

*Notes to  
My  
Former Wife*

**JAY**

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To Kim

*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

## *INTRODUCTION*

After separating on October 31, 2001, and divorcing the following December 6 from his wife of six years, Jay had not felt right about it—and that it may have been a mistake to do so—because, in many respects, it was obvious that they still loved each other. Over the course of the next three years, he kept up correspondence with his beloved former wife, Kim. This is a compilation of that—a collection of thoughts, feelings and experiences. (See if you don't agree.)

From: Jay  
To: Kim  
Sent: Wednesday, 12 December 2001  
Subject: I'm...

Dear Kim,

I'm so sorry to hear of all the trials (i.e., root-canal, menopause and weight-gain) that you have been going through lately. [NOTE: Kim had called the day before and told me that she was experiencing those problems.] As always (although I don't know if you ever realized it), I have wanted to watch over you, take care of you and make things better for you, which began during our honeymoon and continues to the present. (Ultimately, I hoped you would accept the Truth in your heart-mind that this is all an illusion and would join me in forgiving everyone "of" the world—to include each other when we slipped and forgot What we are—and live in peaceful contentment and loving kindness until the fantasy was over for us. Which, by the way, is the one thing that could have kept us happy, peaceful and together, forever—and in Your Heart you know it to be true.)

I'm also very, very sorry that I lost my patience with your childlike innocence over the years, which I believe is my main fault, and that I forgot My Reality and My role of forgiveness in your life. (Oh, the trials of being human!) I don't think you realize it, but I made a "conscientious effort" since last spring (when you blew up at me for not listening to you explain to me about your schedule because I already understood it from our many previous discussions about it) to "not" be condescending (parental) and controlling (parental, again). I was pleased with my efforts and had kept my ego under quite a bit of control, but I had not perfected them. From what you said toward the tail end of our conversation the other evening, I gathered that you were not [pleased with my efforts].

I'm missing Your Higher, intuitive Self (the One who said, in the beginning, that I represented the best and worst of your life) and...

Walking hand-in-hand through the neighborhood  
Lying on our couches watching TV—or going to movies—  
together, nightly  
Working in the yard and doing chores around the home, together  
Having healthy, varietal meals together at home  
Taking care of our home to make you feel comfortable and happy there  
Exploring new places and sharing your new revelations about the world  
Lying in bed with you...and kissing and hugging you goodnight  
Waking up to you, exercising with you...and pleasuring you  
And most of all, helping you to be peaceful and content in the world

[Note: It was so good that we were “morning” people AND “evening” people (i.e., “couch-potatoes”)...and could share so much of the total day, together! Many people are not that fortunate.]

It was great to hear your voice, yesterday...and the self-confidence in it! I do not worry about you making it in the world (so long as you have your job, which you are so good at!).

I wish you wellness, Love, peace and contentment...and love you dearly (which has not changed since I met you nor will it ever).

Bless you!

Jay

From: Kim  
To: Jay  
Sent: Friday, 21 December 2001  
Subject: You were part of a miracle...

Dear Jay,

I am incredibly busy right now trying to wrap everything up (no pun intended) before leaving for work in a few hours, but I wanted to share something with you. I met a woman named Eileen Tuesday night at a meeting at IHS. I was at the Monday afternoon meeting with Barbara Kirk and told her I would attend the Tuesday night meeting for her. They have been having meetings the past three weeks. It was night until tonight at a meeting at the Pacific Club (which was a farewell to Suzanne) that I realized who she is. Do you remember me talking to her last April for about 45 minutes, and you spoke to her the following month? A lot is happening right now for AHC here in HNL. We have incorporated and received Non-profit status, and there are a lot of other things that are beginning to happen. It is really starting to take off. Barbara's husband, Roger, is an attorney and has helped to apply for the incorporation. Barbara just wrote her first grant. Roger was talking about some things, and it turns out that Eileen has lots of experience writing grants. Her experience is going to be very beneficial. She was also homeless at one point so I think she will be a big help with our dealings with IHS.

Suzanne and Ron are moving to Kauai and starting a Unity group and AHC group there. They also plan on having a sanctuary there for AHC people to come visit for a short period of time. She mentioned this evening that she was involved in a "Holy War" here at the Unity. They will be moving on the 23rd. We presented her with a farewell and thank you gift. When we were going around the room sharing tonight Eileen broke down and cried. She said that



when she first got involved with AHC she did not feel welcome. She also apologized to Suzanne. It was very moving.

Anyway, I wanted you to know that you were a part of this. Brad said that he missed you and had checked out your stuff on the Internet. Whether you realize it or not you have been a positive influence on the AHC group here in Hawaii. I wanted to thank you for your help and input. You have helped us to move forward to a point where we are actually going to have our own office space soon. Thank you from deep within my heart. You are the one that first told me about Jerry's books and AHC.

Love,

Kim

From: Jay  
To: Kim  
Sent: Friday, 21 December 2001  
Subject: Re: You were part of a miracle

Hi Kim!

You're welcome! Yes...I think I remember an Eileen and that she was the one that I also had a very long conversation (listening session) with.

YOU are also capable of very big miracles (healing through the loving acceptance of Reality). Don't ever forget what you did for Kathy—without being with her!

Love you,

Jay

From: Jay  
To: Kim  
Sent: Friday, January 04, 2002  
Subject: A Matter of Trust

Hi Kim!

About a week ago, I was talking about one issue I had in our relationship with a psychotherapist (psychologist) who is a 19-year veteran of ACIM, like my self. When I mentioned that you never seemed to take my word on or listen to me about anything that I ever “told” you—without your asking for the information to begin with, they mentioned that the problem was a lack of “trust.” I thought that was interesting because I never realized that I felt that you didn’t trust me—at least, as far as my relationships went with other females, anyway. (I always thought you were the most trusting and secure woman I had ever known about the sanctity of Our marriage!)

Then I realized that you never listened and followed (i.e., took to heart) anything of “real” importance, other than small A.R. items about the house and housekeeping that I shared with you. However, you “did” listen to Me a year ago when you were concerned with Kathy and the fact that you could not reach her and help her with her personal situation and I reminded you that all minds are joined and that your “thoughts” (i.e., desires/prayers), alone, could help her (not to mention the mere fact that your simple “acceptance” of the Truth brings its recollection to the minds of all you have known...including from your the past). Some months later, of course, you found this to be true, as Kathy had achieved a major healing without your direct, bodily (ego) involvement.

I am bringing this to your attention—since it was not obvious to me—so that you can bring it to Your awareness (i.e., acknowledgement) and let the Holy Spirit of You dispel your lack of trust (along with your former defensiveness and anger) by recognizing it. And...I “trust,” as I have from the first night I met you, that you can understand and accept the Truth—whether your ego wants to acknowledge/accept It or not. As Jesus stated in the *Course*: You have to have faith and trust in a brother in order for them to be healed (i.e., become aware of Their Reality in peace and contentment). [That is a paraphrase of the content.]

I was discussing “trust” with Bobbie this morning, also...and this is what prompted me to share this with you in a language (i.e., words on a screen/page) your ego can understand—because I believe that all minds are joined and that that information was available for your acknowledgement as soon as I became aware of it through my discussion with the psychologist. As I told Bobbie: We are, foremost, always reworking our past relationships with our parents and family members in our current live-in and close working relationships—particularly, marriages. I asked her to please listen to me, and she did.

I told her this morning about my recent realization that I never felt that you trusted me on most things that I ever “told” you (i.e., without your asking) and that she (Bobbie) was the same way; and that there was only “one” thing in my 57 years on earth that she ever listened to me about and followed (e.g., an unsolicited suggestion that my parents buy two, adjacent, south-facing plots of land on an island that they built their summer home in Maine on, many years ago, when I was 19). However, once my mother repeated to my dad the old spiritual cliché that I had shared with her: “It takes one to know one.” [So, there were actually “two” things that she listened to me

about in my entire lifetime...and the last one is the most important of all—IF remembered on a daily/routine basis.]  
Hope this helps You to understand/forgive and grow beyond your human, ego-self to the peace and contentment of your higher Self!

Love,

Jay

From: Jay  
To: Kim  
Sent: Wednesday, February 27, 2002  
Subject: Learning to really understand ACIM

Hi Kim!

I have been concentrating on really getting “It” while studying the tail end of the Course Textbook. After 19 years with ACIM, I figure it is about time that I fully develop and demonstrate my acceptance of the Truth as it clearly defines it...and not slip backwards, again! Below are some of the pertinent parts that are helping me to do that...once again [note: but are not included here]. I am sending them to you to assist you with your development of your personal forgiveness of your self, first, and then, the world...as I know that is Your Heart’s desire.

May you always be aware of your higher Self. And, me too!

Love,

Jay

From: Jay  
To: Kim  
Sent: Friday, March 01, 2002  
Subject: Learning to really understand ACIM, Part 2

Hi Kim!

I have been rereading Chapter 28 in ACIM on “The Undoing of Fear” (where the other material I recently sent you came from). It is

probably the most [poignant] and heavy-duty portion of the Course. This morning I reread the below [note: which are not included here] and thought I would share the most salient points with you...as I continue to pour over *every* word to savor the meaning and make it part of my every being.

Love,

Jay

From: Kim

To: Jay

Sent: Sunday, 3 Mar 2002

Subject: The “Course” of our lives

Dear Jay,

May I suggest you not try so hard. To simply be and listen to your heart. I believe it holds all the answers. I hope that you will be able to forgive me for not being what you expected me to be. I am so sorry to have let you down—that was never my intention. I really do not know why I married you. It really was not a joyous event for me, as it should have been. I was very disappointed on our honeymoon, and thus my morose behavior. I believe though that it was something that I was supposed to do, and I learned a lot of very important lessons. I believe it has brought me to the place I am supposed to be, so for that I thank you. My life has blossomed and taken off since moving to Hawaii.

I have made many wonderful friends here that I treasure deeply. I lost and gave up a lot to be with you, to have peace with you I gave

up things that were not okay with me—and I believe I should not have been asked to do nor should I have allowed it to happen. I do believe that I am now a stronger person as a result of our being together and now know that I need to set boundaries in all relationships. I did not even know to do that before, if you can believe that. My main hurt in our relationship is you did not see the sacrifices or the hardship I was going through (nor did you appreciate the gravity of how they were affecting me), nor were you supportive of me. At many a turn, you put me down which hurt me to the very core of my being. I could not understand why you would treat me this way. You thought my commuting to work was no big deal, and that my job and commuting was a picnic—which it is not. I did everything I know of to do to save our marriage, and yet you still accused me recently of not giving you a chance. You have no idea how this hurts. How dare you give me a deadline to grow up? I am grown up; may I suggest you look at yourself? Then, to have the audacity to tell me that I am the one that is irresponsible with money. May I remind you that I have been working since I was 18 years old, and on my own financially since I was 19 with no one to help me but me. You have no idea how your words hurt me. But, I know myself now better than ever and I know these things are not true. I have no idea why you felt the need to attack me as if I were the enemy, because I certainly was and am not. I know I have a good heart and always have the best of intentions in mind where others are concerned—now I also know that it is important to have them in mind for me as well at all times. I think I use the highest integrity when dealing with my friends and loved ones (family and friends), and with people I come into contact with in every day life.

Finally, making the decision to divorce you was probably the hardest decision I have ever had to make in my life. One that I struggled and wrestled with, and tried to avoid, but one that I felt was very

necessary to make. I believe my ambivalence towards you and your attitude towards me was affecting my health. My injuries at work and stuffing my ambivalence towards the way you treated me and talked to me caused the cyst on my ovary (causing part of my creativity to be removed). I kept things stuffed inside because when I brought them up it would just cause an argument. To think that you just wanted them to remove all my female organs because I did not need them anymore. How dare you make that decision for me? Thank God that the doctor would not go along with this. Your female organs provide necessary hormones for your body. Once a woman's function of giving birth has passed it does not mean that these organs are useless and should be removed willy-nilly. You also seemed reluctant to visit me at the hospital, complaining of the traffic. My friends were more supportive of me than you were. Sending me flowers and coming to visit me. Then, when I got home you really did not seem to want to help me. You did the same thing when I injured my back. I decided to have the surgery on my nose at the same time so I would not miss anymore work, and then you thought I should be able to go back to work sooner (of course all the while you were healthy and not working)—but yes I am the irresponsible one aren't I? Then when vacation came around I could not be happy that I had a lot of time off, you wanted me to worry that I would not be making enough per diem. So I put in to pick up a trip and got a "no show" because I did not know I got the "pick up." I really wish you had not opened up this can of worms.

I have really been trying to avoid this, because I do feel that I am defending myself right now. However, maybe it is good to get this out of my system and let it remain in the past, because I have gone forward with my life; and I hope you will do the same. I do not want to live in the past. I am concentrating on living in the present moment.



Jerry and Diane gave a seminar yesterday at the Luana Hills Country Club in Kailua. It is in the valley off of Auloa Road. It was a beautiful setting. There were about 70 people that came. It was an all day event with lunch in the afternoon. After it was over and I was talking to Jerry, he asked about you. I told him that you had moved to Florida. Somebody said something yesterday that I thought was a very good check to see if you are coming from “ego” or “your higher self”. If you are coming from “offense” or “defense” you are coming from ego.

One of our handouts was:

“A Prescription for Stress”

By Gerald G. Jampolsky, M.D. and Diane V. Cirincione, Ph.D.

Attitudinal Healing is the realization that it is not other people, events, stressful experiences, or circumstances outside ourselves that cause us to be in conflict or upset. Rather, it is our own thoughts, feelings, attitudes, and judgments about those things that actually cause us distress.

Thoughts I can choose to remember...

1. Learn from my mistakes as well as those of others, and then let them go.
2. Only my own thoughts hurt me and only my own forgiveness sets me free.
3. The purpose of my relationships is to join, not separate.
4. Ask myself the question daily: Am I here to love or am I here to Judge?
5. Remind myself that I am a multi-faced being.
6. See no value in punishing myself with my thoughts.

7. Be willing to see the light and not the lampshade in others.
8. Be willing to see no shadow in anyone's past including my own.
9. Remember that Forgiveness is the greatest healer of all.
10. See no value in hurting others or myself with either my words or my thoughts.
11. I may not be able to control the outside world. But I can control the thoughts in my own mind.
12. There is no enemy; there is no one to blame.
13. Staying in the present prevents my getting stuck in the fear of the past or the future.
14. Choose to see others as either loving, or as fearful, giving a call of help.
15. Be willing to ask each other for help, rather than attacking each other.
16. The best way to prevent burnout is to let go of all of my judgments.
17. Resist the temptation to gossip and spread rumors.
18. Be willing to be vulnerable.
19. Let go of any need to control others.
20. Others do not have to change in order for me to be happy.
21. Trust that change can potentially have positive, rather than negative, results.
22. Accept responsibility for my own happiness.
23. Choose peace of mind as my only goal each and every day.
24. Consider the possibility that beneath every pain or stress you may experience in life, lays an unforgiving thought.

Hawaii Center for Attitudinal Healing tel 808-373-9979 fax 808-373-4951

I wish you love and peace of mind in everything you do! Please release the need to control me and let me move on with my life. Re-

member neither I, nor others, need to change in order for you to be happy.

Love,

Kim

From: Jay

To: Kim

Sent: Monday, March 04, 2002

Subject: Re: The “Course” of our lives

Hello Kim,

As Jack Benny used to say “Well....” Like on our last anniversary (at the end of a perfectly lovely day to the 7 Pools on Maui when you erupted into a tirade about my supposed unwillingness, according to your ego, to find work to help support us), I don’t know what prompted you to bring up what you did, immediately [above]—about not knowing why you married me, etc.! (However...you did ask me, after not accepting my offer of marriage, which was based upon the feeling I knew then, and to this day, that you represented ALL of the True qualities that I wanted in a spiritual partner and listened to my Heart guide me—for which I am not sorry. In other words, I followed your advice, [above], and simply listened [by being] and followed my Heart.”)

I understand your human ego’s emotional states probably more clearly than anyone does, or will in the future, having lived and watched you so closely for six years...and perhaps, mistakenly tried too hard to help you—but only because I truly loved you (and still

do, and will always) and have always really wanted to help you more than anyone else in my entire life! I do accept that you need to look at all of your anger...and if I need to be the vehicle for that, so be it. (I would suggest that you reread the first few lines of the passage from the excerpt from Jerry and Diane's passage, below.)

Of course, I forgive you! How could I not forgive your humanness? But as I told a friend last Saturday night, I can still see the Christ in Your eyes from that first night I talked with you in the restaurant on 9/6/95 after the ACIM class in SLC and the morning you sat on my glasses, shortly after we were married, (and I did not get upset, whatsoever, which was amazing!) on the upstairs toilet seat lid and then proceeded to tell me that you intuitively knew—because you were spiritually guided to do so—that I “represented the best and worst of every relationship” in your past.

My only regret was, and is, that we could not continue our relationship from that spiritually-based, intuitive perspective! I know your Real Self, perhaps, better than anyone...even if your ego doesn't think so. (By the way, that's why I wrote that letter to you on our six month anniversary extolling all your earthly virtues. But, I did forget to tell you in it that you are the most thoughtful person I have ever known, which I have verbally told you many times since.)

Love,

Jay

P.S. I don't know where you get the impression that you let “me” down, as you said [above]? I never used those words or even thought them! Also, there were a lot of things you said [above] that I have no knowledge of and things, which I did not feel about you

or your job...but that would require complete “openness” on both our parts together to get at the bottom of them.

I am glad you now know what it is like to have so many friends. I am sorry you missed that in your childhood...as I did, too. My greatest and largest friendships were in SLC; however, I miss our home and our neighbors in Waikele very much.

From: Kim  
To: Jay  
Subject: Fwd: The “Course” of our lives  
Sent: Monday, 4 Mar 2002

Dear Jan,

I should have known that this was a waste of time. He didn’t get it then and he still doesn’t get it. I am going to quit beating my head against the wall—it still doesn’t feel good.

Love,

Kim

From: Jay  
To: Kim  
Sent: Tuesday, March 05, 2002  
Subject: Re: The “Course” of our lives [continued!]

Hi Kim!

Did you mean to send this to me (i.e., to let me know of your human ego's frustration with mine) since it is addressed to Jan? If not, now you know to send it Jan. (Bobbie told me—awhile after I had arrived back in Florida and we were divorced—that you once mistakenly copied her in on an email you sent to Jeff Johnson in 2001 berating my humanness [ego] up one side and down the other...but she would not have told me had we stayed together! Consequently, I would like to make a suggestion, that Lindsay and I agreed to in the beginning of our two year relationship and successfully followed: Never discuss your intimate, live-in relations with people outside of your relationship, no matter how good friends you think them to be—other than counselors you both agree to—because they have no idea what's really going on and all the dynamics involved, and they always will give you advice that will ultimately destroy your intimate relationship with another—no matter how well meaning you, and they, think they may be.)

I don't know “what” you think I missed in your [above] email to me. However, if it was that I never supported you in your job, you ego has conveniently forgotten a great many things that I “did” for you (to include traveling with you on numerous occasions and complimenting your leadership abilities and performance) that are contrary to its current, mistaken beliefs—that I have itemized, a number of times for you in the past...and sometimes, in writing, in emails, to enable you to remember them. But, that's okay if you don't...I better understand, now, where you are coming from and what you are dealing with. (Had I known before asking you to release me from our marriage last Labor Day, I would not have done that! My human ego was just frustrated with not being able to discuss things with you, ever—without emotional drama; I forgot What I am; and the frustration of not finding worthwhile employment [which I really wanted and strived for!]<sup>1</sup>—for nearly two years—

there, and not feeling “wanted” by anyone, including you—during all of 2001, took its toll on my human emotions, and I lost it. No excuses...that’s just what happened from my human perspective.)

Love, peace and...blessings,

Jay

From: Kim

To: Jay

Subject: Re: The “Course” of our lives [continued!]

Sent: Tuesday, 5 March 2002

Dear Jay,

I do not remember sending anything of a personal nature to Jeff Johnson. However, I may have sent something to a friend and purposely (not accidentally) copied your mother in to let her know what was going on (because I thought she cared)—as she was trying to convince me to stay in our marriage—which was not beneficial for me as it was taking a severe toll on me.

I was just looking over some of your emails to me from last year. It is so amazing that you have stated that you don’t like “Drama Queens” when your emails are exactly that—filled with DRAMA. It was all about you and what you went through. Telling me that I was feeling sorry for myself for what happened to you. You were so self-involved that you could never try to see my side of things. I would come home from commuting and working a 13-hour day and you would tell me how tired you were. When you had been asleep most of the time that I had worked that day—nighttime.

The bottom line is it would not have mattered that you wrote that letter asking me to release you from our marriage, I had already made up my mind before returning home—I had reached the breaking point, the point of no return. I can now be me, and it feels wonderful! I have to remind myself sometimes that it is okay. I have been set free from the prison that I had chosen for myself. I have to remind myself that it was just temporary shelter that I have chosen to release myself from it.

I am sorry if the tone comes across angry. My anger is that you don't get it. Traveling in a passenger seat really does not give you insight into my job and what is going on inside of me. There was no one there to serve me, and still isn't. I'm lucky a lot of times if I get time to eat. You do not know the fatigue and stress I feel. This is beating a dead horse. I am not going to get the closure from you that I need. I will have to get it from and within myself. The light is never going to go on for you and hear you say "Ah ha" I get what she was trying to convey to me all this time—I must be dumber than a box a rocks—to quote you, or I must be awfully thick.

I really wanted to keep this to myself because I knew that this would be a waste of time. Maybe on your deathbed you will get it—but I won't hold my breath. You fail to see what a difficult person you have decided to be. You have a lot of good qualities, but you are generally not very pleasant to be around. You are very negative about other people.

Love,

Kim

[P.S.] What started this are emails that you have sent saying "if only I had given you a chance." And continuing to send me these emails



recently telling me what to think and believe, and how to run my life. I am quite capable, thank you, and if I need your help I will ask you for it. Please stop telling me what I did and did not do, and how I failed you. It is in the past, and that is where it needs to be.

From: Jay

To: Kim

Sent: Wednesday, March 06, 2002

Subject: Re: The “Course” of our lives [finalized!?!]

Dear Kim,

I *am* very sorry that I came/come across to you as unsympathetic, uncompassionate or disinterested about the emotional and physical stresses of your job. I *thought* I understood them quite clearly having *watched* and *talked with* you on your job (many times) and *experienced* your frustrations with coworkers and passengers, firsthand; *experienced* your exhaustion and *listened* to your frustrations with passengers, coworkers and your company when you came home from *each* and *every* trip; and *witnessed* all of your internalized anger—with *passengers* and *coworkers* on your job (and never me, by the way!)—practically *every* morning, during the early morning hours (6-9 A.M.), when you were home and would talk angrily to and swear at “them,” at full volume, in your dreams.

No...I cannot *experience* your human “feelings” ...no one can—even if they think they do. (It’s merely their *perception*, which *never* can be shared!). They are uniquely ours...with the exception of the feeling of *peace*. That we can share. (I would like to feel that with you, once again and forever more...and no, that does not mean that we have to be physically together.)

I did *not* send you any emails since returning to Florida with the *intention* of trying to control you, in any way. All I have done with you is try to express my remorse in the ending of what could have been a very spiritually-experienced, intuitive relationship between two very forgiving and loving people (who in the beginning had *ACIM* as their baseline); to share my feelings about what “I” have learned about me, you and us; and to share with you items from the *Course* and other lessons that I have learned.

Yes...I did *many, many* things wrong in our relationship that I regretted (such as losing my temper and getting mad at you and being too picky, all the time), and told you so, practically immediately after doing them! I forgot What I was (am), all too often (and my ego was frequently ashamed of its self); and I was picky (anal-retentive) about many little things around the home and your human self; not empathetic, on the surface, to *your* human trials and needs; and unsure how to deal with my own ego frustrations and sense of helplessness in our relationship and not being able to find a job to support “us” (because there is, and was, nothing I want for my Self), and hence, my former desire to die in the Spring of 1999 (which was *resolved*, just recently, by learning something through *ACIM* [i.e., the quote, directly below, within square brackets] that I had previously overlooked, that death is the *opposite* of peace, which was what my human *ego* was mistakenly trying to achieve through the wrong method).

*[There is a risk of thinking death is peace, because the world equates the body with the Self Which God created. Yet a thing can never be its opposite. And death is opposite to peace, because it is the opposite of life. And life is peace. Awaken and forget all thoughts of death, and you will find you have the peace of God. (T541)]*

We need to end this...and I am not trying to have the last word...so I will *not* send you anymore emails, unless absolutely necessary. If you have more to say, *you* may and I will be happy to listen (read them)...but I will not respond further! If you would like to “talk” to (but preferably, *with*) me about anything, I will *always* be willing to do so and will call you back if not here when you call or if it is inconvenient/inappropriate to talk *with* you at that time.

When we have peace together, again, as we did in the very beginning, we are going to *laugh* at all of our humanness these last six years! I look forward to that day. (*Even Donna* supported my desire, last Thanksgiving, to become an Executive Director in a senior-living community and thought I’d be good as one! Blow me over...*first* positive thing I have ever heard her *say* about me, in my entire life—since first meeting her back in September of 1965! So, anything is possible! Yeah!)

Love,

Jay

P.S. I am sorry to have to ask you to do this, but an ACIM-psychotherapist friend would like to read my books; and so I don’t have to bother you again would you kindly email me, *whenever you have time*, the below-listed files on your computer underneath the “My Documents/peripheryWebPages” folder in Windows Explorer. [VERY IMPORTANT: If they total up to *close* to 2MB combined, *please* split them up into two batches and send on two different *days*! Hotmail locks up and emails *cannot* be retrieved when the total storage exceeds 2 MB.]

banished.pdf, call.pdf, dont.pdf, downhill.pdf, end.pdf, rapid.pdf, uphill.pdf [I think that is all of them?]

Thank you very much!

(I may need 8 font files, also, which I cannot remember without your personal assistance with your computer up. So, if you will tell me when you will be home and what hours will be convenient for you, I would appreciate it. I will try to not make a pest of myself, further. I am home almost every day from 5:30 P.M. on, after getting home from work and going for my daily walk.)

From: Jay  
To: Kim  
Sent: Wednesday, March 06, 2002  
Subject: Oops...I forgot...

Hello again, Kim!

Oops...I forgot to openly acknowledge one thing in our most recent emails (i.e., the long, on-going one between us). You were absolutely right: “I *selfishly* wanted *both* of your ovaries removed...rather than just one because I *assumed* it would have eliminated *all* of our emotionally-charged, relational experiences, which I believed were due to your hormonal imbalances—particularly, a week before and a week during your period *every* month!”

I “do” understand (and have understood, right along, since December 13, 2000) your position regarding your ovaries, creativity, etc.! And since it is your body and your life, I “accept” and “accepted

then” that you are entitled to do with it whatever you want! (After all, you made it.)

My belief came from two previous girlfriends who both openly acknowledged that they were much nicer people (i.e., both described themselves as “bitches” while they had their ovaries) after [having] them [removed]...and neither found hormone replacement therapy (HRT, i.e., wearing a patch) debilitating on their life, or creativity, in any way. I was not passing judgment on you, personally, in December 2000 but merely hoping for *anything* that would improve our relations in dreamland! I have no idea whether it would have worked in our case or not. I was just desperate to improve our relationship, in *any way* I could...BUT *only* with *your* willing compliance! And *you won't* know, either, when your emotional well-being will stabilize...until you complete your menopause cycle (which could take a couple of years, or more), and perhaps, use HRT!

I wish for you the peace of God...more than anything.

Love,

Jay

P.S. I just found out tonight that my mother had the *same* experiences and difficulties (i.e., *two weeks* of *every* month), as you, *most* of her adult life (from teenage years on) and with her own *father and mother* as well as my dad (who worked and was gone 6 days a week, during our waking hours, which saved their marriage!) over it (and I can testify that she was an absolute hell to live with, at times, during ALL of my growing up years—so much so that I was “terrified” of her my *entire* childhood), which is why her doctor prescribed a full hysterectomy at age 44 for her. The doctor

was afraid that she was going to have a stroke, at anytime, because of how she was effected/afflicted by her periods.

From: Jay  
To: all my movie-going friends  
Sent: Friday, March 08, 2002  
Subject: "Monsters Ball"  
Hi gang!

2001 sure was a lousy year for "good" movies...except for December, when one of my most favorite ones, *Vanilla Sky*, came out.

Well, last night, I went to see the movie, *Monsters Ball*, and it was great...another that will be one of my all-time four favorites! And it restored my faith in the movie industry's ability to turn out truly worthwhile material. I was initially somewhat dubious about seeing it because the reviewers were mixed about it, were touting it as "breathtakingly acted" and were cautioning people about the violence in it. I couldn't find *anyone* who wanted to see it (even my mother, Bobbie, who is usually open-minded and adventurous about seeing movies of all kinds) so I went by myself. (Thank God!)

The things that people might have found somewhat objectionable, but are pertinent to establishing the objective of the movie, were: the execution scene of a young black man who had been on death-row for 11 years (which was handled very well and *not* a bit gory, bloody, overly-dramatic or intense); a suicide of an older child (which was *not* gory or overly bloody either, but dramatically and poignantly demonstrated a *terrific* depiction of the "love-hate" aspect that exists in *many* parent-child relationships); a mother's emotionally-charged, angry, physical explosion with her son over his eating habits; and two intense, interracial sexual encounters between a white man and a black woman (the first one was somewhat uncomfortably-erotic, even for me, but very accurately and realistically passionate; and the other was intense, but very *tender* at its conclusion).

*Monsters Ball* is a *wonderful, wonderful* demonstration of how one individual (played by Billy Bob Thornton, who is a *terrific*, understated character actor) who is the head Corrections Officer at a small, southern, rural prison in Georgia “transforms” from a racially-bigoted, hateful person—after his son dies and he answers a mother’s *plea* for help (i.e., call for love)—to *the* most gentle, tender, loving person imaginable! (Halle Berry was *terrific*, too, and hands-down, deserves the Academy Award for her performance in it!)

I was anticipating a *very* tragic ending when nearing that point in the movie; but instead, it evolved into the BEST (and most romantic, *truly* loving) ending I can ever remember in a movie. It was *deeply* touching and *very sweet*. It left me feeling *really good*—better than *any* movie I have ever seen... which is still lingering 24 hours later! As Bill Bob said at the end, “I think it’s all going to be alright.”

I hope you really enjoy it, too. (I know I’ll see it again.)

Love,

Jay



From: Jay  
To: Kim  
Sent: Sunday, April 07, 2002  
Subject: Thanks...

Hi Kim!

Just got home (9:30 P.M.) from spending my first birthday with both of my kids (for the first time in 50 years!) at a party for Jordan (whose birthday was last Easter Sunday, 3/31) where they had horse-riding and campfire at night for her, her friends and relatives (kids)...and Lisa bought a carrot-cake (made me think of you) to celebrate mine—with candles, even. It was nice.

Don't worry about the taxes. [Note: Kim had called me about doing our taxes jointly for 2001 since we were married for all it.] Couldn't Clem e-file them...to preclude my need to sign them?

Love,

Jay

From: Jay  
To: Kim  
Sent: Sunday, April 07, 2002  
Subject: Re: Thanks... (Part 2)

Hello again!

I forgot to say "thanks" in the body of my email [above]. So...thank you very much, Kim, for remembering my birthday yesterday! (It was not a little thing...as you will see below.)

As a matter of fact, *only* my brother, Bob (through an e-card), Diane (Michael's mother), Sage (through Erika's prodding) and you, actually wished me a happy birthday—all day!

My mother never said anything, all day, (i.e., her ego hates mine, like yours did/does...I can't ever open my mouth and tell her anything, at all, without her getting angry or extremely defensive because she "thinks" [i.e., *projects*] that I am *always* correcting her [and has told me so!]...or insinuating that she is a bad or stupid person [based upon what her instant responses are] whenever I "begin" tell her about anything, such as a movie, or make any suggestion, at all, that might make her life easier—out of love).

Everyone else at the evening party for Jordan (except for giving me a birthday cake at the time she got her birthday cupcakes) never said a word—including Donna, Lisa, Michael, Jeff [Lisa's ex] and his fiancé, Lisa, Tim and the kids...with the exception of Sage—through Erika's prodding? (Sage *always* has the biggest, shy-type smile for me, every time I see her, which is really nice!) Michael, who is usually self-absorbed, resigned his position (i.e., was let go of because he vocalized his feelings about his boss' inability to effectively run the company, which was probably very true) as President of a software company in Jupiter, a few weeks ago, and is looking for work. (Fortunately, Lisa "just" got a decent position with Johnson & Johnson selling high-end medical equipment... which will save them, financially.) Tim was his usually glib, childlike self. Everyone else was just focused on the kids, which is normal and expected.

So...thanks, again.

Love,

Jay

From: Jay  
To: Kim  
Sent: Sunday, April 14, 2002  
Subject: Nice surprise!

Hi Kim!

It was a nice surprise to hear from you! You sounded great. And thanks for your appreciation.

How could I have any regrets for having been married to THE most thoughtful, loving, kind and generous person in the whole world?! (I deserved you. Until you came along, I was the most thoughtful person I knew.)

I hope you know that you can always call...for whatever reason. I'll try to be "there" for you...as always.

Love you,

Jay

P.S. Remember: If you forget What you are or start to "lose it," just dial your cellphone [number] and listen to the peacefulness and gentleness of the woman that I met on 9/6/95. (You are never alone.)

Say "hello" to David, Sukie, Kevin, Yoko, Tim, Kenako, Julie, Gloria, Gary [her, and my former, neighbors in Hawaii] and Kellie C for me...if you happen to think of it!

From: Jay  
To: Kim  
Sent: Friday, May 03, 2002  
Subject: Exposing & Releasing Fear [and Anger]

Hello Kim!

It just came to me today that perhaps one of the prime reasons I was in your life was to help you *acknowledge* (see) your anger [or fear], openly, by being the vehicle for bringing it to the surface so that it can be forgiven by the Holy Spirit—through me, as well as your Self when you realize it. (For instance, shortly after we were married, you threw a portable phone at me, when my back was turned...I presume for something that I said. Your actions unsettled you so much that you had a “drink” in the middle of the day.) If it can’t be seen/acknowledged, it can’t be healed by releasing You.

I think the other reason I was in your life was to help you heal all your relationships with your family and bring you all together, again...including Kevin, Bobby and Pat.

Kathy’s healing was an added bonus!

Love,

Jay

From: Jay  
To: Kim  
Sent: Sunday, May 05, 2002  
Subject: Exposing & Releasing Fear and Anger...and Ultimately Guilt (Part 2)

Dear Kim,

I forgot to mention in my last email that “fear” is the *passive*, and “anger,” the *active*, demonstration of internal, and often hidden, guilt. (Of course, all guilt stems from our hidden belief that God is angry with us for leaving Him and Heaven. But that is too obtuse or obscure a concept for many and may be forever unrecognizable while we are here in the dream...even in spite of my deliberate attempts to expose it in my self!)

I shared with a *true* ACIM-student, friend and practicing psychologist the four most significant aspects of our relationship, for me:

- 1) When first I met you, you were the *first* person who was *able* to finally answer the question—that I had asked many *beginning* ACIM students in 13 years: “If you were God, would you create a world like this?” [NOTE: Jerry never understood the significance of this but thought I was “testing” you, and the others—when I shared it with him even though I explained it was just a barometer to tell where *Course* students were in their understanding of it!]
- 2) You answered it in a “light-hearted” manner...and the way “I” would have: “No way!”
- 3) Within the first three months of our marriage, you calmly, quietly, serenely and *intuitively* (more so than I have *ever* seen you) told me, after sitting on my eyeglasses (when I was the most peaceful, in a typically reactive situation for most humans, that I had *ever* been—having just stepped out of the shower!) in the upstairs bathroom of your condo, “You (Jay) represent the best and worst of [all of] my past [relationships]”...which *thrilled* me, that You had that significant internal Guidance!

- 4) Also during that same period, I asked you—although, you may not recall it because I have never reminded you of it, since—if you would be willing to give up *everything* of the world (after I had been discussing the fantasy nature of this world with you) to which you calmly and quietly said “Yes.”

Consequently, my friend *clearly* understood the degree to which “I” was so disheartened by the dissolution and unsuccessful nature (vis-à-vis ACIM) of our marriage, during the latter years—because You had typified the “perfect” *Course* person to me...plus, I appreciated your Christ-like innocence, thoughtfulness and purity of Love...and, I found you physically attractive, as well!) [NOTE: Kim, PLEASE, do NOT misconstrue that as my blaming *you* for its failure...because I am not! Based upon what I rediscovered, IF...I was going to blame anyone, I would have to blame *me*. But, I am not doing either.] It was so frustrating to not be able to share the “beauty” of our relationship with *anyone*—particularly a *Course* student—before, who could “see” it. But others, such as Jerry, just questioned my *human* motives rather than helping me try to put our relationship difficulties in context with the *Course* principles of forgiveness and healing and hopefully *heal* them, *without* dissolving the marriage—which I told him was my objective...and Diane ignored my call for help (i.e., through an email to both of them, individually), altogether. (I was *so* surprised and *disheartened* by their response, or *lack* of response...even though Jerry did, once! I was devastated...and lost! And, momentarily, I was angry with them for helping Wally Amos but *not us*...because it made me feel like we were not enough of “celebrities” for their human egos! However, I quickly realized that “celebrity” types, whom I have known in the past, get really caught in their “earthliness.” You should have seen Marianne in her hay-day.) If any ACIM student *ever* asked me for

that kind of help, I would go out of my way to help them...no matter who they were!

*Thank you, Kim...*for listening and being a sounding board so that I could work through this! Over these last six months, I have come to *finally* understand, and am learning to let go of, my (the) ego's frustration with the human world and subsequent desire to die—in hopes of escaping the dream. And hopefully I will *return*, once again, to be the demonstration of peace and serenity that I once was. Also, I hope this benefits you as well!

Amen.

Bless You!

Bye. (You are *free*...forever. Once again, thank you for *everything*!)

Love,

Jay

From: Jay  
To: Kim  
Sent: Tuesday, May 21, 2002  
Subject: Tax Refund?

Hi Kim!

I was wondering if you knew when we would be getting the tax refund back from 2001?

The reason is I have \$2,000 in credit card bills (from eye glasses, car and dental work) that I would like to pay off. And, from my previous calculations of 30 cents on the dollar (of over \$7,000 in my tax deductions for the publishing business, travel expenses back to Florida and job hunting expenses), I estimate that my portion of the tax refund should be at least that amount. (If I am incorrect, please have Clem clarify it.) We got over \$8100 back last year—if my memory serves me correctly—without that amount of deductions so I anticipate that we should be getting back around \$10,000+ with them.

Please let me know? Thanks!

Love,

Jay

From: Kim  
To: Jay  
Date: Tue, 21 May 2002  
Subject: Re: Tax Refund?



Dear Jay,

I have tried to call Clem three times today, and his line is busy. You can call him at home. He filed an extension, and I do not know how long it will take until he completes the taxes, but maybe you will need to explain your business expenses to Clem. I do not know what his email address is. Are we splitting the cost of the tax return? Your papers took so long to get to me that by the time I got them I was very busy and did not have time to get the tax stuff to Clem. I had intended to do it at the beginning of Feb. unfortunately you held up the papers at your end for some reason that I do not remember, and then it took a very long time from when you sent it until they arrived.

I think one reason your car insurance went up is that we each lost the multiple car discount. I just got a bill for \$415.40, then a few days later I got a bill for \$503.72—with a note saying that the current semiannual rate is \$482.12.

I left for work last Thursday and returned last night. That is where I was going when I initially emailed you saying that I was running out the door. I was at work when I emailed you the other day and that is why I was not home. If you can't reach me at home then you can call me on my cell phone. I am generally working on the weekends, and going to exciting places like Little Rock. It is still very difficult to get the HNL trip, just as it was last year, but even harder now that we lost the Japan flights in December due to all the cutbacks. I know I am lucky to have a job, but it is getting harder and harder for me to be at work anymore. It has become so tedious and burdensome. Just getting through security on a daily basis when I am commuting and working is enough to send you over the edge. I do

not know what else I would do so I am stuck until some miracle happens. And I do not like feeling stuck.

I do not understand the newsletter that you sent me from Anita. You know that the house appraised for \$285,000 when I refinanced, and my broker didn't think that it would appraise for the much. I almost wasn't able to refinance because if it did not appraise for over \$282,000 I would have had to pay PMI, and then it would not have been worth it. We paid \$330,000 for the house, and the price you highlighted was in the 280's, which would mean that I would lose a lot of money selling the house right now—so I am stuck here too.

I got in an accident with the car in the parking garage at my chiropractor's office so I will now have to be paying the \$500 deductible, and the car insurance soon. The damage although it didn't look like much was \$864 (the first estimate was \$1034), there were also a few rust spots on the roof that is also getting fixed. I went through a lot of grief getting all this straightened out with the insurance company and Chrysler. It's a long story, but fortunately it is now getting taken care of after a lot of run around, and not returning my calls. Also the rubber strip on the back passenger door was coming off—besides the two spots under the hood that keep rubbing the paint off that you touched up a few times. There is a small dent in the driver's door—which I thought you had repaired by that guy, but they wrote that down when they took the car in at Theo Davies (which is right behind Chrysler in Waipahu). My patience has been being stretched and tested very much lately. I hope it lets up soon, because I cannot take it anymore.

I just had an MRI of my ankle that I hurt 4 years ago. I have tears in the tendons so now I have to go see a foot and ankle specialist in

Kailua. I do not want to have surgery, and am wondering if acupuncture would be of any help. I will have to call someone and ask. I have to go for a Qualified Medical Exam for my back next month in Torrance, CA since Dr. Kienitz said last November that I was fully recovered with no limitations. Of course, I ended missing half of December and January with my back—which could [have been] related to our divorce since it really started bothering me a day or two before the divorce was final.

Love,

Kim

From: Jay

To: Kim

Sent: Wednesday, May 22, 2002

Subject: Re: Tax Refund?

Hi Kim!

Thanks for the update. Sorry to hear about all your ordeals at work, with car insurance, with your ankle, with your back, with the car finish/accident and your patience.

If your patience goes, try God...meditating. I'd recommend ACIM and rereading the ACIM-related emails I have recently sent you, but I don't know if it does you any good or not because you have never said anything one way or another about it. (The *Course* saves me, literally, when I start to lose it.) Mine has been stretched, too, by Bobbie who still tries to tell (control) me about what to do about getting a job—even though she has experienced the difficulty of be-

ing a senior person competing in a youthful market-place—and in most ways, still treats me like a child who is “to be seen and not heard.” (Some things never change...so I won’t ever come back here, again, to live...I promise you!)

I will be happy to reimburse “you” for my percentage of the cost of the tax return based upon my percentage of the refund—after it comes in. If Clem electronically files it and you get the check deposited to your account then, after conversing with me and letting me know what it is, you can write me a check for my portion of the refund less the cost of my portion of the tax preparation. If the refund comes in the form of a check to both of us at your address, then—after you endorse it and send it to me for my endorsement—I can deposit it in my checking account (assuming I am the last to endorse it—and I will confer with Clem at that time “if” it is not clear to both of us what my portion is) and write you a check for your portion of the refund and “my” portion of the tax preparation (and if you know nothing about me, you should know, by now, that I am more than fair—just look at how well you did *financially* from our divorce—\$22K new car + \$12-15K furniture and household items!), which you can [then] pay to Clem. I currently only have a little over \$300 to my name—without any work in sight (and I have been everywhere looking)—so consequently I hold on to as much of it as possible.

I would like to clarify a few items. First of all, the information I sent you from Anita showed a house in Waialeale of approximately the same square footage as ours that sold for \$344K. I sent that to you as an example of what I, and another real estate agent we spoke to, thought our house was *worth*. (I have no idea what has become of the real estate values there since 9/11 and what I imagine has continued to be a significant drop-off in tourist-traffic to Hawaii!) Sec-

ondly, we paid \$318,200 (i.e., \$315,500 to Schuler and \$2,700 to John Ortega) for it, not \$330K. (When I left, there was only 26 years and \$222K+ left on the mortgage. Also I have no idea why the house would appraise only for \$285K [i.e., NO...I never knew that until receiving this email, and you never informed me of “any” details about your refinancing other than you were doing it] when it originally appraised for \$316K by FHB, back in 1997!) Thirdly, I mailed my tax material by the third week in February because one return got returned (instead of forwarded here, like all my other mail) to my former employer who resent it to me then...if it got there too late to do the taxes by April 15th, I have no idea how or why!

Hope this finds you peaceful.

Blessings,

Jay

From: Kim  
To: Jay  
Date: Wed, 22 May 2002  
Subject: Re: Tax Refund?

Dear Jay,

That sounds fine. I may be remembering wrong, but I thought you held up sending me your tax stuff until you got something from me. It [was] just when I did receive it the timing was really bad for me. It was a very busy time for me. Anyway, hopefully they will be done soon so we can get our refund soon.

Sorry that you are still having a hard time finding suitable work. I am sure it must be very disheartening for you. You are lucky that you

have your mother to fall back on—or what else would you do. Maybe you should lighten up on your mother a bit. At least you have one—and she has been there for you.

I left a message for Clem yesterday when I finally got through. I have not heard back from him so he must be on a trip. I leave tomorrow and will be back Monday evening.

By the way, the phone card I sent you was not free (as you mentioned that you hoped that it had been). I sent it so you would be able to make phone calls. It can be recharged and it is about 3 1/2 cents a minute. I gave phone cards to a few people at Christmastime.

Have you considered applying for an airport security position? I heard once it is controlled by the government [that people] are supposed to be making \$50,000 a year. Just a thought. Or, maybe you could have your own business helping people get organized—dejunking their homes or something to that effect since you are so good at it. I am sure that people in Florida have a lot of clutter just like most people do everywhere else.

I do love you and wish you the best! Thanks for your suggestions...

With love,

Kim

From: Jay

To: Kim

Date: Thursday, 24 May 2002

Subject: Gifts, Family, “Pins & Needles” and Moving-on

Hello again, Kim!

Your generosity for buying my (and others') phone card was and is appreciated...and is typical of you because it is one of your four admirable traits! (However, from a realistic, human ego perspective, if one is short on cash and can barely squeak by, one should not be buying gifts for anyone. People who love you do NOT need "things"...your presence in their, and my, life is your "gift"—particularly, your loving thoughtfulness and kindness, in just genuinely caring the way you do about them, and me, is very obvious!)

As much as you may highly regard having a family, I have to admit that I enjoy the company of my mellow and peaceful friends and acquaintances much better. As I told my mother, a short while back, I was surrounded by emotionally explosive, unhappy, unpleasant and angry people (i.e., her, my father and my brother) my entire life growing up—which she “acknowledged.” I lived in fear, constantly, always waiting for the “shoe to drop” and had little to no self-esteem and self-confidence most of my life as a result of it. My feelings: Screw “family”...I’ll take kind, gentle, mellow, peaceful people of ANY kind, ANY where...that’s My Family...and if they so happen to be my “blood-relatives” as well, all the better. Blood is NOT thicker than water! Susan, my second, taught me that through her family life. You never knew your mother...she could have been a real witch to you and others, including your father...and you’ll never know! My mother is wonderful with Alison and Paula, her real friends in her ego mind...but forget anyone else—particularly, me, her perennial “whipping post” (see the next two paragraphs)...even to this day!

Since I have been here, and as I mentioned before, I have had to “put up with” my mother’s frequent attempts to control and run my

life and her perpetual (and life-long), angry and unhappy disposition. (But, of course, “I” can’t make the slightest suggestion for improving her living situation...never mind any change in her attitude that might improve her life of continual pain and discomfort [with her back and joints...from osteo-arthritis?]. For instance, the other day, I was doing some work-related things on the internet, for a short while in the middle of the afternoon, and Bobbie “blasted” me for tying up the phone lines and preventing prospective employers from getting through to offer me a job!? Then, she made a “rule” (she has lots of them) that I could not be on “her” computer, during the day, anymore!?

I had enough so, after asking and getting her permission speak to her, I “firmly” told her—because she was trying to interrupt me—that “She understood what it is like to be a senior person trying to get a job (which she has experienced, and *openly acknowledged*, right then) but was making my life extremely difficult with all her rules and frequently berating me about and interfering with my actual efforts to seek employment...and as an experienced adult [me] who probably has gone on more job interviews than her, by far, and had more experiences with many different business fields than her, that she should begin to trust that ‘I’ knew what to do and was doing it!?” Also, I told her that her problem was that she ALWAYS has an “attitude,” and I am tired of it and would move out, to wherever, if it didn’t stop, now. Well...her ego wasn’t going to take “my taking my life back” lying down so she stopped buying my lunch supplies (i.e., pita bread, sandwich meat and Coke) by noticeably scratching them off the shopping list (rather than telling me...until I asked why she had done so!). She still grudgingly, because she does not like to cook, at all, cooks dinner for both of us. Since then (for 2 days, now), she has been experiencing “needles and pins” and numbness in her left arm and some in her left leg. (Obviously, I think it is a direct result from her anger, as I believe ALL her problems are.) We



have “talked”—and she initiated it last night (Wednesday) and tonight—very calmly and thoroughly about those items as symptoms of a possible stroke and my willingness to take her to the hospital, if and when, she wanted...and she knows I am LOVINGLY and very WILLING to do whatever is necessary to realistically ease her condition. (In Reality, I know she is alright, just like Kathy, and it is up to her when she wants to accept her healing—when she is willing to begin to get peaceful and surrender her continual anger!)

I also told her, after meeting with her new “trust” representative (for the trust officer who works out of the Delaware office?) at her local bank today and having established that they will carry out all of her wishes—no matter what—and that “I” am helpless to do anything in her life that she does not want to do herself, that I have done all I could do here (besides forgiving her illusion that “I” have helped create...because thought, or cause, precedes sight, or effect—very cerebral, but true, concept!), that I am ready to “move on” (regardless of whether or not I have a job or a place to live—time to put my peace of mind in My and God’s hands...I have done it before and it has scared the shit out of people, like my brother!) and that I don’t like living in Florida (and being trapped indoors, all the time, by the outside heat). I stated that “I would prefer to live near her and my kids, and I have to go and live where I can be around mellow people.” She agreed that that is what she wanted, too! (Go figure. But her actions and attitude say something different.)

I am getting my new crown (\$860) installed ahead of schedule, by half a week, tomorrow at noon. So after waiting [until] next week to hear if the prospect for a good job with the town of Jupiter will materialize (after waiting three weeks so far)...and maybe until the tax refund comes through so I can pay my bills and make it easy for

you to find me to get it completed, I will take my measly \$300+ in my checking account and only \$7,000+ left in my savings account and move on. I plan to advise my kids, in person, this Saturday of my intentions when I drive up to Stuart (40 minutes from here), where they live. I have to take care of my peaceful, happy environment, and me, first and foremost. No more living with any emotional, angry, unpeaceful people. Period. I am thinking of going to Sequim, or possibly Port Angeles (since I have never been there), WA, because of the mountains, “sunshine” (they are in the Banana Belt, if you remember) and humidity. (I’m looking forward to having those crab cakes and salad, again, that we had up at “Three Crabs” by the bay.) I’d love to live in SLC but the dryness is a killer for me, now. I know I won’t ever live with someone, willingly, who is not mellow again and has [not] had a hysterectomy or gone through the change of life. Maybe, I’ll just live in a simple dwelling in the woods with a dog and whatever birds and animals are around and find work wherever I can...and visit people as frequently as possible and reasonable. Sounds nice.

I’ll let you know before I leave...IF I do. Nothing is for sure, yet.

Before I forget, would you kindly send me the “index.html” file under C:\My Documents\peripheryWebPages at your earliest convenience? Thanks! (I am going to attempt to find a free web-page site, which I have found before, and put my books up on it for some people who I have met and who can *really appreciate* and benefit from them.)

Love,

Jay

P.S. PLEASE, do not reply about this email. I am merely keeping you posted as to what's going on...and why. Thanks!

Also, if you are interested, I have included two files that have been part of my salvation these last six months, which is when I began them. And I will use them the rest of my life. I have another called MyGifts.doc, which I'd be happy to share with you...but might incite your ego unless you become a serious ACIM student.

From: Jay

To: Kim

Date: Saturday, 25 May 2002

Subject: re: Anita's newsletter [aka: Tax Refund, too]

Hello again, Kim!

I do NOT doubt that the one home—that I meant to highlight, only, rather than the one that I mistakenly did—on Anita's newsletter that you see as only \$244K. But, when I physically had it, it was \$344K! (I may be a little dumb...but not stupid! Joke!) Because of our discussion with Heather, I picked up on that amount real quick in Anita's newsletter; hence, the reason I sent it to you.

Now...the only reason I can give for our disparity is that everything in this world is "individual" perception (not truth)—meaning that we both "physically see" things differently...and since December 2000 (i.e., when your hormonal imbalance began) that dramatically increased—what I'd call "Kimberly's ego's Revolt" against mine. Personally, I think it is another demonstration that "things" can happen (change) that can NOT be humanly explained, such as my teleportation and finding a live, warm cat in a friend's

freezer! Trust your ego and your ego's friends or God (vis-à-vis the message in ACIM)? The choice is yours. (I've already made mine.)

You haven't trusted me, in a long time—since the first few months we were married. (It was the reason I asked you to release me...but was not aware, at that time, that that was what it was.) Can you now?

Love,

Jay

From: Kim

To: Jay

Date: Mon, 27 May 2002

Subject: Re: Tax Refund?

Dear Jay,

Just for your confirmation, I still have the newsletter you sent. You highlighted in pink the house that sold for \$244,990 and put an exclamation mark behind it, and you also wrote on the front of the newsletter that you had "highlighted a Waikēle house that is the similar square footage as yours that sold for \$244,990!" So you see, sometimes even you can [not] be so sure of yourself, like myself and your mother (or others), and be wrong. Do you see yourself?

Nothing happened that changed the figures in the mail—they both correspond and you simply made a mistake. You are so quick to judge and put down other people, sometimes, and will not admit

that you made a mistake and try to pass it off as something happened and comparing [it] to the [incidents about the] cat in the freezer and being teleported onto a street that you did not turn down. Since you do not believe me, I will send it to you [along] with something else that came in the mail to you. I would have let this go, but your otherworld explanation of your mistake is a little much. Not everything can be explained away that way.

Also you have been given an opportunity to work things out with your mother, and now you are going to walk away from it. You are lucky in the first place that you had a place to go—someone to fall back on. Many people do not have that opportunity—I never have. It seems that you are very unappreciative—what do you want blood?

Love,

Kim

From: Jay

To: Kim

Date: Tuesday, May 28, 2002

Subject: Re: Tax Refund? (Anita's newsletter)

Hi Kim!

Well...it sounds like I *am wrong* about what I highlighted on Anita's newsletter! If so, I apologize! (I look forward to getting it again to understand how I screwed up so bad.)

I guess this turned out to be my “papaya seed” incident. (Were you as frustrated with me as I was with you...until you very *maturely, courageously, confidently* and *spiritually* stood up and apologized to everyone at the group dinner in Belgium? What a miracle that was! I tell that story whenever I meet someone who needs a lesson in “fearlessness.”) Maybe, we are more alike than either of us realized before? (I *have* been aware that you exhibit my fascination with marine life and exploring new places and things...as well as several other things, which I think I have shared with you, before.)

I do *love* and *appreciate* my mother—and she apparently recently *did* have a small stroke last Thursday and is being watched by her doctor (who I met today and who is VERY *un*-friendly and impersonal!), 7 days late—meaning that his office did not respond to her repeated phone calls! (I finally got [from] him that he is aware that she is very “stressed,” and stressful, which I know is caused by her constant “angry attitude” and disposition—over the slightest things—and her *fierce* independence and reluctance to be controlled, by anyone (i.e., her fear of losing control of her life, physically and mentally); and he has been treating her [which she was not aware of, until I told her!] with some unknown drugs. “Anger” (fear) is exactly what is creating her stress! Even though I have *tried* to tell her that (you, too, by the way), she spends most of her time being angry and whenever I am around takes it out on me—just like you did on me for most of 2001 and for two weeks of every month for six years. (That’s not a complaint about you, just a simple statement! If we could have acknowledged and developed some method of working with it—in the loving friendship and trust we began with, we could have helped you through your anger to reach a point of peacefulness, together.)

You have no idea what things I have done to help her and how *many* times I have lovingly tried to do so—without being bossy, in the slightest way. (If you think back to two summers ago in Maine, you will remember what she is like toward me—while she was totally pleasant and friendly toward you!?) She definitely wants to live her life her way—*alone*—without anyone’s interference or involvement. And she is going to do whatever she damn well pleases until she has become incapacitated by her anger...which can be any moment now...since she continues to ignore the warning signs (meaning her back and joint problems, and now, a slight stroke).

(I am not so sure you read my emails, thoroughly.) Again...I do not have to subject my self to constant abuse by living around that kind of an environment...after I have made more than a reasonable effort to rectify it (which I feel I have most of my life, in Bobbie’s case...and my brother has never even made the slightest effort, by the way). I have *lovingly* and *unbegrudgingly* come to her aid, a *number* of times! I have hardly avoided Bobbie or run away from her...or you, for that matter! I gave you both a choice, and you have *both* chosen to not spend any more of your time living with or around me! (Yes...I *asked* and gave her the same choice I gave you!) Is it all right for me to have “my” peaceful life back (like when I lived in SLC, by myself)? Thank you...very much! I think so, too.

By the way, God is the only One I lean on. I merely asked my mother if she “would like” me to come here. She said “Yes.” Otherwise, I will go find a place where I can be peaceful; and for the reasons I mentioned before, it doesn’t seem to be here.

Love,

Jay

From: Kim  
To: Jay  
Date: Tuesday, May 28, 2002  
Subject: Re: Tax Refund? [& Anita's newsletter & Gifts, Family,  
"Pins & Needles" and Moving-on]

Dear Jay,

I am sorry that things are not working out better for you or [are] more peaceful. I hope for your mother's sake that she will learn to mellow out and lose her anger. It is too bad for both of you that this is not working out—it seemed like it was a perfect opportunity for both of you to heal your relationship with each other. I am sorry to hear that she had a stroke. Sure sounds like she needs a more caring doctor—not one that does not call back until a week late. I would think your mother would enjoy having the company, and someone to help with things that she can't do herself. I know your brother has not made an effort, but you are not your brother, and we should not compare ourselves with other people. Personally, I am glad that you were with your mother when she had the stroke. Whether she realizes it or not she is lucky to have you there.

Jay, it is unfortunate that you cannot see that what you attribute to my being hormonal, and my bitchiness, were the times that I felt strong enough to stand-up for myself. I worked very hard only to come home to be criticized and have every penny be scrutinized and not have any money to spend how I wanted. I am sorry if you cannot see that that is not healthy. It is no fun [having] your life scripted for you. Which is what it is like when someone else tells you your truth and how you should live your life—and it seems that maybe [that] is what is going on between you and your mother. As you can see, neither of you like [it].



Please tell your mother I said hello and that I hope she is feeling better!

Love,

Kim

P.S. Clem said he should be finished with the taxes by the end of the week.

From: Jay  
To: Kim  
Date: Sunday, 26 May 2002  
Subject: What constitutes “attack” thoughts

Hi Kim!

Four weeks ago...against my ego’s better wishes, I began redoing the *Workbook* lessons from ACIM and have been really amazed at how relevant and meaningful much of the “beginning” stuff is...almost 20 years later! Case in point, this morning I was on Lesson #26, “My attack thoughts are attacking my invulnerability,” and all of sudden I realized that *any* of our “concern” thoughts, whatsoever, make us feel vulnerable and fearful! Wow...it hit me...finally! Consequently, I modified the last item on my one-page, Major Lessons document with all the attributes of “attack” thoughts so I hopefully will never forget them, this time

Happy day...the end of the ordeal is in sight!

Love,

Jay

From: Jay  
To: Kim  
Date: Monday, 27 May 2002  
Subject: "Breakfast of Champions"

Hi Kim!

I watched a real cute, very quirky, movie called *Breakfast of Champions* on the Comedy Channel, on TV, last night. The write-up in the newspaper's TV guide only gave it a one-star rating; but I thought it was VERY entertaining, and it had a *great* spiritual message (vis-à-vis the Truth) toward the end. And...the very sweet and charming ending of it "told" me what your role in my human ego life (and particularly, in Hawaii) was. I think you will like it, too...if you can catch it, again.

The movie is almost comic book-like (but it does not have any cartoon characters, like *Roger Rabbit* did) in its style, which is similar to the approach that Warren Beatty used in his movie, *Dick Tracy*, and is as "outrageous" as Quentin Tarantino's *Pulp Fiction* and *From Dusk to Dawn*. I found it to be a nice change from realistic type ones. It has Bruce Willis (who plays Dwayne Hoover, the husband who is a smartly-dressed businessman [with hair] and local TV car-dealer celebrity and pitchman) in it, as well as Barbara Hershey (who plays his aging, "airy-fairy" spiritualist, stay-at-home wife), Lucas Haas (who plays his Vegas-style, lounge act son and goes by the name "Bunny" and lives in a hole-in-the-ground style bomb shelter on his dad's property), Nick Nolte (who is terrific as a transvestite cross-dresser/car sales manager and long-time friend of Dwayne's), Vicki Lewis (from the TV show, *News Radio*, who is really cute as Nick's wife and encourages him to "come out" while on TV) and my favorite, Albert Finney (who plays Kilgore

Trout, a haggard, old author living and looking like a hobo—in spite of having written 63 novels and countless magazine stories of “great” literary and spiritual significance [similar to Robert Heinlein’s *Stranger in A Strange Land*, which (two) others have said I reminded them of the lead character—the man from Mars—in it] that always end up, unbeknownst to him [who never even knew they had been published...until the end of the movie!], in paperbacks with trashy, sexy covers; and his stories, in “porno” magazines.)

Trout’s (Finney) story is almost a behind-the-scenes subplot of the movie, until the very end, where he meets Dwayne Hoover (Willis) in a nightclub, who reads the first page in one of his books, which becomes Hoover’s message from God and changes his life, forever. (Really clever and enlightening...truthfully!) The movie has several happy endings for all the characters so it is very uplifting; but the most memorable for me, and I think for you when you see it, is Trout’s. After meeting and conversing with Hoover for a short while inside the club, he walks outside and looks in the long mirror that is part of a display from Dwayne Hoover’s car dealership’s “Hawaiian Trip Giveaway.” The mirror transforms into a picture of a Hawaiian hillside and ocean sunset (very similar to the scene looking southward from Jameson’s restaurant in Haleiwa) with a young girl in it. Trout climbs into the picture and says to the little girl, as he takes her hand, “Make me young like you”...and then a transformation happens—that you have to see to appreciate [the memory of which brings tears to my eyes because it told me “why” you were in my life]; and finally, the picture changes back to a normal mirror.

One word of caution: Do NOT be turned away when you see the beginning of this movie, which is of a smartly-dressed Dwayne Hoover (Willis) sitting on the toilet seat in the upstairs bathroom,

putting a gun-barrel in his mouth, as if attempting to commit suicide—until his family’s female cook, downstairs, calls him to breakfast, the “breakfast of champions”; hence, the title. It gets very “camp” after you meet most of the main characters and very funny in a bizarre (you’re from California...therefore, you understand that word!) or outlandish sort of way. (I saw, for the first time, the movie, *Twin Peaks: Fire Walk With Me*, right afterwards...I thought that is not only bizarre but also “strange,” in a non-funny way; and I have never watched the TV series which was spawned by this movie! *Breakfast of Champions* IS entertaining.) Jan and Tim would like it, too.

Enjoy.

Love,

Jay

P.S. IF...I ever get a DVD player some day (keeping in mind that’s a big “if”), I think I would get the following movies: *Field of Dreams*, *The Dark Crystal*, *The Accidental Tourist*, *Pulp Fiction*, *From Dusk to Dawn*, *Vanilla Sky*, *Monster’s Ball* and *Breakfast of Champions*...and possibly, *Unfaithful*, which I just saw and was “spellbound” by its intensity and tenderness (as I was by *Monster’s Ball*), as it has a terrific message for people “in live-in relationships” about the cost of infidelity and the reality of redemption

From: Jay  
To: Kim  
Date: Thursday, May 30, 2002  
Subject: Periphery “index.html” file

Hi Kim!

Hope you are feeling better this morning! (As a suggestion, you might consider talking to one of your doctors about your taking yourself off of your mood-elevators [i.e., serotonin-uptake inhibitors], twice now, and whether or not that is an advisable thing to do? It was my observation that serzone/prozac/celexa seemed, from April 1999 on, to stabilize your moods so that you were happy/pleasant/undepressed MOST of the time!)

I have two favors to ask.

First of all, when you respond to any of my emails in the future would you kindly respond “only” to each specific email, individually—rather than combining your responses to several in one. Often, your responses can be significantly later and sometimes be confusing as to what you are talking about (i.e., the ability to process info slows down significantly and requires much more concentration as you age...particularly past 50...as in my case!) because you combine multiple ones in one email without referencing what you are talking about. (It helps with organization in one’s mind.) Thank You!

Secondly, you may have missed my request a couple of days ago for the “index.html” file under C:\My Documents\peripheryWebPages. Would you kindly send it to me as soon as possible? Thank you, again!

Love,

Jay

From: Jay

To: Kim

Date: Friday, May 31, 2002

Subject: Re: Periphery “index.html” file

Hi Kim!

Thanks for the file! (I don’t know how you access your computer at home when you are away? Maybe you can tell me sometime. Using “PCAnywhere” or some other program?)

Love,

Jay

From: Jay

To: Kim

Date: Friday, May 31, 2002

Subject: peripheryWebPages

Hello again, Kim!

Sorry...I just discovered that I need a two other files from the “C:\My Documents\peripheryWebPages” folder. (Too bad I let my ego run rampant last Fall so that I didn’t have to bother you, again!) I have all the books (ones with a “pdf” extension) and the

“index.html” file. Now, I need the rest, which should be “b-repict.gif” (or something similar) and “tp-label.gif” (or something similar). I already have “acrobat.gif.”

Thanks!

Love,

Jay

P.S. My cellphone is now (561) 827-1511! (Yes...the last four numbers are the same as my mother’s home phone. The guy at the store thought I would like it. I thought “No way...do I want to be reminded of my mother every time I use the phone.” Then I thought “I have to learn to be forgiving and accepted, rather than changing, it.” My lesson today was “I am not a victim of the world I see” [nor under my *ego*’s control to plague Me with hatred toward my mother for all her intense fear that’s causing her intense anger—even if it gets directed toward me because I am the only available outlet for her ego to constantly pick on. Sorry, for not being able to apply the same reasoning to dealing with your ego, in the past...particularly last year!]) I have been watching the made-for-TV movie, *Joseph*, from 1995, the last couple of nights, and it showed me how one who accepts the Truth can take frequent abuse for years and years and not become hardened (i.e., an ego, only). It gave me great confidence that—through diligent patience—I can get through this ordeal with my mother and ultimately reach a state of peace, regardless if she expresses it herself.



From: Jay  
To: Kim  
Date: Sunday, 3 June 2002  
Subject: FINALLY catching on & Re: Anita's newsletter

Hi Kim!

I had an interesting time at Lisa's house last night (Saturday) during dinner—after Madeline's pre-kindergarten school graduation exercises. (Yes...you heard correctly!) The whole family was there, except Jordan who went with her dad and his fiancée, Lisa, after the program, as well as Donna—who was not feeling well. To make a long story short, Donna showed her *old*, cranky, negatively judgmental colors with “me,” *only* (i.e., by verbalizing her negative judgment of my inability to handle, or control, my mother's recent stroke-like, TIA situation because of my being “locked out” by *her* fierce independence, crankiness [stemming from her intense fear of being controlled by anyone or anything, such as her constant body aches] and her trust setup; and when I went to hug her good night, she said “Why do you have to hug me...I don't like to be hugged!” So, I promised her I never would again.)

Then, we had an interesting group discussion about “family” and “joint custody” and that Lisa and Michael turned down a lucrative job situation in Tennessee, for them, in order to allow Jordan to be with her father, Jeff, who happens to have *joint* custody of her and because they were “family.” (Something, I know you are real big on these days...particularly, from when I met you and *encouraged you* to reopen your relationship with your brothers, again—back in the beginning of our relationship.) When I told them—while I was sitting on the family room floor with Lisa and Olivia and Donna was sitting behind me on the couch—that I “*had* tried for ‘joint’ custody of her

and Erika but was denied any possibility of it in those days because it was very hard to get and Donna's lawyer was very crafty," and consequently I left New York to pursue my opportunities in Utah and Donna moved to Florida, shortly thereafter, Lisa *jokingly* said "Thanks!" (after I mentioned that there was *nothing* I could do to enforce my visitation/contact with them, when they were kids, but always had an extra bedroom for them in Utah) for leaving *her* "stuck" with Donna, *alone*. Then, she and I both *laughed*!

By the way, Lisa and I had also discussed—off and on, during and after dinner—the [not so pleasant] similarities between Donna and Bobbie while Donna was "telling" me what I should and should not do regarding Bobbie. Lisa then said "Years ago, I threatened to put my mother [Donna] and Gram [Bobbie] in a locked room with bunk beds." She and I laughed, heartily, again.

Finally, at 7:30 P.M., Lisa and I had an interesting exchange at her front door, after I had said my goodbyes to everyone and was leaving. I told her about my lesson (#32) for yesterday, which was "I have *invented* the world I see," and that since *everything* we see in our world is our *projection* (i.e., visual creation...or miscreation, in Reality) "**I** have generated this world in which everyone, including Donna and Bobbie, are playing out the negative roles that I assigned them in my ego world!" So, consequently, **I** need to learn to be *re-sponsible* for how I feel and respond (or not respond) to all things and people in this world—since I have learned through ACIM that this world is just our combined individual-dreams. She understood...since we have both had "beyond this world" experiences. I had FINALLY begun to catch-on (20 years late) that "**I** am *doing* all this...and it, Donna and Bobbie are NOT. My *ego* (i.e., my sole belief in my reality as a human being) *miscreated* them to play out *my* angry, fearful, emotionally explosive self so it could play

victim-in-the-world...when in actuality, they are loving spiritual-entities.

Today, my lesson (#33), “There is another way of looking at the world (or any situation) that I see,” reinforced what I accepted yesterday (and from many years past) that I have set everything and everyone up in my dreamworld, which is *my* ‘movie,’ as I *see* how I *made* it. However, I added: “I must play-it-out...without running away from it, in any way!” And: “I must really learn, *now*, to be unattached and not get emotionally caught-up in it or anyone!”

Also, I noticed early this morning that people, such as Donna and Bobbie, try to *run* my life by “telling” (in a critical, authoritarian manner) me *what* to do, and how to do it, or not, like *I did* to you (with many and frequent “suggestions,” rather than commands and negative judgments of your character, like them), for the first five years (but not the last) of our marriage. I “mothered” you, in other words...but my *intention* was to help, like with your organization—which you asked me to do, but resisted my efforts (e.g., eliminating your “piles” of stuff). And “Yes”...when we ended up in over-emotional situations, I childishly and out of frustration (when holding my ego’s “cool” didn’t seem to slow down your ego’s reactivity due to your hormonal imbalance) resorted to name-calling (e.g., bitch, asshole, stupid, childish) and lost my anger! I am very sorry, as I was *when* I did it; I could not rise above my humanness!

Now...having received Anita’s newsletter back, and—as I *trusted* what *you* said, the *second* time—my underlining and my hand-written note, on the cover, DO, in fact (?) or *appearance* (keeping in mind that *everything* of this world is an illusion), indicate that the house in Waialeale, where you live, with similar square footage sold for **\$244,900...rather than the \$344,000+** that I “believed” I had

seen and was the reason I had sent it to you, after the first of the year—because it was the same figure that Heather, the real estate salesperson, said was what we had to sell our house for in order to recoup a reasonable profit over our original purchase price of **\$318,200!** Well...either two things happened: *one*, I had a BIG "senior moment" (at 57!) and overlooked what we paid for our house (i.e., thinking we bought it for \$218,200...why else would I *remotely*, even think of sending it to you?); OR *two*, the printed figure showed and my handwritten note was *originally* \$344K+ and changed after you received the newsletter. I know you believe it is the *former* and what *now* appears on the newsletter! But, and in keeping with my previous "other-worldly" experiences (of teleportation and remarkable findings) that have shown to me (and you, through Kathy's miracle healing by her unexpected *willingness to surrender* her "ego" and take medication—unlike her sister—to enable to her, and those around her, to live her, and their, life in a more healthful, peaceful and content way), I still believe it to be the latter. (Remember: it's all a dream.) No problem!...we live in two different worlds and consequently, we will see things differently (even though the figures *now* appear the same to *both* of us)...and that's why we are no longer living together. Your ego may just think that my ego is just being obstinate, and you are entitled to.

Hope you are having a nice vacation! I would volunteer Bobbie's convertible couch for you to stay here if you would like a change of scenery. But, since I am not earning any money, at this point and she has not positively reacted to my informing her that this was *our* scheduled vacation period for us to go to Maine, I don't feel I can openly suggest it to her. Sorry. If "she" thinks of it on her own—because I know she loves and likes you, I will let you know!

Love,

Jay

From: Jay  
To: Kim  
Date: 10 June 2002  
Subject: Fwd: Inspiration [& the aging process, here]

Hi Kim!

I thought you might find it interesting that *Bobbie* sent this to me [i.e., directly below]...and others. Maybe, things are changing for her, and God is finding a way into her, at least intellectually.

Other things are going on, like this morning when she woke up hearing “hammering sounds” (which she hears during the night in the early morning hours, from time to time, and has called the cops, a number of times, to get them to silence “her” public disturbance—i.e., they know who she is by the sound of her voice, now!). This morning at 9 A.M. (and once before) she continued to hear them and had me lie down on her bed, in her bedroom, to see if “T” could hear the hammering, this time (I couldn’t, before, either!)—hoping that I could at least feel the vibration of the hammering (which I could not)—while she can hear it *clearly*, as “off in the distance,” while standing up anywhere in the house. Finally, I got it! “We’re dealing with aging, here!”

As young and feisty (which is a sign that she is reasonably well and alive, physically and mentally!) as Bobbie is, she has been acting particularly temperamental since I have been here—keeping in mind that my continued presence in her life upsets her *routines* because she has someone else *around* that she has to consider, whether she wants to or not, when being able to do certain things (like playing a particular kind of music, loudly, for instance).

The bottom line: I am learning not to react to Bobbie, and therefore, I will bring peace into her life, as well as my own. I am not running away (because you *really can't*, if you have any Love, at all, for your own mother!), this time. We can't get divorced, like you and I. (I can move away, though, after I start making some money and save up enough to get an apartment! But, I have no plans to do so—other than to "stick it out," here, until it is *absolutely clear* that I have found my infinite patience.)

Bye...

Love,

Jay

From: Bobbie  
To: Jay (et. al.)  
Date: 8 Jun 2002  
Subject: Fwd: Inspiration

The first line is deep.

*If God brings you to it,  
He will bring you through it.  
Lord I love You and I need You,  
Come into my heart, Today.  
For without You I can do nothing.*

*Pass this message to 7 people, except you and me.  
You will receive a miracle tomorrow.  
If you choose not, then you refuse to bless someone else.*

From: Kim  
To: Jay  
Date: 13 June 2002  
Subject: [Re:]...hammering sounds

I was wondering if the hammering noises that your mother thinks/ thought she was hearing were actually her remembering the hammering that was going on 2 years ago (around this time) up in Maine when her neighbor was working on his new house. He used to start pretty early and it would bother your mother a lot.

From: Jay  
To: Kim  
Date: 13 June 2002  
Subject: Re: ...hammering sounds

Hi Kim!

No...it's just her ego playing perception tricks (in dreamland) on her.

Love,

Jay

From: Jay  
To: Kim  
Date: 12 June 2002  
Subject: Toto

Hi Kim!

Back towards the beginning of this year, I mentioned to Bobbie that I could never figure out why the Director of Purchasing at PGA National Resort, who was a very classy, sophisticated woman, hired my former boss, who had none of that and acted, talked and was as temperamental as one would think of a person from Brooklyn—where she was from—would be. Then Bobbie said “People hire people who will be a ‘Toto’ (i.e., an obedient dog, like Dorothy’s in “The Wizard of Oz”) and cater to them.” She was right about my boss.

Well, I thought about that a couple of days ago, and I came to the realization that during all my growing-up years I was Bobbie’s Toto (i.e., dutiful son)...until I decided to not let her, and others, cross my boundaries, and what my ego saw as its being taken advantage of, around age 46. (It wasn’t until much later that I realized that there is an “inner” way to deal with that...called forgiveness [overlooking what is ‘not real’]!) A lot of my emotional responsiveness with you was a replay of my ego’s attempt to prevent that type of backlash whenever your ego got angry with me. Of course, I was not mentally or emotionally passive, in those situations, which meant that “I” got caught up in my ego. (Bad boy, Jay, bad boy!)

I was wondering were you a “Toto” in your family, too?



Love,

Jay

P.S. If you have forgotten Sukie's license plate reads "TOTO2."

From: Kim

To: Jay

Date: 13 June 2002

Subject: Re: Toto

Very much so.

From: Jay  
To: Kim  
Cc: Erika & Lisa  
Date: 13 June 2002  
Subject: The 12-Hour Miracle

Hello again, Kim!

Bobbie has not been able to sleep well for quite a while; and lately, hardly at all. Well, yesterday she finally let me do a practice demonstration on a new product and service (that has actually been around since 1989...but few people know of it!) that I will be offering to people with families (because it offers total security for their kids while they are on the Internet and can keep them out of chat rooms, at home) and older people, particularly those who have never operated a computer before. (I had had it for almost a week...and she would not take the time to even look at it—even though it is now my livelihood as an Internet Consultant working independently for a company called [wwwwebcoach](http://www.webcoach.com)! Bobbie grouched all the way through it and refused to see any of the “several” benefits of this product and service—one of which is utilizing a very portable device to access the Internet, from anywhere, on a much more comfortable-to-watch color TV screen from anywhere in the room, like on the couch, where I am now...and even standing using a typical, hand-held, universal remote.

When I finally got through my practice presentation with Bobbie, I felt like I had totally wasted her and my time...even though it is “perfect” for her, and everyone who would like to protect their kids from perverts in chat rooms and inappropriate material all over the web (i.e., just type: [www.whitehouse.com](http://www.whitehouse.com) and see what you get!?) and the computer from damage from viruses and use them “only”

for specialized programs, like your FDS bidding program, for which they were intended—because my system can do everything else, albeit not as fancifully, including email, Internet (e.g., investing, online banking and bill paying), games, word processing and faxing, that computers do because it functions as one!

Here's the first part of the miracle. I asked her if she would at least provide me with 3-4 names of her friends who would “allow” me to just do a “practice” presentation (I have to do 20, of my own, before they give me leads of theirs). Bobbie griped about it but got out her address book and started to write down peoples' names and addresses for me—17 of them! And, she even called them for me like I had asked! (You should have heard her negotiating with them to get them to see me!) I have even given her my schedule book and Cross mechanical pencil to “pencil-in” the appointments for me (i.e., I have given her ego the perfect opportunity to take control of my life, again...this time to my benefit)! Plus, I think it gives her something constructive to do. Pretty nice healing, eh!? It gets better.

This morning, Bobbie told me she slept 12 hours (or close to it), last night—after the Spirit of Her had been so helpful to me, immediately following her ego's grouching about my product and service offering [the day before]. Believe me, that's a big miracle for her! I told her later this evening while she was reading in bed, just before going to sleep (i.e., she can't without doing so, plus turning on music [via the] sleep timer on the clock radio, which I never knew before) that her “sleep miracle” was a mirror image of mine during the Summer of 1998, when you and I had gone to Maine for two weeks. As I told her, prior to that time, I had always had troubles with my back for several years and could not sleep in bed for more than 5 hours without my back hurting (i.e., it always woke me up after that amount of time, regardless of when I laid down to begin with). I told

her that something miraculous happened, which I attributed to how nicely she treated “me” (i.e., her perennial whipping post), then—for the entire time we were there; and I slept for “12” hours, every night we were there...and my back never bothered me, again! (That doesn’t mean that my lower back muscles don’t ever spasm, ache or bother me when I get stressed, angry or unhappy...but it [is] 1000’s of times better than it was, then, and before—since the very end of 1989!)

Pretty nice miracle...wouldn’t you say?! I thought so. Lisa did, too. I’ll take that as the sign (i.e., real vision) that our relationship is healing, if not healed...from this point on. Things have definitely changed, for the better, after I did that demonstration, and I didn’t “do” anything to make it happen—EXCEPT not react to her attitude during it.

Love,

Jay

P.S. May you, and all of us, be healed, from this point forth and forevermore! I will it be so.

From: Jay  
To: Vic  
Cc: Kim  
Sent: Wednesday, June 26, 2002  
Subject: Re: msnTV Benefits

Hi Vic!

It is so good to hear from you! I am very sorry to hear about Linda's passing. She was such a nice person! And you were so lucky to have 20 years with her! I am glad to hear you are living with Kristina in Idaho...and I assume are doing okay financially.

How is your mother, my beloved friend, Ruth, doing in that facility in Sacramento? I should call her. You sure have been through the ringer, Vic, in the last year or so. Good thing this is only a dream!

Kim and I unfortunately got divorced last December—and I moved back to my mother, Bobbie's in southern Florida (Jupiter...near West Palm Beach on the east coast)—due, in large part, to the financial pressures that my inability to find work in Honolulu area, after losing my job with a \$7B, national computer company that went bankrupt, for the last two years of our marriage, caused and her emotional state from the onset of menopause. Consequently, we lost the spiritual connection that we had from the “first night” we met—our highest point of contact, from which we fell groveling, in our humanness, to earth over the next six years of our marriage! Very sad...and not necessary...but it happened anyway. I failed to maintain my peacefulness, when I knew I should have, so WE both lost.

Stay in touch, Vic, and let me know how you and [your Asian, adopted-daughter] Kristina are making out. Sounds like you have a

real good opportunity there with her! Call me (my number is towards the bottom of the attachment I sent you)...if you can't afford the call, I CAN and I'll call you right back. Or, send me your number and I'll call you...but I need to talk to Ruth, so I know what you are up against with her at this point in time as well!

Also, when Kristina becomes interested in the Internet, I want you to talk to me about how to keep her safe and out of harm's way. Okay? (Nod your head up and down.)

Your write-up on Linda was so good. You are a terrific storyteller, Vic. Don't stop. *Wizard of the Wires* was a nice beginning.

Love,

Jay

P.S. I am writing this while lying on the couch in front of a large screen TV...ah, a 13 year old, very inexpensive technology—that few know about!

Have a “swell” day!

From: Kim

To: Jay

Sent: Wednesday, June 26, 2002

Subject: Re: msnTV Benefits

Dear Jay,

It is so frustrating that you have totally missed the point. The reason for our divorce was because of your constant need to control me—it was not okay for me to be me. You still do not see it. It would have been nice if you would have had an income to help relieve some of the burden from me, but that was not why we got divorced. Besides the fact that you were the one that kept bringing it up (divorce) and goading me to do something about it. You gave me a deadline of September to grow up and I did just that. You also were not supportive of me with my work schedule. You put me down on a regular basis. That does not feel good—especially when you are busting your ass. You got caught up in pettiness. You lost focus (or maybe never had it) of what is important and got lost in the details of having things your way. I would not have erupted if things had not been simmering and bothering me. It was usually easier just to keep quiet to avoid an argument, but premenstrually and [while] in perimenopause [i.e., the beginning of menopause] is when a woman may finally begins to speak her truth. I have been working very hard all of my life and it would be nice to be taken care of for a change instead of me having most of the responsibility. It would be nice to be pampered once in a while. I want to feel important and that I matter. Not to have to go through all these hoops to be accepted. You saw the few things that I did not like to do, or was not good at keeping on top of, and held them against me—found fault with me on a regular basis.

I am reading “The Wisdom of Menopause” by Christiane Northrup and there are some sections in there that ring so true about being controlled by a spouse and told how to dress and wear your hair etc. You thought you were doing me a favor as you felt Susan [my previous wife] had done for you, but it was not a favor. It was another way to control me. You were threatened by my friends and did not allow me to talk to them when we were first together. Prob-

ably because you realized that if they would have known what was going on they would have told me I was crazy to let it happen and to put up with it. Ours was not a happy relationship for me. I sacrificed my happiness to try to make you happy—which did not work. There were so many restrictions and things that were not okay to do. Things you did not like or believe so therefore I was expected to be the same. I am struggling to get my real self back. It has been suppressed for so long I am not really sure what I like or believe in anymore. I hope I find it soon, because I do not like feeling the way I do now.

When you recently said that you would meet me in Maine, who did you think was going to pay for that vacation? I can't afford it that is for sure that is why I stayed home on my vacation. According to you, you don't have any money.

Love,

Kim

From: Kim  
To: Jay  
Sent: Thursday, June 27, 2002  
Subject: Re: You and I

Hi Kim!

I heard you. Thanks for clarifying your position.

Contrary to what you may believe, I was not interested in “controlling” you...but helping you—which, as you clearly, “correctly” and



accurately pointed out, I did totally wrong! I concur with your perspective...but not with what you, or anyone else, may think was my intention.

As far as your friends go, when we were first married, I did not think that Kelly (sp?) in WA had “your” best interests at heart. Although I thought she was “controlling” you—much the same way I ended up doing (but with a much different intention!), I never forbade you to speak with her or to reestablish your relationship with her when you wouldn’t play “her” control game with her—her way—and she ignored you! I didn’t have any opinion about Sam, then or now, and her affect on your life.

By the way, I was never “personally” threatened, in any way, by any of your friends, except for my “childlike ego” being jealous of your ego-relationship with Henry when he visited us (you) in Hawaii—which tended to exclude me from its childlike, “inner circle” interests, and for feeling humiliated when you personally and publicly degraded me during dinner at Sam Choy’s. (Although I did not use the same anger-tone or name-calling, I also, after that experience, humiliated you by my “parental attitude” at Lisa and Michael’s, during our last Christmas, there—which Lisa brought to my attention, then, by reacting to it by merely looking at me and saying “Dad!” when I was condescending to you...and for which I never apologized to you, until now! Please accept it, now...by my acknowledgement?)

However, I do have a strong feeling that [your friend] Lorri put a “bee in your bonnet” in February 2001 about: 1) breaking away from me because of my being your “controller” [NOTE: unfortunately, Lorri never learned the age-old wisdom of: “It takes one, to know one”?!]; 2) being “unwillingly” to spend any of your “free” time with me; and 3) [not] continuing the path (vis-à-vis ACIM) that

we began “together” and was the “basis” for my relationship with You, from the very beginning (which you may pick up again through Jerry and the Centers for “Attitudinal Healing”—which is where it ALL takes place!) to follow “her” conventionally-earthly, New Age path (vis-à-vis yoga, past lives focus, naturopathy, etc.)—based upon all the books she gave you while I was there and comments that you made about what she told you, then.

I have liked Jan, from the beginning, and think her innocent, child-like, free-spiritedness has had a positive effect on your life and has brought you great comfort...as well as Kellie C., Leanne, Henry (whose only fault—from my perspective—was negatively interceding, through his aside comments, in our marriage when he came to visit), Sukie and many other “acquaintances,” like Sheryl, Deanna, Patty, Deanne W, Mary, Linda, etc.—most of whom I liked, by the way.

As an observation...and for whatever it’s worth—for your “consideration,” you have always had ONE, very strong, super-controlling person in your life who has tried very hard to run your life and tell you how best to lead it...since I have known you. Just before I arrived in your life, it was Kelly, and possibly Sam to a limited degree. While we were married it was I. And now, since February 2001, it seems to be Lorri, upon whose very vocal advice and opinions you have seemed to “depend” for your self-assurance and guidance. I will relish the day when you listen and follow NO ONE but your own Internal Guide...your real Self, Who I met on 9/6/95! And, no one, ever again, gives you any “personal” advice, whatsoever...because you won’t follow it, anymore. Also, when you have another intimate, live-in relationship, again, I hope that you will openly, and only, work with him (or her) to make it joyful, free-

flowing and peaceful...and not listen to anyone outside of it, ever—  
unless you both mutually seek that help together, at the same time!

Bless you, Kim. May Your peace enfold you.

Love,

Jay

From: Jay  
To: Kim  
Sent: Friday, July 19, 2002  
Subject: Spoke to Clem (7/19)! [Re: Tax Return, Part II]

Hi Kim!

This is just a “heads up.”

I spoke to Clem, today (7/19). It seems that he suffered a heart attack in San Francisco (I think...if not some place in CA), about a week or so ago, and has just gotten home, today, after spending a week in the hospital there, getting fixed up. (I caught him walking in the door!)

He said he would be completing our taxes over the weekend and would ship them off to or call you. (You might check with him as to how you want to get them!) He will make and send me a copy of the tax paperwork. I told him that you will sign the tax paperwork and then send it (but NOT the green folder!) to me for my signature and shipment to the federal government. It needs to be in their hands by August 20th, which we should be able to meet—provided you are “home” to get it off to me in time!

I checked with Clem about my portion of the refund, and he agreed that my estimate of \$.30 for every \$1 of business/moving/job-hunting expense claimed was reasonable. Hence, my \$7,700 of expenses would entitle me to at least \$2,100 of the refund.

(I told him that you and I had made arrangements to split the monies...meaning that I would send you a personal check [by FedEx 2-day], after you received the check from the Feds, signed it

and sent it to me. I am looking for a job out of state, by September 1st, so I “hope” we can get this all transacted by then. I am anxiously waiting to pay off my credit card, which is mounting.)

No need to reply to this.

Love,

Jay

From: Kim

To: Jay

Date: Fri, 19 Jul 2002

Subject: Re: Spoke to Clem (7/19)!

Interesting, I just called and spoke to his wife 2 days ago from LA and she didn't mention anything about it—only that he should be home the next day and she would give him my message to call me. I have spoken to him two previous times and both times he told me it would be done in about a week and that was the middle of May and I believe the middle of June.

From: Jay

To: Kim

Sent: September 1, 2002

Subject: Re: Tax return & Feeling “Hurt” (as the cause of Anger)

Dear Kim,

When I got home at 11 P.M. last Thursday from my successful job hunting trip to southwestern New Mexico (unfortunately, they will only pay \$7.25 an hour, to start?!), I was pleased to know that you had sent me a portion of the tax refund on that day. Although, we did not discuss the amount that you sent because I did not want to keep you on your cellphone while you were driving, I *assume* it will be in the amount (i.e., \$1,000) that you mentioned, directly below, in your email of 7/29?

That email caused me to discover that feeling “hurt” is probably the *principle cause* of “anger”! (I hope you are listening and will benefit from what I want so much to share with you, because we are the only ones who can control our feelings, and subsequently, the quality of our lives.) I discovered it while writing, but not sending—until now—the email, directly below yours, that I wrote 10 days later, on 8/8, after I felt that I was sufficiently cooled-down and not running on emotions. It defines what I believe to be a more equitable portioning of the Federal tax return.

Love, peace and blessings,

Jay

From: Kim  
To: Jay  
Date: Mon, 29 Jul 2002  
Subject: Tax return...

Dear Jay,

I hope you received the tax papers via FedEx by today. I sent them Wednesday, July 24. I drove out there (past the airport) from

Kaneohe (Clem's house) to send them and I thought I was supposed to be there after 2PM (so I actually waited at the airport re-funding an unused ticket until after 2PM) then I got there and found out I was supposed to be there between 8A-2P, or 4P-6P. So I drove back out there after 4P, and if shipments are received after 3:30P they don't make the cut-off and are not sent out until the next day, and then there was the weekend (I guess I would have just been better off going to the post office). They said it would arrive by Monday.

The Federal return needs to be sent by August 15, and the Hawaii State return needs to be sent by August 20.

Your figures are a little off. The Federal return is \$7,355 filing jointly with your deductions, \$6,102 without your deductions. That is a difference of \$1,253. You only had \$591 taken out of your Inacom [income] for Federal taxes (where as I paid \$9,760); there weren't any Federal taxes taken out for Brooks Brothers. According to your email, you are expecting \$2,100, which is more than the difference your expenses made in the return. The State return is \$2,679 of which you only paid \$331 in taxes, and I paid \$3,596. In your letter dated 12/24/01 you wrote you would like some of the estimate of \$2,287 that you came up with, based on the difference your expenses made—just your fair share (the “some” being underlined). Now it sounds like you expect all of it. Filing separately you would not have gotten that much back, and now you seem to feel entitled to more of the tax return than I am based on my wages and the amount of State and Federal taxes that were withheld from me. The tax preparation fee was \$191, which is about \$30 more than last year because of all the forms for your expenses. It seems now that it would have been quicker and much less complicated for me to have filed separately. I feel that \$1,000 is more than fair—that is more

than you would have gotten back on your own. Who do you think paid for most of these expenses anyway, especially for the business over the last several years?

I hope you understand this and will find it fair.

Love,

Kim

From: Jay

To: Kim

Date: Thursday, August 08, 2002

Subject: Re: Tax Return

Dear Kim,

I called Clem on 7/25, the day after you picked up our completed tax returns, to make sure he had gotten them done—since you had been having such poor luck in doing so...through no fault of yours. (I had also left messages, for two days prior.) He explained to me that you had also asked him to run the tax figures without my deductions included (although he didn't say specifically which ones!) and that my portion of the Federal tax refund was around **\$1700+** (but he couldn't be specific since he didn't have the paperwork there). I was *shocked* because he and I had discussed that tax-deductible expenses are "typically" about \$.30 on the dollar (i.e., **30%**), which would have made my portion of the refund to be **\$2,460!** Then, I got your previous email, which states that "my" portion of the refund is only **\$1235** (which is only **15%** of \$8,202 of my business and moving expenses)...however, *you* think it is



“fair” that I only get *\$1,000!* (Has “the” most thoughtful, loving, giving, generous kind person *in the world* become a little greedy?)

[NOTE: I couldn’t begin to tell you the “hurt,” and subsequent anger, my *ego* felt that You would let your ego do that to me—particularly, after I had been *VERY generous* in our divorce settlement by:

- 1) Taking the bulk of my entitlement to the equity in our home in \$18+K worth of stock (which was originally \$20K...and is now worth \$15K—but “so be it”!) given to you by MY mother...plus, \$8,064 in cash (i.e., your only real “cash” loss from the divorce...plus half of the legal fees!);
- 2) NOT requesting further cash outlay to cover my entitlement to “half” (i.e., \$17-18.5K) of the \$34-37K in new car and household furnishings “we” spent in Hawaii (i.e., \$12-15K for furniture, sprinkler systems and other household items during our first six months, there, plus \$22K for your new car—which you richly deserved) by asking the court that they be “sold”;
- 3) NOT requesting that our wonderfully-finished and located house (with its terrific vista and all its maintenance-reduction items: solution-dyed carpeting, ceramic flooring, cultured-marbled shower walls, Corian kitchen countertop) be “sold” so that I could get my portion of the \$53+K in equity (above your \$40K from the sale of your condo) in “cash”...which could have taken a long time, plus forced you to move from the most wonderful place on earth back to the crappy mainland.
- 4) Plus, I wanted you to be as *comfortable* as possible living there alone and could not bear to break any of it up by taking *any* of the furniture and other household items. In other

words, I was (and am) more concerned about your welfare than my own.

Also, I don't think you realize that when I met you, you had less than \$500 in *savings*. During the first two years we were married (after [my] not working the first 10 months!), **I** managed to save us \$33,000 (i.e., we spent \$23K on the Hawaii down-payment, \$3K on the IBM laptop, \$5K on a 2-week trip to Europe and left \$2K in savings). Then (after not working 7 months—but got severance pay from 3Com, which we spent entirely on the house and furniture—while I went back to school and diligently studied to get certified by Microsoft), I managed to save another \$55K (i.e., \$20K on mortgage pay-downs, \$3K for a 4-day trip to Hong Kong and \$22K for your new car, and \$10K in savings—of which I took \$8K as part of my divorce “buy-out”), over the next 4 years. My point being: I *managed* the money; you only *spent* it (i.e., meaning you took no part or interest in “managing,” as in budgeting, and saving money). If you had not met me, you would not have had squat compared to the “things” that you now have! So, the question is: “Why would you *even think* of short-changing me, in any way—particularly, since you KNOW in Your Heart that I have ALWAYS had Your best interests in My Heart?? (And yes...I *know* I have not always been the most patient person in the world, and, out of frustration in not being able to reach you when you were hormonally-afflicted every month, as well as all of 2001, I resorted to name-calling [prior to 2001] and condescension—but curtailed much of it in 2001!) If you were in my shoes, how would you have felt if I offered you only \$1,000? For instance, if we got \$8,124 from our 2000 taxes (when we BOTH made money) and were about to get back \$10,034 in 2001—of which you were only going to get \$1,000, while your former partner was going to get \$9,034—when we made LESS money in 2001, wouldn't you think

that something was really wrong...or someone was being really selfish?

Consequently, today (8/8), I called the IRS to find out exactly what would be a reasonable return on \$8,202 of business and moving expenses for 2001. (NOTE: Before I forget—as I mistakenly found out, after talking with about four people there: If we were not married for the “entire” year, up *until 12 midnight, 12/31/01*, the IRS does NOT consider us married for 2001 and entitled to file “Married filing jointly” [as *you* asked that we do back last September...and I heartedly agreed to]! So, hopefully, your greed will not cost you additional money and time—by requiring us to re-file individually. I did not give them any information, like SSN’s so I don’t think it will...and I certainly hope not—because we would BOTH lose a lot on that one!) What I learned is that: after all of “our” deductions, “our” tax base was reduced down to **15%** last year, when it ordinarily would have been **28%**, like it was the previous, 2000 tax year—when *I* had brought in money, up until August 2000. Subsequently, instead of getting 28% back on my expenses, like previously (i.e., approximately \$.30 on the dollar), I only get back 15% or \$1,235. (If I claimed the business expenses, alone, during the 2000 tax year—when I *originally* wanted to, it would have yielded \$1,743.) But, *you* make out *much* better...even though we made LESS!

Therefore, I recalculated “my” portion of ALL of the deductions, as follows:

\$6226 for business expenses, \$1976 for moving expenses, \$399 for 20 donated books (sorry, I did all the phone contact and running-around work on those!) and \$2,900 for personal exemption. That comes to a total of \$11,501; and at 15% (i.e., resulting tax bracket after all deductions are taken out) would yield **\$1,725** as

my portion of the refund. That amount is 17% of the total refund of \$10,034; therefore, *my* portion of Clem's \$191 tax preparation fee would be \$32. So, my *net* refund should be **\$1,693**! *Yours* is \$8,150, which is \$26 more than OURS was last year— *after* you pay your portion (\$159) of his fee! (I would say you make out pretty good.)

Call me...if this is not clear to you and I will try to help you understand more clearly.

Love,

Jay

**[Special Note:** I moved by myself from my mother, Bobbie's house in southern Florida to an apartment with a lovely view along a mountain ridge in Silver City in the southwestern corner of NM where I lived from September 2002 until July 2003. There were very few emails between Kim and I during that time.]

From: Jay  
To: Kim  
Sent: Sunday, July 13, 2003  
Subject: Time to fess up

Hello Kim,

I received a call from Ajmal, tonight. I don't know what prompted him to do so but he did mention that he had been sailing with you today. When I asked him how well you were doing and if you were losing more weight, he said that you had a really good figure in your bathing suit...and that you had fun piloting the boat. (Good for you! The significant women in my life have all had their lives turned around, for the better, after our relationship was over. So, I am pleased that everything seems to be going very well for you—even if my ego is jealous that I can not be a part of that.)

Then my heart rose to my throat because I felt I had lost you, forever and ever; but I just listened to him, for quite a while, to take my focus off you. After he hung up, my heart was in my throat, again. And I knew that confession was good for the Spirit and that I should fess up to my total feelings regarding you.

Rather than lying awake all night mulling them over and over, as I had so many years gone by, I decided to call you and tell you what I have never said and to open my “ego” up to the risk of TOTAL humiliation. (As you can tell from the last 2 paragraphs in my email to my mother, below, I finally hit “rock bottom,” tonight, when I realized that we were over and that you were never going to call me back into your life—I lost all sense of hope). Also, there is NO pride in Love. But you were not home. So...I am writing this, instead of telling you, as I would prefer.

I recently mentioned this to Erika (who still can't tell me that she loves me—although Tim can, by the way). What I told her was that I have NEVER loved anyone that I wanted to do more for than You—love and hold you, walk with you hand-in-hand, explore with you, cook for you, help you pack for your trips and help you on them when I could, share everything and all feelings with you, “provide” for you, make and keep a nice home for you. (I used to think that it was just my parental instincts that you were invoking, until recently when I acknowledged my feelings to her.) I also mentioned it to my mother when I was home on vacation, last week, and she just casually said “I would not get your hopes up.” I said “No,” but I was glad that I could be open, honest and forthright about my feelings—which I have always been.

You were the Great Love of my life...and you never knew it. (But then, I only recently acknowledged it, too.) So...now you know! (NO guilt intended on your part...PLEASE! And the only reason I asked you to bail out on us was because my ego was so perplexed with not being able to reach you to discuss things to arrive at the total peace and contentment that we had in the beginning of our relationship.) AND...“the” happiest and proudest moment of my LIFE was when you stood up in front of our European tour-group in Brussels and acknowledged your bull-headed stubbornness about the papaya seeds! (Such courage and such a good example of how people should be! God...I loved you.)

Confession over. (Maybe, I can rest easy, now, and forever more?)

Love, peace and (most of all) blessings,

Jay

P.S. Maybe, I should refer Priscilla (who used to be a great distributor for Herbal-Life and just decided, yesterday, to place an order for both her and Conrad) to you since I don't have any reason for money and stuff?! (But, I will help you with them and anyone else I know who may be interested.) And, I just killed my InnerLight website on Friday because I can't afford the \$14.95. But, I hope I can figure out a way to keep up with "my" \$246-280/month IL health regimen. (All I want is a peaceful content life. Things don't interest me—I am too far gone, to go back, now. Back to the monastery...but I will continue to love everyone and everything as I take care of all things around me, whenever possible. One fellow said recently that he felt "energized" after interviewing me.)

From: Jay  
To: Kim  
Sent: Wednesday, July 16, 2003  
Subject: You're NOT going to believe this!

[NOTE: I have been mulling this over for the last two days to make sure that my decision has not been emotionally-influenced by any kind of knee-jerk reaction on my ego's part. And "yes," I trust that you are spiritually intuitive enough to figure out where this is going without even reading it, as you have done before!]

Hello, Kim \_\_\_\_\_!...

my name is Jay \_\_\_\_\_ and....

"Will You marry me...AGAIN...and again...and again...every day of your life?!?"

(And admittedly, I am afraid of what your answer may be!)

There is no rush to answer. Please feel free to take your time. However, I think I will be leaving here on Thursday, 7/31, and have not a clue as to where and when I will land. But, if you call Bobbie, before 8/23, at 561-625-0283 in Palm Beach County, she will be able to get a message to me when I check in with her, from time to time. She won't be surprised if you call because she loves you, too, and even asked me today (without knowing anything about this letter!) "Will Kim let you come back home?" when I told her that Hawaii, not Florida, would be my preferred place to end up, for several reasons. I told her that I had no idea if that was even remotely possible, from your standpoint.

\_\_\_\_\_



I have only recently realized, three days ago, the error of my human ego ways almost two years ago in letting you slip through and out of my life because “I” did not do *everything* in my power to keep us together and for attempting to force you into waking up, rather than letting you grow at your pace—if ever, by asking for our divorce three months prior to your initiating it, with my ego’s encouragement. (However, that doesn’t mean that I am accepting all the responsibility for it...just most of it, since I should have known better to let it happen, at all.)

It has taken all this time, since October 2001, for my ego to be humbled enough for Me to realize the error of its ways in not acknowledging many factors, below. What was the turning point? When I went to my family’s home two weeks ago for a one week vacation, I realized that I “really” loved my mother, Bobbie—in spite of the fact that I had gotten livid with her rescinding her open, heart-felt offer to give me her car (so she wouldn’t be putting others at physical risk, and herself at financial risk, as well), the week prior. I had realized, over the years, that we both truly had a love-hate relationship. But, when I walked in the door to Bobbie’s apartment on Saturday night, this past June 28th, after being gone from my mother and family for 10 months, I was truly awoken to the fact, that no matter what, I will always “love” my mother as I was “touched” by the mere sight of her! (In that instant, Kim, I “immediately” thought of You and “knew” that I truly loved You, forever and ever—even though you are not my biological family!) And believe me, I have really hated, despised and avoided her “most” of my life from when I was a young boy, who would escape to his [maternal] grandmother’s house in Pennsylvania for summer vacation or any time that it as possible to do so during the year.

Also, a week prior to my going to Florida for vacation and not ex-

pecting Bobbie to relinquish her car, I called Erika to find out if I could stay at her place because I was “not” going to even see Bobbie while there to punish her for reneging on her gift to me—just the same way I tried to punish you by asking for a divorce unless you discussed

all aspects of your feelings with and for me (in six years of marriage...which you did once, briefly, at the end, when I asked you what three things you would change in me and complimented you for doing so).

Erika and I had a really nice, open conversation about her marriage to Tim and how she “openly acknowledged” that sometimes she “hated” him and told him so—in spite of the fact that she also loved him and that he was an excellent father and husband by helping her with household chores and being a very attentive father with Sage, and now Summer, too. I commended Erika on her tremendous personal insight and openness to fearlessly discuss all of her feelings, good and bad, with her husband and told her that I was envious and proud of her. I stated, at that point, that had you and I (and everyone!) been able to do that we would NEVER have gotten divorced and how I ached for six years waiting for you to share with me all your feelings about me—bad, as well as good—so we could get beyond our human frailties!

[Note: By the way, Lisa stepped in and spoke with and “reached” Bobbie—much better than I can because she doesn’t trust me or seemingly take my word, on anything, in spite of the fact that I have always been there to take care of her when she had been involved in a couple of accidents and Bobbie has acknowledged that she “could always count on”

me—and told her that she needed to give a gift (her car) without any conditions, like Bobbie telling me I had to get a new job before

she would give it to me. When I asked Lisa if she had any take on why Bobbie was so conditional with her love to me even though I was always there for her (but never Bob) and she grieved about my departure last August from Florida, she said “You always hurt the one you love.” So I stayed with Bobbie the entire time in Florida, and we had a very nice, peaceful time together.

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So, why now? What I realize—after much unintentional thought to What You really are, over the last few weeks—and believe I can actually put into practice, is that I can unconditionally love you WITHOUT expecting you to change or trying to make you do so, in any way. In other words, I think I have matured enough, finally, to not let my ego get in the way and “expect” anything of you other than what you are and what you want to be. Yes, that means you don’t have to express your feelings to me about anything. If you want to share them, like you did in the very beginning, eight years ago, wonderful...I will be thrilled!

Why the change? Because the Christ of Me has a clear vision of Who and What you are when I remember the following four major milestones. One, 9/6/95, my Heart rose to such heights when you made “my” long-time dream come true by merrily acknowledging that if you were God, you would not make a world like this—I was, and still am ecstatic to have found you, at long last, after 13 years (and now, 21). Two, 4/97, when you “decided” to not get caught up in your ego stuff and was very pleasant when I came home one evening, after I had previously told that you I was having a bad day when you called me at work, earlier in the day. Three, 10/97, when you stood up in front of a group of people in Brussels and openly acknowledged your ego—God, was I proud of you, and for you. Four, 4/99, after a whole month of “to-

tally surrendering” your ego and not being defensive, one little bit, you have your long-desired wish to be multi-orgasmic fulfilled.

I believe that I have now had sufficient time to remember these incidents as representations of the Spirit of you that I married on September 17, 1995, forever more, and will NOT react unfavorably, as I have in the past (because my ego “expected” you to change), to any emotional outbursts, temperament, distrust or anger that your ego may exhibit toward me, in the future. I fully accept that you may be hormonally afflicted through menopause, for many years to come, and hope that I can always be there to be a shoulder to lean on.

Because I loved you and because of my ego’s selfishness, I wanted to help set you free of your ego...but not me. And now, it is not even necessary for my ego to have you “begin” to trust me, share your feelings with me, give up ego-based spiritual pursuits (like past-life regression), give up any of your friends and family, give up any earthly goals (like attaining wealth through InnerLight sales), etc. Why? Because you “already have” trusted me with your darkest secrets, tears of love and expressions of gratitude, and you can’t take their remembrance from Me! I REALLY know Who and What you are...and I won’t forget, this time, and get caught up in any of my ego’s demands for having the dream my way! My last contact with Bobbie taught me that. However, I am not perfect (otherwise, I wouldn’t be here) and may temporarily react from an ego perspective. But, I will quickly recover, acknowledge and apologize, as I have in the past, when I do. I am very forgivable and forgiven, as are you!

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Admittedly, from a practical perspective of being able to provide for

my self, as well as you (which I would “truly” like to be able to do, again), I am very scared about and am uncertain of my financial future—in spite of my desire to work until I die (which could be 120, if I play my cards right with our health regimen). However, something dramatic has changed in my mind, recently. That is the awareness that I will do “whatever” it takes to NOT be a financial burden to you, should you want me back. When, I was last there I figured that it cost around \$2600 per year to feed me, insure me and insure my car. That’s about \$200+ per month, plus [an additional] \$300+ per month for InnerLight products (so I will be in perfect health with washboard abs for my 60th birthday next April!) for a total cost of \$500-600 per month.

What I am willing to do, that my ego couldn’t do before, as you so “rightly” indicated on our last anniversary (when you unexpectedly “exploded” and caught me totally off-guard, which caused my ego to totally withdraw, after a “delightful” prior evening and the “most wonderfully peaceful” day-trip out, picnic and most of the trip back from Hana), is to do even menial tasks, like running a paper-route (in my Caddy STS!) in the early morning hours; helping build (by making sales calls from TryInnerLight.com paid-for leads on my own, unlimited-hours plan cellphone) and maintain and manage “your” InnerLight business (that Ajmal indicated to me was about to take off) from 12-5 PM in the afternoons; and delivering pizza (again in my top-of-the line Caddy STS) in the evenings from 6-10 PM. Sound like a plan? What the hell, I’ll even go flip burgers at MacDonald’s, in either the mornings or evenings, like Kevin Spacey did in “American Beauty,” if it means having the opportunity of being with you, again! (Then, will you feel I truly love you, as I do?)

[Note: I have only one concern, regarding InnerLight sales. Even though I am an excellent sales person, and can close, very well (i.e.,

“ask for the order”), I can’t seem to make a dime in sales for my self, anymore. Since I would like to make you filthy rich and “always” provide you with the very best the world has to offer (as I tried to do, before, with the trips to southern Utah and northern Arizona, Europe and Hong Kong; the IBM laptop; your fun, “first” new car; and by building you a lovely Hawaiian home and lowering the payments on it), I hope and pray that you will allow me to help you run “your” InnerLight business and that I will help make you successful beyond “your” wildest dreams. And this is very important: I do NOT want any co-ownership on my part in “your” business, whatsoever—regardless of how successful I may (or may not) be in growing it...or anything else, like your house, car or personal possessions! I hope that’s perfectly clear. I only want to be able to spend the rest of my time on earth with you—period! You can give it all away. I have what’s important: love and respect for [My Self], You and everyone. That’s all I want, have and am. Money and things do not interest me, at all. To make you happy has been and will continue to be great fun!]

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As in the beginning—when I promised to take you to Hong Kong and to help you become multi-orgasmic (even though “you” did it by totally surrendering your love to me, as I had previously told you was all that it takes), I will make you the following promises:

1. I will unconditionally love you, forever, no matter what you say or do to me, to anyone else or for your self.
2. I will make no demands upon you. Period.
3. I will do my best to outlive you so you won’t feel lonely without me. (I already know what it feels like to be without you.)
4. I will do everything in my power to make you peaceful, content and happy.

5. I will do everything in my power to be your best friend, spiritual partner, confidante, business partner and sexual partner—as “you” so desire—and do not expect exclusivity of your personal time.
  6. I pledge you my forever love, trust and support in whatever you may do—with me or without.
  7. It is not necessary for you to change one thing, belief or attitude about you in order for me to love you.
  8. I will never be condescending of or controlling toward you, again—period.
  9. I accept your hormonal afflictions, temperament, moods and attitudes, as they are, and will always try to be cognizant of What you are and will always be willing to assist you—in sickness and health—with any health issue, whether you are cognizant or not, to the very end! [Note: Had I realized that you were going through menopause when we were first separating, I would not have willingly allowed you to divorce me.]
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I do love you, Kim, very much...always have, always will...because I believe I understand the true, universal nature of Love, which we all are!

Jay

P.S. Do I expect a positive response or any response to this, at all? No. But, I truly hope it is “YES!”...and I will *always* remember the woman who loved me with tears in her eyes whenever “N’dis Life” came on the radio or on the CD player. (And, now, for the first time in two years—since you’ve been gone, I am grieving, as the tears well up in my eyes. I forcibly stopped them during our last time together, at home, before taking you to the airport. I thought I “had” to be strong for

you because you had tears in yours and I was afraid that we both would have fallen apart, then—which maybe we both should have, in hindsight.)

Please, do me one favor, Kim: Just remember that I always “truly” loved you, the same—without one degree of change—from the first time I met you on September 6, 1995 until forever—whether you were fat or skinny, pretty or ugly. (If you’re thin, now, how else will you “know” that someone else will love you no matter what? I proved it.) And you needn’t be afraid to ever speak to me—should you want to, for whatever personal or business reason—as I will “never” bring this up again or any emotionally-charged rhetoric to entice you into accepting me back into your life on an intimate, live-in basis!

Finally, I apologize for not being able to ask and tell you all this face-to-face, but I felt the time to deliver it was when it was first acknowledged—after being certain that my decision was not strictly guided by my ego’s emotional swings. Also, I was afraid that I might not remember to tell you everything, in person.

IF...for some miraculous reason, you agree, I would like to marry you in Florida, California and Hawaii—and actually “every” day—so that all our family and friends can be there, unless I can help make YOU “stinking rich” so we could fly everyone out to Hawaii. (I am already very wealthy...thank you very much!)

From: Jay  
To: Kim  
Sent: Thursday, July 17, 2003  
Subject: K-WYMM?



Hi Kim!

Will you marry me?

(Thought I was joking when I said I would ask you every day, for the rest of my life, huh? Well...this kind of thing is what happens when One wakes up...aka: growing up!)

What? You have a great-looking boyfriend, now, that is hung like a horse! Fine, keep the horse, but marry me. I walked away from Bo Derek ("Ten") because spiritually I am bonded with you in My mind. (Sex is not even part of that kind of an equation...although, ours was "really" good.)

Remember: "The difference between dumbness and stupidity is a 'lack of knowledge' and 'choice' ...so choose wisely."

Speaking of remembering. Do you remember, Kim, when you found the following in my publisher, Eden's office and how "inspired" you were to write it down, immediately, and then type it out on the computer, a few years later?: "Only the daily recommitment of both parties in a relationship to living the Truth can keep it peaceful and together, physically, on the earth."

Anyway, I believe it's time for us all to: "Talk less...and listen more."

Love you,

Jay

P.S. A teaser about tomorrow:

If your schedule permits over the next week and a half, while I am still here in Silver (as the locals call Silver City, NM), and you can fly in to El Paso, I would like to take you to Annette, as a “pre-wedding gift,” to....

[Sorry...you’ll have to tune in tomorrow for the exciting conclusion of “pre-wedding gift”...and more!]

From: Jay

To: Kim

Sent: Friday, July 18, 2003

Subject: The “last” K-WYMM? email...that isn’t (what you think is)!

Dearest Kim,

Although, more than anything else on earth, I want to ask you to marry me—every day, something happened late last night...after having an incredibly pleasant and content day, yesterday. What came over me was this sense that I have just been terribly verbose and overbearing to you AFTER writing the “You’re NOT going to believe this!” email, a couple of days ago.

Now, I am going to try to talk you out of marrying me—even though I “really” want you to...and it could very well be my ego attempting to do so because I TRULY love You, beyond anything or anyone else in my life, ever. But, in all fairness to and with the deepest respect for You and your ego, I desire to be completely open and honest with You and want your ego to be “completely” comfortable and at ease with every aspect of

Me and my humanness! I know You love me, but probably not [your] ego. (Yes, I am perfectly clear about what manic depression—highs and lows—is and carefully tried to ensure that I was “not” being that way when I wrote you my re-marriage proposal. And, I have never met anyone who is more introspective than me. But, I am feeling less-than-adequate for “you,” now, which I will explain below.)

What my ego felt “after” I sent the second IL prospect to you was that “it” was inadvertently trying to “sell” you on accepting my capabilities as your loving, caring business partner; hence, my verbosity.

Secondly, after I sent the final email last night, I realized that I “violated” my promise to leave you alone to make your own, leisurely decision about my marriage proposal by writing my “K-WYMM?” email yesterday—when I stated in my original proposal that I would do so, to arrive at your own decision, “without any further rhetoric from me to entice you into accepting me back into your life.” I am SO sorry I slipped and forgot not to do that—until you “had accepted” my offer of marriage! (I guess my ego just got caught up in the euphoria of the possibility of having you back into my life.) Had you agreed to it, then I would write or ask you, every day, “Kim—will you marry me?” for the rest of your life on earth.

Finally, when I got up this morning and looked at my self in the bathroom mirror, I realized that I had unintentionally, and probably irrevocably, destroyed my looks by attempting to reduce the “future” possibility of having spiky, bushy, grey eyebrows, like Andy Rooney’s...the way Michael Jackson has done to his entire face—but “not” to the same distorted degree, meaning that I am not ugly! (I will drop two pictures—of then and now—in the mail, today, so

you can see for your self. But, my glasses hide most of it.) Although I love you unconditionally—no matter what “you” look like or whatever physical condition your body is in, my ego wants to look the very best that it can for my personal self-esteem...and you!

I am sure you look very pretty these days with your new figure and all (and I remember, from an old picture, how gorgeous and slender you looked with your weight at a “more normal” range!). Also, I feel confident that you still “readily” attract men, as you have in the past—even when you were overweight, so my ego is threatened by not being able to offer you the same wonderful body and looks that you have appropriately and deservedly attained.

In spite of the fact that we (and everyone) want to be accepted for What we are (i.e., our loving, kind-hearted, spiritual Essence)—beyond our physical appearance, as I “do” you, I am afraid, and ashamed, that I am less than your “ego” may feel it deserves, and may want, looks-wise. (The human ego can be very fragile...and it loves to tear us down, or pump us up, so it can stay in control of our lives.)

So...this will be my LAST (I promise!) email to you, unless you write asking for my assistance on anything. Any prospects I send your way to your business email address will be very factual, only—nothing subjective in them.

I love you, dearly, Kim. I am very, very sorry for my overbearingness, yesterday (or ever)...and for letting you go, nearly two years ago! I hope you will forgive me.

Jay

From: Jay  
To: Kim  
Sent: Sunday, July 27, 2003  
Subject: Male Menopause/"In Sickness & Health"/My First Dream  
in Color

Hi Kim,

Hope I am not bothering you, but I did my homework last night after realizing there might be a possibility of my going through male menopause. (The full checklist, with my responses, is at the bottom!)

Well, I did get quite hot in bed last night; have gotten depressed, periodically—every 3-4 days (rather than up and down daily or every other day)—about work, mostly; am “not” sexually dysfunctional, but could care less, in general (i.e., it is not a preoccupation); but my sleeplessness (even though I wake up alert, rather than tired) “may” be do it! There is also a possibility that the manic depression could be a subset of male menopause. And my tuned-in partner, Kerry, from work, says that he notices monthly, cyclical changes in his attitude. Statistically, below, I don’t seem to have much of it. (Is it possible for a man and a woman, who are going through menopause at the same time, to get along? I think so—particularly, in “my” case...and in anyone else’s “if” they learn to be “open” about their feelings [i.e., acknowledgment will set you free] with people at work and home.)

After realizing that I could be hormonally-afflicted, to some degree, as you are, I “felt” what “in sickness and health” meant, for the *first* time!...and believe I can now accept you under any conditions—without making any changes. When I mentioned that realization to Bobbie, tonight, she was congratulatory.

Finally, this morning at 7:08, I awoke from my “first” dream in color. As a matter of fact, I was waking in the dream while lying on my back outside, like at Lanikai Beach where we used to go, and your face was hovering, just inches over mine. I could see the yellowish, early-morning sun above you hair and a palm tree to my right. The last thing I remember was feeling so loved from the look in your gentle eyes and watching the sun illuminate the peach-fuzz around your rear jaw-line on the left side of your face—just before my lips touched it, as I so often liked to do. It was a great feeling, and one that made my day. Thanks.

Whether it takes 10 minutes, 10 days...or 10 years, I’ll be waiting for You!

Love,

Jay

#### —MALE MENOPAUSE SYMPTOMS—

The most common physiological symptoms of male menopause include:

Taking longer to recover from injuries and illness.

(NA)

Less endurance for physical activity. (N!)

Feeling fat and gaining weight. (N!)

Difficulty reading small print. (N)

Loss or thinning of hair. (Y)

Sleep disturbances and fatigue. (Y-feeling hot, once/  
N-fatigue)

“Sore body syndrome” - stiffness. (N)  
Excessive sweating. (N)  
Cold hands and feet. (N)  
Itching. (N)

The most common psychological symptoms of male  
menopause include:

Irritability. (Y-very occasionally)  
Indecisiveness. (N)  
Anxiety and fear. (Y-when I am out of work)  
Depression. (Y-when I am out of a job; and about  
once every 3 days for the first 2 weeks in July 2003  
when I realized how truly I loved 2 people.)  
Loss of self-confidence and joy. (Y-have to fight the  
feeling of defeat after 3 years of job hunting)  
Loss of purpose and direction in life. (N-spiritually,  
Y-humanly)  
Feeling lonely, unattractive and unloved. (N)  
Forgetfulness and difficulty concentrating. (N!)

The most common sexual symptoms of male meno-  
pause include:

Reduced interest in sex. Men may require direct  
physical stimulation to  
get an erection; a sexy sight or fantastic fantasy may  
not arouse them  
as it did before. (Y, but am not sexually dysfunc-  
tional—just requires the  
right person being around)  
Increased anxiety and fear about losing sexual po-

tency. (Yes...at first, N!)

Increased fantasies about having sex with a new and younger partner. (N!)

More relationship problems and fights over sex, love and intimacy. (N)

Loss of erection during sexual activity (impotence).  
Erections may take longer to occur, and the full erection may not get quite as firm as it used to. (Y-to the later, only)

There is less of an urge to ejaculate. (N)

Sometimes a man might not feel the need to orgasm at all.(Y-occasionally)

The force of ejaculation is not as strong as it once was. The amount of the ejaculate is less and one may have fewer sperm. (Y, began 3 years ago!)

The testicles shrink and the scrotal sack droops. The sack does not bunch up as much during arousal. (NA...don't think so—never looked)



From: Kim  
To: Jay  
Sent: Monday, July 28, 2003  
Subject: My true feelings and desire...

Dear Jay,

I have been wanting to contact you since the end of May. I have been looking for the right way to do and say this. I was concerned about you losing your job soon so I have put it off, which has not been in my best interest. Just when I was getting ready to email you on 7/16 I got your email. Then when I regrouped and was ready to email you on 7/18 I got the other email from you. I tried several times to call you yesterday afternoon, but your line was busy. I tried again a few times this morning, and again your line was busy so I have decided to email you.

I think in some ways it may have been a mistake to get you involved in IL. I think in some way it has given you the idea that there may be a future for us. It has given you an excuse to stay in touch with me. I now feel that I am in an awkward position as your sponsor. I am glad that the products are helping you. You do not need a website to do the business. And to contact those people would not cost you any money since you are already there, but that is your choice, and I am not going to beat myself over the head trying to help you if that doesn't make sense to you. They or you could merely call the (800) number to place the order. When you do settle somewhere you could contact them, plus they would have your email address to contact you. You talk about not having any money to pay your credit card bill, or to afford products—this would help you with that. I haven't done much with the business because I have been busy with other things right now, but Ajmal contacts me or I contact

him with questions, not my sponsor who is Patrick. Ajmal does this full-time; Patrick and others do not. You actually seem to have a better handle on it than I do as far as recommending things to people for certain conditions, as I have not had that much time to spend researching it, and it just may come more natural to you. When you get to Florida, or settled somewhere this could be a source of income for you, i.e.: you don't have to look for a job. It looks like you would do very well at this.

Also, I had emailed you once before that I already get the emails from Steve. I started getting them after you first contacted him. I am sorry, but I will not be sending you the book or anything else. I do realize I suggested it so please forgive me.

Staying in touch with you, right now, is not good for my emotional well-being, or yours. I have been getting very overwhelmed with your emails over the past few months, and it has caused me a great deal of distress. I need closure on this chapter of my life, or at least to put the book on the shelf for a while. In order for us both to grow, we need to let go. I need you to let me go. You are holding me back, right now, by not letting me go. I need you to respect my wishes and not contact me until I have had a chance to heal and move on with my life. Do not wait for me for 10 minutes, 10 hours or 10 years it is not going to happen, so please let that thought go.

I want the best for you. This is not good for either of us. I am thankful for the lessons that I have learned, many of which were very hard and painful. It is time for us to move on and put these lessons into action. Our marriage was not a happy one for me. I think I confused love with responsibility. I tried to please you at the expense of my happiness. I now value myself more and know that it is not a healthy thing to do in a relationship.

There are a lot of things that are in my life now that probably would not be had I not met you. Namely Attitudinal Healing. For these things I am very grateful. I have learned a lot from you, which I am eternally grateful.

I was on the same basic path as far as my personal well-being when I met you. I had to stop because of you. I did not realize that I had naturally gravitated back to the same things for different reasons (massage, acupuncture, therapy, etc.). I would not be where I am with my physical well-being, because you would not have allowed me to do it. I now need to concentrate on my spiritual and emotional well-being.

As I said I want the best for you. I hope that you will listen to me and respect my wishes. My best to you and your family. Thank you to all of you for all that you have done for me. Best wishes for your present and future. As you know these things are not easy for me (see paragraph from you below). Letting go, even if it does not serve my best interest is very difficult for me. Thank you for this lesson too.

PLEASE...you do “not” need to spare my feelings about anything (i.e., I know how sensitive you are to doing so, and you have suffered from extreme guilt, before, because of it)! Just be “open,” which I GREATLY appreciate, and tell me what “You” want. (As in the past, I will be respectful and commend you whenever you do!)

With Love and Respect,

Kim

From: Jay  
To: Kim  
Sent: Tuesday, July 29, 2003  
Subject: Re: My true feelings and desire...

Dear Kim,

You expressed your wishes, very clearly (i.e., you have become a very good writer). And, I commend you for it, as well as having the courage to make many efforts to personally contact me by phone.

It is my good pleasure to honor your request. I will remove your email info from my address book and NEVER contact you again—for any reason—as you requested. If you ever need or desire to speak to me, I will be here for you, as always.

And thank You, Kim, for being the vehicle for me to learn what unconditional love truly is, which I only learned last week!

Goodbye and bless You.

Love you, dearly,

Jay

Bobbie's "corrected" new address (as of 8/15) in case you want to find me (when you are old and grey):

1100 Shoreline Dr - #108, Palm City, FL 34990

From: Kim  
To: Jay  
Sent: Sunday, July 27, 2003  
Subject: Contacts

Dear Jay,

Regarding the contact information you have sent me, I suggest that you contact them yourself. You have a rapport with them, and you also are there right now where they live. You can tell them about your experience with the products, and if they have access to the Internet to refer them to thephmiracle.us website and the ILinc.com website (make sure that they order from you though, or at least use your distributor number if they order online). Start them out if you like as retail customers. If they like the products and they are interested, they can become distributors. If they become retail customers you will generate money to help offset the cost of the products that you are buying. They can order the products via the (800) number (800-677-0997), or you can take down their billing information and call the orders in for them.

If you have any questions you can contact Ajmal W, or his wife Charming Remembrance, at (641) xxx-7879-home. Their email address is charmingr@xxxx.net. You can email them with questions and ask them to call you if you need to speak to them. You can also contact Patrick Lane at (808) xxx-4231, but I think Ajmal would be the best person to answer any questions you may have.

When you can afford it you may want to consider going to an IL Microscopist where they test your blood and can make recommendations based on what is going in your body and what products that you should be taking. Kathy Erickson was in Bradenton, FL, last

time I spoke to her. I am not sure if she and her family have moved back to Las Vegas. Her website is: [www.ILinc.com/kathye](http://www.ILinc.com/kathye), she has an 800 number (800) xxx-4096 pin 5518. Other numbers (941) xxx-0960 or (702) xxx-5518. She is very good as a Microscopist, but if you can't see her I am sure she could recommend someone around wherever you end up.

I am glad that you are having so much success with taking the products. Thanks for thinking of me and sending me the contact information. If you sign these people up yourself as customers it will benefit both you and me.

Aloha,

Kim

From: Jay  
To: Kim  
Sent: Sunday, July 27, 2003  
Subject: Re: Contacts

Hi Kim!

I understand all that you said. However, there are few things that I hope you will understand. First, I have no job and need to be able to support myself, day to day, before I can build any kind of an IL business. Secondly, because of the first situation, I no longer have an IL website to make it easy for them to order and look up info so I refer them to you. Along with that, when I refer them to you, they understand our relationship, as former and sponsor, which they have no problem with, whatsoever (because I they believe we are

friendly with each other. Thirdly, I believe I am leaving here in 4 days and can't be around to service them, plus I have no phone number or way to keep in contact with them. Most have some sort of issue; are intrigued, understand the philosophy and need to have a steady contact, which is you. And I can't be available, now, to help them! Finally, as in the beginning—when you got involved in IL, I want to help you, personally (out of a deep brotherly love for you, plus the other) and professionally, succeed beyond your wildest dreams.

So, I will continue to send you referrals (i.e., I'll set them up for you and you can “knock them down,” so to speak [take their money] and help where and how you can—which is quite a lot when you think about how beneficial our products ARE and how loving You truly are)! I “trust” You! And, I “need” you to HELP them, in my absence. I hope I can depend on you to help them. You owe me nothing for it—ever!

I talk with Ajmal and Steve, relatively frequently, when I have product questions...and you needn't worry that I will trouble you in any way, shape or form. You have helped me in several ways, personally—spiritually and health-wise—and will be eternally grateful!

I have made no attempt to make personal contact with you regarding IL to “keep my self” in your life so you don't forget me, etc.; hence, I make no calls about clients or product information, like I would, ordinarily, with any other sponsor.

Love,

Jay

From: Jeff J. [Note: He was Kim's best friend at work and her insurance beneficiary.]  
To: Jay  
Sent: Thursday, August 28, 2003  
Subject: RE: T-Mobile and Me

Good morning Jay,

Just heading out to work here in a few minutes.

Returned home from a week's vacation in Palm Springs. We were down there in late March and being that I've always loved it there, and Mark finds it attractive, we decided to go back. A couple friends from Salt Lake also joined us.

Mark will soon be with a national meeting planning company and that will allow him to live anywhere he'd like. We've thought about Minneapolis and we're back to thinking about Palm Springs. While we both like Minnesota for the lifestyle (lakes, cosmopolitan) it's DAMN expensive there! Palm Springs is much more affordable and we'd really like to have a pool, which is mostly out of the question in Minneapolis.

Time will tell.

Columbus is a great town and growing so quickly! It's very much like what Minneapolis was 20 years ago. With that also comes the "down side" in that so much of what we need to accomplish here, as a city (light rail, school funding, land use, etc.) is just not understood by the locals. Not that I'm bringing with me imperialist ideas, it's just that having lived through this in Minneapolis and again in Salt Lake, the answers, to me, seem obvious.



My T-Mobile experience is going well and I've got a great manager. What challenges I do face are my local clientele, who, downtown, are little more than "total trash" who constantly have problems with their service ONLY because they don't pay their bills on time. A spattering of business people and a few folks who've lived overseas make my day when they arrive. I enjoy "WOWING" them with what we offer. I would like to work in a different location just to have a more rounded view of humanity.

I took the 3-year leave from Delta with an option to return in the spring of 2006. At this point, I don't believe I'll return. Whether its 9-11 related or just the stress of all their BULL SHIT, even going to the airport for the flight to Palm Springs got me a bit jittery. The money was great, but that money will never be available again in that industry. It's not justified. My thoughts on this were that when the pay cuts arrive and when the work rules change (as they will be in January 2004), I'd much rather go out and find something that suits me than to be forced to accept their changes. Stubborn...perhaps. I just prefer to do things on MY terms.

How's Kim? I haven't heard from her in ages.....suppose I should write as well. I was very sorry to hear about the divorce, as in my opinion, you were the best thing that had happened to her life. She seemed stronger and more confident when she was with you.

If you can view a link from here, this is one to my house pages, which I've used to keep distant friends up to date with the places and things surrounding my current environs.

<http://groups.msn.com/MyColumbusIA>

Off to work. I look forward to hearing from you.

-JJ

From: Jay  
To: Jeff J  
Sent: Thursday, August 28, 2003  
Subject: Re: You...and Kim

Hello again, Jeff!

Your home looks lovely...and I love the back patio! (I went and checked it out.)

I appreciate your feelings about working for Delta. And I am sorry that it is so. (I gather from what you say, since Kim and I don't talk [i.e., her choice!] that they are cutting attendant salaries—since I know the big guys just took one—either now or in January 2004?

I miss your stories, Jeff! I realized it as soon as your email arrived. It's nice to know what's going on with you, from time to time. (I am a relationship "maintainer," as a male friend, once pointed out.) You're a great writer.

I *really* appreciate you compliment regarding Kim! *Unfortunately*, she has asked me—and I have graciously complied—to not contact her anymore. It seems that on 7/13/03 I began to realize—after being separated from her for nearly two years!—that I "really" loved and missed her, terribly. In other words, I just began to go through the grieving process, at that point. Then I realized that I wanted her back, unconditionally—in spite of her hormonal affliction through

menopause (which she probably began at age 39 the year before we physically separated towards the end of 2001...and I *just* discovered, two days ago, that I was beginning male menopause, at 56, during that same time!)—that I blamed on the destruction of our marriage because I did not realize what was happening (and had I...I would NOT have let her divorce me so easily!), plus financial pressures due to the fact that I could not find a decent job for the last two years of our marriage and for 10 months after I landed back in southern Florida at my mother's, where I stayed until I found my "favorite" job doing computer tech support work with consumers (not businesses, which are not near as much fun) in New Mexico. So, I wrote her a "re-proposal of marriage" email on 7/16 (that I think *any* woman in the world would "die for"...and I'll send you a copy if you'd like), after waiting two days to make sure that I was not coming from a manic-depressive consciousness. I had tried to call to make it verbally, but she wasn't home, which worked out better because I was able to put some incredible details in the email—that would not have been possible had she been home. Nearly two weeks after that, she tried to call me, but my line was busy for two days (i.e., I was on the computer since I was laid-off and sitting at home, when not going for lovely walks in the best hiking area in the world in southwestern New Mexico), so she wrote me an email stating that she was emotionally-overwhelmed by my emails (...even prior to that one, when I sent her some others for two prior months which pertained to a health program that she lost a good deal of weight with and I got involved in) and asked me to *never* contact her again.

Kim did get me involved with a new, "*incredible*," radically nontraditional (but very simple!) health regimen through a company called IL, Inc. I have had some really terrific results—and I am not a health nut, at all—using several of their products, which I won't

bore you with here. However, Jeff, if you are *truly* serious about your health, I will tell [you] about them. Let me know.

It was great to hear from you, Jeff! Stay in touch. And I'll do the same. (At one point, a year or so ago, Kim told me that her family and friends felt strange receiving emails from me after we were divorced so I stopped emailing them—which included you.) Of course, at this juncture, I am desperate to find *any* “day” job that I can support my self through, so I won't bore you with that 3-year “ordeal.”

Love,

Jay

From: Jay  
To: Bobby; Clay; David; Erika & Tim; Jeff; Jim & Eleanor;  
Kathleen; Kent; Linda H.; Lindsay; Lisa & Michael; Lisa A.; Melody  
& Mickey; Priscilla & Conrad; Randel; Randy; Rick & Orma;  
Roger; Tommy; Woody  
Cc: Kim  
Sent: Tuesday, September 02, 2003  
Subject: Phone # Change/A Drifter Lands to Discover the “Honor  
of Care-giving”/In “Denial” of Male Menopause/IL Website & My  
Story

Hi gang!

I have been gone for a while—since 7/31—looking for work across country (see the story below, as well as others). It seems that I am currently destined to be in Palm City, FL, temporarily living with my mother, Bobbie, where I supposedly can only stay for up to four weeks (the time that her new independent, senior-living community, that she just moved into—only one block south of my oldest daughter, Lisa’s house—on August 18<sup>th</sup> will *allow*) until September 15. I have no idea what will happen after that but suspect I will be here for a while, somewhere.

My new cellphone # is: 772-xxx-5569. I plan on keeping that one, regardless of where I go, so that both of my daughters, and grandkids, who all live close-by in the sister towns of Palm City and Stuart, can reach me with a local call.

If you ever need to get a hold of me, for any reason, and I can’t be reached by phone, here’s my mother, Bobbie J’s, final home and phone #, as she will always know where I am:  
1100 SW Shoreline Dr - #108, Palm City, FL 34990, tel: 772-xxx-4801.

For those of you who don't have the time to read stories, "Bye."  
Otherwise, I would like to share my travels, miracles and lessons-  
learned with the rest of you.

Love,

Jay

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### A Drifter Lands to Discover the "Honor of Care-giving"

As much as I dislike moving around these days, would like to "land"  
forever and had hoped to live forever with my very thoughtful and  
gracious former wife in our lovely home in Hawaii, I sometimes feel  
like I am destined to be a "drifter," forever!

When I left Silver City, NM, on Thursday, July 31st, I drove 600+  
miles to San Diego area to my friends', George & Anne from Ha-  
waii, and their two daughters Alex and Rachel (12 and 9), home  
where I stayed and job-hunted for 3 days. I had an appointment  
with The Sutherland Group, who has the  
Gateway computer company that I used to work on and *loved* at  
Stream International in NM, the next Friday morning, which went  
okay, but they were not hiring, then...however, they can have an im-  
mediate need, later, so they know who I am, now, and I passed  
their employment exam and met their Staffing Manager, who I have  
spoken with before. (It is probably my only hopeful job prospect  
doing what I love best—helping people, while working in a positive  
work environment and staying *very busy*.)

Then, I went 120+ miles north to L. A. to stay overnight with my  
long time friends, Rick & Orma. We had a grand time sharing  
memories and enjoying each other's company...as always.

Next day, I went another 100+ miles north to Santa Barbara to visit with my favorite “former” in-laws of Kim’s, Chris & Doris, where I stopped and had a lovely lunch with them out on a pier with an incredibly scenic view of the mountain range surrounding that area, that rivals the wonderful scenery of Hawaii. Then, I was off to Los Alamos, 45 miles north, that afternoon to visit with a friend there who owns a small 5-acre ranch and “show-dog” kennel.

The following day I drove northeast 800+ miles to Salt Lake City, UT; and I have to tell you, when I crossed the state line from Nevada and noticed the unbelievably-beautiful scenery there, I fell in love with Utah, all over again. I was in total awe...and remembered why I lived there, twice, for 10 years and then 2! I stayed with my dear friends, Joe & Lisa, and her 17 year old daughter, Monica, who has blossomed, both of whom I used to work with in tech support at 3Com. They *very graciously* put me up for five days while I did a “trial” work-stint doing bench tech-work for a very well-known, local computer sales company, as well as looking for any work, there! I was very chagrin to leave my friends and beloved SLC, which has always been my favorite home on earth. I also was fortunate to visit with my former boss at 3Com and personal friend, Clay, with whom I had a great dinner; my long-time (20+ years) friend and business associate, Kent; and, of course, my beloved, adopted-brother, Mickey, and his gracious wife, Melody. Such wonderful memories!

I pushed off to Dallas, TX, with an overnight stopover in Hays, KS (because it was just too many hours away), to stay overnight at the home of the wife, Diane, of my mother’s deceased, second cousin, Tom. We had a delightful dinner that evening with her daughter, Lane, and her nice husband, Del. The next day, I contacted my most recent employer, Stream International, there, only to find out

that they had lost the Dell Computer contract that I had hoped to get onto.

Then, I was off to Jacksonville, FL, to visit my old friend, Roger, of “37” years (i.e., we were in the Army together in Germany in 1966-7...with a stop off overnight in Mobile, AL—once again because it was a long way away—and [I made] a futile attempt to locate a computer call-center company in the Lake City, FL, area [the next day, before arriving]. We had a very nice dinner and opportunity to enjoy each other’s company.

The final leg of my journey, as my mother’s new home was just 4-5 hours to the south, was the next day...and was I hit with a *major* sense of depression the *moment* I drove away from Roger’s. I think I was overwhelmed (to say the least!) from my unintentional remembrance of the *total* sense of discouragement from feelings of “not being wanted” (by anyone or anything!), which looking for work for almost 3, *very long* years invoked, before landing my 11-month assignment in NM, and the arduous task of looking *everywhere*—newspapers, internet, personal contacts (i.e., cold-calls)—without even an *inkling* of hope when I was here in Florida for 10 months, before...after leaving my *beloved* wife, beautiful home (and neighborhood), wonderful scenery and ideal weather in Hawaii. (More, as to why, later...in the next story!)

I made stops in Vero Beach (i.e., the best kept secret in Florida because it has the friendliness and warmth of a typical New England town) to visit old friends and checkout job possibilities, and finally, in Stuart to see what I could do to assist my youngest daughter, Erika’s husband, Tim, generate more and higher quality clientele to build his landscaping business as successfully as possible.



Then, I went to Juno Beach, where Bobbie was surrounded by packed boxes in her townhouse condo at a senior residence, there, waiting to leave for my daughter, Lisa's, the next day, Friday, 45 minutes north of where she was living—since the female interior-decorator/mover would be moving Bobbie's belongings and re-decorating (including all unpacking and all placement of belongings, to include complete picture-hanging, in her new unit) over the weekend. The next few days we camped out [at Lisa's]. Then on Monday, we went to the closing on her wonderful, new apartment, just one block south of Lisa and her husband, Michael's lovely home...and where three out of five of Bobbie's great-granddaughters live. I mean to tell you, Bobbie's place has a view "to die for": big, east-facing windows in all three rooms, plus an outside patio, that is probably 50-75 feet from the most idyllic little cove, complete with small, moored sailboats and a natural-wood, boat dock complete with one boat (i.e., reminds me of New England!) on a wide river with beautiful homes on the shore way across! The first week Bobbie and I were in her new home she would sleep "like a rock" for 12-13 hours per day, as she has for the last few years; then, unbelievably, she began waking up between 8 and 9 A.M. [Miracle #1]! The rooms are very light and bright...but now, she does *not* complain (i.e., she has been a chronic complainer/blamer, practically all of her life) about being woken up around 8 A.M., which traditionally she hates because she is a very late riser [Miracle #2]. And, every day, Bobbie remarks (and tells all her friends, on the phone) that she *loves* the view, and she has never been "ga-ga" over anything, in her life [Miracle #3]. And every night before going to bed, she tells me how much she "appreciates" me and "all the help" I provide her (i.e., I waited 59 years to hear that, which I haven't until now...amazing!) [Big Miracle #4].

Now, with regards to the last miracle, I have to tell you that if it were not for the synchronicity of my divorce from Kim and not having a job I would not have been here to help my mother, which I came here to do. I “never” thought, in a million years, that I would *willingly* come home and *want* to take care of my mother “as long as she should live” (which could be another 18 years, when she will be 99—since that is the longest anyone in her family has lived). And as one fellow within the Florida Department of Elder Affairs put it: “It has been an honor to take of my parents during their last years.” That’s *my* miracle—that I have found the total, unconditional love for my mother, which occurred around this past July 1st, when I saw her for the first time after being gone for 10 months in New Mexico and after her accidentally being overdosed on her medications, which put her in the hospital (i.e., psyche ward) for a week in May to detoxify from them. (Also, when I experienced those feelings for my mother, I found total, unconditional love for my former wife as well and unexpectedly and unintentionally became very regretful of our divorce, and told her so, approximately two weeks later.) So...now I know the heart-felt “honor” of *wanting* to care for someone...  
totally and unconditionally, forever!

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#### In “Denial” of Male Menopause

Even though I once wrote “*Acknowledgment* is the key to release and freedom” and never believed that it would be possible for me to do [the following], as I thought it was totally against my nature, I was in *denial* about “admitting” that I was hormonally-afflicted by (male) menopause, as Kim was by hers, when I wrote to you all, several weeks ago, indicating that I did “not” think that I was, after

reviewing a list of symptoms (that men go through) that I found on the web.

Well, I reread that list last week, and I am here to tell you that I “lied” about acknowledging to my self about one of the symptoms that was a definite tip-off—three years ago, when I was 56, and during the last year (December 2000 - October 2001) I lived with Kim in Hawaii, who, in hindsight, at 39 was *also* just beginning to exhibit signs of menopausal, hormonal-affliction, then, as well! This time I realized what I had done by ignoring the truth (and the “truth will set you free”!), so I am stepping up to the bar, as it were, to let you know...to go beyond the fear of doing so.

You don’t *really* want to know what the symptom was (I promise you), but I can tell you that it is a physiological change that cannot be denied (if known by your partner) and could be psychologically-debilitating, humiliating or embarrassing for some men (as it was for me when I first discovered it during my last year in Hawaii, even though I did not know what was causing it)...and consequently, I never shared it with Kim, then. I have since shared it with my mother, though, as I have never kept any secrets from her and she is very intuitive, about *some* things.

[NOTE: What’s really aggravating about either female or male menopause is that very few people, of either sex, have a clue what it is all about and how it *emotionally* affects your partner and your relationship! For instance, had I known that Kim was going through it during the last, tension-filled year of our marriage, I would not have willingly divorced her. But, I was going through it, too! Talk about “sharing” things, such as going through the same life-phase, at the same time?! Doesn’t that blow you away, as it did me, last week?]

Also, I have realized, of late, that I have become “emotionally” verbose, particularly in my *writing* (which I became known for, as one male friend put it, many years ago: “You write like you talk”)...[and] as Kim so aptly pointed out this past year, “For someone who hates ‘drama queens,’ you became one”—in my emails to her—during our last year together. However, lately, during the last week, I have noticed that I can also get “verbally” strung-out and emotional, as I have with my daughter, Lisa, and mother, Bobbie, about *other* family-members, close friends or loved-ones, now, which I have only done, before, when I was really angered when “drawn” into an argument with Kim.

My ego feels “sheepish” about becoming a slave to my emotional reactions to some people’s inconsiderateness, but I have to learn to forgive my self, as well as others. (I *know* I can do that.)

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For those of you who are *really* serious about maintaining your health or helping a loved-one with theirs (no matter what the severity of their condition may be), I have resurrected my personal website (<http://www.ilinc.com/j>), and my phone is always open to assist you, ANY time, with them or for your self—for my radically-nontraditional, but *incredibly-effective*, health regimen with IL, Inc., and their very simple but common sense program of super-hydration and alkalization utilizing up to a gallon of water per day, all-natural products and a diet of predominantly raw vegetables, certain nuts and certain blended-oils rich in *vital* Omega 3, 6 and 9 fatty acids (i.e., do you remember the movie, *Lorenzo’s Oil*?).

Also, I have included my tale of *rapid* successes (within a 3-month period!) with their highly researched (by the founder, Rob Young, who is a microbiologist and nutritionist with two doctorates in those

fields and a very loving, spiritual man), “all-natural” products,  
below, for those of you who cannot find your way to visit my business website, right now.

From: Jay  
To: Kim  
Sent: Wednesday, September 10, 2003  
Subject: Feeling “Overwhelmed” (Raging Male Hormones)

Dear Kim,

PLEASE...forgive me for writing, but I wanted to share something with you—probably the only person I know who “could” be going through what I am. And I just need to tell someone who can understand it, once, so I can have a sense of release through acknowledgment. (I will not make this a habit!)

I “immediately” remembered that you stated that you felt overwhelmed by all of my emails (from May to July) when “I” felt VERY overwhelmed yesterday and emotionally out-of-control with internal anger toward my self for letting “little” things get to me, that I verbalized with some people. And, I felt SO sorry, then (and now), for doing that to you—which made me feel even more overwhelmed then! Please forgive me? (I didn’t realize what kind of emotional pressure I was bringing to bear upon you, but now I know...because I have “felt” it, too!)

What happened was this: About mid-day, I took my mother shopping. I left her in another clothing store while I went next door to pick up a couple of pink highlighters (i.e., which were in a three-pack for \$1, plus \$.06 tax). When I got to the register, I gave the very nice clerk a dollar and reached in my pocket for my coin purse, which had “lots” of change in it, and realized that I had left it home. Well, my ego came unglued when I had to reach in my wallet and pull out another dollar, and I began ranting about my stupidity for forgetting the purse and having

to put all that “heavy” metal in my pocket when I had plenty of small change at home. She very pleasantly tried to sooth my verbal self-flagellation with a kind comment, which I fortunately thanked her for.

In spite of my ability to “know better” not to beat my self up—and particularly, verbally in front of other people (as well as internally!), I could not stop my ego... “it” needed to explode or express it self. Very, very scary! (I “knew” then what you meant, approximately four years ago, about not being able to control your emotions when you were having your period.) Then I remembered that a week ago that I exploded verbally in front of my mother about Alison not talking to me, directly—but using her assistant as a go-between to communicate with me (while she was in the background) about “one” important question that I needed a quick answer to. I also thought back to one day last June, at work, that a number of my customers were really getting under my skin (i.e., their pig-headed, deliberate stupidity!)—until I caught my self, a couple of hours later, and stopped, by remembering What I am in Reality and what my purpose was here (i.e., forgiveness and learning to not take anything here seriously and personally). I then realized that I must REALLY be “hormonally-afflicted” with raging male-menopausal hormones...because it is not like me to be so openly and emotionally self-deprecating in “front” of strangers in public, as well as family, like Bobbie and Lisa. I have become like Tim and tell those who are close to me what I really think...even if it rankles them!

Then, when I caught up with Bobbie after leaving the store and we climbed into my car, I told her “I think I now know what Kim and other women must go through with their hormones—particularly during menopause—because I am not ‘fit to live with’ with my (oc-

casional) angry, emotional reactiveness to the smallest things...even if I don't externalize my feelings...and based upon the internal anger I feel towards my self for 'feeling' so unable to sometimes keep my ego in check!! And, I am definitely going through male menopause...there is no other explanation." [And I tell people that I am, as I "used" to do when I was having a "senior (forgetful) moment," and feeling internally, emotionally challenged.] She just listened but was silently supportive, as we have a very loving relationship, now...thanks to my waking up, last July.

It still blows me away to think that we both may have begun going through the initial onset of menopause three years ago, together, without realizing it. In hindsight, I guess I should have realized that something was not quite right with me when I knew then, at 56 in October 2000, that I had NO tolerance for ANY bullshit of any kind in my life, whatsoever. The tip off was in the title of the last book I was writing/compiling (but destroyed because of my ego's disgust and sense of resignation with the world), *DECISIONS, DECISIONS...A Young Geezer's Guide to Living Amongst the Earthlings While Trapped in the Dream*, during the last few months I was in Hawaii. My ego was putting its foot down and telling the world that it wasn't going to take any abuse (regardless of how powerless it was!) when it came up with that term "young geezer."

Thanks for listening, Kim. I feel better to have shared my feelings with someone who can understand.

If you would like to talk to someone, or just unload, about any similar, menopausal or emotional issue, please feel free to call me (772-



xxx-5569), as I think I can now truly appreciate what you may be experiencing.

And PLEASE know that I will never, as before—with my first proposal, bring up that issue again! My goal is just to be available to you, as a trusted friend, again, and brother, when you need one—who has the emotional insight into what you may be personally going through. (I know I am not comfortable with discussing personal issues, feelings of anger or emotions with someone who has not gone through similar experiences... and does not have the same basic understanding of Reality as my self—whether they practice it or not.)

Whenever.

Love,

Jay

From: Jay  
To: Kim  
Sent: Monday, November 24, 2003  
Subject: Re: TDS...and some other things

Thanks, Kim...

for this info [which was an email about a job offer in Honolulu]...and MOST OF ALL, for becoming “responsible” for your self, rather than blaming others and the world around you. [Note: She had called that morning to acknowledge that she was responsible for her life and was no longer going to do that, as she had so often before.] (I really am proud of You...but then, I have “always” known the Spirit of You, from the very beginning, 9/6/95...and What You are and are truly capable of—even including the every-day, mundane, earthly stuff! I have always had ULTIMATE faith in You.)

If you ever want to talk, please call—anytime. (I remember how I was your most trusted friend and confidant, in the very beginning—which I cherished. I am [and was] very sorry you stopped doing so; otherwise, WE would be making some radical, truly-spiritual improvements in this world, together, right now—just like “You” told me we would, then, during our first 3 weeks of marriage, at 3 A.M.!)

Also, I would LOVE to talk with you heart-to-heart, sometime soon—when you are ready, and get some things off my mind about spiritual intuition; male and female menopause; how “totally unappreciated” I felt by you after losing my job a year and a half before our separation, and particularly, during the last year of our marriage and since; and about “denial” as it pertains to Chris and you and how perplexed you were by Chris’ being that way...(“without” being

devoid of “human” feelings and emotions, as I have thus far, so as not to scare your ego off), as I did, recently, with Mickey, after he got out of a 30-day drug rehab program (and is still involved in an on-going, 12-step program, which are truly the most spiritual of all because of the Real brotherhood that exists between the participants!) about how he “lied” to me on two occasions—that he thanked me for, afterwards!

I wish you could see and talk with Bobbie before she dies (which could be soon because she seems very frail and unsteady on her legs, even though she eats “large” portions of food at dinner and goes to regular exercise programs at her new, gorgeous, serene, moderately-luxurious, senior residence). You would feel so warm inside, afterwards. If you care to, the invitation has been extended—anytime you desire to make it—[to] Thanksgiving, Christmas, your birthday, whenever!

Love, peace...and, most of all, blessings,

Jay

Have a “swell” day!

## ***Merry Christmas...2003!***

Hi gang!

It's been awhile since I have done this (i.e., write a Christmas letter as a single person, again...I used to do it about once every 10 years, before I married 8 years ago); but, as I was reflecting back on this past year's remarkable events, I thought I would share the highlights with you.

In January, I had an epiphany and decided to give up an opportunity to become the number 3 man in a brand new sales organization within my former employer, Stream International's corporation to do what I *love*, which is to "help" people in a *positive, happy* environment (i.e., computer tech support) vs. a sick one, like a hospital—that took me 32 years to discover! Unfortunately, two months later, my employer lost its contract (and closed its facility four months later), and I realized that within five years there will probably be no one in the U.S. doing that kind of work, as it is all going "off-shore" to India, Canada, Philippines and elsewhere. (But...as a good friend and I know, life is all about learning to surrender...and following your Inner Higher Self, which is always with you, so You are never alone—and you will *never* feel lonely if you get in touch with It!)

Come the end of April and my former gives me a "gift of a lifetime," IL's SuperGreens powder and Prime pH liquid, which led me back to the path of *near-perfect* health—within four short months! (And, I don't "do" programs...other than following my own Internal Guide!)

June found my ego wrenching in emotional pain over the *most* intense anger and frustration I *ever* felt toward a close family

member, which ultimately led to the realization of “total” acceptance and forgiveness of them by July 1. (That is *the* greatest gift of all—to experience that peace!)

By mid-July, I *experienced* the loss of the Great Love of my life, which surfaced unexpectedly during a male menopausal, hormonal affliction occurrence, two years after the physical separation. And, by the end of July, that door is shut; I leave my beloved hiking country in southern New Mexico to hit the road for two weeks going West and then East looking for work, again (for the umpteenth time in my life!); and ultimately ended up living along the Intracoastal Waterway of eastern Florida, 30 minutes north of my beloved, dear mother, two wonderful daughters, their nice, dedicated husbands and five, delightful, gorgeous grand-daughters.

By the end of September, I am working for the world’s largest call center company, Convergys, working on an AOL (which I used to hate...but “What you resist persists” until you don’t!) contract. I get more kudos from customers than this company probably has ever seen before, but I end up getting a “written reprimand” (for the first time in my entire working life!) for doing a really smart, creative thing in the best interests of the customer, AOL and Convergys, from a supervisor, who gets fired two days later in December. (How’s that for retribution? And I didn’t do a thing.)

By the end of November, my former gave me a wonderful gift—that I had waited eight, long years for—by acknowledging her lack of responsibility in establishing her self as a victim, all of her life. I am very pleased for and proud of her.

I was contacted during early December by a husband-wife team about joining their medical equipment service company in Honolulu County, Hawaii...which I would *love* to return to...but would

*severely miss* being in close proximity to my mother, children and grandchildren. So...you never know. But, I am happy to report that my own night-job of finding people who are open-minded enough to allow me to *help* with their health—the way I was back in May—is going forth, with great personal resolve and conviction.

Love, peace and blessings,

Jay

From: Jay  
To: Joe  
Bc: Kim  
Sent: Wednesday, January 07, 2004  
Subject: IL Sales Scripts

Hi Joe!

Nice to talk with you yesterday, as always. I really appreciate all the great work you, and Steve, (but particularly you) put in on the email responders and taking the time to walk me through them in VOS...*such* kindness...and patience. THANK YOU!

[Note: Besides me, you are the only person I have *ever* met that is thoughtful enough to even think to do that, let alone to that infinite a degree—and even more so than me—and to take the *initiative* to do so. Wow! Blew me away. I thought “*Someone who can actually listen to the minutest degree and answer everything that I wanted to know.*” I don’t think I have ever experienced that before! I consider my Self very fortunate to be able to work with You, Joe!]

As a token of my gratitude, I would like to assist you with cold-calling strangers (my favorite thing to do, by the way!) by sharing with you the attached sales scripts, which I “follow along” to keep me on track, all the time (i.e., I never commit anything to memory, except remembrances of *all* people I meet...who are important to me—“things” are not).

Give me a call—when you are ready, and I’ll give you a short 15-30 minute demo of how I work using them, with you playing the customer...as we agreed.

Love, peace...and blessings,

Jay

Have a “swell” day!



From: Jay  
To: Rob & Shelley; Steve; Priscilla; Lisa & Michael; Kim; Joe R;  
Jason; Bill H; Ajmal  
Cc: Bobbie; Bobby  
Sent: Wednesday, January 28, 2004  
Subject: Jay's IL cure for depression

Hi gang!

I was going through some *very* serious depression today due to a possible revamping of my *entire* work schedule and possibly the type of work that I might *have* to engage in until my IL business gets off the ground. And then tonight...viola! I found an effective cure: go on VOS and start making "positive" IL contacts with people I have worked with before (like my double-trucker prospect who rides at night...and I believe will become a very good client and possibly a distributor, as well, even though he told me up front that he "didn't want to sell anything" until he started to discover many of the products and our opportunity on my webpage), as well as strangers (i.e., "friends we haven't met, yet")...and lo' and behold, when I got *outside* my human elf-self (ego) long enough to forget about its fears, the depression had passed.

So, if you are having a "down" day, call someone, anyone...but why not make it with a new found IL friend...or one you are about to find?!

In my case, the *best* part of my day is spent on the phone talking with IL prospects. Come join me and see.

Love, peace...and blessings,

Jay

From: Jay  
To: Kim  
Sent: Tuesday, March 02, 2004  
Subject: IBM employee, friends and family website for purchases

Hi, Kim! ...How ya' doin', Partner?

*Really* nice talking “with” you tonight [Note: for about 5 hours, from 10:30 P.M. to 3:30 A.M.—as well as being the first time we had done so, rather than just “to” each other]!

Attached is the IBM “employee, friends and family” website (URL) where you can get a new or reconditioned laptop...and probably save \$300+ (and thousands for reconditioned) over retail.

Although IBM doesn't keep up with *all* the features that Dell, and others, provide, it has practically all the features you *need*, plus, it has the best reliability because they cater to *business* clientele who can't put up with inferior quality that consumers have to deal with because they are more “price-conscious” (i.e., penny-wise and pound foolish) not realizing what they are buying into. Plus, IBM invented the Track-Point mouse, which only they and Toshiba (who only makes laptops, by the way)...as well as Dell's “Latitude” *business* laptops (which are not advertised to the public...meaning they are not in any of their catalogs), that Bobbie has but has had *several* items, including the motherboard [very pricey], replaced.

Love, peace & blessings,

Jay

Have a “swell” day!

From: Kim

To: Jay

Sent: Thursday, March 11, 2004

Subject: Re: IBM employee, friends and family website for purchases

Dear Jay,

Thanks for your help last night. Well I'm feeling worse today instead of better. I was really hoping I would not be sick on my birthday. Plus I have tons of stuff I need to get done. I have already canceled going to San Diego for an appointment I had today, and a lunch with an AHC [Attitudinal Healing Center] friend here locally (she called this morning and I just didn't feel up to it). At this rate I will spend my birthday by myself. You know how important my birthday is to me. The thought of being alone makes me cry. Maybe this is by design to get in touch with some of those elusive feelings of mine. It is very painful. There you go—that's a feeling right there. I spotted one. Sadness is another one. My friend that I was supposed to go to lunch with sang me happy birthday on the phone. I got an email from George Evans saying happy birthday, and the painter came by for money for paint to paint the inside and he wished me a happy birthday. I am telling you this not to feel sorry for me—it is just an observation that's all.

Anyway, I finally got out of bed today for a while—because someone called to wish me a happy birthday. I finally had time to look at this email. When I went to the attachment only a blank page comes up. If you have the link still could you please resend it.

Aloha,

Kim

From: Jay  
To: Kim  
Sent: Thursday, March 11, 2004  
Subject: Re: IBM employee, friends and family website for purchases

Hi, Kim!

You're welcome. Sorry, I couldn't make the computer shutdown. (Did we wait long enough?) It is probably something *very* simple...most problems are.

Sorry you felt sad—but very happy you are in touch with your emotions— because you “felt” alone today. (However...you needn't listen to you ego when it decides to feel sorry for itself—but that takes resolve [and] observation of “it” playing its games and practice.) But, look at *all* the company you had—all the well-wishers...you are VERY loved! And I was the first one at 2-3 am, Eastern. (I had *one* on my birthday last year...my mother!) If you'll come here on Sunday night (i.e., arrive after 1:30 am so I can get to WPB airport by then after leaving work around 12 midnight), I'll take you out to lunch and dinner (to some very nice restaurants that serve good fish—Omega 3, 6 & 9's!), on Monday and Tuesday on my days off, and take you around the areas (i.e., tropical gardens, nice beach areas, etc.)...plus my place is very close to the Intracoastal Waterway, of which there is a *nice* view from the back room and screened-in pool deck—*very restful*...if I could ever find the time to do nothing.

Don't you have a phone by your bed anymore?

Pecans and almonds taste good together. (I am snacking on them, as always, while writing this at 2 am.)

Good night...and happy birthday, again! You are never alone. (I may not be your choice, but You are frequently in my thoughts, so therefore, You are not alone.)

Love, peace & blessings,

Jay

From: Kim

To: Jay

Sent: Friday, March 12, 2004

Subject: Re: IBM employee, friends and family website for purchases

Dear Jay,

It still doesn't work. I tried it from the desktop, and also trying to open the attachment—nothing comes up. I am frustrated with the computer and phone thing. I got a new cell phone and lost 158 minutes, which were good until the 16th, and I already went over my prorated minutes with Verizon in one day. I guess this is why I put off making decisions, because I don't want to make a mistake, and I think I did make a mistake now. I don't have time to fiddle around with it. It may be David's computer—I don't know. I'm swamped with trying to get things done. I'm getting the carpet in the loft cleaned tomorrow morning. I have to finish moving things out of this room. David is going to help me get a desk tomorrow and put it together. It is so hard to work from this small space (table the computer is on). I am also going to get a comfortable chair. I need to get a filing cabinet also—which comes with this one desk I saw at Office Max and it is on sale until Saturday—just hope they have it in stock so I can get all this stuff organized.

I am sorry, but I can't fly to West Palm Beach. I have too much to do before I have to go back to work. I am way behind. I almost didn't go out to dinner with a friend because I had too much to do.

I just got finished printing nametags for Diane Cirincione for a talk she is doing on Saturday. What a frustrating experience that was. I wish I understood the programs better. It took way more time than it should have.

I need to get some sleep as I am still not well yet.

Aloha,

Kim

From: Jay  
To: Kim  
Sent: Friday, March 12, 2004  
Subject: Re: Office furniture

Hi Kim!

If you buy office furniture at Office Max (i.e., most of it looks junky to me in terms of construction, appearance and durability), you may be sorry later. I would suggest getting a nice worktable and nothing more than a two draw wooden (all the same kind of wood, like light oak) file cabinet and putting it under the table to the side of your computer table. Word of caution: if you have more workspace, you'll probably just fill it up with more paper (i.e., you "know" your addiction to "collecting paper/trash")!

Love,

Jay



From: Jay  
To: Kim  
Sent: Friday, March 12, 2004  
Subject: Another apology (re: hysterectomy)

Hi, Kim!

I am sorry for contributing to the situation (i.e., wanting to remove everything) when you were going through your partial hysterectomy...after I read the below from Steve's recent email on "Allergies and more." I just didn't know anything about Rob's program, then.

IF SOMEONE HAS AN ORGAN REMOVED (HYS-TERECTOMY FOR EXAMPLE) IS THERE A NEED FOR THE TARGET PRODUCT (WOMEN'S PACK)? WILL IT NOURISH THE BODY WHEN SOMETHING HAS BEEN REMOVED?

First off, we need to be stingy with our organs. We cannot just let anyone take out this or that. We NEED our organs. We need to preserve them by maintaining the integrity of the fluids of the body. For some reason, we get talked in to having our organs removed because they are perceived as rotten (like a banana on the counter). They feel if they don't remove it, the rest will rot. Sometimes surgery becomes the last line of defense against literally rotting ourselves to death.

Love, peace & blessings,



Jay

Have a “swell” day!

From: Kim

To: Jay

Sent: Saturday, March 13, 2004

Subject: Re: Another apology (re: hysterectomy)

Dear Jay,

Thank you for your acknowledgment—it means a lot. That was a very sore (no pun intended) [subject] with me.

Aloha.

Kim

From: Jay  
To: Kim  
Sent: Saturday, March 13, 2004  
Subject: Ellwood City & Kapolei

Hi, Kim!

At work last night (3/12), I had a client from Ellwood City [PA] AND Kapolei [HI]. The lady from EC knew of Dom/Don's family name, which she pronounced "oh-toe-ber," but didn't know your dad or anyone by that name. The lady from K was very nice and lovingly Hawaiian that made me miss home, which convinced me that I must return. Just thought it was an interesting coincidence.

Love, peace & blessings,

Jay

From: Kim  
To: Jay  
Sent: Sunday, March 14, 2004  
Subject: Re: Ellwood City & Kapolei

Dear Jay,

That is interesting having those two calls. When my family first came to this country they changed the spelling [from Ottobre] to October—more Germanic, as Italians were not very popular at the time. Then World War II rolled around and German's were not very popular. Then they went back to the original spelling. Dan pronounces it Ott-o-ber—he never realized that it is October in Italian.

Thanks for sharing the article—it was very informative. Your acknowledgment came at a very interesting time. I attended “The Regenopause Dialogues” today with Diane Cirincione and a group of about 40 women. This is going to be a catalyst for a very big shift in the way of our thinking. It is a new way of looking at menopause—instead of as an ending, an opening and a new beginning. The expression of one’s voice and creativity [...] has been my big drive and realization, in the last few years. It was an amazing day, and many magical things happened. Many great connections were made. The dialogue was taped and Diane and Barbara Marx Hubbard will be using the tapes from these dialogues for inclusion in a book they are writing on the subject. There is a new awareness that is beginning to surface. As a woman’s role shifts she doesn’t become useless. There were a few of us that talked about forming a writing group as a sub-group. The one who suggested it to me and Althea is a psychotherapist and Chi Gong instructor that I had been meaning to contact. She is in the process of writing a book about mothers and daughters and knows Carolyn Myss (we listened to her tapes that I had gotten from the library a few years ago). It was a very exciting and inspiring day. This seemed to be the missing piece and I now feel that I can start writing my book. I found out [that] many of the things I had been experiencing are not unique. I did not know other people were going through these things.

The prospective title for my book is “Rose Petals—The Awareness of Love’s Presence.” I have just been so touched over the last few days [with] people reaching out to me in various ways and expressing their love, and my appreciation for it. It has been very powerful. My sister and I were in the same space yesterday, and we hadn’t talked in over a month. We were both finally feeling able to tackle things we haven’t been up to for some time now. We felt as though

we had just become conscious after being mostly unconscious for a very long period of time. I feel a tremendous shift happening.

Well I should get some sleep. I have only gotten a few hours each [for] the past few nights. To bed late and up early.

One never knows where something is leading, and what was thought to be the intended purpose may not be at all.

Aloha,

Kim

From: Jay

To: Kim

Sent: Monday, March 15, 2004

Subject: Re: Regenopause & Menopause

Hello, Kim,

After reading your info about Diane's women's conference and thinking back upon *all* the things that you are either involved with and would like to do, I was reminded of something that Dee (Delta) F said to me recently regarding menopause: "Women become more like men in that they go 'away' from the home (i.e., striving for worldly, personal growth and pursuits—meaning they're very 'busy'), and men become more like women and want to return home for deeper emotional interaction and domesticity." It saddens me *very much* to think that in their later years (when we should be *coming together*) that men and women grow in opposite directions. When I hear all the things you want to do or are involved in

(i.e., you are VERY busy and involved in lots of things—none of which are bad, but you do get fractionalized and emotionally strung-out), it reinforced those feelings. Just an observation that I thought I would share with you. No comment necessary.

I would like to have a relaxed, deep, truly meaningful, spiritually-based, but light-hearted and fun, relationship with you and many others; but *everyone*, except my dear friends Kerry in NM and Kent in UT, is just so wrapped up in the world, doingness and stuff. Nobody wants to just hangout and BE What they truly are while doing whatever they need to do in the world to make their contribution vis-à-vis work. Twenty-two years after beginning the *Course*, I am right back where I started...with the Holy Spirit in Me, and Us—when We decide to let it come forth, as my *only* Friend. That understanding broke my poor little ego's heart when I first began it, then. It feels so alone in this world because no one wants to play with me...understanding and seeing what others are *not* doing with their awareness, and therefore, their lives—when they have the capability to do so. Good thing the Earth Essence clay has snapped me back, recently...otherwise, I'd slide into the emotional toilet, again. I loved my peaceful, solitary life in NM...just walk out the door and go hiking in the hills...no one to have expectations and hopes about. Unfortunately for my occasionally hormonally-afflicted ego, the *Course* reminds me, everyday, with the most difficult and powerful lesson, ever, on the dashboard of my car, that I am to “be” *amongst* the chaos to bring my peace and quiet, which is not always an easy task for my “human” ego because it's the last thing it wants to do! But, I always *know* that's my real job, in spite of what I may appear to be doing on the outside.

Love You, dearly,

Jay



From: Jay  
To: Kim  
Sent: Thursday, June 24, 2004  
Subject: "The Terminal"...

Hello, Kim!

Perhaps when you see it, it will give you a reminder of What I am and a tip of what I'd "like" to do, for the rest of my life (i.e., I used to do it a lot when we were first married... and I am VERY sorry that I did NOT do more of it during the last 2 years of our marriage —when I was unemployed, which was really stupid/hormonal on my part to not take advantage of all that time to have been with you and "have done" what I really like to do...but this time, I want to do it in the terminals of the world).

Also, it has a lot to do with what I "do," which is similar to what you do, and can do—if you remember your comment to me, a month or so ago, about realizing what I had told you, many years ago, about what You are "really" doing here.

Love, peace & blessings,

Jay

P.S. I forgot to finish what I was telling you yesterday evening about my revelation, or "wave" that came over me, in the afternoon when I realized for the first time in my life that I didn't want to "work" (for a living), anymore. (That doesn't mean I want to do nothing!) I told my mother that—just prior to speaking with you—and she said "Your father said the same thing when he was your age and working

for low wages, like you. All he wanted to do was go for a walk—preferably on a boardwalk (like through the hammock/jungle near their first Florida home in Palm Bay).” [Don’t know if I took you there or not, but it is real nice, jungle along a stream in spots and not terribly long? I think I did but can’t remember for sure.] Then, I exclaimed “That’s where I get it from...I always wondered, for the last 5 years—since in I was in Hawaii—why ALL ‘I’ wanted to do was



From: Jay  
To: Kim  
Cc: Lisa; Erika; Bobby  
Sent: Monday, July 05, 2004  
Subject: At Peace with My Mother...& A Special Thank You!

Hi, Kim!

After I had just gotten up from my seat to cut up my mother's prime rib at a restaurant, tonight, I sat back down in my chair and, while looking at her in a loving, meditative consciousness, I realized how "at peace" I had become with her. [Note: I offered to do so because she has very little strength in her hands and had done so once before...again, when *she asked me to* while we were *out* in a restaurant, in full view of everyone, where I stood up, walked behind her, bent over her shoulders to get a good cutting angle and cut the meat into bite-size pieces—just like one would for a small child—and neither of us was embarrassed by my doing so...just accepted by both as a *normal* course of events for us! And now, my true, loving nature is *truly* appreciated by her, ALL the time, as she thanks me, continually, and is always very expressive of how appreciative she is of all the little things that I do for her. It's nice to *finally* have someone who *truly* appreciates my Real Self...and it couldn't be more fitting that that person be my own mother...even though I wanted it to be You, also!]

As much as I would *love* to return to "our" Home in Hawaii, with You...and as bizarre as this may seem, I have to give you, Kim, a very special thank you for divorcing me in 2001 because...if you hadn't, I would NOT have had this wonderful, incredible, opportunity of a lifetime, nearly three years later, (*besides* the awareness of Your *true*, spiritual Self on 9/6/95 & the miraculous IL health & nutrition supplements that you introduced me to in May 2003, that

have changed and improved my physical and emotional life—far better than I *ever* could have, on my own) to heal my relationship into a state of *total* peace and contentment with my mother, Bobbie! (This is something that I *could never have dreamed would have been possible* considering her unhappy and angry emotional state, most of my entire life—but definitely desired for 60 years and what ALL children and parents and people want, deep down inside, with each other!)

I toast to *Your* achievement of a realization of the same peace and contentment...with a quart of SuperGreens (#7 for today). It will free your Spirit...forever. And, You deserve it...as we all do! Again...thank You!

As always...Love, peace & most of all...blessings,

Jay

P.S. Months ago, Bobbie even told me that she is sorry that we can no longer live together—because of the rules of where she lives. And, I have told her that it would make me very happy to be able to do that, again, but that she must be willing to get on the IL health regimen and recapture her health before we could do so. (I *know* she could, but it requires a commitment to one's Self as well as an acceptance of truth and discipline that most people just don't possess.)

P.P.S. When you are ready, I can help you recapture yours, too. And, I promise you that I can have you looking like you did in that picture, taken many years ago (i.e., you “know” the one!), *within one year*. (And, You know that I *keep* My promises...if you just think back to two of the big ones, for your ego!)

Have a “swell” day!



From: Jay  
To: Kim  
Sent: Sunday, July 11, 2004  
Subject: Compatibility Report

Hi, Kim!

A freaky thing happened last weekend, early on Sunday morning: I was listening to NPR (National Public Radio) as I awoke (i.e., the alarm goes off at 9 am so I don't spend too much time in bed) when I heard a public interest broadcast about the Environmental Learning Center. Since I am still trying to learn to "like" living in Florida (i.e., something about it just doesn't feel right, like Hawaii, NM & Utah does!), I went to their site to sign up for a Naturalist Program to see if I could get interested in the Florida physical environment. But, when I did, I ended up (no matter how many different permutations I tried) at the same place: the Eternal Life Center. Since they have an *Urantia* (another, large textbook, supposedly written or dictated by Jesus—which does [not] sit totally well in My mind) link on their page, I decided to peruse their site.

Then I stumbled across this "Bio-Compatibility" link there, where for \$10 they will do a one-on-one compatibility analysis. I do NOT know what possessed me to order it, but I did! In a few days, I got it back. And was I surprised at how INCREDIBLY accurate it was! Consequently, I thought I should [send] a copy along to you. I learned a lot, and it confirmed a lot of things I knew about my ego self, and yours. So, I hope it will help you to *know* your ego self better, in the context of your personal self-development efforts (vis-à-vis Landmark, etc.), only. I am not sending it to you to entice you to take me back (even though I do clearly have what it takes, as mentioned at the very end of the report, to make it happen)!

If you'd like to discuss it, line-by-line, since it is really very interesting and intriguing that a simple biorhythm report based strictly on dates of birth could be so accurate, ego-wise, I would be happy to. Could be a lot of fun! (And that's all I am into, anymore.) I would suggest you read your stuff over 3 times, on 3 *different* occasions (like a couple of days or a week apart), being sure to carefully study it the last time, before we do. My and our stuff is not important to you—but it did confirm something about my aura of confidence, that I have tried to deliberately stifle and subdue, that probably has made it incredibly difficult to find work (i.e., most people lack it and to be around someone who has it is daunting for most people as it further reinforces that they don't). An interesting sidenote about that: I was very much like you *until* I learned and “accepted” the Truth about the illusion in 1982 through *ACIM* and books like *Illusions* and *Love Is Letting Go of Fear*!

As always...Love, peace & blessings,

Jay

Have a “swell” day!

#### COMPATIBILITY ANALYSIS

Jay: Born 4/6/1944

	PHYSICAL	(CONFIDENCE/STAMINA) ...	3
-	74%		
	EMOTIONAL (LOVE)	... 12	-
14%			
	MENTAL	(THINKING/LOGIC) ...	24
-	46%		

Kim: Born 3/11/1961

	PHYSICAL	(CONFIDENCE/STAMINA) ...	7	
-	39%			
	EMOTIONAL (LOVE)	...	17	-
21%				
	MENTAL	(THINKING/LOGIC) ...	12	-
27%				

COMPATIBILITY ANALYSIS FOR: Jay and Kim

	PHYSICAL	(CONFIDENCE/STAMINA) ...	4	
-	65%			
	EMOTIONAL (LOVE)	...	5	-
64%				
	MENTAL	(THINKING/LOGIC) ...	12	-
27%				

AVERAGE COMPATIBILITY: 52.0%  
AVERAGE POLARITY: MEDIUM  
AVERAGE STRESS: MEDIUM  
RISK FACTOR: HIGH

Jay IS (#3) 74% PHYSICAL (CONFIDENCE & STAMINA)

You have a lot of confidence and stamina. You have so much confidence you could become arrogant. You usually like to speak your mind. Smart or dumb, you're confident. You could come on real strong. Because you believe in yourself, you are able to get others to believe in you.

When you were a child, you might have driven your parents nuts with all the energy you have. If they hollered at you enough, you

might have learned to camouflage it by walking slowly and just dragging yourself along. This could have become a habit and you may continue with this as an adult. If you are a parent of a low stamina child, you may think that child is lazy.

You have the stamina and confidence to do anything you want. You are not shy. You can maintain steady eye contact. You may distrust others who cannot. You have so much confidence it might not bother you if you do not keep your promises. You might think teasing is fun. You may delight in putting down someone who brags. They brag because they are trying to feel more confident than they are.

You can make a low confidence percentage person feel insecure. Just your presence in the room can affect them. You may feel your wants should come first, before the other person's. To you, wearing the latest fashions is a fun thing. You might tell the low confidence percentage person that they do not wear enough make-up or they do not keep up with the latest fashions. Where you feel they underdo, the low confidence percentage person feels you overdo.

You may have a high sex drive. If you do not, it might be your upbringing or you might have a health problem. When you have sex, it is because you want to; no one can push you into it. If you dress sexily, you will attract the sexy as well as the non-sexy people. You enjoy being sexy and are not offended when a person of the opposite sex makes a pass at you. You have enough confidence to handle this sort of thing.

You may have so much energy that you can work hard at a paying job and at home too. You may have enough energy to work a lot of overtime if you desire. You may have enough confidence to tell the

boss off if s/he takes advantage of you by making you work a lot of overtime.

When you come home from your job, you may continue to work. That is your joy. When you get a phone call, during the call you probably clean up whatever is within your reach. You can do more than one thing at a time. You probably keep your home immaculate, and you may think others are lazy if they do not do likewise.

If you are married to a low stamina percentage person, they may get agitated with your working all the time. It makes them feel insecure and guilty because they do not want to be working too. They may feel they have to help you. You should put them at ease and tell them to just sit and watch TV or read. See to it that you take care of most of the chores around the house and most of the tending to the children. They are really not chores to you, but they are to the low stamina percentage person.

If you are married to a low stamina percentage person, there may be problems with sex. The low stamina percentage person may not have a high sex drive. They are more romantic than sexy. You can shame them into having more sex than they really want or need. Where the low stamina percentage person will be romantic, you will probably be mainly interested in sex. Let the low stamina percentage person be the one to say when to have sex. If you keep at them too much, they will withdraw from you and that could ruin the marriage. This is not very noticeable, however, when two people are not living together.

The spouse having the lower sex drive might resort to making sexual advances at inappropriate times, like when the other spouse is dressed to go out or after a rough day. When the low physical percentage spouse does this, s/he knows s/he will be turned down and



then s/he can say s/he is sexier than you. If your marriage is not going well, you most likely will not feel you are to blame. If your spouse is in a bad mood and says you have nothing to do with it, you will easily accept that.

You love luxuries. You love to have them around you, and you love taking care of them. You may love to indulge yourself. You might even choose to be lazy. You really need the monetary things in life. Usually, the things you would rather do cost money. One of your lessons in life is to learn how to control your spending and wasting. You are happiest living the affluent American materialistic way. You enjoy going to more than one major place a day. You are a goer. If you go camping, you will want to take your comforts with you. You may take your camper so you do not have to do without.

You have so much confidence in yourself that you may not understand that others may not. You may not understand why someone would need to go for counseling. You might even ridicule people who do. If things do get tough for you and you get your mind set on suicide, you could carry it out because you have the confidence to do it. If things do get that bad, it is best to change what is causing your problem. If you are around people who are not compatible with you, especially emotionally, leave and find someone who can really love you.

Because you have so much confidence in yourself, you should be able to accomplish early in life what you want. You are not afraid to do things. There is a feeling of strength that comes from you. Don't put people down for being lazy. Do not criticize people for seeking help when they do not feel strong enough to take care of things themselves. Realize how blessed you are to have so much confidence and stamina.

When you sit up very straight you are threatening to people with low confidence. If you would slouch a bit and cover part of your body, they will be able to handle you better. You may not want to do this, but there are times when it might be necessary if you do not want to intimidate them. People in your physical range tend to live long lives if they take care of their health. Most of the people who live to be 100+ are in the 56-100% physical (confidence & stamina) range.

#### Jay IS (#12) 14% EMOTIONAL (LOVE)

You may be a humanitarian, social reformer, or you may just want others to do what you want. You may be the one who gives your time and energy to charities, clubs and community projects. When someone is needed on the PTA, you are probably there. When a neighbor needs help, you are there. A cry for help from strangers will send you running to their aid. If you have a high Physical (confidence & stamina) percentage, you may be fighting for women's liberation. While you are doing things of this nature, you may be neglecting your loved ones. Your cry to your family may be "But they need me!". You are more group oriented than family oriented.

You would rather be "helping" humanity than be closely involved with your family. Everyone who knows you will say how lucky your spouse is to be married to someone who loves humanity so much. Your mate is likely to feel very differently about this unless s/he is also in this humanitarian range. In that case, the two of you will be happily doing these things together.

You are more concerned about humanity as a whole than about individuals. You feel you know what is best for others and will try to

get them to do what you want. It might not be what they want. If a person is happy living under a bridge, you might insist on finding a more normal abode for them. They might insist they are happy living under the bridge. You cannot see how that could be possible, so you will do everything in your power to “help” this person. You might insist on “helping” people even if they don’t want your help. You need to learn to let people do their own things and to not neglect your loved ones.

If your Emotional (Love) percentage is in the medium range, you need people but you also need to have breathing space. Living in a medium sized city would also be for you. If your Emotional percentage is low you would be happiest living in a very large city where one neighbor does not know the other.

If your Physical percentage is over 50% and your Emotional number is #10 - #14, you could be sadistic. You could do things like slapping a little child on the behind and making them cry and run to mother, then say the kid liked it. You could pinch people and delight in doing it when the person hates it being done to them. You could go from little sadistic things like this to torture, especially if your Mental percentage is also high.

Jay IS (#24) 46% MENTAL (THINKING, LOGIC)

You like to tell others what to do. Your way of telling might be through jokes, song or talk. You could be somewhat bossy. If you have a low Physical (confidence & stamina) percentage, you are not likely to come on too strong. If you have a high Physical (confidence & stamina) percentage, you could be very bossy.

People may say, “Yes, mother” or “Yes, father” when you are talking to them because this is the way you may be coming across to them. When the words come out like orders, the first reaction from someone might be, “I won’t do it,” even if they really do want to do it. You need to learn to speak slower so you do not sound so bossy. You need to learn to say things like “Would you mind?” or “Please” and “Thank you.” This will soften your tone a bit. The higher your Physical (confidence & stamina) percentage, the bossier you will sound.

You probably have an opinion on everything. You are straightforward and like to come right out with what you think. Some people cannot handle being wrong, but it does not devastate you. You can take it in stride. Regarding employment, you are happiest working with your mouth. If your Mental percentage is coupled with a low Physical percentage, you will be happiest if the people you work with are younger than yourself. If you have a #21 - #27 Emotional number, you will work best with normal people. If you have a #14 - #20 Emotional number, you will work best with ill people. If you have a #0 - #6 Emotional number, you will be happiest working to protect children, the home or where you can “parent” others.

You will enjoy being a nurse, lecturer or teacher. If you have an Emotional number #14 - #20, you will enjoy being a boss for the attention it would give you, but the employees might complain that you do not care enough about their problems. Being the top executive is not really for you. If you try to push for it, it could be hazardous to your health. You will be happiest being in middle management, where the top executive makes the final decision and you pass them on to the rest of the organization.

You may have prejudices even though your common sense may tell you it is foolish. If you have a Mental percentage between 51-58%,

you feel your prejudices even more. If your Physical, Emotional and Mental percentages are all in the 50% range, you are probably a very level person. You could be so balanced that many people may label you as boring. You do not have any extremes to your personality. There is little to fight against. This is a good position for someone to help and do things for others. You make a very good #2 person in an organization which is challenging and to which you can dedicate your life.

If your Mental percentage is 45%, there is a bit of a martyr in you. The typical counselor profile has a Physical percentage of 1-47%, an Emotional number of #21 - #27 and a Mental percentage of 21-50%.

#### Kim IS (#7) 39% PHYSICAL (CONFIDENCE & STAMINA)

You may lack confidence and stamina. You might want to disagree with the low stamina at first. You can do more than is right for you for years and years. You will feel you are strong enough. One day your body, mind or spirit will rebel. It will tell you that you have been carrying too much of a load. Let adults and children do their fair share. Don't continue to wait on people. Don't continue to let people lean on you. You may appear stronger than you really are. You are strong enough for what is important to you, but not for what is important to them. Let others stand on their own feet. You feel you have more to do than for what you have time.

You have enough energy to do what is important to you. Properly motivated, you can become good at anything physical, even become a fine athlete. As long as you get praised, or paid for what you do, you will do a good job. Because you lack confidence, you

try harder. You may be a naturally lazy person who has to work hard to conform.

When you were a child, you were probably very shy. Your parents may have hollered at you for not looking them in the eye when they talked to you. Because of your shyness, this is very difficult. The naturally convincing person is also in this confidence range. They need to learn to be convincing in order to survive. They cover up their shyness with talk. If you are not a natural con person, you might have crawled into your shell when you were criticized. When you are praised, you can't do enough to please others.

Some people with low stamina will camouflage it by bouncing along. Your parents, or someone else, probably kept after you for being so slow. In order to get them off your back, you may have pretended to have a lot of energy. The way this child runs around outdoors, you might be deceived as to the amount of energy s/he really has. The outdoors seems to give you energy. Walking is something you should do all your life.

There is a softness about you because of your lack of confidence. You usually do not feel bold enough to act brash. You might put yourself down. You might brag hoping it will build up your self-confidence, but it won't work. It only makes you feel guilty. You might compensate for feeling inferior by acting superior.

When someone comes on too strong with you, it could make you insecure and make you back off. The high confidence person could do this to you. Their strong confidence is too heavy for you to handle. You may feel insecure in their presence. You just get through convincing yourself that you are OK, and they come along and make you feel insecure again.

Being a teenager is especially difficult for you. Because you lack confidence, you are easily manipulated. You will wear the latest fashions. You will use the mouthwash even though there is little chance of you having bad breath. If you are good looking, you will do anything to enhance this because you feel sure no one will love you if you lose your good looks or get old. You may not know this yet, but you will be loved more when you are not pretty or handsome or young because you will not be thought of as competition. You will then be loved for yourself, not for what you try to make people think you are.

You are more romantic than sexy. The 30% - 39 % physical (confidence & stamina) people are especially romantic. Romance has to be with them all their lives or they will not feel alive. They are the ones most likely to enjoy romantic movies or stories. The low physical (confidence & stamina) male might become promiscuous because our society says a man has to be virile to be a real man. He does not feel this way so he feels he is not a man. To cover up he might tell a lot of dirty jokes and get fresh with girls or women trying to make people think he is sexy. Sexy men do not behave this way. He is most likely to get fresh with someone younger than he. He would not have the confidence to do this to a stronger or an older person because they might tell him off or make trouble for him. He needs to relax and stop trying to prove himself.

You are attracted to the young people. You feel more comfortable with them. They are not a threat to you. The low physical (confidence & stamina) girl or woman who does not get enough love and attention from her family might be inclined to have sex just to get that love and attention. The sex part is not too important to her, but the love and attention usually are. If you don't want your low confidence daughter to go astray, be sure she is made to feel worthwhile

at home. If she is put down she will find someone who makes her feel secure even if it is just for a little while. It is easy for people to take advantage of the low physical (confidence & stamina) person because s/he feels guilty when saying no.

If you dress or act sexy, you will attract people to you who are not sexually compatible with you. The employer need not be afraid to hire a low physical (confidence & stamina) person. That person will do a good job. As long as they are getting a paycheck, they will feel worthwhile. If the employer praises the low physical (confidence & stamina) person, they will work harder and do even a better job. They can be one of the better workers if they get the praise. They will work hard hoping to get praise. A lot of overtime is not for these people. They give so much during the day there is nothing left for overtime. They can handle it now and then, but not as a steady regime.

When you come home from work, you may be happiest if you could just sit, watch TV or do whatever you want. Cooking, cleaning house, waiting on spouse and children along with that outside job is drudgery to you. Let the spouse do the proper share of the housework and tending the children. Let the children do their share too. The work should be divided up according to the amount of energy each person naturally has. Let the high physical (confidence & stamina) percentage person do more of the work. Raising a child alone would also be a great burden to you.

If you are married to someone with a much higher physical (confidence & stamina) percentage, they will constantly be working around the house while you will be sitting or wanting to sit in that easy chair. You may try to get them to sit with you so you won't feel guilty about their working. You should sit because that is natural for you and let them work because that is natural for them.



When you work around the house, you may be inclined to work a bit and then admire a lot. To continually wash and clean is a chore for which you are not suited. You are fortunate if you can get the dirty dishes to the sink. If you don't like to keep a neat and clean house, do not invite the high stamina percentage people over. They are the ones most likely to tell others you are lazy. Low stamina percentage people who have been brainwashed may also put you down. It might make them feel superior, they think, but it will only make them feel guilty. The high physical percentage person has so much energy they assume everyone also has it.

If your marriage is not going well, you may feel guilty about it and assume it is your fault. You may feel it is something you are doing wrong. If your spouse is in a bad mood, you may feel you did something to make him or her feel that way even if they tell you that you had nothing to do with it. Believe them when they say you had nothing to do with it.

You are usually happiest when you are living a simple life. You usually love the outdoors. While you are "roughing it," you cannot be expected to clean or polish or "take care of things." You love luxuries if someone takes care of them for you. When people get money they also get things and the things tend to control their lives. You need to be free from this drudgery. If you like what you are doing, it is not drudgery. Most low physical (confidence & stamina) people do not like housework.

Because of your lack of confidence, you are more likely to seek counseling. If life gets too difficult for you and you want out and you choose the suicide route, you will not kill yourself because you lack the confidence to do it. You will gain confidence if you do not run away when situations get tough. You will gain strength if you keep

your promises and if you do not procrastinate. Do not worry about things you cannot change. If you can change it, do so before it gets out of hand.

Your lack of stamina will be more likely to show up when you have matured. One day you might say to yourself, “I’m tired of waiting on other people. I’m tired of keeping a neat, clean house. What is the purpose of it?”. When you have this conversation with yourself, you know you have matured and praise will not be the driving force anymore. At that time, you will begin to do what you feel is right for yourself.

As you mature, you will find that you really are okay. You will learn to do for yourself first. If there is any energy left over, you will then do for others, but only if you really want to. You will be able to accomplish things for yourself when you quit looking to others for praise. You will learn to ignore people who want to use you for their benefit and who try to make you feel guilty because you do not do what they want you to do. You will gradually learn to not feel guilty when you say no. You will delight in saying no when you do not want to do something. You will learn your opinions are just as good as the next person’s point of view. You will learn to be a bit hard without being calloused. Most of your life you have been too soft and let people use you.

If you are meant to become famous, it will probably happen in later life, when you have gained confidence. It usually takes longer for low confidence percentage people to achieve their goals. If you got a lot of support and praise while you were growing up, you will gain confidence and achieve sooner. Learning to say no when you do not want to do something is a very important step toward gaining confidence. You need to say no without feeling guilty. That will come with practice.

You are likely to become a nail-biter. When you are corrected for this, it makes you feel more insecure and nervous. When you are having critical days, you are likely to do more biting.

Kim IS (#17) 21% EMOTIONAL (LOVE)

You are charming, exciting, outgoing, dramatic, self-centered, good looking and jealous. You tend to be difficult to get along with because you are demanding. You need, need, need. No one person can fulfill your need for attention. Because of this, you are likely to go into the acting profession, become a politician or become a surgeon.

The rest of us need to keep in mind that you need attention, but might not necessarily be interested in giving it to us or even caring about us unless we are in your immediate circle of family, friends or associates. This is why some politicians do not give the public what it needs and wants. This is why some surgeons perform operations even if they are not necessary.

You may go as far as having an operation you do not need just for the attention. Surgeons who are in this Emotional (Love) range may be glad to accommodate you because they too like the attention. It is best to clean up your emotional life before that operation. You might find that you don't need it after all.

You may get yourself all sorts of self-induced "diseases" if you are not getting enough attention. When you were very young, you probably had "asthma" or some sort of chronic "dis-ease." That dis-ease could be called upon at will. The "asthma" always brought the needed attention from the family and from the doctor. The doctors

said you would outgrow the “asthma” when you reached school age. When you went to school you got enough attention from the other children and you didn’t need the “asthma” anymore. Even as an adult, if you find yourself getting ill it is mainly when you are not getting enough attention. This will most likely happen if you have a low Physical (confidence & stamina) percentage.

You can do some outlandish things to get noticed. You may be an exhibitionist. You may tell people they should lose weight or fix themselves up. You do this to get the attention on yourself. You love having people look at you. It might not occur to you that you are hurting people by saying these things to them. All you know is that you need and desire attention.

You may play the role of a martyr, but you are definitely not a martyr. You do that to get people on your side. This is just one of the numerous roles you play in life. You are a born actor/actress. You started acting from the moment you were born. You are dramatic. People need to learn to take what you say “with a grain of salt.” You tend to live in a fantasyland. You color things to suit your own purpose.

You need a lot of people in your life. Retirement is not for you. It is easier for you than it is for other people to find people with whom you are compatible. You find it easy to “throw people away.” “Easy come, easy go.” You make a good host/hostess. You demand allegiance from your friends. If you are on the “outs” with someone, your other friends will somehow feel they are cheating on you if they continue to be friendly with the one with whom you are angry.

You have a large ego. If someone hurts that ego, you might not forgive them. You could know a person a lifetime and completely dismiss them because of one hurt. You have quite a temper when

your ego gets hurt. You also may put your blame on someone else. You will make your brothers and sisters take a back seat to you. You are so charming that your parents can't resist you. Even so, you will grow up feeling you have been neglected as a child.

You will be against anything that does not give you personal attention. You will be unhappy about getting a copied letter from the family at Christmas time. You want it written personally to you. You would be unhappy about a National Health program where you would be just a number and did not have your personal doctor. You need to be spoiled. You might not want your loved one to have a hobby, because it takes attention away from you. You want your spouse to spend their life living for you.

You are forever young and childlike. You will be attracted to parent type people. You might want one for a mate. You are not emotionally compatible with them, but they will give you the attention you crave. There will be moments when you will complain about being treated like a child, but then you will go back to being content to let your spouse mother or father you. This would be a parent-child relationship. You would not be able to give each other the love you need to stay healthy and happy. When you give up a bad habit, you may get a "holier than thou" attitude and try to get others to follow in your footsteps.

You need a job where people look at you. Being a bus driver, in show business, politics, clergy, surgeon all fit this description. You could be very exhausting to work with. You want your every move admired. You may do nice things for your neighbors and friends. They will tell you how nice, generous and unselfish you are. You will love every second of the praise. It does not matter that you are doing these nice things to get attention. While you are making yourself

happy, you are also making someone else happy. You are getting what you need in a positive way.

You need to learn to forgive and forget when your ego is hurt. If your Emotional (Love) number is 14, you may become a humanitarian when you mature. If you have a high Physical (confidence & stamina) percentage (HPP), you may want to take care of your body and tell others they should do likewise. A HPP does not need to resort to illness for attention. Health becomes the asset and is used to gain attention.

Kim IS (#12) 27% MENTAL (THINKING, LOGIC)

You are a sweet sensitive person. You are more pessimistic than optimistic. You may complain and laugh a lot. There is a softness about you. It makes people want to either protect you or take advantage of you. You have more troubles in this life than the average person. You seem to need to suffer. You might put yourself into positions where people will do things to you. You tend to make remarks when it would be wiser to keep your mouth shut. You have a tendency to be a know-it-all. You might say just the opposite of what someone says to you just because you want to be the one who knows it all.

You are inclined to get involved with someone who is going to dominate you (policeman type) even though you are not usually compatible with them in your thinking. You complain about how other people treat you, but you probably do nothing to change it. When someone wants to help or sympathize with you because they don't see how you can stand all the abuse you take, you will say "Oh, it isn't so bad." When you complain you are really saying what

a good time you had. You want your friends and family to listen, but you may not want them to help. Your friends and family suffer more than you. You can stick to a rotten relationship beyond all reason. You can carry a torch a long time.

You are inclined to forget the terrible things people do to you. You also let them do it over and over again. Because you seem to seek out trouble, you're likely to be a poor judge of people. You seem to have self-destructive, martyr tendencies. You may not learn well from mistakes. When you are having a lot of emotional problems, and people feel you should go for counseling, you probably resist going. You really do not want anyone taking your troubles away from you. You usually do not want advice. You will take care of it yourself when you are ready.

You need to occasionally introduce something new into your life to keep from being bored. You need to change routine. You need variety. You might want to throw your kids out when they become of age; sooner if you could get away with it. You might have totaled out at least one car in your lifetime and maybe even a bicycle. You may be an erratic driver. You need to stay away from doing anything in excess. If you have a high Physical percentage (65-100%), you probably are not afraid to get involved with drugs and/or alcohol. If you have a low Physical percentage (0-39%), you would not be so likely to get involved with things that are very destructive.

There is a limit to the suffering you will take. You will decide what it is in your own time. You know you are going to give up your misery sooner or later, so do it sooner. It is like a pebble in your shoe. Take off your shoe before you get a blister. A lot of people who have accomplished new and great things in life are in this mental percentage range. You may be able to ignore ridicule heaped upon

you. You may be able to forge ahead and do what you have dreamed of doing even though others have told you it was impossible.

If you have a high Physical percentage (65-100%), you can “rush in where angels fear to tread.” A lot of broadcasting executives are in this mental range. They take a lot of abuse from the public and they can still ignore us. If your Physical, Emotional and Mental percentages are all in the lower third percentile, you are the romantic of the romantics. If you have extremes in your percentages (personality), this creates havoc of one sort or another inside you. You need to learn not to take life so seriously.

If you have a high Emotional (Love) percentage (57-100%), then you may be naturally paranoid. You need to learn not to give in to your miseries. You need to learn to get into a good routine when negative things are hurting you. Moderation in all things is boring to you, but it will keep you from much suffering. You might not want to be happy.

All low percentages mean you would be a glib talker, salesperson type. This would enable you to reason people out of things.

#### YOUR PHYSICAL (CONFIDENCE & STAMINA) COMPATIBILITY IS 65%

There is a physical attraction. The person having the high Physical percentage (HPP) needs more luxuries and would tend to spend more than the low Physical percentage (LPP) person could handle. The LPP person will tend to be happier living a simpler life. After a while there may be problems because the LPP person may have trouble keeping up with the HPP person, physically and in the money area. The HPP person tends to spend that the LPP person tries to save.



Housework is not for the LPP person, but s/he might do it anyway. The HPP person could and should do more of the housework, instead of nagging the LPP person to do it. The LPP person has enough stamina to do what is important to self, but not enough for what others might want from him/her.

#### YOUR EMOTIONAL (LOVE) COMPATIBILITY IS 64%

There is love here. You can laugh together. Emotional (Love) #8 - #13 are humanitarians. You function best in groups and doing for the community and friends. You feel you know what is best for others and would try to get them to do what you want. It might not be what they want, nor need.

Emotional (Love) #14 - #18 are natural children. You are charming, outgoing and born actors. You need more attention than the average and will go where you can get that attention. #8 - #13 are likely to neglect you for those strangers and you could not stand that. You are likely to get jealous. Being a natural child, you will solve problems the way a child would. #8 - #13 needs to realize that #14 - #18 likes to exaggerate and play the role of a martyr to get them on their side. Do not take their tale of woe to heart.

#### YOUR MENTAL (THINKING & LOGIC) COMPATIBILITY IS 27%

You cannot talk things over or tell your troubles to one another. Your hearing is on different wavelengths. There would be a lot of "You're not listening to me." You should both put things in writing. Make a game of it. That will help straighten out some, but not all, of the misunderstandings that are bound to occur.

You both are martyrs. You are attracted to the unusual and to trouble. You are know-it-alls and want the last word. Martyrs are naturally negative. Martyrs will do things to sabotage themselves. Too much sameness is boring to them. Too much routine can bring on depression. You need to keep busy and learning new things. You enjoy saying and doing things to shock. You need to be careful about getting involved in self-destructive things and relationships.

A low Mental percentage coupled with a high Emotional (Love) percentage makes you naturally paranoid. This means you naturally distrust. You are most likely to trust someone whom you should not. This difference would be at least 40% between the high Emotional percentage and the low Mental percentage. There is nothing wrong with you. This is natural.

You need to learn to look at what is happening to see if that person is really out to get you. This same combination also makes you have an engineer type personality. If you have a combination of a low Physical percentage, high Emotional percentage and low Mental percentage, life is very difficult for you. You have a lot of havoc going on inside you. You have to try to cope with that and with society, too. It is not easy.

If you have all low percentages (Physical, Emotional, Mental), you are the salesperson type. If your Emotional number is in the #7 - #13 range, you can likely talk people in or out of things for the benefit of your group or community. If your Emotional number is in the #14 - #20 range, you can talk people in or out of things for your own benefit. You need to be careful about getting involved with things that are not completely “above board.” You may have the “get them before they get me” attitude about life.

You need to be careful about getting involved with self-destructive things and relationships. Be cautious with drugs, alcohol and erratic driving. Your thinking and logic may be alike, but your numbers are opposite. This distorts what one hears the other saying. It is as if there is an actual barrier that scrambles the words in the other's ear. You might as well relax. Even shouting will not make the other hear you. You are basically deaf to one another.

### SUMMARY

Is what you feel for that other person really love? We have been so distorted by our upbringing that we might not know who would be right for us. We are taught that we should love everyone, but because of our lack of knowledge regarding The Eternal Way, we find it impossible. Therefore, that teaching results in guilt. Without the knowledge of The Eternal Way, you cannot love everyone and not everyone can love you.

You attract opposites if you do not like yourself or if you have a need to suffer or if you were conditioned wrongly by being raised with people who are not like you. You can now find the love of your life. No need to settle for less. If you have been getting involved with people who make you unhappy, you can see what you are doing and correct it. This will help you get married or become involved with people who are mainly good for you.

You are on your way to greater happiness. Do not be afraid of it. You can learn to live with yourself; to accept yourself and others, too. Don't fight it. You are what you are. There are people who will love you because you are you. At least 60% is needed IN EACH AREA of compatibility for two people to be happy together without much friction. A relationship is only as good as its weakest link.

You have an area of compatibility below 60%, which means there will definitely be friction in that area. The relationship will only work if both of you compromise equally. It may also work if one of you willingly becomes the giver and the other becomes the taker. Any action short of these two options will most likely result in a relationship termination. This termination will be a difficult decision for both of you, especially if you have a high Emotional (Love) percentage compatibility, but it will be for the long-term benefit of your individual personal growth.

Your average compatibility is between 41 and 59%. This means there is only medium compatibility and medium polarity. It is very hard to balance this relationship. You are not compatible enough to easily override your differences. On the other hand, you are not polarized enough to be able to easily balance one another. This relationship could have some serious stress associated with it. Anger and frustration are associated with this relationship.

A commitment to unconditional love for the other person is what is needed to insure the relationship. Accomplish this and you have the key to a fulfilling relationship.

From: Jay  
To: all my friends  
Cc: Bobbie  
Sent: Sunday, July 25, 2004  
Subject: Fw: A Keeper

Hi gang!

I grew up in the “*Happy Days*” [TV show] 50’s, also, and I *dearly* remember those times...and graciously thank my mother, Bobbie, for sending me this to remind me of that “delightful” time period and memories of it—that she helped create for me! I hope you enjoy this...as I was *very, very lucky* to have grown up then and am sorry many of you missed it. (However, if you ever watch an older movie, from the 80’s or early 90’s, called *A Christmas Story* [that had Darren McGavin in one of the leads, as well as a blond, bespeckled kid with a last name of Billingsly, I think] as well as any old *Ozzie & Harriett* TV show rerun, you can get a real feel for that time period.)

As always...Love, peace and blessings,

Jay

### **YOU ARE A KEEPER!**

I grew up in the fifties with a practical parent—my mother, God love her, who ironed Christmas wrapping paper and reused it and who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it... It was the time for fixing things—a curtain rod, the kitchen radio,

screen door, the oven door, and the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, reheating, renewing, I wanted just once to be wasteful. Waste meant Affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and I sat in my kitchen that Sunday afternoon reading her old handmade cookbook in a binder, I was struck with the pain of feeling all alone, learning that sometimes there isn't any "*more*." Sometimes, what we care about most gets all used up and goes away...never to return.

So...while we have it... it's best we love it...and care for it...and fix it when it's broken...  
and heal it when it's sick. This is true...for marriage...and old cars...and children with bad report cards...and dogs with bad hips...and aging parents...and grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep. Like a best friend that moved away—or a classmate we grew up with. There are just some things that make life important, like people we know who are special...and so, we keep them close!

I received this from someone who thinks I am a "*keeper*" so I've sent it to the people I think of in the same way.

From: Jay

To: Woody; Wilderness Family - Annette; Tommy; Steve; Sally & Bill; Roger; Rob & Shelley; Rick & Orma; Randy; Randel; Priscilla; Pat; Michael; Melody & Mickey; Maureen; Mary Beth; Lisa A; Lisa; Lindsay; Linda; Kim; Kevin; Kent; Kathleen; Joe R; Jim & Eleanor; Jeff & Lisa; Jeff; Jacob; Erika & Tim; Eric; Ed; David; Darla; Clay; Bobby; Bobbie; Bob & Sue; Bob & Kathy; Bill; Annette; Alison; Ajmal

Sent: Tuesday, July 27, 2004

Subject: My Health Stats (July '04)

Hi, gang!

Thought you might like to see my health statistics...after being on the IL alkalization program for one year:

Cholesterol (overall) - Acceptable range: 107-200 / JAY: 143  
[lowest it's ever been!]

HDL Cholesterol (good) - Acceptable range: 31-80 / JAY: na

LDL Cholesterol (bad) - Acceptable range: 0-130 / JAY: 73

Triglycerides - Acceptable range: 35-160 / JAY: 66

TSH - range: 0.40 -4.00 / JAY: 1.24

PSA - range: 0.0 -4.0 / JAY: 0.7 [very good...considering that I used to have urinary blockage in the early AM!]

As always...Love, peace & blessings,

Jay





From: Jay  
To: Kim  
Sent: Tuesday, July 27, 2004  
Subject: IL Leads  
Hi, Kim!

Back in February (when you were Your old Self and we had a “two-person” conversation, for the first time, for 5 hours), you asked if you could help me with the few leads I had developed in New Mexico—that I offered to you, previously. So...if you are still interested, they are attached in small text documents (i.e., Notepad format).

As always...Love, peace & blessings,

Jay

From: Jay  
To: Kim  
Sent: Tuesday, August 03, 2004  
Subject: "Delovely"...is absolutely lovely and...

Hi, Kim!

...a wonderful, fascinating story (*like you've never seen before*, I promise!) Don't miss it. (There is a reason, which you'll quickly understand once you see it, as to why it is only playing as a "limited engagement"...very bold movie and story.)

Bobbie asked me yesterday, Sunday, to take her, and we had to drive a half hour south of her place (1 hour from mine) to Jupiter to see it this afternoon (i.e., I had to be home by 8 pm to do my IL telephoning).

Not only does it have great music as well, but it is also the *most* beautiful and thought-provoking love story you'll ever see. Plus, it demonstrates "True love," as you've never seen it before! (As a matter of fact, Cole Porter, who it's about as well his relationship with his wife, Linda Lee, wrote [but I never knew that, until today] one of "my" most favorite songs, *True Love*—that brought tears to my eyes when it started to play (and has *always* touched my heart whenever it plays...and is usually sung as a duet), which was [also] a song-track with Bing Crosby and Grace Kelly in the old movie, *High Society*. Hear it once, and you'll know why.)

Hope you have a chance to see it. You won't be disappointed.

As always...Love, peace & blessings,

Jay

P.S. If I could write a movie to depict the depth and breadth of my Love for You, as My spiritual partner—beyond the typical romance, while yet including it as well, this would have been it! And the song I would have written and sung to you would have been *True Love*. (When you hear it, pretend I am singing [it] to you. And I have a pretty good voice for the right songs...trust me, as I have heard my self.)

From: Jay  
To: Kim  
Sent: Monday, August 16, 2004  
Subject: Thanks for the walk through the park

Hi, Kim!

Just wanted to thank you for inadvertently taking me along on your walk up the hill and into the park at the end of the Tropics [the housing development in Hawaii where she lives] last night. It's been a long time since I went walking with anyone. And hearing your footsteps on the gravel roadway, there, enabled me to *feel* like I was walking with you. It gave me a very comfortable, peaceful feeling.

As always...Love, peace & blessings,

Jay

Have a "swell" day!

[September 13, 2004 – The below note I placed inside a parcel I sent to Kim. I found a very interesting-looking 1 ¼ inch wide, nylon webbed belt from L. L. Bean that had an Aztec Indian-looking pattern, called Costa Rica, and made up of the colors: olive, black, royal blue and burnt orange on the primary side and mostly burnt orange and royal blue on the underside—that was reversible—with a cast-aluminum buckle with a smoky tint to it. I had bought one for my self a week and a half earlier, ordered another one to be sent to my home and had just gotten back from a 10-day escape from “Hurricane Frances” trip with my mother, Bobbie, to Jacksonville, FL, where one that I ordered for Kim was sitting by my front door in southern Florida.]

Dear Kim,

This is a very lightweight, convenient, easy to wash, goes-with-everything, casual belt. The primary side can be worn with black, white, olive, khaki or red. The flip side can be worn with jeans, navy, blue and white. Hope you like it.

Love,

Jay

P.S. If you don’t like it, just send it back and I’ll wear it.

From: Jay  
To: all my friends, family and clients  
Sent: Friday, September 17, 2004  
Subject: Jay's Very Simple, But Thorough, Killer Floor-Exercises  
(Revised)...& Jogging/Rebounding Trampoline

Hi, gang!

Sorry...but as I was doing my floor exercises the other morning and comparing what I had put in my write up of them, I realized that I had left out a few seemingly-minor, but very important details (like a yoga foot massage, et. al.). I have been doing many of these for so long (22 years) that they are second nature for me, and I overlooked them.

Consequently, I am sending the revision. By the way, all [of] them have been selected and modified to exercise practically *every* part of the body, from your fingertips to your toes and everything in between (including your butt muscles)!

Also, I recommend using a small jogging or rebounding trampoline, which I have also been using for the same number of years. It is particularly useful for those of you who can't quite fit in walking or jogging for 15-20 minutes during the day or are impacted by weather (hot, cold or wet) and is very good for cleaning out your lymphatic system (i.e., your body's sewer system), which requires the "up" movement/bounce to move stuff through it in an upward direction.

As always...Love, peace & blessings,

Jay

Have a "swell" day!

## ***Jay's Very Simple, But Thorough, Killer Floor-Exercises***

### **1. Elbow to Knee Touches** (women: 25 reps / men: 50+ reps)

With hands clasped behind your head and the upper part of your shoulders raised off the floor while lying on your back, alternately touch the opposite elbow to the opposite knee while straightening the other leg without letting it touch the floor—and without going too fast. [From: John Blaisdell's ad for his *Fitness Made Simple* video]

*[Note: Lie on your back, with your eyes closed and listen to the sound of your breath, for approximately 3 minutes between each exercise!]*

### **2. Crossover Sitting with Forward Stretch** (hold for approximately 3 minutes/position)

While in a sitting position, cross one leg over the other and bend forward until your forehead touches your crossed knees and then repeat after alternating opposite leg on top. [From: Joanna with Kim's modification]

### **3. Chest Raises** (10 reps)

While lying on your stomach with a relatively firm pillow under your *lower* abdomen and hands clasped behind your lower back, raise your chest up *horizontal* with the floor and hold for 10 inhales & exhales for each one, from your *diaphragm*. [From: my grandmother's osteopath doctor]

### **4. Bent-Leg Stretch with Yoga Foot Massage** (hold for approximately 3 minutes/position)

While lying on your stomach, roll to one side, bend that side's leg until the thigh is perpendicular to the body, bend the opposite leg, grab the top of the foot of that leg with the opposite hand, roll slightly forward onto the *top* of the opposite thigh, then massage the foot (i.e., start: along the tendons on the upper foot, next: stretch each toe; now: with the first finger curled up and using that knuckle, rub the pad just beneath the toes and continue along the outside edge and heel, and finally: *gently* massage the arch/instep with your thumb) and hold. [From: Sally and yoga]

**5. “Slow” Pushups** (w: 5 reps / m: 10+ reps)

While inhaling and exhaling three times, both up and down.

**6. Baby Pose** (hold for approximately 3 minutes)

While sitting upright on the back of your ankles with knees as close together as possible, bend forward until your forehead touches the floor and hold. (Go directly to the next exercise...without a rest period!) [From: yoga]

**7. Bows** (25 reps)

Alternate between sitting up, all the way, onto the back of your ankles, with your arms relaxed at your side, and bowing forward until your forehead touches the floor—without going too fast.

**8. Stomach Scrunches** (w: 25 reps / m: 50+ reps)

While lying on your back with hands clasped behind your head and your knees bent, rise up sufficiently (i.e., 1/4 to 1/3 of the way toward your knees) and *diagonally* until you feel your *upper* abdomen tense—without going too fast.

**9. Butt Raises** (w: 25 reps / m: 50 reps)

While lying on your back with your knees bent, raise your butt as high as possible and then separate the knees and bring back together and down—without going too fast. [From: Dr. John English with Kim’s modification]

**10. Neck Raises with Side-to-Side Rotations** (25 reps)

While lying on your back with arms relaxed at your side, lift your head up off the floor, twist left and then right, tip back (*without* touching the floor) and finally lift forward—without going too fast. At the end, prop your head up on your fingertips and massage the base of the skull...*as long as you like* (i.e., very relaxing and rejuvenating!) [From: George Forman with my final addition]

**11. Stomach Exhale-Presses (with optional Bicep & Shoulder Flexes)** (10 reps)

While lying on your back with arms relaxed at your side, exhale and press down and hold (i.e., tense) your lower abdomen muscles for



as long as possible—this will also tense the pectoral muscles, *automatically*. (For upper bodybuilding, curl the arms up and tense the biceps and shoulder muscles.) [From: Annette with my modification]

**12. Head-down Scalp Massage** (5 minutes!)

With your head *below* your waist while bending over the edge of a bed or hanging from a bar (i.e., I prefer to bend at the waist and straighten and tense my legs to stretch the ham-string muscles while shampooing my hair in the shower), massage your scalp (not your hair) from the hairline to the top of the head. [From: Rick with Rob's modification]

*Revised: 9/17/04*

[Note: What would have been Kim and my 9<sup>th</sup> anniversary]

From: Jay  
To: all my friends  
Sent: Sunday, October 17, 2004  
Subject: Who do you relish in your life?

Hi, gang!

I was awoken on this *bright* morning (i.e., I have eastern, morning exposure) at 8:06 am by mother's voice calling my name. It was loud enough that it sounded like she was *in the room*; yet, she lives a half hour south of me! My first instinct was that she died then.

I called a handful of people (5 men [Kent, Kerry, Clay, Jacob & Steve] and 5 women [Bobbie, Priscilla, Lisa, Kim & Maureen]) including my mother, with whom I have a special, spiritual communication relationship—where we can talk about Reality, to *just* speak their name (which is all one need do to *really* communicate and actually we can just “think” about one another to Truly communicate ...talking just seems more necessary to our human selves) to let them know that I relish them.

As always...Love, peace & blessings,

Jay

[Note: Kim was the only one who did not want to know why I called so I didn't tell her, but I did send the above email.]

From: Jay

To: Priscilla; IL distributors & clients; Woody; Tommy; Sally & Bill;  
Roger; Roger & Dee; Rick & Orma; Randy; Pat; Michael; Melody  
& Mickey; Maureen; Lisa S; Lisa D; Lindsay & Pete; Linda; Kevin;  
Kent; Kathleen; Jim & Eleanor; Jeff & Lisa; Jeff; Jacob; Erika &  
Tim; Eric; Ed; David; Darla; Clay; Bobby; Bobbie; Bob & Sue;  
Bob & Kathy; Annette

Cc: Former IL clients; Wilderness Family-Annette; Steve; Rob &  
Shelley; Mary Beth; Kim; Joe; Jason; Eric; Bill; Ajmal

Sent: Saturday, October 23, 2004

Subject: My updated story

Hi, gang!

I thought many of you ought to have the “total” picture of what has transpired with my *entire* health over the past year so I have copied my story below. If you don’t think this is *not* one **amazing** story and that I have not faced and conquered several medical challenges and issues from energy to suicidal [manic] depression to the onset of blindness (and I know some of you—that your skeptical, *human* egos—may blow them off as trivial or insignificant), then you are either “asleep at the wheel” or dead! I see no reason I will not be able to live (biologically, medically and logically) to 120 and...*will bury my kids*, and you, if they and you don’t wake up, too (i.e., they and you may have to wait until you’re almost 60—when *most* of us finally *begin* to mature with a True Wisdom, like I was [when I was given a gift of SuperGreens and Prime pH by Kim during April 2003, the month of my 59th birthday, on the 6th], before they do). If you think this is about making money...**think again**—when you read my last sentence! I *Truly* Love You, which many do not comprehend because it goes *beyond* our typical, human understanding.

P.S. To my dear friend who thinks that it is possible to drink too much water and that it can damage your kidneys: “Stop reading those kind of books...they are wrong!” By the way, for those of you who don’t [like] the taste of green tea, which SuperGreens tastes *similar* to, we have tasteless capsules and liquid drops...for many of our products. And, if you’re on a limited budget, no problem...try a little...just do *something* to regain your health...and your life! And, please...feel free to share my story with anyone.

### ***Jay’s IL Story***

#### **“A Brand New Life at 59!”**

When I tried two of the foundation products (SuperGreens and Prime pH) for the first time in May 2003, I had *NO* health issues that I deemed worthy of working on. Nor did I want to lose weight or have any noticeable energy issues. But, I *immediately*, and intuitively, “got” the common sense philosophy of Dr. Robert O. Young’s IL program, that: 1) the body is 70% water so why not nourish it with 3 - 4 quarts of nutrient-enriched water per day; 2) the body acidifies when you die (and up until that point!) so, if you slow that process by eliminating acid-producing foods and alkalize the body, you can slow down the aging process and improve your health, *dramatically*; and 3) just like the animals we eat, we can get all the nutrients and proteins we need from green grasses and vegetables (in powder or liquid forms).

May 2003: On Saturday afternoons, I walked up and down two *very steep* hills along a mountain ridge, south of my home in New Mexico. They have 45 - 60 degree angles on them, in many places; and I had to stop and catch my breath, a *number* of times, going up

each one. After only *one week* of taking *less than half* of the suggested daily water intake (i.e., 1 ½ quarts, instead of 4) combined with SuperGreens powder and droplets of Prime pH—and *using it wrong* by mixing it up the night before I drank it, instead of an hour or two, I climbed “both” hills *without stopping once*, until I reached the top...and without wheezing, all the way up! (I knew, then, that IL products *really* work!)

June: I tried the Men’s Formula to alleviate “first thing in the morning” urinary blockage (that I had an operation for 3 years ago in Hawaii)...and it *unbelievably* went away by the *4th week*.

July: I used Orthoplex I for my lower back stiffness and ache that has been problematic *for years*. After sitting in a *fixed* position for “6 straight hours”—in my wooden, Adirondack chair—within the first 2 weeks of using the product, I got up without *any* stiffness or ache, whatsoever! *Miraculous!*

Finally, I tried BioLight during that same month to improve calcium-usage in my split, knurly-looking big toenails. But, it also *greatly* improved my alertness and mental clarity and provided me with a calm-patience, that I never had before while doing detail, mental or creative work!

In only 3 short months, I had resolved *all* of my major health problems...and got an *unbelievable* boost in energy—that I wasn’t looking for!

August: As a side benefit, I lost 10 pounds *just* in my mid-section—where I needed it, using Aminos Plus—mainly to build muscle mass, but it also reduces body fat.

September: Thanks to that product and by eliminating practically all carbohydrates, I lost the majority of my body fat, and another 10 pounds. I *love* having my “high school” body, back—along with a nearly flat stomach! Also, I have noticeably less grey hair on my head. [And, the sexual side effects of male menopause are reversing.] (“Youthing” instead of aging?!)

February 2004: After experiencing suicidal, manic-depression for most of January, I regained emotional control of my life, again, in 3 weeks, by taking 3 (level) teaspoons of Earth Essence Montmorillonite clay per day.

May: After doubling my daily intake of SG from 6 capsules (i.e., 2 teaspoons—that I had thought was equivalent to 3 teaspoons, for the previous year) and 3 quarts of water to 4 teaspoons (scoops) per day in 4 quarts of water, my hair has far less grey interspersed in it on top!

June: Doubled my daily intake of SG powder, again, to 8 teaspoons (scoops) per day in 7 quarts of water (instead of 4 quarts that I had been taking up until this point), and I have practically no grey hairs on the top of my head, now, and am watching the sides darken *daily*.

June-July: I had two incidents of having the *center* of my vision become bright, as in a flash, and blurry with a prismatic edge with rainbow coloring lasting for about 10-20 minutes while working on the computer. It was later diagnosed during the end of July as very slight macular degeneration (which can lead to total blindness if not caught in time!) by an ophthalmology surgeon, who recommended taking zinc supplements. I told him that I had fortuitously begun taking that in July (alternating months using Z-Link capsules or Zinc B-

6 drops)...and have not had an incident since [and it is now the end of October, as I write this]! (Also in July, I increased my daily SG intake from 8 to 10 teaspoons per day, meaning that 3 of the 7 quarts I drink have double scoops of the product. And sometimes, I drink as many as 10 quarts per day...particularly, if I have eaten something that is not good for me, like a cookie!)

August-September: Prior to then, the center third of my chest hairs were white. But, by the end of September, they were mostly dark, once again, and had watched them change color, on an almost daily basis. Amazing.

This program is about helping you, and your loved-ones, to become a *lot* healthier. *Period!* (It is *not* about making money.)

As always...Love, peace & blessings,

Jay

Have a “swell” day!

From: Jay

To: Rob & Shelly

Bc: Rick & Orma; Pat; Lindsay & Pete; Kim; Jim & Eleanor; Jeff & Lisa; Jay's IL Former Clients; Jay's IL Distributors; Jay's IL Clients; Eric; Darla; Bobby; Bobbie; Bob & Sue; Bob & Kathy; Roger; Alison

Sent: Monday, October 25, 2004

Subject: Re: The pH Miracle for Diabetes Update and [My] pH Miracle Testimony

Bless you, Rob & Shelley!

...for being in my life...and for the *lovely* mission statement (i.e., sorry, I wasn't aware of it before!). You, both, are such a gift to the world...it has no idea, yet, just how significant Your contribution is...*but it will*—hopefully soon! Amen.

I am 3 hours north of Coral Gables, FL, but I hope to visit with you both, again, on December 11 at 7 P.M. for your lecture, cooking demonstration and book signing for *The pH Miracle for Diabetes*.

*Note: If any of my distributors and clients, care to join me:*

Saturday, December 11th — 7 P.M.

Books and Books, 265 Aragon Avenue, Coral Gables, FL 33134  
(downtown...5 minutes north of The Biltmore Hotel)

As always...Love, peace and blessings,

Jay

P.S. I am glad you liked my story enough to include it along with your email [note: which is directly below this one]. I've already started receiving calls from others across the country about it (i.e., they can't believe that someone, such as myself, has been through such a *wide range* of biological/emotional issues [some "nipped in the bud," so to speak, before they became major] and had our products eradicate them so quickly...even a longtime distributor. After they speak with me, they *know* they are real!

From: Rob & Shelley

Sent: Monday, October 25, 2004

Subject: Re: The pH Miracle for Diabetes Update and pH Miracle Testimony



Dear Family and Friends:

Yesterday, Shelley and I had the extraordinary experience of visiting Moline and Fairfield, Iowa. What beautiful places and what beautiful people. We felt as if we were walking down memory lane. The places we visited reminded us of where we grew up in Salt Lake City, Utah.

We had in attendance over 200 folks at the pH Miracle for Diabetes Lectures and Book signings at Borders Books in Moline and at the Fairfield Library and we sold out of all our pH Miracle for Diabetes Books and Back to the House of Health I and II books. Shelley gave everyone a treat to taste by preparing the Avorado Kid SuperGreen Shake and Pudding. Everyone loved it! What a great way to get your SuperGreens and SuperSoy Sprouts.

Shelley and I were so impressed with the quality of the [Iowan] people we met and their love and concern for each other. Many of them expressed their gratitude for our mission to “Change Lives and Save Lives” and a desire to share it with everyone.

Everything thing we do, every product we create, every book we write, every lecture we give is focused on this mission statement. Shelley and I desire to fill your minds with truth, your hearts with love and your lives with the desire to serve others. We believe it is not what you get in life that brings true love, joy, happiness and peace, but what you give in serving others.

I want to thank all the IL distributors in Moline and Fairfield who were so gracious and kind to us, including Pam, Judy, Ajmal, Jonathan and Anne Marie. All of you made us feel so welcome and

appreciated. Thank you all for making The pH Miracle World Tour Lecture and book signing a wonderful success.

The following testimony is just another reminder of how important our mission is and how it can “*Change Lives and Save Lives.*” [Italics, mine] I hope and pray that all of us will always remember the importance of our stewardship and NEVER take it for granted! I am reminded by the words in a 1960’s song, “Don’t it always seem to go that you don’t know what you’ve got till its gone. They paved paradise and put up a parking lot.” This is not a niche mission [or] a niche market. The world is our mission and our market and the people of this world deserve to know the truth and the truth will set them free!

In love and Light,

Dr. Robert and Shelley

[Note: He included my above story below his email.]

From: Jay  
To: all my friends and family  
Sent: Sunday, October 24, 2004  
Subject: She took my hand...

Hi, gang!

A couple of months ago, I went for a walk with my 82 year old mother (who is quite frail, now, but was a dynamo, until a year ago!), around the lovely place where she lives; and surprisingly she reached over and took my hand. I was *so touched* by it! Even though I usually held her arm whenever assisting her up and down, I never thought to hold her hand. Since then, I go over to her place, a half hour south of where I live, during the afternoons—since I work from home in the mornings and evenings—to just “be” with her, *as much as possible* (i.e., I *relish* my time with her, *now*, after 60 years of a rather intense love-hate relationship), six days a week (Sunday-Friday); and we go for a 15 minute, very slow walk every day...and I always hold her hand while we go. I cannot tell you how remarkable our True Love relationship is now. But, I finally have someone, again, that I can *really* talk with about the truly meaningful things about life...that most people are not interested in or capable of discussing until they are in their 80’s and have lowered or dropped their ego! I wish you all have the opportunity to experience True Love to the extent that I do every day.

As always...Love, peace & blessings,

Jay

[Note: This email is included so one can see how I tried to prevent what happened later in the one below it.]

From: Jay  
To: Edwin  
Bc: Bobbie, Kim  
Sent: Wednesday, June 30, 2004  
Subject: Georgia (GA) PeachCare (PC) Ombudsman (& something similar for FL?)

Hello Edwin [my boss on the GA PC project]!

As I briefly mentioned to you on June 25, I think it would be very worthwhile to create an Ombudsman/Member-Advocate (O/MA) position to handle difficult, problematic members who have any issues or need for clarification of our program or their status within it. The idea being that whenever a Customer Service Rep (CSR) has a member who is requiring more time than they “normally” have available within the recommended 3.0-3.5 minute call-time window that they transfer that person to the O/MA, who then can handle, soothe and resolve issues as well as clarify program understanding and qualification items (i.e., acting like a complaint department).

The reason I am suggesting this is because I have received 3-4 comments and compliments per day, on average, from members who have thanked me for taking the time to explain various elements of the program or clarify their application status (and reasons for prior delays)...and I listen to the speediness, and tones, that other CSR's use when talking to them and wonder if the member is getting anything out of the call.

As a businessman, I fully understand the “need” to meet client (GA PC corp. HQ) statistical goals, such as the aforementioned

call-time, to not only satisfy them and keep their business...but I hope there is something else we can do here to handle what I see as a shortcoming in the “system” to providing real, genuine assistance and promoting understanding amongst our members—that PeachCare actually “cares” about, rather than just “processes,” people/applicants/members [as most Reps there do!].

Best regards,

Jay

P.S. Since my first call-center position—four companies ago, I began handling “difficult customer” callbacks and working with [that] type of clientele...without any problems, so I feel that I can do the same for GA and/or FL!

From: Jay

Bc: all my friends and family

Sent: Sunday, October 31, 2004

Subject: Resurrection vs. Crucifixion—My opportunity for forgiveness!

Hi, gang!

On Friday, October 15th, at 8:45 A.M., I had the chance of a lifetime to learn what “forgiveness” meant, once again, when I was *crucified* by three people that I *loved* from my last, former employer here in Port St. Lucie, FL, (aka: “Hurricane Alley” ...since we had two of them hit within two weeks of each other in September—unbelievable in weather history terms, as it’s never happened before, to my knowledge and 60 years of experience!).

When I was surprisingly terminated from my last job (doing customer service work in a call-center for the state of Georgia's PeachCare children's insurance program, for people without substantial income to afford such coverage) back on July 19, I was told it was for "poor performance" (i.e., meaning that they wanted 3-3 1/2 minute handle-time per call, and I was averaging more than 7 1/2—and *truly* helping people, rather than hurrying them off the phone, like most others)! Then, two months into receiving unemployment of less than \$800/month, I received a Notice of Hearing in the mail from the State of Florida indicating that my former employer hired an outside legal agency to contest my right to those meager benefits based upon their theory that I was fired for "misconduct"? (One of the reasons was because, according to one Spanish-speaking supervisor who *still* has very broken English—after being in that position for 14 years—who misinterpreted a black client when she complained that I was being racially-derogatory by supposedly saying to her: "Black parents have *unusual* names while white people have all the same names"... which I did not say. In actuality, I *complimented* the woman on her child's lovely name [that I *really* liked!], which was Asha, and said "African Americans have such *creative* names for their children, whereas white people have the same, common names." [But, the client took it wrong, apparently.] And, anyone, who *knows* me, such as You, knows I "love" all people—even though I *might not like* some traits in them—and I am not at all prejudicial and have worked and lived with so many ethnic and racial groups of people. Consequently, this was a *really* bizarre incident...and it had to be to get my attention... so that I could *experience* the process of earthlings *attempting* to crucify me and learn how to forgive it and them, which I did *while* it was happening! It was just like watching a movie, that I was in and had the starring role.)

So, on October 15th, I participated in a hour and half courtroom drama—complete with cross-examinations and redress, over the phone, being denounced and my character being inappropriately and inaccurately assailed by three of my former coworkers (the HR manager, my supervisor and my team leader), *whom I loved* (and still do), through the skillful questioning of my former employer’s agency’s female lawyer! I *now* know how Jesus might have *appeared* to have been *crucified* when Judas turned him in to the Romans; when he went unacknowledged by his brother disciples, three times afterwards; and when they put him on the cross until he left his body behind—only to reclaim it later to show everyone that we are not what we “think” we are (i.e., meaning a “body”...and therefore, it was a demonstration of **resurrection**, rather than crucifixion!).

Although on the surface, it might appear to the average person that I was crucified by three people whom I loved. In Reality, it was an *opportunity for total forgiveness*, on My part, in the face of very adverse and emotionally charged circumstances...“resurrection,” in other words! And...as a result of their *unexpectedly* terminating me back in July, I began working my IL [health product] business on a fulltime basis, as of the 1st of August—which I would *not* have done had I been allowed to continue in my last “job,” doing what I thought, and still believe, was the *proper* way to really help people—and have become an international distributor for IL, Inc., taking my time and *truly* helping people to reclaim their health...and their *lives*! So, they did me a BIG, BIG favor by forcing me to do what I *really wanted* to do (because I had *no* other alternatives)!

So...whenever you feel crucified by anyone, *particularly a loved one*, they are—unbeknownst to your human ego—giving you the opportunity, *of a lifetime*, to learn total forgiveness, which is Our

Resurrection to Our Spirit and Our True Brotherhood with each other. Please take [the lesson], when given...and listen *internally* to What's in it for You! (Nothing happens in our lives that we do not create *our selves* in order to learn the process of forgiveness of, and ultimate peace and patience with, our own and everyone's humanness!)

As always...Love, peace & blessings,

Jay

From: Steve

To: Jay

Sent: Sunday, October 31, 2004

Subject: Re: Resurrection vs. Crucifixion—My opportunity for forgiveness!

Nothing happens in our lives that we do not create *our selves*

*Amen*

Steve

From: Bill

To: Jay

Sent: Sunday, October 31, 2004

Subject: Re: Resurrection vs. Crucifixion—My opportunity for forgiveness!

Awesome story...thanks for sharing it with us!!!!

*Bill*





From: Rosalina & Edward  
To: Jay  
Sent: Thursday, December 02, 2004  
Subject: GREETINGS!

Dear Jay,

It was great to meet you last night [note: in Ft. Lauderdale, FL, where we were attending an IL product introduction meeting]... and I am looking forward to seeing you on December 10th at St. Rita Church. I will not forget to secure a book for you...

On another note, I would like to invite you to have lunch with Dr. Young himself on Friday, 12/10 at 12 Noon here in our home in Wellington. Do you think you have the time? It will be a very intimate group...35 people. You would have the opportunity to converse personally with Dr. Young [the founder of the IL alkalization/dietary program that greatly improved my health]. Please let me know as soon as possible if you can join us. What an honor for us to have you here! I told my husband all about you.

I also went to your website and what a story!!!! You are awesome. I hope we can become friends. Yet another question...who is your enroller or upline? Are we related?

I am looking forward to hearing from you.

From the heart,  
Rosalina

From: Jay  
To: Rosalina & Edward

Date: Thursday, December 02, 2004  
Subject: Re: GREETINGS!

Hi Rosalina!

I'll be very happy to come—and I'd even come for lunch (since I know you are alkalarian), which I seldom do—just to visit with *you and your husband* because you invited me! (I don't have anything else planned for then...but **something may come up that might prevent it, that I am working on this Friday, 12/3** [unbeknownst to me— see the next email!].) And, it would be great to visit with Dr. Young, too! (I met him late on a Friday evening when he came to Ft. Lauderdale last.) So, thanks for inviting me. However, would you be so kind as to provide your address and home and cell numbers? Mine are at the bottom of this email.

As always...Love, peace & blessings,

Jay

From: Jay  
To: Alison; Clay; David; Jacob; Joe R; Kathleen; Kent; Kim; Lindsay & Pete; Lisa D; Maureen; Melody & Mickey; Pat; Priscilla; Rick & Orma; Roger & Dee; Roger; Sally & Bill; Steve; Woody; Kevin; Linda H; Tommy; Rosalina; Bob & Kathy; Bob & Sue; Eric; Ajmal; Jason; Jim & Eleanor  
Sent: Friday, December 03, 2004 11:55 PM  
Subject: Lisa died tonight

Hello folks,

I have some very sad news. I heard tonight after 10:30 P.M. that my beloved, 36 year old and oldest daughter, and mother of three

lovely girls (5, 8 & 10), Lisa, died tonight in a major trauma hospital in West Palm Beach, FL, that they had flown her to via helicopter when the local, decent-sized and well-equipped hospital in her city could not save her. Apparently, she had an accident riding horses today—fortunately her husband, Michael, was with her, rather than one or both of her two oldest daughters who also ride. I don't know the details (nor do I care). Just thought you might like to know.

I was just remembering earlier tonight, while driving home from my mother's, after learning late this afternoon about the accident, and thinking *how lucky* I am that she and I had spiritually bonded when she was just 17—some of the details of which were in Chapter 15 (appropriately titled “Going Home”) in my book, *BANISHED from the Sandbox*. I will never forget that and so fortunate to have had that kind of sharing with her. I am very blessed...as I was the day she was born, which I clearly *felt* then, and remember, like it was today.

There's nothing more to say...I just thought you should know. (You *don't* need to write or call! This is not the first death in my immediate family. I lost my youngest brother when I was about 8 years old—boy, do I remember that funeral, and my dad died 14 years ago.)

As always...Love, peace & blessings,

Jay

[Note: At 11:40 P.M., my cellphone rang and I was taken aback for a few seconds as (the name) “Lisa” came up on the screen...it was her husband, Michael, calling to let me know that he was heading back home in the car with the three kids crying in the background.

By 2 A.M., Kim called, with tears in her voice—which prompted me to break down, too—stating that she couldn’t believe that such an *incredible* person was gone, and we talked about a wide variety of issues about human nature for about 2 hours. She wanted me to make sure to pass along to Michael that the girls should be allowed to grieve for their mother as much, and as long, as needed by them, which she wasn’t when her mother died when she was 9 (a year younger than Jordan, Lisa’s oldest daughter). Kim also lost her first stepmother, who had a very positive influence on her life, when she was 12 and her father when she was 19 and offered to speak to the girls if they wanted.]

[Note: The following letter was sent with a Christmas package filled with goodies on 12/7/04!]

Merry Christmas, Kim!

I hope you enjoy this “care” package, even a little bit as much as I did putting it together for you. It came to be after I bought my newer [than my 1998 Caddy STS] 2002 P/T Cruiser and bought the beaded seat covers because Bobbie complained that she had difficulty getting out of the seats in it (i.e., the cloth seats created a drag-force with her pants, shorts or skirts). The pumice stone came when the Dr. Scholl’s white smoothing block, that I bought in Hawaii over three years ago broke, and I thought about how appropriate the color on the new one was compared to the white ones we had used always ended looking dark, anyway. Then, I noticed how I loved my large, silicon-edged, automobile water-blade that I use in the shower to prevent hardware spotting...so I bought one for each of your bathrooms so you could throw away that crappy, stiff blade one you had. The movie [*Immortal Beloved*] came as an inspiration because I thought how appropriate the title was due to a, perhaps unbelievably, unsentimental or unromantic moment. David and Sukie will enjoy it, too, since I imagine you will have to ask them to play it for you on their DVD player. (And yes, I think we saw it together in Hawaii, but so what...it’s still a *great* movie with a great message about Love.)

As my final present in this package, I would like to share with you the four, most profound *spiritual* moments of my life:

1. September 6, 1982: “This is a course in miracles. It is a required course. Only the time you take it is optional. .... Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.” [Introduction to ACIM]

2. Spring 1986: “Dad, I can feel you hand holding mine” (Lisa to me while we were on the phone, both in Florida in different towns.)
3. September 6, 1995: The *feeling* that I was supposed to marry you, as we were talking in the coffee shop in SLC after the ACIM class.
4. March 2003: When you told me: “The body is 70% water,” [I understood that the bulk of my diet should be nutrition-enriched water from then on, as it has!]

Lisa’s presence has taught me one thing: It isn’t the amount of our spiritual awareness of our oneness with God that matters but the degree to which we *relate* in “loving kindness” to *all* people in a peaceful manner (as well as accepting *our* silly, little human selves with all its foibles... which is even *more important* because it determines our abilities to relate to others). And *that*... is exactly what your job affords you the opportunity to do, which You do very well—better than *anyone* I know, besides Lisa... and I am very thankful and feel very lucky to have had the opportunity to *experience* that in You—all those many times we traveled together for your work, or our pleasure. (Now... you know why it was such a joy for me to *always* be with You!)

Interesting thought (and similarity?) just crept into my Mind: I had to wait 13 years after losing my kids in divorce to begin to reestablish my relationship with them (well, at least Lisa, as Erika chose not to) and 13 years, *to the day* (9/6/95) and in the same city (Salt Lake, which I had left for 10 years, prior) at the same time of day (night time), to finding You after finding the “gift of Life” in *A Course of Miracles* on September 6, 1982.

As always...Love, peace and blessings,

Jay

P.S. Don't forget: You are invited to spend a week at Bobbie's over Christmas (or more, if *you'd* like *after* you are here) and/or New Years! And you can let us know until the last moment...if you decide to. But, please, ***only*** come if you feel comfortable doing so!

P.P.S. I recalled a short while back about the two most thoughtful people in the world, that I have known, and how much they truly *loved* each other: the "towel lady" [her] and the "bag boy" [me] and how she used to bring him an outstretched towel as he finished his shower, every morning, and how he used to greet her when she came home late from work and brought her bags in for her, every evening.

P.P.P.S. When I received that compatibility report on us, awhile back (that also blew me away when it mentioned that I am "more concerned about humanity as a whole than about individuals" or my family, which is spiritually true), I was amazed by the number of our similarities and by the fact, that I realized *as I spoke with you* on the evening of Lisa's death (12/3), that we are both "creative thinkers."



From: Jay  
To: Woody; Steve; Sally; Priscilla; Pat; Maureen; Lindsay; Kim;  
Kent; Bobbie  
Cc: Rosalina & Edward; Roger & Dee; Rick & Orma; Michael;  
Melody & Mickey; Lisa D; Kathleen; Joe R; Jim & Eleanor; Jeff &  
Lisa; Jeff J; Erika & Tim; Darla; Clay; Bobby  
Sent: Saturday, December 11, 2004  
Subject: Eternal Life (Lisa & My spiritual journey)

Hello,

If you have received this, you are amongst the very few I have known in my life who could grasp what I am about to share with you. Also, I have deliberately exposed your names and email addresses to each other, by not hiding them, like I typically do on these kind of communiqués, so you would each know who you are...if You should, or care, to ever meet, in whatever fashion suits you.

Lisa and I shared a wonderful spiritual experience together (on more than one occasion, by the way, from age 17 on) after telling me *how* she was able to go outside, beyond and above her body, *at will*, when she was around 19 (which she tried to teach me how to do since I desperately wanted to be able to do that then, too, but could not *release* my human self enough to do it). I asked her a question: “Lisa, what have you learned from being able to do that?” And her reply: “That I don’t die.” “Good...thank You...that is *exactly* what You needed to learn,” I replied, *feeling* very relieved and pleased for (not proud of) her because I knew that I had brought to her the knowledge of What she is in Reality...a true child of God! And...a father cannot be any more blessed than to have had that experience with their child, as I was then and am, once again, by remembering it!

With Lisa's passing out of this ephemeral, illusory world, I *learned*, first hand, for the first time: "People don't die...as long as we remember them." (From a movie, whose name escapes me at the moment, with William Holden and Ricky Schroeder—when he was a little boy, who had lost his parents in a plane crash in the Australian outback that he survived, and meets Bill, who went there to die. And, Holden did die, in our earthly reality, after the film was completed.)

As always...Love, peace & blessings,

Jay

– **the end** –

***AFTER-THOUGHTS:***

From: Steve  
To: Jay  
Sent: Saturday, December 25, 2004 9:14 AM  
Subject: SDs Leaders 346- Acid-Alkaline test from ROY

Hello Jay....

[Note: The below email was prompted when I received the above (email, that I truncated, here) sent on Christmas.]

From: Jay  
To: Steve  
Cc: Bobbie, Kim  
Sent: Saturday, December 25, 2004 1:38 PM  
Subject: Two IL workaholics “contributing” to the business (even on Christmas!?)

***Merry Christmas***, Steve!

You workaholic (and me, too)! I guess this business must be **Our** Life...as I just made the commitment yesterday, and confirmed it today, that I am going to devote **my** *entire* time and *total* stock portfolio to fund my total living expenses (average = \$27K/yr) for the next 2 years (plus a few months) focusing on helping people with their life and health, which is my *only* pleasure and purpose in this world...plus, forgiveness (i.e., learning to overlook people’s humanness and remembering to see this physical world as not Our Reality...and therefore, not letting anything/anyone disrupt My peace

and contentment, that is My Real Contribution, as it is Yours, and potentially, all of Ours).

We may not be Mother Theresa's, on the surface, but I think we are the Other, subliminal alternative. And, as Jesus said (when speaking of the miracles that he performed) "You will do greater things"...and I believe it, as I have seen proof and felt it in My Heart. And, just maybe, by or before January 2007, I can be a *benefactor* to new IL distributors, like my self—as you have done, and do, for me—and *most of all*, for the world...which is My ultimate goal!

As always...Love, peace and blessings, My Friend!

Jay

P.S. Mom (aka: Bobbie), thanks for all your financial, emotional and, most of all, *spiritual* support these past five months (and for *the best gift*: Your Spiritual Company this Thanksgiving, one week before Lisa left earthlife, while at her house sitting on their couch) to keep me afloat, emotionally and financially, so that I could explore what I want to do for the rest of my life to make a Truly meaningful and worthwhile contribution to the world. And, may I *never* forget, the healing of my Canadian friend, Colleen's health, and life, so that she never has to "be" an epileptic, again...which was My Real Christmas present this year!

Sorry, Kim, I was hoping to give you my portfolio, plus the \$8K that you gave me from our settlement, three years ago, to pay-down the mortgage on your home. I had held on to all of it until last May, when I stepped forward to take a "financial" risk to help people with their life and health. (Here's to having *a lot more* than that, two years from now...and pay it all off for You!)

From: Steve

To: Jay

Sent: Saturday, December 25, 2004 2:31 PM

Subject: Re: Two IL workaholics “contributing” to the business  
(even on Christmas!?)

May the spirit of Christmas infuse  
all your days  
with peace, love and health...

Regards,

Steve

From: Jay  
To: Info@ IL  
Bc: Rob  
Sent: Sunday, January 02, 2005  
Subject: EE clay tastes & smells like wallpaper paste!

Hello Info!

Please forward this to Kathy C. Thanks!

Jay

Dear Kathy,

This is the second time I've run into this problem, in two, non-consecutive months, and I would like IL to replace my 21.6 oz. EE clay, *as soon as possible*—without incurring any additional expense on my part.

I suffered through using the 5.4 oz. EE clay for about 10 days (using 3 teaspoons/day), two months ago, because it has proven to be *vi-tal*, in the past, for my mental/emotional health when it literally saved my life from suicidal manic depression last February, in just 18 days! I brought the problem to the immediate attention of [Customer Service], as soon as I opened it, then; but they just gave me some company rhetoric about aloe vera tasting “different” (but not *very bad*, like “paste”!) and would not offer to replace it?

On Friday, 12/31/04, I received the 21.6 oz. EE container (i.e., my second purchase); and as soon as I opened it, then, and noticed the awful smell and taste, I called Distributor Services but

IL was closed for the holiday. It tastes worse when left in water (for the usual 6-8 hours) than when it is spooned out, so I can barely ingest it. (However, it is more “numbing” than usual—in case that helps you isolate what ingredient can be causing the fowl order and taste?) And, I cannot imagine utilizing this very important product, to me, for a *whole month*! Plus, as an international distributor, I do not want to see any of my clients and future prospects deterred from using this “marvelous” product, which they would be after smelling and tasting my current supply. [Note: I will be happy to send mine to you, once I have replacement product in my possession, so you can experience it yourself and isolate the cause of the problem. And, this one is only half as foul as the one was two months ago...it was “rank” tasting, under any conditions—in or out of water!] Other than the two times mentioned, EE has always tasted just fine in over a year, in or out of water...and I find it hard to believe that “aloe vera” would make it taste “bad,” not just “different,” as a Customer/Distributor Service Rep indicated, two months ago.

Thank you for your immediate assistance in this matter! I look forward to hearing from you, at your earliest convenience. If you would be so kind as to give me a call, as soon as possible, to let me know of your resolution to my, and our, problem, I would deeply appreciate it. Thank you, Kathy!

Best regards,

Jay

From: Rob  
To: Jay, Kathy C.

Sent: Monday, January 03, 2005  
Subject: Re: EE tastes & smells like wallpaper paste!

Kathy:

The EE clay in the large bottle is leaching the chemicals in the plastic. The bottle you are using is a #2 and should be at least a 6 or a 7—[ideally] glass. I [am receiving] many complaints and the problem is in the plastic container not the ingredients.

Kindest Regards,

Robert

From: Jay  
To: Steve  
Bc: Kim  
Sent: Monday, January 03, 2005  
Subject: Re: Fw: EE tastes & smells like wallpaper paste!

Hi, Steve!

*Finally...*it paid off to copy Rob in on my important emails! Now, if IL will only adhere.

Love,

Jay

From: Jay



To: Steve  
Sent: Monday, January 03, 2005  
Subject: Re: EE tastes & smells like wallpaper paste! 2

Hello again!

Apparently, they (Customer Service) are somewhat aware of the problem because they are going to send 4 small, 5.4 oz. containers of EE (via "3-day Select" shipping...that I had to ask them to do) once I gave them lot #8018 on the one 21.6 oz one.

Love,

Jay

From: Steve  
To: Jay  
Sent: Monday, January 03, 2005  
Subject: Re: EE tastes & smells like wallpaper paste! 2

good

thanks for letting me know...

Steve

From: Kim  
To: Jay  
Sent: Tuesday, January 04, 2005 9:12 PM  
Subject: Re: Fw: EE tastes & smells like wallpaper paste!

Good for you Jay!

Thanks for sending the information on Lisa. [Note: I had sent her a couple of large newspaper write-ups on Lisa.] It was very touching. Amazing that there were over 1200 people at her service.

Thank you for your Christmas gift. I enjoyed the DVD. I didn't really remember seeing it before. Although the movie insert says who portrayed the "Immortal Beloved" [it] was probably not the one—the story was very poignant. How a great deal of a person's life can be based on a tragic misunderstanding. How different might his [Beethoven's] life had been had [he] been happier and composed more—his work may have been prolific and greater, or maybe not. It is an interesting concept to ponder. Not sure about the seat covers; I still use the other ones.

I am curious about what they have decided to do about the horse. What a tragic irony that the horse was an early Christmas present for the girls and ended up killing their mother. People have said to me at least it wasn't one of the girls. I imagine that it was Donna [who] had the story she wrote in 3rd grade [about "A Magic Horse," that was included in the large, front-page news article about Lisa]. How prophetic. I believe Lisa was a very advanced soul, and at some level she knew. How beautiful, and sad, that she had expressed the night before that was the happiest day of her life. At least she got to experience that feeling—and the happiness was in giving to her girls and making them happy. No disrespect to my mothers, but if I had to chose a mother I would have wanted one like Lisa. She was an all around wonderful person. She seemed to excel in everything she did. It seems that there are many young people dying lately—maybe there is some purpose for this? I am also wondering if there has been any decision made about Jordan—who she will live with?

Love,

Kim

From: Jay

To: Kim

Sent: Wednesday, January 05, 2005

Subject: Re: Fw: EE tastes & smells like wallpaper paste!

Hi Kim!

*Thank you* for your supportive comment regarding IL! It always means a lot to me because you are the *only* and *first* one, since our divorce three years ago (12/6/2001), who has been *truly supportive* with personal assistance (in the form of actual work contacts) and comfort when I lost my job in New Mexico, two years ago; with Hawaii job contacts when I've wanted them since then; and calling me the night of Lisa's death, in real bereavement yourself over her loss. I will remember and cherish This about You, until my last day on earth!

You're welcome. Yes...there was a large crowd [over 1200 people!] for Lisa's funeral. She was widely loved within her community...and seems that most people I ran into, within the area she lived, after her death knew her. Amazing...but not surprising. She was a real Mother Theresa-type individual, and an "advanced soul," like you said, which I captured a glimpse of toward the end of Chapter 15 in *BANISHED...from the Sandbox*...thankfully! (It brings me comfort, whenever occasionally needed, to reread the two lines that I wrote regarding her.)

Glad you liked your Christmas presents, that I was inspired (rather than planned) to add to the package until the Spirit of Me told me to send it...and the DVD, *Immortal Beloved*, and got the message. I thought it was a great, romantic mystery, with a great message about not throwing Love away...the best I've ever seen! (But, there are two more personal ones, for you, that you'll get later on...if not already...which wouldn't surprise me if you intuitively knew but did not convey them to me.) Not to worry about the beaded seat covers. Put them on the shelf in the garage until the ones you are now using wear out (and I am *glad* they have lasted so long, as I paid \$15 a piece at Long's for them, back in 2000!)...or I can send you the receipts for them and you can get something else from Wal-Mart.

Michael said they are keeping the horse, as it was not his (Hawkins, aka: Hawk) fault, and the kids have no ill feelings toward him (i.e., they were not there when the accident occurred). My feeling is that he was just the instrument to send Lisa on Her way Home. (I am so glad I got to tell her the month before how much I admired her and all the reasons why! How fortuitous!)

Jordan is living with Michael but spends every other weekend at her dad, Jeff and fiancé, Lisa's house, where she seems to be more "at home" (i.e., she can be a very mellow—but super-intelligent—person, like her dad (who was the one who went fishing the day Jordan was born instead of spending the time at the hospital with Lisa—not a smooth move!). I expect someday, and over time, from now on, that she will spend more and more time there and eventually stay there, permanently, because she is very much like Jeff. Also, Jordan is very bossy, like a little mother, toward Madeline (aka: Maddy)...so much so, I have even counseled her not to do so any-

more! For the moment, Jeff is supporting Michael in attempting to keep the family “together” as much as possible, which makes sense to me since the girls (Madeline and Olivia) don’t need any further separation, at this point. I’ll keep you posted if things change.

Love,

Jay

From: Jay  
To: Kim  
Sent: Monday, January 03, 2005  
Subject: What sugar does to my health

Hi, Kim!

I went on a little sugar binge (i.e., doughnuts, cookies & pizza) for a couple of separate days over the Christmas holidays and thought you'd find my [observations] very interesting, and perhaps, very applicable (particularly, concerning the first three, which have been problems for you):

*DEPRESSION* (big time!) / guilt (because I *know* how destructive it is upon the body, and my highly-sensitive one, in particular)

Constipation (stuffs me up, big time)

Tiredness (i.e., first thing in the morning upon waking)

Eczema (that same little spot underneath my chin...where I can't miss it because it's in plain view)

Lower back stiffness (i.e., can't stand up perfectly straight, first thing after getting out of bed)

“Raw” or sore throat (which can be immediately noticeable!) or escalation into full-blown, post nasal drip, which used to last for days, if I let my sugar addiction get out of hand (i.e., by having a little sugary snack every day)

[Grey hair (which really accelerated two years ago when snacking every evening on sugary desserts)]

[Broken and split nails (seems to occur the next day...after eating as little as a couple of cookies)]

[Dries out the mucous membranes in my nose causing the desire/ need to pick my nose. (Now, I finally know what caused that bad habit that irritated us both!)]

Just thought you might like to know. Hope you have a wonderful new year...and life! (2004 was quite a “ride,” up and down life’s *full* experiences, for me, as you know...and 2005 is looking kind of scary as I put my head down and forge ahead, as I continue to pursue my *personal* endeavor to be as “helpful,” and successful, an international IL distributor as possible in this dream!) And, I do intend to eliminate all sugar (carbs are pretty much gone, already, except for those recent binges), except for one desert per month when I take my mother out for dinner. (I also have her over to my condo, once a month, for salmon and asparagus, artichoke or steamed spinach...but no dessert.) I told her, recently, that I cannot join her for dinner where she lives because I become too tempted to their unbelievably good desserts (and the meals are pretty toxic, too). I only eat on my *own* turf, except for three times a month, from now on. Can’t trust my ego to be around normal, people-food...plain and simple! I have accomplished too many wonderful things regarding my health to go backwards, anymore! (Maybe after awhile, I can, but not now...I slipped back to snacking on donuts, last fall, but not too bad, as my weight is still pretty much intact at 147-150, without any body fat since over a year ago. And I anticipate that I will eliminate “all” grey hair from my head by my next birthday...if not before. Too me, it is indicative of a very healthy body (i.e., my *personal* feeling is that our “internal” health coincides with our outer, “external” manifestation by, at

least, a 3 to 1 ratio) and the final elimination of sugar from my system...hopefully, forever. I plan to live to 120+ (that should get some attention from the world, by then!)...care to join me?

As always...Love, peace & blessings,

Jay



From: Jay  
To: Kim  
Sent: Monday, January 10, 2005  
Subject: Introspection & the periphery

Hi, Kim!

I was wondering if I have ever mentioned anything to you about introspection and how vital it is for learning to forgive your ego/humanness and get beyond it. (I probably have skirted the subject before but never addressed it head on.) Since you have been involved in the Landmark program for awhile, which seems to attempt to do that, I thought this might be a good time to address it. (Unfortunately, I am not familiar with their program so cannot discuss it.)

For some time now (i.e., 20+ years), I have known that I, meaning my human ego, has about 3 different levels. Emotionally, it is age 19; appearance and attitude-wise, it is 45-48; and chronologically, I am in my 60's. I need to remember this whenever there is a need to forgive my self (it) for overstepping someone's boundaries or vice versa.

Also, I have played a "game" that I learned from Hugh Prather's early books (like *Notes to Myself*)—before discovering the Truth about Our Reality in *A Course of Miracles*, or intuitively sometime just prior to then (which I am apt to believe since I have been guided, unbeknownst to my self, most of my life...based upon what I am [capable] or ready to learn predicated by life's "learning lessons"—many of which were not welcome by my ego). The game is to "listen" to and "mentally" watch (i.e., look at, in finite detail) my ego's thought processes and momentary concerns as if I were someone outside of my human/ego self...and then share what I've discovered with a friend or close loved one. That does two things:

1) helps me to fearlessly acknowledge everything about my ego and  
2) releases me from its grip by allowing the Holy Spirit of Us re-move it through our simple acknowledgement—even if we continue to revisit similar characteristics, that don't seem to go away

Ever since I learned how to do that I have found my Self on “the periphery of the world looking in” (as a fellow co-worker once described Me). (By the way, that's why I felt compelled to change [the name of my publishing company, that I inherited,] Inspiration House, to “the periphery”...but I think you knew that.) It gets very lonely for my ego because it has never been able to find another person who could rise above theirs long enough to want [to] join me...and would *cherish* me, as much as I do you. My mother does *every day*, now, *constantly* (something I've never had in my life, before!); you did, somewhat, based upon your actions in the past, like when you shared with me the poignancy of [Israel Kamakawiwoole's song] “In This Life” to you, as it applied to My love for You...[even though] you were always pretty much caught up in defending your ego and complaining about the external world as the cause of your misery; and [of course,] Lisa [did when she was alive]. That's been the *most* difficult thing for me to deal with for over 22 years since discovering *the* Truth that sets all men free! (I *do* relish my connection with God, Jesus, etc....it's just difficult being a human, for me, when I truly have no ego needs other than wanting Real companionship with other spiritual beings posing as humans, and know it.)

Thanks for listening. I just wanted to say this...hopefully, once and for all...but, if not, so be it. I am and can be very forgiving of my human self, as well as of others!

As always...Love, peace & blessings,

Jay

P.S. Found this in Steve's email, tonight, and ordered the book (for \$18.85, including tax and shipping, at the link listed, at the very bottom), once I discovered that it was written by *A Course in Miracles* student:

[Note: I will lend or give it to you when I am through with it...IF you'll read it. I'll ask before sending it.]

*Murphy's Law Repealed!*

Everything turns out right . . . when you let it.

This book will help you make a revolutionary shift in your perception of how the world works. You will learn that everything turns out right, when you let it.

Would you like to fill your life with joy, peace and love? These pages will show you how.

Table of Contents

Chapter 1 . . . . .  
Murphy's Law Repealed!

Chapter 2 . . . . .  
If You Need Something, It Will Come to You

Chapter 3 . . . . .  
When Faced With a Difficult Task, Start

Chapter 4 . . . . .  
Just When You Think You've Run Out of Time, You're Done

Chapter 5 . . . . .	
If at First You Don't Succeed, Relax and You Will	
Chapter 6 . . . . .	
You Are the Person You'd Like to Become	
Chapter 7 . . . . .	
Everything You Do that Comes from Love, Works	
Chapter 8 . . . . .	
When Life Seems Overwhelming, Do Less	
Chapter 9 . . . . .	
If You Reach the End of Your Rope, Let Go and Fly	
Chapter 10 . . . . .	
When You Choose Peace, You Get Peace	
Chapter 11 . . . . .	
Live Each Day as if It Were Your First	
Chapter 12 . . . . .	
When You Let Go, You Feel Joy	

From: Jay  
To: Kim  
Sent: Sunday, January 23, 2005  
Subject: The 2 primary lessons from my mother

Hi, Kim!

While exercising this morning, I realized the one other lesson, besides *infinite patience*, that my mother, in her current role as a frail, old woman, who I love very much (because I couldn't have been reached any other way...and realized that my *primary* desire as her loving son is to “serve,” and help, her in *any* way possible) is [offering me] to learn is to be *really kind*. Although I think I already am a pretty kind and loving person, and have been so for quite awhile, I pondered how much more I could be in genuinely learning to openly extend that kindness...even more so, in the most “giving” way possible. And perhaps, when I learn to *maximize* that loving kindness with her (and tried, but failed, with you), I will then be able to extend it freely to *all* people—even though I already do it mentally and emotionally, from a physical distance, having learned and accepted our universal brotherhood, over 22 years ago.

Just wanted to share this thought with you...because I knew you could really hear me. Didn't feel the need to call and talk, surprisingly. I guess I am reaching the point where words are becoming superfluous and know that “thoughts” directed toward someone can be *felt*, perhaps unbeknownst, by that individual, as well as by the universe, as a whole—that's how big an impact we all have. [Note: ACIM: “All thought takes form” and the “miracles” (i.e., loving thoughts) we give are kept for Us by the Holy Spirit in us all—our Universal Connection that we all share.]

I probably don't need to send this...but I will because I am still here in human form and you are the *only* person I know of on earth who has the two main ingredients I would want in the closest of loved ones: the awareness of the Truth of Our Reality viz-a-viz ACIM and the understanding of how simple it is to regain our health [through alkalization and IL products and program.] Plus, for whatever reason, the Thought of You came tromping back, full-bore, into my Mind on July 13, 2003—after being physically separated from you for nearly two years at that point—thanks to a quick, unintentional comment from Ajmal about you. (Regardless of what you chose to do with your life, that Thought will always persist, and I will never forget You and your loving kindness toward me... as well as Lisa.)

As always...Love, peace & blessings,

Jay