

FREE
your
MIND
your life will follow

EXPANDING THE HORIZONS OF HUMAN POTENTIAL

the Author



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Introduction

The information contained within these pages has been burning inside me for years. I've watched our world go through so many changes, and with each new development this information takes on even greater importance. Yet, for some reason, it never felt like the right time for me to begin writing—until now.

I am not alone. There are many of us around the world who ask the tough questions and refuse to accept the standard nonsensical answers. There is much more to this beautiful equation of life than we've been taught, and there are growing numbers of individuals who are beginning to recognize this increasingly obvious fact.

We've always felt a little different from those around us. We love people, yet somehow we never seemed to completely “fit in” with the typical crowd. Does this sound at all familiar? If you feel something special deep within the heart of your innermost being, a greater side of yourself that yearns to be free, then perhaps this book is for you. In truth, we are not alone, and it's time for each of us to make the conscious decision to look beyond the smokescreen with confidence,

trusting that there really are logical and meaningful answers to our most profound questions.

A single decision is a powerful thing, and we make decisions every waking moment of our lives. The big decisions are obvious because we recognize them as such, but smaller decisions might not show themselves so readily. The biggest decision of all, and the one that far too many people make on a daily basis, is simply to live each day out of habit without actually making *conscious* decisions. This is the trap that most people fall into much too often, not realizing that their lives will surely reflect this lack of awareness. Now, with the understanding that *not making a conscious decision is often the single most dangerous decision you can make*, I trust that you have opened this book because you've consciously decided to look beyond the norm!

So, who am I, and what is it that brings me to write these words? For now, the first question is unimportant. I am simply a person who has sincerely sought Truth since the day I was born, and after years of avoiding this moment, I have finally felt compelled to begin writing. Why did it take me so long? The first reason is simple: I am still learning. To be an honest seeker of Truth requires humility, and whenever I come across someone who claims to have all the answers, I tend to get suspicious. I've known for many years that I would one day begin to share my knowledge in books, but I've always felt that I should learn just a little bit more before I begin.

The second reason is slightly more interesting: I don't really want you to know who I am. Why? Well, I certainly have nothing to hide, and I'm not at all secretive. I simply want you, the reader, to be able to separate the words I share from me as the author. I've seen a few too many saints, mediums, gurus, mystics, masters, spiritual leaders, monks, ministers, holy men, and all the rest. Please, don't get me

wrong—I love these people, and I actually have a great deal of respect for a few of them. I’ve just found that people and personalities can all too quickly confuse and confound the Truth, no matter how pure the intention. So, I’d rather simply remove myself from the equation and let the words speak for themselves. You can take them or leave them, as you please, with my blessing.

There is one more reason, and I consider this to be fairly important: I make no claim of being a prophet, I don’t hear voices in my head, and I have no degrees in religion, philosophy, theology, metaphysics, psychology, or sociology. Yes, I am deeply spiritual, although I intend to explain that even this word can be misleading. Yes, I’ve had a number of profound personal experiences that many would call “mystical,” but I’ve learned that the light of understanding quickly and effectively pierces the veil of mysticism. And yes, I am reasonably well-educated, but I also intend to explain that our present system of education actually limits our vision in ways that can be deeply detrimental to society as a whole, and extremely limiting to our development as individuals.

I have no grandiose imaginings of this book ever becoming a best-seller. In fact, it would surprise me if this work actually finds itself on the shelves of major bookstores, especially in the near future! I am writing this partly for myself, but mostly for *you*, knowing that this book will surely find a way to reach those who truly seek genuine understanding without any fear of challenging the habits and traditions that paralyze nearly everyone in our current society. You see, I have been blessed, or perhaps cursed, depending on your perspective, to have information that can actually transform this planet into a paradise beyond our wildest dreams by helping us all to move beyond the currently perceived limits of our human potential—limits that have been imposed by the ways in which we’ve been taught to view ourselves and the world

around us. I have information that, if properly understood and applied, can take the life of every individual to new heights of happiness and fulfillment. To put it quite simply, this book can change your life!

There really is an abundance of good information out there, and for a long time I was certain that I had nothing new to add. Now, however, I can see very clearly that I do have something which is quite different from everything else that the vast majority of people are likely to come across, and I just might have the ability to share it with you, the reader, in a way that will actually be understood. This is my dream. If I can give you something of value, then I have done my job. Even if you disagree with much of what I have to say, the possibility still exists that just one or two of the concepts I share with you could end up making a profound difference in your life. If this turns out to be the case, then I will consider this work to be a monumental success.

Dear friend, please use this book in whatever manner serves you best. If you are reading an unbound copy of the manuscript, then I will assume that my manager or agent has given it to you, and I hope you enjoy it. If you're reading a commercially published version, then this work is already much farther along than presently expected! If this is indeed the case, then I also hope that the cover of the book is beautiful. That way, even if you don't thoroughly read every page, you can still enjoy the artwork. Beauty is everywhere, all around you, so please learn to recognize it. You are beautiful, and I sincerely thank you for taking the time to read this far. If you can feel my love, if you can feel my sincerity, then I invite you to read further with an open mind. If not, then perhaps you will simply toss this book aside, keeping in mind that one man's trash is another man's treasure.

Treasures are everywhere, all around you. This moment is your greatest treasure—let's not waste it. Please, if you are so inclined, turn the page and read on. Or, if not, just go outside and play!

Infinite Love,
The Author





An Open Mind

*Y*OU'VE TURNED THE PAGE—excellent! This tells me that you are at least curious, which is a wonderful beginning. Curiosity is so important, and it is closely related to a topic that was mentioned in the Introduction: having and keeping an open mind.

What is an open mind? What does it mean to have an open mind? As we begin our journey of discovery, this subject takes on the utmost importance. During my years in high school and university, I was considered by my peers to be one of the most open-minded individuals they knew. After entering the “real world” as we like to call it, I found that people around me seemed less and less open-minded, so I stood out even more. In fact, I’ve always thought of myself as having an extremely open mind, and I must admit that I was perhaps even a little proud of myself for possessing this quality.

Now, imagine my surprise when I first realized just how closed my mind really was! Imagine my surprise when I realized that the programming I had received from society actually ran so deep that I firmly

believed it had already been conquered, having no idea that my own programming was impacting my daily life in ways immeasurable! I was one of the very few people I knew who had made a serious effort to think beyond the norm, yet I still found myself subject to thoughts, ideas and beliefs that had never been substantiated in the least. Like every human being, I was a product of my environment.

Of course, this is normal, and we will always be products of our environments to a certain extent. The problem, however, is that the environments in which we ALL currently live are hardly ideal, and I would even venture to call them primitive at best. After so many years on this planet, we are still very far from conquering or even understanding many simple aspects of our own daily lives. Men and women still struggle to work out their relationship issues, nations are still at war, people are still poor and hungry, and greed still exists, in addition to loneliness, frustration, aggression and apathy. Worst of all, we consider such problems to be normal, and as a result we simply accept them without any real expectation of ever finding a solution. Amazing!

I am here to say that these problems are definitely NOT normal, and they should never be accepted as such. We are meant to be happy, harmonious, healthy, and conscious, every moment of our lives. We are meant to live at the highest level of our own fulfillment, ever reaching for new and greater heights, yet thoroughly enjoying this wonderful process of never-ending growth. We are meant to feel connected with each other and with all that surrounds us, now and always. And we are meant to love—to love ourselves, to love each other, and to be in love with life itself.

Am I an idealist? Of course! Does that mean that this is all just a far-fetched imaginary dream? Not at all. In fact, I believe that you already want this to all be true, otherwise you wouldn't be taking the time to read these words. The fact that you are reading this book tells

me that at least a part of you really believes in the possibility that a higher way of life is somehow within our reach. So, let's try to understand what could be stopping us from realizing this beautiful vision of humanity—this beautiful vision of YOU.

The first step is simply to take inventory, to begin to question the ideas and beliefs that we hold most dear. Why? Because these are usually our greatest traps, and they are the ones that most often go unseen. As this book unfolds, I will ask you to question your very roots, and you will probably find yourself shaken in ways that are quite unexpected at the moment. You might even find yourself wanting to close the book and put it back on the shelf for a while, but I hope you'll plow through. If you are inclined to close it, though, then I suggest that you close it now, before you even get started. Otherwise, you will likely find yourself on a path that has no return or escape: the path to Truth. Yes, I spell that word with a capital "T" for a reason: I do actually believe that there is a Truth, and that it is *not* relative. I don't claim to have it, but I won't say that I don't—for now, let's just say that I am on the path.

I must be very honest here: the path to Truth is not easy, especially at first. Once we embark, however, the journey becomes increasingly easier, and more and more fun, but there are always hurdles to conquer. You will be asked to question your greatest assumptions, and I will address topics that other authors avoid like the plague.

There are many wonderful people who have inspired me over the years, especially in the fields of psychology, spirituality, and personal development. In fact, I am so deeply indebted to each of these exemplary individuals that for a long time I didn't know what I could possibly add to their collective body of work. Then I realized something. I realized that, with few exceptions, nearly all of the popular writers, speakers, and celebrities that come to mind actually have something interesting in common: there are certain subjects that most of them simply won't