

Falling Forward

J A Y

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A collection of thoughts, feelings and experiences as Jay, a "spiritual evolutionary," finds he can only move forward through life—never backward—on his way to eventual ascension.

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To Bobbie, Bobby, Kim and the universe

Other books by JAY:

BANISHED from the Sandbox (Rev. Ed.)

The UPHILL Trilogy (*poetry*)

1. Broken Cookies and Other Tragedies
2. If You Weren't Immortal, I'd Kill You!
3. It's Too Bad You're "Not" Special

The DOWNHILL Trilogy (*poetry*)

1. I Want To Go Someplace...
But, I Don't Know "Where" It Is
2. What You Are...I Am, Too!
3. Beyond...the Garden of Eden

Rapid-FIRE

Call In the Angels

DON'T THINK...Listen!

The END of The Dream

Notes to My Former Wife

INTRODUCTION

This is a collection of thoughts, feelings and experiences as Jay, a “spiritual evolutionary,” finds he can only move forward through life—never backward—on his way to eventual ascension when he realizes what is like to be the head of his family lineage and there is no one else above him, or any significant other, who can provide emotional and spiritual help when needed.

From: Jay
To: Kim
Sent: Sunday, January 30, 2005
Subject: Falling Forward

Hi Kim!

I heard my fifth (major) epiphany today when I realized that when Bobbie goes, which could be any day now...or 16 years from now, if she lives to be 99, as her mother did—which doesn't seem likely, considering that I often find her sitting quietly in her highback leather chair just staring off into the ethers, whereas, her mother always had the TV on and was grounded on earth by it. The thought that came while I was exercising, first thing this morning, was: *“When your mother goes, you will have no one else in your family, or a close loved one [aka: significant other]—since [your daughter] Lisa is now gone—to emotionally and spiritually fall ‘back’ upon. Therefore, when she leaves, You will only be able to fall ‘forward’ to God and your higher Self. You will be the end of the line, then.”*

I immediately thought of You and *how secure* you are—particularly, compared to *most* other people!...and You have been that way—more than likely to your ego's chagrin (meaning that it doesn't like it that You are the only one you can fall “forward” to and depend on)—since your dad died when you were 19. Commendable! (Now, I know why I met you on 9/6/95 [the 13th anniversary of my first epiphany, at about the same time of night]—when I heard this thought: “You ‘can’ marry her” while we were sitting and talking in a restaurant in Salt Lake City, late that night, after the ACIM class.

Consequently, I *really admire* You, Kim, and I wanted you to know that! I'd rather tell you. But, on the other hand, I wanted you

to be able to read this over and over again—whenever your human ego forgets that Someone in the world does...and knows You for What you *really* are! You are only the *second* person I have ever felt that way about and told them so, besides Lisa, the month before she died. And, I think that says a LOT about You and what an incredible person you are beneath your ego's mask of depression, hormonal affliction or whatever other symptoms of life-on-earth it can keep itself preoccupied with to keep you distracted from knowing Your Self and realizing just Who/What You are! But, someday, soon I hope, that will all pass—definitely by the time you get to my age...but I think you will experience it well before 60. I have been a much slower learner than I thought I was, or wanted to be.

Love,

Jay

[Note: That evening, just after midnight, before I went to bed, I called her around 6 P.M., her time in Hawaii, and told her how much I admired her for having the courage, personal security and ability to live her life on her own since age 19—without having any family members to fall back upon, as she was about to leave on a flight to her base station in Los Angeles to leave on another trip as a flight attendant.]

From: Jay
To: Kim
Sent: Sunday, February 06, 2005
Subject: Carbon Copy...& “terribly”

Hi Kim!

While I was about to get out of the shower this morning, I felt this Thought (i.e., I don't actually hear a Voice per se, as some people do) that informed me that our bodies, and lifestyles, were very similar, from the large, dark splotches on our shoulders and back (and several small items that are too numerous to mention) to the way we keep a very clean house, down to minutia, like the area under the grid on the refrigerator door (for me it's the door handles because we have so much rust/iron in our water here that *every* time I touch them when my hands are wet from preparing dinner, etc., they get stained)...and that whatever works for me will work for you. So, for whatever it is worth, I will continue to occasionally share with you what things, such as IL products and usage, work for me to help make your life easier.

Love,

Jay

P.S. Bobbie just returned, late this afternoon, from her first cruise by herself at 83...for 7 days of the nicer part of the Caribbean—not the crap we went to. She called 5 minutes after she got in and told me that she missed me “terribly” (i.e., I do visit her everyday since last August), which is so different from how she used to be. It's wonderful to be that loved (my first experience at 60!?)...and I just wanted to share that with you, because, besides me, I think you

know her true nature best and have seen both her good and bad sides.

P.P.S. ***Not*** to put any kind of pressure on you, whatsoever, it just occurred to Me to be completely open with You and let You (not your ego) know that I miss You and being in Our Home in Hawaii, “terribly,” too...many times! (*But*, I don’t allow my human self to dwell on it...and acknowledge from my higher Self, as if I stepped outside my [ego] self, that there is nothing I can physically do about it but continue to love You, as I always have, and let Life happen, which I am really learning to do since I got a very simple, little book). Just wanted you to know, in case I never have the opportunity to tell you in-person that someone loves You that much, also—because I know how much it meant to me and wanted you to know that You are *that* cared for. (Note: We needn’t say much because the true Essence of Love can merely be *felt*...and quite frankly, there really isn’t much else worth “talking” about. The mutual sharing of peace and the resulting contentment that it brings *is* everything—and I remember that, which I experienced with You, from the first night we met, and from then on...when we didn’t get caught up in stupid, earthly stuff and waste Our precious time together.)

From: Jay
To: Kim
Sent: Sunday, February 20, 2005
Subject: Trained to serve a woman as a companion...& Houseman Available

Hi Kim!

This acknowledgement may surprise you. The fact is that I was trained (and perhaps conditioned) to *serve* a woman as a companion. And, to this day, I derive my *greatest* pleasure from lovingly helping the significant woman in my life, which I really discovered for the first time immediately after I married you (i.e., I just truly *loved* preparing meals, organizing our home, helping you prepare for your flight trips away from home, cleaning, etc. *for* you—all of which I never had experienced before with another woman). It became very clear two weeks ago that I had missed my true “calling” in life, as I was helping my mother to find new bras that would work for her because she no longer could fasten them herself (i.e., she called and quietly said “Help,” and I told her to go without until I could get there, later that afternoon...fortunately, she gets up late). Also, it became crystal clear what My real purpose in life is—and all of Ours, as I spelled out in Chapter 48 (Bringers of Love) of *BANISHED...from the Sandbox*, where we return to our natural, childlike innocence...and lovingness, which becomes more prevalent after menopause and age 60, but definitely after 80 for most people. In your case, I would not be surprised if you reached it before turning 50!

That afternoon, we went shopping extensively in the better department stores (i.e., J.C. Penney & Dillard's) for them, to no avail. But I found out from an older, female “fitter” that Bobbie is now a

38B...and she *adamantly* thought she was a 32B (?) so it took *some* convincing on my part (i.e., I simply, lovingly told her that that is what she *was*). I ended buying three Haines cotton bras at Wal-Mart, later that evening without her, which worked out wonderfully! The next day, I showed her how to sit down and put it on backwards, first, like you used to do, and then spin it around, which works well with the soft, cotton bras, and put her arms through the shoulder straps.

And, she now wears a size 12 pant (i.e., built the way you were), as I took her shopping for cotton/polyester pants with elastic waists (i.e., she needs to wear all wash & wear clothes from now on because she spills food on them too often and can't get a lot of clothing on because she is quite frail. She looks best in white pants, bright, cotton/poly blouses (because they don't require ironing, that she can't do anymore, either) and bright-colored, crew-neck, nice-quality jerseys (because they are easier to get on rather than buttoning, which can be problematic if the buttons are not large or thick enough), but I found a black pair the other afternoon, which was similar to the white ones I bought for her first cruise, three weeks ago. Afterwards she asked me how I knew so much about women's clothing (i.e., sizing, fabrics and wearability), and I told her how I used to *love* to go shopping with you for your clothes. I jokingly said "Maybe I should start a new, one-man TV show, *The Straight Eye for the Queer Guy/Girl*, that would be a take-off on Bravo's relatively-new, very well done and entertaining shows, *The Queer Eye for the Straight Guy*" (with five, nice looking guys, known as the Fab 5, in the NYC area and now: *The Queer Eye for the Straight Girl*, with three, nice looking guys and one attractive female, known as the Gal Pals, in the LA area)!

What I discovered from this experience is that it brings me the greatest joy to “do” for another woman whom I love, deeply, such as my mother and you, even though I might not do everything they wish, such as massaging your body—although I did enjoy rubbing your feet when you came home from a trip. [Sorry, I forgot to offer to do more of that during our last few months together...2001 was a strange year for us!]

Here’s the history on how it began. When I was a young teenager, my mother always asked me to accompany her to the first Marshall’s discount clothing store (i.e., probably one of the first of its kind) near our home in Lexington, MA—where you could buy name brand and high-quality apparel (like a fabulous suit I bought there, once) that they purchased as manufacturers’ close-outs and retail store closings, probably four nights a week (M-Th). I always enjoyed perusing the better quality stuff...at fantastic prices (i.e., the new Ross stores can’t hold a candle to the old Marshall’s). Prior to that, as a youngster, I *always* willingly did whatever task, whether it be cleaning the kitchen ceiling (i.e., back-breaking work) or the bathrooms, she asked me to do. I just loved her and it was my natural tendency to do so. Of course, there were the angry intimidations from her when I was very young if I woke her up early on Saturday mornings if the TV was too loud (for her—because she had extremely sensitive hearing and the slightest noise woke her up!)...so I learned to barely turn up the volume so I could hear and sat very close so I could do so.

The ultimate, universal lesson was this: it is *so easy* to do things for someone when we come from Love, as I did the other evening when I spent a long, 1 1/2 hours ironing her blouses while she was at dinner—and I didn’t mind doing it, in the slightest—either physi-

cally, emotionally or mentally! (I remember lovingly doing your blouses, too, on Sundays when you were away on a trip.)

Also, I remembered that a number of years ago in 1990, I wrote a poem called “Houseman Available” (below), in my third book, *The Downhill Trilogy*, where I acknowledged then that I should probably have been a house-husband (i.e., houseman), many years ago, and raised my kids and sent Donna to work full-time. But, I had no idea where I *really* preferred to be, then—even after one experience where I did all the family, monthly food shopping more economically, efficiently, with good variety and higher quality meats than Donna had (due to a challenge I made to her) but just as nutritional as she had—and was career-oriented with the typical male ego and ideas of being the “primary breadwinner” since I had just graduated with my MBA in 1979. In 1985, after my dad had retired and was living in Florida with my mother, she acknowledged that my dad “should have been a house-husband” because he was very much a homebody and would pitch-in and do the laundry (but never the ironing) when my mother was working full-time (i.e., he worked from noon to 11 P.M., six days a week, Sunday-Friday, 15 miles away in Boston) which gave me the insight, then, that perhaps I had been misdirected in my aspirations in life. And while I began writing this, I realized that I would have been a house-husband and father *quite similar* in my approach to Lisa’s style of parenting—but not with quite all the patience and peacefulness in the 60’s-70’s that she had before she died last December...BUT, with just as much loving, logical, unemotional, practical firmness and control—as a result of the great spiritual epiphany that I had on 9/6/82 when I found ACIM.

As always...Love, peace & blessings,

Jay

Houseman Available

to help
you get
your “house”
in order.
Only modest
“accommodations”
requested.
Stipend...
as appropriate.

I look forward
to serving you.

From: Jay
To: Kim
Sent: Wednesday, February 23, 2005
Subject: Cute DA TV commercial

Hi Kim!

I don't often watch TV, anymore, but I saw a really cute DA commercial the other evening that showed all sorts of personnel, from pilots to ground crew, helping and befriending people. It was very nice...you'd be proud (if you haven't seen it yet). I particularly liked the ground-crew guy at the end, who was outside, and made a happy face on a terminal waiting room, glass window with a big smile on his face. It touched my heart and made me feel proud that you work for them. You "are" working at the right company...for you!

As always...Love, peace & blessings,

Jay

"Walk gently through the world...peaceful and content"

From: Jay
To: Kim
Sent: Monday, March 07, 2005
Subject: Venting: an act of Trust!

Hi Kim!

A while back, but sometime in the last year or so, I remember asking Lisa about why people “vent” their anger because it has always concerned me since the people I have been the *closest* to (i.e., my mother, my brother, Donna and you...Susan and Lindsay openly acknowledged when they did and that diffused their actions).

Her reply (which was never clear to me and somewhat baffling):
“You always hurt the one you love.”

For the past month or so, I had a very small note with what she told me posted on my phone in hopes of finally getting the answer, internally. Then, this morning, while doing my daily exercise routine, it came to me. The reason people “vent” with certain people, particularly loved ones, is because they *unconsciously* and internally believe that they can “trust” that person enough (i.e., they “love” them) to express their innermost feelings—no matter how intense or angry.

So, thank you, Kim, for trusting and loving me enough to express your innermost feelings—even if it was anger—during the six years we were physically together. Very sorry, for taking *so long* to recognize where you were coming from at those times and for not immediately going to you and giving you a hug whenever you were angry!

It’s amazing what we learn in solitude! On the wall to my right, there is a beautiful, scenic calendar with a picture of the southwestern

desert with monoliths during the late afternoon sun and an inspirational saying: “*I never found a companion that was as companionable as solitude*”—Henry David Thoreau. (Just my dad and I, when I was 17-21—because my brother, Bobby, was never around, used to occasionally go swimming on hot summer afternoons in Walden Pond, where Thoreau used to live—my fondest memory of Howie, which this revelation brought back to Me, as well! We *did* have “quality” time together when I was an older kid, after all, which I had totally forgotten about...but prompted other recollections as well!) I think I have begun to feel the same because I really treasure my time alone. That’s why I have liked quiet people with gentle, serene lifestyles, as you used to exemplify when I met you...and, for the most part, while we lived together.

Love,

Jay

From: Jay
To: Steve
Cc: Kim
Sent: Wednesday, March 16, 2005
Subject: May I please have 75 more VOS leads?...[& picked up my 3rd distributor (on autoship) this month!]

THANKS, Steve!

Love,

Jay

P.S. [And picked up] my 3rd distributor this month!

From: Kimberly
To: Jay
Sent: Wednesday, March 16, 2005
Subject: Re: May I please have 75 more VOS leads?...[& picked my 3rd distributor (on AS) this month!]

You're on fire! Congratulations!

Aloha,

Kim

From: Jay
To: Kimberly
Sent: Sunday, March 20, 2005

Subject: Re: & picked up my 3rd distributor (on AS) this month!...[Patience & Perseverance]

Hi Kim!

Thanks...but actually, it has nothing to do with being on fire...it all has everything to do with patience and perseverance. And, I am reminded that I am obviously on an *extremely long*, slow program to apparently super-develop those traits in me. The fact that it took 60 years to “experience” True Love coming from my own mother, Bobbie (when she was 82) pretty much sums it up! And...had I not listened to my ego during its onset of male menopause like symptoms, beginning in October 2000, when it decided it wasn’t going to take any crap from anyone (but rearing its ugliness in May/June 2001 when it gave your ego an ultimatum to “communicate’ with mine in three months about what was eating you and to befriend Me, once again, verbally, or pack up our relationship) and taken “flight” (which was my past way of handling all expressions of unlovingness, emotional discomfort and disquiet in my life) when I mistakenly discovered that your ego didn’t want me any more (like when my mother threw me out of her house on Christmas 1990!), around the first of September, and “stayed out the storm,” I would still be there today...instead of drifting through the universe, once again! (Boy, it’s getting old...I would very much like to come **Home**, once and for all!)

As always...Love, peace and blessings,

Jay

From: Jay
To: Kim
Sent: Monday, March 21, 2005
Subject: Watched her, and you, go...all the time

Hi Kim!

For some strange reason, I felt a wave of depression come over me this morning (which is very rare). I was wondering if I was picking up something in you, because I could *always* “feel” when you were, before. But, it was way too early there to call and check. (Not a fun way to bond with someone, but it is much better than not knowing...and I can, and could, always just sit calmly and quietly and “send” My Love to You...as I do always!)

Anyway, I was remembering this morning, how I *cherish* My Love for my mother, Bobbie, as I watch her walk down the long corridor to the other building to the lovely dining room to have her dinner when I leave her apartment to return home (30-45 minutes away), each evening. Then, I thought about how I used to watch you drive out the driveway and around the corner and hurry to the kitchen window to wave goodbye to you as you drove down the street every time you went on a trip. I just wanted you to know that you were, and still are, *very cherished*, too! (And when I remember those times, it reminds me of Why I am here. It's lovely to be at this “stage of life” where you only focus on those *loving* things and times. And just think...I have another 60 years to do it! How lucky am I?)

As always...Love, peace & blessings,

Jay

“Walk gently through the world...peaceful and content”

From: Jay
To: Kerry
Cc: Kim
Sent: Monday, March 28, 2005
Subject: Living on the edge

Hi Kerry!

It was nice to touch base with you a couple of nights ago, on Friday. Afterwards, I realized that we *both* love being outside and hiking through the wilderness (and southwestern New Mexico is particularly ideal for that!), are peaceful, enjoy solitude, have little or no sense of or desire for material gain or possessions, live extremely simple lives uncluttered with all the trappings that most desire—and consequently have no ambition—and are care-takers (i.e., me of my 83 year old mother and you of your 57 year old, retiree friend, Dave) and love helping people. And, after sharing with you one night at work that this world is only an illusion, both understand that this is not our Reality!

When I told you that we both seem to like, on some level, “living on the edge” of life because it mentally *challenges* us and keeps us sharp—just trying to survive here in dreamland—and you shared your little epiphany that you came up with 20+ years ago, “If you are not living on the edge, you’re taking up too much room,” I mentally thought “*No wonder we found each other two years ago in Silver City while working in a call center doing computer tech support work (i.e., ‘care-taking,’ again!)*—which we were both very good at because we truly care to help people...more so than most.” (It amazed me that you have known it for so long! And, I mistakenly thought, then, that “T” was enlightening you by acknowledging that revelation to you!)

(As an aside, maybe we should write down our epiphanies and put them into a book, *Epiphanies from Jay & Kerry*...if you remember the one I came up with while we were working for Stream, one night: “The difference between dumbness and stupidity is ‘lack of knowledge’ and ‘choice’ ...so choose wisely.” Maybe you, or we, are good stimulation for each other’s, as well as other people’s, clearly understanding the Realities of life?)

Take care My Brother. Stay in touch...and when my mother passes, I’ll return, permanently. However, I plan on visiting and hiking along my numerous, favorite hiking trails in Silver, several times between now and then...but my mother, Bobbie, seems quite frail and at peace and consequently could go any day. I *loved* living up along the ridge, high up on Swan Street with its magnificent view of Bear Mountain to the west and central accessibility to all those trails, as well as those right off of it! But, your idea about a home in the hills around nearby Mimbres with a hot spring for hot water and solar panels for heat sounds like a good idea...so long as it has electricity (preferably from some passive source) and high-speed computer access! (However, as I mentioned Friday, people who know What we know seldom seem to hang out together because they need to be amongst the others who don’t so that Their Consciousness can reach out to help them raise theirs...and teach them how to Love, by Our example. And, to learn to be the “Extension of Love” is *all* any of us are truly here for, anyway. Nothing more to life than That...it’s just that simple—we unnecessarily complicate things trying to placate our human egos!)

As always...Love, peace & blessings,

Jay

From: Jay
To: Bobbie
Cc: Kim, Jason
Sent: Sunday, April 17, 2005
Subject: Fw: One man's inspiring path in changing and saving lives
[...& about becoming a Microscopist, myself]

Hi Mom!

Jason, about whose story you are about to read, is my personal microscopist and “kindred spirit” (his words from a year ago when I first met him on 4/10/04) and Friend that I drove 2 1/2 hours north (in Lake Mary, north of Orlando—which has *miserable* traffic!) to have him do my annual live-blood analysis Friday, 4/8. (And you know me, I wouldn't put up with that inconvenience/hassle unless I “loved” the person and truly respected them!) I think you will find it *very enlightening*. And if it doesn't change you mind for the better, then...you're either “asleep at the wheel or dead”; and in either case it won't matter! [And you, too, Kim!]

[Note: By the way, Jason is a ***really great teacher*** (he prefers Wellness Educator, which is very appropriate) who gives *really simple*, easy to understand examples, by anyone of any age—which I forgot to tell him when I was there. And when you get through reading his story, you will see that he is a “terrific writer,” too! (And Ajmal, whose is Kim and my upline IL Regional Director, said he was wonderfully entertaining and enlightening speaker, also.) But, I hope he will read this...since he is next to impossible to get a hold of telephonically and hardly ever *has time* to return them! And as “We” shared with each Other on 4/8, we are both bored by earthlife...so he stays extremely busy and doesn't have to deal with it, like my *human ego* does—nasty little creature

that I, or anyone, should *never* listen to...but that is what makes us human beings—when we forever let it go, We can!]

Saturday morning, 4/9, I intuitively felt *somewhat inspired* (i.e., in other words, my ego was fighting it, financially, because it costs \$9-15K to do so for one week's training, plus you get a \$6K microscope included in that cost!) to become an independent microscopist and work with Jason's PHC East as a Stuart sub-office—if *he* will consider it. (I am not crazy about Florida—other than its year-round sunshine and warmth and the fact that you are here [otherwise, I'd be in New Mexico, Utah, Hawaii and Lausanne, Switzerland]—but this would give me something worthwhile to do to ***Truly help*** others, which is all I *love* to do...in addition to my IL personal contact work, practically every day and night—except I try to take the weekends off—hah!—like I am doing right now!?) But, I have not spoken with him, yet, about it...and his mother, Teresa, already works with him there. So, we'll see.

Love,

Jay

From: Rob & Shelley
To: Jay J. H. Johnson
Sent: Friday, April 08, 2005
Subject: One man's inspiring path in changing and saving lives

Dear Jay,

My name is Jason and I am a Wellness Educator and Nutritional Microscopist trained by Rob & Shelley through the ROY Research

Foundation and the PHC. In 1998, I was experiencing significant health challenges due to a lifetime of using recreational and prescription drugs, alcohol, and other acidic lifestyle choices. I was introduced to Rob & Shelley's approach to health and healing and began utilizing their pH guidelines, their alkalizing nutritional formulations, and the "NB" (New Biology) to quickly turn my health challenges around.

I achieved such powerful results in such a short period of time that it left those around me touched, moved, and inspired by what was possible in their own lives. I was calling the Young's research center so often with questions about how to help those around me, that the staff finally recommended that I attend Rob's Microscopy Courses. My response was, "I don't have a medical background. Won't I be lost?" The reply was "A medical background is unnecessary and in fact, it's probably better that you don't have prior knowledge. At a time when I was seeking a direction and purpose for my life no opportunity could have been more perfect.

I attended my first Microscopy Course a few months later and my life was impacted forever. My experience gave me a real and true sense of the gravity and magnitude of Rob & Shelley's message and mission as I realized that I was actually learning the Biology of Creation itself. From that point on, I made it my mission to attend every microbiology training and retreat that Rob & Shelley offered.

"A Miracle is something that causes us to reinterpret our relationship to life - our Being!" Those of us who have made the Rob & Shelley's mission our own are truly involved in the art of creating Miracles. I really understand that there is a responsibility that I have, and that all of us have together, now more than ever. The work I am involved in with Rob and the PHC is not only about transforming someone's physical health, it is about transforming lives at the level

of Spirit, at the level of Being, which will transform relationships, families, groups, organizations, society, and humanity itself. We are custodians of a powerful vehicle for causing the transformation of humanity's agreements about health and disease, life and death, possible and impossible and this can only be achieved if we honor our word as ourselves, act with integrity, and share this message and mission with each other with courage, commitment, and consistency. To quote Rob: "This is the time for great souls to be anxiously engaged in a great work like ours. May we be blessed in our faith and vision to be an instrument for good and for God throughout the land."

Deepak Chopra asks, "Are we physical beings having a spiritual experience or spiritual beings having a physical experience." I have learned through my study of the "NB" that the physical world is simply a manifestation of the spirit, an ever-changing form made from eternal substance, even as all form must change. It was Lao Tzu [who] said "The only thing constant in life is change"; and Dr. Ernest Holmes that said, "Change the idea of a thing, and you change the thing." It is amazing how humanity is progressing as we face so much conflicting information and so many changes at such fast pace, each day.

Thanks to the distinctions that Rob & Shelley have taught me and the skills they have helped me develop, I have the opportunity to help people everyday that struggle with the identities that are formed by [a] social programming environment...we can call them "little boxes." We will never be any better than the communities of which we are a part - environment is everything - nothing happens on our own, which is why we must touch, move and inspire those around us, and humanity itself, to let go of their focus on "sickness and disease" and join this mission of health and vitality. The "little boxes"

that we adopt have a powerful affect beyond what anyone may realize because of the occurring reality they create. It occurs to a person that they are “something” and then life is lived from this “little box.” Our television, music, news and other media, our parents, our teachers, our friends, our leaders, our mentors, our heroes: we allow all of these things to shape us as they do. If I visit a doctor with an “imbalance” in my endocrine system like high or low blood sugar, I don’t tell people that “I am experiencing an imbalance [in], or am in the process of balancing, my blood sugar,” but rather that “I AM a diabetic” or “I AM hypoglycemic.” And with these “little boxes” that are built out of so many references from people, [that] we perceive are more certain of the truth than we are, also come a whole set of beliefs systems, values, language patterns, and physiologies. We live our lives as the “little box” we have allowed ourselves and others to place us in. We allow these “little boxes” to affect our faith in what is possible and lock the door to the birthright of our infinite “Self.”

It has been written that “Your body is an embodiment of life, is an expression of life, for through your body your Spirit expresses itself. All illness and disease, whether, mental, physical, or emotional, is thus the result of the misuse of Spiritual Law and the lack of Spiritual Understanding.” Our body, our cells, and what makes them up respond to spiritual influence, to energy, that is living, eating, thinking and environment. Rob & Shelley have taught me that it is natural to be well. Health and vigor are the birthrights of mankind. We exist in a spiritual medium that is perfect and our body as a manifestation of this perfect medium is perfect also.

The understanding of this power within ourselves will expand our lives to new and exciting horizons, will embark mankind upon the greatest adventure it is possible to know: freedom instead of fear;

freedom to choose sickness or choose disease; freedom to choose as an infinitely powerful “free agent” our own destiny for ourselves in every area of our lives. These were the kinds of ideas and belief systems that freed me from my addictions and consistently self-destructive thoughts, emotions and behaviors. They are the kinds of ideas that I share with others so they can help themselves out of whatever they are suffering from whether that is a disempowering emotion, a disease or other life situations.

It is true that if I had chosen to believe that “I AM an alcoholic, a drug addict,” or any other identity and would always be “this” or “that,” then I would have had to live a life of fear based on the set of beliefs systems, values, language patterns and physiologies that come with those “boxes.” I used to be those things and they are not me, Now. I am free from the fear of some “little box” taking me out of the game of life and as an Educator and Microscopist trained by Rob & Shelley at the PHC, I get to share that freedom with the world.

U.S. Anderson said “The essence of mankind is not competition; it is creativity. Creativity and non-conformity are an expansion into understanding. It is the unreasonable man who asks, ‘what if,’ who helps us to progress and understand more of our world, our Selves, and our origins.” Dresden James said “A truth’s initial commotion is directly proportional to how deeply the lie was believed. It wasn’t the world being round that agitated people, but that the world wasn’t flat. When a well-packaged web of lies has been sold gradually to the masses over generations, the truth will seem utterly preposterous and its speaker a raving lunatic.” While men like Rob and women like Shelley are asking “what if,” it is the “heart of creativity” at work inside us all. Medical science would have us believe that there is always a “Great Competition” going on inside our bodies, a “War Zone” where we are under attack by an enemy

that we must not only defend against but strike preemptively with the weapons that are designed to kill, cut, radiate, and destroy, rather than only use those desperate measures during desperate times; when even then, in light of this NB, they may not be necessary. It is fascinating how what happens in the “macro-environment,” that is the world we live in, at this moment, mimics what happens in the “micro-environment” that is the inner terrain of our bodies. There is a “war metaphor” that has a hold on our global community as we find our countries and ourselves at odds with the world on many fronts including inside our own bodies.

In the reality of the Rob & Shelley’s NB, there is no war going on only Life doing its very best to Be Alive. This is the essence of Rob’s work, the essence of what he calls “Microzymian Theory” and the “NB,” which I believe is in fact truth illuminated. U.S. Anderson says eloquently that “All things of the physical world change: they are born, they blossom, they bear fruit and they eventually die. Only the ‘Great Unity’ - your own association with the infinite - your Spirit - only that is changeless and that is the power that lay behind it all.” The Rob & Shelley’s NB teaches us that the intelligence that exists behind the universe does not destroy itself, but rather does what it does to survive, to adapt, to transform: “Matter/Energy cannot be created nor can it be destroyed; it can only change its form and function to adapt to its environment.” “The pain-ridden ideas of disease and suffering are man’s own morbid ideas. God does not know the existence of these things. Since He has created man free, He has left it up to man to conceive his own situations.”

Being an educator of the NB as a Microscopist has taken me all over the world and provided me the opportunity to work with some

of the most amazing people of our age. In the beginning of my career, I was asked by Anthony Robbins Companies to do Microscopy for his Mastery University programs. It was in that capacity that I had the opportunity to work with some of the most renowned experts including Deepak Chopra, David Wolfe, Carolyn Myss, Udo Erasmus, John McGuire, Stu Mittelman and many others - an educational experience [that] has been invaluable. Once I developed the skill and confidence necessary, I was asked by Rob and Shelley to assist in the training of new Microscopists at the PHC. As one of the Course Directors for Rob & Shelley's Microscopy Courses at the PHC in Valley Center, California; as the Head of Research and Education for the PHC East located in Lake Mary, FL; and through the principles of the NB, I have witnessed some true miracles of "self-healing" through this work that traditional science believes to be flat out impossible...and still the results are undeniable: more than 70,000 pH Miracles in more than 70 different countries with more added everyday.

Rob and Shelley's mission has in fact become my mission, and I am filled with gratitude not only for the blessing of being empowered in my own health and vitality and the freedom from fear of sickness and disease, but also for the opportunity to dedicate my life to this work for the greater good of humanity. I highly recommend anyone who is truly seeking an opportunity to empower people to transform their mind, body, spirit and environment using true principles, take action and join Rob & Shelley and the PHC in pioneering this work by attending the Microscopy Course Curriculum (Basic, Advanced and Annual Recertification Courses).

We are all a part of something of GREAT MAGNITUDE, and it is the art of living! And because our mission is such, our inspiration, our aspiration, must be equally as great. We must dream bigger and

take action on that bigger dream in order for us to innovate in a changing world and even inspire change in that world. Do not doubt that to adapt to change and to aspire to Be all of ourselves is our great mission, even in “our own little personal corner of the Universe.” Emerson said that success is “To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty; To find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived.”

We must find for ourselves, for others, and for humanity new hope where there is none, new faith where there is only fear, a rising sun where there is only night descending! I love the quotation: “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Thank you, Rob & Shelley, for inspiring my liberation and my life.

In Love and Light,

Jason

From: Jay
To: Kim
Cc: Bobbie
Sent: Tuesday, April 26, 2005
Subject: You don't know how lucky... & Thinking—the cause of all problems

Hi Kim!

I was just sitting here making my usual 40-150 IL calls per day (which depends upon the quality of the lead source) when my conversation with Steve, the other day, crossed my mind. What I basically said to him, while we were talking about doing our business, is that “It *doesn't* matter what we ‘think’ we are doing on earth (for a job or whatever)...those of Us who understand the Truth [which means you, too, Kim] are only here *to bless* ‘everyone’ we come into contact with—whether it be in-person, telephonically or reading their name on a list. Then, I thought to you, Kim: “*You don't know how lucky you are because you get to bless thousands of people in the air and terminals around the country, and occasionally the world, many days of the month...and to top it off, you are physically out and ‘free’ to move about in the world, whereas I am stuck here at home!*” [Note: YES...I know how grueling your job, the commuting, the security procedures and the people CAN be because I have witnessed it, several times!]

I would trade places with you in a minute! My human ego is bored by not being FREE to move about in the world (even though my Thoughts do)...and the commuting would not be a problem, in Reality, for Me, *now* that I “regularly remember” What I am here for, which took me nearly forever, it seems, to do so (i.e., being 61 helps, tremendously, with that...but frequently did from 38 on).

Want to swap (i.e., you can have all the *free* time to write and do whatever you want—BUT you only have 2 years to build your IL business [of helping others—a physical, worldly blessing!] before your (my) investments run out and will only have \$850-950/month in Social Security to live on for the rest of your life, after that)? [Note: I didn't think you would.]

Also, I recently nailed down that “thinking” (about anything/anyone) and/or being tired, causes all of my (our?) emotional problems, such as unhappiness or depression—of any sort. So, like today, when I have the “blahs,” I just keep *continually* reminding myself that I am just tired and to *ignore* my ego's attitude, not dwell (think) about it and to mentally “walk gently, as I can, through the world.” If my disposition gets extremely “blah” or unhappy, I just keep going for short or long walks until it eases up. And being outside doing that always eases my Mind.

As always...Love, peace & blessings,

Jay

From: Jay
To: Kim
Sent: Tuesday, May 03, 2005
Subject: Rubba slippa's, perfect innocence, class act, harping & a pink hibiscus

Hi Kim!

The “rubba slippas” you sent on Friday got here today (fast...from Hawaii), Monday, when I wrote this. (My email server is down so this won't be sent until Tuesday.) They're made of a nice, soft rubber material that will flex and is more comfortable (unlike the harder material I found here); and the woman's size 11 is almost equivalent to a men's size 10, but was also labeled as a European size 43—which baffles me because I *do* wear that. So you did as [well] as you could! Thank you for your thoughtfulness. More than anything...that it is what [is] most appreciated...and one of your two most endearing traits.

The other trait is your incredible “perfect innocence” (what ACIM calls the “face of Christ”), which I was telling my mother on Friday, after we spoke to you, that you exemplify *better than anyone else on earth*. She also stated “She's a class act” (meaning you)...which I thought you should know because I have *never* heard my mother be that complimentary about anyone else, before!

Bobbie and I also had a little emotional tussle Friday because her ego got stubborn and defiant with me because she didn't want to hear mine tell her some things, *repeatedly*, like brushing her matted-down-in-the rear hair (from resting against the headrest of her chair) whenever she heads off to dinner with all the old millionaires where she lives (i.e., I told her she had a responsibility to her self to look

good so that her self esteem is maintained and to them because it did not look good in that environment to be unkempt...and she knows I am correct—just doesn't like to be reminded of what she "needs" to do). I realized then, and told her so, that I had done the same thing with you on several issues, over the years, and explained how it irritated me when you used to "harp" about an issue by repeating your displeasure with [whatever], over and over again. But, I realized *then* (last Friday) that I had done the same thing to you (and admitted to Bobbie that I had)—only spread out over lots of time, rather than in-the-moment as you did—and drew your similar behavior to me, as if to say "Do you see your self in me?" Sorry, Kim, that it took so long for me to see it (which was "pretty stupid" on my part)...and thank you for holding up the mirror of my ego-self, years ago! [Note: As of today, and as a result of that experience, I have a new sense of peace, and have *effortlessly* decided that I will no longer harp on her (or you) about...anything. My peace is now too valuable, and trying to help others when [they] don't want it is futile, at best—which I have really learned through my IL experiences! So...no more advice, to anyone, unless asked...even if it is in their (your) best interest. Amen. And as far as my mother's hair, for instance, is concerned, "I" brush it—*without* giving her a "reminder" (i.e., "lesson"...which you too hate!)—and send her off to dinner with a hug goodbye and an "I love you."]

And...to top it off, on Friday evening, when I got home from my evening walk, I found a huge, pink hibiscus blossom, which is your favorite color for them (and mine, too, which you never knew), on a bush outside my condo...and I thought of you, again.

Love...and thanks again for your thoughtfulness,

Jay

[Note: The below email was the first time Kim has replied to one that I originally sent, in quite awhile.]

From: Kim

To: Jay

Sent: Wednesday, May 04, 2005

Subject: Re: Rubba slippa's, perfect innocence, class act, harping & a pink hibiscus

Dear Jay,

Glad the rubber slippers seem to be the right size. I didn't realize that she gave me a women's size. I asked for size 11. I am not sure whether I told her it was not for a woman. I don't know any women, however, that wear that size.

Aloha,

Kim

From: Jay
To: Kim
Sent: Tuesday, May 10, 2005
Subject: Your Mind as entertainment

Hello Kim,

“Your mind is the greatest home entertainment center ever created. It requires contemplative silence to really discover who you truly are. You have immense talents, resources and abilities that are un-tapped.”

Mark Victor Hansen

Amen.

As always...Love, peace & blessings,

Jay

From: Jay
To: all my friends
Sent: Sunday, May 15, 2005
Subject: "Crash" - a near perfect movie!

Hi gang!

Saw *Crash* last night; and as the local, *very tough* movie critic (in nearby West Palm Beach), who gave it an "A," said: It is as close as you can get to "a near perfect movie"! It will take you from the dark side of people's "hormonally-driven," human egos (i.e., something I learned by going through the male equivalent of menopause...because when the hormones are in balance, our egos are usually peaceful and serene) and prejudices—of *many* nationalities in LA—to their light/loving (spiritual) sides...and vice-versa, in one case.

Movies are a wonderful barometer, for me, of the evolution of mankind's spiritual nature; and that's why I love them.

As always...Love, peace & blessings,

Jay

From: Jay
To: Kim
Sent: Thursday, May 19, 2005
Subject: Perfection

Hi Kim!

Yesterday, when I asked Bobbie upon seeing her how she was doing, she said her usual “Fine.” But then, I asked her if she was comfortable (meaning no aches or pains), too, and she said “Yes.” (Her right hip joint bothers her somewhat when we go for our daily 15 minute [walk] around the cove, but that is only from stiffness and lack of movement because she sits all day long, except to occasionally go the bathroom, and her typical, standard [although high quality and great tasting!], acidic evening meal. But, she does eat a veggie burger for lunch, which I switched her to during the two hurricanes last Fall that were only 3 weeks apart.) Then I commented that she had *reached* “perfection” because she had no physical problems, felt comfortable and was always at peace. And there was nothing more to achieve in life than that, to which she agreed!

As always...Love, peace & blessings,

Jay

From: Jay
To: Kim
Sent: Sunday, May 29, 2005
Subject: "She Waved Goodbye" [a poem]

"She Waved Goodbye"

My mother sat in her easy chair
after I brought her home, late that evening;

While kneeling before her,
I hugged her and said I loved her;

Then I stood and walked
toward the door to leave;

While glancing over my shoulder,
one last time, and saying "Goodbye,"

This dear, sweet, little old woman
was suddenly in the center of the room;

She waved goodbye...
and the image burned deep inside!

And, as I closed the door
behind me and walked away,

I thought "*That moment...
wiped all past hurts away*";

And I will always remember her standing there,
as if she appeared by magic,

Waving goodbye to me...
emanating the depth of Her Love.

From: Jay
To: Kim
Sent: Friday, June 03, 2005
Subject: Hormonal Balance (kiss menopausal emotions goodbye!)

Hi Kim!

I wanted to bring something to your attention (highlighted, below) that is very important to both you and I [since we both began menopause during October-December, 2001]:

“May (my 2nd anniversary of using IL products): Sheen has returned to my hair as the greys vanish, and there is overall, noticeable muscle tone and development, particularly in my calves—where there is shape and definition, for the first time in my life. Used liquid Chromium/Vanadium for the first time to eradicate my intermittent, occasional temptations to eat a few sweets, periodically; and by the end of the month, cookies, and other sweet, addictive, desert-type items, are no longer tempting because they now taste “sickently-sweet” and are easy to avoid. ***After four months of taking a teaspoon of SSS powder three times per day (i.e. I had only been taking the capsule equivalent of one teaspoon/day, prior to then), I have finally achieved hormonal balance, and the emotional side effects of male menopause have subsided...as well as improved self-control when poor, but ego-tempting, dietary choices are offered.***”

It may take more, or less, time for you; but I cannot tell you how “relieving” it is to get *beyond* the hormonally-caused emotions of our humanness (particularly, from menopause)...and I feel confident that this is the way to do it. You have no idea how much better you’ll feel! Amazing, and wonderful, for Me to be in control of My

life, again! Hope You will come join me in that place (i.e., Where I met You, almost 10 years ago on 9/6/05).

Love, peace and blessings,

Jay

From: Jay
To: Kim
Sent: Tuesday, June 14, 2005
Subject: Them & Us

It is the "child" in us that gets irritated and unhappy with theirs.

—J

From: Jay
To: Kim; Bobby; Erika
Sent: Thursday, July 07, 2005
Subject: By Winter

Hi Kim, Bobby & Erika!

Last week, as I was walking my mother to dinner (i.e., taking the long way there, which takes all of 13 minutes, because it is the *only* exercise she gets, daily), I mentioned to her about doing something next winter. To that, she said “I won’t be here.” When I queried her further and asked her where she was going, she indicated that she did not know but was not going to be here. Of course, I then asked if she thought she would be (permanently) “gone” by then, to which she answered “Yes” (i.e., we have openly discussed death and her state of peacefulness).

The reason I share this with you is that if you would care to communicate, or see, her...this would be the time. I am not trying to be an alarmist, but you should know that she is very frail, has great difficulty dressing, spends all of her time just sitting (just looking out...somewhere) and has no interest in anything...but is very peaceful and not in any discomfort. She knows her mind is going...and may lose cognition of who and where she is. And I talk “to” her, now, rather than “with” her as I did last Thanksgiving (a week before Lisa’s death)...which saddens me—but I take great pleasure in remembering how well we spiritually connected on that day!

Yes...she could last a lot longer (to 99, like her mother did), but she doesn’t think so...and neither do I. I have given her the option to reclaim her life to where she could quite probably live to 99 (and she is 83, now), but she has no desire to do so!

As always...Love, peace & blessings,

Jay

From: Jay

To: Kim

Sent: Friday, July 08, 2005

Subject: Re: By Winter

P.S. When Bobbie's newspaper bill came the other day to continue her delivery service, she said that she gets the shortest delivery period (until 9/17/05, which I told her would have been our 10th wedding anniversary)...because she *really* does not expect to be here much longer. (I wonder if Bob and Erika are intuitive enough to get it? I know you are.)

I will truly miss her and having at least one person to talk with on My level...since we parted. (That's all my ego needs...just one to share my earthly thoughts, feelings and observations with who genuinely Loves me.)

Love,

Jay

[Note: Bobbie actually, accidentally choked to death at her residence Christmas Party on December 15, 2005!]

From: Kim
To: Jay
Sent: Tuesday, July 19, 2005
Subject: IL charge for “shipping” for your website [?]

Hi Jay,

I don't know if this has ever happened to you. I just happened to glance at my recent Visa bill. I don't go through and check things off like you do anymore. I usually look at it from time to time online and am familiar with the charges. I saw a charge from IL for \$32.70. They charged me for shipping for my website/virtual office.

Aloha,

Kim

[Note: I called Kim back after 12:30 am, my time (6:30 pm, hers in Hawaii), that evening, and we talked for a couple of hours about everything from ionized water; rebounders; health (and the fact that she was only drinking as little as *one* quart of SG per day when she should up to four with her body weight!); diet (which included mostly veggies in hers, as well as totally in mine); the fact that her weight had gotten back up to 150+, in spite of that; what it is like to be a full-time distributor; and how it felt to be “crucified” by people you *loved* by my *supposed* friends, in a telephone hearing, as an attempt by my last employer (note: where I was terminated from, exactly one year ago on this day!) using false charges to deny my unemployment benefits. Kim also told me that she had finally met the founders of IL, Rob and Shelley, when they were there in Hawaii last January, when she had dinner with them, exclusively, before taking them to the airport to go back to the

mainland. And... she mentioned that she reminded Rob that he had published my IL story to all of his email recipients, a month or so prior to then! (Note: It occurred to me afterward how remarkable it is that *important* people just seem to “drop” into her, and my, life so that we never have to spend time and money to go out of our way to meet them! So I called back several days later and left a message on her cellphone reminding her of that.) I also mentioned that my mother, Bobbie, and I had discussed that Kim was an “older person”—in spite of the fact that she was 17 years my junior—in that her interests and personality were, and the people she related to were, “older”...[much] more so than her years. And, in about 10 years, she and I would look similar in age, in spite of the difference in our ages, because I was “youthing” (i.e., reversing the aging process), like the grey hairs on my head turning dark, once again—thanks to the health regimen we were both on (but she had *not* been following it very well, as she had gained back the weight she had lost a couple of years ago).

Then, I called back the next night, around the same time—since I had been up late both nights making business calls to California—because I had not answered her question the previous night about buying a balance bar for \$50 for a rebounder, which I did first thing. I asked her a question about her cell phone service. I also remarked that she and my mother, Bobbie, were both emotionally “reserved” people—which was *not* bad thing—except that they both showed their anger, easily. But, she frequently laughs, which Bobbie never did. Finally, I finished the call a few minutes later requesting to make a suggestion that she get back to routinely drinking *at least* three quarts of water with SG and PpH, daily, to regain her health and proper weight, as she had a couple of years ago.]

From: Jay
To: Kim
Sent: Wednesday, July 20, 2005
Subject: Re: IL charge for “shipping” for your website?

Hi Kim!

Thanks for this...I'll be on the watch to be sure it doesn't happen to me.

Very nice talking with you, last night.

Surmising that you don't have much time to read emails (particularly, Steve's), I copied the “Seven Truths” of fear from his most recent one because it is VERY enlightening:

“The Seven Truths” that can help us overcome fear:

Truth #1

Fear is the dominant problem in your life today.

Truth #2

Fear is a gift that was instilled in you as a means of protection and a way to bring you closer to God.

Truth #3

When you run from or deny your fear, you leave the gift unopened.

Truth #4

When your fear of success or fear of failure is exposed, you break through their control over you.

Truth #5

Your belief system is the driving force behind your behaviors and your results.

Truth #6

Your everyday habits are broadcasting your belief system, your fear, and your unmet needs loud and clear.

Truth #7

Change your beliefs and you change your behaviors.

Change your behaviors and you change your results.

Change your results and you change your life.

[Ref: Lisa Jimenez, *Conquer Fear*]

Love,

Jay

From: Jay
To: Kim
Sent: Wednesday, July 27, 2005
Subject: Lecturing

Hi Kim!

Last Sunday (7/24), I went and visited my mother, as usual; however, I noticed three things that she was not doing that she really needs to keep up on—otherwise, she could end up “incapacitated” (and she *knows* it!) because she has no strength and it pains her to get up and down from her easy chair and has difficulty doing it. I reminded her (because her memory is quite gone...for instance, she does not remember that she had tremendous lower back pain—just a few years ago—for a number of years and used to beg her doctor for shots to numb the pain more often than was recommended for the procedure) to find reasons throughout the afternoon to get up and down, at least on the hour, every hour, like taking the newspapers down to the trashroom (instead of me doing it)...and another hour later going to get the mail (instead of me bringing it in when I arrive). Then, I showed her how simple my “one,” all-encompassing exercise is to do (i.e., where you lie on your back with your feet against the back of a closed door and use isometric tensing of your lower abdomen muscles, first; your legs, secondly; and finally, your arms and shoulders) only five times, once a day to strengthen her back and comfort, the strength in her legs so she would have better control and coordination, as well as being able to get up and down from her chair more easily, and her arms and upper body to maintain her mobility there, too.

Then I proceeded to tell her, at length, of how difficult her life would be if she *would* not “make an effort” to get up and down more often and how she would have to hire someone to come in to get

her bathed, dressed, up and down and to and from the bathroom— or more humiliating: put her in a chair with a potty built into it (i.e., an expensive and humbling proposition). She did not want to hear me explain any of this and clammed up, would not speak to me when I asked her if she understood what was in jeopardy and told me that I just was trying to “boss” her—which is far from my desire. But...I was trying to impress her with how important it was for her to find excuses to move out of her chair, as much as possible, realizing that she is really only up from about 11 A.M.

In the early evening, as I was driving home after taking her grocery shopping (every Sunday afternoon) and walking her over to dinner—the long, 13-minute way along a shaded, open-air walkway through a long building across from hers—as I do every day, I realized that what I do is “lecture” her...and have done so about the same things, a number of times because she needs “routine reminding” about doing little things, like going to the hairdresser on Wednesday and Saturday (who I got to call Bobbie at the time she has to “be” there because she has forgotten to go on a number of occasions...and that’s the only way her hair and scalp gets cleaned, twice a week!), which I do not mind doing but cannot be on top of everything, all the time.

Then I realized that was *similar* to the issue I had with you where I use to go nuts when you would periodically harp on an issue and keep talking about it over and over again ...even after I told you several times that I understood and would you please stop doing so. It came to me, since knowing *the* most important “spiritual,” and forgiveness, lesson of all is “It takes one to know one,” that my lecturing my mother was the same problem and that I *never* understood, until then, that you were merely holding up the mirror of my human self to learn to forgive that aspect of my ego! Bingo!

I shared that revelation with Bobbie, the next day, explaining how I had an issue with *your* harping when in fact *my* lecturing to her was inspired by the *same* “insecurity” (as exemplified by our attempts to *control* each other) in me...and how your demonstration was to get me to see my self. And now...TADA!...I apologize to you, Kim, for being guilty of doing the very thing, albeit a slightly different variation, that I blamed you for!

Love,

Jay

P.S. What I came up with today was the suggestion, that I shared with her—and Bobbie did not balk at it—was to call her around 2 P.M. to “ask” her to take the daily newspaper down to the trashroom since she has usually read it by then and at 3 P.M. to go and get her mail (i.e., it comes late in the day). She gets up around 11 A.M.; then makes her bed, takes a shower, puts her makeup on and gets dressed by 12 P.M.; makes breakfast (a bowl of cereal with a banana and milk and has a small glass of orange juice) and eats it in her easy chair; gets up and puts the dirty dishes in the dishwasher (i.e., her first up and down movement out for the day...probably by 1). I walk her the long way to dinner around 5 so I figured with two calls (at 2 and 3) to suggest she do those other two things, “we” (she and I) could keep her mobility. And...I think she agrees with me because she had a big grin at my idea of the two reminder calls.

From: Jay
To: all my friends
Sent: Thursday, July 28, 2005
Subject: Call of the wild: mini-Diamondback

Hi gang!

Had an interesting experience this morning. A mini-Diamondback (rattlesnake)—about 10 inches long with muted, very dark red diamonds on his backside—apparently had *just* slithered under my porch door this morning—because it wasn't coiled up. So, I reached overhead and opened the door behind him while standing a foot or so away and bent down and shooed him away with the back of my hand. I learned something new: it actually tried to strike at my hand because I had made an aggressive move toward it, which I did not think was possible unless they were coiled up! Anyway, immediately after that, it turned around and slithered out the door.

Afterwards I thought about how times had changed because I used to be *very* leery of snakes (for some unknown reason—but many are), as far as going near one was concerned, and a few *very funny* experiences I had with them. My dad was *petrified* of them and practically jumped out of his skin, and *definitely* out of his chair and half way out of the room, when one night, a few years before he died here in southern Florida, Bobbie, my mother, noticed a small, brown, baby snake coiled up against the wall behind his easy chair. I went over, looked at how small it was (probably less than a foot long uncoiled), opened the nearby front door, grabbed the TV guide magazine and shooed it out the door (because my mother was not going to either, as nonchalant as she “acted” about the whole experience, except for giving my father a hard time about it).

Later, I did some research and discovered that it probably was a baby Pigmy Rattlesnake (which are probably not severely poisonous unless you are allergic to their venom), based upon its cocoa brown coloring and diamond-shaped head, and felt *very* chagrin that I had been *afraid* to reach over and pick it up from behind its head and carry it out the door. So...wouldn't you know it, I found another one, the same size, in the middle of the evening, somewhat stretched out in a sidewinder position as he moved slightly as I approached (i.e., another indication of a rattler) underneath the dining room table in my parents' house while they were out (thank God, for my dad's sake!), a few months later. Well...desiring to get beyond what I think is our silly, "inherent" phobia of snakes (i.e., I think most people have it), I got down on the floor and laid out with my chin on the floor about a foot from its head—going eyeball to eyeball with it to keep its attention on me and to check it out more closely (i.e., it was an interesting encounter for me, then, to attempt to go beyond a fear with an unknown cause)—I *chickened out* and reached for his tail instead of right behind its head which would prevent it from biting or striking. As I stood up with its tail in my hand, it began to creep up toward my hand, at which point I thought "*Dummy, you should have grabbed him behind his head!*" and began to gently swing him around in the air to keep its head down as I walked to the front door and then gently tossed it from a low level into the grass. Afterwards, I thought "*So much for that lesson...half-learned...but I don't need another to prove how fearless I am...thank you, Universe!*"

But...the *all-time, funniest experience* I have ever witnessed—in my life—was over 20 years ago when I was camping with my dear friends from a van club that we all belonged to (i.e., several hours north in Salt Lake City) in Capital Reef State Park in the southwestern Utah canyonlands—the most beautiful scenery in the

world. In the middle of the evening while it was very dark as we were all (about 12 of us) sitting around the campfire, someone said “Mickey, there is a snake near your feet.” Well, if you never saw a “beached whale” (what he used to call himself when he weighed around 300 lbs, had a full beard, lots of hair that stuck out kind of like an afro and wore nothing but denim overalls and T-shirts) levitate before, he did—instantly. He moved *so fast* it was a blur and went over to his van grabbed the barrel on his kids’ rifle, came back and pounded on that snake or branch or whatever, because I don’t know if we ever figured out what it was, and pounded it to smithereens with the butt while moving the barrel up and down. Then...to make sure it was “a goner,” he swung the rifle over his head and beat the ground so hard and so long that he broke the stock, which he threw into the campfire as we all howled...for a *long* time! It was a hoot.

As always...Love, peace & blessings,

Jay

From: Jay
To: Kim
Sent: Sunday, August 14, 2005
Subject: The Power of Emotions / Trust & Auto-Pilot / Learning Spiritually / Spiritual Intelligence / Delayed Gratification

Hi Kim!

After my impromptu call to you last Thursday, 8/11, at 8 A.M., your time in Hawaii, 2 P.M. mine in FL, to *merely* ask if you would like a box of 100 SG packets, which turned into a two-hour conversation on a myriad of subjects—as usual when you can take the time to talk with me, a whole flood of insights came to me that I'd like to share with you.

Our emotional/mental state—such as emotional tension or anger (which is nothing more than “fear” manifested by our *need* to attempt to try to control someone or a situation), including [even] a *miniscule* “tinge” of unhappiness—is *SO powerful* that it can override whatever we are physically doing to improve our health and can end up experiencing ache, pains, ailments, etc.

Consequently, during, and from, our conversation, I discovered that the **ONLY** way to rise above our human ego and its self-created fear, of *any* sort, is to just “trust” our Spiritual Selves (i.e., once one *intuitively* understands and has a *truly heart-felt* desire to always come from Their Reality, as I do) and run on “auto-pilot” ...which is what I need to do from now on.

“Apologizing” (i.e., acknowledging our human actions, thinking patterns, thoughts and emotions) for reacting emotionally, unhappily or from anger, as it seems I spent our *entire* six years of marriage doing is the way we “spiritually” learn to *let go* of our ego.

(Note: As I learned from a comment of Oprah's, many years ago: "Marriage is a commitment to work on *your self*"! Now, I understand how and why...thanks to our conversation the other day. Talk about being a *slow learner*, as I have so often thought of *other* people...but hardly ever myself [because I "got" the real Truth of ACIM, almost immediately...as well as the real significance of Rob's discovery, just as quickly when you told me]. *Duh*...it only took me 61 years, and 23 years of knowing the Truth, to wake up...which is what all "growing up" ultimately is! And as I wrote in *BANISHED...from the Sandbox* 15 years ago: "Acknowledgment will set you free." So, Kim...thank you for being THE BEST vehicle/teacher for me to learn from...and am still, to this very day, and I'm sure beyond...because you live on in Me, as does Lisa, forever [and there is no dying...only dream endings]. As you said of our time together, I have learned and continue to learn the MOST ever from You. I feel very blessed. Also, we HAVE done "great things" for the world—and will continue to do so—as you prophesized almost 10 years ago.)

Coincidentally, I learned from that epiphany the other day that "bright," intelligent, unenlightened people who have been exposed to the Truth but don't truly "get it" because they do not even *attempt* to live in That Consciousness, at all times, are either dumb (unknowing/lacking in knowledge) or, quite frankly, stupid—which includes *practically* all of us, because we ALL make "stupid" choices and decisions, *every day*, in spite of "knowing" better...whether it applies to health, lifestyle, emotional well-being, etc. And, that...leads me back to the beginning of my initial discovery, above, about our emotional/mental state. (All reasoning/knowledge is circular in nature.)

Finally, I would like to share with you something that I have been learning (i.e., finally “getting”/understanding) over the last year: “Delayed gratification” really pays off when one learns to be patient and wait for things/situations/events that they really, really want! Case in point: I now own a Nokia 6610 cellphone that I wanted 1 1/2 years ago (and has since been discontinued but the manufacturer doesn’t make *anything* completely comparable to it, today, including the accessories!) and my silver PT Cruiser (however, I didn’t know that I really wanted it in that color, until now, nor with a 5-speed “tranny,” which has done wonders for my legs!) that I wanted since I bought yours in April 2000 *for you* (with cash from our combined-income savings, which I was extremely good at generating as long as I had income to contribute). It took me nearly two years to make, and regain being an, IL Area Director...and it will possibly take another two to become a Regional Director and six in total to make National [Director]...but “So what” I have to **continually** remind my human ego-self! And yes, that means “thinking” to my self...all the time...whether anyone thinks that’s schizophrenic or not doesn’t matter...I know the Truth and what’s going on. And as ACIM states: “Infinite patience produces immediate results,” which is a great goal!

Before I forget: would you kindly send me copies of your Kim3.doc so I can recreate my book, *Decisions, Decisions*, that I was compiling in 2001, and discarded in ego-anger, before we separated, as well as two pictures (the *best* one of us together side-view at the Anita and Ted’s 1999/2000 New Year’s Party and the picture of you in the short, leopard-skin, cavegirl-like costume) that you need to scan at 50% compression on your printer. Thanks. Please call if my request is not clear or you need assistance with scanning.

As always...Love, peace & blessings,

Jay

P.S. You may lose many things, including people, but...you will NEVER lose Your understanding of Your Reality (God/Love)—once You have it! Our peacefulness and forgiveness exemplifies that.

As I always tell people: “If you have an ounce of intuition and a lick of common sense, you can do this (IL) program!”

From: Jay
To: all my friends
Sent: Friday, August 19, 2005
Subject: Admiration, perfect peace, Lisa's legacy, choices...

Hi gang!

There are very few people in the world that I admire (but that doesn't mean that I don't love the rest of you!): my oldest daughter, Lisa for her "perfect peace" (i.e., never getting angry or rattled...in her later years) and her ability to resolve all issues with "anyone," diplomatically; my Real Brother, Mickey for his "perfect peace" (i.e., never getting angry or rattled...*ever*—in the 33+ years I've known him), the most *open* expression of love and affection toward *anyone* on earth (i.e., he's the one from whom I learned to be that way, too!) and his *always-pleasant* disposition; my Friend, Sally, for her extreme gentleness and ability to instantly perceive the True meaning behind life experiences (including the unpleasant ones); my buddy, Steve, for his peacefulness, awareness of Reality and most effective ability to put all things in perspective as they apply to life in Reality and for "unconsciously reminding me of Who/What I am" whenever we converse; and most of all, Me, my higher Self, for being the *only* Friend that I can *always* count on to be there (and the same applies to You, too, for you!)...when all the other illusions fade or we are caught up in our humanness, as our little ego-selves *always* do.

In addition to her demonstration of perfect peacefulness, Lisa, who worked in the health care field for many years, explained something to me when I questioned why she didn't try my SuperGreens product, which had done amazing things for others and me in a *very short* period of time, that says a lot about basic human nature. This

was [part of] her legacy, as she said to me: “*People will NOT focus on their health until they have a serious issue or problem, it pertains to their children or they want to lose weight.*” Sad...but true! (I was one of the *very rare*, lucky ones that “got it,” early on, when Kim, my former, explained to me about the body being 70% water.

That reminded me of an epiphany that came to me over 2 years ago in New Mexico: “The difference between dumbness and stupidity is ‘lack of knowledge’ and ‘choice’ ...so chose wisely.” (Everything in life is about “choices” ...and learning to make the best and most loving ones for ourselves and others!) MOST, including me, make “stupid” choices, regularly—because we are *not* that dumb. Case in point: in spite of *knowing* and experiencing that sugar does death and destruction to my body (i.e., everything from splitting nails, constipation to depression), my human ego-self “psychologically” craves (which is what I think *all* cravings are...in spite of what medical and alternative-health practitioners believe!) chocolate donuts...and will sometimes partake of dessert-type goodies when in environments where they are *readily available*. So...like alcoholics and drug addicts who are trying to overcome their affliction, I have to *consciously* avoid all friends and establishments where they are. (What’s actually going on is that these few items are the last “things” that my humanness can hold onto—until it lets go, forever—since “physically” losing all the Truly loving people in my life, like Lisa and Kim, and my ability to live where I want—like New Mexico, Utah, Lausanne, Switzerland and Waikale, Hawaii—and hang out with “mellow” people that I most dearly love to be around—like Kim, Kerry, Kent, Mickey and Steve.)

From: Rosalina
To: Jay

Sent: Monday, August 22, 2005

Subject: Re: Admiration, perfect peace, Lisa's legacy, choices...

YOU'RE AWESOME!!! Greetings from New York City! RH

From: Jay

To: Kim

Sent: Tuesday, August 23, 2005

Subject: Fw: Admiration, perfect peace, Lisa's legacy, choices...
(re: the above email from Rosalina)

Hello, Kim!

FINALLY...after more than 61 years, somebody seems to really appreciate Me (and she doesn't even know What You do)! It feels *really* nice!

Such a sad universe this "dream" is...where everyone is *so* caught up in *themselves* that they can't take the little bit of time to truly appreciate each other—and tell them to brighten their lives...every day (if you are around them).

And...I hope that you have noticed that I have ALWAYS appreciated Your finer qualities and attributes, from the very beginning...and I believe that I frequently reminded you of them, too—even though your ego never seemed to grasp My appreciation of You (i.e., otherwise, you wouldn't have wanted to divorce me). [Note: That doesn't mean I was "perfect," either...because I really got caught up in my ego, too, starting on October 18, 2000, when looking back, I recognized that the visible symptoms of male menopause had begun to kick in—when I grew my beard!]

Love,

Jay

From: Jay
To: Kim
Sent: Sunday, August 28, 2005
Subject: Wedding (10/15)/Rebounder/Water

Hi Kim!

Ordinarily I'd call about these things, but it's a little early to do so if you're home.

First of all, a longtime friend in Vero Beach, named Eric, who I think you may have met, once (big, tall guy with short blond hair and a baby-face), recently invited me to his wedding on October 15 (Saturday) to his long-time live-in girlfriend and her daughter, who all live in "his" house. It is being held at 5:30 P.M. in lovely McKee Botanical Gardens in Vero...and followed by a reception (with food, I imagine...since it came with a formal invitation and a stamped envelope and a reply card), which can be skipped and I'd take you to my favorite Mexican restaurant. Please, let me know—when you feel inspired to respond! Accommodation possibilities are in the P.S., below.

Secondly, I don't think you should buy a Needak rebounder until you decide if you want to do the myriad of exercises in Rob & Shelley's weight loss book and you want to use the balance bar (which I have bought and have given to my mother to use...and she is [just "walking" on it, a couple of times a day]...surprise, surprise!). The other reason is the one I left behind has a much firmer mat on it than the Needak "soft bounce" (which is their standard one, unless you are a 300+ lb. gorilla).

Lastly, if you decide to come for the wedding, you will be able to taste how good the water from the Kaben's Regency II Ionization

System [is] and see how “non-restrictive” the flow through it is (i.e., most other systems, such as Reverse Osmosis and Pur carbon filtration systems are very restrictive...whereas, it can “pour” through the Kaben’s import!).

As always...Love, peace & blessings,

Jay

P.S. You can stay at either Bobbie’s with your own separate bedroom and bath with bright morning light and a view to die for...or at my place—where I will let you have my bedroom with bright morning light (but no view), the best world-class bed I could find and it’s own separate bath. Also, if you come—and you’re welcome as little or as long a time as you’d like, you can try the Needak with Balance Bar and the ionized water! [Note: if you’d like to stay here, I’d sleep on the pullout full-size mattress in my Lazy Boy sleeper couch in my living room and use the bath off the short hallway that connects the living room and bedroom.]

From: Jay

To: Kim

Sent: Tuesday, August 30, 2005

Subject: Re: Wedding (10/15)/Rebounder/Water

P.S. I think that if you decide to come that you should stay with Bobbie (for as long as you’d like up to 2+ weeks...30 days is the max they will allow) because as I told her today: “You two get along so well...*better* than anyone else that I have known...like two peas in a pod!” ...and she liked Lindsay a lot.

From: Kim
To: Jay
Sent: Tuesday, August 30, 2005
Subject: Re: Wedding (10/15)/Rebounder/Water

Dear Jay,

I am not interested in attending the wedding. I do not know your friend. Jay I wish you would please let me go so that I may move on in my life, and you may move on in your life. I am not coming to Florida to try out your rebounder and/or water ionizer. It has nothing to do with my "stupid pride" as you referred to it in a recent phone message. Please know that I do not intend to have you move into my house and be a room-mate/renter. I am sorry that you feel that you have to resort to these tactics to try to get me back into your life. This is not my desire, and it is not going to happen. I have to do what I feel is best for me. I do not feel that this would be in my best interest.

Love and aloha,

Kim

From: Jay
To: Kim
Sent: Tuesday, August 30, 2005
Subject: Re: Wedding (10/15)/Rebounder/Water

SORRY, Kim!

I heard You. Thanks for your loving approach in your email! You are right, and I will back off, this time...forever. Promise. If you should change your mind about visiting Bobbie (i.e., she expects to be “gone” by winter), the door is always open.

Love,

Jay

From: Jay
To: Kim
Sent: Wednesday, September 07, 2005
Subject: Friendship

Hi Kim!

Based upon our conversation a few days ago on Sunday, 9/4, to clarify that My desire is to *just* be “good friends” and in the Spirit of my 23rd anniversary, yesterday (9/6), [of my] awakening to the Truth of ACIM and our 10 year anniversary of when we first met, I hope that our friendship, and all that entails, will really blossom, now. I *really* look forward to Our evolution in that respect!

Would you like that, too? (When you have a moment, please let me know by sending a confirmation/reply email...thanks.)

As always...Love, peace & blessings,

Jay

P.S. I put in an order for 50 shares [of] DA stock, today, at \$1.17. I pray your company makes it...for your sake, as well as the fact that I really like it and have always flown with them whenever the opportunity arose!

[Note: She never responded to my email.]

From: Steve
To: Jay
Sent: Wednesday, September 07, 2005
Subject: SDs Leaders 428 [note: one of Steve's weekly emails to his IL distributors]

Excerpt from "12 Steps of Forgiveness" by Paul Ferrini [note: contributed by person at the bottom]

Take Responsibility

One of the ways I begin to love myself is to begin to take responsibility for my life exactly as it is. Whatever I see on the outside is just a reflection of what is within.

I get into trouble only when I cannot accept my life as it is.

Sometimes I reject certain people and situations. Sometimes I hang onto certain people and situations. Both rejection and attachment indicate lack of acceptance. My acceptance of my life does not mean that it will not change. Surely it will. Sometimes that change will be anticipated. Sometimes it won't.

Change will come as it is needed. But right now my challenge is to be with what is. Is there pain? Okay then I must be with the pain. Is there sadness? Okay, then I must be with the sadness.

There is no "supposed to" in life. There is just what is happening. And that is always enough. If it seems not to be enough, or perhaps to be too much, it is because we perceive it that way.

Our beliefs are just ways of seeing. They almost always require correction, because we almost always see out of desire or fear.

A most important spiritual practice is to just let things be as they are without interpretation, without embellishment, without judgment. That immediately gives the ego a coronary. Imagine telling the ego not to judge, compare, interpret? What then is it to do? It doesn't really know how to do anything else.

So the practice becomes watching the ego go through its judgments and interpretations, not stopping the ego from going through them. Because as soon as one tries to stop the ego from judging, a new level of judgment begins. So we just accept the fact that the ego is doing its number and watch it. That's the hurt child in all of us crying out for attention.

It wants love, but does not know how to ask for it. And it goes on badgering forever!

It's okay. Do you hear that folks? It's okay to be in ego, because we all are in ego! Ninety percent of the time, we're coming from desire or fear (and as we've said desire is just another form of fear). There's nothing to be ashamed about. We all do it.

Acknowledging where we are allows us to witness it. Witnessing is just being present watching the mind dance around in the air. It's not going to stop dancing until we let it play itself out. So watching becomes a spiritual practice, a practice of deep compassion for ourselves and others.

You see, what we have is what we have. We're not supposed to get rid of any of it. And we're not supposed to add to it either. We just need to be with it till we come to understand it.

The more we understand desire and fear the more we become free of their compulsions. It's not something that we do. It's just something that happens naturally through our practice.

We have to remember that our goal is not to change the world or even ourselves. Our goal is to change our perceptions about the world and about ourselves. Our goal is to see with the eyes of love instead of the eyes of fear. This involves a different way of looking, a more objective way of looking, a way of looking without being attached to what we see.

That is our spiritual practice. It is one we share with many traditions.

So taking responsibility means accepting my life as it is. That means I don't waste my energy trying to change the eternal form of my life. It means that I don't look to others to provide the motivation for change. If change comes at all, it comes from within. It comes from being with what is here and now with patience and integrity.

The best way to confront a negative situation is not to run away from it but to walk right through it. It's only negative because I've forgotten my innocence and my brother's or sister's. Why let myself be put off by my fear and that of others?

Nothing I see means what I think it does. Nothing I see means anything. Fear begins with interpretation, with memory of the past. Yet each moment is whole and free. In each moment, my choice is reborn.

It does not matter how many mistakes I have made. I do not carry them with me, although I may believe I do. Each moment I am free to choose. I am free to take responsibility for my life.

Let me go ahead with patience and faith. If I walk down a certain path, I am meant to find where it leads. Even if it comes to a cul de sac, I have lost nothing. No path is the final path, yet every path brings a lesson that must be learned. When all lessons are learned, the need for a path disappears. The need for a form dissolves.

It's okay. I am in ego and I create moment by moment out of desire or fear. That is the way it is. I take responsibility for it. I don't need to change anything. I just need to be aware of what's happening.

From: Patricia C-N

From: Jay

To: Steve

Cc: Kim

Sent: Wednesday, September 07, 2005

Subject: Re: SDs Leaders 428...[12 Steps of Forgiveness & ACIM]

Hi Steve!

I knew there had to be another student of *A Course in Miracles* (ACIM) in our organization.

Paul Ferrini used to be the editor of *Miracles* magazine, which featured material and personal stories from ACIM students. I had forgotten about his "12 Steps of Forgiveness"...so thanks for including it! It is a nice reminder for those of us who forget What we are when we get caught up in the human, ego-world.

Love,

Jay

[Note: Later on I found out that Steve was an ACIM student, at one time, too...and came back to it after he read my suggested book, *The Disappearance of the Universe*, in November 2005!]

From: Jay
To: Kim
Sent: Wednesday, September 21, 2005
Subject: Spiritual insight notes from a prospect call to Mrs. Lori ...
today

Hi Kim!

I think you will find a few spiritual, and human, insights in the below notes that I took from the comments “T” made during one of my IL prospect calls this (Tuesday) afternoon (since it’s now after midnight, Wednesday AM):

[Note: As I told Lori, “I learned a lot today just by listening to the words/thoughts that rolled out of *my* own mouth...and thank you for being the one who enabled me to do so.”]

09-20-2005 4:16 pm

Had a wonderful “spiritual” conversation, including: the fact that “everyone” has addictions, such as pedophiles, and that all victims and victimizers have agreed to meet on some level that most people cannot see until they have truly matured, typically after age 60...that you can learn the most about your self from people who make you “really” angry and to walk away from them is the worst thing you can do for your own (spiritual) learning, as my former wife and I had done!...and that “You have to be wealthy, first, before you can be rich!”

P.S. I assume your (usual) non-response—even though I asked you to do so IF you agreed with me—to one of my last emails (subject: “Friendship”) sent last weekend, means you don’t care about ours?!

Love,

Jay

September 21-23, 2005

After watching one of my brother, Bob's favorite movies, *Pay It Forward* (which has nothing to do with what I did over the next three days), on TV on Wednesday, 9/21, I got the inspiration to call up the four people who had been closest to me, at one point in my life, if not currently (which only my mother, Bobbie, is), as well as being the "most difficult" for me to either deal, communicate or live with over the years and tell them, with them on the line vs. leaving a voice message, that "No matter what has or has not transpired between us in the past, or in the future, that has caused you to feel any sense of remorse because of it, whatsoever, please know that 'I forgive you.'"

I spoke to Kim, my third former wife, first, on the 21st, right after the movie and just before going to bed. She was cordial and pleasant. Then Bobbie, who did not react one way or another, the next day, as well as Donna, my first former wife and mother of my two daughters, shortly thereafter, while I was over for my daily visit with my mother. And, Donna was the first one to actually thank me for calling...which prompted me to say "Thank you...you are the first one, and possibly only one...so far, to do so. Now, I know why I married you [39 years ago]." Today, in the middle of the evening on the 23rd, I called Bob...and, he *also* thanked me for the call!

All in all, this was a very worthwhile experience that I am glad I did not wait until what would be the typical *end* of my life to do it!

From: Jay
To: Eric
Sent: Wednesday, September 28, 2005
Subject: Access to: “everydreamhasaprice”?

Hi Eric (& Juli)!

I *love* the name of Juli and your new website [above], which you referred to on your wedding invitation, which I tried to go to but got stopped at, of course, until you grant me access (and direct me as to what name to use and password—unless you let me choose my own).

Do you realize the Truth in its title...in spite of the fact that your last name is Price? Well...if you haven't, you are SO ACCURATE... “Every dream has a price!” And, it is up to *each* of Us to realize what that is [hint: it's all the same] before we leave earthlife (human consciousness)—otherwise, we have wasted our time here!

I very much look forward to your wedding...like no other I have been to...and the beautiful McKee Botanical Gardens where it's being held on October 15th! Great choice. (You might be very surprised by the person that I *may* be bringing.)

Love, peace and blessings,

Jay

“Walk gently through the world...peaceful and content”

From: Jay
To: Kim
Sent: Tuesday, October 04, 2005
Subject: The view from Love

“Life has taught us that love does not consist in gazing at each other
but in looking outward together in the same direction.”
~Antoine De Saint-Exupery

From: Jay
To: Kim
Sent: Monday, October 17, 2005
Subject: The sense of responsibility and anger

Hi Kim!

I learned something really valuable with Bobbie the other day that I would like to share with you. When I arrived there yesterday around 4:30 P.M. expecting to do her ironing (of her blouses), dispense her morning and evening meds for next week in a daily reminder box and then take her food shopping (for breakfast and lunch items)—as usual every Sunday afternoon, she had *not* done her laundry when she usually runs out of blouses to wear. Well...I “lost” it, emotionally—in spite of knowing full well that she has definitely begun to slip into senile dementia (meaning that I have to remind her to do things...but not every thing) at 84 (on 10/26, a week from tomorrow)—and ranted and raved how she had to “do it right then”...which meant that I’d have to hang around more time than my schedule could handle with the things I had to do that evening! As it turned out—when I checked her closet (for some reason) after that, she had one clean blouse left so I felt relieved.

Then I went back in the living room and apologized to her for losing it—which seems to be a *daily* routine for me these days as I learn to “humanly” respond more correctly [with forgiveness by realizing it is not Reality and remaining peaceful] to her recent childlike defiance and senile dementia. In the process, I asked a general question out loud of My (higher) Self (i.e., *the Holy Spirit*, who I share with everyone since there is really only One of Us) “Why do I keep losing it, when I *know* better!?” Then, I mentioned that I spent *years* apologizing to you, which is really our way of letting our guilt go

(i.e., forgiveness), on what seemed like a daily basis; and that I finally, during our last calendar year together, 2001, managed to not respond in “anger” when you approached me in that fashion—for which I was silently very pleased with my self for finally learning.

A few minutes later, while I was washing my mother’s ears (because she *won’t* do it when she has a shower cap on that covers her ears as well as her hair), as I do every day, Bobbie just said the word “Responsibility.” And I got it...and said “Thank you, Mom, for being My Voice for the Holy Spirit, which You are!” She said “You’re welcome.” I then commented that it is amazing that because I “feel” so responsible for her now that that “sense” would trigger fear, which gets expressed as “anger” in me (and probably everyone). Then, I asked her how “she” felt when I got angry or obviously upset or irritated with her, and she said “Diminished.” Again, I apologized, profusely, expressing how sorry that made me feel; and I told her that I hoped and prayed that I would *finally* stop “reacting” to her (childlike) actions or lack of seemingly necessary ones, like exercises to keep her mobile! I put my arms around her, as usual, and told her that I loved her...and she responded back in kind, like we both do *several* times each afternoon and on the phone when I call to check on her daily and remind her of little things to do before I go there.

Love,

Jay

From: Jay
To: Bobby, Erika & Kim
Sent: Wednesday, October 19, 2005
Subject: By winter? & If I learn to NOT react...

Hi Bobby, Erika and Kim!

While Bobbie and I were chatting this afternoon, she casually mentioned that she didn't think that she was leaving by winter. When I asked her why the change of mind, she said she didn't know (but she seems more healthy now that I have her on vitamins, like calcium and magnesium which help neutralize her totally acidic diet—that is the cause of everyone's maladies and premature-aging process, as well as hers). Then I probed her for what, if anything, she'd like to do or had unfinished that would motivate her to want to stay, now. Finally, I asked "Since you are the *only* person that can cause my human ego to 'react' and lose my peacefulness, maybe you are going to stick around until I finally 'get' it and learn not to...under any circumstances?" She smiled and quietly agreed.

I then explained how frustrated I had been to not achieve total peacefulness—so that no one or thing could upset it...*even slightly*. (Although, I have had periods of it over the 23 years I have known about The Truth of Our Reality.) She commented that I would not be human if I didn't, to which I said "That's the point—that we *all* ultimately 'want'" from the Spirit of Us. After that, I explained that "If I can learn to not get mad at or react to Kim if she got angry with me, then I am confident that I will get it...*finally!* Then, you will be able to go since that seems to be the one remaining thing you have left to do, or help me with, as I was able to leave Kim (even though I really didn't want to!) once I learned to not express *any* anger toward her...to include even mild frustration. But...I diligently

worked, or focused, on getting that way in 2001 when I realized that anger does nothing but create problems for our own selves—*not* others, except to cause them discomfort if they cannot forgive/overlook us, which is the responsibility and lifetime learning lesson for everyone. (P.S. Lisa had mastered *total* peacefulness by the last six months of her life...that's why she could leave!)

Finally, I told her, as I have a number of times, that although I did *not* want her to leave, it is clear to me (as well as herself) that since she has achieved total peace and has no physical discomforts this would be an ideal time to do so...to which she very much agrees. Plus, she cannot find anything that interests her—and she is not bored—[but] spends the majority of her time snoozing, off and on throughout the day. She gets up late around 11 A.M. and usually goes to bed around 10 P.M.

Love,

Jay

From: Jay
To: Kim
Sent: Sunday, November 06, 2005
Subject: A very nice surprise

Hi Kim!

Thanks for being available this morning (9 am, yours)/afternoon (2 pm, mine). What a *very* nice surprise to know that you read *The Disappearance of the Universe*, over a year ago...and love it! Even though I was going to send you a copy this Christmas, I was thrilled today to be able to share with you that I have changed my beliefs—that now coincide with yours—about reincarnation and accept it as being valid in this illusion we live in. I am very sorry that I could not have done that four years ago! Apparently, I needed some strong evidence from an authority of a spiritual and intuitive nature with a focus upon ACIM to convince me and that book did it, *intuitively*, upon the first mention that we all have past lives. Wow...blew me away when I had to change all my thinking about it!

It was very nice talking with you, and I was *thrilled* that we now share more spiritual understanding than I had thought, previously, as I have no one *routinely around* to talk “with” who shares that. Most are reincarnationists, who are focus[ed] only upon their past; some accept this is an illusion, basically; and none have an ACIM background with that as the primary focus. Also, I [am] very glad to know, that like me, you seemed determined to do whatever is necessary to work through all your fears/lessons so that you don’t have to return to the dream, again, like J. Hallelujah...that would be great! I pray we succeed.

Love, peace and blessings,

Jay

From: Jay
To: Kim
Sent: Friday, November 11, 2005
Subject: Fear/acid/depression & God is (accepting Reality)

Hi Kim!

When I had a panic attack (which I seldom have) a few days ago, my legs broke out in a number of small rashes (less than an inch in size). And thank you...because I was able to isolate the fear that caused them after *you* mentioned the day before that you were still dealing with fear. Additionally, I was reminded that ALL fear is actually the fear of God because our egos think He is angry with us for separating from Him. So, forgiving [and] eliminating all of our attitudes and judgments is clearly the only thing we can do here—once we “accept” that we miscreated called this so-called “life on earth.” As I mentioned during the phone call last night to just make a quick recommendation about a movie on TV, I discovered that “fear” [creates] acid (and can override all of our physical efforts to hold it at bay), which, in turn, creates depression as well as physical abnormalities, such as my rashes, because my diet is entirely alkaline; and they occurred the next day, after my rather intense, attack. It, as well as the below chapter, drove home a “big” realization about my responsibility that precipitated this entire understanding!

I clearly “felt” in this incident, from My Internal Voice, that as Jerry’s first book title says: *Love Is Letting Go of Fear!* After I finished the chapter “Near-Life Experiences” in *The Disappearance of the Universe* (which is a GREAT book!), early this morning, it was driven home to me that there really is nothing “of” this world that I *truly* want and that I am “totally” responsible for creating everything and everyone, as well as my human perception of

them, in this temporary dreamworld. That is very difficult for everyone to “accept”...and I really did not *fully* comprehend and accept [my responsibility for its miscreation] and the impact of that realization upon my life, until today.

I am learning to listen to my (which is really everyone’s—since there is only one of us in Reality) Holy Spirit or Higher Self, exclusively, from now on, and came to the final conclusion today (once again, 23 years later from when I first found *A Course in Miracles*) that “God is” and that’s all there is. So, hopefully from this point on, I intend to *desire* (which is what prayer actually is) only that realization, as well as His peace. And those **HAVE** to be *completely* desired (not half-heartedly) in order to be achieved—Jesus says so in the *Course*! Wish me luck...as it can be very difficult to surrender that completely! But, I have been a good listener to His Voice and asked for His Guidance in just about everything (i.e., I was truly humble then) during the first seven years after I found The Truth in ACIM when I first picked it up Labor Day evening on 9/6/82 so I am confident that I can make it this time since I have exhausted my ego’s attempts at finding any sustainable fulfillment in this fantasy!

with a great, brotherly Love,

Jay

From: Jay
To: Kim
Sent: Saturday, November 12, 2005
Subject: All I want for Christmas...

Hi Kim!

Since last weekend and thanks to *The Disappearance of the Universe* and You, I have learned many things, which I'd love to share with you, now.

Do you remember when we first met (on 9/6/95) and I told you late that evening while sitting in the restaurant in Salt Lake City after leaving the [A] *Course in Miracles* meeting at the Unity Church: “The *first* point of contact in any relationship is always *the highest* when two people meet for the first time because that is when perfect Love meets perfect Love—without any judgments”? Well, it occurred to me yesterday that you never greeted me again, in the six years of our marriage (or 11 days prior to it), when you smiled at me and genuinely and warmly welcomed me, as you did that night immediately after the meeting ended. However, I *know* that, in Reality, You *do* love me *very deeply* (even as an human ego) because I remember how at least once every year for the first four years of our marriage you told me how much you appreciated my standing by you rather than splitting and the one time when there were tears in your eyes while Iz’s song, *N’dis Life* (aka: *In This Life*), came on the CD player and You told me how thankful you were, in your life, to be, as part of the lyric said, “...loved by you (me)” came on.

My “Dear Santa” wish list—imagining my self as a little kid—for this year, and forever, is to have absolute, total peace; and I re-learned that to have that I now have to *constantly* ask (i.e., “surrender,” like you did the *entire* month of April 1999—after the

possibility of my suicide and our permanent separation in Dana Point, CA, arose from a moment of extreme anger between us) for guidance from my higher Self, *the Holy Spirit*. You were such a wonderful example of *total* peacefulness, then, as was my daughter, Lisa, six months prior to her death last year. Additionally, that little kid asked Santa for a tranquil mind, the ability to know/feel God as part of his Self and infinite patience for (i.e., to achieve them by) this Christmas.

And, my belief is that Lisa died—near this time last year (12/3/04)—*when* she did (i.e., so healthy, happy and young at 36, *but* as a “perfect” demonstration of the total peace of God, as well...for everyone to remember when they *choose* to come from their higher Self!) to drive home the concept of “infinite patience,” to me in particular, because I told her the month before that I “admired” her for hers—and, I have *never* used that term or thought of anyone else in that manner in my entire 60 years, then or since, in “dreamtime,” as the Australian aborigines [“abos”] call it. It is rather ironic that I brought the gift of God/Life *to* her with my knowledge and awareness of the *Course* (ACIM) to her; and I use to “ground her,” in her words, yet she surpassed and left the fantasy *before* me!? Cute.

Materially, all I *desire* is a warm, clean, neat, somewhat humid, smallish, nice looking, comfortable home in a mountainous environment with great scenery and views from it and lots of nearby, gentle hiking available; nice, peaceful people around; SuperGreens and avocados; regular and high definition TV; and a high speed Internet connection wherever I go or live so I can use my phone to communicate worldwide, like I do now.

I found this wonderful thought provoker this week, also—since I am a perfectionist (but carefully watch that it does not get out of hand by imposing my ideas upon others)—at the bottom of one of Steve’s emails: “Perfectionism is a form of fear. It is usually based on the fear of failure or the fear of disapproval. In either case, perfectionism often leads to paralysis. Perfectionists are scared to death of making mistakes; therefore, they either avoid taking action or are painfully slow.” In My eyes, the Spirit of Us is “definite” and the ego is “wishy-washy.” So, delays in doing anything, without asking for internal Guidance (that sometimes may not come, immediately, signaling us to wait and just *trust* that it will come when necessary), is a “red flag” that we are coming strictly from ego. The ego’s smokescreens for fear are anger, inability to physically [or] mentally function and “mind wandering,” which, if you remember when we were doing morning exercises together, was, and still is [a problem], for me. So, hopefully my acknowledgment of it will allow it to stop, and I will now remain in a “meditative state” of mind (i.e., be alert and at full attention), at *all* times, as well as hearing the Holy Spirit’s voice in Me and able to decipher what He is telling me, instantly!

People who we are close to are our best “sounding boards” to hear and see our own mirror image of our past or present human/ego selves so we can forgive our selves. And, my mother, Bobbie; my brother, Bobby (Bob); [my ex-wife, Donna;] my publisher and friend, Eden; my friend, Priscilla; and you were my greatest, spiritually focused lessons. And, I was never so concerned with anyone else’s welfare, ever—not even my own children—like I was, and am, with and for you. So, thank you, Kim, for touching My Heart *that* deeply!

with Love, peace & blessings,

Jay

From: Jay
To: Kim
Cc: Woody; Sally & Bill; Rosalina & Edward; Roger; Rick & Orma; Randel; Priscilla; Patricia; Pat; Michael; Melody & Mickey; Maureen; Lisa; Lindsay & Pete; Kerry; Kent; Joe R; Jeff & Lisa; Jeff J; Jacob; Erika & Tim; Eric & Juli; Darla; Clay; Bobby; Annette; Ajmal
Bc: Tommy; Rob & Shelley; Randy; Mike F; Mary Beth; Linda H; Kevin; Jim & Eleanor; Jason; David; Bob & Sue; Bob & Kathy; Bill H; Alison
Sent: Sunday, November 13, 2005
Subject: A High-Hurdler

Hi Kim!

I was just reminded, by you know What (hS), that I use to run the high hurdles in high school on the track team (for 4 years) but never won any races—I think I took 3rd place, once. (You have no idea what it’s like to run down 100+ yards of “high” obstacles, for the first time, and how scary...but was easy afterwards when you realized that you couldn’t be hurt by them!) However, that was the only event I did and is *very* symbolic of my entire emotional/social/family life that entailed a *ton* of “hard” [gut-wrenching], internal-calming, fear-reducing work, many times—but not continually or extensively. And, I have *never* had any severe or extreme familial, relationship or work situations as others have...other than extreme, continuous, knife-like, stabbing pains, for a few years (and occasionally, for 9 in total [before I found IL’s alkalization philosophy]), in my lower back, which radiated throughout my entire body! (Note: This is *why* the ego miscreated our “earthly” form of love, by the way—to ensnare us in our/its dream and beat us up, physically, emotionally or mentally, while giving out crumbs of hope that there could be something here!).

I kept on doing it and family life and, to some degree, all 3 marriages (9 1/2 years; 2 months—with almost 3 years of courtship; and 6 years) until my *ego* could “escape”—in other words: fear disguised as flight, as well as my many efforts contacting people around the world sharing Love, forgiveness and the benefits of IL alkalization with hardly any visible, easily-acknowledgeable rewards, whatsoever, or any easily-noticeable signs of [life improvement], from *my* lousy ego’s perspective. Also, I have had few, *if any*, visible, material rewards or successful achievements, in all of “dreamtime” (I love the “abo” term for life, as we think we *humanly* know it!). *But...* I realized on September 6, 1982 when I read the Introduction to ACIM that was so I would *not* get sucked up into it, like [*most*] others, and why I could not truly find anything here on earth that I really want to do. [That] means my higher Self has actually done me a *huge* favor...even though my ego has little to no glory, satisfaction or [financial] comfort—as I have *always* lived here on the financial “edge” (as in the expression: “If you’re not living on [it], you’re taking up too much space,” which my buddy, Kerry, believes he coined over 10 years ago...but others know it, too, as Steve will attest to—however, there is only one Mind, in actuality, that we all are part of—as in “all minds are joined”—so it makes perfect sense that others know it as well because we don’t need or *Truly* communicate with words, except as vehicles/tools to wake up our egos).

To help me constantly remember to forgive my mis-creation (i.e., the physical world) and not emotionally or attitudinally react, in *any* way, to the human images (people) in it, everywhere I go in my house or car I have placed “little” strips of light orange paper with red ink printing, except for a black underscore underneath the “y,” with the following upon them: “it’s ALL your illusion!” My human ego is ashamed that it’s taken 23 years to figure out a way to continually remember What I am, but...I’m a slow learner, and actually

everyone is, that's why they keep coming back—in a different form but always playing the “same” *game*.

Note: That is why knowing your past is not necessarily helpful—unless you have great difficulty “understanding” the same lessons in the *present* and have to look at the “historical” past so your ego can deal with it and accept it because it *appears* to be “outside” of it so it doesn't have to assume any responsibility [nor want us to!]. I am **not** putting a “value judgment” on past-life or reincarnation investigation and study. But I intuitively know everything is NOW so I could care less about the past, which, to me, to study our past is a trick of the human ego to wallow in “stuff,” that doesn't *seem* material. However, our higher Self (hS), the Holy Spirit, can use it for Your/Our benefit. So, it has only very recently become “okay” with my ego—thanks to the book, *The Disappearance of the Universe*, teaching me to accept that reincarnation, as well as anything in and of the world, can appear real here (*even* in spite of the fact that I have believed, for several years, that “All things are possible”...particularly, in a dream, that this is!)—that you and my brother, Bobby, (and others) choose to [study]! Sorry for not being more open-minded.

with Love, peace & blessings,

Jay

P.S. My life is running weird these last couple of days, and I am obviously now “freestyling” it. (I used to be a freestyle skier and loved moguls...and as I wrote those words, That just told me that my ego likes a “challenge” and that's why I have [i.e., it has] picked more difficult women to love and people to live with—including my family!). Perhaps, at my higher Self's direction (?), I was wide-awake

Friday night until 4:14 am and easily woke up 3 hours later at 7:17 and functioned very well all day. Last night (Saturday), I very unexpectedly and quickly felt tired in the movie theater at 9 pm, which caused me to feel chilled (as I finally figured out, then, is what it *always* does—and I think your ego does, too—which is a good tip-off for me to remember as to when it is). But, I deliberately went for my 20-minute evening walk, that I usually take earlier, when I got home, diddled around and didn't go to bed until around midnight. As tired as I was last night, I woke up a short while later at 4 am. Since then, I read the chapter “Healing the Sick” in *Disappearance*, which I loved because it's *so simple* to understand and freeing (“Where were you, Arten and Pursah, aka: Thaddeus and Thomas, 23 years ago when I could have used you?” ...obviously, I wasn't ready then...and apparently Gary, too, as it took him 9 years to receive the information in it, beginning 10 years after I found the *Course* in 1982); stretched somewhat; and have spent the rest of the time being inspired by my higher Self's “selective remembering” of my history and then discovering the Truths behind it, now!

Viola...my ego isn't in *total* control anymore...*so long as* I keep following the inspiration and direction I get from just listening and functioning when feeling truly guided to do so! Seriously...why don't I do your job for you (*if* Delta would let me!) and then you can stay home and write “fulltime,” like I did for 5 years and have been doing so, off and on for the last [8] years? [Then] you can be more inspired and directed (*if* you will follow It) by your (which is really everyone's) higher Self?!? Let me know if you would like to do it (as long as you want)—without any strings attached: meaning I could live upstairs without *any* expectations (I promise you!) while being able to make a small financial contribution (at this point), and you can send me away, again, after you're done exploring your self!

P.P.S. Stay tuned...there will be more interesting insights into Jay's exploration of his own miscreated self in his spiritual evolution (for those who don't know what I *really* do)—that will become the next book, *Falling Forward*. I got the title for it before I began it (that's how I know I am going to do it again stop and publish it [www.theperiphery.us], which doesn't please my ego ...believe Me!), as I always have, except for *Notes*—because it would have tipped my ego off that I was *still* writing when “it” wanted to stop, forever, in 1995 when I finished *DON'T THINK...Listen!* (But, that's how I expose itself to my Self...and the jinx is up!). I'm still reworking the presentation on the one I finished last December, *Notes to My Former Wife*, since I rushed it out because my ego anticipated my leaving (...huh?).

“Walk gently through your world...peaceful and content”

From: Jay
To: Kim
Sent: Monday, November 21, 2005
Subject: A true Thanksgiving with true forgiveness

Hi Kim!

Today (Sunday, 11/20), my entire family celebrated Thanksgiving early at Jeff and Lisa's house (Jordan's father and his fiancé), and it was [an appropriate] culmination of my weeklong resurrection and true spiritual awakening.

First of all, before I begin, I want to convey *how* appreciative that you, and Your awareness of Truth (plus, that of IL), are in my life and that you allow me to communicate with you so that I am able to reinforce my spiritual learning and contribution to the world. And thank God (through Jesus) for *The Disappearance of The Universe*, which has literally saved My life to return me to My correct consciousness, and for Your own personal understanding of the Truth because of it—that is a “huge” blessing to Me! Although I talk to my mother about what I learn, as I learn and relearn it, her memory is going fast...but I am *very* thankful that we spiritually bonded, a year ago at this time, for the *first* time in our lives.

Last Sunday (11/13), and in spite of knowing this world is ALL an illusion for 23 years (!), I finally accepted “my” responsibility—because “it’s ALL my (*not* our!) illusion”—for miscreating it in my mind enabling it to appear real. (Hence: “Awareness of dreaming is the REAL function of God’s teachers.” M31) The difference between then and now is that I thought that it had to be a joint effort (i.e., “we” instead of just me) when it doesn’t—it is strictly an *individual* one! Then, I finally “got” that I needed to accept that

responsibility if I wanted the Peace of God and a tranquil Mind—*above all else*, which I do now, and that is what it takes to have it (i.e., it says so in the *Course*).

Two days later on the 15th, which became *the* “happiest” day in my life because of my internal understanding and acceptance of the above, after so many years of unbelievable pain, suffering and frustration, I finally grasped and felt the significance of two concepts. First, you (and everyone and every thing) are *my* mirror of now, only—not my historical past, as I thought and had shared with you. The reason for that is the real understanding of the second: my perception of you (etc.) is my “projection,” and that I have to *believe in* someone’s/something’s existence as physically real *before* it appears/occurs (i.e., no “belief” in humanness: no belief/judgment, no projection and therefore, no perception). Consequently, I was able to free the world and everything/everyone in it—including my self—from my illusion the moment I accepted that! Now, my practice is to accept everyone/everything in my world as my responsibility, and therefore, remember that if I react with other than love or total acceptance—“forgiveness,” in other words, I am enslaving them and my self to this world. AND...it is much easier to do with the aforementioned awareness! If I slip, as my own human ego will, and has, [it will] deliberately sabotage my forgiveness efforts.

The successful experience of forgiveness was my loving acceptance of the most difficult lessons: three people at the Thanksgiving day dinner, today—including my mother, Bobbie, first wife, Donna, and her second, former husband, Mel, who had legally tried to adopt my two kids—against my wishes (!), many years ago, when they were married. I can now truly look upon *all* people as my creations (actors, if you will) who have shown up to play a role in *my* movie,

of which I “am” the director [and screenwriter]! And as *Disappearance* said: once we learn certain lessons, their future recurrence in our *predestined* lives (i.e., another concept that I didn’t accept as valid until I read that book!) is removed by Jesus/the Holy Spirit (which are one, as is Our higher Self with them). Thank, God...but with infinite patience, it wouldn’t matter if they did because their affect upon our lives/psyches would be nonexistent!

Thanks again, Kim, for being there!

Love, peace, and most of all, blessings,

Jay

From: Jay
To: Steve
Sent: Friday, November 25, 2005
Subject: Raising the dead

Hi Stevie!

GREAT to talk with You, today, about “raising the dead” (how it’s done, etc.), *The Disappearance of the Universe* (book), *The Dark Crystal* (movie) and My Awareness of the real Truth for over 23 years (since merely opening ACIM...and getting Rob’s program the same way when Kim mentioned [that the body is 70% water]) and the kinds of things I’ve learned...so that You can be aware of them, too!

with Love, peace & blessings,

Jay

From: Steve
To: Jay
Sent: Friday, November 25, 2005
Subject: Re: Raising the dead

Thanks for sharing...

I just ordered *Disappearance of the Universe*

Should I reread ACIM first before reading
Disappearance of the Universe
it’s been years since I read the ACIM text

stay in touch...

Steve

From: Jay
To: Steve
Bc: Kim
Sent: Friday, November 25, 2005
Subject: Re: Raising the dead

Hi Steve!

No...but glad to hear you have at least read it, once! *Disappearance* will bring it all together in an immensely entertaining and insightful way. You won't be disappointed...but be prepared to learn a lot of things (in very short one-liners throughout the book) about this dream that you may not have understood or "accepted" before (as I didn't, previously!) in as factual manner as possible in dreamtime—where ANYTHING is possible (now)...which I did not fully accept, also, until now. I kept thinking "NO shit?!", about every 50 pages or so...and believe me I thought I "knew" a lot of truly spiritual stuff, as well as the rest of the game that many play. For example, I was a fan of the Seth material (books, primarily) and others, like Arthur Ford, *many* years ago, *but* I discounted reincarnation as "valid" because it does not apply to everyone—not realizing that J, and others, who ascend do not have to repeat [life on earth], as Kim and I, both, hope [not] to, this final trip!

Look forward to having a good laugh with You, once you've read it!

Love,

Jay

From: Jay
To: Kim
Sent: Sunday, November 27, 2005
Subject: Revealing illusions about health

FYI, Kim...

In that we are both Truth students learning forgiveness [and very familiar with Rob's alkalizing philosophy for good health], I thought you might appreciate this.

Love,

Jay

From: Rob & Shelley
To: Jay
Sent: Sunday, November 27, 2005
Subject: (no subject)

Dear Family and Friends:

To reveal the illusions that imprison us, we must study the history of how the illusions were created.

One must challenge everything in the modern construct of immunology and what is said to be the immune system. The basis of modern immunology is founded on Louis Pasteur, the fraud, impostor, deceiver and self-promoter. There is a serious problem to where every word and part of the anatomy must be questioned to find their use and function because of the fraud of Louis Pasteur.

For example, the word influenza means influence. Originally, influenza was said to come from the stars or heavens. The Avian Influenza is influenza of a bird “influence.” More specifically, it is an influence of bird waste. The bird consumption industry in Southeast Asia is overcrowded to the point that the chickens are consuming their own waste, producing an over-acidification of the birds and workers that must work in the acidic air and waste. It could be more accurately called Acidic Bird or Chicken Excrement Influence, that is only contagious to those consuming acidic birds, like chicken or breathing chemically altered air from chicken excrement. Because chickens do not have a urinary tract system, like humans and animals, they are more likely to absorb their own acidic urine into their tissues. I guess you could say that is what makes chicken flesh taste so juicy and why humans should *never* consume chickens!

Here is a second example of Pasteurian scientific dogma. The word “virus” is [of Latin origin and] means “poison,” as in snake venom, (being too acidic). When a serious snakebite releases venom or acid into the skin and soft tissues, the small sweat vessels become so enlarged that red corpuscles can flow into the tiny sweat glands, showing red skin patterns and allowing the venom or acids to escape through the skin. Acidity dissolves and enlarges blood vessels for the movement of acidic fluids or gases. Alkalinity constricts and normalizes the blood vessels. The point being that viruses are molecular liquids or gases (i.e., venom) that can be created by chemical imbalances in humans, plants and animals (by malnutrition or toxic acidic food and/or drink consumption); [are] also created in humans, plants and animal glands; [can] sometimes used in defense (snake venom) or emergency (overactive adrenals); [and] also can be crystallized in laboratories, [but] rarely, if ever, crystallized in vivo; and [it is] foolish to call viruses contagious when viruses are nothing more than acidic liquids or gases from biological

transformation or rotting matter. In snakebites, lifestyle choices and diets, it is not the bite or food that kills; it is the venom or acid from the food that kills. Ultimately, it is in one's personal choice that gives life or takes life!

My final example is in defining the truth about antibodies and antigens. Antibodies are chemical clusters or alkaline buffers to a typical acidic condition properly referred to as antigens or enzymes. So called antibodies are released from healthy organ cells, such as the liver, in response to buffer and neutralize the acidity or liquid acid antigen that was first introduced. It must be noted that the words antibody and antigen are a Pasteurian dogma construct. The mindset being that an antibody, or now even antibiotics, are defending or responding to bodies, microbes, invisible bodies or what I call phantom viruses, like Avian, SARS or even HIV—even though HIV is not a virus but an alkaline antibody to buffer acid or antigens. The chemical response is actually due to an introduction, vector or antigen of a chemical nature, typically acidic, not a body, microbe or bacteria or yeast. If bacteria, yeast, fungus or mold are transferred into another individual, it must be made in a balanced liquid medium to support that fragile microbe or insignificant entity in order to survive. The main point here is that bacteria, yeast, fungus or mold do not cause sickness and disease—sickness and disease is a result of *excess acidity* [italics mine] or antigens that have not been properly buffered by antibodies or bases, such as sodium bicarbonate. These fragile microforms are the expression of cellular transformation from once healthy human, plant or animal cells due to an over acidic environment. Sickness and disease can only be caused by the over acidification (abundance of antigens) of the fluids of the body due to our own personal lifestyle and dietary choices.

So, this holiday season, as we contemplate the flu season (no coincidence that they occur at the same time considering the ingestion of all the acidic foods and drinks) may I suggest that each of us take personal responsibility for the consequences of our choices, rather than blame a phantom Avian Influenza virus. If we get sick, it is our own fault and not the cause of a phantom virus that we can blame to cover our own transgressions. Save your money and save your life by making alkalizing and energizing lifestyle and dietary choices. This is where true immunity is found—not in vaccines, which are all acidic and poisonous to the body.

I love the words of Hippocrates when he said, “Let your medicine be your food and your food be your medicine.”

In closing, I quote Abraham Lincoln, who said “. . .but you can’t fool all the people, all of the time.”

Is it not time that we wake up from the fraud and deception of Louis Pasteur’s medical science and break the chains that can prevent us from incredible, outstanding good health, energy and a long a prosperous life free from all sickness and disease? Is it not time for us to be truly free in all ways—physically, emotionally and spiritually?

I believe with all my heart that the answers to these questions can be found and realized in understanding and choosing truth, light and life over deception, darkness and death. For the truth can and will always set us free, in all ways!

In love, light and life,

Dr. Rob

P.S. For more information on flu, viruses, and vaccines I refer you to our book, *Sick and Tired*, and the technical essay called, “A Second Thought About Viruses, Vaccines and the HIV/AIDS Hypothesis.”

Merry Christmas!...2005

Hello...

This may very well be the best and shortest Christmas letter I have ever written.

After I finished reading *The Disappearance of the Universe* by November 11th, I decided that there were four things in Life that I “truly” wanted, above all else: 1) to “feel” that God Is [i.e., not just know it, intellectually, like I had for 23 years!]; 2) to have His Peace [not just peace of mind, in general]; 3) to have a tranquil mind; and 4) to have “infinite” patience, like Lisa [my oldest daughter, who died a year ago, yesterday (12/3), as you may remember] did during her last six months on earth. Very late Friday night/early Saturday morning (12/3), I was rereading, for about the 7th plus time, the lesson reviews in the *Workbook* (Volume II) of *A Course in Miracles* when the realization of My first wish came through me, and I felt that “God Is” ...and very blessed to feel (know) It, *again!* (Note: Looking back over the past 23 years that I have known The Truth, I realized that I had *felt* it—meaning that I am part of God—several times...when I did *not* get caught up in the world and things and people “of” it. This morning, I realized that I have also periodically known/felt the Peace of God, as a totally, all-pervasive experience, for a few days at a time, each time, over those same years. Only, now I know What It was, and hopefully, will remain “in” It, *forever*, from here on! A tranquil mind and infinite patience will automatically follow.)

As far as events go, the only thing worth sharing is that my dear, sweet, 84 year old mother, Bobbie, who continues to teach me

“forgiveness” (i.e., My, and Our, *ultimate* function here...which leads to “everything,” mentioned above, including *total* happiness, experienced as complete contentment), has slipped into senile dementia and her memory—but not recognition of people and things—has deteriorated, rapidly and drastically. I am very blessed to share every day with her, and I am eternally grateful that I spiritually bonded with her, as We were of One Mind, at that point, on Thanksgiving, last year.

Also, next April (2006), I will turn 62 and will be on partial Social Security (i.e., \$800+/month), for the rest of my years on earth, without any other known financial opportunities, at this point...because I have found it next to impossible to find “any” conventional work for the last six years since I lost my last “career” type position in Hawaii. And all of my investments and financial resources, that I have been living off of since August 2004 while I built my international distributorship of *truly worthwhile* health products, will be gone as of next June. Yesterday, I was scared to death by that possibility and had nowhere to turn for material help. Today, I am re-learning that I merely have to “trust” that the Reality of Me that is part of God (which is Yours, too) and everything will be provided for Me, *again*. That Realization broke the cycle of manic depression that I had been experiencing as extreme ups and downs, alternating every other day—without fail—since November 8th...and I did not have to take any supplements to biologically rectify it, as I had really *desired* (i.e., “prayed for”...which is what prayer is in Reality)!

This will be My merriest Christmas (i.e., most peaceful and content)...ever! And, I wish the same for you and yours, as well as My gifts, this holiday season!

As always...Love, peace & blessings,

Jay

[Note: When my mother accidentally died 12 days later, my immediate Internal Understanding was that I had learned all the lessons from her that I could this lifetime and that She was setting me free!]

[Note: The prior evening, Saturday, 12/10, I took my mother, Bobbie to dinner and a movie musical called *Rent*, which was absolutely terrific. We both thought so. The next morning I called Kim at 8:30, her time in Hawaii to tell her not to miss it. She answered the phone in such a sweet voice saying “Good Morning.” After I told her it was me and that I was just calling to tell her about a fantastic movie (that I thought she’d love since she liked the movie musical, *Chicago*, so much), the tone in her voice “dropped,” *dramatically*, and she said she was going on a trip and could not talk. I then said “Okay... goodbye” in as pleasant a tone as I could and hung up. Later that day, I received the below email.)

From: Kim
To: Jay
Sent: Sunday, December 11, 2005
Subject: Time to move on!

Dear Jay,

Ours was a very unhealthy relationship. It is still unhealthy. Staying in touch with you is not in my best interest. It just upsets me. You may not realize that verbal abuse and your behavior fits the domestic violence profile. I seem to forget what went on in our marriage when you call, but my friends will not let me forget. For their peace of mind and mine I ask that you do not contact me anymore. I ask that you do not contact my friends or family, or mutual acquaintances to ask about me. I will be instructing them not to tell you anything about me. You have taken up far too much of my time, and I will no longer let that happen. You have taken up almost one-quarter of my life—no more!

David reminded me the other day of hearing you verbally abuse me and having to step out of his office [in his home just across the way from ours] so he wouldn't be a part of it. He is not the only one that does not like the way you spoke to me. I feel that you have a very unhealed relationship with women and somehow think that they need to take care of you. I never asked you to provide for me, although I provided for you a good deal of the time we were together. I only asked you to contribute. Our divorce was not a mistake in my mind. It is one of the biggest blessings of my life—learning to speak up and take a stand for myself.

I have moved on with my life and suggest you do the same. You tell me that I live in the past too much. Well I suggest you take a look at yourself.

I ask that you do not call, email, write or any other form of contact. If you do I will be forced to take further measures. I will block your email, change my phone numbers— whatever it takes. I hope you will honor my requests, because changing my numbers is inconvenient to me and my friends. If you do love me as you say then you need to love me enough to let me go.

I wish you and your family all the best in the future!

Farewell,

Kim

[Note: Perhaps her (and my former) neighbor, David, by remembering a past incident that occurred in 1998 prior to my “shaping-up” my act in 2001, caused her to react the way she did. Shortly after reading her above email, I read a passage from the *Workbook*

for ACIM, which said: “Perception follows judgment. Having judged, we therefore see what we would look upon (W446).”]

From: Jay
To: Kim
Sent: Sunday, December 11, 2005
Subject: Re: Time to move on!

Got it...bye, Kim!

Love,

Jay

From: Jay
To: all my family and friends
Sent: Friday, December 16, 2005
Subject: Bobbie died last night

Hi gang!

Well...my dear, sweet, 84 year old mother, Bobbie, choked on a piece of meat—for the third time in a year, last night—and she had been warned several times to eat smaller portions, more slowly and without cramming in the next piece. This third time—with the third Heimlich maneuver (i.e., the other two times as well)—her heart stopped and she couldn't be saved.

After seeing her daily for the last year and half (because I wanted to make *sure* I had “maximum” time with her in the event of just such an occurrence), it will feel very strange to not see her...and I will miss her physical presence very much. *But*, as I, and a few others of my Friends, know we don't really die...we just change form; and for those who ascend, like Jesus (with the message of the resurrection that is all of ours)—and as I hope to, this time around, we all can when we so chose to accept the Reality of Our formless Spiritual Life (as in: “Nothing real can be threatened. . .nothing unreal exists”).

Bobbie will always be with Me.

with Love, peace & blessings,

Jay

[Note: Without having read the below email, I called Bob, aka: Bobby, tonight to let him know of two financial additions to Mom's estate. He informed me that he didn't care to know, but that I would have to return the supposed ring (one of two) to the Estate Administrator, Ed, from Bobbie's trust department, that Mom "gave" to my youngest daughter, Erika—in spite of the fact that Bobbie had given *several* to Lisa, my oldest daughter, who died around this time last year, and may have actually been given Gram's (i.e., Grace's) diamond engagement ring, which to my recollection was a platinum setting with three diamonds on it—that Bob has "no idea" what it looks like!?

Also, from his attitude—and the salutation on his below email, which I glanced at while I was talking to him since it had just arrived at that time, I assumed he didn't want to know anything from me. I asked him if he would prefer that I did not contact him ever again, unless I heard from him, first? So I told him I would not call or send any more emails until he contacted me, which he agreed to.]

From: Bob
To: Jay
Sent: Wednesday, December 21, 2005
Subject: Grace's Diamond Engagement Ring

En-light [In light] of your actions, I am respectfully requesting that Erika Lynn return Grace's Diamond Engage[ment] Ring to me via Ed for validation & verification to the stone[']s authenticity and ultimate conveyance to me outside the estate.

Understand full well your (Erkia [Erika] & Tim [and] Jay) action constitute Felony Theft for which you could be Charged - all three

of you would be wise to consider the repercautions [repercussions] of such. As well as I do not need any of our Mother's Estate to survive and what the repercautions [repercussions] of any delay the estate's distribution. The choice is yours (all three of you), choose very carefully...

I never want any of this to have happened and all you had to do is be patient and wait a little while....

You let Ed know what you want to do.

Your Former brother!

Robert [as well as his middle and last name]

[Note: Perhaps against his wishes, I called Bobby on Christmas Eve day to wish him a Merry Christmas and to tell him that I had a "great" Love for Him—that he didn't seem to be aware of. But I did so because Bobby did not send me the email I requested and that he said, twice, that he'd send when I spoke to him three days, prior.]

From: Jay
To: Bobby
Bc: Steve
Sent: Sunday, December 25, 2005
Subject: Sharing with Bobbie

Hi Bobby!

The last thing that I will miss most about Bobbie's not "physically" being here is that I could always share My Thoughts about this

world and its illusiveness with her—even though she would not openly accept it. And, she even told me one time that I was very interesting to listen to, which pleased me because It told me that She was on the same spiritual plane that I was! (And a Thought, just came to Me that I can *write* My Thoughts out to her, from now on, because, in the words of William Holden, who was wandering the Australian Outback [where I have been] waiting to die, to little Ricky Schroeder, who had just lost his parents in a plane crash along with himself, in the movie, *The Earthling*: “People never die as long as you remember them.”)

Since you are the sole remaining, “readily-available” person who understands the illusion that I can talk to about it, I would like to share some of my most significant spiritual insights, as it pertains to My very recent Awakening. Unfortunately, it took 23 years of “knowing” these few things before I *finally* “got” them this past December 3, 2005, the one year anniversary of Lisa’s death (so “Thank You, Lisa, for Your gift”...I can’t think of a more appropriate time).

First of all, although I have known that this world is an illusion since 9/6/82, I NEVER accepted my responsibility for mine, meaning I was under the mistaken impression that a significant number of us (as in the concept of the story about the 100th Monkey—if you’ve heard of it) had to truly accept that this world is an illusion *before* “dreamtime” was over for *all* of us. *Not so!*...as I finally discovered on 12/3 of this year. I have to forgive everyone and everything in my illusion because that is my responsibility since I mis-created all of it. And *after* I shared My initial, *intellectual* Realization of that with Bobbie in November—when I first *began* to accept it, she was very good at reminding me (and I thanked her every time she did!) that “my” perception of her was my *own* fault/responsibility

(to forgive her) *whenever* I “commented” to her concerning something about her judgmental ego-personality or the way she negatively perceived people, or situations, in general. (For example, she really disliked, for no apparent reason, other than his looks, the short, slight, Dining Room Supervisor who had saved her life the second time she had the Heimlich maneuver performed on her at Sandhill, this past year) And that leads to the second revelation that I recently read in the *Workbook* (Volume II of ACIM) since Bobbie’s death.

Secondly, perception *follows* [projection which follows] judgment, meaning that our human egos come into this world *with* their judgment “scripts” about people, places and events [and then projects them as this physical world]; and it is up to Us to not accept them and to *let them completely go* (i.e., “forgive” them) because they are our own miscreation.

Note: It is rather ironic that in June 2003 I wrote a passage from ACIM on a small card and stuck it in the bottom-left corner of a 5" x 7" framed picture of Lisa and Erika that is on a table next to my easy-chair, where I sit most of the time when I am not working at my desk. I entitled it Self Responsibility (but never really *felt* I completely understood it until *now*): “You will attack what does not satisfy, and thus you will not see **YOU** made it up. You always fight illusions. (T588)” (Italics are mine.) *Oh well...* better late than never.

Have a swell life that you mis-created for your self, Bobby! (Hope You learn to forgive it...and me, as well as everyone else. If not...*no matter...*I have forgiven you and have a *great* Love for You, as I told you, yesterday, with my little, human ego choking back the tears of sadness it was feeling that we have [never] been close...but *could* be in My Heart...and *when* You so choose...and Kim, too!)

with Love, peace & blessings,

Jay

“Walk gently through your world...peaceful and content”

From: Jay

To: Bobby

Sent: Tuesday, April 04, 2006

Subject: My Greatest Treasures

Hi Bobby!

Before I left Florida for New Mexico on February 15, I gave away most of my greatest “earthly” treasures. Donated all my household furniture—that was less than two years old—to Goodwill; gave Erika my 23+ year old, hardbound, greatest treasure of all, 3 volume set of *A Course in Miracles*—that had cost me \$150 because I had them “sewn-bound” to keep them from falling apart since I read them so much; and gave two of my oldest friends (for 38 years!), Dee and Roger, my copy of *The Disappearance of the Universe*—which forever changed my life this past November (2005) by getting me to rescind my beliefs about reincarnation...but *more importantly*, by teaching me that everything I *perceive* in this world is MY [created] illusion—to include everyone in it and the roles that they have played in my life (i.e., meaning their “scripts”).

Consequently, I learned to accept TOTAL responsibility for absolutely everything and everyone in my life because I created them—not God, as most people believe! From that understanding, I learned, once and for all, that my (and everyone’s) sole purpose in

life is total and complete **forgiveness** of everyone, everything and every situation I have put my self through because I was the producer, director and lead actor in the movie called *Jay's Life in the Earthly Dreamworld*.

It wasn't until I reached New Mexico that I recently discovered what I could give you— my greatest music (see the attached list). So, I went to a UPS Store here, yesterday, and sent you all of my greatest songs and artists, from many years back, in the form of CD's. They are scheduled to arrive on Friday, 4/7. Since I prefer silence in my home, and while I am driving, so that I may listen to the internal direction from My higher Self, except for when I watch a cable movie at night (typically after 8 P.M.), there certainly is no need to hold onto them anymore. [Note: I did keep two "Iz" (Israel Kamakawiwoole, a deceased native Hawaiian who is famous for his rendition of the songs *Over the Rainbow* and *What A Wonderful World*, which are sometimes blended together, and have been used in many commercials, like Toys-R-Us, and movies, like one of my favorites, *Meet Joe Black*) CD's—because they still touch my heart and bring me back to Hawaii—since I was not sure that you like true Hawaiian music. If you do, tell me and I'll send them to you, also!) I hope you enjoy them, as much as I did.

Love, peace and blessings,

Jay

From: Bob

To: Jay

Sent: Wednesday, April 12, 2006

Subject: Re: My Greatest Treasures

Hi Jay!

Box of your Greatest Musical Treasures has been received and Thank You for your gift [—] it was very thoughtful of you.

Also, I forgive you for all that you've done in the past, which has hurt me in any way! And wish you nothing but happiness in whatever you do and wherever you end up!

In Peace, Love & Light!

“I Wish You Enough!”

Bob

From: Jay

To: Bobby

Sent: Wednesday, April 12, 2006

Subject: Re: My Greatest Treasures

Hi Bobby!

You are *very welcome*, and I am glad you appreciate them. That pleases me. But most of all, your forgiveness of me touches my Heart. Thank you so much!

Love,

Jay

From: Jay
To: all my family and friends
Sent: Monday, June 05, 2006
Subject: Welcome to my new home in Honolulu, HI

Alo-ha, gang!

Hello, and welcome, to my new place in the heart of the Waikiki section of Honolulu—a few blocks from the beach, Diamond Head and the large zoo and lovely aquarium in a “beautiful” park southeast, near the base of Diamond Head. I can, and will, walk everywhere (and leave my car in the [nearby covered] garage! (Can’t believe I am finally going to make it back...but am I thankful after sweating out the most anxiety-ridden, heel-dragging and confusing time of my entire life from January until now. *Phew!*) My only phone is still the same, which is my Florida cell # that I’ll keep so my family there (daughter and her husband, 2 former son-in-laws and 5 grand-daughters) can save long distance charges on a local, landline phone. The year-round warm weather (Avg High: 80-89 & Avg Low: 65-75...the best I could find in the U.S.) is the principle reason for selecting Hawaii over Florida because I chill very easily; plus, they seldom have hurricanes and the commensurate 5-9 day power outages that accompany them (i.e., I hate cold showers). The beautiful scenery and nice people there help, too. Everything (i.e., restaurants, grocery stores, movie theaters, 2 malls, lots of the *best* shops in the “world,” etc.) is within 2 miles of my high-rise condo so I’ll walk everywhere and maybe only use my car on Sunday afternoons for a 1-2 hour walk along different beaches or scenic hiking areas.

It is a corner studio *condo*, which is hard to come by (i.e., I’ve *never* seen one before because they are usually wedged between

larger, apartment-style units), including all the whitewashed furniture, furnishings, TV, etc.! It covers the top “one sixth” of the 11th floor (i.e., one floor down from the very top) in the *front* of the building, which you can see, as well as the entire interior (including a nice bathroom, a galley kitchen and large and small lanais with patio furniture) when you look at the [attached] pictures. I’ll just bring my clothes and send my personal belongings, like my laptop computer, et. al., by UPS.

Love, peace and blessings,

Jay

From: Darla
To: Jay
Sent: Friday, July 07, 2006
Subject: Re: Welcome to my new home in Honolulu, HI

Jay, congratulations!!! I am so happy for you!! Looks like it will be lots of fun. Make sure you write me and tell me about what it is like there and what you are doing for fun, peace and serenity!

Love Darla

From: Jay
To: Darla
Sent: Friday, July 07, 2006
Subject: Re: Welcome to my new home in Honolulu, HI

Hi Darla!

Thanks. And yes...it is very nice. Plus, I do not have to worry about the power outages from the hurricane season, anymore. If we should get them, I can survive because the water is always warm here, and that's [i.e., the water heater] all I *need* electricity for, except for movies on my LCD high definition, 32," cable TV in the evenings, as well as my water filtration/alkalization/ionization system (but I can always drink the city water, which does not taste bad, if necessary). Also, we get 10-25 mph tradewinds every day (except, like Florida, they tend to die out, off and on, during August and September—but not continuously like Florida [where I used to live in her house) so there is no need to use air conditioning, which I have during those days. So... I am *very* physically content and secure here...as I thought I would be!

Right now, I am fixing and straightening some things out around my condo. But, I hope that will be all taken care of within the next month.

As far as living peacefully and serenely is concerned, I find each day that I have less and less interest in *any* "thing," including movies (*that* blows me away because they are my favorite form of entertainment) and really good, fictional books from great authors (that I *just* started getting into five months ago), which is actually *great*. So, I am learning how little of earthlife I actually need...which I actually understood over 23 years ago when I found *A Course in Miracles*. It would not surprise me that I may *soon* reach a point, like my mother did during her last six months on earth when she just sat all day without *any* form of entertainment and diversion, where I will probably do little, other than meditate, and go for walks around my lovely, tree-lined street with its fieldstone sidewalks. Boredom only exists to the human ego. Ascension is the

goal, and I have found “what” it takes to make it possible, and reincarnation end...*but* more on that in another email.

Wish me luck!

Aloha...and blessings,

Jay

From: Jay
To: Woody; Tommy; Steve; Sally & Bill; Roger & Dee; Rick & Orma; Priscilla; Pat; Michael; Melody & Mickey; Maureen; Lisa D; Lindsay & Pete; Linda H; Kent; Joe & Deborah; Jim & Eleanor; Jeff & Lisa; Jeff J; Jacob; Erika & Tim; Eric & Juli; Darla; Clay; Bobby; Ajmal
Sent: Friday, July 07, 2006
Subject: "The End of Reincarnation"

Hi gang!

Last month, I listened to a couple of CD's called "The End of Reincarnation" by Gary Renard, who wrote, with spiritual assistance from two entities over a nine year period, the amazing book, *The Disappearance of the Universe*. I thought I would share with you the two things that everyone **must** do to make that happen—otherwise, we all just keep coming back, again and again, until we accomplish these:

1. Uncover ALL unrecognized guilt
2. Be willing to let go of our individuality—including our consciousness that only a human ego has (because the Father and the Son, Us in spirituality, are one—there is NO separation between them, whatsoever)

I have discovered a few other steps that are necessary to get to that point:

- 1) Learn to be "aware of dreaming," which is our REAL FUNCTION, from which REAL FORGIVENESS of everyone [by being "willing" to let them go], as well as all events in one's life and all things, *automatically* emanates because we realize that "we" created ALL of them (i.e., REAL RESPONSIBILITY); 2) learn to

be a “passive figure” in everyone else’s dream, as well as not having ANY of our own; and 3) learn to let go of any and all anger reactions to anyone or anything in the dreamworld, which is our MAJOR LESSON. Obviously, one must live in a state of peacefulness and a mental oneness with God, which *is* Heaven.

Jesus, and others, who understood these things, ascended and got off the reincarnation merry-go-round...as I hope to do *very soon* (even though I live in paradise). Ultimately, *nothing* human can sustain us. I have *known* it for over 23 years when I discovered the Truth of Our Reality when I opened *A Course in Miracles* on September 6, 1982 and read the last three lines of the very short introduction, which said:

Nothing unreal exists.
Nothing real can be threatened.
Herein lies the peace of God.

Aloha...and blessings,

Jay

[Note: It is *seldom* that I ever hear anything, telephonically or in writing, from my youngest, remaining daughter, Erika. So the following email was a real pleasure to receive...plus, the upbeat note at the end about Michael, her older sister Lisa's widower husband and father of two of her three girls (note: Jeff is the father of her oldest daughter, Jordan), who she had difficulty dealing with since Lisa's death in December 2003—until very recently when they had a long overdue talk to straighten out things between them. That really pleased me! I feel like my “human” life is complete and at peace, now.]

From: Erika

To: Jay

Sent: Friday, July 07, 2006

Subject: Re: Animal/Dairy Protein “Overload”

Just going through 500 emails that I have...I have no time for emailing...all day on the computer at work. I just had to pay bills and realized that it was beyond full.

How is Hawaii? I hope it is every bit of paradise as you remembered. Thought you might want to know I just had an unexpected trip to the ER last Sunday. I somehow got a virus; Tim had a headache and a fever for a day or two so it may have been from him. The virus traveled to my spine, and I ended up a few days in the hospital with Viral Meningitis. [Note: I once had a bout with that rare condition, also, while on vacation in Maine with my former wife, Donna, and Erika and her sister, when I was about that same age and ended up in the hospital, as well, for about three days.] It was awful and now I am full of the fluid they IV'd me up with and I am still very nauseous. The worst is over. Now I just recover.

Girls are great. Summer is 3 going on 16; Sage [who is 6] is just gorgeous and sweet as pie...a little mama to everyone. Tim is great,

spending every spare second with the girls while I work; yet still working a lot with landscape jobs.

Nothing else to report...got to go lay down...yucky feeling still.

Michael and the girls seem great, traveling around Florida, camps and amusement parks, boating...happy. Lisa [Jeff's live-in fiancé], Jeff and Jordan visited me in the hospital and watched the girls so Tim could come be with me...they are great.

Enjoy each day,
Erika

From: Jay
To: Erika
Sent: Friday, July 07, 2006
Subject: You, the kids and Hawaii

Hi Erika!

Just got your email because I was finally taking care of a long-overdue one that I have wanted to write for the last couple of weeks.

Sorry to hear you went through a hospital stay, but you probably *needed* the rest...

otherwise, it wouldn't have happened. (I know you probably don't understand that, yet...that life gives what we need and when we need it—in spite of human desires. We are *all* very well taken care of.)

Yes...Hawaii is and has everything I want. Most of all, physical comfort and peace of mind...which is why I came here. I really miss you, all, terribly! But, I learned, the hard way over the previous 2 1/

2 years, that no matter how frequently I make attempts to be with any of you (including the other two families) you all have your own lives—that many times are filled to the brim; and I can't spend the time with you that I *really* wanted...and tried to find, to no avail, on many, many occasions. It was very, very *disheartening* for me because I *truly* love you all and was really looking forward to having that time with each of you when I came back to Florida in August 2003 to take care of Bobbie.

Glad to hear about the girls. Going on 16, eh? Amazing. Summer is quite a character...and such a happy kid! I expect great, truly-meaningful things (that are indicative of her name) from Sage, down the road, that I saw in her when I saw her picture (which I still have), for the first time, when she was still one year old (or less) sitting on your bed propped up against the pillows with her legs outstretched and crossed and her arms folded across her body.

Thanks for thinking of me and taking the time to let me know what's going on. I understand about working on the computer all day and not wanting to do so when you get home. I really appreciate hearing from you whenever you have the time.

Hope you feel well, and rested, very soon!

Love, peace and blessings,

Jay

P.S. I hope you print out and read (and shared with Tim, as well as your kids—when they are old enough to understand) the email on “Protein Overload” because you will learn some unbelievable stuff that you didn't know before—that *most* people, including doctors, incorrectly believe to be true about animal protein in our

diets and the amount of same. It is *vital* to your, Tim's and your children's health. I *deliberately* try to send only things of that nature that are that important.

From: Tim
To: Jay
Sent: Sunday, July 09, 2006
Subject: Re: You, the kids and Hawaii

Hi Jay,
Tim here. Life is a blessing, but truly a mystery. Sage and Summer put almost everything into perspective for Erika and I. We both thank God every day for giving us two healthy children. I really wish Erika and I could find a way to stop and "smell the roses" and enjoy some leisure time as a family without one of us having to die first. Lisa's death continues to confuse the both of us in a variety of ways. No words could capture the torment that I feel. Erika and I continue to seek ways to be better spouses to one another not to mention better parents. Erika has such a wonderful heart. She is so beautiful and considerate. I do realize how fortunate I am to have married her over twelve years ago. In spite of some of the daily struggles, Donna's complete lack of respect for my "manhood," our nieces current lives with their separate fathers, We are grateful that we "GET" to continue to live...that we "GET" to continue to try to improve who we are each day. I know I'm rambling, but I guess I just wanted to wish you luck in your apparent daily search for reason, meaning and happiness, and to let you know we are ALL on the same journey.

Take care,

Tim

From: Jay
To: Tim
Sent: Monday, July 10, 2006
Subject: Re: You, the kids and Hawaii

Aloha Tim!

What a *really nice* surprise...to hear from you. And what a great, loving, open expression of your feelings toward Erika, your girls and life in general, which I loved hearing! I am also very thankful, as I have been in the beginning, over 12 years ago, when we *first* spoke—for quite awhile, on the phone, when you two were living in Orlando—for your ability to express your “feelings” so openly (*but* they should *never* get the best of us and control our lives, which I am sure you are aware of). *Most* people cannot, nor do they know how (i.e., they can only share “thoughts”). I hope Sage and Summer learn to follow your open expressiveness of their feelings, in words. Erika seems to have learned to express her emotions (and I hope she has learned to identify the feelings that inspire them).

Thank you *so very much* for your very lovely, heart-felt, totally unexpected—but certainly, much appreciated—thoughtful reply to Erika’s previous email. You have made my day, and the rest of my time on earth, worthwhile.

Love, peace and blessings,

Jay

P.S. Here’s a thought that I learned, many years ago, and *had* to force my self to continuously remember it—after I was told that I was way too sensitive and *overly* concerned about

what “everyone” thought about me, most of my life (and you can apply it to Donna or anyone else):

“What you think of me is none of my business!”

—Terri Cole Whittaker

From: Jay
To: Steve; Roger; Rick & Orma; Priscilla; Michael; Mickey;
Maureen; Lindsay; Kent; Jeff & Lisa; Erika & Tim; Eric; Clay;
Bobby
Sent: Saturday, July 22, 2006
Subject: Incredibly beautiful Hawaii & people here / the “last”
addiction / rest in God

*Alo-ha...*my dearest friends and family!

Last Sunday, I took a drive around the island of Oahu, where I live; and this is *the most* incredibly beautiful place (particularly, all of the eastern, windward side with its rugged, lush, lava-formed mountain ridges, like you’ve seen in movies, such as *Jurassic Park*) with the most incredibly wonderful, truly beautiful and thoughtful people, in the world. For instance, I got stuck on two, double white lines with two lanes of moving, heavy city traffic going in each direction while crossing the street between traffic lights, which changed unexpectedly. When I got to the sidewalk after walking down those two lines a short distance, rather than standing still there out of fear, a Honolulu Police Officer drove up and asked me from his police car, that he stopped in the middle of the street, “if I was alright?”—to which I nodded “yes.” Then, he parked his car a very short while later and came over to me and sincerely and genuinely asked me again if I was all right? And I reapplied in the affirmative, again, but...thanked him immensely for so sincerely caring. That reminded me how very lucky I am to spend my last days, I believe, here...even though I miss my family (who have such busy schedules I hardly ever saw them while I was there, nearby in Florida).

For the last six days, I have been on a “liquids only” diet of seven quarts per day—that I ordinarily drink—of SuperGreens (which are

each equivalent to more than one pound of raw, organic vegetables, that contain all vitamins, minerals and amino acids [protein]) and *never* felt physically hungry. I learned an amazing thing: our “last” addiction as a human being (ego)—other than our unwillingness to let our individuality go, as well as our belief in our selves as mere human beings—is eating. Also, I clearly discovered that “eating” is *totally* a psychological craving (because the body is 70% water) and socialization/entertainment process—to eliminate ego boredom! *However*, you have to get all your vital nutrients, as I do. [Note: This is not a sales hype for the products I take, by the way! I could care less what you do since it is your life—because I realize this is all *my* dream.] I learned this, when four days into my diet, I could not sleep after going to bed at 10 P.M. (when I normally go) because my ego was absolutely “clamoring,” for hours, for all kinds of food, that I have not “craved,” nor had, for the last three years since I have been on my alkaline diet—including prime rib, spaghetti, ice cream, and others. And...I was not hungry, *in the slightest*—nor had I ever been until very early Thursday morning—since I had *just* finished off another quart, right before bedtime. So, that is when I realized the difference between real hunger and psychological escapism of the human ego. People always joke about how old people only focus (talk) about what they eat, or are going to have for meals—besides their physical ailments. But, after our human egos get saturated with all physical things (like careers, travel, living in wonderful places [like I have], sex, any form of entertainment [like books and movies], etc.), food is *the* last escape to go. You’ll see.

Today, I learned something *magnificent*. That there is absolutely nothing that one *has* to “do” on earth (*after* learning true forgiveness), except to learn to “rest in God,” ALL the time, which I am just beginning. The true Hawaiian mode and attitude is “hang loose.” As the great lead and character actor, Robert DeNiro, said

a number of years ago, “When there’s nothing to do, do nothing.” I truly admired his courage to say that, which inspired me and gave me great peace of mind. [Note: I know most of us, my self included, in the past, have to be doing something, most of the time. However, I am learning to do absolutely nothing—other than resting in God—and do not have to do anything, including volunteer work (unless truly inspired to do so), that I have already done, a number of times in the past...*and* got paid for it (like putting the homeless to work for three years)!] My mother spent her last days sitting in her leather easy chair snoozing, off and on (and nothing else). I do not do that...just meditate, which does not always require sitting with my eyes shut.

*Only **GOD IS**...and nothing else.* (When you feel it, you will be in Heaven, as part of Him...which You are.)

Love, peace and blessings,

Jay

To: Eric
From: Jay
Date: Sep 8, 2006
Subject: Nice new office!

Hi Eric!

Love your new office. [Note: He had sent me a postcard with a picture of it.] Very nice; right (northern) sun exposure in front to keep cool [in a very warm area, like southern Florida]; and very professional!

Hope all is well with Juli [his wife] and your family, as well as Steve and anyone else you are working with these days.

Please have someone update my address in your office system to my new, year-round condo in Waikiki (the beach section next to Diamond Head in Honolulu).

Mahalo (“thanks” in Hawaiian)!

I think I really enjoy being retired (i.e., I just read “good” fiction [which I have not regularly done in my entire life, until a few months ago]; go for a couple of walks each day along Waikiki Beach, the nearby zoo—where I have an annual membership—and the lovely, tree-lined city streets with views of the mountains a short distance away; watch movies in the evening on my new [High Definition] LCD TV; and go out to dinner and a movie on Saturday evenings with my best friend—Me, my Higher Self—just to get out of the house [that has a mountain view to-die-for and two balconies, called “lanais,” for excellent cross-ventilation]), because I have known for 24 years that this is just a dream, of our own miscreation.

Two months after I turned 60 (in 6/04) and was working for a company that I thought I really liked, I decided that I didn't want to work for anyone or any company, ever again. Don't know why...it just came over me. (My mother said my dad said the same thing at that age...and he was also working at that time.) I turned 62 in April so I can live on partial Social Security and a small trust fund that my mother left me after her accidental death last December (but was "appropriate" for *her*—since she was in such a peaceful, pain-free, content state in her life, which is all she wanted by then, when she was 84). I choose not to do anything to try to keep my human ego "busy," like volunteer work or a part-time job...but would *certainly* give my assistance whenever and wherever needed.

Aloha,

Jay

From: Jay
To: Steve
Sent: Tuesday, October 17, 2006
Subject: Re: SD's Leaders 541- Website Training and more

Hi Steve!

Congratulations on being included in John's new book!

Love,

Jay

[Note: I also called him later and left a voicemail message relating to him that I went to John's website, read the snippet of his chapter that was included there and copied his color picture from there and put it in the "My Pictures" folder in Windows XP with those of all my dearest friends and family so that it comes up when my computer screen-saver comes on, which is frequently since I tend to have other things to do while I am on it.]

From: Steve
To: Jay
Sent: Tuesday, October 17, 2006
Subject: always a pleasure to hear from you

thank you

sorry I missed your call...
it is always a pleasure to hear from you

I am working my way through ACIM workbook again
and I was lead to a book called

The Power of Now
by Eckhart Tolle
very powerful...

more later,

Steve

From: Jay
To: Steve
Sent: Thursday, October 19, 2006
Subject: Re: always a pleasure to hear from you

Hello again!

And You, too.

Glad you've come back to the highest teaching (*ACIM*).
[Note: Since September 6, 1982—the most important day in my life, I have been through the *Workbook* and *Manual*, at least, 7 times—most recently in 2002—and the *Text* over 12 times (i.e., I stopped counting after then) and have 11 pages of particularly difficult and relevant passages, for my ego, in a thin, 3-ring binder from when I *thoroughly studied* it, *again*, in 2002 (as well as in 1982 when I found it) because I gave my *Course* to my youngest, and now, only daughter, Erika, (who may have cared less, on the surface) before leaving Florida because I wanted her to have my “most treasured” possession, in case I leave the dream before her, rather than have her have to find it afterwards. I told her that it saved My Life.]

I've heard of Eckhart. However, I read strictly good fiction, from now on (i.e., Grisham, Cooke, Koontz, *et. al.*)—particularly, after

reading [*The*] *Disappearance [of the Universe]* and listening to Gary's CD, *The End of Reincarnation*.

I live by my following three rules (i.e., "Jay's Laws")— that I share with anyone, young or old, who seems to be interested (which are extremely few and far between):

1. Take nothing serious or be attached in any way or form to anyone or any thing in *my* dream (i.e., let absolutely everything go if not needed).
2. Eat only alkaline food. (Some rice twice a month, as well as salmon, a slice of pizza and pecans [which are balanced with almonds] are the only exceptions.)
3. If I *really* want to learn anything from any teacher or person, I focus on their eyes the *entire* time they are talking—whether it be a minute or hours—and *never* take notes. [A trick I learned in a real estate examination prep course where the instructor told everyone to do only that...and it works, beautifully, as I passed the exam with nary a note!]

Love,

Jay

From: Steve

To: Jay

Sent: Friday, October 20, 2006

Subject: Re: always a pleasure to hear from you

thank you for sharing, brother

Steve

From: Jay
To: Erika & Tim; Jeff & Lisa; Michael
Cc: Bob
Sent: Friday, October 20, 2006
Subject: Fw: always a pleasure to hear from you

Hi folks!

Since you are each raising children, I thought you should each be made aware of the BEST “learning technique” in item #3, [above]. If you and your kids learn how to do it, you and they will never have to take another note to learn something or pass an exam. It’s really easy to do...and yes, learning can be *that simple* (as well as the other two items for learning how to live life in the best, healthiest—physically and emotionally—and simplest way possible...*IF* you can learn to override your human ego (which is no easy task) and can get really in touch with your Self. Your choice.

Aloha,

Jay

From: Jay
To: all my friends
Sent: Friday, January 12, 2007
Subject: "Your Immortal Reality"

Aloha gang!

I have a wonderful gift for you in the form of a book recommendation.

I just got through reading Gary Renard's newest, and quite short, book (217 pages), *Your Immortal Reality*, and was captivated, once again, and reminded of what has to happen soon for others and what I need to continue to do in order to experience the total peace and contentment of God.

I was blown away by the first book, that he also co-wrote, *The Disappearance of the Universe*, which would possibly be best to read before so as not shock your mind by the new one...particularly, what you will learn about this illusory world toward the end of it. And, a year ago last November when I finished *Disappearance*, I experienced that *only* "God is" for the first time and *began* to really put into practice "advanced" forgiveness, as well as learning to let ALL anger and judgment *completely* go—that everyone must learn, when they are ready—mentioned in *Immortal*. Unfortunately, it took me 24 years ago to do so.

For students of *A Course in Miracles*, it has been said that both books will probably save you 20 years in actually "experiencing" the Truth of what it says. And a universal experience is what We all ultimately want!

In the words of J in the real Gospel of Thomas: "Be passersby." I am, definitely. I hope you will come join me!

Love, peace and blessings,

Jay

P.S. For those of you who are familiar with Gary, he and his friend Gene Bogart put together a weekly, Internet podcast (typically 20+ minutes) at www.forgiveness.tv, that is very reinforcing of the material, as he often answers typical questions from listeners that many will have.

From: Jay
To: Eric
Cc: Erika
Sent: Friday, January 19, 2007
Subject: Tying up loose ends

Hi Eric!

When I was tying up loose ends with you today, as I had with my remaining daughter, Erika, over Christmastime, I was *very touched* by your enormous generosity when you offered to continue to host my “spiritual evolutionary” (i.e., a new phrase I may have just coined) book-publishing website (www.theperiphery.us) on the Internet, in the event that I was no longer here on earth...and began by renewing the domain registration (\$129) for it at your company’s expense—not to mention that fact that, over the years, you have never charged me for hosting the site itself on you computer system! But, just the fact that you *wanted* to do it was what was most important and meaningful...not the money you donated on its behalf.

I think that it is very fitting that, in view of the fact that you and I have been friends since 1990 when I had just begun publishing my books in print with your computer hardware recommendations and other related advice, that I bequeath to you the “full” rights to all my (9) books, upon my departure from “dreamtime,” to do with them whatever you deem appropriate, in *any* audio, video or print media form. I do this because I believe that you have a “connection” to them, as well as the fact that we are spiritually bonded—in My vision. [Note: I intend to formalize this in my Last Will and Testament, but hope *this writing* will suffice if I have not been diligent enough or timely in getting it accomplished.]

If my daughter, Erika (whose husband, Tim, who has the *same* birth day, and year, as you), develops an interest in being involved with them, in any way in the future, I hope you will respectfully consider her worthwhile *publishing* suggestions or recommendations regarding them. However, you are free to do whatever you want with them...and profit from them in any reasonable way—financially or otherwise—that you chose. (I never expected to, financially...but definitely, personally.)

Richard Bach, author of *Illusions (Adventures of A Reluctant Messiah)*, has always been my favorite author—in addition to Jesus in *A Course in Miracles* and Gary Renard (along with Arten and Pursah, who were connected in the past with Jesus as the disciples Thaddaeus and Thomas) in *The Disappearance of the Universe* and *Your Immortal Reality*. From the beginning, I tried to emulate his *very personal* writing style (i.e., he writes “very personal” storybooks about himself and his wife in the first, rather than third, person, like many other novelists do).

Thank you *so much*, Eric. I am very blessed to know You and call You my friend and Brother.

Aloha,

Jay

P.S.

Note to Erika: For future reference, Eric owns a successful computer service business in Vero Beach and is married to a lovely person named Juli and lives with her and her daughter in his house in Sebastian. I went to their wedding on 10/15/04, which was the only one I’ve ever looked forward to...and only the second

one I've ever been invited to, strangely enough. ([My former wife,] Kim and I *VERY unfortunately* missed Lisa and Michael's wedding!)

Note to Eric: Erika lives and works in Stuart for the county IS department in a professional, analyst-type capacity so she has a decent computer background. She's a very good listener with a great mind, as you are and have, and has taught her two daughters and her deceased sister, Lisa's youngest daughter to be so as well. I suspect you will get along quite well *if* you should converse or meet. However, she doesn't have your subtle, English-style, somewhat sarcastic sense of humor, but reminds me of my self when I was her age—very efficient, smart, professional while being very loving to her family and friends.