannot actually assure or secure, anyone of anything, as you will learn later on.

How powerful is this system of insecure/secure control? The Catholic Church is still open for business, even after having been found guilty of the heinous act of facilitating child abuse and covering it up. If your local bank was found doing this, they would be closed within 24 hours. Insecure/secure is so powerful.

Education



The current public educational system is a major exploiter, and generator, of Insecurity Energy. Consider that few, if any parents, have children without the securing notion that the State will both take care of their child, and educate that child, for the majority of their first eighteen years, without any extra financial burden, no matter how many children they have. This fact is a huge factor in having children, as the insecurity concerning, “how do we pay for education”, is not even a thought because the securing institution of government offers the securing institution of education to all parents. So parents entrust the welfare and the education of their child to the impersonal, for profit corporation of the State—that thought should induce huge insecurity in everyone but it actually secures people! The State educates the children in its care for the good of the State, as such, the State trains kids for entry into the workforce and not for a greater understanding of themselves, as the last thing the State needs is evolved, self-aware, and secure people. The State needs willing workers to fill the jobs of the day. (see John Taylor Gotto’s brilliant work for more).

Once in the care of the State, the child sees a solidification in the insecurity/securing system’s core programming. Right away the child is met with the new and exciting world of, do well get a reward, do poorly get punished. This system of course mimics prison, many religious institutions, and the legal system. Children are told to adhere to a pre-prescribed generic curriculum that is meant to work for all consciousness expressions, no matter what those expressions are like. If you visually learn, too bad; if you learn fast, too bad; if you learn slow, too bad. The lessons are the lessons and they are created for the good of the State. All institutional rules are impersonal. All knowledge dissemination control is given to the State and it’s employees, regardless of skill or qualifications. The parents have little input and the children have none. Why is this the way it is? Because the State will only pay for the curriculum it wants administered, that’s why. Ask yourself, why does the State want the curriculum it insists on having, since it is obvious to anyone the system fails to educate? This whole set up creates insecurity in the students, but it is the performance system that does the serious damage.

Learning is a performance process of memorization met with reward and punishment coming from an external source. This is a key notion to keep in mind. A professor is the keeper of the securing, as the professor determines who gets a reward (grade A), or punishment (grade F). The professor is the authority who determines it all when it comes to the child, as they dole out securing as they personally see fit, or as the State dictates. Think about it, an angry, spiteful, often feeble-minded teacher can break a student’s academic career. Student failures, thankfully for the State, generate more insecurity in each student. Student successes, thankfully for the State, lead to a student’s greater desire to get securing from the authorities in their lives: teacher and State. It’s a win/win for the educational securing institution.

Education is not the primary goal of education. I spent three of the most useless weeks of my childhood memorizing the capitals of the fifty states. Yet, I spent no time understanding fiat currency, the horrors of compound interest, the irrational debt process of credit cards, or studied the ways to use the debt-based monetary system to my advantage—gee, why didn't they teach me that last one? Hell, these idiots taught me we lived in a democracy, not a republic! I was punished for questioning dogma, and rewarded for going along. My personal sense of self was never addressed or spoken of, only my failure to go along drew attention. The entire time spent within the confines of the public educational system, and this in the 60's and 70's, did nothing but make me more insecure!

The insecurity generated by this institution is unfortunate to be sure, but it is the association with external securing via a fake, and often unqualified authority figure, that is the true cancer inflicted on each and every one subjected to the process. School teaches you to get your securing from another; your ability to secure yourself is beaten out of you, and for many this will be forever. The State determines if you are successful or not, not you, via a test created, administered and graded by another. You quickly learn that you cannot secure yourself, and this is their greatest crime.

The school's social structures, as well as the physical structures, are created in the mold of a county prison: dog eat dog, survival of the fittest, only the strong survive. The insecure find the institution a horror, as the insecure are beaten up upon by the staff and by the even more insecure schoolmates. The opposite sex insecurity issue is inflamed by the constant effort of "inclusion". Who started the misguided notion that boys and girls are the same, this defies all reason—too look at them one can see a difference despite what the State wants us to believe. We work to fit into absurd and obscene social cliques in order to assuage our insecurity. There is no rhyme or reason to any of the social systems in play at school, it all serves to make us insecure about nearly everything we are and do while in the care of the State.

As children we spend the majority of our time in a place with fences, metal detectors, random searches, smuggled in drugs, security guards and bells that dictate where to go and what to do; and this is not a prison? Take sleep out of the equation and 75 percent of our first 18 years is in the care of the State. Our physical and emotional development is done in the care of a system that is contained in a minimum-security correctional facility. All of this does nothing to help us secure ourselves, and does everything to make us more and more reliant on external securing systems deployed by the hidden hand of the creators of the securing institutions.

Some take the process established by the education system to mean that simply educating oneself as much as possible is all that is needed to be secure; being book smart will eliminate insecurity. It seems to make sense since the child who “learns” the best gets all the State’s rewards and students see how the child that learns the least gets treated by the State. So many turn into junkies for learning, not because it has any real meaning in their understanding of themselves, but because it seems to rid them of insecurity in some way. Folks can spend an entire lifetime in school, learning everything about bugs who feed off dry feces and know nothing about themselves. Often the drive to do this is due to the educational system’s external securing programming—a perpetual student can get perpetual securing from the teacher class.

The educational system of the last 100 years, since the inception of the Carnegie led takeover of the educating of the populace, has done one thing very well: prior to the Rockefeller/Carnegie creation that is the inner city schools, the notion of one’s personal spiritual world and one’s educational world were not separated. Once these titans of industry got ahold of what goes into our heads, they made damn sure that the spiritual and educational realms were at odds. They worked to replace the spiritual securing agency of religion with one that was more easily manipulated: the spiritual securing agent of science. Then they worked hard to pit the two agents against each other in the now famous either/or equation. This took the insecurity exploitation process to a new level.

Consider this, the educational system is the way it is because someone wants it that way, someone with more power than anyone involved in the executing process itself. Those who built the Empire State Building, the New York Subway System, the Atomic Bomb, were not educated in the current system. Things were changed because that system was so bad?

Infancy set the foundation for your insecurity. The securing by mom was the cornerstone for your insecure/secure from the outside programming. The institutional education system built the actual programming prison.

Science



The securing institution of science is a modern securing institution, a baby in the institutional system at just about 100 years young. This system came into the world at the time of the educational system, as a method of both combating the spiritual world, and as a way of creating an industry which would later be used to exploit the insecure human through technology. Science proclaimed to view the world objectively, not through faith or superstition, but through a world of verification through testing. Verification through the scientific method would be the securing agent here. No more Soul, no more spiritual, only science. Anything that could not be measured would not exist until it was measured. A group of men would devise a system of measuring the world they could see, taste, touch, smell, and hear in order to define and quantify that world. Then they would devise a system to verify their conclusions. The output would be known as facts, which they would work to sell as absolute truths.

Those facts would be used as weapons to fight off the childish and foolish world of the spiritual, the church, and the uneducated. It seems to me there was a point in time where these things might not have split up. Nikola Tesla and Albert Einstein were two science gods who held our fate in their hands as this system unfolded. Nikola viewed the Earth as a living being, a being that could translate energy freely and easily to us all; if we worked to tap into her in a balanced way. Einstein viewed energy as an equation to be worked out, an equation that was not only fact, but not spiritual. $E=mc^2$ became the “catholic cross” of the science world, while Tesla became known as the guy who invented that little static electricity machine that makes cool sparks. Incidentally, it would seem the government took the documents that outlined Tesla’s proven theories immediately after his death and classified them; no such thing with Albert’s work. Someone must have been insecure about Tesla’s work enough to cage his documents in a securing action.

For the last one hundred years, the science world of Einstein has told us energy is scarce, and must be rationed. The world we live in has energy that is doled out, scarce, expensive and can be turned off at any time. Does that make you insecure? Would you be nearly as insecure if the energy you use was free, endless and truly organic?

Important Point:. *The Earth gave us everything we need to experience life within the confines of an Earth-based experience, – including energy. And Earth gave it to use for free. Consider the Native Americans lived off the land, never owning it, and surely not selling it. Using what they had, they experienced the vibrations of Earth without too much issue. I would say the way of the Anglo culture to “own” something as complex, and alive, as the Earth in order to control and sell its resources is the kind of abomination that can not be accurately quantified or defined. Some men, very few men, took control of what was not theirs to control, then systematically began auctioning off the resources to the highest bidder; a bidder who is also responsible for mining those resources and who was entitled to use those resources for free. Fiat currency lets them do this, along with the science*

world, and our insecurity.

The gods of science have produced a stunning effect in their pursuit of being the sole institution of securing through the way people think. Science has introduced the word “proof” into our realm as an absolute, a finality of fact. Proof is: “the validation of a proposition by application of specified rules.” That only means that someone agreed upon something, based on the terms and conditions they agreed they’d agree upon, and nothing more. Scientific proof is not a finality of anything at all, much less all that we are beyond this realm, yet it seems the entire population uses the term “proof” in response to any and all questions.

So many times I have heard people say, “there has been no study that proves xxx.” They are actually secured by this preposterous statement. I usually say to them, “gee, have you seen all the studies done in every country, by every man, women or child, even those that were tossed away, abandoned or classified?” I also hear people say, “oh, that’s safe, they just did a study...” Again, how can this be securing? Studies are created by scientists who need money, security, so studies often say what the funder of the study wants it to say—something that secures them.

What is tragic about this reliance on “proof” as a securing system is that it has people giving up their own personal sense of investigation in favor of the lords of science either blessing something or cursing something; a process the church once had the exclusive rights on. Even more obscene, the “proof” system of securing has people presuming they have seen every possible bit of evidence on any given topic, when in fact, what they really mean when they say “there is no proof”, is that they heard something on the news.

The other thing the institution of science has done is solidify the suffocating notion of “either it does, or it doesn’t.” We are now gripped by this nonsensical equation of absolutism as determined by those who agree to the terms of proof agreement. There is no gray area any more, just a world of things like, “does it cause cancer or not”, or “is it healthy or not”, or “is it green or not”. It is a world where the church of science determines what is, by saying yay or nay via *their* system of determination. In case you haven’t guessed, I happen to disagree with most of their systems of proof because it purposefully fails to include our Creator-Self into any equation, as well as Earth’s Creator-Self, as well as anything beyond the preposterously limited parameters of the scientific method.

The Law



The institution of the law as a securing agent is one of the scariest. The law has also worked its way into the world of the institutional securing system over the last 100 years. Worldwide, there are tens millions of laws, ordinances, statutes and codes, using hundreds of millions of words covering every topic imaginable, and all of those laws and words are subject to interpretation. Get that, every single law is subject to interpretation. If I steal 100 dollars from you, and it is against the law, it is subject to interpretation in a court. Yet this system secures people.

The institution of law gives us order, order that penalizes the bad guys and rewards the good guys, except when it doesn't. I have heard people say, "...well, that isn't against the law." My response is, "gee, well, have you read the millions of laws..." On the flip side of that silly statement of securing, folks often say, "he can't do that, it is against the law." Here is what is absurd about using that notion as a securing agent; *the laws do not stop anyone from doing anything*. The laws only allow the State to get a monetary remedy when a law is broken. Some laws allow remedy between parties, but most of the laws that we refer to are laws that allow the State to collect money when one can be demonstrated to have been broken, even if it was not actually broken. How does this actually secure anyone but the State?

Consider this example. A man breaks into your home and steals your TV, computer, and three-thousand dollars in cash and jewelry. You happen to see him running off as you arrive home. You report the crime and the police tell you that they will "never catch him". You have to fix the window the thief broke, replace the stolen stuff, so you are out of pocket by about five-thousand dollars. Three weeks later, they catch the guy and he decides to go to trial in order to avoid three strikes sentencing. You are asked to testify to convict him. Let us take a look at how you made out by reporting the crime. The police visit was paid for by your taxes. The trial is paid for by your taxes. The public defender is paid for by your taxes. Your boss does not cover your day off for court, so you're out some pay there. The thief goes to jail and is fined 500 dollars, to be paid to the State, and his lifetime of incarceration is paid for by your taxes. The theft cost you a fortune,

how did that secure you? Did any of the post-event process prevent you from being burglarized? Some will say, “I did a good deed, he won’t be stealing from anyone, anymore.” This may be true, but how does that secure you?

Do you see what really happened? The crime made you insecure, so you called the securing agent, the police, who, did not secure you at all. Soon the government, legal, and science institutional securing systems will institute pre-crime and thought-crime, which will render some of what I say obsolete. The officer will come to your door, you will be told that “they” prevented you from being a victim of a burglary, and you owe them a fee for doing so.

Remember what Kissinger said about our insecurity? Here’s what former FBI director Louis Freeh had to say: “Ask the American public if they want an FBI wiretap and they’ll say, ‘no’. If you ask them do they want a feature on their phone that helps the FBI find their missing child they’ll say, ‘Yes’.” Are you starting to see the pattern yet? Ask people a question that triggers insecurity and they’ll demand your securing product.

The legal system gives people the idea that they are secured by the notion that the bad guys will be punished, punished by the authorities, as the institutions of police, courts and prisons offer security by caging away the bad guys. Our insecurity of being a victim is preyed upon by the institutions connected to the law, in order for them to sell us security in the form of fines and incarceration. But all of this happens after an event takes place, the law does not prevent a thing from happening, only one’s personal moral code prevents a person from acting upon another individual. Even if you know all the millions of laws by heart, it is your own moral code that determines whether or not you commit an act against another.

My college ethics teacher said that the Ivy League school he taught at had one class devoted to ethics and the entire class curriculum was this: “if it isn’t illegal you can do it?” Morality, personal moral codes, have been replaced by the State’s ability to crank out laws fast enough to govern every permutation of human behavior. The same State that took over the education of us all. There are actually people so invested in the securing institution of law that they actually believe a law can be written for every possible action.

Civil lawsuits, the standard way to get remedy if you are damaged by another, primarily serves the lawyers, the judges, the court staff, the State, and the legal profession support staff, and always before the client. Those who have been in a civil suit will have nothing positive to say about the experience, and all will say the process made them very, very insecure. For 1,500 years there was common law, a super simple process established by the Magna Carta which allowed harmed parties to seek redress in a neutral venue. That has been replaced by a civil law system of millions of laws defined by hundreds of millions of interpretable words

(for more, look up Maritime Law and Common Law). This byzantine system of remedy, in the abstract of course, secures people.

For many the law of the land, the Constitution of the United States, secures them. Why? That piece of paper stops nothing, it only adds a possible protection from the State after an incident arrives in a court, and only if everyone involved can afford a lawyer to argue it out. The State has taken cases to the Supreme Court, once ruled against, the State simply goes back to rewrite the law—the moral center of the Constitution has been replaced by the game of beat the court. How does that secure anyone? I repeat, there are currently millions of “laws” worldwide using hundreds of millions of interpretable words, plus Constitutions at the country and state levels all over the world, how do these things secure at all? Maybe we just don’t have enough?

I wonder, since the majority of a child’s development is spent in the care of the State, and the State needs to keep the legal system going in order to provide the population with this very expensive securing system, is it at all possible the State is purposefully avoiding instilling a strong moral code in its wards? Since the Carnegie/Rockefeller educational system was installed, the US has managed to lead the world in the percentage of native population currently incarcerated.

Therapy



Oh, Dr. Freud, the madness you brought into the world with your nonsense. Prior to Dr. Freud, the majority of us viewed our spiritual-self as something to be secured, at least in part, by the church, family or friends, or in some cases ourselves. Then the good doctor introduced the objective third party. Suddenly there was a person who was educated by science, who had secret knowledge about the motivations of the human mind; someone who could finally tell us the answer to our “whys” without all that god nonsense. Now we could find out once and for all “why” I spilled the milk, “why” I beat my wife, and “why” god hates me. The obsession with the answer to “why” is now a human plague, exploited by the therapy institutions and many of those who belong to them. We have become so fixated on every little “why” in our lives over the last 100 years that the question has lost all meaning.

It is not that human curiosity is a problem, it is the insecurity-based “why do I do the things I do” lamentation that is the problem, as the question is borne of insecurity in most cases and not of genuine curiosity. Our need to know “why” is largely because the good doctor told us there are good “whys” and bad “whys” and it all matters. By the end of this book, you’ll find out that the “why” never matters, as there is only one true answer to “why”.

One who is fine with who they are, or what they do, rarely asks the question “why...?” One who is insecure about everything they do, asks the question all the time, too much in fact.

You may ask the question “why?” because you want a reasonable answer, but the educational system taught you that you are not qualified to answer your own question of “why?” That institution taught you must go outside yourself and find someone who is qualified to answer your question; an expert in the field. The educational system also taught you that science has all the answers and the quacks over in the religious institutional building no longer rule that domain. After the good doctor, there was the science of the mind people. Finally, a scientific answer to “why I can’t hold a job”. Scientists would study the behavior of people and accurately determine the answers to every question about the human condition, except the questions they choose not to examine that is. The Austrian mind-man tailor-made a system that created these new experts to secure the insecure.

When I was a teenager, my mother ran me off to many therapists. She became so insecure around me that she just wanted to know that nothing that was happening in our family was her fault. She was not qualified to determine what was happening, only an expert was, so off I went to various experts. What was interesting is she never went to the therapist herself, just me. I was fifteen; sitting in the home office of the last therapist I would see and earnestly asked, “If I don’t come here anymore, how will you pay for this mansion?” She never answered the question, which, to me was the key foundational question in the whole process of my experience with this person. If she actually secured me, what would happen to her income? My philosophy with each client is always, “I really hope to never see you again if things are resolved for you. If I have to find another job due to you feeling great, that’s wonderful.” That woman in the mansion could never say that, which then begs the question: can she, or any therapist, afford to secure me?

The Native American shaman would often spend quite a lot of time with a person in distress, seeing how they lived during the day and often all night, in order to get a complete understanding of the imbalance. My therapist took 45 minutes to hear what I personally *selected* to tell her. Keep in mind she had no way of seeing beyond what I said, and with that she would know the “why”. In my experience, you have to go beyond the 45-minute limitation, you have to see people as an evolving being, not as a broken machine, in order to truly assist someone in their

evolution. Therapists are primarily concerned with altering behavior to align with some mythical norm, folks like myself are concerned with one's evolution—something that extends well beyond the Earth-Plane.

There are actually many ways to assist another. And by assist I mean assisting others to see the reality they create and to use that reality to learn more about themselves. The way not to assist others is to say, “oh, the reason you did that is because of this”, as if that definition connected to the “because” is scientific fact. Our evolutionary process is not a scientific method, direct cause and effect, double blind, peer reviewed, study. The “mental health” people like to think of themselves as having defined the entire human experience into facts, this belief, and process, can only be borne of epic insecurity.

I am not a series of facts! I am not a machine defined by a mystery “norm”. I never met a therapist who knew what the norm actually was, or could show me how I fitted into that norm. I am a complex, eternal being who is expressing some, not all, but some of my Creator-Self Energy on the Earth-Plane in order to understand more about myself and Earth. I never met a therapist who included the truth about my Soul and its evolution in their efforts. Keep in mind that because science cannot prove my Soul and its evolutionary process exist, and therapy is science... well you get the idea.

The modern world of therapy is full of all sorts of helpers, not just the disciples of the good doctor. There is one guy who stares at you in order to heal you, one who hugs you, one who spends years analyzing everything you say that you did, an astrologer who will give the “why” based on where Mars is, and on and on. There are energy readers and healers of all kinds, healing psychics of all kinds, and more group therapies than I can name. They all have one thing in common: they seek to secure insecure people. I will say that again. All modern therapies are designed to secure the insecure.

Their clients/patients need securing from the therapist, especially when one has a huge surge of Insecurity Energy and doesn't know what to do with it. They all have something else in common: few address the insecurity issue at all, and none in the way I am presenting it here. The more nefarious ones exploit the insecurity issue either consciously or unconsciously. The gypsy healer gives you an insecurity triggering diagnosis, one that is usually vague and usually just scary enough (“a curse was placed on your family and it is hurting your husband”). Then they provide the expensive securing remedy to the now insecure wife (“for one thousand dollars, I will lift the curse and your husband will be free”).

Beware the healer who makes you feel insecure, beware the healer that sells you securing in any form. I had a client once who had seen every form of therapist

available. That client said to me, “What you said about insecurity makes sense, why didn’t anyone ever say that to me before?”

Medical Establishment



Much of what I said about the institution of therapy applies here too. The physician has gone from being an assistant to one’s health to being the securer of the body. The AMA and the FDA securing institutions have become the only securing agent of record when it comes to human health. In fact, those institutions, once only concerned with the body’s health, are now in charge of “mental health”. Truthfully, I have no idea what “mental health” is, is there an agreed upon average, or norm? The mental health books contain thousands of diagnoses of supposed wrongs in human expression and thinking, but I don’t see the equal number of rights.

Western medicine is barely one hundred years old, and yet all other forms of healing from around the globe are called “alternative”. They have piggybacked on the institution of science to create a system of securing that has most people all but giving up on securing their own health. Curiously, some 200,000 deaths a year are attributed to the medical securing institutions in America alone.

Again, we see an institution that exploits the insecurity created by the mysteries of the human body in order to sell their securing product. Oddly enough, it is another institution of securing that assists in this greatly, the educational system, as it provides little to no useful anatomical education during the years of free education—I think I had one useless health class. Were people to intimately know their bodies in a mechanical way, as well as a spiritual way, they would be able to secure themselves on many matters. This is not to say the medical world does not assist, it does, but not in a complete way. A doctor who sees his patients for fifteen minutes cannot possibly know much about the patient. Notice the word “patient”; a word that implies passivity. The doctors of today are an insecure bunch too, they often rely on expensive tests to tell them what they should know based on their experience. My friend told me of his experience with a Cambodian doctor who

spent an hour with him, just talking, and knew exactly what the issue was—no expensive tests required.

The medical world sells health for a fee. That fee is not tied to insurance, which is an institution whose entire reason for existence is our insecurity. The fee process, and our ability to pay, puts the lords of health into a god-like position, as our insecurity about our ailment is exacerbated by our insecurity over fees. The entire process of many is nothing but insecurity generating.

Doctors are concerned with saving lives, not with one's personal spiritual evolution as expressed through the body (you will learn later how no doctor has ever saved a life). The medical system has disempowered people when it comes to their own bodies, and you can hear it in the language they use to describe a treatment they are using. I hear people say, "the doctor says..." followed by "they have me on xyz". Notice how that sequence removes any personal responsibility. When I hear a person say, "*they* have me on xyz for my problem", I know this person is so insecure they have decided they can never personally secure themselves, as such they have abdicated responsibility of their own health to another. I cannot tell you how distressing this language is, and doctors don't seem to see it, or care to see it. The appropriate thing to say when participating in a treatment is something like, "I have decided, based on the doctor's opinion, to take medication xyz to see if it can assist me with my problem, but I am open to any other options to assist me on my way to feeling different". Do you see the difference? Flip that round to the doctor; can you see how a doctor saying, "this is the only treatment for your problem", is a major problem?

The biggest weapon in the insecurity exploitation process of the medical establishment is the diagnosis and this is present in the body world as well as the mind world. There are countless diagnoses in both arenas, more being developed each day, and yet somehow we survived for ages without all of these diagnoses. Of course the diagnosis simplifies the process of selling a treatment. The makers of Viagra invented a diagnosis of "female sexual dysfunction" because selling to men was only covering half the market—the manufacturer made this diagnosis up. Then shockingly, beyond all comprehension, those who took the Hippocratic Oath, agreed to actually diagnose women with this made-up disorder in order to sell Viagra to them. Ask your doctor if he supports that diagnosis or any big pharma created diagnosis. Evidently, the PR teams behind Prozac decided that 100 percent of the population was not a big enough market, so pets now get the depression diagnosis and the securing agent prescription. Do either of these make sense?

I am deeply troubled by folks who feel comfort in being labeled with a diagnosis and even more bothered by those who take comfort in another's diagnosis. Why on Earth does a diagnosis secure the insecure? The reason is most have been trained via the institutions that sell securing, to accept securing when an established and

accepted authority figure tells one what is “wrong” with them. What is interesting is that there is apparently an accepted “right” that all humans are measured against, yet to date I have not seen it defined. A friend of mine’s doctor told him it was normal for a person to defecate once a week. My friend replied, “it may be average but it is not normal.” While I can see a broken leg is pretty much an accepted wrong and a diagnosis seems like a good thing, I can’t see how disdain for fake authority is a wrong as seen through the Opposition Defiant Disorder diagnosis.

I know folks think a good diagnosis helps them treat their issue, but a diagnosis is very often created from isolation and this does not mean someone is on the right path. A diagnosis in isolation is a limitation; any diagnosis must treat all imbalances in relation to the whole of human expression through a body. I have learned that a pain in my shoulder can be caused by a problem in my foot. The pain in my shoulder can be diagnosed as arthritis, shoulder strain, rotator cuff strain and many other things. While that diagnosis might be right in some way, it is highly possible that the issue stems from a foot problem, which, in some cases might be tied directly to one’s evolutionary process. For example, some folks might resist change by developing a foot problem, symbolically slowing their forward progress. Diagnosis does not mean an automatic solution, despite what many believe, and many quickly find the securing of the diagnosis to be fleeting when the appropriate treatment fails to secure. Many have come to me with an out of control insecurity, diagnosed as some disorder or another, and not one treatment they tried had solved their problem. Several simple techniques I suggested managed to resolve the issue without a diagnosis from me, in fact, by eliminating their diagnosis they were able to easily shift.

A mother with a sick child is considered a bad mother if she does not rush off to the doctor when her child snuffles, you know, “just in case”. In fact, if a mother does not do what the State feels is right for the child’s health, the child can be taken away. So one securing institution, CPS, gets together with another securing institution, AMA, and creates insecurity in a family about doing the “approved” thing, when it comes to a child’s health issue. They then threaten the individual who does not do the approved thing with punishment—insecurity inducing punishment. They imply that the insecurity created by their actions can be secured by doing something those very same securing institutions recommend, “if you don’t give your child the ADD medicine we prescribed, we’ll take him away, but if you do give him the medicine, there will be no problem.” Isn’t this a masterful way to control? The institution makes one so insecure they’ll do anything to make themselves secure, even go to that very same institution for securing.

I need to say this is not a condemnation of doctors. If you have a broken tooth, or a leaky appendix, the doctor is a good answer to the problem. The issue is with the disconnect that exists between the medical world and our Creator-Self world.

The Messengers



The messengers are those who bring you the information that either triggers insecurity or points you in the direction of securing. Newspapers, local news, national news, cable news, magazines, blogs, networks, magazine shows, press releases, and so on. These are the agents who deliver the information from one to another, and they work using our insecurity/securing system.

The local TV news seems to have been specifically designed to trigger insecurity. “If it bleeds it leads” and “fire, blood, flood” are their mottos. Those catchphrases are nothing but insecurity inducing and so is their product. Each panic driven story is merely a minute or two long, with folks using Neuro Linguistic Programming - NLP (often incorrectly) and images to trigger your insecurity in those brief moments. The beauty of their insecurity generating contribution is they offer no securing at all, they are just there to fan the flames of your insecurity fire...especially right before bed. Nightly stories of killer pickles, deadly pile-ups and rampaging moms are followed by sports, the weather (killer weather if you are lucky), and finally a feel good story. National news is just as bad, only it has the authority to offer certain institutional securing mechanisms as securing solutions to the insecurity triggering problems they report on. The national news might report a mass shooting and then follow up with a profile of military solution that should secure you.

The messengers of mass media have to sell soap, if they do not they have to go home. So to sell soap they have learned that selling to your insecurities is the best way to get you to buy their product. The more insecurity inducing the presentation or story, the more likely you will buy. “An outbreak of killer pickles; what you need to know” is a great insecurity lead. They have also learned that they need to steer clear of any real securing solutions. In the case of the killer pickles, they must point you in the direction of one of the approved securing institutions, “the FDA is on the case.” They convey the messages. They do not give you information, they trigger insecurity, and they do not secure.

Insecurity sells, especially if it does not offer a securing mechanism. Why do you tune into television programs that use the cliffhanger to get you back? The

insecurity created by the cliffhanger storyline, which purposefully avoids securing you with resolution, is the impetus to get you to come back after the advertisements, or even the following week. The teaser is insecurity inducing; you need to watch to secure yourself with what happens. The teaser is done for every type of broadcast because it triggers insecurity and because you need securing from what triggers your insecurity.

One of the names you should know all about, and most likely do not, is actually the cousin of our friend Dr. Freud, one Edward Louis Bernays. Why should you know all about him? He is the founder of Public Relations, otherwise known as “using insecurity to sell anything you want, to anyone”. He famously used his techniques called the, “engineering of consent” to help the American Tobacco Company convince women to take up smoking. He did this by making women feel that smoking would secure them through specially created images and wordsmithing. It goes downhill from there with him. He created the verbal, visual, and word tools the messengers use to trigger insecurity in you which then drives you to seek securing with the institution that commissioned the message. The institutions of government, religion, medicine, and advertising/sales, all use his systems to manipulate you through insecurity/secure.

Logic



I'll be brief on this topic and stick strictly to outlining the effect the Hegelian dialectic has on our thinking, which Bernays adeptly exploits in his mind control systems. Georg Wilhelm Friedrich Hegel was a 19th century German philosopher who decided that the human brain cannot understand anything unless it is presented as two opposing forces like good/evil, right/wrong or republicans/democrats (he is wrong and in an upcoming book I'll demonstrate why). His philosophy helped establish a system where arguments are always presented in the “two sides” pattern, and you are to choose which side works for you after hearing the argument for each side. What this presentation does is create insecurity within the person hearing the argument, as it not is our inherent nature to be limited to just two choices.

This system of argument is not really insecurity -inducing when you have a choice of say, coffee or tea (inexplicably, these two are seen as opposites). Anyway, the choice brings up no insecurity, unless you do not want either, then a hint of insecurity will show up. The insecurity factor enters the picture when we say this: if you do not want child molesters to be executed, then you are in favor of child molesters and therefore you are in favor of child molesting. See the two foundational choices here. Execution or condoning molestation, are not connected at all, not one bit, but by arbitrarily connecting the two I have put anyone who is insecure in a real insecurity moment. If they are not in favor of draconian tactics on their fellow humans, evidently they are somehow seen as being in favor of the molesting of children..

The Hegelian way of presenting things plays right into the hands of institutional securing agents. When presenting a topic, they get to choose what two opposing points of view will be in play. The more absurd the presentation, the more insecurity inducing, as we try to secure ourselves with one side, a side we may not agree with at all, but it happens to be the lessor of the evils.

It is this insecurity inducing system that is played out in every newspaper story, as the reporter must get “both sides of the story”. We see it especially in the TV talking head game, as folks create false arguments to get people insecure, then they steer them in a desired direction. In fact, one only has to speak in a certain way, NLP way, to create choices that are beyond stupid. Given a TV camera and desk and some super simple NLP, I could easily present a polarized choice that goes like this: the government wants to close all national parks to keep us safe, so either you are in favor of this and of the safety of your children, or you are an irresponsible parent. Think I’m wrong about this? Let’s go back and really look at Mr. Freeh’s quote again: “Ask the American public if they want an FBI wiretap and they’ll say, ‘no’. If you ask them do they want a feature on their phone that helps the FBI find their missing child they’ll say, ‘Yes’.”

More importantly, Georg laid out the system of control through the triggering massive insecurity, either national or local: problem, reaction, solution. This is a technique whereby the solution is known *first*, say hire more police, then one works backward from there to achieve the goal. So if government wants more police, they’ll need a crime problem. They may want a real problem, or they can create an imagined problem and make it seem real. Once they have defined the insecurity inducing problem, they will encourage people, via the press, to react in a certain way—outrage is good. That reaction is what inspires their predetermined solution, more cops on the streets. The plans to attack Iraq were ages old, but certain folks needed a “problem” to trigger the sequence, and the Trade Center collapse was a nice fit. Then the same folks needed an insecurity-based “reaction”. The insecurity surrounding being a possible victim in a terror attack was created by endless clips of the towers falling followed by experts defining the threat to Mom

and Pop Smith. The solution was to stop random terror attacks before they happen by attacking Iraq. Neat, isn't it?

The best part is the way in which Georg's first pattern comes into play here too, as those with the predetermined solution simply said, "either you are for random terror attacks on American soil, or you are for bombing Iraq". See the insecurity erupt when presented with that ludicrous argument? When you use Georg's system, the argument is what I say it is, regardless of how preposterous it seems. I saw an interesting interview where some billionaire worked very hard to take down a fourteen-year-old girl over her GMO labeling views. He created this argument: GMO's save the eyesight of poor children, ergo, if the teen was against GMO's, she was in favor of poor children being blind. The billionaire insisted this was the only argument concerning GMO's, yet the girl was simply in favor of *labeling* GMO's.

This system of insecurity creation is best summed up by the "either you are for us or against us" argument. There is no room for fence sitters. Watch for false Hegelian arguments in the daily discussions about war, health, and so on.

Leaders



Regarding the institution of leadership: he who claims to secure the insecure holds absolute power over the insecure. It behooves all leaders to avoid securing their devoted followers at all cost, as to do so would mean they will no longer be a leader. Leaders must work to make sure to avoid assisting their followers in assisting themselves, as it may lead to the followers learning said leader cannot secure them and is not needed. Leaders are masters of the securing carrot and stick, always offering, never delivering. In a world where each and every person secures themselves, there will be no leaders.

Culture



So much of what we experience as culture, music, movies, theater, the written word, is more about the messengers we talked about above. The advertising people and the PR people are folks who tap into the insecurity inherent in us all and use that to spur us to buy their products. The sales process simply works to make us so insecure about not buying an album, or brand of clothing, or seeing a movie, that in order to secure ourselves we run right out and buy.

The world of tech, phones, computers and gadgets of all kinds, uses the system of insecure/secure to get folks to dump millions of perfectly good gadgets into the landfill every year. Steve Job's presentations were masterful efforts in insecure/secure as he worked magnificently to suggest that Apple products will secure.

The modern must-see serial TV program is nothing more than a way to tap into the insecurity in episode one, after which you are strung along as long as needed. Each week the insecurity of needing to know what will happen keeps you "hooked" while news programs and advertisers use the process through the use of the teaser clip. Even the way in which people now speak about these programs creates the effect, "oh, you must see x, it's really great", as to not see is to be left out, and to be left out is insecurity. Social media platforms create the same insecurity by making people feel left out if they do not participate.

Sports do the same thing in an interesting way. Sports create the insecurity eruption by working off of the "what might happen" theme. Watch a sporting event without the sound, and you'll find the experience less than compelling. Good sportscasters create the insecurity feeling by periodically focusing on the unpredictability of the event, "anything can happen, so stay tuned". When a play occurs that can be touted as the securing moment, they play that up to give you some satisfaction, but not for long as the insecurity does not stop until the game clock ends. Do they do this on purpose? Not really, things have just managed to fall into that system because everything else works that way.

Some believe they are secured by knowing everything about an actor, musician or writer—turning the focus of their attention into a celebrity, who is in turn, secured by the attention. Enough said on that topic.

The modern age has brought a very odd and almost inexplicable securing cultural item in the form of, “the expert”. Everywhere one tunes in, there is a supposed expert in their field, an expert that is supposed to secure with their words of wisdom. I’m baffled by this as they seem to come from sort of factory where they are all taught by disciples of Bernays and Hegel. The expert on war from the war college, the expert on the economy from Chase bank, the expert on summer outfits from Vogue. They do not provide information as much as reinforce the Hegelian dialectic form of securing. What or who deems them “experts”? Why should their words of wisdom secure me?

A byproduct of the modern age is cultural overload insecurity created by too much of everything. Too much social media, too much TV, too much “must see” is creating a world where folks are in a constant state of insecurity simply because they are trying to process all the stuff they have to do because someone, or some thing, is telling them they have to—nearly all of it meaningless.

Family



If it were not for family, the therapy industry would not exist. Hopefully it has become clear to you that this institution has insecurity ingrained in it. I’ve covered much of the basics already, so what I will cover here is the institution of family, the concept, rather than the personal model.

The notion of family is justification for just about any securing action. At the time of writing this, there is a popular television show where the main character sells crystal meth in order to “secure the future of his family”. He justifies killing, selling drugs, and anything at all because he is securing his family. The institution of family secures one by giving them permission, via an accepted righteousness, to do as they please to either the family members or others. The mafia is considered a family, need I say more?

The Norman Rockwell nuclear family is a securing ideal, not a securing reality. My family was more Hiroshima nuclear than cellular nuclear. The securing issue here is that so many people use the accepted nuclear model as their standard of measure, then get insecure when they see their particular family does not fit the mold. I cannot count the number of times I have seen conflict in others that was simply due to the fact that their family was the family they thought it was supposed to be. So often people become wildly insecure if they are forced to see their family is not only not Rockwellian, but is a cancer that is killing them. I made my mother way too insecure to admit, even on her deathbed, that our family holidays were insufferable for the most part.

The institutions of law, government, therapy, and medicine all feel that “saving” the family institution above all else is paramount and they use our womb insecurity foundation to further the agenda. I’m mystified by this. If a relationship is not furthering one’s spiritual growth, it is incumbent upon them to leave that relationship, even if the relationship is family.

Family often serves as a fallback securing device for many. The Millennials seem to have the idea that should things not go their way, they can go back home and be secured. That isn’t really a problem in practice; the problem comes about because many do not develop the inner mechanisms to secure themselves because of it.

I would be remiss were I not to mention the legacy families and their institutional securing systems. If you are a Bush family member, it would seem you get to be President if you want to. If you are a Ford family member, you get to build cars if you want to, if you are a Carnegie, I imagine you can redesign the school system when you see fit. Nepotism is of course securing via the family institution.

Marriage



I’m including the institution of marriage, not relationships themselves, because of the shocking lack of awareness people have on the matter. A marriage license is commonly seen as validation given to people in love. A piece of paper with a

stamp shows that their relationship is real. This could not be further from the truth. The word license means, “to give permission.” *Permission!*

When you go to the State, do you ask for permission to love one another? No, of course not, as the license itself says nothing about love at all. When you go to the State and ask them for permission to marry, you ask them for permission to create a corporation in the name of the two parties who are “in love”. Once that company is created, the State controls the company—the license is a license to form a business! Do you think I’m wrong? When you seek a divorce you have to go back to the State to get permission, *permission* to divorce. The State may, if it chooses, deny you permission to leave the relationship. The State also controls the assets created by the lovebirds’ new company, that means the property, real or other, and any children. Do you think I’m wrong? When you ask permission to divorce, the State determines what is in the best interest of *its* assets and will dictate what happens to the assets created by the company through its advocate, a judge. You submit your suggestions for the breakup of the company, who gets what and where the children should go, and the judge evaluates each side as it pertains to the State’s best interest and the rules the State imposed on the relationship. The judge may do as he pleases with you and love isn’t part of the equation.

This obscene process is so blinding that even judges get married, knowing full well the reality. The State has done a great job in making people feel so insecure in their relationships that the product they sell, a permission license that captures control over them, is seen as a validation of love! How one can actually be secure by the impersonal institution of the State taking control of their relationship and “validating” their love is beyond me. Why does the State’s interest in my personal relationship make any sense at all, let alone in a validating context? The fact that people are now demanding the State take complete control over that, to date, the State refused to control, is mindboggling to me.

I can hear the objections, “but marriage ‘gives’ you things (secures) that you can’t get otherwise”. This statement is of course born of insecurity, and ignorance, as there are ways to accomplish having a loving, devoted, caring, balanced, productive, harmonious relationship without the State being involved.

One does have to wonder why the State insists on investing in a business with such a huge failure rate.

The Job



Using the job as a securing system is subtle but it might be the most powerful of them all, as having a job seems to override the moral compass in many. The Crusades are a really fun example of how the job, the job of routing out the heathens, was justification for anything at all, including some pretty heinous stuff. Securing agents killed whomever they determined to be a problem, because it was their job. I can hear the knights saying, “this is my job”, while cutting off a heathen’s head with glee. In their case it was a quest, which is indeed a job.

It was determined during the Nuremberg trials following World War 2 that saying, “it was my job” was not a get out of jail card for inhumane behavior. The court felt that people always needed to use their moral compass, even under circumstances such as war. Remarkably that seemed to reinforce the idea that the job was indeed justification for anything one did.

Soldiers kill people they would not otherwise kill because it is their job. Police regularly do questionable things because it is their job. There are many who dump toxic waste, steal communal resources, produce questionable products, because it is their job. It would seem being ordered to perform an action immediately alters the entire body/energy system in ways that reduces the insecurity that would otherwise be present during an immoral action. Would a person who wasn’t receiving orders, or wasn’t secured in any way by the action (money), take a metric ton of toxic waste and dump it in the Mississippi River? No. Yet a person who is ordered to do it, and gets paid for the effort, will do so freely, as it is their job.

Is it the act of getting money that makes the job a securing system? I do not think so; I think it is the act of using the employment as the securing agent that does it. I think that being “ordered” to do something one would not otherwise do is a securing system. It was said that a now disgraced former congressman was called to public office by a voice, and it was his job do the morally reprehensible things he did. It wasn’t his pay that encouraged him, it was the higher purpose...the job.

If someone feels their job is in danger one can see the most extreme expressions of insecurity. One can also see folks do incomprehensible things to keep their job: backstabbing, ladder climbing, sabotaging, etc.

In some cases, the job overrides the reality of what is actually happening. I saw a documentary where the executioner in a Texas jail was interviewed about his experiences. It wasn't until he had done over 100 executions, 100, *100*, that he finally realized he was killing people for a living. It was his job to kill people and the securing institution of the government, science, law, and media all made it seem that his job was something other than killing another person.

Obviously a securing component to the job is money. We often look for “job security” as a way of finding external securing and money is a part of that. Money is what is paid to us for a job well done, or at least a job done, or at least a job something. It is our belief that the fiat currency bill that secures us, is a huge part of the prison we put ourselves in, but it is the securing of our insecurity through that belief that is the real problem and not the fiat currency itself.

It is beyond the scope of this book to examine all of the intricacies of the fiat currency system with regard to securing, but one factor you might not really know well enough should help illuminate things a bit. In a fiat currency system, when money is “borrowed”, it is actually printed on the spot, out of thin air, but the interest owed on that principal debt is not printed. In order to pay back the interest, something that does not exist, it has to come from somewhere. Ask yourself, “where do I get something that does not exist?” Even if you did not know that your credit card interest does not exist in the world consciously, you do know it subconsciously, and it makes you insecure—that and the monthly statement.

Cellphone



I'm including the cellphone in here because in only a few short years, it has become not only an insecurity trigger but also a securing agent. The phone itself has so rewired the brain of the users that they no longer abide by the law of

survival, as they will endanger themselves at any moment in order to secure themselves via the phone.

Consider the case of Alexander Heit, 22, who died shortly after an April 3, 2013 crash caused by distracted driving while texting. The exchange on his phone at the time of the crash: “ya that’s coo lol no worries” followed by, “hey man, I had to run out for like an hour” followed by, “sounds good my man see you soon ill tw.” This was from the screen shot taken from his smartphone right before he crashed his car. This young man’s need to survive, was overcome by a screen demanding he respond to, “I had to run out for like an hour.” He was made so insecure by seeing that last message from his friend that he died responding to it.

The cellphone is probably the death knell for us all. Folks hold the device and become insecure if they do not check it every few minutes—the act of checking secures them until the energy erupts again and they cannot control it. The cellphone seems to create insecurity on every level and provide only temporary securing on very few levels.

The cellphone is a lifeline to our friends. All this keeping in touch is preventing people from developing a world of their own, as friends and family are with you all of the time. You can post to Facebook if you reach to the top of Mount Everest to let mommy know you made it. The truly insecure people love this innovation, as it allows them to contact with mommy via text one hundred times a day, or check-in with their mate one hundred times a day. The cellphone is the institutional securing lifeline for the insecure.

Symbols



Words are symbols and symbols are significant securing systems. Symbols other than words are used to attract you, and there is an entire institution devoted to using certain symbols to secure you. There are several key symbols used in most corporate logos. The Rings Of Saturn, which are seen in the logos of Toyota, Nike and any others where you see the curved lines resembling Saturn's rings. The Stars of Orion's Belt, where you see three stars, or the "W" or "E," in which the three top points on each letter represent the three stars. The three stars are seen on the Enron and Volkswagen logos and the Saucony shoes logo which, also has the Rings of Saturn. The single star, representing Venus, as seen on countless State flags and Carl's Junior. The Cross, as seen in the Red Cross logo, the Catholic Church and Chase (the cross broken up). There is the also Winged Disk which can be seen as wings on a disk, as in Mini Cooper, or as an Eagle, the symbol of America, the Nazis used this one as well. Of course there is the Pyramid in all forms, and its capstone, as seen in the use of the "eye" or "I" as in "all seeing eye". The reason I mention this is that when you see a product with a corporate logo, you are programmed to trust those who carry the approved symbols in their logos. An Orion affiliated company like Amazon secures much better than Mom and Pop's bookstore logo which is just their name with a flower.

The comedian, Bill Hicks, once said that if Jesus came back and saw everyone wearing the cross around their neck, it might make him feel a bit uncomfortable. Curious how the symbol of a ritualistic murder secures people.

Important Point: *Here is an example of how each year, the securing institutions conspire with each other, using Hegel's themes, to create insecurity. Every year the government tells us, through the CDC securing agency, that a new deadly strain of flu is coming to randomly kill many—it might be you. The insecurity surrounding mass, random death, is triggered by the endless stories from the messengers. The messengers use the Hegelian argument of: "either get your flu shot, or die". The symbols the messengers use to scare the populace are: sick people sneezing and coughing, medical facilities, and the syringe. The problem is potential death via flu, the reaction is insecurity about health and death, the*

solution is provided by science—the soothsayers of future strains of flu, and delivered by the medical establishment. Occasionally a therapist will weigh in on the mentally unstable person who may wish to avoid injecting themselves with something they know nothing about.

As you can see, the institutions of control are all about insecurity/securing. This is how they do business. And while it seems their business is about taking your money, their real business is about grabbing control of your Insecurity Energy, your Creator-Self Energy.

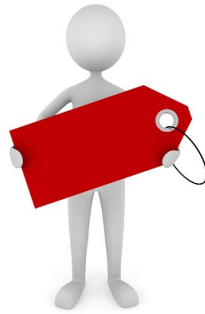
Important Point: *This is not an indictment of the people who are employed by these institutions but the impersonal fiction that is the institution. Are there good families? Yes. Are there good therapists? Yes. Are there responsible cellphone users? Questionable.*

Now a Break



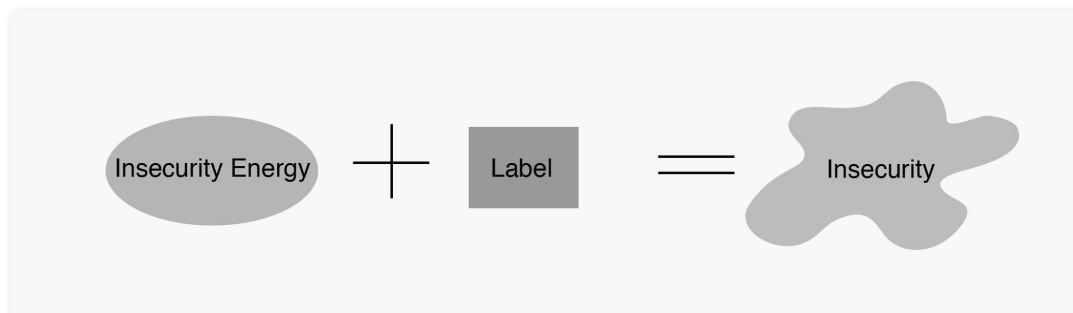
I have a feeling that the above section made many of you feel ill. I know writing it was a rather depressing process. If you need to take a break before you move on, to ponder something less heavy, I think that would be in order. If you'd like, ponder the beauty of this image for a few moments to clear your head, study each area of it in detail.

Labeling



So what makes these institutions so effective at controlling your Insecurity Energy? The securing institutions prey on the label you put on your insecurities. Insecurity Energy is generic until a label is placed on that energy by you or you accept a label placed on it by another. Once the label is attached, the insecurity becomes what we know as insecurity about this or that.

What you call your Insecurity Energy is important, as it tells your system what to do with that energy. For example, if you are insecure about the lines on your face, the programming in your head says you can secure yourself by going to get some plastic surgery. If the label attached to your insecurity says your boyfriend doesn't love you enough, the securing solution programming in your head says to attack him in a jealous rage and accuse him of cheating. If your insecurity label says, "gee, I wonder if mom is okay", then your securing solution is to call mom. The label is the clue to what is going on with you; it is also the door to the cage.



Something in your reflected reality triggers a rush of Insecurity Energy, say a pretty woman, or the perfect dress on sale, and the label tells you what to do with that energy—run from the woman and buy the dress. Where did you get the labels? As you can see from my descriptions about the institutions, they've done a fine job of installing most of the labels in you. Family will put them there too; say you

come from a family who is racist toward the Megalop race. What mommy teaches you when she rants about the Megalop people is to be insecure in the presence of them. She then offers the securing solution—kill them when you see them.

When I was in grade school, my friend encouraged me, through his expert judgment, to be insecure about the type of shoes I bought. So in order to secure myself, and avoid his disdain, I had to buy certain shoes. Eventually I just took him to the store with me to secure myself and avoid any confusion. At that time, I also learned that Levi's secure more than Wrangler, Nike more than Adidas, name brand better than off brand (even if all the items were made in the same factory). In this case, insecurity about owning the right shoes meant I needed to secure myself with the right brand. It was my Insecurity Energy label that told me that my insecurity issue was shoe-related, but in reality it was peer related. Peer pressure is a fun creator of the labels, as there is nothing better than a group of teenage girls to create the insecurity and then create the securing mechanism. The mechanism is of course connected to the label associated with insecurity energy they created.

The clothing-securing issue reminds me of the famous designer's quote, "there is no limit to the amount of money a woman will spend on a handbag." What is really being said here is, "peer pressure and marketing will make a woman so insecure she will spend whatever it takes to be secure."

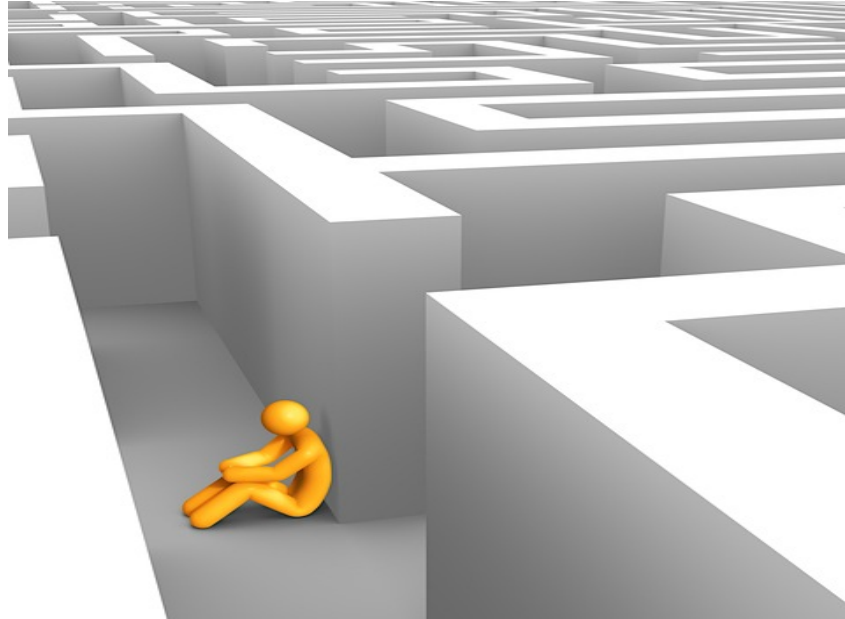
If one is self-aware enough to see the influence of insecurity in their reality creation, then one will seek to define what they are insecure about. When pressed, one might say that they are insecure about: dying, their weight, their job, their retirement, their parents, their health, and their future. In each moment of insecurity energy expression, it is the "about" that is the label to that energy. Yet many may not even make the connection between the vibe and the "about", let alone the final label. Some will feel the energy we are talking about, the intensity of insecurity energy, and attach a label without seeing the connection I am pointing out here—men are more prone to this. This makes it hard to get to the root of many issues, as many folks simply are unable to express the trigger of the energy. The label, while often disdainful, is something that can help one key in on the vibrations themselves.

No matter the label, the origin of the energy is the same. No matter the connection to the feeling of insecurity, or the disconnection to the insecurity vibrations, the origin of the energy is the same. The energy we call insecurity, comes from your Creator-Self, energy that is put through your 3d body, through the brain programming, in order to manifest a reality to interact with. It is the final label, the Earth-based label, that directs you to the appropriate tool you use to cope with your insecurity.

Labeling allows you to secure your energy, cage it, in the appropriate securing

system. Without the label, most people are confused about where to put their energy and how to deal with and cope with their insecurities.

Coping



We are taught we must secure our Insecurity Energy in some way, so our lives are about finding seemingly unique ways to secure our Creator-Self Energy. From an early age we develop ways of dealing with this strange disruptive force that comes from within. We start developing the helpful securing tools as a child, which confuses the entire present-time matter beyond recognition. If we don't understand what insecurity is as a child, how can we develop logical and useful tools to deal with the issues in adulthood?

I once asked a very good friend of mine, who was eight years old, about a troubling event that had occurred to her and her understanding of it. I have the benefit of being able to vibrationally see what was actually going on, versus what she thought was going on, so I could track her response more completely. I didn't need an answer like a parent, and only wanted to see if she knew what insecurity was and the influence it had on her experience. When asked about the internal feelings, emotions and mitigating energies within her surrounding the event, the answer was revealing. Fear was not an issue, when I asked her to define what I could see energetically was insecurity, a roadblock came up and a very truthful, yet revealing, "I don't know what it is" was put forth. It was clear to me in that moment, and even more clear now, that we are not actually taught what insecurity within us is. We are clueless as to what it means and how it affects us. She was

upset by this rush of energy that overwhelmed her when things went wrong that day, and she didn't know what the energy was or why it was a problem.

Important Point: *If we were taught, right from the get-go, what insecurity is and what we can do with it, we would be uncontrollable (in a very good way).*

You have your own way of dealing with insecurity, we all do. The tools we develop to cope with insecurity really do not work to make the insecurity go away, but they often temporarily quell the vibrations themselves. Drugs are the most obvious and common way of quelling insecurity. This is not to say that every single example of drug taking is due to this, but for those who are still present in their bodies, taking illegal drugs is a common treatment for insecurity. This insecurity treatment extends to prescription drugs too. Both are nothing more than *temporary* psychological security creators, tools, to overcome insecurity. Consumption of anything can be used to quell the vibrations for a few moments, sugar, herbs, and of course alcohol. Both mild and excessive consumption of alcohol is also a tool for coping with the vibrations of insecurity. Alcohol works great to curb the Insecurity Energy created when around a person of the opposite sex, that is why places where folks gather must have booze.

The obvious downside to temporary inebriation is that it does nothing whatsoever to address the insecurity issues at hand. Most drug takers do not care about the actual issues, as they just want the vibrations within them to stop, making the cycle of chemical insecurity suppression justified. Big pharma plays up this need within us, by creating "legal" drugs to siphon off, or temper the energies within. An insecure mom is justified in taking anti-depressants because without them "life is too hard" (insecurity is too much). An insecure executive is justified in knocking back a few brews every night because he's got "all of this responsibility" (insecurity inducing forces). Of course the numbing of the insecure parts of their human expression has them coming back more insecure once the medication wears off, often creating more Insecurity Energy in a vicious cycle. Clearly this form of dealing with insecurity makes big money for beer companies, TV producers, and drug manufacturers but does nothing to address the actual personal insecurity issues that keep them in business.

It might be helpful to think about the effect drugs have on the energy in this way. When insecure, when Insecurity Energy becomes too much, one takes a pill to stop the flow of power; to trip the circuit breaker. While the breaker is tripped, the offending energy is tempered. At some point the power will come back on, often in a rush, once the energy is liberated from the stifling effect of the drug.

One must remember that many of the aspects of ourselves that are insecure are not rational, and as such, the tools we develop to deal with them are not likely to be rational either. Some react to the rush of Insecure Energy and lash out, often getting aggressive or angry with those around them. This of course alienates them

from the focus of their anger, often creating even more insecurity. We often see this in action when the boss is feeling financial trouble and lashes out at the employees. Or when a Jane is handed the Henley Report job and lashes out at her husband later that night. How about a single father who just received an unexpected tax bill, and kicks the dog in response to the insecurity erupting inside.

Some may have so much insecurity in their lives that they look to have a family, or a child, to make them feel secure, only to find that the responsibility of the child brings up exponentially more insecurity than it was supposed to address. Women in rocky relationships, insecurity within the relationship, will often seek to rid themselves of Insecurity Energy by having a family. I have seen, very often, that the insecurity created in a troubling relationship is believed to be better than the possible insecurity which may arrive after leaving, and is far better than the insecurity that erupts when thinking about leaving.

Some women feel that the magnanimous act of having a child is a large enough distraction from insecurity that they live for the halcyon days of pregnancy and loathe the days in between.

Some people may be so insecure about what they perceive their body to look like that they actually distort their body, via diets, modification and surgeries. Some may even do this to the point that others reject them due to the freakish nature of the new body thereby defeating the purpose of the effort. Body manipulation is one of the more common coping mechanisms, as we change our hair, put on makeup, buy the latest fashions, go under the knife to remove lines, and even mark our bodies up with ink, all in an effort to quell the insecurity. The most insecure folks often become addicted to the process of securing themselves through body manipulation, coping with the energy by constantly working on their physical presentation—body presentation obsession.

Correct thinking is a coping system that secures many. Some folks adhere to the notion that they never want to hear or say anything negative—only positive, good thoughts for them. They feel so insecure at the thought of the world not being polarized, they adhere to a polarized way of thinking to maintain the illusion. If they think good thoughts, then the negative ones are kept at bay, and the polarized world of good and bad is in perfect order. You may want to reread what I just wrote if you didn't get it.

Investing deeply in a cause. Folks will join a group to secure their energy, especially if they think it is one that is politically correct. Green organization here, animal rights there, or a political group for change everywhere. Being part of a righteous cause is a securing system for many, as it makes them feel good to be a part of doing good. These causes tend to attract very insecure people, so the group dynamic tends to be a bit of a mess. It is worth noting here, that no one joins a

group devoted to doing evil, no matter the group, no matter the cause, no matter the mission statement, all people feel that their group exists for good.

During the years I spent in the care of the State's education system and under the microscopic eye of my peers, I learned to cope with insecurity by liking only the "right" music, wearing only the "right" clothes, liking only the "right" movies, as well as, learning who was acceptably attractive and who was not. I carry these wonderful coping mechanisms with me to this day, as I still shun the remarkable pop music skills of the Bee Gee's catalog in favor of the classic rock gods catalogue's because I learned the securing difference from my teenage peers.

Some folks ignore their intuition as a securing mechanism. Wait, what did he just say? Yes, when the intuition system suggests some form of action that creates insecurity, i.e. "time to leave your husband", the coping mechanism will show up, a refutation coping mechanism unique to each. Folks who use their intuition as a source for securing are often vexed when the message is not clear, or the message is not what they want to hear, often creating more insecurity, so they will cope with their insecurity by ignoring their intuition. Of course, some do use their intuition to cope with insecurity.

If the intuition fails to secure, some then run to another coping mechanism, the friend or family member and pull their ear. Running to others, either a friend, a family member, or therapist is often used as an insecurity coping mechanism, rather than a system of genuine assistance. There is a modern day insecurity coping person called the "life coach" whose job is to secure the insecure in almost every moment of insecurity. It seems to me this human replaces the intuition altogether. The name should really be, "assurance provider". While getting assistance or objective information from a neutral source is a good idea, it is the fleeing to another when the insecurity is too much that is the problem; when that person becomes an insecurity coping mechanism rather than an assistant. We see the institution of the medical establishment rear its head here as well.

I can't count how many times I have heard the phrase, "well I went to the doctor to have him check it out, you know, just in case." At one point we rarely went to a doctor, now a double sneeze is a reason to rush off to the medical securing agent, as that is the accepted way to cope with insecurity concerning one's health. I've also heard folks say, "I was so upset I called my therapist to see what he thought", in fact I've been on the receiving end of those calls. Calling anyone, mommy, daddy or sis during times of insecurity is common, as they are "supposed" to be there to help you cope, but the danger here is the system does little to facilitate securing from within.

Now we'll look at some of the more common coping systems that are used to deal with insecurities, and our good friend Insecurity Energy. See which ones you use to manage your insecurities.

Insecurity Overwhelm



Insecurity overwhelm is the time in our life where everything falls apart because we cannot find a way to secure. This can manifest in nervous breakdowns, violent outbursts toward ourselves or another, or even suicide. The Creator-Self Energy coming into the manifestation system, the body, you, is remarkably powerful and sometimes that energy flow can become overwhelming. Without a method to secure that energy, contain it, people can find themselves in a crisis—a crisis of excess energy.

The nervous system is the main mechanism for distributing the energy and if the nervous system becomes overloaded because a person is trying to hold the energy back, the entire system can shutdown in order to stop the flow altogether—just like a circuit breaker. The overwhelm can occur because the person cannot find a way to secure, a way to cope, with the excess energy, so they just turn everything off. This is what we might call a nervous breakdown—the circuit breaker blows. This has two effects: one, the energy flowing into the manifestation vehicle, the body, stops or slows to a trickle, and two, what is manifested is often something less overwhelming, like convalescence through a securing institution of some sort.

Some folks will develop an illness to shut down the nervous system in order to prevent the energy from coming through. Multiple sclerosis could be seen as an example, or chronic fatigue—not all manifestations of those ailments are this issue. Violence is an all too common answer to too much insecurity energy; physical attack at what is being perceived as the problem reflection. Regression of some kind can be an answer; simply becoming a child aspect of oneself where the energy trigger does not exist. Some will leave the Earth-Plane altogether seeking out another realm with less conflict or one less survival-driven.

When insecurity overwhelm hits, rationality goes out the window. When the

insecurity energy hits in an epic way, and one cannot find a way to secure themselves in that moment, the most irrational things can happen. Mothers have killed their children during an eruption, men have killed others, and even countries have killed other countries, all in an effort to end the rush of energy. A person in an accident who flees the scene is seen by the judges of human behavior as a criminal scumbag who isn't fit to live in modern society. But what happens in those cases is that person is hit by such insecurity, often coupled with physical trauma, that the system's moral guide is overwhelmed, and they simply do anything they can to secure themselves—leaving makes perfect sense. Leaving, leaving any situation at all, is a very common way to deal with insecurity overwhelm.

We often see crying as a response to insecurity overwhelm. And while the release of certain chemicals can be helpful, the process can be used by some as a manipulative tool in order to secure. Infants are required to cry when they are insecure to get securing from someone. It is a tool, but a tool that never goes away, even though it should once a child can articulate what its needs are. Adults will rely on this tool when insecurity shows up in an effort to bring to a halt the vibrating energy within. Of course, this can be a problem as a habitual crier can be using it in a manipulative way.

Insecurity overwhelm can strike at anytime. Getting fired can trigger it, a breakup can trigger it and of course a death of someone close will do it. An accident of any kind can trigger it. A diagnosis will often trigger it. Wait, what did he just say; the thing that is supposed to secure us makes us insecure too? Yes, a diagnosis will often trigger insecurity overwhelm. I have had many a client contact me in a full-blown panic after someone diagnosed them with something, especially when the diagnostician provided no immediate remedy, “you have catastrophe ailment, there is no cure, I have another patient now.” Establishing a diagnosis without providing at least something for the patient to do to help resolve the situation should be a crime.

Some diagnoses will cause the overload more than others. A broken leg won't do much to trigger insecurity overwhelm, unless the person is a professional athlete, but a diagnosis of a sexually transmitted disease will send many into a crisis of energy flow, as securing is not obvious to them and the stigma is designed to trigger insecurity.

Important Point: *One who is in insecurity overwhelm cannot be dealt with until the energy subsides. Keep that in mind the next time you see someone freaking out. First recognize that insecurity overwhelm is happening, do not judge, then let the energy burn off before attempting to work things out.*

There are many extreme examples of insecurity overwhelm coping systems.

Extreme righteousness, or living within the furthest reaches of a polarized zone. Animal rights people can be so insecure they see securing animal life at the cost of human lives as good. Activists of all sorts are often people who have too much insecurity who funnel it into what they see as an acceptable cage.

Hoarding is another example of insecurity overwhelm run amok and an extreme response. Hoarders, or collectors, feel the items they have secure them. Because they have so much insecurity to address, they need a lot of items. They may find all manner of reasons for the efforts, but the collection process occurs as a way to dissipate the energy from insecurity.

OCD is another extreme case, where eruptions in insecurity energy result in the expression of ritual, rituals designed to dissipate the energy. In this case, physical actions will often serve to release the energy, a more comfortable, gradual release of the energy, while the intense focus on the actions allows for a shift in thought.

Obviously, extreme addictions of all sorts can have insecurity overwhelm as the origin. The consumption of energy dulling substances is a simple way to inhibit the flow and the stories of extreme drug use or even extreme food addicts are not too hard to find. But anything can be used to numb the energy, even watching TV, obsessing over Facebook, and consuming a prescription drug cocktail—all are securing tools.

Panic is insecurity overwhelm, this is the moment where someone cannot find a way to secure fast enough. When one panics, the securing tool they choose to use might not work or work fast enough. In a panic situation, one scans the system for a securing tool and if one is not found, overwhelm kicks in.

Insecurity overwhelm is certainly an “in the moment” event driven process, but in other cases we can see coping manifestations which derive from too much energy that originates from past events, events accessed via memories in the present moment. Post-traumatic stress is often a case where the tactile memory of an event can be summoned at any given moment. Once the energy from the past event is summoned, the energy rush can be so great that they become overwhelmed and cannot find a way, *in the present moment*, to secure the energy generated by the memory. Here we must go back to the information on past, present, and future thought. We cannot secure ourselves in the present concerning events of the past, or the future, as this is impossible. So if a soldier with PTSD has a past event playing out in his mind, of course he cannot secure himself in the present, as such the Insecurity Energy overwhelm happens. Soldiers have another unique problem due to training. While within the structure of the military, the regimented structures secure them. Once kicked out of those ridged structures, soldiers lose that key securing. Imagine putting thousands of volts of your energy in a structure, the military industrial complex, and then having that outlet taken away. Where

should you put your energy?

Any violent experience one has had will leave them open to the conflict created by being unable to secure the energy created by remembering. One who has been raped, or beaten, or seen a loved one die, will often experience the memory trigger energy flow, which results in present moment insecurity overwhelm. The trauma from the past can easily overwhelm the present moment if there is no way to secure the energy in the present. Since there is no way to secure the past, in the present moment, serious trouble is bound to happen whenever the flow becomes too much.

Often depression is a place where one cannot find a way to secure, as a result of extreme insecurity overwhelm. Depression can start when a person cannot find an acceptable place to secure their energy. Quite often our Helegian choice model will have us deciding on the lesser of two evils, which will create depression. Another depression trigger occurs when one does not like where they are securing their energy and one cannot see an alternative. The third depression trigger is a mild form of shutdown, a temporary reduction in energy flow to help create clarity. The blues can simply be a way to temper energy flow for a while.

Phobias are simply one's inability to secure in the face of something that triggers extreme insecurity. Agoraphobia is when a person cannot figure out how to secure themselves in the larger space of the world and they simply become overwhelmed with insecurity before they venture out. While the mental health people are coming up with new phobias every day, facebookaphobia is next, the origins of the issue are all the same: the inability to find a way to secure oneself when confronted with something that triggers insecurity.

Many cope with insecurity overwhelm by avoiding the thing that triggers the problem. One may have a fear of heights, but of course the truth is that one is insecure in a situation where height is a reality projection. What will often happen in this situation is people will avoid the trigger by avoiding heights. Some will be insecure around dogs, so they will avoid dogs to avoid the trigger, as the energy overwhelm that happens in the presence of a dog, or a ledge, is something they wish to avoid.

Even experiences we voluntarily participate in, even things we like to do, can trigger insecurity overwhelm. Most people have heard a story about a performer freaking out pre-performance. Can you guess what the problem was? Isn't it reasonable for a person who is performing a Carnegie Hall for the first time to be insecure? Isn't it reasonable for a person who is performing anything at all in front of an audience to be insecure? In order to perform you must access your Creator-Self Energy, when you access that energy, it begins to flow through you and...

Assurance, Reassurance and Re-Reassurance



As I mentioned before, the biggest crime the educational system committed against their wards was the terminal cancer that is the need to get assurance from another to secure. The process of testing is the key component here, as he who grades the test gives the assurance. Without external feedback, many people are lost and it is this desire for external assurance that many use to cope.

Many people cannot assure themselves at all, so they go to anyone they perceive as an authority in order to secure. The government takes this authority position all the time, they assure us there will be no war, no terror attack or no more killer lettuce. The messengers use the experts to assure us on issues of finance, safety, and culture. Some folks use these impersonal systems of assurance as their exclusive securing mechanism on many issues, “if the government says it is safe to eat lettuce, I can eat lettuce”. What is so unfathomable to me is that people are actually secured by the assurances from people they have never met, people who are simply in their world via TV or newspapers.

Some can be so insecure that they seek not only assurance but reassurance. Someone might not be able to decide on a new job, so they call their therapist. Then once they get assurance from the therapist, they call mommy and seek out reassurance, “are you sure I am doing the right thing mom?” Inexplicably they may seek re-reassurance from another person altogether. The more insecure, the more people will be consulted in the assurance chain. For many, the chain is just like a traceable chain of command: therapist, sis, mommy and then daddy as the last resort.

Assurance is not just for a pre-event, we seek it post-event as well. “Tell me I did okay”, is a direct outcropping of the educational testing system. Some can be so insecure that they need constant reinforcement of all sorts. Attention whores of all sorts are of course really insecure, as well as the guy in your office that keeps asking, “is this okay?”

Some will seek assurance from god, or a representative of god. Others will seek it from angels, guides or some other discarnate being. Keep in mind, if one is truly in the position to assure you, they won't, as they know it is not appropriate. Many attempt to seek assurance from their intuition and insecurity creates major conflict with our intuition. This is a real conundrum for many, as they want their intuition to give them hints that will temper the insecurity, not hints that will exacerbate it. The irony here is that most look to intuition to sort out situations that are bringing up insecurity and they really only want to be assured of their desired choice, not really get objective input. Folks rarely, if ever, seek to connect with their intuition when they are not insecure.

I think the need to know "answers", facts, belongs in this assurance section. To know that two plus two equals four, is to know that the answer four secures. We get this from school of course, as the right answers secured us in school. The ability to know things that can be questions on the Jeopardy quiz show secures many. It is also our need to know that what the priest says, the science man says, the therapist says to any question of "why" that secures us. So often folks come to me and they simply want to know why this happened, or that didn't happen, and it is the answer I provide that secures them, not their participation in the events themselves that secures them. In this case I am an authority with answers, one who can secure through assurance. What is odd is some answers secure more than others. If I told someone the reason their relationship was horrible is because they had a bad past-life with this person, the story would be told to everyone. If I said that the reason for the discord was because they were too insecure to leave, I'd be ignored.

I am also going to include here the curious case of the "they". Somewhere along the line, a mysterious group simply known as "they" became an assuring system. Quite often I will hear folks refer to "they" in a case of assurance, as in "they say it is safe to eat lettuce" or "they say there is no danger from the radiation from Fukushima." The way in which "they" is used seems to suggest some ultimate universal judicial force has issued a decree based on some form of higher knowledge. But as far as I know, "they" simply means no one in particular. Be wary of those secured by the "they".

Affectations



The world of affectations used to secure is an odd one, and a touchy one for the really insecure. Folks who are exceedingly insecure will often look to create an affectation to secure themselves. Flamboyancy is one we may have experienced in another. Humor of course is one—the constant comedian. Excessive chattiness is one of the more annoying affectations of the insecure, as quiet time or down time in a conversation is seen as an insecurity trigger. Shallowness is a coping system, where one will often skip from topic to topic, never wanting to explore anything in depth, especially topics that make them uncomfortable or trigger insecurity.

One of the more curious affectations is the thug, gang, rap culture, where insecure folks immerse themselves in the appropriate affectations. I say curious as skin color is not a prerequisite, neither is class, or geographical location. Sexual orientation seems to be a prime instigator of the affectations as a coping mechanism for insecurity. It would seem that who you like to have sex with is all about insecurity. The very insecure folks will develop some demonstration of their defiance to the feeling of being judged about their sexual preference. Of course, this affectation can be one which often alienates these folks from the masses they seek to defy, inviting more judgment, which in turn creates more insecurity.

Important point: *We see the Hegelian monster rear its head here. In the polarity world you are either gay, or straight. Either-or. You can see how this can be an insecurity equation, especially in light of the fact that a Human Being is neither male nor female—those are body expressions.*

There seems to be a term for one affectation system called “emo”, apparently denoting an affectation devoted to being emotionally disturbed. Seems an odd way to secure. Some folks create an affectation around mythical creatures—the vampire affectation is one rather interesting one. Of course there are those who form a life

which demonstrates the glory days of some past era they never lived in, in a kind of time-traveling affectation. The affectations are an attempt at creating a unique expression of their Creator-Self Energy in order to secure.

While each is a unique expression to be sure, the origins of the individual joining the group expression defined by these systems is often insecurity. What is interesting is the affectations are group based, even though most group credos, and each member, will state unequivocally that they are expressing themselves in a unique way—an approved group expression is not unique. I often remind folks that those who are actually bohemian never say they are bohemian.

The sports fan is a modern day affectation. Many are secured by attaching themselves to a professional sports entertainment brand, a team, then dressing like the team, keeping up with the team, cheering for the team, and speaking like they are one of the team, all in an effort to secure themselves by association.

Many wear clothes or other adornments as their personal way to secure. I've seen some adorn themselves in an entire ensemble from a certain clothing conglomerate, thousands of dollars of attire, all in an attempt to secure themselves through aligning themselves with a designer—the affectation of a devoted Nike man, Armani man or Chanel girl.

Insecurity Indulgence



The insecurity overwhelm is the moment when the system shuts down, while indulgence is the overwhelm when the energy is treated in the opposite manner. Instead of someone breaking down from the energy flow, the insecurity is used as an impetus for often extreme actions. If one feels insecure about their weight, they may stop eating altogether and wither away and their insecurity about appearance is justification, “I will never be that fat little child again”. Others may feel so

insecure about their weight that they eat everything and anything, again when feelings of insecurity show up the action is justified, “I’ll just felt so bad about myself I ate an entire pizza”. Some will workout, or train, to the point of absurdity, using the concern of appearance as the impetus.

Some can become the proverbial “diva”, enough said on that. Some become obsessed with all things money-related and can spend to secure themselves, or earn and save to secure. Indulgence happens when insecurity has become the excuse for anything and everything that is deemed a securing agent. Certain sexual orientation actions, physical acts of a sexual nature, or other sexually associated expressions are often indulgence.

Folks who engage in indulgence are very hard to deal with, as the origins of the issues are not as important as the actions being taken to cover them up. They are often righteous in the use of their insecurity covering actions, they are often irrational and those who are years into their coping systems are not open to change.

The Zealot



The zealot is sure that what secures them will secure others and they make it their life’s purpose to spread the word. They secure themselves by soliciting and gaining followers to their cause or way of life. Of course the fact that they need followers shows they are really insecure and probably should be avoided.

The religious zealot who finds god, then ties everything that happens to god, is insecure to be sure. The New Age zealot who sees everything through the “love and light” prism is coping with their insecurity through this system. The religious zealot, the political zealot, the “I know exactly what’s wrong with the world and how to fix it” zealot, are come from the same place: insecurity. The zealot is a challenge both to be around, and to assist, as they have invested in their particular securing agent in an all or nothing fashion. If a zealot is forced to see the failure in

their securing system, insecurity shows up again, which is the thing they were looking to avoid.

The comedic irony here is the zealot makes his living by making others feel insecure, then attempting to lure the insecure into his brand of securing crazy. The zealots are the most dangerous, as they start wars to secure themselves by imposing their absurd securing system on others through violence. Zealots are unpredictable, irrational, impossible to deal with, and for the most part, should be avoided as they are among the most insecure of all people. Some will burn out when they find the agent is not securing them anymore, and others simply live in a perfect state of cognitive dissonance, as they are able to ignore the fact that they are not secured at all by their devotion.

Repetition and Predictability



Repetition helps secure, while unpredictability creates insecurity. Going to the same place to eat, eating the same foods, shopping at the same store, watching the same TV programs, are all ways to secure. There is security in knowing exactly what you are going to get.

When you know what you are going to get, there isn't too much chance of a unique insecurity eruption. Listen to a song from the Beatles' first effort like, *Love Me Do* and you won't get many surprises. In many ways the predictable nature of the pop song is comforting, no matter how many times you hear it. Try a truly experimental track from Ornette Coleman and you'll find yourself feeling quite insecure. The securing institution of radio learned quickly that a good securing "hook" will keep us coming back for more. Of course the real downside here is that the more secure you are with something, the more you tend to be participating without being present. Ornette will demand you be present so as not to be driven to insanity by the erratic direction each note takes, but listening to *Love Me Do* for the 1000th time almost assures that you will not really be paying attention at all while listening. This of course applies to food, drink, movies, clothes, and even relationships if you are not careful. Didn't Starbucks become an institution by

providing the same exact cup of coffee in every store? Try ordering something unfamiliar the next time you go out to eat and see what happens.

Dreaming



The act of fantasizing about things secures a great many. Dreaming about how it will be one day helps folks cope with insecurity, as one can let the energy flow into the world created by the dream. We are told by the institutions to follow our dreams, which also means we are not to follow who we are in the here and now. Of course conflict often occurs when we cannot materialize the dream in the now.

The zealot often uses the world of dreams to lure others as do politicians and various leaders. The zealot uses the realm of the dream, the concept of “hope” to remain a securing agent, as long as he perpetuates hope, he’s the securing agent to deliver it. “Hope” is a politician’s carrot and stick. I find “hope” to be the biggest of all four-letter words, as it is used as the excuse for perpetual delay. We “hope” for an end to war—how’s that working out for us? We “hope” that one day most of the planet won’t be impoverished—how’s that working out for us? We “hope” for a cure to cancer, and we “hope” that such a cure won’t put too many people out of business when it happens, or be too expensive for those who need it. When I see someone preaching hope, I know there is no chance of whatever they are selling happening. “Hope” is future, and the future cannot secure because it does not exist—ever. If you are one that hopes, you are one that is locked in the conflict of a future/present moment securing battle that you cannot win.

Actual dreams themselves can make folks insecure. Quite often someone will have a dream of crashing planes or nuclear explosions and become insecure over them. When this happens, securing is hard to find, as there is no real element in front of them to deal with. Things that are not tangible, dreams, thoughts, ideas, can be insecurity triggers and coping mechanisms.

Relationships



Relationships are the biggest and most complex of securing systems. It is our relationship with our family which is supposed to help us cope with our insecurity, to secure us, even when it doesn't. In fact, even when the family fails to secure us over and over again, many of us will return to that relationship system in search of securing despite the evidence that it fails to do so. So strong is that womb experience of securing that one will return to an abusive, useless, mother for securing, in the hope to be able to get the securing again. There is that word hope.

Of all the things I've assisted in altering in people, breaking away from the family system is the biggest challenge. The reason for this is that no one wants to give up the securing devil they know, in favor of the one they do not. This fact, coupled with the lack of education on how to secure oneself, and you can see why we all hang around the dysfunction even when it fails us.

I have found that the continued use of the words, mom, mommy, dad, and daddy in adult life is a huge hindrance to transcending that securing system limitation of the family. If you want to move past the family securing system, start calling your parents by their first names. See how insecure that makes you feel when you even think about doing that.

Not all families are dysfunctional and a sound, balanced family is also a securing tool. While it may not carry the obvious downside of a dystopian family, one needs to be aware that the family system of support is a way of coping with insecurity. Running home to a loving mom secures. Returning home for every holiday secures, especially if one feels insecure about spending a holiday without them.

Extended family also serve to secure, but it is the arena of personal intimate relationships that we see the biggest issue for most. Our first intimate relationships are rooted in insecurity. What is a school age crush but insecurity? What is that very first date but insecurity? What is the first breakup in high school but

insecurity—a breakup that includes the entire student body as a witness? Not to mention the first sexual encounter itself. The system is built on insecurity, yet we are drawn to put our energy in them in order to cope with our insecurities. We use them to secure our energy. It is tragically clichéd but don't we say, “men need a woman to take care of them”, and “women need a man to protect them?”

Many are faced with the ultimate conundrum. Some are so insecure when they are not in a relationship that they have to get into one to cope with their insecurity. Once in the relationship, they find the relationship failed to secure them the way they had hoped, so they need to get out of the relationship in order to secure themselves. Some are so insecure about being out of a relationship that they will do anything to avoid feeling the experience of being single and insecure. Serial dating and serial marriage are coping systems. Many are so insecure at the sight of someone they might be interested in that they would rather deal with the insecurity they know, rather than the insecurity of being with someone, so they avoid all intimate relationships.

A common way to secure using a relationship is to fix another person. Many will enter a relationship in order to cope with their own insecurity by fixing their mate. When they are done fixing, the insecurity erupts again and they have to move on to another. Or if they fail to fix, the insecurity will erupt and they have to move on.

Relationships generate insecurity by their nature, this is the reason we are in them, as we are creating using two energies instead of one. This of course creates a challenge in the securing department as each party has different securing needs. I find that the biggest problem in most relationships is the “failure to secure”. When one mate fails to secure another, a fight will ensue. When the man fails to secure the female with enough money, status and material goods, like he is supposed to per the prescription, the female will get insecure. She will often attack him for not making enough money, when in fact it is her insecurity about the topic that is the problem. When a man feels his wife is not “enough” in some way, he may get insecure and demand she lose weight or get plastic surgery. The relationship must secure us, otherwise we do not really feel it is a relationship.

When a woman or a man do not feel the relationship secures their insecurity properly, they may embark on a jealousy attack, which is really a failure to secure argument. “You don't tell me you love me ‘enough’” is code for, “I'm really insecure, secure me now!” Jealousy is nothing more than insecurity; acting the part of the jealous mate is insecurity indulgence.

Nearly all arguments in relationships are failure to secure arguments. Some arguments are where insecurity is the problem and not what is happening in the moment. When couples argue about the future, they are playing the “what if” game. As I said earlier, the “what if” game is a game you cannot win—you will

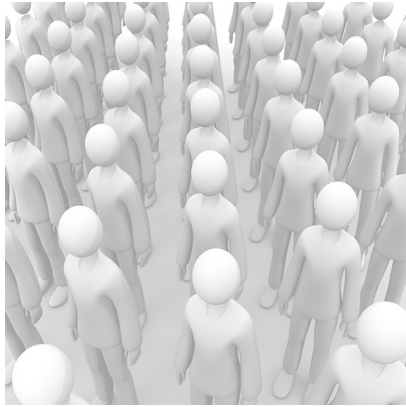
fail to secure. Playing it with a mate who sees your contribution to the discussion as a failure to properly secure them, will result in disaster.

There is an adage that says, “treat a woman badly and she’ll want you even more”. The reason for this is simple. If you treat a woman poorly, they become insecure, and the trigger of that insecurity is seen as the securing agent. I read a story about a well-known Hollywood producer who went into a meeting and pointed out what was wrong with each woman’s look. Then, after he had triggered huge insecurity within them, he told them what they could do to fix the problem. He instigated the insecurity, he was also their securing agent, and he controlled the room after that. It would be helpful to note here the opposite is true for men, make a man insecure and he is likely to dig in, rather than give you what you want. Men require you to make them feel comfortable, confident, in order to use you as a securing agent. The “confidence men” know both of these facts.

Everything I just said here applies to all relationships. We see a securing system in the best friends forever relationship, the girls who don’t go anywhere without each other or the gang of guys who go out every weekend together. The reliance on another for securing is the issue here, not friendships. Work relationships, neighbors, friends, any relationship at all, is subject to the issues of insecurity and securing.

The securing institution of the messengers, medical establishment, family, science, god, and even the government, not to mention the law, all tell us how our relationships are supposed to be and how to put our energy into them. Again, the securing institutions all dictate, via their securing products, *exactly* how each relationship is supposed to be, no matter who is involved and no matter what is going on with each person’s Soul process. This means everyone gets *generic* relationship prescription gibberish that includes every detail on: dating, marriage, children, traveling, holidays, retirement, and death. There is no greater source of relationship insanity than the place at which all the securing institutions influence converges in your brain.

We Are All Alike



One of the most subtle of all the securing agents is that of similarity. In a crowd, we like to associate with the ones that seem to be like us. There is a story about the making of the movie, *The Planet Of The Apes*, where during lunch breaks while filming, those dressed in the costumes of the orangutans hung with the orangutans, the chimpanzees with the chimpanzees, and the gorillas with the gorillas. We feel secure around those that are like us, those we think have our values, our desires, and our physical look.

Conformity is a huge securing agent. We will alter our outward expression to fit in, when needed, by changing our clothes, our use of language, or even our bodies. In my neighborhood, an escaped cockatoo joined up with a gang of crows and while he couldn't go all black, he did adopt their language. In some cases, we'll go so far as to not fit in to fit in. The rebel is the one who has decided to rebel against the established order, in order to fit in. Maybe the cockatoo was rebelling against conformity.

A less obvious securing agent is one running deep within the human operating system, a rather quiet absolute, that is very confounding for many. There is programming within us that says, "if you see a person, in a body, with ten fingers and ten toes, with two eyes, and two ears, they are just like you." "Just like you" means they are the same as you in what animates that body.

It is beyond the scope of this book to delve too deeply into the topic, but there is an assumption, and it is a huge assumption, that people in bodies are all the same. What I mean by the same is, the animating energy that animates the body itself is the same. The mystical 21 grams that animates the Earther-body is thought to be identical in all bodies. Nearly everyone on the planet assumes that all body animating energy is exactly the same and they believe it to be a Human-Soul-based energy. We assume this because it secures us, but bodies are a creation of a mix of

DNA and Earth elements, and not the basis for life, but are an expression of a life that exists beyond the body. Many of those animating energies are not like you or me, they have different origins and different desires. I have no desire to kill masses of people, it is not going to secure me and it is not going to excite me, but there are some for whom that process is a thrill and there is no moral quandary—they are in a Earth-body but their animating energy is not like me. These folks are not a version of me gone wrong, they are not humans who need some help, they are not like me in the most fundamental way. What behavioral science people call “psychopaths” and “sociopaths” are often a completely different breed of being animating a body; a Non-Human-Being with very different needs than I.

If you are having a bit of trouble visualizing this idea, consider this: I have five identical looking cars. One car has a gas engine, the next a diesel, the next compressed air, the next electric, and the last hydrogen. To look at each car, you would have no idea that the animating engine is different in each. Just remember, Human Being and body are not the same thing, nor are they exclusive.

The interesting thing here is that many animating energies in bodies trigger insecurity in us when we meet with it, yet, we dismiss the possibility that what we are seeing is not like us because of the core operating system programming—if you are in a body you must be human. Have you ever met someone and said, “oh, I do not like him, there is something different about him?” It is important to note that many you meet in your day-to-day life are not actually like you. While many are unpleasant and should probably be avoided, not all are nefarious, many are just new to Earth and Earth-based bodies. The point here, not everyone is here on Earth for the same reasons, not everyone occupying a body is like everyone else.

Here Are Some More Common Securing Systems



- Most types of compulsive disorders (OCD) are ways to cope with insecurity—the ritual secures and dissipates energy.
- Time issues: always late or obsessively on time.
- Endless pursuit for excessive knowledge: knowing everything is securing.

- Praying for others, loving others, or filling others with positive light.
- Excessive preparing.
- Denial, “I don’t want to know about it” is another tool.
- The constant need to be in contact: texting, email, phone, Facebook, etc.
- Perpetual student-hood.
- The bossing of others and the controlling of others.
- The compulsive need to help others from family to unknowns.
- Surrounding oneself with pets.
- Compulsive shopping.
- Compulsion to buy things for others; gift giving.
- Agreeing with people, even when one does not.
- Anger, aggression, domination.
- Avoiding decisions, backing into decisions, default decisions.
- Concern over what others are thinking.
- A need to know: “who will be there”, “what is going to happen”, “what will I do when I get there?”
- Righteous indignation.
- The need for a polar enemy: democrats vs. republicans, god vs. satan, positive vs. negative.
- Choosing to be offended.
- Feeling the need to defend every action, internally or externally.
- Over-eating, or under-eating, obsessed with intake of all sorts.
- Self-loathing, believing one is broken or needs to be fixed.
- Constant worry, worrying about the future or others, worrying about things beyond control.
- Fitting in, succumbing to peer pressure.
- The need for preapproval or permission.
- Drugs, TV, and fast food addictions. Certain heavy, often toxic, foods absorb the energy and help dissipate it.
- Suppression of feelings or checking out.
- Obsession with the past or future and living in them.
- Extreme defensiveness.
- Submissiveness, subservience, disregard of self.
- The control freak is the Insecurity Energy freak.
- Buying feet-crippling designer shoes.

Some folks find certain numbers securing, even numbers or anniversary approved numbers like 25 or 100. The word “yes” is greatly assuring to most. Many find winning securing, either their own winning or when others win—why a certain actor winning an Oscar secures another is beyond me. Insurance is a product that exists entirely because of the insecurity/securing system. Some are convinced that they can secure themselves by finding something about their origins by looking through a telescope. Reliance on technology secures many. Guns secure. I tend to

complain when I do not like the way I am securing myself—the way I see my energy manifesting. I really could go on for hours on the tools folks use to cope with their Insecurity Energy.

Important Point: *The most important securing agent of all is the belief in “I”. It is your belief that you are who think you are, that is the most divisive securing agent of all. Nearly all people identify themselves by defining themselves by what they do. You are not the things you do, as those are things you do. Sadly, most folks identify, secure, themselves by what they do, and mostly by what they do for money. The flip side of this is many are insecure because of what they do, or don’t do, for money. The most common question asked when people meet is, “what do you do for cash?” As if this says all you need to know about another. Rarely asked is the appropriate question: “who are you?” I myself am not what I do, as the things I do while here on Earth are temporary and many are simply required of me to live. I have quite a few friends who do not know what I do, and, believe it or not, I have a couple who do not even know my name. One of the funniest things anyone ever said to me was, “what do you do that you do not care what you drive?” As if my job and my car is who I am to others and, more importantly, myself. The next time someone asks you what you do, answer the way I do: “I evolve”.*

Insecurity Energy Management



There are as many ways to deal with insecurity vibrations as there are people. The key here is to see which ones you use and really see the connection between the tool and real reason for the tool. Do not judge any of these tools, or your use of them, as they are things that you developed because you figured each securing tool would solve a problem. In some circumstances the tool is effective, but many may simply be obsolete now. If, as a child, you moved around a lot, you may have

found that quickly inserting yourself into a group helped ease the “new kid” insecurities that came up with each move. This was a great tool, but continuing to use that tool as an adult might just have you overextending yourself. If as a child you came from an abusive, dysfunctional, family you might have secured yourself by placating everyone, making nice, never asserting your needs, as such this is probably not a good tool to be using as an adult.

One issue with the tools is the conflict they create. Often the tool is nothing more than a baseball bat that has been created to bludgeon to death the offending insecure aspects of ourselves. Those aspects, often very young and traumatized aspects, are being further traumatized by the tools created to deal with them. A person who *feels* they are fat, insecurity about appearance, uses the tool of diet and exercise to deal with the offending insecurities. They often force themselves (especially if they are not one who loves exercise) to work out, train, push the limit, all in an effort to shut the insecure parts up by changing the body. This just creates more conflict, especially if the training isn't helping to lose weight fast enough and the weight has been a lifetime issue. I watched a friend, who was concerned about her weight, eat a meal she could barely get down, in an effort to loose weight, to secure herself. Her weight made her insecure, the remedy made her sick, frustrated, and even more insecure. I just could not see how this was helpful at all!

Important Point: *We can use the example of the struggle to lose weight to point out a modern securing agent that creates a huge amount of conflict within; acceptance. There is a group of people who perpetuate the idea that if you are fat, just accept it and love yourself. This is just another securing tool, one that seems helpful, but just creates conflict in the end. Swinging to the other polarity in an effort to secure isn't helpful. It is true you are who you are, but it is not helpful to proclaim that as some sort of acquiescence based on the belief that it will secure.*

Aside from tools we develop on our own, the most common way to cope with insecurity is to physically buy a tool. People package confidence-making formulas for purchase, and they make a killing at it, because there is an endless supply of insecure people looking to secure themselves from the outside. There are endless self-help systems designed to exploit the very thing people are buying them for. These securing tools sold to quell insecurity not only do not work, they make things worse because they often create more internal conflict when the tool fails to resolve the issue. Billions spent on self-help, billions spent of diet systems, billions spent on altering the body through fitness or surgery, and no end in sight to the insecurity problem.

These systems are built on a foundation of judgment that only serves to reinforce the problem they proclaim to help with. In order to sell self-help you have to impart to the purchaser that they are defective in some way, which is so insulting on so many levels. The seller does this in order to induce insecurity, so they can

provide the securing tool. Remember what I said about women seeing the one who makes them insecure as the securing agent? All self-help, from books to seminars, start off by exploiting the insecurity through the process of defining what is wrong: too fat, too poor, too weak, and too xyz. Once the insecurity is focused on the direction of the seller, securing through purchase is the only option. A quick skim through the self-help section of Amazon makes me wonder why I should bother getting up in the morning at all, since I seem to be nothing but a defective pile of crap.

In a high energy self-help seminar of some sort, the speaker will trigger insecurity in the attendees by proclaiming something like, “don’t you want to be happier than you have ever been in your life.” Once insecure, the attendees buy, buy, buy whatever is being sold. People are buying the security the system proclaims to provide, not the solution itself, as the solutions are not really relevant, and not person specific. Has anyone ever really gotten mega-rich from using an infomercial “get rich” self-help system except the seller? The most effective seller is the one who creates the *most* insecurity in the buyer, not the one with the best product.

A deeply troubling way to cope with insecurity is to pursue perfection. Billions upon billions of dollars are spent getting the better body, the better face, the better teeth, the better shoes, the better house, the better clothes, the better this, that and the other thing. Each better will get you that much closer to perfection. The *entire* beauty industry is all about exploiting insecurity and selling securing tools. The *entire* fitness industry is about coping with insecurity. Every single person has a list, some long, some short, but a list of things that are not good “enough”: not thin enough, tall enough, rich enough, popular enough, fit enough, tough enough, loved enough, and so on. The securing institutions keep producing more “enoughs” everyday. The presence of the word “enough” in your internal dialogue is a sure sign, the biggest sign, of insecurity. David Rockefeller isn’t rich enough? The “not enoughs” are the rock to our Sisyphus like effort, we push the rock up the hill in an endless effort to find some securing agent at the top, one that will finally secure us and let us say, “I am enough”.

Important Point: *You are perfect just as you are right now. You are perfectly imperfect and you are imperfectly perfect. Though many who read these words will be comforted for a moment, they won’t secure a one of you for long. I have never met a Human Being Creator-Self what wasn’t perfect and I have met few Earther-Human-Beings who actually knew this truth.*

The notion of enough is predicated on the basic premise of right and wrong, as there is a right body and a wrong body, right and wrong type of house, right and wrong education, right and wrong actions, and on and on. The securing institutions tell us what is right and wrong and then we try to make that happen. This addiction to the faux polarity of doing it right, and avoiding doing it wrong, is a huge

problem in finding a securing agent that works. When you are looking for a securing agent, are you looking for a securing agent that will help you do it right, or one that will keep you from doing it wrong?

Many will read what I just wrote about doing it right, or not doing it wrong as meaning the same thing. They are different, quite often folks working to manage their insecurities are trying not to fail, rather than trying to succeed. And while the difference seems minor, the mental process behind the securing effort is very different and the approach to resolving the issues are different.

Some are so concerned with doing what is right that they live a life of insecurity overwhelm fighting off the possibly of wrong. There is no right and wrong, but the presence and adherence to such silly judgments creates tremendous insecurity, especially when the right and wrongs flip-flop on us and create even more insecurity. In my lifetime, it was wrong to like Russia and it's people, then it was right to like the Russians, now I think it's wrong again. It was right to be a racist, then it was wrong, what is it today?

People often say this to me, "I do everything right, I'm a good person, why do these bad things keep happening to me?" This is said as if there is some correlation. We are not really worried about evolving, we're worried more about "doing it right" simply because we think it will secure us. Right and wrongs are created by those who are in control, specifically to exploit your ultimate weakness—insecurity. The only "right" is that you are an eternal, perfect part of your Creator-Self. *There are no wrongs.*

This notion that we are defective and must be fixed via a system of behaving correctly is born from the idea of the original sin and the redemption system of securing. The biblical version of this has me being judged a sinner by a god whose maturity level is that of a somewhat mentally challenged fourteen-year-old boy, and who's redemption process is completely incomprehensible to me. Every other religion has the same "humans are defective" construct at its core. This is just utter and complete gibberish, I am not sinned, or broken, or defective in any way at all. I'm a Human Being having a temporary body-based experience on Earth, an experience that is the most restrictive and suffocating available in our particular universe.

If you knew you were secure, really secure, no matter what you did or felt, would you pray to god? If you knew you were absolutely secure, would you seek help from the unseen? If you knew you were perfectly secure, would you pay your taxes? If you knew you were secure, would you worry about the clothes you wear? If you knew you were secure, would you care what people thought of you? If you were secure, would you buy another self-help anything? If you knew you were secure, would you put money in the parking meter?

The reason you put money in the parking meter is you think it secures you, not because you want to, yet you can put money in and still get a ticket. You pay your taxes because you think it secures you, yet when you do you still feel insecure and could still owe money. You pray to god when things get bad because you think he will secure you. You thank god when you perceive he secures you so he'll do it again. Giving god or the universe credit for things is solely based on a perception, one intimately guided by our insecurities and not one based in reality. There are people so insecure they refuse to take credit for anything they personally do, they give the credit to god, the universe or some other mysterious higher power. Some will even give the blame for their actions to those institutions as well.

Damn it, I wrote this book, not god, not the universe, not my guides, not anyone but me, me and me alone. I am living this life, in this body, for me, myself and I. Everything I do while on this planet, and anywhere else for that matter, is for me to learn more about me. Is that awful in some way?

I used to have a joke I'd say to people who claimed they were inspired by some discarnate being who was helping the world (no names will be mentioned). I would say, "if x is so great, let him get a shovel, a hard hat and pair of jeans and come down here and actually do some work like the rest of us." If I'm going to live here, I am damn well going to take the credit for all I do.

Important Point: *Before we move on to the techniques, I'll point out a few things. I imagine after reading all of that you are thinking, "gee, this guy just denounces everything we do and he makes it all seem so terrible." I expect you are also thinking, how dare I condemn everyone and everything in this way. Now a confession: all of those things are me too, there are very few tools on the list that I have not indulged in at some point in my life. I have been in overwhelm, I have indulged. I have been insecure each and everyday I have been on this planet. I have invented remarkable energy techniques, great physical energy tools, and securing systems to secure myself, those I have assisted, and those I love. And all of those things have been effective in so many ways, and still are, but the one thing I have failed to do is find a way to secure from the outside. It isn't a crime to do these things, it is what we, me included, are taught to do on this planet, but there is another way.*

Questions

1. **What are your top three securing systems?**
2. **What securing system do you no longer use?**

3. **Which person you have never met, will not meet, do you trust to secure you?**

4. **Without your securing systems, how will you survive?**

Technique Number 2



The process of technique number two is going to be a challenge, you are going to stop using your tools of securing. The goal of this process is not to add a new tool, but to take away every single tool you have created to deal with the insecure parts of yourself. This will be hard, as those aspects of you that have relied on those tools for years, even though they are actually useless, will panic a bit. When they freak-out, acknowledge the feelings as valid but do not try to destroy them with another tool. No matter how appropriate the tool seems, put it down and let the insecure aspect of you alone to experience what is going on.

If insecurity shows up as you are about to go to a party, and your usual tool is to fuss with your clothes, call to see who is there, be late etc., just stop and acknowledge the insecurity the moment it shows up. Remind yourself everything is just fine—dress, and go to the party. If you are going to a meeting with the boss and your usual securing tool is to be twenty minutes early, over prepare, and say yes to everything the boss says, see this as your securing system and drop the tools. If your securing tool is to think about every possible angle to a problem you are having, stop thinking and remind yourself, “oh, I’m insecure and I’m just trying to secure myself with all this thinking stuff”, then move along.

Speak to yourself here, you’ll have to work with yourself as an assistant would. If you feel insecure about talking to yourself, get over it. A key to getting over the addiction to the tools is to find ways to prevent their usage, and talking to one’s self really helps here.

If you really have to use a tool, no problem, just make sure you are fully and completely aware that this is what you are doing. So if you wake up feeling fat,

and your tool of choice is to skip breakfast to make yourself feel secure, then say, “I feel fat today, I know this is just a securing tool, but I’m going to skip breakfast anyway.” You might feel insecure at a party and drinking is your coping tool, so once the party triggers the insecurity, you are free to drink, just remind yourself, “I’m drinking to secure myself.” You must identify as much of the securing process as you can, as the empowerment section requires that you truly feel, as well as know, what I am talking about here.

The Actual Problem vs. Insecurity Energy

Part of the technique will be to identify what your actual problem is, in the moment, in order to address it appropriately. Quite often it is Insecurity Energy that is the problem, not an actual addressable problem. Insecurity of any kind, will no longer be addressed at all, but you will look to address any problem if one exists.

Now that you are well-versed in the energy of insecurity per technique number one, you can quickly identify the vibe. So when the boss walks in and demands the Henley Report, you now know the first thing that will happen is the rush of energy—Insecurity Energy. You are to dismiss this by saying, “ah, Insecurity Energy, time to move on” or some phrase of your own choosing. Then you are to quickly assess the basic problem. In the case of the Henley Report, the problem is, “how do I get this report done, and on time?” Look for real solutions to that problem, never once looking to address insecurity issues that arise like, “what if I fail”, or “what if I get fired for not finishing?” Start with step one: Who is Henley and what’s the report on? Then move on to step two: What is the first thing that needs to be done to get the report started. Then complete the rest.

In some cases you may find there is no problem at all. One moment you may “think” that you are having an issue with your future retirement and start to panic. Stop. Make yourself aware that the issue is insecurity as you are twenty-five years away from actual retirement. See that there is no problem at all in the present moment regarding retirement and move along to something real.

There are three kinds of problems, those where a solution is simple: clean up the spilled milk right then and there and ignore any Insecurity Energy. The second problem is one in which the solution takes some time: you need to lose some weight, as it has become an issue. Do not address the insecurity at all, and take each weight loss step at a time. The last is a problem with no foreseeable solution: “I do not know how I will have enough money to retire.” Do not address the insecurity or the problem.

Look to define your problems as clearly as possible. Remember you never give yourself a problem you cannot address. The answers will be near you, often right

in front of you, but you will only see them if you deal with the problem and not the insecurity. So often people think that their Creator-Self is cruel to them, hiding answers, putting them in binds and behaving like the god of the bible. The Creator-Self is not cruel, it is not an external parent either, it is *you*. If you were not so insecure, so reliant on external securing, you might actually like getting into a bit of a trouble now and again in order to learn something new. The answers to each perceived problem are found within reach, it is often your insecurity/securing process that prevents you from seeing them.

Turn it all Around

During this same two-week period, you need to turn everything I have just talked about around and apply it to others. Yes, everyone else is just as insecure as you are. You thought it was only *you* that was insecure, with everyone else being secure, and you were insecure about that! If someone is on this planet, they are insecure, please stop assuming otherwise. Everyone else is just as insecure as you are. You need to stop judging them in order to understand yourself in the new light. Start to notice how others are looking to you to secure them. Listen to the language very carefully and look for the clues: “what if”, “tell me I’m okay”, “is it safe”, “do you love me?”, etc. See if you can find the securing efforts others are undertaking around you. Aren’t the worst meetings just a fruitless effort of a bunch of people simply trying to secure themselves? Watch the coworkers, the friends, the family members and your mates for their securing efforts.

Look at other areas where external security is the issue. Look at politics, religious agendas, and movies. Most movies are about the protagonist finding themselves in a “need to secure” situation (get married, get revenge, kill the bad guy) and the antagonist is there to stop that person from getting security. The best movies show the final securing moment for only a minute, “guy gets the girl in the end” or “evil is defeated one more time”, and this subtly reinforces the insecurity/securing system by giving you the illusion of securing. Horror movies excite us because they make us feel insecure. Look for where your movie and TV shows trigger low, or even high, levels of that insecurity energy in your body. See if you can actually feel the energy vibrating in you while watching a movie or TV show.

A Word of Caution: *Do not use this information to diagnose another. That is not what this information is for. Do not say to another, “you are just insecure” without that person having a complete understanding of what I am saying here.*

Helping Hand

During this period you are to avoid seeking out assurance in the securing form. Being prevented from seeking out others to secure you does not mean you are on your own. If you look to others to secure you, you are on your own. If you look to

seek guidance, or clarity, or support, to gain deeper understanding from another, you are in the right place. Notice your language here: “what if”, “is this right”, “tell me I’m okay”, “tell me you’re okay”, “keep me up to date”, “I need to know”, are all signs that you or another are looking for external security—even if the request is justified. Here is a subtle example. You ask your wife to call you when she has arrived at her destination but she does not. You get insecure. You react to the insecurity by calling and leaving a message that says, “It is common courtesy to call me and let me know you are okay, why haven’t you called?” True, it is common courtesy, but the reason you used that line is an excuse to indulge your insecurity. You presume something is wrong first, insecurity, and need to be secured by your wife to know everything is fine. Why not presume everything is fine, and skip the insecurity management? Really pay attention when you or another is looking to secure from the outside and notice the choices being made there. Look to address issues, conflicts, problems, but stop looking to address insecurity. Stop choosing to manage the insecurity when it shows up.

Doomsday Redux



After all of that, you may notice an interesting conundrum—how does one secure oneself? You may have realised I never said any one of those securing systems or agents would actually secure anyone. I said they take one’s energy, but I never mentioned they make one secure or advocated one over another. After doing your homework, and getting in touch with your Insecurity Energy and your preferred tools to cage that energy, I expect you are seeing a pattern that isn’t all that securing. And I expect you figure I have a stellar way to actually secure you, otherwise I would not have written the book.

I do not have a tool to secure you. None. In fact, I intend to make you even more insecure by what I am about to say:

- *There is no way to secure yourself from the outside.*
- *You cannot secure yourself from the outside.*
- *There is no securing agent that can actually secure you.*

PANIC!

Securing yourself using any of the above-mentioned methods, or any method

anyone else is selling you, is in fact, impossible. No matter what system of securing you have used, you have never secured yourself and you never will. **You cannot secure yourself from the outside, ever. It will never happen!**

There is at least one upside to what I just said. Listen carefully: you cannot secure another. Again, it is impossible for you to secure another. You are off the hook.

No one can secure you and you cannot secure another. See if looking at this process in an extreme way helps. Everyone on the planet wants to get back into the womb, the place where security reigned supreme. Can you give your insecure boss a womb to secure himself in? Can you give your wife a womb to secure herself in? Can you climb back into your mother's womb in order to secure yourself from your problems?

The clear answer to all of these questions is no. You cannot secure another and they cannot secure you. This means when folks ask you to secure them in some way, you may decline in the appropriate fashion.

PART THREE

Why We Manifest What We Manifest



I realize that when the insecurity erupts, it feels like you are on fire. And I realize the techniques I have suggested ask you to only acknowledge you are on fire and do nothing about it—something counter to your whole life’s process so far. I contend that our need to use any tool we can to put out the fire actually fuels the fire, because those tools are not actually capable of addressing the Insecurity Energy problem. I would also contend that this energy we have associated with needing to secure ourselves from an external source is not what we have been led to believe it is. In order to truly understand this, we must get to the point where this vibration produces no traditional response. The traditional response to the insecurity vibration prevents us from seeing a deeper, wonderful, more fundamental truth.

As you continue to read along I want you to keep three things in mind. One: right now, every single thing you manifest in your life is done in order to secure you via an external mechanism. Two: nothing external can ever secure you, as such, no person, place or thing can ever, *ever* secure you—only you can secure yourself. Three: you will never move further than your insecurity labels will allow. *Your insecurities, and the labels, are your limits.* Insecurity Energy itself is not a limitation, the definitions you apply to it and the efforts you take to manifest antidotes to those definitions are the limitation—the energy itself is simply potential.

You use your access to the ultimate creative force of your Creator-Self Energy to manifest things for you to interact with. Everything in your reality has been

manifested by you, through you, including the things you call “good” and the things you call “bad”. Everything you manifest in your life, the entire reality in front of you, is manifested in an effort to secure yourself: your home, your friends, your job, your clothes, your plastic surgery, your dog, your family, your food, your language, your favorite books—*everything*. There is not one single thing you do that is not driven to secure yourself, alleviate insecurity or in some way mitigate the Insecurity Energy within, not one. Sounds implausible, impossible, and even blasphemous?

The first thing you look to secure yourself with is water, as without it you are dead in two weeks. The underlying energy in you says, “secure water now and make sure I have enough of it.” This happens in the background, yet we are so detached from our own experience that we do not even know this is happening at all, at least until we do not have water and become insecure. Strangely, most people do not drink enough water, instead opting for poisonous sodas and the like, which creates more insecurity. Clean, chemical free water is a must for efficient consciousness expression through the body. Think about that, if you need pure water to express yourself effectively, doesn’t it stand to reason that replacing real Earth energized water with chemicals in liquid might make you insecure?

The next thing we need to secure is food, without it we’ll die in a month. Okay, so what, everybody knows this? Ah, but don’t you see where this goes? Through the need to secure water and food, you secure a job. Your job is about securing water and food and possibly shelter/clothing. In theory, this is all you should really concern securing yourself with; things that keep the body alive. On the Earth-Plane, we have to “pay” for the very things that sustain life, not just elective items, but life-sustaining items. Life-sustaining items the Earth herself gave us for free are now auctioned off to the highest bidder. This puts us in competition for supposedly scarce resources (capitalism). This faux scarcity creates unimaginable insecurity in us all as we wonder if we have enough money to keep ourselves alive. Because we cannot consciously connect our need to secure ourselves with food and water, does not mean the system of economically driven scarcity does not have an insecurity effect on us.

For many, the personal world of securing through working moves out from the securing of the basics, to securing yourself through less “do or die” things, more emotionally contingent things, and things you have been sold will secure you. Your job allows you to secure money to secure yourself through stylish external items that are supposed to secure you in the eyes of others. In some, the securing job that provides securing through the securing of friends, property, art, status, and the illusion of power over others.

Then money tricks you into thinking you secure your future with it, your children’s future, your health, even your looks, through its collection and redistribution.

People take jobs, jobs they may not really want, under the presumption that it will secure them, as the boss will secure them, through a paycheck, prestige, benefits or even structure. Once on the treadmill of securing one's self via the external world, the process is endless. Folks all over the planet are selling us securing in the form of cars, houses, computers, services, insurance, wars, and on and on. Nearly everything that everyone sells is external securing delivered to your door. The great tragedy here is that there is no way to secure yourself via a delivered package. None. *It can never happen!*

When we are caught up in the cycle, we become reliant on our commitment to external mechanisms for securing and become incredibly insecure if the toys are taken away. We secure food for ourselves today, but what about tomorrow? We all believe that electricity secures us, if the government threatens to take it away, we will be in an uproar, as the insecurity shows up on the spot. Many years ago a concern over electricity led to extreme State-wide insecurity in California. As a result, the State of California gave Enron Energy billions of dollars to secure energy for the State's future. We know what became of Enron and the State's budget.

The steadfast reliance on the external element to secure us prevents us from securing ourselves from within, or even trying. Why bother to secure from within when it is so convenient to secure from the outside? This is the delusion. We are not actually securing ourselves at all through this process. One may feel secure with a million dollars in the bank, but tomorrow the bank can collapse, the money gone, and with it all that security. Was it really security? One may feel secure in their physical fitness but one virus can wither a body away. One may feel secure in their relationship, but find divorce papers in the office mail one day and the securing is gone.

We are taught, right from the start, to look outside for securing and we are never taught to look inside to secure, as we are not qualified to secure ourselves—only experts in the various fields can actually secure us. So we happily march along the road to external securing. It feels like an endless road lined with people in kiosks selling securing—securing experts. We move from vendor to vendor in an effort to secure ourselves with no end in sight, no matter where we are on the road, the road goes on and on. While it appears we are secure while on that road, there seems to be no way off the road, as any move to veer away from the accepted system of securing is met with someone, or something, triggering our insecurity and sending us right back on the road.

We often justify our addiction to the process by aligning ourselves with the “good” or “socially acceptable” vendors: organic, sustainable, spiritual, democrat, traditional, etc. In our reality, there is a perpetual external threat driving us to buy, invest in, or solicit external securing—it never ends. The reason it never ends, the

reason there is no silver bullet securing system, is because the whole effort is misguided. We are on the wrong road. Things that secure us cannot be sold to us and only if we can afford it. Things that truly secure us cannot be taken away from us through decay, destruction, theft or even withholding.

The efforts made by the planetary controllers of government and religion to secure you from the outside is successful in one regard, it distracts you from the true nature of your Creator-Self. Endless external securing efforts serve no greater purpose than to distract you from the truth; only you can secure yourself and given that opportunity, you will do just fine. The controllers actually count on your shame in this area of insecurity. It is the core of the shame of insecurity that is what they exploit.

It is our shame and demonization of insecurity, Insecurity Energy, that has us led around by everyone selling *external* securing, everyone from alarm companies to psychics, all offering us a way to secure our most shameful secret. Isn't a church confessional the exploitation of insecurity through personal shame? I am really mystified by why people feel that admitting they are insecure is catastrophic. I am even more mystified by what people think is going to happen by acknowledging this simple fact. I see nothing wrong with being insecure, even being wildly insecure, but I see issues with insecurity management as a lifestyle. War is an action taken in response to insecurity and many are actually proud of killing others in the name of securing, but ashamed of the impetus for war. It's all upside down. Insecurity is there, it is in all of us, and so what?

The controlling of insecurity, especially insecurity overwhelm (or the possibility of insecurity overwhelm) shapes everything we desire. The things we desire, whether objects or a spiritual state, are all external securing systems. We can pull apart everything we do and find the need to secure as the driving force. The seemingly innocuous practice of meditation has insecurity behind it. The effort is often based on ridding oneself of "bad" thoughts—*securing through thinking*. We often use it to access something that is not what is here on the Earth-Plane, something more secure like god, or the creator, or spirit.

The securing issue is found in the belief that supposed higher order beings will secure lower order beings. Folks will seek to covet the favor (securing energy) of god, the sun, spirit, gaia, or even their own Higher-Self, because they believe these higher order beings will secure them. The problem here is that: a) you do not need securing in this way; b) higher order beings never secure lower order beings; and c) the whole process is disingenuous, as it is born not of genuine connection or sharing, but gaining securing via an external mechanism disguised as something "spiritual".

Another common hidden securing effort can be seen in the phrase “let go, let god” or the new age version, “leave it up to the universe, or spirit”. This is nothing more than saying “I can’t secure myself so I’ll defer to a higher order to secure me”. If I am the Creator-Self, why do I need the external Creator energy to secure me? If the universe is a generic energy used for the creation of interesting things to do, why do I think it will secure me? Why do we believe that anyone or anything that is not us will secure us? Why do we refuse to even consider securing ourselves? Are we too controlled by insecurity to even try?

The problem with spending all of our energy to control the insecurity vibration is that it has no rate of return—zero. One puts on makeup everyday to secure themselves: everyday! How come one application doesn’t suffice? The effort is endless, which simply means it does not work. Oddly enough, putting the makeup on makes us insecure about people seeing us without it, “what will they think?”

For those of you who wear makeup, head down to your favorite makeup counter and pause as you look at all the products designed to secure the insecure woman. Really look at all the energy spent creating the various cages that seek to secure your Insecurity Energy through these products. At the core of each sale is the exploitation of insecurity. Each box suggests you are ugly without the product, isn’t that insecurity inducing?

We put money in the parking meter to secure ourselves from a ticket. Do you really want to feed the meter? We shower to secure our scent so others won’t think ill of us. We prim and primp, dress, shave, pluck, tuck, and eat or don’t eat to secure ourselves in the eyes of others. We go to school to learn to secure ourselves through employment or expressions of intellect. We go to church to secure ourselves with god. We save, invest, buy insurance, all in an effort to use our energy to secure from the outside. We agree with things we do not agree with, we sign things we do not agree to and we avoid breaking laws all in an effort to secure ourselves. We will ask “what if” in every conversation, in an effort to get another to secure us. We’ll run, flee, sprint, fly away from anything that triggers insecurity in us, and we will run, flee, sprint and fly to anything or anyone that we think will secure us. Everything we buy is a purchase to secure ourselves in some way. Everything we sell is an effort to secure something else, usually money, to secure us in another way. We will pray to god, or gods, or the universe, the creator, or any other accepted authority to secure us. We will kill others, take from others, torture others, deride others, judge others, and maim others, all in an effort to secure ourselves. We will actually *encourage* others, officials, to do truly horrible things; waterboarding, on our behalf to others, in order to secure us. How sick is that? We will do all of this *before* we bother to look to secure ourselves!

Need and Desire



What is really interesting about the securing institutions is in only one hundred years, they have managed to convince the entire population that need and desire are one and the same. We need food, we need water, we need shelter, and we need companionship...the rest is optional. Yet folks now need, Facebook, smartphones, green products, designer clothes, and status through various products, in the same way they need water! True needs are the things Earth set up as a prerequisite for experiencing her frequencies and nothing more. But the entire system has been turned upside down, we now need/desire everything and anything but her natural expression.

The government has decided that people need health insurance before, before, they need food and water. The government sees food and water as frivolous, as they are not tax deductible, but your SUV is? Your donations to those same elected officials who think food and water are options are also tax deductible? The things you desire are needs in the eyes of the government; the things you need are optional.

Desire is a motivating factor in our lives, but nearly all is a desire to secure from the outside. There is plenty of talk about desiring “abundance”, making your life about manifesting abundance as a way to secure from the outside. A seemingly laudable notion, until you realize that abundance usually means money, which is securing from the outside! If one took a moment to explore what money really is, they would learn that it is actually insecurity in its highest form. There is nothing more inherently insecure than money. The fiat currency system of securing is actually like jumping into quicksand to get to secure ground. So do I need abundance through fiat currency to secure myself, as in I need water, or do I desire abundance through fiat currency to secure myself, as in I desire the new iPod?

I contend that most, if not all, of our desires are rooted in insecurity. Isn't a desire for heaven after death nothing more than external security due to insecurity about the possibility of going to hell?

Why does it seem that no one is talking about the desire for accessing a life without external securing, or the need to a life without external securing? Even more important, why does it seem that no one seems to be talking about using one's Freewill to secure from within and avoid the whole desire/need mess?

Our Day-to-Day Lives



You are controlled by this process of managing your insecurity, your entire life is about trying to manage those vibrations. Let us take a look at a simple experience of looking for a job, which, in and of itself, can be an effort to secure via compensation. We apply for a job and get an interview, which immediately triggers insecurity. We go to the interview with two things to manage: the interview and the insecurity. When arriving at the interview we decide that the insecurity is the thing we need to manage most, so we skip the interview. Or, we arrive and decide to manage both, we come across as shifty, evasive, confused and we are not offered the job. Or, we decide that the insecurity is just fine and reasonable, and when we head into the interview with our focus only on the interview, we get the job!

The same could be said for a first date. When we go on a date, we are totally and completely insecure. We can either manage that insecurity energy, or have a fun time getting to know the insecure person we are sitting across from. Our whole lives have been about the process of insecurity management and rarely, if ever, are we truly comfortable with it enough to have a pure experience. The world would be an entirely different place if every handshake was accompanied by “nice to meet you, I’m really insecure right now.” If the statement was followed up by a nod instead of a “why”, we’d have little conflict in our exchanges.

The need to secure, control the insecurity energy, happens externally and internally. Let us look at another example. You are invited to a party, the first thought that pops into our head is, “I have nothing to wear”. This notion is actually, “I am insecure about how people will receive me, including via my clothes.” In a moment, you decide to indulge the insecurity, rather than just wear what you have. You must go out and buy a new outfit for the party, but you really cannot afford to, and you really “shouldn’t” spend money on another outfit. There is internal conflict now which was created by managing the insecurity, so you really need to justify the purchase to quell at least some of the insecurity. To justify, you go to a store having a sale and shop carefully—insecure/justify. Seeing the prices in person creates more insecurity, so after settling on a new outfit you tell yourself, “well, it is half price, how can I go wrong with an outfit that is this good, discounted that much, what a deal!” The entire process was a result of insecurity energy eruptions, managing the label of that energy, and spending that same energy to try to secure from the outside via a new outfit. The whole effort, the purchase, and the justification, was all about dealing with the insecurity label that was programmed into the head to show up when a party invitation is proffered. “In order to go to a party, you must have a new outfit”, so says Cosmo, Elle, Vogue, even mom.

I’m sure many of you have been in a work situation where you need to return a call from someone you did not want to call back due to insecurity. Quite often, the first response to receiving the message is, “what does he want?” This of course secures you if you can guess what he wants. When you can’t guess, you go in to stall mode, your head says, “well I’m busy, I’ll call him back later”. As the hours while away, you go into procrastination mode, “I can’t deal with it now”. Finally you have gone too long, and the dreaded, “I can’t call him back now, it’s been a week, but he’ll hate me if I don’t”, has happened. The entire process was born of insecurity. Quite a lot of energy was spent avoiding the call in an attempt to secure, which, after a week somehow failed to secure.

In our three examples, a significant amount of the energy spent was simply thinking and nothing more. Much of the obsessive thinking we can’t seem to control is thinking centered on insecurity. Can we stop the thinking? Not really, because we are guided by the notion that the thinking secures us. We drift away from some issue we are obsessed about, only to return to it the moment we feel the insecurity vibes erupt. We believe that the focus of attention, particularly a focus on the future, is the best way to secure ourselves and we will convince ourselves, via phrases like “I’m just preparing”, or “I’m just thinking ahead”, that the thinking effort is a meaningful one in our external securing process. We need water, without it we are totally insecure, by definition we should be thinking about obtaining water (and food), more than anything else. But in the modern age, we do not think about it in the proper magnitude. We’ve gotten all turned around, so detached from what we should be thinking in relation to insecurity and securing,

that securing food and water has been replaced by insecurity about the most frivolous stuff.

I once had a client call me from the hospital. She was feeling ill and checked herself into a hospital to make sure she was okay. They had not determined anything after several hours so she called me. I said, “it looks like you are dehydrated and your salt levels are way off.” A few hours later the tests revealed that was indeed the issue. How on Earth did we get to a place where the most basic of needs, water, isn’t even a thought in our daily lives?

Important Point: *If you are unable to properly address your need for adequate daily food and water, the entire process contained within this book will be meaningless. Insecurity is triggered when you say things like, “I’m starving, I haven’t eaten all day”, or “I forgot to eat”. If your body’s security is below your need to secure via a post to Facebook, this information is going to be a complete waste of your time.*

How often are we “thinking” our way to security. Spending hours in our heads making non-existent choices based on false notions in order to secure ourselves from non-existent threats? Our daily thinking process is full of what I would call contingency choices: if-this, then-that. Round and round it goes in the head, if-this, then-that, if-that, then-surely-this, and on and on. I have heard countless stories about women or men thinking about whether or not they should call someone they like: “I don’t want to have two dates this week or she might get sick of me”, “I don’t want to call, I don’t want him to think I’m too interested”. Let’s take a quick look at this one again: “I don’t want to call, I don’t want him to think I’m too interested”, as this demonstrates the entire insecurity problem in a nutshell. Someone who says this *is* interested, yet to secure the insecurity this person wants the object of their interest to not know this fact? This utter and complete nonsense is all a pathetic attempt to mentally secure. Worse yet, this is energy being spent on nothing real, nothing of actual substance, but rather energy spent managing energy that results in waste.

While the insecurity/label surrounding any event is reasonable, the action in the head is not in any way reasonable, and is a total and complete waste of energy. The head cannot secure you with its foolish securing agent programs. We do this with everything, if-this-then-that. But the “ifs” and the “thens” are simply non-existent points of reference that are largely created by the programming in the head and are rarely, if ever, based on anything real.

Some of the core foundational structures that support this kind of contingency thinking is the idea that something other than what you have will secure better than what you don’t have—the grass is greener. This kind of choice making is of course foolish in light of everything that has been presented here. *You cannot be secured*

from the outside. We think a bigger house, a new wife, a faster car will always secure better, but of course this is delusional. This way of thinking is a standard practice of setting up the triggering event to enable a choice: “If I get a raise, I’ll buy a new car”, “if I loose my job, I’ll move out of state”, “if my wife gets fat, I’ll dump her”. If you are making choices based on contingencies, you need to see you are indulging in insecurity/label securing and nothing else.

A major component to our mitigation of insecurity is our sense of satisfaction in our securing efforts. We often feel satisfied when the insecurity has been calmed or stopped by an action. In our example above, we will feel satisfaction from our clothing purchase because it was on sale, a mental gimmick to justify the process of insecurity/securing, but are we really satisfied? Our sense of happiness is also tied to the level of insecurity within, or the absence of it. I know I personally feel the best when I do not have that insecurity vibration uncontrollably rattling within me. While writing this book, I have a little insecurity vibration within, which is translated to a nice bit of happiness and satisfaction. I know that when I release the book, the insecurity will erupt and I will become dissatisfied and may even drift into unhappiness. Why?

I have found that the source of most of the conflict in the head, and the source of so much pain, is the inability to reconcile why the securing tool fails to secure. The conflict in the head is really not about “mommy didn’t love me”, or “I know my boss hates me.” The conflict in the head, in any given moment, is about the failure to secure. When there is no conflict in our heads, it is because we feel we are securing properly.

Important Point: *When will all of the external securing efforts end? I contend that inevitable conclusion for external securing perfection, via the mechanisms we have in place, is a rubber room for all. This protected room comes with daily feedings, and hourly updates on how secure the individual occupying the room is. Sadly, many would happily choose this option if it was offered in a Hegelian format.*

Power



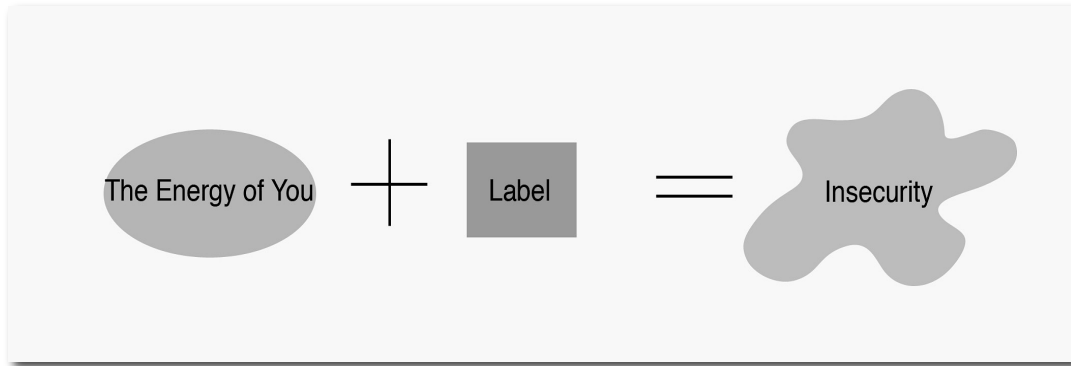
Now that you have worked with the process of reintroducing yourself to what is commonly know as insecurity, we now need to alter the definition of insecurity. To this point you have noticed that you are insecure about almost everything, and this can seem disheartening, insecure about: your future, your body, your money or lack thereof—insecurity is everywhere in you. The energy you work so hard to cage everyday, that energy you are so ashamed of is actually ***you***.

That insecurity, that Insecurity Energy is actually the Truth of You, the real Creator-Self Energy.

Yes, the Truth of You, a wonderful, magnificent, glorious, all-powerful energy has been reduced to being defined as insecurity, which you have then been programmed to be ashamed of. The labels you attach to that energy are not germane to you, but are programmed into you so others can get access to your all-powerful energy by connecting to it through the securing agents we have talked about. The labels were created to make you ashamed of your Creator-Self.

I will say that again. The labels that define your insecurities were attached to your Creator-Self Energy in order to get you to spend that energy on hair spray.

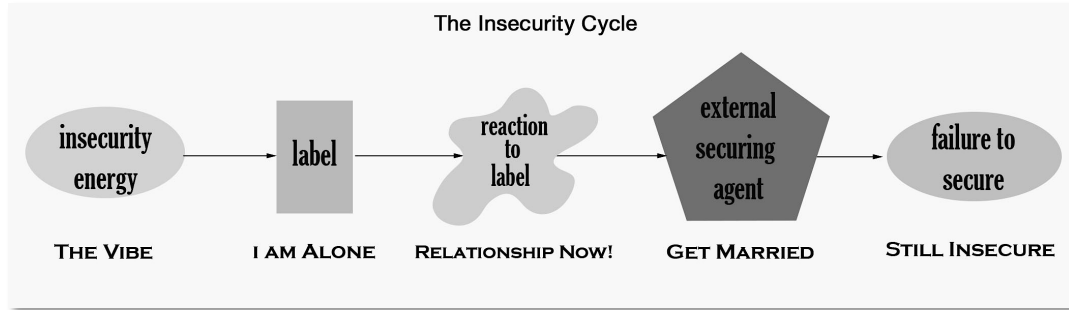
What you think is insecurity, is the Truth of You Energy plus a label.



What we have been experiencing as a life process devoted to dealing with insecurity is actually a life process devoted to dealing with the labels attached to the vibration that is you. The energy behind our personal life process is not bad, or evil, or in need of securing/caging. The Creator-Self you is glorious and should be without limitation. The label is the issue, the label is inappropriate and should be removed from your programming as soon as possible. The vibe should be let loose!

You, your true essence, the Truth of You Energy, does not need to be secured for you to survive, quite the opposite, but the Earth-Plane reality does need your investment in external securing agents to survive in its current format. You survive, even thrive, without the investment in the securing agents but the system you are currently invested in will collapse without your investment, as such the system does everything it can to keep you investing. Would the automotive industry survive if you stop securing yourself, based on sophisticated marketing, with a new car every few years? Would Starbucks survive if you stopped securing yourself with your daily latte? The Earth-Plane reality will completely collapse if the Human Being Creator-Selves pulled out of all of their securing efforts.

You spend your entire life's effort, and by default your all-powerful Freewill energy, in an endless effort to secure yourself from the outside. From sun up, to sun up again, you calculate, scheme, plan, think, and work to secure your wonderful energy in the systems that have been programmed into you. Below you see a day-to-day life cycle. This is the pattern we execute everyday, via everything we do.



We repeat this process over and over again without success, as this is a system designed to fail. If you were actually securing yourself, why do you need to repeat each process over and over again? We do this fruitless process on the small-scale as well as the grand-scale, from vitamins to careers. We do this because we have been so effectively programmed via the Earth-Plane reality that we can see no other options at all. We are taught that if one securing agent fails, try another. If the second agent fails, there must be something wrong with you, so go see another agent to secure yourself, so you can use the first failed agent more effectively!

This never ending cycle happens because we are compelled to label that energy within us the minute it erupts. We must, as this is what we are taught to do from day one. It is the label that we actually react to, but the energy and the label have become so interwoven that they are now one and the same and we now just react to the vibe/label mix. Once we have defined the issue via the label, we force ourselves to react to it—usually with a strong emotion and desire to quell it and that reaction sets the course to choosing a securing agent and the inevitable failure.

The flaw in the system is the feedback loop. We cannot secure ourselves via the outside, as such we get more insecure, as such, we try harder to secure ourselves from the outside, as such...well, you get the idea. The process goes on and on without end, with the main problem coming from the real truth: *the Truth of You Energy was not meant to be contained in the first place!*

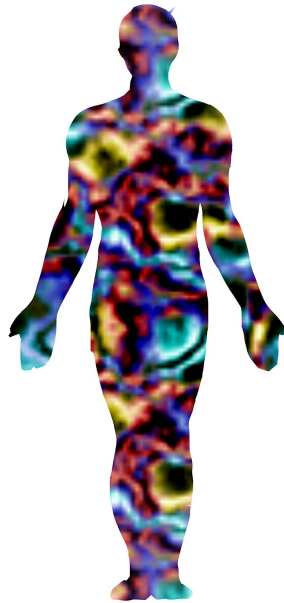
On the Earth-Plane, that energy is never left to be, never just observed, never let loose without judgment, to find its own way. Instead, our efforts to secure put us in constant conflict with ourselves, our Creator-Self Energy. We see the energy as our enemy and the only way to deal with this enemy is to make choices that contain it. Did you catch that, you are in conflict with your own energy because you fail to do what cannot be done? Have you ever been taught that you can choose to just let your energy go?

Our entire notion of “choice”, Freewill, is centered and anchored to the process of securing ourselves via the external securing mechanism. We cannot, will not, see choices that do not, at the very least, appear to secure us. We are programmed with

all of the known external securing agents: love, money, family, job, clothes, cars, travel, education. Our notion of choice is framed by the Hegelian presentation and by marketing executives who use it: BMW secures more than Hyundai, Harvard secures more than Community College, Ralph Lauren secures more than No Name Brand, and millions secure more than pennies. This system is clear to all of us. It is very well-established that in the world of securing hierarchy, there are securing agents, *and then there are securing agents*. When you choose, you must choose the very best securing agents, as to settle for a lesser agent is to choose failure on some level. These bests are all arbitrary! This is how we see our lives, this is how we see our world of choice. Tragically, this is how we spend our energy.

Important Point: *I have heard people say that, “their Soul really needs a BMW.” This kind of belief is just ludicrous, and is a direct representation of the power of Madison Avenue Marketing. Your Soul has zero need to be secured by a label that supposedly distinguishes one German combustible engine driven car from another. Your Soul knows Freewill, thankfully, but you haven’t a clue if you are still thinking that your Soul craves Earthly illusions that supposedly secure you from the outside. What everyone’s Soul really craves is for their personality to wake up to the confining reality that they have invested in and connect to their Freewill—all else will flow from there.*

The Vibration



Insecurity Energy is generic; you must accept this. Why is this important? All things are energy, what we do with that energy is the point. In order to redirect the

powerful energy that is defined by our brain as insecurity, one needs to stop labeling it to prevent the inevitable securing failure. When one labels the energy, one then triggers an involuntary effort to fix the insecurity problem, which leads them into insecurity management, which leads directly to a manifesting problem. If everything you manifest in this reality is designed in some way to secure you, then it stands to reason that if you stop using that as the impetus for manifestation, a new reality needs to open up—one that is not based on external securing manifestation and the securing systems we all know.

The problem is that I cannot find a way to leap frog people over to a new way of manifesting without first getting them comfortable with the energy that triggers insecurity; simply because the trigger of it controls the entire manifestation process.

All things manifested out of the insecurity are securing related. In order to stop that process, one needs to redirect, but one cannot redirect because the entire programming in the brain, and in the reality we have created, says “securing first” and ends there. If we can see the Insecurity Energy as a neutral, undefined, energy, and we can get comfortable with that energy no matter what, even thrilled with its presence, then, and only then, can we use it for something else. This requires us to truly start over in our Earthly process in order to redefine what we know to be Insecurity Energy.

The power of Insecurity Energy is as generic as the electrical power in a house—it is simply potential. The problem for us is the Pavlovian response habit that is formed around that energy which you have demonstrated to yourself via the first two techniques. Simply redefining the energy does not work as the associations run too deep. Some folks may be thinking after reading the first two parts something like, “oh, I get it, I am insecure, I’ll just work harder at dealing with it and become more confident.” Some may have actually tried this tactic, despite what I said, and they will have found redefining the energy as confidence is securing and not the point of real empowerment.

We are not adding tools or anything else to secure the vibration, but taking away the entire securing process that is in place and starting over. Adding a new tool to control it, or stop it, or even redefine it, doesn’t work here. One really needs to get to the clean slate place. This is why one needs to *practice* getting to know Insecurity Energy in a totally new way. One needs to get so comfortable with that energy, that no matter what happens in the reality one has manifested, when that energy erupts, the old responses to externally secure oneself are not accessed. This change in mindset takes time, patience and practice. One cannot know how important it is to start manifesting in a reality that is not concerned with securing via external elements until one stops doing it. I’ll say that again, you cannot know

what it is like to manifest without securing as your purpose in life until you stop doing it.

What most people will want to do is split the difference here. They want to work in a way that continues to secure themselves, still manifest securing, without this being the main focus. This will not work. As long as you are manifesting a reality that is geared toward securing yourself from the outside, then a reality in which you need to secure yourself from the outside is your reality. If you choose to not manifest through the external world, but through the internal world, then a new reality will open up. You cannot split the difference, there is no fence sitting here.

True empowerment is to never react to the eruption of Insecurity Energy, Creator-Self Energy, with an external securing effort. You must get to the point where you can stand in the face of anything that triggers insecurity: earthquake, comet, demon, or your mother's derogatory comments, and *not* react to the Insecurity Energy generated by those events with insecurity management and the desire to externally secure. Once you get to this point, you are empowered beyond your wildest imagination. If you meet those insecurity inducing forces with external securing in mind, you'll buy the first disempowering securing item presented to you. Insecurity management, via the systems we have in place, is the weakest place you can be. Need proof? Look at the world around you. Everyone looks to be secured from the outside and things are not getting any better, even as we get bigger guns, bigger prisons, more self-help books, and so on.

In order to get to the empowerment part of this process, you need to feel that energy in a new way, without concern, without the need to secure from the outside. If you cannot do this you will not be able to access the empowerment this next technique provides.

Important Point: *The energy we associate with insecurity is neutral; it is only potential. The nerves, the anxiety, the sweaty palms, the head spinning are all responses to a neutral energy—the Creator-Self Energy. I cannot stress this enough, the energy you see as insecurity is potential, it is not insecurity, it is you, your Creator-Self Energy!*

Choice-Freewill



At this point you are most likely saying, “That’s all well and good, but I need to secure myself now, I need to feed my kids and pay my rent!” This sentence is of course born of insecurity, which is the major limitation, but it is not actually the root of the problem. The issue is not, can we secure ourselves in a more effective way right now, but rather, why do we choose to exist in a reality that requires false external securing elements as the norm? Actually, your reality is about choice, but you have consciously, and subconsciously, given up choice in favor of false systems of securing. In order to move to the next level of our process, you need to see everything you do as choice. *Everything!* It is true that not one single thing you do is not directly concerned with securing yourself, and you are choosing to live in that reality expression. It is also true that you choose everything you do. So right now, you are choosing to spend all of your energy trying to secure yourself in a system designed to fail—*choosing*.

The often-heard phrase, “I have no choice” is a complete distortion of the truth. One always has choice, one may not see the choices they have, or refuse to see certain choices, but choice is there. One may refuse to see they have choice at all, but choice is always there. The perceived lack of choice is the biggest antagonist to Insecurity Energy and the securing problem. Ironically enough, our addiction to the lack of choice via the securing system rules, regulations, coded, beliefs and so on has made us insecure about having too many choices. We’re caught in a limbo world of being insecure about too many choices and insecure about not having enough choices.

The Hegelian system has woven its way into how we see choice, as we are conditioned to see two choices to each moment. Our brain has been programmed to see x, when y shows up. The brain has no programming for the notion that when x shows up, a-z show up too. This is not our true nature, this is what has been programmed into us by some very nefarious sources.

When we do see choice, it is often not a real choice at all. My favorite example of fake choice, not real choice, is the cereal aisle at the supermarket. Dozens of choices and yet, when one looks at the ingredients, one will find they are all minor variations on the same ingredients: flour, sugar, chemicals made by the same two manufacturers. What is interesting about this example is that moment of overwhelm that comes when seeing the aisle; too many choices is also a problem. There is no shortage of internal combustion engine cars, so many to choose from, but are they really different? We think they are different because that is what we are told, but in fact they are all internal combustion engines, made in car producing factories, sold to us as a securing item.

As a Sovereign Human Being, you not only have the right to execute choice, you have Freewill—ultimate choice. In exchange for securing, you have given up those rights. Yes, the fact is, in exchange for phony external securing via church, government, fiat currency and so on, you have given up your divine truth. Freewill is yours, and with it, unlimited choice. So for the chance at getting more insecurity via wars, paper money, tainted food, jobs and the like, you have given up the chance at true freedom. This is freedom you do not have to earn, do not have to buy, do not have to be good to get. Freedom that is yours just by accessing it and using it.

Sovereignty is inherent within all of us, the planetary controllers know this, as such they have set up a system designed to hide this from us all. Why? If you knew you have ultimate Freewill you would laugh at the notion of the republicans and democrats as actual choice (you might laugh yourself to death). You choose to invest your Freewill, all of your energy, in their systems of securing. Each time you do, you make yourself more insecure and get further and further from your Freewill, because the systems are designed not to secure you at all.

I'll say that in another way. You use your Freewill to invest all of your energy in a system that asked you to build nuclear weapons and then threatens you with annihilation using the very same nuclear weapons. You use your Freewill to invest in a system of securing that produced the planetary horror that is Fukushima.

Orwell described the world of Hegelian newspeak, where “war is peace”. While many saw that notion as an absurd exaggeration, I would contend it is way worse than that. The world of newspeak has convinced people that the deeper they secure themselves in external securing systems, the more free they are. Some feel the ultimate point of freedom occurs when you are so deep in the prison cell you can only see one corner out of the eight.

What does Freewill mean? This is the only constant in all of Creation. All Sovereign Human Beings have it; there is no argument, and no discussion. It is not

a law, or a right, or a privilege—it just is. You do not earn it, it is not a reward, it is not a trait of the gods or god; it just is to all that exists. What does make Freewill expression somewhat complicated is this: the more evolved a being, the more you see it, the more empowered you are. The less evolved, the less you see it, the less empowered you are. So my Creator-Self sees more of that Freewill truth than my personality does, and well more than my dog does. The computer has no Freewill and never will. Your brain is more computer than Creator-Self and herein lies the problem.

Freewill is the constant. As such, everything that happens to you, with you, or for you, happens simply because you *agree* to it. You must agree, or it cannot happen. I can hear you saying, “but I did not agree to be jobless”, yes you did. “But I know I did not agree to be here on Earth”, yes you did. “I’m sure I did not agree to get a parking ticket”, yes you did. You agree to everything that involves you, sometimes on levels you cannot understand, but you agree, as it must be so for it to happen. I’ll say it again, if it is happening to you, you are choosing it, as there is no other way for anything to happen. You might not have recently made the choice that leads to what you see right now in your reality. You might not have even consciously chosen anything at all that created that reality. Regardless of how you see your contribution to that reality, you did choose to manifest what you see in your reality.

The deepest secret on Earth is you have agreed to sell yourself into slavery for the faux securing systems that are presented to you. You cannot truly understand this fact until you objectively look at your reality, the choices you make, without the influence of the Insecurity Energy Securing Systems you are controlled by.

We rarely, if ever, stop to think about, I mean *really* think about, why we are doing what we are doing. We mindlessly move through life just doing what we are programmed to do without much real self-reflection. It is often said that being mindful is important, and this is true, but I do not think this goes deep enough. One really needs to fully comprehend the idea that everything you do you *choose* to do. As a Sovereign Human Being you must choose to do every single thing you do. Mindless choice is still choice, as such you do nothing without having chosen. As I have stated before, everything you do is designed to secure yourself from the outside in some way. This means, *every choice you make is designed to secure yourself via mechanisms that cannot secure you at all*. Think about it, you are choosing to do something that cannot do what you want the choice to do—and you keep doing it and doing it! This happens simply because you do not know any different, you do not know you have choice, and you do not realize how powerful that choice process, Freewill, actually is. Even the idea of Freewill makes people insecure, which drives them right back into the external securing reality.

Important Point: *We are choosing to participate in the insecurity/securing game, a game that is designed to lead each effort to failure. It is often said the definition of crazy is doing the same thing over and over again expecting a different result. I would contend that using our Freewill to secure ourselves in this system is indeed making us crazy.*

To continue the process of insecurity transformation one needs to understand choice. Everything you do, or are, is created by a choice you make. You get up by choice, you shower by choice, you comb your hair by choice. You choose to drive to work, you choose to pay for parking, you choose not to have lunch, you choose to fight with your boss, you choose to bounce a check, you choose to hang-up on your mom. You choose to overeat at dinner, you choose to drink too much, you choose to miss the alarm and wake up late. As a Sovereign Human Being you choose to pay your rent, you choose to pay your tax, you choose to pay your electricity bill, you choose to take the trash cans out, or not. You choose, you do not “do”, but you *choose* the actions you are taking and those actions are all choices you make. You choose to breathe, you choose to pee, you choose to laugh, you choose to cry. You choose to get sick, you choose to get well, or not. You choose to beat your heart.

One chooses to beat their own heart? I know this confuses some. You choose to beat every beat of your heart. But instead of leaving that rhythmic process to the conscious part of you that gets easily distracted, and insecure, when you loose your cellphone, you leave it up to another part of you to manage. Right now you see that part that does the beating not as yourself, but it is important to see it is you, *you* are beating it, and one day *you* will choose to stop beating it. Notice how just thinking about you being in charge of beating your heart brings up insecurity and causes you to retreat back to the security of the part that is securing the heartbeat?

Take a Moment: *Tune into the part of you that beats your heart. You might want to spend a few moments saying, “I beat my own heart, it is me that does this.” I like to focus on my heart itself, then get of sense of the entire process, not just the beating itself. Take note of how it makes you feel to experience a more conscious heart beating process.*

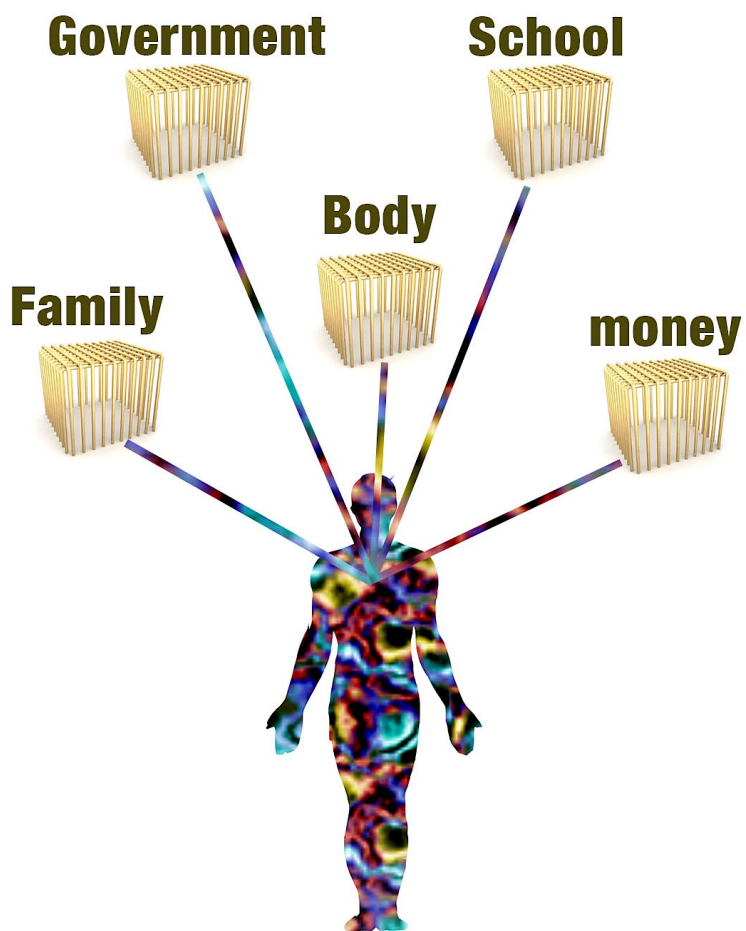
Insecurity and choice go hand-in-hand in the process to understanding what true empowerment is. Empowerment is not control over others, or surrendering to the universe, god, abundant money, or anything else along those lines (those are securing agents). True empowerment is *knowing* that you are the Creator of your reality, as such, you have Freewill and can execute your Freewill, via where you choose to put your energy, at any time you wish. We on the Earth-Plane are so far removed from this notion that we give our power/energy away freely to anyone and anything, as long as we think it will secure us in the way we are taught to secure ourselves.

Important Point: *There is a difference between knowing and thinking. So many will read what I said above and flippantly say, “Yeah, I know I create my own reality, duh.” This is not knowing at all. One who knows will never proclaim they know, will never become a zealot, but will reflect that information from within. This technique is about helping you access the real knowing.*

An insecure person who is seeking to secure from the outside will give up Freewill to secure themselves via any means necessary. Look at how ironic this is: true empowerment is to keep your Freewill and use it as you are entitled, but folks are so turned around on this they give up their Freewill, real power, in the hopes that things like cars, clothing labels and politicians will empower them. The insecurity antidote we crave through securing is containing, actually caging the energy we have come to feel is so detrimental to our existence. This underlying mitigating system of insecure/secure will cloud your choices, sometimes to the point of seeing no choices at all.

Failure to secure via a system which is designed to fail is actually seen as spiritual failure. How funny is the idea that failure to secure an energy, you, that was never meant to be secured in the first place, is failure? Since I cannot secure from the outside at all, then how can I be considered a failure by failing to complete this impossible task? Yet we see this all the time, people beat themselves up, sometimes to death, because they failed to secure with the choices they have made. Does a person who fails to secure in the relationship they choose to be in, not beat themselves up when it ends in divorce? Does a person not beat themselves up when they fail to invest properly, via their choices, to secure their economic future? We are given broken tools to secure us, and we gladly beat ourselves up by failing to use the broken tools effectively.

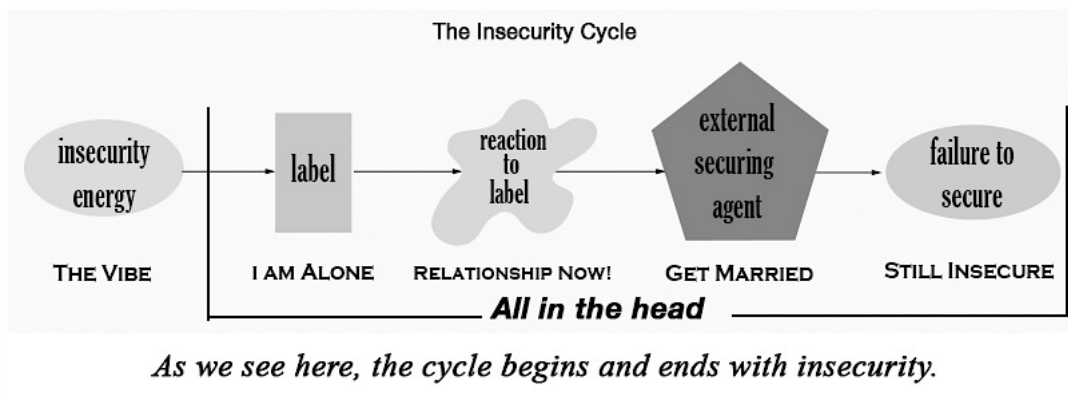
The Caging Of Our Energy



The Head and Choice



Day-in and day-out, we make choices on where to funnel our energy. These choices are rooted in containing our Creator-Self Energy via the accepted securing agents. When the vibe erupts, we label it, then run out to secure. Here is a graphic to show how this happens in the day-to-day life of someone who wants to get married in order to secure their insecurity.



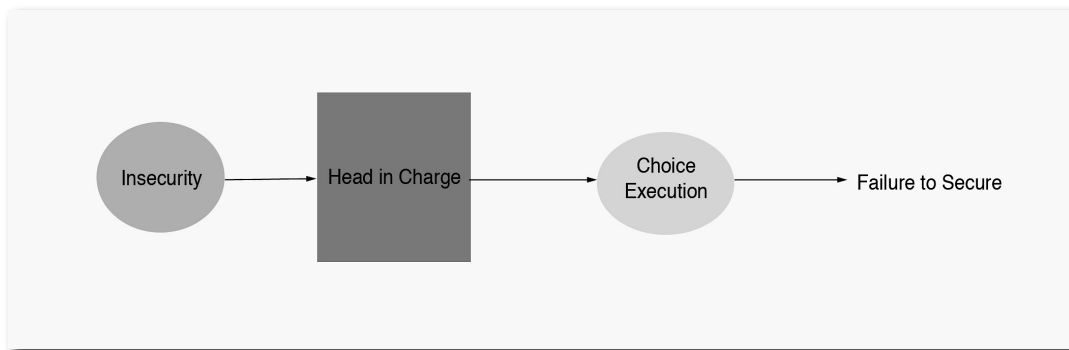
Insecurity is not the actual issue, but our constant effort to manage the label we attach to that energy at any given moment is. For the most part, our lives have us engaged in insecurity label management, and the actions undertaken to securing the perceived antidote. So what is the problem here, why does this keep happening? The real problem here is that everything after the vibe is a brain-based program, a program in the head, and the head is both our projection system and our perceptions system.

The head is programmed to interpret the truth of your vibration-energy-power in the same way a computer is programmed to interpret energy flowing into the

processor. The programming we get from the securing institutions, program the head to tell us what to do with the Creator-Self Energy in the same way. Without the operating system, the computer hardware does not know what to do with the electricity running through it. Without the operating system, the computer is a doorstop. You have been programmed to believe that without the securing agent programming in your brain, you would not know what to do with your Creator-Self Energy. Brain-dead people do not manifest in a dynamic way, do they?

The difference between you and the computer is that you do not need the programming in order to do something with the energy. You do need the programming to do what is consistent with the Earth-Plane reality and the control systems created by the insecure/securing programs. The glorious Truth of You really does not need any of it to be who you are. The brain is the issue, not you.

Look at how the head controls the life you live when seen in conjunction with our securing sequence.



The head, *the programs in the head*, are doing all the work to contain this wonderful energy by having you choose things that are designed to secure it, and then telling you how to interpret that effort. Everything in your reality programs the head to secure you from the outside. But this programming must come from something outside you, as your inherent nature, is to let the energy loose, not cage it. There is no consensive Earth-based programming that even hints at securing from the inside, let alone letting that Truth of You Energy loose.

Have you ever been told you can just let your energy go? Have you ever been told that you can choose not to secure your energy in an Earth-Plane securing system?

This brain-based programming dictates all of the choices you see in any given moment. You are programmed to see your choice for governmental security as a democrat or a republican, and that is all. Did you even know there were other parties that vie for election? You might, but the programming also says they are not a viable choice, because they cannot secure you like these two venerable

institutions can. So when it comes time to vote, your head will only see two choices, and you will choose the one you think secures you best.

The label comes from the programming, and the securing agents come from the programming too. One program tells you what the energy you are feeling is, then another program kicks in to tell you which securing agent to plug that energy into in order to cage it. The programming in your brain gives you have a limited set of choices to define that energy, “this is a wonderful me energy,” is not included in your programming. You have a limited set of choices to secure that energy, – “let this energy alone,” is not one of the choices programmed into your head.

Instead you have a set of programs so limited as to defy all reasoning in an unlimited consciousness. Your programs for what to do with that energy when it shows up are relegated to basically two choices at any given moment. Our reality is set up to provide polarized choices for everything: Republicans and Democrats, Communist and Democratic, god and no god, good and bad, right and wrong, evolution and intelligent design. We are then asked to choose between these polarities as if they are all there is! Remember the Hegelian programming, the polarities do not even have to be related to create a polarized choice. See what is happening here?

What is really being said by these Hegelian choices is not choice by “versus”. The world of choice is set up along the lines of a prize fight, choose the winner because only one can win in the intelligent design versus big bank fight.

Where did you get the idea that all choices are duality-based? If you are presented with a choice that is not duality-based, are you aware that your brain will create a polarity in order to help define that choice? For example, if you are starving, and someone brings you a pizza, there is an automatic program that kicks in that makes the choice to eat the pizza, a duality choice. Can you guess what the polar opposite of eating the pizza is?

These polarity presentations are really only brain programs and nothing more, the ideas only exist as they are presented, there is no “universe of communists”, there is no “universe of rights and wrongs”, and there is no “universe of god”. The controllers know that by breaking the world up into only two choices, you can demonize one choice and assure people will chose the right choice, as the versus allows them to do this. Or, you can simply divide the populace by programming one group to choose one arbitrary option, then programming other group to choose the opposing option—then let them fight to the death (see 1990s Rwanda for details on how that works). On a deeper level, what is really happening is the reality of the spectacular nature of Human Being Freewill is being reduced to a system of “A” versus “B” securing options at every choice point.

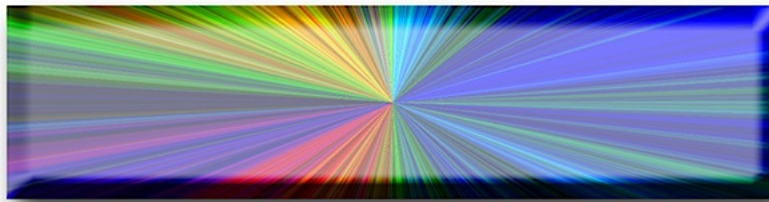
Our universe, one of many universes, is governed by the system of polarities. Not all universes are this way. Ours is all about the plus and the minus, the positive and negative charge to be more specific. When a plus charge is created, the minus charge is then created. The negative is not created *until* the positive is created. Again, when one creates something like democracy, then, and only then, is something like communism created. Once the two energies are created, an energy *between* the two is manifested giving us something to interact with. This system has been distorted in our heads by those who program us to create the mess we see now. We are only able to see the polarities themselves, not what is created in the middle. This is due to the focus on the Hegelian system of brain management as a means to control. *We have forgotten the polarities are reference points for the energy in the middle, not a means to an end.* We have exchanged beautiful energy created by this process, for the perceived securing in the polarities themselves. I will say that again, as I am well aware this is hurting your head.

The system of creation in this universe is one in which a positive charge is created, followed by the contingent negative charge. The two charges create a third energy which is the whole point of the effort of creating the two charges in the first place. The two charges are like adding water to flour, with flour being a positive charge and water being a negative charge. Once the two are created, bread is the energy product of the two. When a hydrogen charge is added to an oxygen charge, water is created. What has happened is our brain programs have us looking at the hydrogen, looking at the oxygen and feeling that this is all there is.

The control system we are locked into has us plumbing the depths of the polarities, instead of plumbing the depths of the energies created by the polarized charges. In fact, we go so far into nearly all the social polarities that we've reached a theoretical end, a point at which a Human Being will no longer find interest in investing in this zero-sum game.

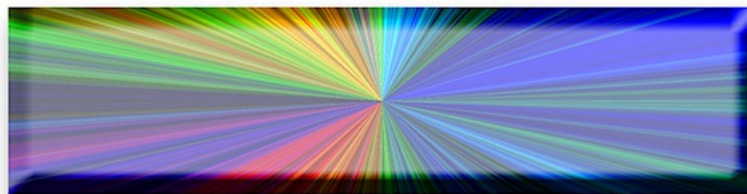


Your current world of choice is black versus white: either, or.



True Choice Without Limitation

The reality of Human Being Freewill is not black and white at all, but something well beyond, something containing the full spectrum of choice.



True Choice Without Limitation

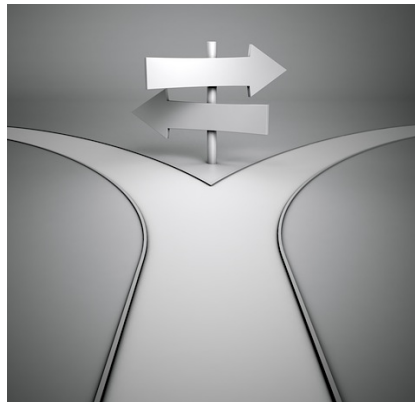
Which choice seems like Freewill-based choice to you?

Why do you want a world of black and white choice when the full spectrum choice can be available simply by opening your choice system to include your Freewill? Are the black and white choices really choices when they are simply versions of the same thing? The political parties are both run and chosen by the banking families, there is no real choice. Aren't cars all just internal combustion engines with wheels? Aren't the various "financial instruments" of borrowing money just fancy names for debt? Why must we see our choices this way? Why do we settle for polarized securing agents when we have access to the full spectrum of choices? We have the illusion of choice as long as we feel the need to secure ourselves with

the securing agents. When you see traditional choice, it is not choice, please stop using the word when speaking of polarity choice, it degrades you.

Important Point: *Every “this versus that” choice you see on Earth right now is the exact same choice as “+ versus –”. The original point from which all the choices we see is the operating system of our universe, the positive charge and the negative charge, as such, while you see each securing agent you invest in as unique, they are all the same when you pull back the curtain. There is no right choice, choosing plus or minus as your securing agent does not matter, what does matter is the interaction you have with what is created by the two energies. Tragically we have long lost touch with that energy and the experience to be had while connecting with it. This might help. Water is the creation of two charges, charges that originate from the universe’s operating system. When you interact with water, try and see that, try to see the creation of water as an example of the reason for expressing yourself in our universe.*

Fate vs. Choice

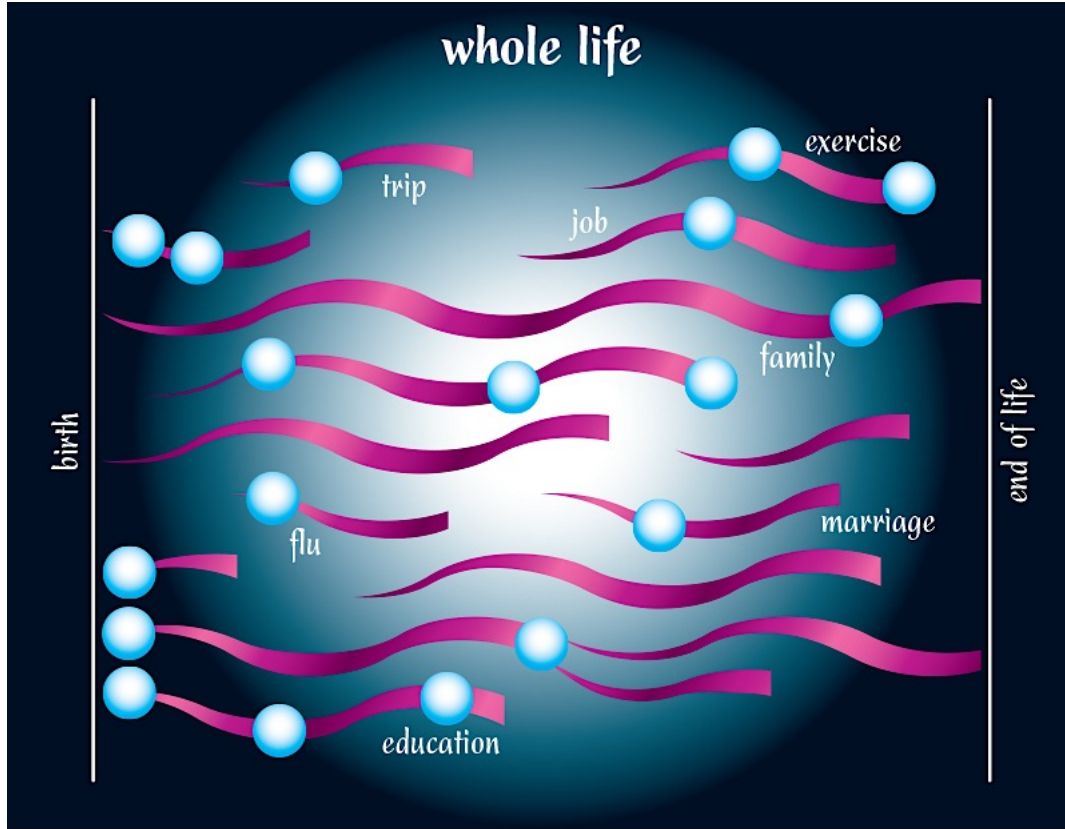


Head programming lockup is one of the major reasons people do not understand the truth of choice and Freewill, as people cannot seem to reconcile the two different programs associated with the ultimate definer of Freewill, the polarity choice of fate and Freewill. People get locked up simply because they have been programmed to believe these two notions are in conflict, fate versus Freewill. Who put these two choices about one’s life path together in opposition? This smells like a Hegelian argument to me. To expand the limitations associated with traditional choice programming, and introduce you to Freewill, we must breakdown this lockup.

Most people believe either everything is fated or everything is choice. The premise that your existence is one or the other is the real problem, as both are true. Let us take a look at the example of a roller coaster ride. You have chosen to wait in a

line for two hours to ride the world's most exciting roller coaster. You have *chosen* to get into the coaster car and be strapped in. Once the coaster takes off and up that the first hill climb, you are *fated* to the rest of the ride. The commitment to the fated event was made by the choice to get on the coaster, once going, the timeline that is the two-minute ride on the coaster must play out the way it will play out—fate. You cannot change a scenario if it is in mid-coaster ride. Say you climbed to the top of the Empire State building and jumped, the ride down is fated, while every step prior to that moment was choice.

Our life is a series of choices that open up timelines of experience that are similar to the coaster ride. The coaster ride is two-minutes and done. A plane right across the globe is twenty hours and done. The gestation of a baby is nine months and then parenting for life. Each scenario we engage in is a mini-timeline of experience within the greater timeline of life. Some events are fated, as we are in the middle of the engaged scenario that must play out, and others are subject to tremendous change as they have not opened up to a fixed form of experience. Our image below shows you the complex structure that is our life, when broken down into overlapping timelines. The spheres represent moments of choice within a fated timeline. Those moments can open up new realities within the fated timeline of experience, or in some cases, alter the reality altogether. The choice to engage a timeline of experience is the main moment of choice.



Spheres represent moments of choice. The termination points represent the end of that physical experience. Some timelines have choices in the middle, some only at the beginning. Some timeline experiences actually transcend Earth.

As we can see here, choice and fate are not so hard to reconcile once we break the programs apart. We have choice, we make choices every single moment of every single day, and those choices determine where we funnel our energy. Let me show you a very subtle way in which your choice process is subverted. In a not so famous interview with vaccine legend Dr. Maurice Hillerman, Hillerman describes how the polio vaccines he created contained 40 cancer virus', as part and parcel of the vaccine's creation (I mean virus' not cancer cells). If you choose to have a vaccine as a child, your choice to develop cancer was initiated the moment you chose to take the vaccine. The timeline for a seventy-first birthday cancer event could trace back fifty years or more. Of course, in the end, you may not choose to manifest one of the viruses you got free of charge with the injection.

We totally fail to see the ultimate choice of Freewill as what controls our entire construct. The reason for this is obvious: it is never, ever mentioned in any educating forum or via any formal securing institution. This means there is no program in our head for it! I will say that again, there is no formal brain program in your head that specifically speaks to your Freewill, in the same way you have

programming that says you must pay your parking ticket. You may have ideas, or thoughts, or suspicions, but there is no formal programming. I contend that this is a conscious omission by those in charge, and has us following down the line of accepting their presented choice, simply because to know Freewill is not to be bound by the programming that demands these external securing agents they cage us with.

We are so locked in this limitation head programming that we easily reach the conclusion: “If I have no Freewill, then I have no choice...” To believe this is not a stretch at all, when seen in the context of being forced into public educational programming institutions and being coerced into doing things we abhor. You pay your parking tickets, even though you hate to, simply because you see you have no choice. It is this concessionary default setting that is in control because you believe you do not have Freewill. What’s really insane is we are told we have no Freewill by nearly every faux authority on Earth including the government, then we are told we have the choice in who we choose to elect to office. So we have choice, it is just a certain kind of choice?

Do you see what has happened here? You have Freewill, the ultimate choice, and those in charge know this and it scares them to death. So rather than tell you a lie like “you have no choice at all”, they tricked you into thinking the crappy choices they offer are the only choices in the entirety of Creation! That should really make your blood boil.

Important Point: *It is beyond the scope of this book to explain who and what I mean by “they” and the “controllers”. What I will say is it is not the names you know, it is not anyone you will ever meet. They are not the elite, they are not god, and they are not like you and me, but they know all about the subversion of your Freewill.*

How Do I Decide...



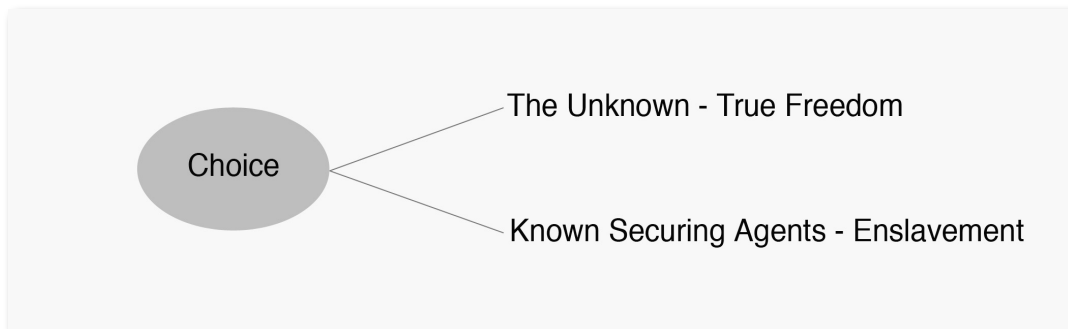
When confronted with what we believe is a choice, we will always, choose what secures us; we will never ever choose the unknown. Yet true freedom exclusively

lies in the unknown, and certainly our ability to access our Freewill lies there, as the only “knowns” we know are those securing agents programmed into our heads.

We are so well conditioned that we will fill in all the blanks when confronted with a choice. In my earlier question about the pizza, did you guess what your polar choice is about the pizza? You are starving, and your choices are: you can eat the pizza or not eat the pizza, the other side shows up no matter what you do. When you see black, your programming immediately triggers the white response, why are these two in opposition? When you hear Freewill, your programming immediately says fate as the polar opposite. When you hear negative, your brain whispers the word positive, lightening fast and imperceptibly. This conditioning has you looking for the answers you’ve been told will secure you, not looking for things beyond those limitations.

Take a Moment: Remember I said the universe is, plus creates minus, which creates a third energy to play with? Freewill creates fate, which creates a third energy. What is the third energy created by those two charges?

This joke reveals so much about our view of choice in relation to what is programmed into our head, and what we believe secures us. A very religious guy on a cruise ship falls overboard. He prays and prays for god to save him. One ship comes by and the captain asks him if he needs help, he says no, “god will help me.” Another ship comes by and the captain asks if he needs help. The man declines help because god will help him. A third ship comes by and he declines the help again. Shortly thereafter he dies. When he gets to heaven he asks god, “Why didn’t you come to save me?” God replied, “I did, I sent three ships to you.” Can you see the brain programming polarity?



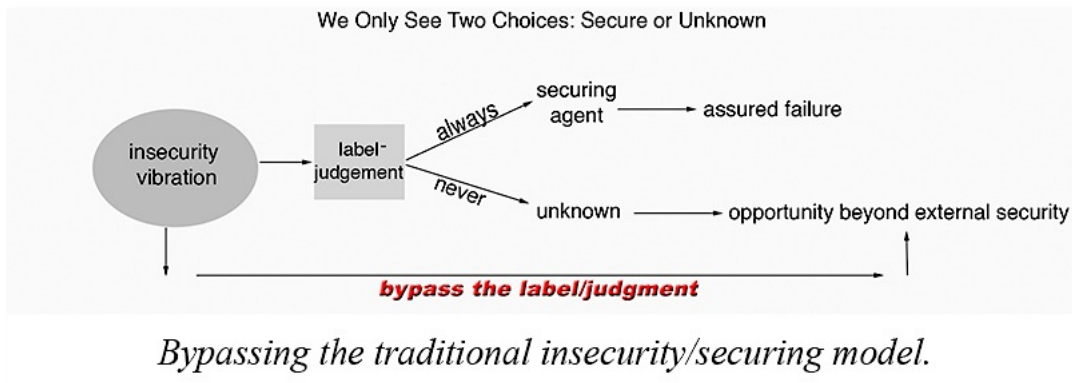
The labels have us always selecting the known agents to secure. We will never select the unknown choices found in our Freewill. If we are in alignment with our Creator-Self, and not the brain programmed version of ourselves, we can bypass all of the nonsense of the traditional choice model and go straight to infinite opportunity. Herein lies the crux of the conflict for all of us. When confronted with

any decision we will only see that which secures us. If there is nothing that appears to secure us, a meltdown often occurs. The meltdown can be seen in the phrase “I have no choice”, when in fact the phrase should read, “I see no choice that will secure me in the way I want.”

When confronted with a problem, we are always met with Insecurity Energy because the two go hand-in-hand. The reason for this is simple, when a choice moment occurs, through the perception of a problem, the Truth of You Energy is looking to go somewhere; wherever you choose to direct it. When Insecurity Energy erupts at the outset of a problem, we instantly seek to secure. Faster than the speed of light we scan our securing system programming and present ourselves with a choice, usually only two, and then select the one that secures us the most. We will almost never seek to secure our energy with something that is not on the list of approved choices. We do this every moment of everyday, in spite of the fact that we cannot secure ourselves from the outside.

At this point, some may be saying, “I often choose things that are not based on polarity choice.” This is wrong, a delusion. When I go to put paint on a canvas, I have infinite choice, right? No, the polarity shows up the minute I choose to paint a red circle, as I am choosing to paint the red circle and the polarity is to not paint a red circle. If I am looking to plant a new plant in my yard, I can choose to put it anywhere, but the moment I place it in spot A, I have the option not to place it in spot A (polarity choice). In both cases I will choose the one that secures me.

What if we decided to bypass the insecurity/securing system of failure? What if, when we are confronted with a problem, we bypass this whole failed system and go another route entirely? Below we see a flowchart which depicts the usual model, where the vibe sends us to securing failure via our securing system. We always choose the known when confronted with a problem involving choice, we rarely, if ever, choose the unknown.



If we bypass the usual system of labeling, we can avoid the problem of the label of the “unknown” bringing up insecurity, as it is that label which drives us to the known securing systems. I will say this again, you have a default program that demonizes the unknown. When the unknown is suggested, a polarity to oppose it is quickly created and most will avoid choosing the unknown polarity.

Choosing the unknown is the biggest challenge you will face during this process. Most of us would prefer to choose heaven because hell is a bad choice. The unknown post-death location is out of the question, as it induces just too much insecurity. It is the unknown you need to embrace, as the knowns are put into you by those looking to sell you securing in order to cage your energy.

Important Point: *Here is a little trick to help you choose the unknown. You do not have to know all the possible answers to any given problem, you only have to know that they are there. Even if you cannot imagine what there is besides heaven and hell, you only have to know there is more; this will help you open up to the unknown. Always remember, there are more choices than you know.*

The unknown should not induce insecurity, thereby triggering insecurity management via the insecurity/securing systems, but it does. In order to meet the challenge of incorporating choice, Freewill, into your day-to-day life, you must accept the unknown as a prime place for experience.

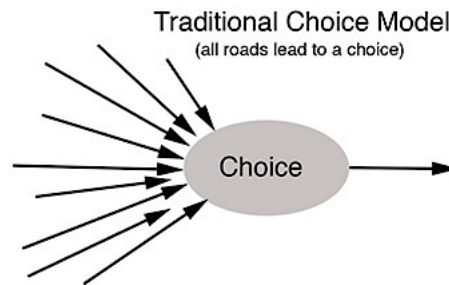
If we can learn to bypass that failed operating system, we can go straight to the unlimited opportunity of the unknown. This can help us avoid the meltdowns, the disappointments, confusion, etc. associated with the failed securing efforts. The unknown has all the answers, *including all of the known securing agents already programmed into your head.* I will say that again, in the realm that exists beyond the choices in the traditional securing model, you can have both the traditional securing agents your head knows, as well as the things that exist beyond your brain-based programming. The known securing systems only have the known—why not have it all?

Freewill

The traditional model of choice has all things leading to the act of choice. Our lives lead us to choices that we must make, or choose not to make. Those choices are defined for us in the brain programming, as well as the systems we use to finalize a choice. But this is an Earth-Plane model and not the true reality for a

Human Being. To truly be empowered, one must see that all things stem from choice. All things stem from the inherent power of our Freewill.

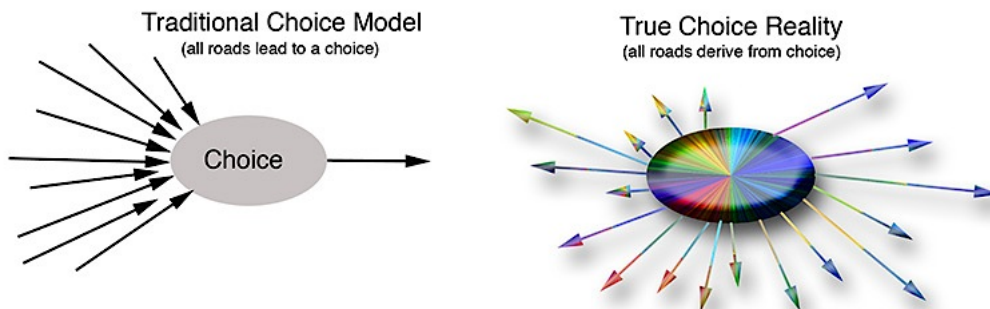
I'll say this again. You think your life is about making choices, when the truth is, your life derives from choice itself.



This is the traditional choice model as seen on Earth.



This image depicts the true nature of choice, all things derive from choice.



Now, which system do you prefer?

Really study the above image. Really work to reprogram your brain to see your entire existence stems from choice. You are choice.

We cannot escape the problem of the Earth-Plane choice limitation system until we reach outside the programming into our true power, the power of our Freewill. When you access your Freewill, all choices flow *from* ultimate choice. Creation is Freewill, there is no debate, it is not a law, it just is, and as the Creator-Self you are choice! Right now you choose not to see that you are Freewill, but you can choose to see it should you desire. You probably will not see it if you are doing so simply to secure yourself in some way, as the Creator-Self's Freewill is not to be seen by another securing agent. You do not "have" choice, you "are" choice and you have opportunities with which to use that choice. I'll say that again: ***you are choice!***

Take a moment: *Put this book down and say to yourself: "I Am Choice". Say it until that phrase has meaning to you.*

Why?



To get to the real level of Freewill, we need to abandon the notion of "why". In the last 100 years, folks have become obsessed with the why of things. "Why do I make these choices?", "Why did this happen to me?", "Why is the world the way it is?" Encouraging folks to get mired in this process has been a calculated effort to misguide people. The "why" is never important when you *know* you are Freewill. We feel the need to know the "why" primarily because it secures us; to know it isn't our fault is to be secured. To be in doubt about whose fault it is, is to be insecure. The "why" does not really secure us anyway, as the acceptable "whys" are just programs that tell us we are secured.

The deep obsession over "why" is simply because we do not want anything to be our fault. We want "it" to be our parent's fault, our school programming, or even better, our past lives. Anything but *our* fault. Here comes our Hegelian dilemma

again; it is either your fault or it is not your fault. If it is not your fault, then it must be someone else's fault. If it is someone else's fault, you are secured!

Herein lies the problem with this process. To understand Freewill, is to understand that it is all your fault and no one else's. To understand the Creator-Self is to understand that you are the one Creating; so everything that happens to you has to be *your* fault. The biggest conflict with the endless pursuit of blaming another is to deny choice and without choice, you cannot be empowered. Blaming mommy and daddy, and school, and government, and god, seems to empower us, but it is actually doing the opposite, by distancing ourselves further away from the empowered world of Freewill and choice.

The more responsibility you accept, the more power you have. The more responsibility you defer, via the feeling of it not being you in charge, the weaker you are.

Take a Moment: *Say this, "I am fully responsible for every single thing I have done in my life, everything." Say that a few times. Now, do you feel disempowered?*

If you have money troubles, there are loads of perfectly appropriate reasons for why it is not your fault. Those who created the fiat currency securing system also educated you. In order to keep that fraud going, they needed to poorly educate you and your parents about their system. When you went to school, the notion of fiat currency and fractional lending, naked short-selling and derivatives were all conspicuously absent from your curriculum. Curious, as they are the foundation of the entire economic system you believe secures you. After a purposefully misleading education, you were given credit cards to buy all the wonderful securing agents being marketed to you. Very sophisticated marketing campaigns were used to get you into permanent debt so you could be more easily controlled. Any financial problems you may have are not your fault, as you were confused and helpless against the onslaught of the overwhelming energy directed at you. *But...* to be empowered is to see while all of this is true, it is you, and you alone that is choosing to make these choices via Freewill, so in the end your money troubles are your fault!

We are a product of our programming, programming that is forced into us as a child and nearly every single bit of it is to our detriment—limitation systems in a unlimited consciousness. But in the end, we have *chosen* to execute the programs. This means we can choose things beyond the limitations too, beyond the programming. We can only do this if we accept that everything is our fault. I use the word fault in a tongue-in-cheek way as there is no fault.

In order to access true empowerment, you must accept that you make all the choices regardless of the programming that led to the choice. If you do not accept this, then you are a victim of the world at large, a world that consistently fails to secure you, making you feel like a bigger victim. To accept that it is your Freewill which is the driving force behind all of your decisions, decisions that determine where your energy is going, is to access the Freewill power you have at your disposal. This means that everything you do is a choice and everything is your fault. It also means there are no victims.

No Victims



Everything that happens in your life, and how you respond to those events are choices that you execute. You choose to be angry, you choose to be sad, you choose to be happy, you choose to be judgmental. You choose to be late, you choose to be on time. You choose to cry, you choose to run, you choose to die. Wait, I choose to die?

Yes, all people choose when they die. At the core of the external exploitation of insecurity is the deeply held belief that we are secured by being in our body—the body secures us. I would suggest that this is a very, very long way from the actual truth. The body contains aspects of you, but it does not secure the entirety of you. Earth-life is a temporary condition and it is the choice to live in a body that gives you the choice to leave that body. People execute their Freewill, choose to leave the Earth-Plane, via something like cancer or a heart attack everyday (the most common form of leaving the Earth-Plane is a heart attack—turn off the power).

You choose when you arrive on the Earth-Plane and you choose when you leave. *This decision is solely yours and yours alone.* The level of consciousness that makes the choice to leave is usually deeper than your personality—should an aspect that cries about not getting invited to a party be left in charge of such things? You do not leave the Earth-Plane until, at some level, you assert you are leaving, as there are no victims in death. What the rest of us see, death by flu or car crash, is the visual residue, an explanation if you will, but this is not the actual basis for what we call death.

Important Point: *The actual reason for all “death” is the personal execution of Freewill with the purpose of leaving the Earth-Plane and moving on to something else that will further Soul’s growth. Only the person leaving the Earth-Plane knows the circumstances surrounding the event. This fact should eliminate, once and for all, the question of did someone die when they did.*

Over my lifetime, it has been suggested to me, quite a few times, by certain forces, that I leave the planet and I chose not to. No matter how strongly suggested to me, I chose to stay in my body each time, regardless of age or circumstance. My first swim lesson when I was five was at the local swim school. The woman who taught me that first day, took me out to do “the feel the water pull along”. When we reached the center of the pool she simply let go of me and got out of the pool. My mother could not swim, can you imagine the insecurity eruption in her? I didn’t leave that day, but had I died, what you would have seen was a “drowning” visual; the execution of my choice would be the real reason for my leaving the Earth-Plane. That wasn’t the first or the last event. Many years later while painting a house, I stood up on a railing which gave way. I dropped three-feet and found myself standing on the ledge of the deck on my toes, thirty-feet above the jagged rocks below. My arms were extended out, with a paint can on one hand and a brush in the other, I balanced precariously. I should have fallen, yet a firm force supported my back, and I simply stepped back to safety—I wasn’t choosing to leave at that moment either. Regardless of the external visuals, the core process of choice is in order and that choice is not made by the five-year-old self, or the thirty-year-old self, but the Creator-Self. I’ll say that again, when an infant dies, the choice is not made by the infant-self, but by the Creator-Self who is/was the animating energy behind the infant’s body. Why that decision was made can only be found with that particular Creator-Self.

Freewill is the only constant in consciousness; it applies as equally to death as it does to choosing a job, a mate or another incarnation. Think of death as leaving a party. People leave parties all the time and there is no need to freak out—to leave a party is to execute choice. 150,000 people left the Earth-Plane yesterday, all in search of another game to play, and many more came onto the Earth-Plane to play. They are all choosing.

We choose to be born on Earth as well. We are not victims of our birth. My mother used to say, in an effort to secure herself, that “we do not choose our parents”. She could not be more wrong; we do choose them. Of course the choice might have been a poor choice indeed, or not, as that can really only be evaluated after the Earth-Plane life using that greater perspective the Creator-Self has. In some cases, people change their mind about animating a body and decide never to enter the Earth-Plane. We visually see an infant death as the result of that choice. We

choose the big events in our lives, birth and death, as well as all the other places we choose to put our Creator-Self Energy.

Important Point: *Why would you see being a victim as securing when you can see choosing as empowering? To be empowered is to take control of your entire life, every detail. To be a victim is to surrender control of your life, or least the parts you want to, to another or an institution who accepts your victim energy.*

We choose it all. People even choose to feel what they feel. No one *makes* you feel anything. To say this is victim consciousness and there are no victims, only those who choose to act like victims act. You choose what you feel and you choose everything you express. You have been programmed to choose to feel hate when someone does not secure you. You choose to feel love when you feel secure and you choose not to feel love when you do not feel secure. You choose to be offended when someone calls you a name, as you are programmed to do. No matter what you are doing, you are choosing.

Much of the reason for executing the emotions you choose to execute is insecurity/securing-based. The happy people feel secure; the unhappy people do not feel secure. The joyous people feel the external securing agents are doing the job; the bitter ones feel the external agents are failing. No matter what, a choice is being made in everything you do, everything you do not do, everything you feel, and everything you choose not to feel. It is all choice. Nothing is done to you, you are choosing, and this means empowerment!

Emotions are choices and most emotions can be tied to the failure to secure:

- Your *choice* to feel guilty can be nothing more than being insecure in your decisions. If you are secure, there is zero reason to feel guilty. Not matter the reason, you choose to feel guilt.
- You *choose* to feel anger when you cannot secure yourself in the way that you expected to secure yourself. No matter the reason, you choose to feel anger.
- You *choose* to feel happy when you have successfully deluded yourself into feeling secure via an external agent. No matter the reason, you choose to feel happy.
- You *choose* to feel sad when a securing agent has failed, despite an investment. No matter the reason, you choose to feel sad.
- You *choose* to feel depressed when you cannot seem to secure yourself.

- You *choose* to feel hope if you feel one day you will be secure.
- You *choose* despair when you know you will never be secured.

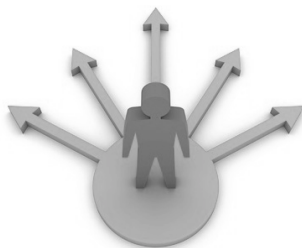
You choose to express the appropriate emotions because they secure you. Would you feel secure laughing hysterically if you were told your mother had brain cancer? Why not? Would you choose to laugh hysterically at a woman who claimed she was a victim of racism? Would you laugh hysterically when seeing a person executed by the State? Of course not, you would choose to express the appropriate securing emotion. You were taught exactly which emotion to express during each experience, and there is no choice in expressing the appropriate emotion because there is one right thing to do in each situation.

All emotions, and the expressions of them, are choices. That is a fact. You choose to express or experience them via choice. While not all the “whys” for being happy, etc. are tied to securing or not securing, it is a good starting place on the Earth-Plane if you want to understand what is going on. Of course you are free to choose to express or feel any emotions at all, just understand that it is a choice to do so.

You are not a victim of your emotions. You choose to express your emotions. You are not a victim of your reactions to what you see in your external world, you choose how you react.

Important Point: *You will choose how to respond to the information in this book. You will choose how you view me. You will choose what you do with this information.*

Choosing



To get deeper to the energy of Freewill, and therefore deeper into the true unlimited nature of the Creator-Self, we must see all things as “choosing”. There is no “have chosen”, there is no “will choose”, there is only *choosing*. I will say that again, there is only the act of choosing. While the illusion of time gives you the delusion of having “chosen” something, or having future choices, there is only choosing.

There is no time, all things are happening at once, as such all choices are constant. We are choosing what we are experiencing in the present moment. While we may look to see the choices that led us to a current choice moment, the reality of empowerment means we must simply see the moment as the *only* place of choice.

In order to fully appreciate what I am saying about you having choices, you must see that there is only the act of choosing. In any given moment you are choosing to perceive what is happening in your reality. It is that perception that is the point, as there are other options to that moment that you are not perceiving. In order to get to those options, you must first see what you are choosing to perceive.

When I am in pain, I am choosing pain, as this is what is happening. I may be “hoping” for no pain, but the fact is I am choosing pain if I have pain. Affirmations rarely work to secure because they attempt to dismiss the process of choice in the present moment, in favor of some form of external securing through the delusion of hope. If you have pain, of course you are hoping not to have pain, but you are not yet choosing the reality expression of no pain. Affirmations often attempt to reprogram over the choice part of our reality by having us actively ignore what we are actually choosing. Even if you do not use affirmations you may pray, or desire, or want, or long for, or demand, or expect, or use some other mentally derived securing agent for what you want to be choosing, instead of what you are choosing.

Important Point: *There is only choosing. There is no chosen. There is no future choice. There is only what is happening and that is what you are choosing.*

When you see that you are choosing everything that is happening to you in any given moment, you can see the choices available to you in that moment. There is no past and no future, only now and now is represented in the English language by the word “choosing”. This is important, as many well-meaning folks suggest that we should see that we are “choosing” a different reality than the one we are actually choosing. If you have cancer some will suggest visualizing that you are choosing to not have cancer, but this creates conflict because there is no foundation for where we are when we deny what we are choosing. If denying what we are choosing, like cancer, is the answer, it should work in every single situation, right?

Imagine if I really want to be a successful professional athlete, should I just say, “I am a being a professional athlete” over and over until it happens? Shouldn’t that be enough to be one? Why is that implausible when saying, “I am rich” and “I don’t have cancer”, are plausible securing mindsets to being a cancerous, broke guy? How can I choose two things at once; the thing I am actually choosing and the thing I want to be choosing? In the case of the cancerous bum, the only reason he wants to be a rich, healthy guy is to secure himself from the polarity horrors of

cancer and poverty. In both cases, neither rich, nor cancer free is happening to him, yet supposedly he can be secured by stating that both are happening, even when they are not?

Recently I had been choosing to release some gallstones from my liver and gallbladder. The process is exceedingly painful. I have experienced almost all forms of pain and I can say that the energy behind this one is the most painful and the most uncomfortable. After buying, and taking, what I believed to be a set of securing herbal concoctions to relieve the problem, I was hit by another attack—seems the herbs caused some stones to move into a painful place. The moment the pain hit, I desired nothing but securing, rightly so, as I was in pain and feeling very insecure because the energy flowing through me was intense. The standard securing system for this issue is: hospital, pain meds, removal of gallbladder—securing accomplished. This also does not solve the problem at all.

In that moment, I said to myself over and over again, “I am choosing to experience pain.” It was more than obvious that I had really hoped to be pain-free but the fact was, I was *choosing pain*, as that was what was exactly happening. Any idiot could see I was choosing to be in severe pain. After a few moments of reminding myself of the pain choice I was making, the pain subsided a bit and it occurred to me to take three times the suggested dosage of the herbs, along with some relaxing herbs, that I had in the kitchen. It had not occurred to me prior to that moment that I could take a large dose of the herbs, but seeing what I was really choosing in that moment had me clearly seeing that I had indeed given myself an answer to the issue within a few feet; an answer that five minutes earlier I could not see. Sure enough, as fast as the pain came on, it was gone.

I have had this pain before, and no amount of “I am not in pain” or “I am in perfect bliss” worked to stop the pain. I’ll say this again, I have had gallstone pain before and no amount of affirmations worked to rid myself of the pain. Why? That’s easy, because while I was crippled over in pain, I was telling myself I was NOT in pain! If I was saying I was not in pain, there was no need to alter my reality. I was saying through the affirmations that I was not only not in pain, but did not require any change.

Important Point: *Do you see why the “why” does not matter? In the moment of severe gallbladder pain, it was a full and complete acknowledgement of the truth by me personally, “I was choosing pain” that secured me in the end. The fact that the liver might be holding anger from “mommy was mean to me” or “I was really angry about my dad not loving me”, did nothing to secure me, nothing at all! You may say to yourself, “yeah, but you took external securing herbs, isn’t that just securing?” The point here is not the actual solution, the point is how I arrived at the solution, the awareness. The process of choosing led me to being empowered, now a gallbladder twinge means I have expert knowledge regarding my*

gallbladder and my health, and enough understanding about myself not to be insecure about writing this anecdote.

The idea of seeing what you are choosing, and acknowledging that, is a problem for so many. Sadly this scares some people to death because they somehow think if they affirm that they are in pain, they are in fact *desiring* pain. When I was saying “I am choosing pain”, I was in no way, shape or form desiring pain—I am not that senseless. Why do people think they are so stupid as to not be able to discern what they want, from what they are choosing? Because you are properly acknowledging what is happening around you does not mean this is what you want forever. Pretending that something is happening that is not, via affirmation or praying, does nothing but create conflict with the reality you are creating.

People put so much pressure on themselves to control every thought, as though each “gee, I wish my dad was dead” is going to result in a death and the universe falling to pieces. I can’t tell you how many times I have seen a client cringe when forced to acknowledge what they were actually choosing. Why have we become so conditioned to be averse to simply acknowledging what the reality we are creating is? Do we really think that seeing what we are creating in some way solidifies it for eternity? The Creator-Self system of creation is not that unforgiving. Why in the world would one create a part of themselves, put it in an unfamiliar environment, and hold it to some impossible no-mistake standard? That’s some biblical god thing to do, I, my Creator-Self, is not that mean.

Important Point: *We cannot affirm what is not happening, we can only affirm what is happening. Confirming what is NOT happening does nothing but create conflict. Confirming what is happening in the present moment, is not going to set everything in stone.*

The present moment is where all of one’s power lies, not in the future, not in the past, not in the next life, not in the gods, not in the altruism of the universe—only in the present moment and only with you. The deeper into the present moment one gets, the more power, Freewill, one has access to. Affirming exactly what is happening gets you further into the present moment, not thinking about what things should be like, or might be like, but exactly how they are.

Important Point: *The escape route into Freewill is right at the point where the absolute present moment exists. There is no escape route in the past; there is no escape route in the future. The only way to access the door to Freewill, and open it, is to find the absolute center of the present moment you are projecting as your reality.*

The point here is to see that whatever you are choosing, you are choosing, and you must be in that moment to see what the reality is that you have created. It does not

matter what the origin of the pain is. Gallbladder pain can be said to be derived from, “mommy was mean to me”, or “daddy never loved me”, or whatever. That knowledge may be helpful to evaluate decisions we may make, but it does not change the fact that what is happening is happening, and one must accept that before the choices to change that reality, can be seen. The issue becomes so clouded when the labeled-insecurity takes over; Insecurity Energy that must be secured according to the brain programs. Had Insecurity Energy overwhelm gripped me, I might have spent thirty-thousand dollars to remove my gallbladder when fifteen cents’ worth of herbs I already had in my house was the solution to the choice of pain.

I can see the idea of choosing to be sick is making many of you uncomfortable. The planetary view is sickness is the ultimate in victimhood, as no one chooses to be sick. While that may seem like the law, as defined by the securing institutions, it is not true at all. Each one chooses to manifest an ailment, in the same way they choose to express an emotion, and in the same way they choose to leave Earth. We all have the potential for various ailments within us, we choose to manifest them into our reality for a myriad of reasons; some of those reasons are because the securing institutions program us to do so. The process of sickness manifestation is beyond the scope of this book, see Stephen Lewis’ brilliant work on the matter for more.

Victimhood is a process whereby opportunities and choice, Freewill, are eliminated in favor of being insecure to the point of helplessness. There is a prevailing energy on the planet that the most insecure person or persons (including institutions) have a divine right to be secured by others. This is the least attractive energy represented on the planet and should be seen as such. In order to be a victim, you need to give up your choice and access to your Freewill. I have no idea why this is appealing to folks but it is. Folks stand in line to give up their empowerment in favor of the external securing systems associated with victimhood and things like “victim’s rights”. To understand the truth of you, and the truth of the Creator-Self and Freewill, is to understand that there cannot be a single victim, as such there should not be anything like “victim’s rights”.

Victims, those who abandon their Freewill in favor of institutional securing, win in America. I am one who is not part of a victim-oriented protected class, either by skin color, religious affiliation, family origins, sexual preference or disease, but as you can imagine, what I have written here makes me one of the outcasts—not a victim, not special, just an outcast. Consider what I just said; look deep into what is happening. Victims go to the front of the line, while those who seek to execute their Freewill go to the back. The concept of victimhood is a securing agent, in fact, it could be seen as a securing institution at this point.

Talk about upside down. People who assert their Freewill (not through harming actions of course) or advocate Freewill in others are seen as nothing but trouble by most of the people on the planet and by all the securing institutions. Those who claim to be victims of shoe discrimination are given money, prestige, and a holiday in their name. The reaction to many classically defined victim experiences has people reacting violently to the idea that a victim is responsible for the things that happen to them. Those who experience something that can be classified in the victim category are loathe to give up that badge of honor. Once a committed victim, always a victim, for to alter the programming to accept the notion of Freewill is to give up the security of the victim securing system. My mother was a professional victim, she even chose to express victimhood surrounding things that never happened to her personally. There are no victims, only choices and the sooner one begins to see that, the sooner a new reality opens up.

Folks do not like the idea of choice and Freewill because they have been programmed to be in conflict with it. Your Freewill is a direct threat to the securing structure of the planet. The prime directive of those in control of the planet is: make sure the humans occupying bodies never access their Freewill. They have cleverly tied the notion of Freewill, through the Hegelian polarity system, to victimhood. If you believe in victimhood, you cannot believe in Freewill. The world supports the victim.

Those Moments



When we talk about choice, we are also talking about moments of choice. Every single moment of every single moment is a point of decision and therefore a point of choice. We have effectively been programmed to only see the big choices: get married, get divorced, buy a house, move across country. Those are big choices indeed, but they are no more important than all other decision/choice moments. As I write this, I have a decision to choose the words I write in each and every sentence. I also have to choose between securing myself with accepted grammatical structure or use structure that I feel imparts what I am trying to express in a more effective manner—the two might be in conflict at times. This writing is a culmination of countless choices, all made by me and many are made with insecurity at the core. The Creator-Self, me, is creating this book through my

execution of me as choice and my choices. We have become so mindless in our day-to-day life that we refuse to see that sleeping is a choice, eating is a choice: what to eat, when to eat, how much to eat, and when to stop. The layers of choosing are complex, as we are putting our energy in so many areas of expression simultaneously.

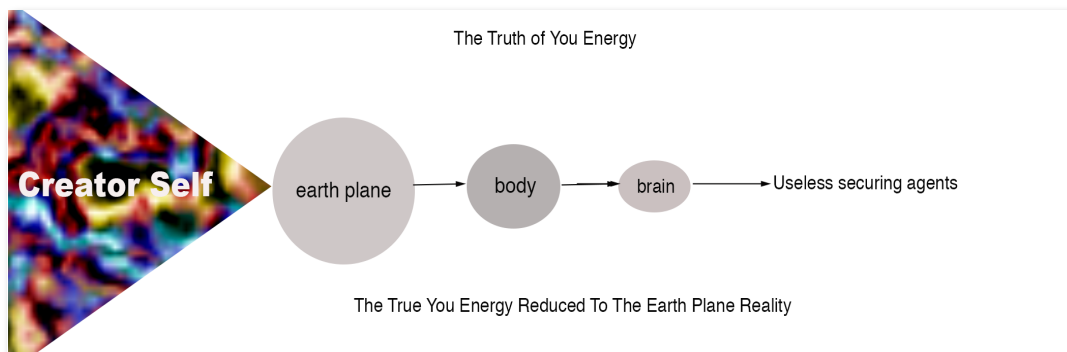
We create goals, long-term plans, with securing from the outside as the foundation. We often fail to see the choices we are making as we go along because we are so fixated on the end or result of our energy output which is, more often than not, funneled into a system that will lead to failure. When we fail to reach the goals, or the plans fall through, we fail to see that choice is what led us there, not choices, but *choice* itself. I will say that again: it is not your choices that have lead you to where you are, it is choice itself. Do you see the difference?

The long-term goal for you as an aspect of your Soul is not to secure retirement; the goal is to secure your access to Freewill, the Creator-Self, and all that you are. To fail at planning properly for retirement in a rigged system with a million difference choices, only says you played that game poorly. It says *nothing* about you as the Creator-Self that you are.

The long-term goal of your Creator-Self is to continue to evolve forever. The long-term process of your Creator-Self is to use your life, in your body, to help you evolve through the execution of choice, not choices, choice.

I'll say this again here. You ARE Freewill. You do not have Freewill. You are choice, you do not have choice. The life you lead is the life you lead because of choice, not choices.

What is Really Happening



The magical wonder of the Creator-Self is reduced to the Earth-Plane via a choice to express itself on the Earth, then it is reduced to the body, then reduced to the brain's programming (which it receives from the institutions established on the Earth), then it is reduced again to buying designer shoes! Look at that equation and see the tragic nature of it. Infinite potential via the beauty of Freewill reduced to the production of rubbish via the left behind and used-up useless securing agents.

The Truth of You Energy, the Creator-Self, was never really meant to be caged, secured, the way it is here on Earth. This truly is an abomination if you look at it for what it is. You have the power within, at the Creator-Self level, to construct an entire universe if you wish. An entire universe! And that energy has been reduced to concerns about wearing a corporate logo that represents your favorite multinational conglomerate (children once killed each other to wear the Nike swoosh on the Air Jordan shoes).

Choice is who you are, it is not a right, not a law, not a privilege, but it is who you are. You are Freewill, and yet you trade that for the right to feel safe via the securing agents created by government. You have been taught not only to deny your Freewill, but to see it as something of sin. If one has Freewill, then one does not see god(s) as the controlling force, and this just cannot happen here on Earth. In the modern age, Freewill is not good science; it is not good governance either as it is seen by most as a silly fantasy not worth discussing outside of some bullshit Hegelian argument. I am troubled by the idea that we as Sovereign Human Beings, our divine self Creator-Selves, are actually seen as some sort of hindrance to total system control.

Your Creator-Self is looking to put its energy, via any form of incarnation available, into something that is going to teach it more about itself. The energy of Creation, the energy more powerful than you can imagine, puts itself in your hands in order to learn more about the entirety of Creation. You in turn, get insecure and put your energy into what you believe secures you: religion, Facebook, designer clothes, TV, money, and so on.

Earth Experience



I think it might be helpful to elaborate just a bit about what the Earth experience was intended to be. The Earth is a living being, just like you or I, who has set up a reality to experience—a game to play. We enter the Earth-reality game in order to experience what she has to offer. It is far less about the visuals or the sounds, but more about the vibrations created. Consider it more a complex sensory event, where a wide variety of frequencies are experienced in a multitude of ways. The Earth's formula is quite interesting, as diversity is accepted here via multiple expressions: Plant Kingdom, Animal Kingdom, Human Beings, and others are all represented here.

The original Earth-game was not about being able to survive on Earth. This is a modern invention since the hijacking of Earth. Earth provided what was needed to experience her frequency expression for free, you simply exchanged your Freewill energy with hers and had a good time here. Somewhere along the line, the planet was taken over by those who decided they could “own” her resources and sell them off. They created a survival game in place of the sharing game. This happened because Earth did not sell her wares, or even guard them, she opened them up to those who came into the game for free. Then some who entered the game took advantage of her generosity and simply decreed, “we own her and her stuff”.

This is important to understand, as when I say you must secure yourself with water, food and shelter, this is because of what the game has become, which is very different from what it once was. How this happened, or why this happened, is beyond the scope of this book, but I think it can be helpful to see this in light of your Freewill and the Earth's Freewill. See George Kavassilas' brilliant work for more on the hijacking of Earth.

We were meant to experience a very different Earth than the prison-laden, fiat currency controlled, radiation cesspool that is now her game. If that doesn't make your blood boil, then I don't know what will.

Questions

1. **Have you ever seen your expression as Freewill?**
2. **Are there degrees of victimhood?**
3. **Can you see one choice you made through executing your Freewill?**
4. **Are you ready to alter your mindset to be the only one in charge of what you create, for it to be all your fault?**
5. **If you had one genie wish, what would it be?**

Technique Number 3



This technique is one that requires you to put together all that you have learned up to this point. First, you must see the energy called insecurity as the Truth of You Energy. That energy is potential and not to be labeled anymore. Next you have to abandon the notion of external securing. Once these are done, you must now see everything you do as choosing. From now on, you see each and every action as an act of choosing, choosing that is done by you, via your Freewill, in order to have experiences that lead you to more understanding of yourself.

Each time something happens, you are choosing. Keep it simple, the choosing should not be complex in nature. If an issue confuses you, say to yourself, “I am choosing to be confused”. If you are angry, say to yourself, “I am choosing to be angry”. If you are late for work, say to yourself, “I am choosing to be late for work”.

This process means you give up the need to secure via the “why” as your initial means of response to the reality experience you create. You are free to examine say, why the water is leaking in the house, but not free to indulge in the process of determining “why is this water leak happening to me?”

Important Point: *Avoid asking, “why am I choosing this” when noticing you are choosing. The “why” leads to securing. Remember, from now on, the “why” does not matter, only the choosing.*

How do you figure out what you are choosing? This is a good question and one that takes some practice. For example, if you are fat, then you are choosing to be fat, but you are also choosing to be concerned about being fat, and you are choosing to eat too much improper food, or exercise too little. There are many choices going on. Start with the most basic observation and then branch out. “What if my doctor says I am genetically encoded to be fat?” Well, read what I said about diagnosis again, then remind yourself you are choosing to accept the diagnosis as a truth, and, possibly, you are choosing to execute that DNA program.

Say you are driving to work and traffic is bad. You might be choosing to be late to work and choosing to be angry about it. You might be choosing to use your cellphone while sitting at a light. You might be choosing to listen to music, or smoke a cigarette. You might be choosing to take a new route.

Say you are arguing with your mate. You are choosing to argue. You are choosing to demand your point be made. You are choosing to get emotional. You are choosing to be there in the first place. You must see it all, every minor detail, as choosing. I once got annoyed with this guy in a store. I stopped and said to myself, “I am choosing to be pissed off at this guy.” After the third time stating that fact, I started to crack up at the silliness of spending my Creator-Self Energy on that emotional expression.

The process to finding the choosing is not a black or white issue, there is subtlety here, so go easy during your practice. Simplicity is always better than complex in determining matters of choice. Again, if the word “because” shows up in your choice examination process, you know you have gone into securing mode.

You are free to choose to do anything you like. You are free to get drunk, you are free to steal a car, you are free to laugh at a child falling down, those are all choices you are free to make, but be aware that you are indeed choosing to do those things and they may have some ramifications.

Opening up to the process of choice will have you seeing your reality in a new way. Many might start to ask about others, “why is he choosing that”, or “why did they choose that?” In the past, folks have asked me questions like, “why did the people choose to die in the planes that hit the Trade Center?” This question has no relevance to you, let alone an answer that will have any meaning. People choose what they choose, just like you choose what you choose, with their own process in mind. The visual impact of a death, or any other made for TV event, should not trigger a question of “why”. In fact, at most it should trigger, “ah, they are choosing that”, and nothing more. If I sit down to eat and I order a hamburger

there are not millions across the globe who say, “why did he choose that?”, yet seeing a news report of a skydiver dying when his chute fails to open will have countless folks asking “why?” Is there a difference? Leave your obsession with “why” alone.

It is important that you avoid using the choosing technique as a securing agent. This is why you must do the techniques in order. You cannot skip a step and go straight to the choosing technique if you are using it to secure yourself. The reason for the system here is so that when you get to this section, you see the patterns clearing. I can hear some of you saying, “but you got rid of your gallbladder pain and I want to change my entire life right now.” I did get rid of my pain, but I was very clear about what I was doing. I was not looking to secure myself with that technique, I was looking for a solution to a very specific problem I was choosing to express in that particular moment. The point of this process is not to change your life; it is to get you to connect with your Freewill.

I’ll say that again. The entire point of this book is to get you to connect with the parts of you not controlled by the brain-based programs. The techniques are designed to help you get access to your Freewill, your Creator-Self, and any by-product of that is somewhat incidental. Your life will change as you access your Freewill in a conscious manner, because you will change, but that is not the point here.

At this point you might be thinking, “you said, that once we see what we have manifested, something has already happened, so is there really Freewill?” Yes and no, this is not a polarized Hegelian argument, both can be true, but finding the absolute choice sweet spot is tough, and one needs to get in touch with the basics of choosing in order to get deeper into how the two systems of “has happened” and “Freewill” fit together. One cannot begin to approach having that discussion until a foundation is laid in the choosing system. You cannot understand Freewill until you understand Freewill. Practice seeing choosing and it will all make sense.

With some clarity about insecurity and the process of securing manifestations, you are going to see how you choose to manage the insecurity by attempting to secure yourself via external mechanisms. This is going to be very challenging for most. What is important to see here is that the “why” of your choice is not important. It is important that you see the choice process itself. Back to insecurity part one for a moment, as the tendency is to say, “Oh, I am choosing to pay the meter because I don’t want a parking ticket.” It is the “because” we are looking to avoid here when working with choosing.

The “why” in this choice process is always a justification for an action, and I’m going to stipulate that the reason for you doing anything is just fine; we are going deeper here to see choice in action. During this process, avoid asking yourself,

“why am I choosing this”, and just notice that you are choosing. So for the meter, the statement is, “I am choosing to pay the meter.”

When you see that you are choosing to pay the meter, you will automatically see things in a new light. Just the act of seeing this action for what it is, what it really is, will be a revelation for most. What I see when I see myself choosing to put money in the meter is, “I’m choosing to put my Creator-Self Energy into that meter.” What follows that clarity, I’ll let you experience on your own.

To a certain extent we can find some interesting present moments by saying “I am choosing to be angry at my daddy”, but we need to be careful to boil it down to that exact feeling and not, “I am choosing to be mad at my daddy because he pisses me off when he calls me stupid.” Money, and the lack thereof, is a tricky one: “I am choosing to be poor”, “I am choosing not to be rich”, “I am choosing to have less money than I need”, “I am choosing to spend more than I make.” Those are all fairly valid, with “choosing to spend more than I make”, as the best.

The crux of the finance choice, all the way back in the choice line to the very beginning, is, “I am choosing to play the fiat currency game.” One has to really put on their self-reflective hat and work to find that present moment choice, the one that will unlock the solutions to the possible problems. Be willing to try different themes, different phrases and be open to accepting the choice no matter what it looks like. I will say that again, accept the choice no matter what it is, leave the judgment and embrace both the choice itself and the process of choice.

An exceedingly simple and often effective phrase is, “I’m choosing to be a victim”, or “I am choosing to see myself as a victim.”

It must be said here that quite often, when one gets into that present moment via the choosing method, one finds that there is no problem at all. Very often it is the perception of a securing issue that creates a problem. When the failure to secure portion of the event is taken out of the equation, quite often there is no problem. The present moment is not only where you find what you are choosing, but where you will find the answers to any actual, measurable, problems.

You will find that when going through this process, your brain will fight you tooth and nail over accessing the reality of Freewill. You will find every institution will fight you over accessing your Freewill—hopefully you now know why that is. Most of your family and friends will struggle with the crazy idea of you opposing the forces of all that is seen as fact and demanding your Freewill. This can be troubling, but know this, your Creator-Self, you, will fully support the process, as this is what the more refined aspects of you want your personality to finally get.

This Information

The majority of you have read straight through the book without having done the exercises. I understand this of course, so I have accommodated for this somewhat in the presentation. While you can learn something from what I have written, you must do the exercises in order to fully comprehend what is being said, only then will you really know what I am talking about.

The words are simply a way to point you to a door, the techniques will open the door and get you to a new level of experience. You must work with the techniques to achieve this new level. The words alone will not take you there, though I wish they could. It will take some time to find this new level of awareness, it will not happen overnight. Avoid making rash decisions, or taking impulsive actions, until you have spent some time exploring the techniques and allowing that new way of expression to take hold. At best, it takes four weeks or so for a stronghold to set in.

Most of you will find conflict with what I am saying. This is to be expected, as I have yet to run into any information of this sort in a mainstream forum. I also know there is no programming in your head for any of this, in fact, there is untold programming against it. This is fine, it should be expected. I only ask that you try the techniques in earnest before you judge the validity of the presentation. It does not matter to me if you agree, accept what I say, or disagree. It is my sincerest hope that you access your Creator-Self by tapping into that Freewill that you are.

You may wish to reread the information again. I find that something that completely contradicts everything we know to be true can be a head spinner, as it triggers the insecurity in us. The second time should provide more illumination and less conflict. If you can tolerate me three times over, I think you will fully realize what is going on here.

My job here is not to prove to you that what I have said is true. Those of you who feel this information means something to you should investigate for yourself from within. Do not go out to secure yourself with more information looking to refute or validate what I say, as that is nothing more than securing. Everything you need to prove or disprove what I say is all here. The tools are the key.

An arrogant, hornet's nest poker, once said to me, "Prove there is Freewill." I laughed uncontrollably, as this person wanted me to prove, using the limitations of the scientific method, what he himself was, to himself. I said, "how come you do not know who and what you are already?" Another said to me, "Prove there is a god." I said, "For one, there is no god other than you, and two, how can I prove to you what you already are, isn't it your job to figure that out?" The tools I provide here allow you to prove to yourself you are Freewill as these things can only be demonstrated to one from within.

There is no outside. Everything is within. You cannot be taught this, you cannot get this from a seminar or a book, you must come to know this based on actual experience—I cannot prove this truth to you (although I wish I could). People too often toss out marginal truisms, “all is energy”, “all is one”, but they have zero idea what this means. These are words, phrases, anyone can say them, but they do not “know” these things, for to know these facts would mean not being bothered by the nonsense that goes on around them. Someone who actually knows that they are the Creator-Self never says, “well, all is one...” in response to a failure to secure with an external securing agent. I have never said to someone seeking assistance, “all is energy”, or “it was meant to be”, or “the universe has a plan”, or “god works in mysterious ways”, in response to an issue. Can you see why? Each of those responses is securing via victimhood. Better to say, “You are choosing that, let’s see if we can change that choice.”

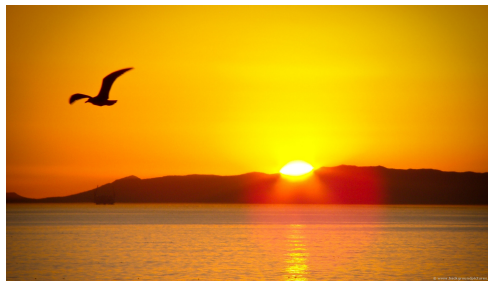
You cannot do these techniques if you are loaded with judgment about your Earthly expression. It would be awfully tough to find out that everything you have ever experienced is your fault if you are a judgmental person. The criteria you use for judgment is programmed into you by the securing institutions and is largely invalid. Stop the judging of your actions and work to embrace the power of your Creator-Self. No judging anymore.

I would think that this would be valuable to many, but as the first two segments of this book point out, securing from the outside is just too easy. This book asks you to learn to secure from the inside. I would ask that if you find this information useful, please recommend the book to someone else. I am not asking this for my financial benefit, instead, I am asking because I believe so much can change for the better should folks get access to their Freewill. While giving the book to others if of course fine, I have found over the years that people will really only read something if they invest in it themselves, but as long as folks are increasing their awareness from these words I’m happy, or secured, or less insecure, or something...

If you are currently following a path of some sort, and the doctrine does not make mention of your inherent Freewill, the fact that you *are* choice, you might want to reconsider the energy spent in that securing agent. It seems cosmically criminal to exclude that information from any discussion about a Sovereign Human Being’s evolutionary growth process.

I asked earlier, “if you had one genie wish, what would it be?” I hope you now see the answer as, “I’d like full access to my Freewill.”

Enlightenment 101



The word enlightenment is a word of provocation, as it has many meanings and in some ways has no meaning at all, so what is it really? Is it a thing? Is it a feeling? Is it a mechanism of transcendence from one reality to another? Whatever you think it is, or believe it is, it should be said that the notion of enlightenment cannot be fully appreciated by you until you understand Freewill and how as a Human: *Being* on Earth you *are* Freewill. You do not have Freewill, you do not get Freewill, you do not lose Freewill but in fact you *are* Freewill. Living on Earth the notion of Freewill is rarely discussed, in fact I would suggest it is far more than taboo, it is simply the concept that should never be spoken of for to understand the truth about you and Freewill is to undermine the very foundation of life on Earth. Instead of celebrating the wonder of our Freewill nature we spend all of our time navigating the byzantine maze of laws, rules, regulations, codes and various other systems of control.



There are millions of laws, codes, ordinances and rules around the world explained by tens of millions of words. There are countless religious based laws emanating from the Judeo Christian texts to the foundational laws of the Jedi religion and all of them are based on words that are continuously being interpreted and reinterpreted. There are cultural laws, treaties, school laws, company laws, medical industry laws and even laws governing outer space. There are rules of war, war? What is the retribution for breaking a rule of war, more war? We have come to rely on “the rule of law” (read that line in god’s voice) as our sole means for negotiating

our life on Earth. We think in terms of “legal” or “illegal” in terms of “lawful” or “unlawful” or in terms of “god’s law.”



The world is swimming in a sea of laws designed to moderate behavior and not one of those laws has ever prevented a Human: *Being* on Earth, from actually doing a thing. That’s right, not one action has ever been stopped prior to taking place because of a law, commandment or code. Folks are under the impression that laws are some form of titanium wall which prevent acts from happening, which in turn gives us all the piece of mind that stems from the idea that laws created by other men create order in our world of chaos. While that thinking is ubiquitous, this steadfast belief that laws create order is not true. It is an entrenched belief that behavior on Earth must be regulated and laws regulate behavior, and yet this seemingly unyielding truth from god himself is as untrue as it gets.

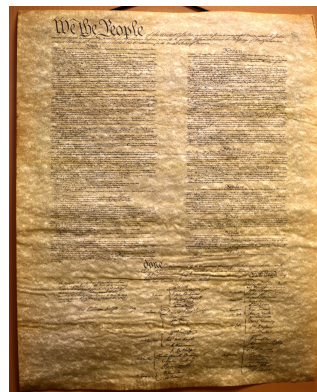
Laws do not prevent anything from happening; they only give access to retribution, redress or economic compensation *after* an event has occurred, and even then this only occurs if all parties agree to the systems involved.

This is the single most important “hidden in plain sight” truth there is. People believe that laws control the actions of others, in fact most people will tell you that the laws written by the various controlling systems are written for the control of the other guy, when in fact all laws are written for them personally and not that mythical “other guy.” So the millions of laws containing tens of millions of words were all written for you personally. Why, well because you need to be regulated, right? Your problem is you are unable to regulate yourself, so laws are created so you can be regulated effectively. If you were able to regulate yourself, no laws would be needed – right?

What most people fail to see is that all laws are simply a mechanism to exact retribution on those who act in a manner that can be made to *appear* as though those the actions “broke” a law, and are not about the regulation of behavior at all. The laws of redress and retribution are all written in vague, arguable terms, so that folks who cannot understand the language cannot escape the retribution. Did you know according to Black’s Law dictionary second edition the word “suffering”

means “consent?” The Act of Consent means executing one’s Freewill. If you were beaten by a robber, one who was not stopped by the laws outlawing robbing, the state would refuse to exact retribution upon him if you said you “suffered at the hands of the robber” in court. This would be because it would “legally” mean you *consented* to the act of being robbed! Think about that the next time you claim to be suffering at the hands of another. The reason I use that example of legalese and laws in this basic treatise on enlightenment is this: all actions taken by a Human - *Being* on Earth, is an act of consent, an execution of their Freewill and nothing more or less, even suffering in the colloquial sense, as well as suffering in the legal sense, is Act of Freewill.

Freewill is all there is and you are Freewill, everything else stems from that. There is nothing else but illusion, illusion created from the act of expressing one’s Freewill. There is a common notion propagated by ill-informed folks that goes like this: “Everything is either fate or Freewill but it can’t be both.” Folks often fight in an effort to prove one of these controlling notions by trying to include god, destiny, or mathematical based systems of science in order to define each controlling force; most often concluding nothing because they are confused by the idea that our life’s expression is either one or the other. Freewill can be seen in the act of waiting in line to get on a roller coaster, fate can be seen, within the same act, as the act of being strapped to the seat as the two minute ride plays out. Some choices are choices where the act of spending Freewill energy on something, like whistling, can be started and stopped within a moment. Other choices like riding a coaster can take two minutes to resolve and others still can take decades to unravel, like being a parent. Regardless of the instigating event, the event undertaken or the results of the event, the entire process of a Human – *Being* on Earth is about the execution of one’s inherent and inextricable Freewill.

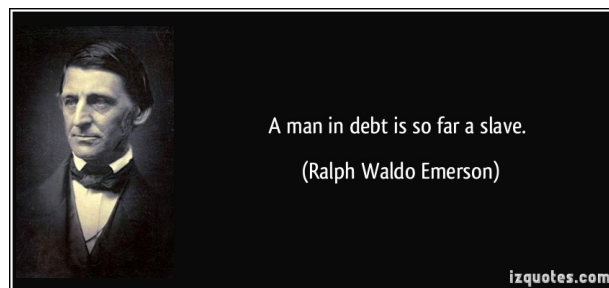


From the United States Constitution: “*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable rights, that among these are life, liberty and the pursuit of happiness.*”

Now, let us take a moment to look at this very problematic sentence from one of the more important documents in the world. The phrase “self-evident” is used. Consider what is meant by the notion that “men,” not “Human – *Beings* on Earth” have clear and obvious “*truths*” applied to them. Notice how the “*truths*” laid out excluded the codification of “Freewill” as an inalienable right and the “among these...” truths only include three of the supposedly many said drafters left out. Why did they leave out the other inalienable rights we have? Did they mean “inalienable,” as in “cannot be separated from,” or did they mean inalienable, as in “cannot be transferred to another?” The legal definitions matters damn it, which dictionary were they using, what did they mean by “inalienable?”

The legal definition of words matter, but only in relation to the fact that this document is not a system for the prevention of action but a system for redress after an action has taken place. I often hear folks say, “well that law is Un-Constitutional.” Consider that a law that is written and codified is only Un-Constitutional if the Supreme Court says so, and it only hears a handful of cases a year. So a law is a law if someone with the ability to incarcerate, kill or economically impoverish says so. In fact, according to that hideously incomplete list of inalienable rights it would seem any law – *all laws*, that inhibit life are Un-Constitutional, yet the death penalty is not Un-Constitutional nor is police killing an unarmed man, and drone killing of anyone or any other state sponsored killing isn’t either?

Ask the average person what the U.S. Constitution does and they will say it “gives us rights.” This is beyond shocking as the drafters of this document clearly state the document does not give rights, it prevents at least three from being taken away, but it does not “give” a thing to anyone. No one gives you rights, you inherently have Freewill and that cannot be taken away or given to another unless you decide to do it. No law has ever given someone a right; it has only sought to create a system whereby *the execution of your inherent Freewill results in retribution*. I will say that again so you get this, all laws on Earth, either by gods, god, kings, politicians or any other individual or group were created to established the ability to exact retribution on you personally for executing your inherent, inalienable Freewill, retribution ranging from fines to death of your loved ones.



Below is a quote is said to be attributed to Edward Mandell House who was the advisor to President Woodrow Wilson the President the President who instituted the system of the Federal Reserve debt based currency system, a system created in order to disguise the true nature of Freewill in each and every Human: *Being on Earth*.

*“[Very] soon, every American will be required to register their biological property in a National system designed to keep track of the people and that will operate under the ancient system of pledging. By such methodology, we can compel people to submit to our agenda, which will affect our security as a chargeback for our fiat paper currency. Every American will be forced to register or suffer not being able to work and earn a living. They will be our chattel, and we will hold the security interest over them forever, by operation of the law merchant under the scheme of secured transactions. Americans, by unknowingly or unwittingly delivering the bills of lading to us will be rendered bankrupt and insolvent, forever to remain economic slaves through taxation, secured by their pledges. They will be stripped of their rights and given a commercial value designed to make us a profit and they will be none the wiser, for not one man in a million could ever figure our plans and, if by accident one or two would figure it out, we have in our arsenal plausible deniability. After all, this is the only logical way to fund government, by floating liens and debt to the registrants in the form of benefits and privileges. This will inevitably reap to us huge profits beyond our wildest expectations and leave every American a contributor or to this fraud which we will call “Social Insurance.” Without realizing it, every American will insure us for any loss we may incur and in this manner; every American will unknowingly be our servant, however begrudgingly. The people will become helpless and without any hope for their redemption and, we will employ the high office of the President of our dummy corporation to foment this plot against America.”**

That quote will sting most of you deeply, and if it doesn't read it until it does. House describes a system of enslavement through fraud. I would suggest that all the wars fought during the 20th century were wars designed to install this system worldwide, though the excuses for each war were varied, the actual reason for the 10's of millions of deaths and untold destruction was to institute this system in each corner of the world. So why was this system needed? To get everyone to give their Freewill to a system of “social insurance” of course. The brilliance of the plan is to make the system so machine like that those who know they are Freewill and seek to express it will simply be demonized and marginalized by the majority-slaves who have invested so completely via their Freewill. Take out a dollar bill and look at it. Right there in front of you it says this: “Federal Reserve Note.” The legal definition of the word “note” is a DEBT! That piece of paper you hold is not a “credit” but it is an *I Owe You!* You are a debt slave if you use these for your transactions.



Would you like to fully understand why taxes are paid on all transactions using the Federal Reserve Note as a means for the transaction: The Notes are the personal, private property of the Federal Reserve Banking Families Conglomerate and they have a right to decide how their product is used and for what purposes it is used.

The supposed Constitutional Laws and those laws determined to be Constitutional, are those laws that tell us what we can and cannot do. It is the idea of cannot that is most troubling for me. The do's and don'ts of life are as much a part of our existence here on Earth as breathing. Everyone firmly believes that the laws we all live under tell us what we can and cannot do and that creates a civilized world. This of course happens because each and every person knows all the words contained in all the laws, codes, ordinances and so on by heart, after all, *ignorance of the law is no excuse*. There are nearly 74 thousand pages of tax law, and you know it all by heart – right? You know all the words to all the criminal laws in every city, county, state, and country on Earth, right? How about the one thousand or so pages of tiny type in the Vehicle Code? Did you know International Treaties trump all internal governmental laws, so are you familiar with all the terms contained in the Treaty Of Paris? You should be because those “laws” apply to you!

Ignorance of the law is no excuse is the playground motto and yet all of those laws are subject to interpretation at any given moment. If the adherence to all of these laws is of such prime importance why wasn't the first twelve years of school devoted to them and why are they all so malleable? Why does it seem like the laws are purposely hidden, purposely hard to understand and perfectly inexact? In all my years of schooling there was no class on the laws and their meanings. In fact, I can recall no single, official system of the dissemination of laws in a formal mechanism. Fact be told, most lawyers don't know the law as their education was

simply designed to teach them how to process paper work and interpret laws once a client brings an issue.

In fact, police, lawyers and politicians do not know the laws by heart at all, they find problems in a Human - *Being* on Earth's behavior and then fit a law to the offending issue after the event has been legally defined as a crime or a contract violation. So how can this be the way it is?

Truth: in consciousness expression there are no “do not’s” at all, only “do’s.”

A Human - *Being* on Earth, only accepts the ideas of “cannot” or “do not” or “prohibited” because the symbols (mostly language based) of those notions have been introduced to the population in order to give them the impression that Freewill is somehow governed by the House Rules tacked on a government office wall, or even worse, Freewill is not present here on Earth at all. We believe the laws tell the *other guy* “no” and “cannot” which helps *us* live freely.

There are no “no’s” in consciousness expression, only “*yeses*.” Freewill can only act, it cannot not act. I will say that again, as this will likely hurt your head, Freewill can only act, it cannot not act. Freewill can only be expressed, not prohibited from being expressed. Let that sink in, as all the “no’s” in our life are acts of saying yes to no. Really work to understand the notion that there are no “no’s,” only the acts of “yes” taking the form of Freewill expression. Every act of saying “no” is an act of saying yes to “no.”



All of those laws, those words, those systems of control from Treaties (treaties trump all national constitutions) to the U.C.C. (The Uniform Commercial Code dictates all contractual actions, fines and redress around the world) to the dreaded Sharia Law are all systems designed to provide for retribution (curiously, Black's describes “retribution” as a word uncommonly used in Law: this is because law is retribution and to use it would be not only redundant but revealing). Actions taken through the execution of Freewill by a Human - *Being* on Earth are then held up

against a “law” or “code” or other such system of control and measured. If the actions measure up, retribution is levied in the form of prison, fine, lashes or even death. Steal a loaf of bread and have your hand cutoff. Sounds horrible, but notice the hand being cutoff cannot stop the loaf of bread from being stolen, the law that makes hand chopping acceptable is a simple system that allows for retribution for an act. Cross into a country without permission and suffer imprisonment, notice the imprisonment which is derived from the “laws” concerning entering an arbitrarily defined geographical location did not prevent the act of entering. Before the Federal Reserve System was created traveling throughout the world was simple. Now, passports, permission, body scans, fees, taxes and restrictions on movement are the accepted norm – it only took 100 years to accomplish that!

too **BIG** to FAIL

The laws, or rather the retribution derived from the presence of laws, are for the little people, the ignorant and the examples. There is a notion that permeates certain sections of society that goes something like this, “how come I have to follow the law but the head of Chase Bank or Senator Whoseits does not?” The answer is simple; retribution can only be dealt out by someone who is above the one whose behavior is in question, nearly always one in the upper third of the control pyramid. We’ve all seen the control pyramid, which indicates the top and the bottom, the elite and the enslaved, the special people and the hopeless people and it is here we can see who gets to exact retribution.

The laws are written by those at the top to extract retribution, money or other forms of energy from the enslaved residing at the bottom of the pyramid. It is impossible for the slaves at the bottom to demand retribution from those at the top because there are no bottom up laws. The slaves at the bottom of the pyramid, the so-called 99 percent, have no laws that include retribution for the so-called one percent. Those at the top know that the laws that exact heavy penalties from the unwashed masses do not apply to them, they wrote them in languages to exclude themselves. It is against the law to kill another without due process, yet the men and women employed at the pentagon do this everyday via drone based actions without concern of retribution and their moral qualms have been fully replaced by “it’s legal.” It is against international law to attack a sovereign country unprovoked and yet this happens yearly. It is against the law for banks to steal money from either depositors or shareholders yet it happens daily. It is against the law to park in a metered spot without paying the meter. Out of these examples who gets the retribution nearly every time they break the law?



Those at the very top, those whose names you will never know, understand one fundamental thing you do not: The planet is free for all, there are no rules, there are no laws, there are no paybacks there is only choice through the only constant in all of creation: Freewill. The inherent system of Freewill is present here on Earth as it is in any other place consciousness chooses to express itself; it is the only true law that exists. Those at the top know this and they have taken great pains to make sure you understand that you are subject to not only the millions of laws written in the last two hundred years but to laws that will determine what happens to you after you escape the long arm of the enforcement agencies of the planetary laws.

Karmic payback, entry into heaven, god's favor after one leaves Earth. Ah, religious-based post-life retribution. Do bad here and you'll be punished later. Park in a handicapped spot in July 8th 2015 and in the next life a group of parking god overlords will meet you upon your death and fine you or worse. Steal a bike and in the next life you'll be punished by the same retribution exacting gods by having to walk everywhere in the after-Earth-life. Yes, the notion of retribution for executing your Freewill is everywhere, even for you in death. The lowly Human - *Being* on Earth is always paying the supposed higher ups for his transgressions, paying with either money, labor or even his life. Accepting the punishment doled out by these mechanisms of control is itself an act of Freewill so these folks who claim to have omnipotent power over the lowly Human - *Being* on Earth are totally delusional, as they have no actual power at all, they are simply common men who fear the day the sleeping Human - *Being* on Earth wakes up to his Freewill. The gods, the kings the politicians or the mafia bosses are not in control of anyone at all, as it is the choice of the Human - *Being* on Earth to agree to their silly systems of control.

The idea that simply expressing your energy in a manner not acceptable to someone, somewhere must result in you paying damages to a party *not* a part of the action is so absurd it is comical. Consider that there is a somewhat Freewill based notion of law on Earth called "common law" or "the law of the land." It can mean a great many things but boiled down to its very essence the idea here is this: those who have inflicted real, measurable damage on another, should seek to balance out the damage with the aggrieved party through themselves, or via a neutral third party. The laws of the world as we know them, executed after events have

transpired (retributionable acts), are done via something called maritime law, or the law of the sea. Again the system is complicated but boiled down to its very essence: A Human - *Being* on Earth's actions are governed by rules, rules which can be used through interpretations of those actions to provide money, energy, or retribution via jail or death to third parties not involved in the act itself. So, stealing a bike can result in the thief giving money to the State and not the actual victim of the crime! Smoking a joint can result in a lifetime in solitary confinement because the "State" deemed you broke the Rules of the House and the house needs get itself some retribution. Consider the amount of something, energy or money, the State receives via the so-called victimless crimes.

Are You A Person Damn It!

PERSON. A man considered according to the rank he holds in society, with all the rights to which the place he holds entitles him, and the duties which it imposes. 1 Bouv. Inst. no. 137.

A human being considered as capable of having rights and of being charged with duties; while a "thing" is the object over which rights may be exercised.

Persons are divided by law into *natural* and *artificial*. Natural persons are such as the God of nature formed us; artificial are such as are created and devised by human laws, for the purposes of society and government, which are called "corporations" or "bodies politic." 1 Bl. Comm. 123.

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—**Artificial persons.** Such as are created and devised by law for the purposes of society and government, called "corporations" or "bodies politic."—**Natural persons.** Such as are formed by nature, as distinguished from *artificial* persons, or corporations.—**Private person.** An individual who is not the incumbent of an office.

PERSON. A man considered according to the rank he holds in society, with all the right to which the place he holds entitles him, and the duties which it imposes. *People v. R. Co.*, 134 N. Y. 506, 31 N. E. 873.

The term is, however, more extensive than *man*. It may include artificial beings, as corporations; 1 Bl. Com. 123; 4 Bingh. 669;

Black's Law 1st ed.

Black's Law 2nd ed.

Bouvier Law 3rd ed.

Those who cannot understand the language of the law are subject to it. When was the last time you heard of a lawyer going to jail? The language of law is not a colloquial language but a set of coded symbols designed to vaguely resemble the language we speak and that is how all of this state-based retribution happens. The code cannot be easily seen by the enslaved but can be seen by those who are versed in the language. Keep in mind not all professional legal folks are actually versed, which leads to a whole other mess of confusion when you tackle these topics. Did you know Black's Law dictionary defines a "Person" two ways? One is a Natural Person, who is not subject to retribution and another is a "Person" who is actually a corporate employee who is subject to retribution on a whim.

Important distinction, in fact while a Natural Person was the primary definition of Black's Law version one, it was moved to secondary definition in version two – why?

In fact it is the Corporate Person that allowed Mandell House and his cronies to create a world where Freewill is only theirs to be used legally by creating a corporation version of you via the “birth certificate” used as collateral for a loan created in your name at birth. There are many law books, countless legal rulings, and many definitions of each legal word, each sentence, and each law as it reads in its entirety. How can you be subject to obeying the millions of words that make up all the laws if you do not know the definition of each and every word used to make up those laws? This system is a confusing mess for a reason.

The idea that the law, the code, the ordinance and so on is part of some exact, mathematical based system of managing A Human - *Being* on Earth’s actions in order to create a civilized world could not be further from the truth. The system of laws is a system of retribution designed to give a few people control over the Freewill of the population of the world. Some will say, “when they instituted laws making it illegal to lynch someone without a trial the practice stopped, so laws stop people from acting.” There is a correlation but not causation to that idea. People stop doing things for a myriad of reasons, most often because an event has actually taught them something! In fact, given the notion of proper education, properly learning by experience, a great many of our ills would simple vanish but the ills are needed for the system of retribution to work.

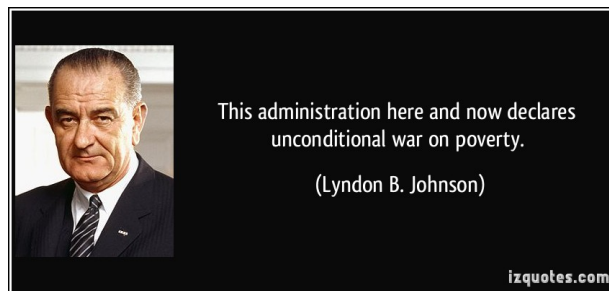
In fact, a great many of our planetary ills occur because people are desperate, desperate enough to do things they would not normally do as a result of the Mandell House Debt Scheme.

Freewill as we should know it to be has been slowly eroded via the mechanism of educational control of thought. By controlling what people learn, how they learn, and controlling the system of what is deemed to be learned one can create a world where the connection to Freewill is lost and the desire for draconian controlling measures is craved. Did anyone reading this learn about Freewill in either school or their religious systems? The system we supposedly learn in enables the control system to simply create a self-imprisoning cage contained within each Human - *Being* on Earth. The nature of Freewill actually requires a self imprisoning cage, as it is simply impossible, beyond impossible if such a notion exists, to restrict Freewill via any other mechanism then consent. To contain their own Freewill, *one must consent.*

In the last 50 or so years it would seem folks have shifted their self-governing mechanisms to a system of external governing via mechanisms of law. Folks look to the law to tell them what to do and what not to do. How many times have you heard someone shout, “there oughtta be a law...” Folks cannot seem to self-govern themselves anymore, they even guess at what the law tells them to do regarding any given action. How many times have you heard someone ask, “is it legal...?” Shockingly, the majority have no idea what any given law reads like and why it pertains to them, as they have gained their knowledge from TV newsfotainment,

newspapers and various other PR mechanisms for the control system, which deliberately distort the facts about any “law.” A person who does not know the legal definition of “Person” or “suffering” does not know the law. A person who does not know all the word definitions used in the process of law making, law execution or law interpretation does not know the law at all. Have you ever spoken with some governmental bureaucrat who doesn’t know the law they are supposed to be enforcing? This is the very definition of hell, a person in charge of the law who not only does not know what the law says, but does not know the words don’t mean what they think they mean and they are in charge of your actions.

I’m going to toss in something I find interesting and revealing here. From what I can tell there have been only two “declared” wars in the US in the last 50 years. Can you guess which ones? Not Vietnam, not Iraq 1 or 2, not Afghanistan, not Grenada, Croatia, Somalia or even Panama. The two declared wars are: The War On Poverty and The War on Drugs.



To “Declare” war is a very, very specific proclamation with terms that are defined in ways that prevents them from being used colloquially by the elected officials of any Nation on Earth. In fact, it is so important you’ll notice that war was not declared after 9-11 even though we went to war and are still in it. President Johnson took the podium in 1964 and “Declared A War on Poverty.” This wasn’t a metaphor, or bluster, and he surely wasn’t anyone who cared about poor people at all. This was not a quest, a moral process or some “damn it, this needs to end” moment. This was a Declaration Of War and the legal term for this means: *He declared war on poor people of America (and it may have included the world)*. Even more appalling, it was “unconditional!” During war you loose your rights, you have no right to redress, no right to comfort, protection and so on. You have no assets that cannot be taken by anyone involved in the war. An agent of the war cannot be charged with murder as there is no murder in war.

Have you noticed in the last 50 years that the poor have not only gotten poorer, they have become wholly reliant on the State? Was the War On Poverty a failure? No, it was a success. The War On Drugs is the same process. If you are accused of being a drug user or dealer the State, through its Policy Enforcement Officers, police, can take anything they want and either use it themselves, destroy it, or auction it off and there is very little you can do about it. If you are accused of stock

manipulation, bank fraud, or even mass murder, the State *must* provide you with due process, but not on drug cases. Why? War has its own rules, its own laws, and its own system of enforcement. God help you if you are poor and involved in drugs...



The Earth itself is a host, an arena for games to be played by anyone who takes a body and visits for some duration of their own choosing. The Earth is a living breathing being, and failure to see this is simply a matter of failing to actually look. The system of rules, laws, codes and regulations has created a structure whereby the people who have come to play on Earth have to *pay* those who created the rules in order to live here on Earth a being they cannot possibly “own” given Earth has Freewill also. Through word play, definitions of symbols and murder a few folks have managed to turn the entire Earth, all *260,000,000,000 cubic miles* of him-her into a plantation prison whereby those who live here must pay them for everything he-she gives for free and failure to do so results in retribution, tax, or death.

The Earth’s resources are inherently *free*, a execution of Earth’s Freewill, and a handful of folks who actually understand the system of Freewill have convinced seven billion people that not only are her-him wares not free, they are owned by folks who simply play games with words in order to hide the true power in all of consciousness that is your Freewill.

People are outraged by the idea that folks can be enslaved by a plantation owner, and be forced to work for the owner, pay the owner to live and pay the owner’s general store for the supplies necessary to live – the closed slave system is now seen as an abomination by nearly everyone. Folks are angered to outrage over this even today but for some reason they gleefully accept the Mandell House planetary plantation system controlled by a few because the “law,” the law House and his breed of scum wrote, says this “is how it is.” Even more absurd is there are millions of people who will defend the Mandell House system of control as something other than a slave system when in fact he defines it as a slave system! (House is not the

true creator of the system; I am only using him as the symbol as the true creators of this system remain hidden).

Really consider that, House, a contributor to the slave system says the system is in fact a slave system and the enslaved say it isn't.

It is the reliance on external codes of conduct created by an invisible ruling class that has created the world we live in today. Folks in the midlevel's of the planetary control food chain (the names you know or could look up) are free to do as they please as long as their actions do not draw attention to those at the top – the unseen and nameless. Today a company somewhere in the world dumped huge amounts of toxic waste into a drinking water system “illegally” and the law didn't stop them from doing so. Since no one within their peer group is seeking retribution it is not likely anything will ever come of it – legally speaking that is. Today an American policeman shot and killed a Human - *Being* on Earth, murder by one definition, self-defense by another. The law contained in the murder definition did not prevent it and the law in another section prevents retribution from the actual aggrieved party. Today a family went homeless because they failed to pay the state its occupancy fee for the property they lived in, based on some made up legal words and phrases which say they owe money in order to reside on Earth in a home. Another man was jailed because he could not afford to pay the state its occupancy fee and his resulting homelessness is also crime.

At the very top of the control food chain exists a few who really know the score, they know that Freewill is Freewill, and it exists on Earth and everywhere else a Human - *Being* chooses to reside. They know all they have to do is do as they please and the population can do nothing about it, there are no systems of retribution for them because they simply have decided not to choose to be included within the systems of retribution they created here on Earth for the lowly classes. A slave cannot drag a so called elite into court and demand jail time, money or a hand be cutoff, as there are no laws, and no language to afford this. Anyone recall a story where a slave hauled a plantation owner into court for shortchanging on wages?



Laws controlling Freewill on Earth are a one-way street, as Human - *Beings* on Earth choose to accept the restrictions or not. If you cannot really grasp this notion I'll make it simple. A king is free to do as he pleases on Earth without fear of retribution from those he owns and the slaves he owns are not free to seek retribution from the king no matter what. Why, as the king is no one special, not a god, not appointed by an actual god, simply a self appointed conman with an expensive hat and coat. How do I know this? If a king was to be appointed by a god to rule over us, that god would have let *everyone* know this, not just the king during some private communications. In the real world if a new CEO is to take over the stewardship of a company he lets everyone know this. Besides, I haven't seen any signs from Earth itself letting me know which guys Earth sold itself to.

I'm going to toss this in again because I really thing it is important. Earth is a person, not a legal person but a Freewill person, who has created a game for us to play by establishing an arena. This arena has some inherent rules, for example in order to "live" here you have to take a body which is created from the items contained in the arena – silica, water, calcium etc. The arena contains all manner of opportunities for a varied number of expressions: plants, animals, insects, fish and of course Human – *Beings* On Earth. Somewhere along the line someone, other persons, said, "I own this place" and instituted a system whereby all that was given for free was to now cost. If that doesn't make you sad, angry, melancholy you are not a Human. What if you decided to give a kidney to save a friend, only a third party said that in order for you to do this the friend would have to pay them, not you, a fee of 150 thousand dollars. Oh, wait...

Freewill is Freewill. The laws, codes, social morays and the like are suggestions which can be heeded or not. In fact the "not" in that equation does not exist but rather moments of choice are created where one chooses to put one's energy into one system or another system but one does not really choose "not to" anything at all. I would suggest that the notion of hindering actions is a product of language introduction and not a function of the nature of Freewill – Freewill just is and does and never "does not."

Everything is about choice and what you choose is wholly dependent on what you know. If you only know X, you are highly likely to choose X. If you only know X and Y then you are highly likely to choose from X or Y. The system of control we exist in knows this so it works very hard to make sure you only choose from choices created by and favoring the system itself. Then it makes sure that choosing the wrong choice results in retribution of some sort, a retribution system that rewards itself rather than those involved. Consider this choice: The law requires you to choose X, but you are free to choose Y, though choosing Y results in death – you are free to choose X or Y.

No law ever prevented an action by a Human - *Being* on Earth from being taken. It can be said the fear of retribution might have influenced the decision making

process but it cannot be said that it stopped any action from happening. Only the execution of choice stops an action from happening. Today I went to a shopping center and considered parking my car in a designated handicapped spot. There was nothing preventing me from executing that choice, nothing at all. The fact that I did not choose to park there did not stem from the fear of retribution from the state, but a desire to allow a real handicapped person to use the spot. My choice was made from a moral place, most folks make that choice based on the retribution which was the goal of law based choice. That was my decision making process but there are many other folks today who decided not to park in a handicapped spot because of the fear of the fine connected to being caught.

Caught, the word associated with crime, the word inextricably tied to the act of executing ones Freewill. I was “caught” executing my Freewill – the horror of that phrase cannot be defined.

Caught-Crime-Freewill, no worse a connection has ever been made. On Earth executing your Freewill is seen as a crime and crimes, as deemed by those seeking retribution, result in the criminal paying something to the State. Really see if you can grasp that, executing your Freewill is considered a crime and yet you cannot help but execute your Freewill because you are Freewill. Really drive that home: you being you results in retribution paid to a self appointed overlord.

Let’s see how this might work with you right now. I, in my infinite right to control all who read this, have decided that it is illegal to spit on your front doorstep. There is a million-dollar fine for doing so, payable to me in the form of pennies only. Now, I demand you get up, walk out to your front doorstep and spit. Didn’t the million dollar in pennies fine prevent you from spitting on your doorstep? Or did you spit just to see what would happen? I demanded it, what right to you have to disobey me? What right to I have to make a law that has you paying me if you break it? The decision to act regarding this law was yours and yours alone. Did you notice what just happened there at the deeper level? I just made up a law, just like every single law ever written was made up, just made up out of thin air. All laws are just made up, just like the money printed that gives folks the “right” to make up laws that support it.

***Auto Regulators
Dismissed Defect
Tied to 13 Deaths***

By HILARY STOUT, DANIELLE
IVORY and MATTHEW L. WALD

Federal safety regulators
received more than 260
complaints over the last 11
years about General Motors

Some of you may be saying, “maybe, but a lot of laws are based on real things and have helped a lot, like automotive safety.” Recently GM executives weighed the costs of replacing known defective ignition systems of 28 million cars and determined it to not be cost effective. 56 people have died to date. Someone who kills 56 people is called a serial killer, a company who decides it is cheaper to kill 56 people then replace a faulty ignition switch simply lays off a few executives with severance packages, as the laws of killing people on mass did not stop the GM executives nor do the laws of retribution apply. Again, really see this, a man who kills 56 people is a serial murderer, a company that kills 56 people is nothing of the sort.

“What about laws on building houses safely surely that’s a good thing?” Well, there is nothing that prevents someone from building a house unsafely, the law surely does not. The laws on building safety only allow for fines to be collected, properties to be seized and people to be jailed (poorer people that is) as a result of interpretations of codes in the building codebook. If the action of enacting a law was to actually help people build safer houses, the process would not be antagonistic and retaliatory but based but one of guided assistance. Instead of demanding folks “pay for permission” to build, then “pay for mistakes” (payment to the state) the collective would create a system of support and education that would provide help in the process of home building without the retribution, fines, levies and obscene antagonism inherent within every law based bureaucracy, bureaucracy enforced by folks who do not understand the laws the enforce.



An erroneous assumption is that laws keep people safe. It is illegal to climb up the side of a New York skyscraper because it protects the climber from falling and death. Yet the law does not stop someone from doing it, it only allows for the state to exact retribution on those who do it. It is illegal, there are laws governing the action, to attempt to commit suicide. The ultimate act of the expression of s Human - *Being* on Earth’s Freewill is governed by law, allowing the State to exact some form of retribution through detainment if you fail to actually kill yourself (you are an asset of the state and the state hates to loose assets – see Mandell House again on this). The legal control of the human body’s actions do not stop people from attempting to, or successfully killing themselves. The truth is every single thing you do, or do not do, is governed by a law that allows for retribution by the governing body – everything including your thinking. Laws are fully at odds with the notion of Freewill and the notion of protecting you from yourself. Keeping you

from expressing your Freewill is the now the driving force of the faceless, soulless bureaucratic system of law creation.

Laws are there to protect you from you Freewill, because the execution of your Freewill can lead to you hurting yourself. What the hell kind of insanity is this? On it's surface this is obscene, but when you realize the State has a lot of money "invested" in you and it needs you to pay it back, with compound interest, you can see why they do not want you hurt. Then again, the State fully supports the American Medical Association, which, by its own admission kills some 250,000 people a year through negligence – not murder of course.

Antagonism in many regards is the lifeblood of the control system. The law based control system we live in is one that counts on an adversarial process from top to bottom. Those who execute the laws, your friends, your neighbors, your family members, are all trained to see the Human - *Beings* on Earth as the enemy, a criminal whose crimes have simply not yet been discovered. The parking enforcement officers see you as the enemy, the police see you as the enemy, the judge sees you as the enemy and the politicians who create laws controlling your actions surely see you as the enemy. The entire system is based on animosity; keeping everyone angry at each other all the while the system keeps taking energy from those who play the Earth life game.

It is this animosity that creates the self-feeding machine. People are so distrustful of each other that they demand laws that regulate their own behavior. The control system needs examples of distrust, and does so by making sure scarcity and more laws encourage it. Once people are desperate enough to use their Freewill to damage another, the State steps in and enacts a law and proclaims this new law will make the future better and safer. Eventually the population forgets how to interact without the presence of The House Rules and eventually the social fabric decays to the point where the only thing holding it together is the promise of new and better laws and this is the goal of the Mandell House system of societal decay. We have reached the point where truly immoral actions are now acceptable because they are "legal." When the U.S. Constitution was drafted it was rather unthinkable that a man could be killed without some form of objective due process, now, because the U.S. President signed a law that makes it okay it is indeed okay. Common sense morality, morality that has existed for thousands of years can be eliminated by configuring a few words into a law and demanding people act accordingly or face retribution. Again, think about that. What was clearly immoral for thousands of years can now be made fully moral by writing a law!

Relying on the House Rules, the law, the commandments issued by folks you do not know and will never meet, results in you failing to rely on your own sense of self to guide you through life. It is the personal sense of self that is the only reason you exist at all, to defer to "laws" or other such nonsense as the great arbiter of your life is to not bother to live at all. The soul expresses itself through the

mechanisms of a Human - *Being* on Earth in order to express its Freewill and learn about itself. To allow laws to determine how to express your life is the only real crime happening here on Earth.

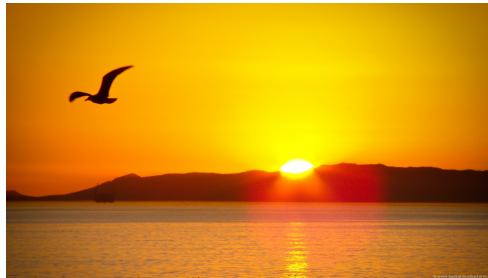
Now many of you are thinking, “well hell, I’ll just do what they hell I want a screw everyone else then.” You’re thinking, “that’s just anarchy and the systems in place prevent that.” That thinking is the very justification devised to introduce the system law based choice control. The current danger for a Human - *Being* on Earth is that he/she has become so reliant on the mythology of retribution based control systems to dictate their personal choices that without it the zombie population would go nuts. I do feel that this is true, I do feel that the vast majority of animated bodies on Earth would indeed descend into uncivilized chaos were they to be released from the control systems designed to control their Freewill – at least temporarily. This chaos was designed into the system should folks rebel against it. I also believe a new reality would open up for those who accepted the truth that they are Freewill Human - *Beings* on Earth.

Consider that you are the power plant of both your life and the reality you see everyday. Consider that it is your energy, as designated by your Freewill, that creates that reality, feeds it, keeps it alive. Consider that the choices you make, the choices involving the direction your Freewill energy needs to go is the system of laws, rules, regulation and retribution. Consider that in order for that system to stay a vibrant, viable system it must have *your* personal energy. In order for there to be toxic waste producers, war profiteers and banking fat cats as well as the imprisoned, the impoverished and the disempowered the Freewill energy must continue to flow freely, unabated, into all of the systems you call life. Consider it all a game, is the game fun? Has the game taught you anything, anything all, about yourself? Would the game be better if you were an elite, or the one in charge? Is it time for the game, as we know it, the game of retribution through the system of control, to be over? Only you can decide for yourself.



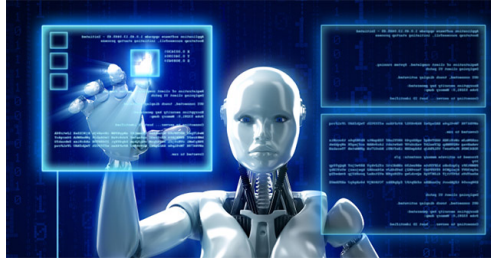
Remember all the laws are written for you personally. If you are having a hard time believing the idea that laws have eliminated the need for personal morality in favor of the science of law creation’s ability to make perfect laws governing every actions you should consider this: The rather remarkable whale known as the Orca

was a Freewill expressing being for all of its life on Earth, that is until the early seventies when one was kidnapped from its home in the sea. The whale was dropped into a tiny tank for your amusement. Clearly this is immoral by any standard of measure, but it was and is *legal*. In fact, it is legal for the State to do the same to you, your family, your children and your friends. The law allows for it, the law also allows for you to “argue your case” in a court via an antagonistic system run by those who created the law after you have been thrown into the tank. Now consider this: What if the Orca volunteered to be imprisoned to show the population how their Freewill was be used against them. Sadly no one got the message, not even the trainers who watched the whale suffer day in and day out for years.



This article is not about creating a world of revolution, chaos or anarchy, in fact quite the opposite. The article isn't even about lawyers, or law, or politicians. This article isn't about the right of kings or the failure of the US Constitution to elucidate on those other inalienable rights. This article is about you, you the non-legally defined Human - *Being* on Earth and your inherent Freewill nature. If enough of you out there stopped crying about the system, demanding social justice, pounding the drums of revolution for just one minute and said yourself, “screw this, I'm Freewill” I think you would find a very different reality opening up to you and all of us. I would strongly suggest those who spend their time pointing out the hypocrisy of the controllers, the impending military take over of the world or the deteriorating human rights simply stop talking about that as a call to action. The only action needed is for enough folks to *internally* say “enough.” There is no need to make a thing of it, simply proclaim every night before dinner that, “I'm a Freewill being and this is enough,” and then eat a nice meal.

The time is upon us for accepting that we have chosen to forget that we *are* Freewill and stop honoring the fear based programming that has caused us to see the notion of Freewill as the devil. Freewill is not the devil and neither are you.



A postscript to this article. As the human expression on Earth has evolved and changed the system of control from gods, to kings, to religious institutions to governments and currency systems has all been about keeping one step ahead of the moment when the Human: *Being* on Earth decides to express his Freewill unabated. All self reflective beings who exist in some form or another must obey the Freewill system, as it is simply impossible not to obey it – there is no choice on that. Machines do not have to recognize the reality of Freewill; they are not Freewill and will never be Freewill. To give you an example, take a moment to reflect on the last time you could not get what you wanted while trapped in the phone tree at a major corporation’s customer service center.

The move toward some system of Artificial Intelligence is a move to thwart the system of Freewill. The control system that controls Earth knows what is coming and the only thing it can think to do is to create a machine/hybrid system which will end Freewill for all time by subjugating it to the mechanism of digital on off switches. It is something to think about when you hear some champion of the AI future prattling on about how great it will be for everyone.

This fact as I see it raises the final conclusion here, will things change? No, they will not as no one has ever willingly given up power, or even said something like, “gee, I’m so sorry for conning you into thinking you have to be a slave when if fact you do not because Freewill is of course the only truth.” This means only you can change...



Blacks Law does not have a definition of Human, or Human Being. I have written “Human – Being on Earth” in this way for a very specific reason. A Human Souled expression can express itself in many ways, if you are reading this, and you identify with what I have written, it is highly likely you are a Human Souled Expression who is Being, expressing itself, in the Earth reality game. You are “Being Here” as opposed to “Being” in another here altogether.

* Woodrow Wilson's response to accepting the Federal Reserve enslavement through debt act: "I am a most unhappy man. I have unwittingly ruined my country. A great industrial nation is controlled by its system of credit. Our system of credit is concentrated. The growth of the nation, therefore, and all our activities are in the hands of a few men. We have come to be one of the worst ruled, one of the most completely controlled and dominated Governments in the civilized world no longer a Government by free opinion, no longer a Government by conviction and the vote of the majority, but a Government by the opinion and duress of a small group of dominant men." - Woodrow Wilson

**Recently the Supreme Court ruled that corporations have the right of people with regard to campaign money and so on. This angered many. Those who were angered are those who failed to understand the language. The "law" says, the 1913 Federal Reserve System based law that is, says that humans who are defined as "persons" are in fact corporations (definition one in Blacks Law). The Supreme Court simply said, "if an embodied corporation has x rights, then a non embodied one does as well because there is no distinction between the two in the eyes of the "law."

Extra Content

The three techniques are all you need to tap into the Freewill that is yours. I'm including some extra content here to help you get to a deeper understanding of the topics we've explored thus far, as I think it might be useful to you.

Some Personal Experiences

Having spent half a century walking around on this planet, I have been gripped by insecurity more times than I wish to remember. I do wish I had understood this concept of insecurity/securing in this detailed way ages ago, as I think I would have handled myself more gracefully. I imagine I would have seen myself as choosing my choices rather than making them from a desperate place of insecurity. Upon reflection, the things I might say I am ashamed of were actions taken because I thought they would secure me. The things I had fun with were actions I found secured me the way I had hoped. The things I am most vexed about are things where my carefully calculated actions failed to secure me at all. Here are a few examples of my recent experiences that I hope will help illuminate things for you.

As you can imagine, folks have come to me in all states of insecurity, from the mild to the wild. Each and every time I refuse to interact with the Insecurity Energy no matter the brand of crisis. The energy is like a lure, seeking to connect you to it, but it is never been in my best interest to do so. Someone seeking assistance who is upset about being fired often wants me to join in the bitch-fest over the bad boss and his mistake, but what good would that do them or I? I learned to connect to the parts of each person that are not insecure, no matter the

catastrophe. There is no need to be overwhelmed by anyone's panicked energy, if you connect with the parts of them that are not in that state. Imagine it this way. Each person is one thousand parts total. An insecure person wants you to connect to the one insecure part, but you can choose to connect to any one of the other nine-hundred and ninety-nine parts, or all nine-hundred and ninety-nine parts. Look to avoid connecting with the insecurity in others, there is little to be gained here. When others are clearly talking about their insecurity problems, listen, observe, but do not connect. You'll have some really amazing relationships if you follow this process.

Here is an experience I had with assisting another, which should be helpful for you. Someone asked me about an upcoming move they were going to make that they were feeling uneasy about. They asked the family to secure them by asking for their advice. The family responded by saying, "if it didn't feel right, it probably wasn't right." This of course was not only terrible advice, it failed to take into account our Insecurity Energy contribution to the experience. The energy of insecurity is the same energy that shows up in bad scenarios and good scenarios. The prospect of moving brought up Insecurity Energy, as it should, and this was reflected in the unstable feeling surrounding the move. The idea that things should feel a certain way if they are "meant to be" is ludicrous. I have never seen a universal definition of what that "feeling" is supposed to be like. The unknown triggers insecurity, as it is supposed to, and you can either experience that energy with glee, or dread, as such, to use the "meant to be" themes in most areas of experience is a bad idea. I simply reminded this individual that moving was indeed insecurity inducing, which accounted for the feelings.

A few years ago, my mate and I were living in a duplex. The neighbor below had taken it upon himself to throw away some of my invaluable healing energy equipment—he didn't like the vibe. It made me quite insecure to say the least. My mate suggested it was time to move, and while the neighbor situation was untenable in every way imaginable, moving brought up Insecurity Energy in me. Given my life experience, I tend to favor the securing I know rather than that of the unknown. As she suggested this, the Insecurity Energy rushed over me like a dam breaking and flooding a small town. At this point, I knew what it was and did not react to her suggestion by lashing out at the idea or withdrawing. After I let the energy simply dissipate, I agreed a move was in order. We moved shortly thereafter in a whirlwind of Insecurity Energy leading to a great living situation, free from the tyranny of my neighbor's hideous aesthetic and his violent distaste for my energy work.

Some time back, a good friend of mine asked me to look at a film project she was working on for review. I liked the first cut, but when I was shown a second cut I expressed that I didn't care for it as much as the first. She got upset, suggested I had been less than supportive, and was demonstrating all the classic insecurity

signs. I paused, then said, “okay, all of that aside, it is clear to me that what I just said made you insecure, if you want to address the actual issues I’ll work with you, but I won’t address the insecurity.” She stormed off. Later she contacted me saying, “you are right, when you said you didn’t like it I got insecure.” I said, “good, what’s the problem?”

Over my lifetime I have played a lot of golf. One day at the course, I noticed this low level energy that was present the minute I arrived at the course. I realized that there was a low level of insecurity running when I played golf. This surprised me at the time, and I decided that day to play a round without it affecting me. The experience was entirely different, I played better and had more fun. In fact, after several rounds of playing without the insecurity as the foundation for the game, I decided I really didn’t want to play anymore. In some ways, I enjoyed the game because it brought in the Truth of Me Energy when I arrived at the course, but it was that expression of that energy that had lost interest when I saw the connection.

You may have just noticed something. I just said that Insecurity Energy, and the process of insecurity/securing, was present in a game I was playing just for fun. Insecurity Energy is a force, the energy you use to create.

Creativity

Up to now, I have mainly focused on the insecurity/securing system in ways that could be described as less than positive. The Truth of You Energy is used not only for buying socially approved handbags, but also for creation.

The Creator-Self puts its powerful energy through your body in order to create; create things like art, this book, Beethoven’s 9th, a golf swing or a drunken stupor. The choice is yours of course, but the energy of creation is all the same. If we are creating a piece of art we seek to access that energy and create a painting, a sculpture, or some other expression we call art. Many of us creative types feel this flow, in fact we love this flow, as it is a rather pure form of connecting with that Creator-Self Energy.

Expressing this energy on the Earth-Plane at this time is a huge challenge. Financial limitations, governmental limitations, social limitations, and religious limitations are everywhere. Limitations in the form of securing systems that seek to take that energy and put it into the approved cages, rather than let us express it outside their cages. In fact, in spite of the restrictions this Earth-Plane game has given us, the creative expression is rather mind-blowing. Look around: the food, the art, the architecture, the music, and the writing are remarkable in their variety. The securing institution of the messengers use the world of Creator-Self Energy generated art to sell anything and everything, just look at all the art on signs,

magazine covers, advertisements, logos, billboards, and so on. Artistic expression is everywhere; just look at all the stuff that was created by someone. Even a flyer dropped on my doorstep has artistic expression in it.

An interesting point. When Warhol produced the now famous Brillo Box piece, he was saying something profound. In order for Picasso to sell a piece, he had to appeal to just one person. The Brillo box design had to appeal to millions, for years, in order to keep selling Brillo pads. The artwork, the creative energy put into the marketing of things from menus to automobiles is remarkable—even if much of it is designed to lure us into securing systems. See what your fellow Creator-Selves have done in this arena.

In communist Russia and China during the heyday of oppression, the artists were asked to access their Creator-Self Energy to produce propaganda supporting the cause—the securing institution of the government. A friend of mine, who occasionally teaches art in China, told me that many Chinese artists feel they will never shed restrictive energy created by that system, as such they will never really access true Creator-Self expression through their art.

What often happens is a creative person will access that high-powered energy, then seek to funnel it through the limitations of the body. This is a major challenge for many, especially those seeking to create large projects. Drawing a red circle on a piece of paper might not require too much Creator-Self Energy, but writing this book did. Painting a wall-sized canvas takes quite a bit of Creator-Self Energy, as does performing each and every night through music or theater. For the most part, it is the Creator-Self Energy that we want to be a part of, that Human Being expression, not really the device used to funnel it.

Accessing this energy can create a problem for some. The energy that is used is as addictive as anything we consume on Earth. It is quite enjoyable to tap into ourselves and feel it. For many, this is a high just like cocaine, and some will find themselves with a need to create in order to access that energy. For others, the energy can be too intense and a source of frustration. Formal training from the securing institutions says that when the energy shows up, it must be put into an approved securing agent and putting that energy into a formal securing agent is often unacceptable to some, which creates conflict, “where do I put my energy?” For example, a singer who longs to sing something beyond what their record contract calls for, or an artist that wants to experiment but cannot financially afford too.

That tired cliché, “you’ve got to channel your energy into something” takes on new meaning in light of everything said here.

Some find that they cannot control the energy when it floods in, the body is too poor a vehicle for expressing it—insecurity overwhelm. Some find that what they create is not what they want to create, which often leads to disappointment. Some place too much pressure on accessing that energy in a creative way, often leading to insecurity overwhelm. We've all read stories about the musician or writer who can't seem to follow up the first success with another success which leads to meltdown.

The Creator-Self Energy shows up when we create art or anything else. Professional athletes use that energy to entertain us. Night after night, the pro athlete will access their energy in order to give the fans a show. An executive will access that energy to facilitate a big financial deal. A manager will access that energy to put together a team, or a planner will use it to organize a huge event. A lawyer will access it to argue a case and a good teacher will access it to teach a student.

Our lives are about expressing our Creator-Self Energy no matter what we do. There is no best way to express it. Many folks have come to me over the years, especially after seeing an artistic expression that moves them, and say, "I really want to express myself in a bigger, better way." They feel they want to do what other creator's do, and they become insecure if they cannot do the same. Of course the securing institutions have created a system of expression that includes the acceptable ways to express our energy. You are highly thought of if you express it in art, successful art, or music, successful music, or acting and so on. The securing institutions all have systems in place to provide you with the tools and location to funnel that energy. They also conveniently create an atmosphere that one is not considered creative if they are simply wonderful Human Beings. Often there is a notion of "producing your energy for all to see, or go home" permeating the planet.

Herein lies the core of the expression problem. The reason for being on Earth is not to be Elton John, the reason for being on Earth is to experience Earth and her frequencies. It has been said that dolphins and whales are Beings who came to Earth and figured it was easier to experience Earth's frequencies through the salt water, since water conducts those frequencies better. So they came not to paint like Picasso, or be famous like a pop star, but to actually experience Earth herself. Of course, Douglas Adams speculated in *The Hitchhikers Guide To the Galaxy* that dolphins were indeed an evolved being, noting that when it came time to vacate the Earth, the dolphins' experiencing imprisonment said to their securing agents, "good bye, and thanks for all the fish."

Some describe the access to a full rush of Creator-Self Energy as really feeling alive. This is of course true and many will chase that access throughout their life on Earth. People who don't know any better describe it as people chasing an

adrenaline rush, and while adrenaline is associated with the process, it is the Creator-Self Energy that people chase. Notice how people who do not participate in such activities secure themselves by finding some science-based securing explanation as the reason why skydivers dive, or surfers surf the big waves, or the race drivers drive fast?

One key to the rush a skydiver feels is the present moment. Remember I said the place to access Freewill is at the deepest place in the present moment? The reason we feel a rush when we skydive is because it is an activity where we must be fully in the moment, once there, we access our Creator-Self. Accessing that present moment Creator-Self connection is a dream when falling from the sky, but it is a nightmare when sitting in solitary confinement.

A Divine Sovereign Being of the Highest Order

I have walked you through the process of the control of your energy here on Earth. Insecurity energy is the source of power that those in charge of the Earth-Plane feed on. They have given you the illusion that they are feeding you, securing you, with the stuff contained in their securing feeding trough. But what is happening is the opposite, you are being lured to the trough in order for your energy to be tapped, you are feeding those who present the trough, not the other way around.

It is important that you take back your energy from the projection into these securing systems and reclaim the Freewill that is yours. You are free to do everything you do with it now, just change the way in which you see what you are doing. I am not asking you simply to drop to the floor and live without food, work and television (alright I am asking you drop TV). We secure ourselves through the systems in place and quitting does not happen just like that. But we can be far more mindful about our energy placement.

I know I am kidding myself when I take vitamin x in an effort to secure myself, and I will often say, "I know this agent does not secure me." Over time, I have given up so many securing agents, so many "musts" in my life, due to the fact that I no longer wish to invest in that agent. See yourself running thousands of energy streams into thousands of securing agents, most of those agents have no rate of return. See that for what it is.

If you are a Human Souled Being, you are a Sovereign Individual Being of the Highest Order with all the power you need to explore the infinite power of the Creator-Self. You are a perfect infinite being having an infinite number of experiences in an infinite number of ways by executing an infinite number of choices via your divine right: Freewill. As Earther-humans, we have reduced that energy, that potential, to attempting to secure ourselves via things I have mentioned. This is all unnecessary, as it all happens by choice. You are choosing the established this or that to secure yourself, via Freewill, even though you can choose something beyond what is programmed into your brain. The conflict we have is that when we try to think of what else we want, it is nothing more than another securing agent presented to us by the system. This of course is a trap, one that gets more and more unbearable the more you see it for what it is. I don't want a more energy efficient car or even a free energy car, I want to not have to believe I am securing myself with a car!

After you get quite comfortable with the energy of Freewill, try finally reflecting the Divine Sovereign Human Being that you are here on Earth, not acting, reflecting it. Walk around saying to yourself, and the world, "I am a Divine Sovereign Human Being of the Highest Order." This is the highest expression you

can access while on Earth. You will not be able to fake this, if you have not done the work up to this point, this sentence will do nothing to secure you and will be of little real interest. But, if you have done the work, this sentence will have significant meaning.

Once you have done all the techniques, and feel you have finally altered your view of your reality enough, I suggest you try this: everything you experience is you, so take a moment to reflect on each scenario you experience, each concert you attend, each hike you take, each tree you see, and say, “this is me, I am this.” See every thing you do, everything you see, as you. Be selfish here, be self-centered, see it as you.

If you are concerned about any of this coming off as arrogant, you have missed everything I have said about choice. Saying, proclaiming, even shouting who you are is simply stating the truth. All you are doing is confirming the truth for yourself.

More on the “Why”

The why does not matter in the context of your Creator-Self expression; you are doing everything because you are choosing and that’s it. The “why does my flashlight not work without batteries?” is different. The “why are my plants dying?” is different. Once we enter into a realm of expression, a game, we explore the rules. Our universe, this version of all the universes, is a game whose main rule is polarity. In this universe one creates a minus and then a plus is created. Once the polarity is established something to interact with is created from the two expressions (more on this in detail in *Universe, The Operating System*).

There is a tremendous amount of expression in our universe and on Earth. You are free to explore the “why do planes fly” phenomenon, but remember that what you are looking at is a different “why”. Say you are playing a first person shooter video game which has rules. The rules were created by the guy who created the game, the “why does my gun only have ten bullets”, is simply a function of the game’s rules and nothing more. The fact that water flows downhill or the Sun rises in the east, are both game expressions. So while investigating all the “whys” on Earth is interesting, at some point it must be seen for what it is: a futile effort which belies the real reason for being on Earth—you are here to learn more about yourself, your Creator-Self, and the Earth’s Creator-Self that makes this game possible.

Animals

Just a word on animals. As I said before, the Animal Kingdom is a different expression from the Human Being but insecurity applies to them too. Animals are really insecure, and given what has happened to Earth, there is no confusion as to the why on that. As they say, animals do smell fear, but more importantly animals pick up on insecurity. If an animal feels insecurity coming from either a human or another animal, they become very insecure and will seek to secure. The reason for this is simple: insecure expressions do unpredictable things.

There is an interesting set of pictures floating around on the internet showing a man playing around, and with, a bunch of wild lions. The reason this man is able to do what he does with the lions is that he is not insecure around the lions. They see that and they are secured by that. Any hint of insecurity in him, just a hint, will send the lions after his throat. Somehow he has managed to eliminate demonstrating any hint of insecurity around them. Impressive, as I know there is no way I would be able to do that.

I say all of this because it may be helpful for you to see your pet as insecure. A dog that barks all the time is one that is insecure. Pack animals get insecure if the pack is not around. Animals, just like we humans, run the same insecurity/securing system. So much of what I have said, except the Freewill part, is applicable to animals and our relationships with them. Folks think because they “love” animals that animals should simply act like the lions around them. This is delusional.

Also important to note, animals only live in the moment. My dog only knows now. He exists in the present moment, and there is something to be learned from this. I mention this as I am always mystified why yesterday’s walk does not seem to secure him today. Then I am reminded that for him, today is today and there is nothing else.

Children

It should be obvious by now that every single thing I have said about insecurity applies to your children, or all children. If you can apply these techniques to your daily life, you can apply them to your relationships with your children. If you can secure from within, you can show your children how to secure from within. If you can reflect a secure-self, a Creator-Self, instead of a needy, insecure, panicked-self to your children you will see an entirely new relationship develop.

Children need securing from the external world. They see insecurity as weakness, and many find the weakness insecurity inducing. Keep this in mind, as not much changes as we get older.

Gambling

Gambling is an unusual beast in the insecurity/securing system of experience. Gambling is an experience that only creates insecurity, it never secures. Las Vegas was not built on winners, but losers, in fact winners are asked to leave. This fact teaches us, very clearly, that there is no way to secure via the gambling systems in place, yet people freely give their energy in the arena of gambling. To understand this, one has to understand how the concept of risk triggers a flow of Insecurity Energy.

Risk, or the perception of risk, is something that assures a direct and quick connection to the Creator-Self. If you are walking on a ledge, risking it all, you are going to tap into the Creator-Self Energy in a significant way. Gambling triggers the same response. It is the act of losing, not the possibility of winning that triggers the connection. The possibility of losing is similar to the possibility of falling, and as such, betting is a rush—a rush of Insecurity Energy.

What this demonstrates is that the power of the rush is greater than the process of human logic. The number of professional gamblers, those who make a living at it, is beyond tiny. The number of annual gambling losers defies all reason. So we know you are not going to win, the house always wins. Why would someone just give money to a corporation like Harrahs in exchange for nothing? They do it because the act of doing so connects to the Insecurity Energy, it connects them to the Creator-Self. The money has little to do with it. Even folks who feel no financial pain when losing at the craps table get the rush, the same rush as those who bet their last dollar.

When you hook yourself up to the one armed bandit, you are simply giving the securing institution of gambling a direct connection to your Creator-Self. In exchange for establishing that connection, you feed it all the energy it wants. Your body becomes nothing more than a conduit between the Creator-Self and Harrahs. Danger comes into play here a bit; one does feel a sense of danger in both the gambling arenas themselves and the impending loss of money.

We get a mad rush of Insecurity Energy during moments of danger as well. The danger can be something we freely participate in like a sky dive, or something we dread like a mugging, or something that is a mix of both, like running a red light. That feeling, the rush of Creator-Self Energy, is extraordinary, and as such, we often chase it.

Heart Center Choice

As I demonstrated earlier, it is the brain's programs that do all the work to create your reality. Those programs are in the head and not in the Heart Center. As you advance through the process of accessing your Freewill, and drop your judgment, you might want to move up to the Heart Center-based system of experience.

I have taught a Heart Center connection for some time, and find that using it as your primary window into the reality you create alters the way in which you interact with that reality. The Heart Center does not have the programming problem of the head, so it is not subject to the securing system limitations.

The Heart Center is the direct connection to the Creator-Self, as such it is non-judgmental, not polarized and not subject to the insecurity/securing systems.

The process is simple but it takes practice to really work within the confines of the heart, especially when the head is still around. In this case, you will be using your heart as a conscious conduit for the energy of your greater Creator-Self. For most of you, this will be new and be a bit nebulous, but in time you will come to understand.

Important Point: *You will not, not, be using your heart chakra for this exercise. Do not use it, that is for something else entirely. An explanation is beyond the scope of this book but this technique is not designed to use that and using it will not get you the same experience at all.*

The first time you do this you want to be comfortable. Your cellphone should be shut-off, not simply put away, but shut-off. The house should be free from distractions and you should find a nice place to sit.

You will want to get a sense of the greater Creator-Self. While we do visualize it outside of ourselves for the purposes of this technique, the fact is, nothing is outside. So get a sense of you, not a parent being, but *you*, that is beyond the limitations of the Earth-Plane. It is really important to see that what you are connecting with is just more of you, not something beyond you. I see it just behind me and up, but you are free to see it any way you like.

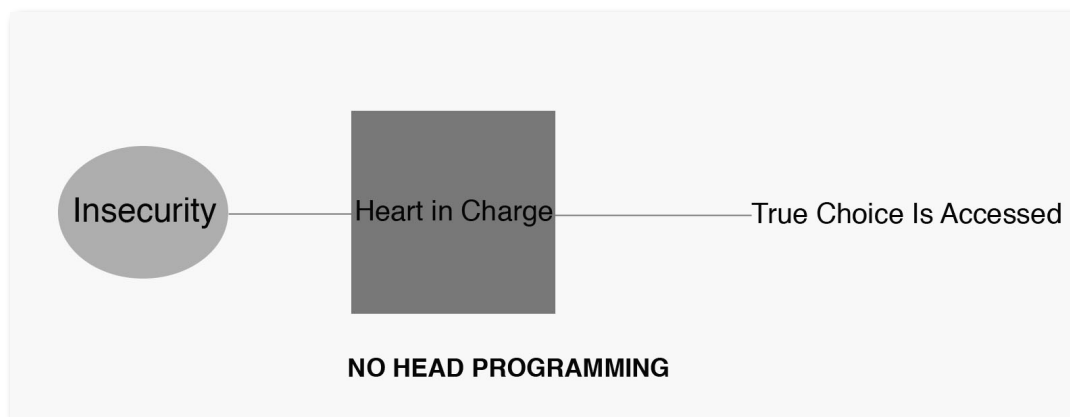
Once you get a sense of that Creator-Self, open up the Heart Center, the area just located around your actual heart. You can open it up like a flower, or a door, or a window, or whatever, just open it. Do not open your chakra, ignore that at all costs.

Once the area is open, you want to simply establish your connection to that Creator-Self. You'll want the connection to run unobstructed through you and into this reality, so visualize a flow between the two areas of yourself: the Creator-Self and the personality expression.

Now you will want to let the connection happen without the head. Simply spend a few minutes with this connection in order. If your head thinks of something, simply ignore it and focus on the Heart Center connection. If you like, you can shift any thoughts to your Heart Center and let them dissolve. You are not to do anything with this connection, simply get to know it a bit. Your first time should be as long as you like, but your main intention here is to simply establish the connection and become comfortable.

Once you are comfortable with the connection, simply leave it be. No need to disconnect, or do anything, just get up and go about your business. Now, when confronted with a problem or situation where you need some clarity, you simply tilt your head down about thirty degrees and tune into that connection you established. Then you are to view the issue through that Heart Center system, avoiding the programs of the head, the securing systems of the head, and all the rest. Listen with the heart; listen for clarity. Do not listen for securing.

I have successfully taught folks this technique and assisted them to be able to see an item hidden in a box. That is far more challenging than using the Heart Center to see if you should call back a potential employer.



When we focus on the heart we are not bound by the limitations programmed into the head. In the Heart Center, we can access the deeper level beauty that is unknown—not pre-programmed, and access our true nature, the Creator-Self.

There is an old adage about one going with the gut, the gut instinct. The gut is concerned with securing itself. The gut and the head are created during the same cell sequence during gestation. The gut has the same problem as the head, as they

are intimately connected. Go with the Heart Center. Go with the Heart Center without the desire to secure.

Techniques for Expanding Your Awareness

* Take a moment and focus on the center of the head. Focus on that point and say to yourself that you are no longer going to secure yourself from the outside. There are several forms this mantra can take, use the one that seems to work best for you: “I am no longer choosing to secure myself from the outside.” “I am no longer choosing to secure my insecurities from the outside.” “I am no longer choosing to seek external securing.” “I am choosing to secure from the inside only.” You may use this as a “thought for the day” upon waking, or an end-of-day thought before going to sleep. You may also find it helpful when you are confronted with a problem you cannot seem to resolve.

*The biggest insecurity trigger is, “I don’t know...” Very often we do not, and that is why we do things—to learn. Why should this be a problem? For some inexplicable reason people feel they should know how to do everything perfectly the first time, even things they have never done. This utterly preposterous self-inflicted insecurity inducing trauma creates more unnecessary pain than it should. To say you do not know, and access that wonderful manifesting energy without a label, is to let that energy do its thing.

The problem with our brain is it thinks that it should know, and does know, all the choices in the universe. And with the state of our educational system, internet and 3,000 TV channels, it makes sense that we do indeed know it all (insert heavy sarcasm here). But for those of us who do not know everything, there is a work-around. Our more refined self, Creator-Self, is not interested in making everything in our lives a cryptic secret. The tools we need are right in front of us and via choice they are always there to access. The problem occurs when our brain does not like the choices provided or cannot see the choices due to the programming. So how do we solve the problem? We don’t need to know the choices, *we only need to know the choices are there*. Again, the key to breaking the programming is to simply know that you have choice, Freewill level choices, and that the choices that are unknown to you are there, should you be open to them.

Here is an example. At one point in time, someone had some yellow paint and some blue paint. They really wanted green paint, but there was no solution in front of them. They knew there was an answer, somewhere beyond what they knew, there had to be an answer. So they took the blue and the yellow, and mixed them. Somewhere across the room was some know-it-all who decried the effort as some form of blasphemy, “you can’t mix those paints it is against god’s law.”

When looking for otherworldly guidance regarding the unknown, never look for it from anyone but yourself. It can be helpful to note here, while you may see your insecurity labeled in the moment problem as the worst thing of all time, your more refined aspects often find your conviction misguided—your insecurity trauma over whether to call a guy or girl back is not a Soul-based issue at all. Soul is hardly going to grab a megaphone and shout at you, “choose the lamb, the chicken won’t secure you,” even if this life threatening decision has you demanding an appearance by Soul. While the Earth-Plane is indeed a mess, and the living conditions here are cumbersome, without the need to secure your Creator-Self in the traditional external securing manner, the choices are far less mundane and we can open up to the more subtle ones, maybe even more interesting ones, by simply knowing they are there.

*Here is a fun way to see how energy is just potential, especially labeled insecurity energy. Lie down and take a moment to clear your head. Bring up something that makes you totally insecure/label. It can be anything at all. Visualize the energy any way you like (a ball works for me), and take that energy out of you and put it in front of you. Once you take your insecurity energy out, realize it is simply energy with potential and nothing more. Hold it in your hands and play with it like you would dough. Pull and shape it a bit, then create an apple with it. Hold the apple for a moment, then put it back in its neutral form. Then create the Eiffel Tower with it (or anything else you wish). Then return it to its neutral form. What you have now is a ball of your energy, energy so powerful you can do anything you want with it—*except secure yourself with it!* That energy is like having a genie wish, only you are forbidden from using it to get money, love, a house, job, food, clothing, friends, or anything else that secures you. See what you can do with it that isn’t related to securing yourself via the external things you have been taught you should spend a genie wish on. Once the exercise is over, take the energy ball, remember it was something that once made you insecure, and place it back inside you.

*Change your language. You are “choosing” everything. Everything is present moment, so choices are all in present time. You are choosing every emotion, every dollar spent, every step taken. We take one step, then choose to take another, then another—each step is a choice. The collection of choices can be seen, after the fact, as a complete experience like a nice walk on the beach. Next time you take a walk, notice each step, notice you are choosing each step, one after the other—all choosing. When you are done, see the completed effort as choosing to have gone for a walk.

*Look to connect to others with energy other than insecurity and securing. We see everyone as a securing agent in some way. When we go shopping we expect the cashier to secure us by properly checking us out and allowing us to leave with our purchased securing item without issue. We can still get our stuff, but without

connecting to the cashier in the insecurity realm. When we go to the bank we want the teller to secure us by processing our transaction properly. We want mom to secure us, dad to secure us, our boss to reassure (secure) us that our job is safe. Look to connect to folks in ways that are not about you securing yourself, or helping them secure themselves. Relationships that are not built on this foundation of insecure/secure are wonderful and it is doubtful that you have many like this if any at all. Use your intent here, consciously choose to connect with some other energy within the people you meet and see what happens. Warning: you may find a great many relationships no longer serve you with this new way of interacting. You may find that certain folks simply annoy, as their insecurity is too overwhelming. Do not judge, simply make the necessary changes.

Advanced Technique

If you are feeling adventurous you might want to try this technique. Get comfortable in either a sitting position or a lying down position. Some may feel comfortable standing or walking as well, whatever works for you is fine.

Open up your Heart Center connection. Be with that connection for a few minutes. Once you feel comfortable, get a sense, in any way you like, of the energy coming from your Creator-Self, down through your Earth-based body system, and into the securing systems that are feeding the agents you use to secure. I like to see them as streams but however you like to see them is fine.

Look at the energy streams as the flow into the cages of the securing systems you are invested in. Do not judge, just look, feel, and get a deeper sense of that process. Once you feel comfortable, begin pulling your energy back into the Creator-Self. Divest. Pull the plug. Call back the energy.

I suggest doing this return of energy for only a few minutes at time, as quite often it can be taxing. You can do it often, for brief moments if you like. I like to do it while I'm taking a walk with the dog. There is no need to make a securing ritual out of it, just take a moment and see what happens when you do it. Try pulling your energy out of a securing agent that is failing you, or an agent that you have long since left behind in your day-to-day life.

Once you are comfortable with that process, you can use it on a securing agent during a live interaction and see what happens.

Key Points to Remember

Insecurity energy is the Truth of You Energy plus a label, a label that has been programmed into you. A label that you are free to dismiss as it is your right.

When insecurity energy erupts, let it be. Stop, let the energy make its way into your reality outside the usual securing systems.

You cannot secure yourself from the outside; this is impossible. You are free to do the things you think secure you, but see that this is what you are doing.

Your energy is not meant to be secured, caged, it is meant to experience all of consciousness as you wish. There is no reason to get upset because you can't seem to cage it via the failed mechanisms given you.

No one can secure you; no one can secure another. Stop trying to secure others, stop asking them to secure you.

See what you are choosing in the moment; change your language to only see choosing.

Problems can be addressed, insecurity labeled energy cannot.

The insecure are prayed upon by the more insecure; the mildly insecure are tested by both.

You are a Sovereign Individual Human Being of the Highest Order, the Creator-Self of your entire reality, as such you must choose to do anything you do—there are no victims.

Final Note

I've been on the planet long enough to know what happens when one fully embraces one's Freewill. This is the hidden secret. The secret being hidden from all of us on Earth is not a special ritual, not a god, not our origins, or anything else. What the securing institutions work so hard to hide from you is your Freewill, and I assure you no institution you are invested in will let you in on this secret. Most people will not appreciate you accessing this information, and most will not care of the change in you that occurs as a result. For many, simply reading this book will alter your vibration enough that friends and family may get angry at you for that change. You may find you are no longer in alignment with many and will choose

to move on. You may find you loose interest in things you used to find so interesting. But I promise, you will find something very valuable through the effort of accessing your Freewill.

Ask yourself: why do I really want to cage my energy in war, McDonalds fries, Nike shoes or fantasies of revenge?

My Top Five Useless Securing Agents

5. Like. The use of the word “like” has become a securing agent, quite possibly the most annoying verbal expression of all time.

4. Scents. Somewhere along the line folks decided that everything needed a scent. Cheap candles, soap, the interior of a car, and of course our bodies through fragrance. The world is awash in chemical stench, chemicals that alter the chemistry of the brain, often making one more insecure. The body fragrance also makes people insecure because it renders our sense of smell void; we cannot smell ourselves or others.

3. TV. Not in the way you think. Every space that people can be seen in has to have a TV, or many. Waiting rooms, bars, buses, cellphones, and (for-the-love-of-god) gas station pumps. Evidently the human populace cannot pump their gas without an Orwellian talking head yelling at them about the latest celebutard.

2. Sunblock. This one is diabolical. The companion to the Earth reality is the Sun, it gives us certain life sustaining frequencies we need, not only to live, but evolve. After some correlation, not causation, of skin cancer and the sun, the world of sunblock was born. A chemical cocktail of who knows what that works to block out the very life sustaining frequencies we need.

1. Dryer sheets. Evidently the tears shed due to one sock sticking to another was so bad that an inventor just had to stop the pain. So a chemical cocktail of who knows what was created to keep the socks apart. Now half the population smells like this poison and walking through a neighborhood means no more fresh flowers to take in on a summer’s evening, only the scent of the chemical waste protecting the emotionally fragile from static cling.

Please see www.33shimmernglights.com for various energy products.

Other books: The Harmonizing Statements, Universe, The Operating System, Increase Awareness.

Blog: www.allendritter.com

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