

I'm Dying to Get to Heaven

A Spiritual Quest

B R I A N T H O M A S

Other Books by Brian Thomas

Think for Yourself: Control Your Life

Can Do Exercise Program

Getting Past Me and Being Closer to Thee

I'm Dying to Get to Heaven

Peace of Mind

See Through Other People and Know Yourself

Breakup Recovery – A New Beginning

The Can Do Spiritual Exercises

Unusual Stories Thoughts Ideas and Poems

The Purpose of this boo is to help just one person in some way.
If only one person benefits in any way then the book will have
accomplished its purpose.

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If we have not peace within ourselves, it is in vain to seek it from outward sources.

— Francois de La Rochefoucauld

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INTRODUCTION

This book is being written for everyone because each one of us is dying. We are just in different stages. Science tells us that we begin to die the moment we are born. There is a process within us that is activated to cause a slow destruction to ourselves. We are literally born to die. This book hopefully will bring out this reality in true focus and the fact that all of us have only so much time to live. How much we do not know, but if we can come to the reality that we only have so much time, then we might also come to the reality that time is not only important, it is everything and cannot be replaced. What we do with this time will determine whether we live a life of joy and happiness or live in sadness and gloom, whether we live lives of a more spiritual nature or lives of a more worldly nature. The choice will be ours. Spiritual or worldly. The world and ourselves as we know will someday come to an end. The spiritual is eternal. You can choose to believe this or not, but one thing that you must believe is the absolute truth. You will die someday. This book is also written to help bring a certain perspective into our reality during this process of dying. There never has been and never will be an easy way in this life, but it is possible to have an easier way than a harder way. This book was written to help

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everyone no matter what stage of life you are in. There is hope for everyone.

There is a special section especially written for those who are terminally ill. It was meant to be a help through God in their last day. One of the objectives is to allow them to accept death and the reality of death. This book also deals with expanding the love of those whose death is eminent to God but also to those family and friends who love them. They are also suffering but in a different way. Besides having to deal with the loss of someone they love, they must also deal with the reality of their own demise. They must look back over their lives and see what they have done both good and bad. This is not easy because all of us have done and said things which we deeply regret at the present time. They must also look at the stage of their life that exists in the present. This introduction will hopefully open their hearts to realize what is really important in their life. It's not things or materialism or themselves. It is a love of God and a love in their hearts for others who care about them.

THE PURPOSE

The purpose of this book is to help one person with different aspects of their mortality. We are all going to die. There are some who are afraid of that day and some who put this reality out of their mind so in some strange way they have not completely accepted it. Our death is in fact a new beginning for an eternal life of joy and bliss. Should you not believe this, then you would be afraid and in a form of denial. There are islands in the South Pacific where the people go into a period of mourning when a baby is born since they know that this life is filled with hardship, sadness, and disappointment. That is the opposite when a person dies. They have a lavish feast with dancing and all kinds of merriment since the person has left all the sorrow and pain of this world and entered into another world of eternal joy. We are mourning our personal loss of someone we love. If we can look at it in this light, then death will take on a whole different meaning and effect. It's all in how we look at it. We will be dying to get to heaven.

UNCONDITIONAL LOVE

The author of the book has gone from bad to one of the worst
And whose life seemed destined to be cursed
To a life of selfish emptiness and pain
Because he treated everyone with total disdain
He could not even begin to cope
Because he had absolutely no hope
He was truly one of life's lost souls
Who had only totally selfish ruthless goals
Something then happened which would turn his life around
And drive him straight into the ground
Someone showed him unconditional love
Someone who was directed from God above
He knew he had to make a new start
A miracle happened and God came into his heart
This proves beyond the shadow of a doubt
That God is love, and love is what God is all about
Most of my life I have walked on the wild side
But now in Jesus Christ do I abide

CHAPTER 1

The Power of Unconditional Love

God's power is believed by some to be a combination of infinite energy, infinite intelligence, and infinite love. Love is believed to be the greatest of all three and is the glue that holds all three together and causes them to work in harmony. God's love is infinite and perfect, and that is why God's love is unconditional. There is no bottom or top to God's love. It will always prevail over our grossly imperfect human nature. God will continue to love you and me and the worst of the worst no matter what we do. We are the beneficiaries of a perfect unconditional love which also has the power to forgive anything we have ever done. God will forgive us if we ask for his forgiveness. There are a lot of us who believe that in fact he does forgive us, but we are unable to forgive ourselves. We live with deep regrets for most of our lives. Peace of mind completely eludes us. Thank God most of us are not the same people in a lot of ways that we were when we did those things for which we have deep regrets. If we had the power to go back in time, this new person we have

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become would never do what the old person did. We are now free of that old person and can begin to forgive ourselves, knowing we would never do again what we did in the past. We can have peace of mind and forgive ourselves if we look at it that way.

The following is a true story of the power of unconditional love in a rare person who was able to have unconditional love in her heart. People who love unconditionally are rare, but they do exist. This girl met a man at a dance. She was attracted to him and asked him to dance. What she didn't know at the time was that she was about to become involved with the worst kind of man. He cared for no one, was totally selfish, used people with no regard for them. He always took and never gave, and when he took, he gave nothing in return. He lied and cheated people out of their hard-earned money. He endlessly seduced and used women whom he tossed away. This girl's friends told her that he was no good, but she gave him her phone number and they went out on a date. After dinner, he drove to a secluded place where he planned to seduce and use her. The girl by now had realized who he was and what he was. Just as he was beginning to take advantage of her, she looked up at him and said, "I love you." She saw something in him that no one else saw and accepted and loved him unconditionally. He instantly stopped what he was doing. Something touched him deep inside of his heart that he had never felt before. This unconditional love reached and touched his very soul. Something changed within him or something that had been there came alive. He became a different person through the power of her unconditional love. This story could have ended different if she had been

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mistaken about him. This had a happy ending. This is an example of a human being's unconditional love. It is rare for a human to have this kind of love, most people don't. Most people can and will love, but only when certain conditions are met. When these conditions are not met, what love there is vanishes.

God's unconditional love however far surpasses any human unconditional love. We who believe in God can be changed by his unconditional love. We can accept this love and have true peace of mind no matter what condition we are in. God is there for us. If God is there for us, it doesn't matter who or what is against us. Through the power of God's unconditional love, we can overcome anything. God sees the best inside of you. No matter who you are or what you have done. There is always hope.

Dying to Yourself

“May I Die to the Things of the World and Myself”
from
The Imitation of Christ by Thomas A` Kempis

There comes a point in everyone's life when they can see themselves for what they really are and exactly where they are at this point in their life. Then comes the biggest decision of their life. They can choose to stay the way they are, or they can make the choice to change their life. This choice will define who we are for the rest of our life. We may choose to change because we are unhappy the way we are, or we feel something is missing or that our life could be better. Whatever the reason is the change will be to a more worldly life or a more spiritual life.

If you choose to lead a more spiritual life, you must begin to die to yourself and worldly pleasures. The pleasures of the world can be replaced with joy.

The things of this world can be replaced by peace of mind and our ego can be replaced by a true sense of humility. When and if we can arrive at the place where we honestly feel

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we are no better than anyone, we may be different but not better. We will begin to look at people differently. We don't have to like who they are or what they do because we won't, but when we see ourselves as no better than anyone else, it allows us to begin to have love in our heart for everyone. We have died to our self by putting our ego aside. When the things of the world have less importance to us, we have begun to die to the things of this world. We will always need "things" but not as many as we had before, and they will have far less importance to us. When the pleasures of the world do not satisfy us the way they used to, we have begun to die to those pleasures.

What do we replace the things and pleasure of the world and our ego with? We will always have things, pleasure, and ego in our life, but they will have less importance. We all do what makes us feel good and having love in our heart for everyone will make you feel better than you have ever felt in your life. It will give you a sense of freedom and joy. When you choose to love God more than yourself and the things and pleasures of this world, your heart will have a peace it has never known. We all have something inside of us that no one can see. This something is the good inside of you. Everyone has it, so there is hope for everyone, no matter who they are or what they have done. When we die to ourselves and the things of the world, we will find what everyone is looking for in their heart of hearts. Peace. Dying to yourself is the admission price to heaven.

CHAPTER 3

Excerpts from The Imitation of Christ by Thomas A` Kempis

“May I Die to All Things of This World”

This book which most people have never heard of is one of the best-selling books of the world. It has been translated into more languages than any other book except the Bible. The book was written over five hundred years ago by Thomas A` Kempis, a German monk who entered the monastery when he was nineteen and spent his whole life there until he died in 1411. The purpose of his life, besides giving his life to God, was to write a book which would help people achieve a spiritual life and find true peace in their heart. For those who desire to live a more spiritual life, it is highly recommended that they read a chapter a day of this book. A chapter is about one page or less.

Only a chapter a day is recommended because this book is so spiritually deep it will fill and satisfy your spiritual need with one chapter a day. This will be the most spiritually beneficial daily devotion you will ever read. If you have a

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need or desire for a more spiritual life, it will change your life. Here are a few excerpts from the book:

“The choice will always be of the worldly or the spiritual.”

“It is futile to think only about this world and to ignore eternal life.”

“A realistic and humble attitude is the highest and most valuable thing we can learn.”

“It must be our main priority to conquer the self.”

“Do not think you are better than others.”

“Temptation reveals our true nature.”

“Only those who have learned to obey can safely give orders.”

“If you could see the whole of existence in front of you, it would be nothing but an empty shadow.”

“Our physical needs greatly hinder our spiritual life.”

“Always remember your life will end and that lost time never returns.”

“Whoever fails to overcome smaller faults will find them replaced little by little by larger ones.”

“God reveals His secrets to the humble.”

“They who are really at peace do not think evil of anyone.”

“When your soul is united with God your whole being will be filled with joy.”

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“Love wants to be free and a stranger to worldly desire.”

“Let me love God more than myself and myself only for Your sake.”

“The more fully we renounce worldly thing the more fully we die to ourselves.”

“Never rely much on feelings.”

“The mercy I have been shown is beyond all of my expectations and beyond all that I deserve.”

CHAPTER 4

Everyone Has a Cross

Picture a stadium with 30,000 plus sports fans and players. Each of these 30,000 plus people have one thing in common over and above being a human. What they have in common is that each and every person, young and old, rich and poor is that each one of these people have a cross to bear of one kind or another. Some may have lost their job with nothing on the horizon, another facing bankruptcy, or in such heavy debt that may never recover from. There are those who may have cancer or another incurable disease. Some have family problems, a drug-addicted child, or parents getting a divorce or a partner who has abandoned the home. The list goes on.

There are crosses which are permanent and there are crosses which are temporary. There are crosses which cause physical pain, mental anguish, and spiritual trauma, and there are crosses which we impose upon ourselves by the choices we make. We can choose to overeat and have the cross of being grossly overweight. We can choose to drink excessively and have an alcohol abuse cross. We can choose to be unfaithful to our spouse and have the cross of a lost

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family. There are endless ways we can bring a cross upon ourselves that result in wasted lives.

Some of the crosses we have are not our fault. If you were born with a deformity, hit by a drunken driver, been the victim of a crime, etc. You and you alone have this cross to bear. It would be natural to resent having this cross to bear. No one would blame you, but it is in your best interest not to let resentment have a permanent home in your heart. It will prevent you from living your life to the fullest and deprive you of true happiness, peace of mind, love, harmony, and joy. There is only one way to conquer resentment and that is to totally accept the condition as it is or the person as they are. You cannot change the condition or the person. This is where faith comes in. There is a reason why you are in this particular condition or have this particular person in your life. The problem is that you don't know the reason this is happening to you. You will never know.

When Jesus was carrying the cross to Calvary, he tripped and fell. Someone thought to be a slave picked up the cross and helped Jesus carry his cross. Even though we have a cross, it is always possible for us to help another carry their cross. This will not make our cross disappear, but it may cause it to become lighter and easier to bear, no matter what our cross is. We can do something for someone and perhaps make it up to someone you have wronged, but you can make it up to someone else by helping them carry their cross. There is no end to the scope of human problems and no one is immune. Each of us has one and that is our cross. The only difference is the size of the cross and how the cross is carried. There are some crosses that defy a solution. These

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are the crosses that need to be turned over to God. There are no other options.

We go back to acceptance. This is where faith in God comes in. We must accept this cross as the will of God. If the situation or person cannot be changed, the only answer is complete and unconditional acceptance.

Your cross will follow you, no matter where you go. You can't escape it unless the situation changes which is always possible.

Now comes the bigger question. There is no doubt that each of us has a cross and that everyone else does too. Are you so involved in your own cross that you do not have the inclination or time or motivation to help another or others to carry their cross? Your life can begin to take on a new meaning when you feel for another's cross and when you feel with them. There may be nothing you can do to relieve them of their cross, but when you let them know that you feel with them, this could give them the comfort and peace they may desperately need. You will make a real difference. This is a way of dying to yourself by to giving of yourself to another.

Loving God

We love the people in our life not so much for what they have done for us or what they have given to us. We love them more for who and what they are. We need to love God in the same way, not only for what God has done for us and given to us but to love God for who God is and for what God is. God not only has love in his heart for you, God has infinite eternal unconditional love for everyone, just as your parents gave you life. God is your Father and gave you eternal life. These are the real reasons to love God and for the simple reason is that he is always there for you no matter what you have done or who you are or what you will do.

He is also there for all of his children. The men and women he created. Your brothers and sisters. This is why if you truly want to show your love for God, you will love your brothers and sisters unconditionally.

You don't have to accept what they do or who they are because you won't, but you must have an unconditional love in your heart for them. They are your brothers and sisters. Put away your critical and judgmental attitude. No one is in

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the position of truly judging another person since you are not perfect yourself.

Before we can truly love God, we must love ourselves and then die to ourselves. Neither one is easy. When we do something wrong, our conscience will let us know. We then have to live with we have done whatever that is. We can and should believe that God forgives us for what we do and have done. Some people can live with what they have done and never give it a second thought. Some people believe God has forgiven them and move on. Then there are those who know God has forgiven them, but they cannot forgive themselves even though they know God has forgiven them. They live with deep regrets of what they have done. They cannot even begin to love who they are because of what they have done. There is an answer to those who live with these kinds of deep regrets. The answer is to say to themselves, "I'm a different person now, and the person I am now would never ever do the things I have done in the past." They can then forgive themselves and know God has forgiven them. They are now free to live and love themselves. God created us and loves us and wants us to love what God has created and part of that is ourselves. Now that we have chosen to love ourselves, we must now begin to die to ourselves. We must put ourselves aside and put God first. We must die to that which we know is wrong, and we must die to ourselves by getting a mind-set to love everyone unconditionally, and when that mind-set is in place, you will die to yourself and automatically love God. Make no mistake: this is not easy; in fact, this will probably be the hardest thing you will ever have to do, but the rewards are so great that it's worth the hardships you must overcome.

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Loving God is coming to the belief that God is the only reality in our life, and at some point, everyone and everything will disappear and turn into another form of energy and only God will remain. It takes a great deal of belief to believe that the only thing which we cannot see is the only thing that is real. We cannot see our spirit, but it is real. We can feel our spirit through our conscience and through Godly inspiration that we receive from time to time, but we cannot see it. We can love God by becoming an instrument of God.

God's greatest gift to us besides giving us life is forgiveness. Since we are human, we need to be forgiven every day for what we have done that day. We need to pray every day for forgiveness and admit that we are not only a sinner, but we are still a sinner and ask for God's help because we not only need it now, but we will always need it. We will be sinners to the day of our death. When we do this, we are showing our love God for giving us the greatest gift besides life, the gift of forgiveness.

Truly loving God is not easy because it involves more than just saying it, it involves showing it. We must begin to die to ourselves as a way of showing our love for God. It is not easy to put your wants, needs, and desires aside for the love of God. It is totally against your human nature, but it is the price of being more spiritual and less worldly.

If we are truly want to show our love for God, then we must become an instrument of God. Looking out of an airplane window and seeing all the houses and landscape below should make you feel insignificant. We are just a tiny part of this awesome world. This is how we should view ourselves if we are honest. How we think of ourselves will

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influence our mental image of other people and determine how we treat them. No matter what we say or how we act. God knows what is in our heart. We can influence people and events by acts of kindness generosity and love. We must first accept people the way they are unconditionally. We all have something inside of us that no one can see.

Doing something for someone will probably benefit you more than it does them. Showing our love for God by showing our love for others will allow us to be a true instrument of God. You can feel and have a love for everyone you come in contact with and you can still take care of your needs but put others before yourself. Dying to yourself is doing more for others and less for yourself making you a true instrument of God.

Turn It Over to God and Let It Go

This is based on the presumption that you believe in God and if you do not believe in God, then what follows will have no meaning to you. When people have reached the end of their rope and there is nothing left that they can do, this is the time to let it go and turn it over to God. A person's loved one may have inoperable cancer or some other dreaded disease or a couple is facing divorce and all reconciliation has failed or a son or a daughter is hopelessly addicted to drugs and refuses all help. These and other situations are some examples where all that can be done has been done and there is nothing left to do. God has not given us the power to control events such as weather or other physical changes in our world. We must accept these along with what happens to us even if we had not been the cause of it.

God has given us the control over what we think, do, and how we react to events that touch our lives. God has not given us control of what happens in other places or what happens to other people, even the ones we love.

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When things are completely out of our control, we must accept what God is doing. We cannot question or blame God. We can't even ask Him why, because if he came down and explained it to us in great detail, we would still not understand. We must come to believe that God is not only all powerful, but that God is all good and things happen for the best no matter how bad it seems at the time.

Our intent will always conflict with the intent of other people who are in the process of doing what is in their best interest. Someone will always prevail. There is also a conflict of ideas and beliefs. Some ideas and beliefs will prevail and be accepted more than others. The very nature of nature is always in conflict. We must accept that our lives will always be in a state of conflict of one kind or another. Most conflicts can and will be resolved. The big problem lies in unresolved and unresolvable conflicts. This is when we must let go and turn it over to God. Should we fail to do this, the unresolved conflict which will prevail in our mind is like an acid eating away at us. This leads to a state of perpetual unhappiness and a negative state of mind. The resolution of this requires that we be aware of all of the problem and get a mind-set to change what we can, accept what we can't change and make a conscious choice of letting go and turn it over to God.

We must first of all accept the situation, so we can let go. We then must turn it over to God, so you can have some real peace in your life by knowing that God can not only help you but also knowing that God wants to help you.

God is the answer when there is no other answer. Release the power of your spirit by believing in God, and

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God's spirit will work in your life. When you truly believe that God is within and loves you, then you can and will endure. This is bigger than you are. We can, with the help of God have hope, peace, and joy if we choose to.

You will feel the unconditional love of God if you put yourself aside and become more spiritual and closer to God. Your greatest peace, hope, and joy will be found when you begin dying to yourself.

CHAPTER 7

The Wino

A book should reflect something about the author if it is to mean anything to the person who reads it. I am taking this opportunity to share an experience which changed my life. My father died when I was ten and left my mother a penniless widow. My sister got married and we moved in with her. She became pregnant and could not work and my brother-in-law couldn't find a job in those depression years. We knew that we had to do something so my brother-in-law and myself went to a country club to caddy at their golf course. You were paid a set amount for each 18 holes that you caddied. We caddied for two people in order to make double money. This involved carrying two golf bags, one on each shoulder, with all the clubs inside they weighed well over 30 lbs each. We would go back and forth to each golfer until we reached the putting green. The course was hilly, so this involved carrying the two heavy bags for miles. The golfer would give us tip at the end of the eighteen holes, plus we were paid by the country club. After we did the first 18 holes, which took about three or four hours, we caddied for another 18 holes for a total of 36 holes, and if we could

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we got another nine in before it got too dark, for a total of 45 holes. We made enough money to keep the wolf away from the door. We both did this seven days a week, and it was enough to put food on the table and pay the light bill. A lot of different types of people caddied, teenagers, people out of work, and winos who would make enough money to buy wine and liquor and pay for a flop house room. Two of these winos were Jack, nobody knew his last name, and Racehorse.

Racehorse got his name because he used to run to each player to give them their golf club. He would run back and forth to each player for 18 to 36 holes. No one ever knew his real name. Racehorse and Jack were partners, and after they made some money caddying, they would go to Federal St. in Pittsburgh which had one low-life saloon after the other and no shortage of cheap rundown rooms which sometimes rented by the night. They would drink themselves into oblivion and crash in one of the flop house rooms. They would come back to the golf course the next day all hungover. They were dyed-in-the-wool winos. Their lives had no meaning except to drink. There were times at the golf course when you were waiting to get another chance to caddy. During these times, the guys would play cards, talk, or just sit around. One of these times when we were just sitting around one of the guys said to me, "Would you like to pass out?" I asked what he meant, and he told me if I crossed my arms in front of my chest, he would grab my hands and hold while I took a deep breath and held it. We did this, and I did pass out.

When I woke up, Racehorse was kneeling over me. He didn't say anything; he just got up and sat down. One of the guys said I was in the process of swallowing my tongue.

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I didn't know it at the time, but Racehorse had just saved my life. There were twenty people standing around, but Racehorse was the only one who did something. A wino saved my life and I didn't even know it. In fact, it was years before I found out that if I had swallowed my tongue it would have killed me. It was many more years before I fully appreciated the fact my life was saved by a wino. I never even got a chance to thank him. I have no idea way Racehorse did what he did, and I always wondered why my life had been saved. It was a long time before I came to the conclusion, there must have been a reason. Maybe I was given time to turn my life around and if possible to help just one other person's life turn around from a worldly life to a more spiritual life. I have no illusion about doing this. It is just a desire, and if this little book helps you to die to yourself in some way, it will have served its purpose. The Racehorse experience caused me to come the belief that I am better than no one, different but not better. If the truth be known, Racehorse was a better man than I am.

Racehorse has caused me to have a soft spot in my heart for winos and anyone who is down and out, so when a ragged scraggly person with a smell of alcohol on his breath and asks me for some money to buy something to eat, I always accommodate him or her. I know they are going to probably buy some more alcohol and not food. That doesn't matter to me. They may be another Racehorse. I always say to myself, "This is for you, Racehorse."

Preface: The Three Minds

These three minds represent the power that God has given to us. Our three minds are a gift from God. We are and will be expected to use them for a greater good and to show our love for God.

Believe in yourself and believe in the power of your mind that God gave you. You can do great things with the power of your mind and you should for the sake of God. A mind is a terrible thing to waste.

It's All in the Mind

Our Three Minds

Mind: Definition

The complex organization of elements in an individual that feels, perceives things, wills, and reasons. The organized unconscious adaptive activity that controls the very life in our body. The very core of our life existence.

1. The conscious mind

2. The subconscious mind
3. The soul mind

1. The Conscious Mind

The conscious mind has these functions

The choice

The will

The awareness

The learning

The suggestion

Logic

The Conscious Mind

Choice:

Every minute of every day, we are faced with choice of what to do, what to say, how to act, where to go, how we react, and what to think. These choices are all made consciously. We have control of all of the above. We are given the power to choose with our conscious mind.

Will:

Once we make a choice, then we can put it into effect by the act of our will. This is also done with the conscious mind. This is a powerful tool of our mind and someone who has will power has the power to make a great number of things happen both good and bad.

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Awareness:

We are consciously aware of everything we choose to do and will to do. Our conscious mind is always in a state of awareness when we are awake. We are aware of where we are, what is around us, other people and our total environment. Should we choose not to be aware of a danger that is presenting itself to us, then we will become unaware and the possible victim of the circumstances. This again is a great gift of the conscious mind.

Learning:

The only way we can learn anything or acquire a skill is with our conscious mind. We must use our conscious mind when we go to school or engage in any kind of training. Our conscious mind has the power to overcome ignorance on any subject and learn something about it. It is said that we only use 1 percent of our minds. The conscious mind has almost unlimited power to think and learn.

Suggestion:

The conscious mind is capable of giving suggestion to our subconscious mind such as “I am going to fall asleep as soon as my head hits the pillow” or “Tomorrow will be a great day” or “I’m getting better and better” or “I’m getting stronger and stronger.” These suggestions are made to the subconscious and become actualities depending upon the strength of the personal belief mechanisms. If someone has

a belief mechanism that is so strong as to have absolutely no doubt that it will happen, they have the best chance of the suggestion becoming reality. We are what we think and suggest to ourselves. The conscious mind makes the suggestions. The subconscious mind carries them out.

Logic:

The conscious mind has the power to deduce or the power of logical thinking such as if it takes ten minutes to get to the city then it would take twenty minutes for a round trip. Logic is putting things together where they make sense and are therefore logical. The conscious mind is a logical mind. It must make sense before the conscious mind will accept it, if something isn't logical, then the conscious will question it and continue to try to find something which is logical. This is also a great gift of the conscious mind.

2. The Subconscious Mind

The Powerhouse

Picture your mind as an iceberg, 10 percent of your mind is above the water—that's our conscious mind. 90 percent of our mind is hidden below the water—that's our subconscious mind.

Our subconscious mind controls the very life inside of our bodies. It automatically causes the heart to beat every few seconds. It will automatically inhale and exhale air every few seconds. It will digest our food and take out the nutrient we need and eliminate the rest. It will pump oxygen, energy,

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and stimulation to each and every atom, molecule, cell, and tissue of our body every few seconds. The subconscious automatically does this. There is no conscious effort involved. This how powerful the subconscious is.

Automatic Reactor

If you see something coming toward your eyes, you will automatically put your hands in front of your eyes, you don't have to consciously think about it, you just automatically do it. If you hear a sudden loud noise, you jerk away. Anything which happens that you are totally unaware of will produce an automatic reaction of mind or body or mind and body. You don't have the time to consciously think about it. You will automatically go into a protective mode. This is a self-preservation defense mechanism and is controlled by the subconscious mind.

Suggestion Acceptor

The conscious mind makes the suggestions. The subconscious mind will automatically accept or reject the suggestion. These are two actual and real events that will illustrate the power of the subconscious mind to accept and carry out the suggestion given to it.

The first involves an experiment conducted in France during the early 1900s when the guillotine was used for capital punishment. A man was convicted of murder and sentenced to death by guillotine. He was given a choice of the guillotine or being bled to death. His arm was put through a hole in the wall and a needle was inserted into his arm to

draw the blood. The people who were drawing the blood would say, "The blood flow is good." "We almost have a pint of blood now." "We now have over a quart of blood." "He is growing pale." "His breathing is sporadic, and he looks weak." "He's growing weak."

After a little over a half an hour had passed, he finally died. He did not even have a drop of blood taken from his body.

The other illustration involves a railroad worker. This man had worked on the railroad for a number of years and was about ready to retire. He always had a severe phobia of being trapped in a refrigerated car and freezing. A few days before his retirement, he went into a refrigerated boxcar. The train lurched, and the door slammed shut and locked him in. The train went on to its next destination. When it arrived at its destination, someone opened the refrigerated car and found the man. He was dead. Since there was no apparent cause of death, an autopsy was conducted and confirmed beyond the shadow of a doubt that the man had frozen to death. The refrigerated car in which he was found frozen was never on at any time.

This illustrates the power of the subconscious, and it also illustrates the power of the belief mechanism.

Home of the Memory

Everything we have seen, heard, and done is automatically stored in the subconscious mind. We can recall some but not all that is stored in our memory bank. The subconscious has the power to prevent the recall of a traumatic event, but if a

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person is hypnotized and goes into a deep trance, the event will surface. The subconscious sometimes protects us from recalling certain memories that serves as a self-preservation mechanism. Hypnosis is the key that unlocks our memory bank in the subconscious.

Keeper of the Skills

Once you learn a particular skill, it is automatically stored in your subconscious and does not have to be relearned every time you use the skill. You must use your conscious mind to acquire the skill, but once learned, your subconscious automatically performs it. An example would be golf. Once you have learned how to hold the club, how to swing, how far to stand away from the ball, and you master the correct technique until they become second nature, you no longer have to think about doing them. Your subconscious mind takes over and automatically performs what have learned. This allows you more freedom to enjoy what you're doing since you don't have to think about the many small things that are involved in what you do.

Silent Computer

What does a computer do? It stores information. Organizes the information. Classifies the information, retrieves the information, and solves problems.

This is basically what the subconscious mind does with the information it receives from us. This computer is far beyond any human-made computer because it is wired into the infinite life force This could be the reason we use less

than 1 percent of our mind. The power of the subconscious is virtually unlimited.

Garden of Ideas, Ingenuity, Originality, Invention

Only those who see the invisible can do the impossible.

Our subconscious mind which contains everything we have seen heard or read has the power to automatically combine any of the above into an idea. Something will come to us out of the blue as an idea of which we had never thought of. Our subconscious will upon our suggestion combine our accumulated knowledge and experience into a total unique concept. This is called ingenuity. The subconscious can also originate an original concept using again all the stored knowledge. There have been many inventions where a freak accident happened that sparked an idea, leading to an invention or someone picturing in their mind a device that would solve a problem and the subconscious took over and completed the invention.

Dwelling Place of the Self-Preservation

There are times in everyone life when they happen to be in a situation or come into contact with a person that causes the subconscious mind to go into a protective or self-preservation mode. The subconscious mind has the power to read the situation or person in a positive or negative aspect and alert the conscious mind to the danger or an opportunity. This is intuition and should not be ignored. Our intuition process in the subconscious mind has great and genuine validity.

Instigator of the Living Process

The beating of the heart, the inhaling and exhaling of air, the functioning of all bodily organs, the liver, kidney, pancreas, stomach, sexual organs, and all muscle coordination and activity are controlled by the subconscious mind. What makes the subconscious mind so powerful is that it actually controls all of the life inside our bodies. The amazing part is that we can to a great degree control our subconscious by the suggestion we give to it. The choice is of what kind of suggestion we will to give, positive or negative is ours alone. The subconscious will obey either one.

3. The Soul Mind

Our spirit is a mind.

A reason to believe that we have a third mind is that there those who believe in God also believe there is a heaven. When we go to heaven, we are conscious of where we are. Our spirit has a consciousness. Since our spirit resides in our body, when we are alive, this same consciousness is within us. This consciousness is our third mind.

Those who believe in God believe we have a spirit within. Providing this is true, this spirit is the very core of our life and could be the Holy Ghost. We do know that when we die, we weigh 20 grams less. This has been proven. A function of this third mind us could be our conscience. Everyone has one even the worst among us have one. They disregard it, but it still speaks to them. Our conscious and subconscious mind are not programmed to do that. Your third mind could be the Holy Ghost or God within us who

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speaks to us. This is the mind from which all joy and peace flows. Most people will never experience true joy and peace. Everyone has good in them, no matter how bad they appear, and this could be where that good resides. It is also that little voice of hope when no hope is to be found. The more spiritual we become, the closer we are to this third mind. If we can find it in our heart to have unconditional love in our heart for everyone, perhaps we could experience a fraction of that true joy and peace that is within us. We are of this world and it is always going to prevent us from being truly spiritual, but we can be spiritual to a degree, moderate our behavior, and become less worldly. When we die our spirit, the very core of our life leaves us lifeless. Our worldly body is dead and worthless, but our third mind and spirit which is of God is eternal and will live forever. Our third mind gives us hope, so there is hope for everyone. Give yourself the greatest of all gifts. Give yourself the freedom to love and begin dying to yourself so you will be dying to get to heaven.

The Reason for Jesus Christ Being on This Earth

One of the most brilliant minds of all times was Blaise Pascal, who was born in 1623. Among other things, he laid the foundation for the modern theory of probability, conceived the first digital calculator, invented the syringe and hydraulic press and was the inventor of the Pascaline, which was the precursor of the modern computer. However, Pascal's most brilliant idea was why Jesus Christ came into existence on the earth.

He also proved that the vacuum does exist, and he formulated laws of chance and probability which are still in use in today's world. He had one of the most brilliant minds history has known. This genius of a man born November 28, 1654, had a two-hour ecstatic vision epiphany which led to his conversion to Christianity. The following is the essence of what he saw thought and felt when he had the epiphany.

Pascal believed that men must be brought to God through Jesus Christ alone because a creature could never know the infinite if Jesus Christ had not descended to assume the proportion of man's fallen state.

Seven Steps for a More Spiritual Life

The key to a more spiritual life is to be less worldly and more spiritual is through a moderation of behavior. Worldly pleasure, possessions, and a larger than life ego can never provide true lasting happiness and peace.

True personal happiness can only be had with a more spiritual life. These are seven areas where we can moderate our worldly behavior to become more spiritual and truly happy. The way to a less worldly existence and more spiritual one is not impossible. It does require sacrifice, but everything worthwhile does. It requires dying to your worldly cravings, pleasures, possessions, and a love of self.

Area #1—Humility

When we consider ourselves superior to other people we can never truly care for others. True humility will come only when you realize that God created all of us. He created us equal but different. When we can reach the state of mind that

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we are no better than anyone, different but not better than we are on the way to humility. Humility will let your spirit feel love for everyone. You will experience a spiritual freedom of self and true joy you have never had before. True humility also comes with the belief that without God, we are nothing.

Area #2—Generosity

Our human nature instills greed within us. Our nature is to have more and want more. Greed comes in many forms, power, money, fame, recognition, or attention. Greedy people will never be happy because they will always want more. In the end, true happiness comes from giving rather than taking. A person who chooses to be more spiritual will give of themselves. They will be willing to share their time, themselves, and what they have in moderation.

When you begin dying to these worldly things, you will be dying to yourself to get to heaven.

They realize possessions only have a limited and temporary value. As the old saying goes, “There are no pockets in shrouds.” A spiritual person experiences freedom, joy, and contentment when they give of themselves. This provides them with a peace which they cannot buy.

Area #3—Materialism

We don't have to be worldly poor to be spiritually rich. We can reject materialism as the most important thing in our life where the only thing we care about is having and getting

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more. When we reach the conclusion that the things of this world are only temporary and will never bring us lasting happiness will we be able to discount their importance. What we see in front of us now will not exist at some point in time and will be changed into a different form of atoms and molecules. When we realize things are not important and that we can do with less and still be happy will we become more spiritual. Less worldly things will allow us to become more spiritual.

Area #4—Food

Our human nature requires that we must have energy to sustain life. Since our basic instinct is to survive, then food becomes a top priority in our life. People eat for more than just survival. They eat for pleasure and to satisfy other needs such as anxiety, frustration, etc. We can gain only limited and temporary pleasure from food. We can eat for the pure pleasure that we gain from it. In other words, we live to eat. We can put aside eating for pleasure and just eat to live. We can enjoy what we eat, but we can take away the worldly pleasure of eating and moderate our behavior to overcome a worldly pleasure. Our control over ourselves will allow us to become more spiritual by putting our worldly pleasure aside. Fasting is the ultimate way of becoming more spiritual and can be done in a variety of ways. You can limit yourself to only one meal a day or you can fast every other day or you can go on a prolonged fast of 7-10 day with only water, any of the above will put you in touch with your spirit.

Area #5—Chasity

We were created to reproduce. After survival, it is our second strongest instinct. We may resist it, but the desire for sex will remain and motivate you to fulfill these impulses in one way or the other. The pleasure of sex is so strong that your selfish human side takes over and little or no regard is given to your partner. You can become more spiritual in this area if you have a desire to give your partner more pleasure than you give to yourself. You will have put yourself aside and the other person first. You will have chosen to be more spiritual than world when you put your pleasure aside you die to the world.

Area #6—Labor

We don't always get to do what we love, but we can love what we do.

A labor of love is when we put our heart and soul into a labor that we are doing for someone else's benefit. It could be working to send one of our children to college, to pay to get professional help for a loved one such as rehab for a child with a drug addiction or help an aged relative pay their living expense, etc.

All of the above and more qualify as a labor of love where you are putting yourself aside for the benefit of another. This kind of labor is very spiritual since you have put yourself aside for someone else.

Your labor can also be spiritual when our thoughts and efforts are being destined to an end which goes beyond us,

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such as striving for the cause of a disease or teaching students how to think for themselves and gain knowledge which will be beneficial to them and others. It's all in the way we view our labor, for others or strictly for ourselves. When we are working and thinking of others, we are dying to ourselves.

Area #7—Love

Love can be the most spiritual thing we can do and puts us closest to our spiritual side. The reason why love is so spiritual is that God is love. It is what God is all about. God loves everyone no matter who you are or who you were or what you do or what you have done. God loves everyone and forgives everyone for anything said or done. This is unconditional love, no ifs and or buts. We as humans have within us the capacity to love. We will usually love someone until they have wronged us betrayed us or have changed in a way that we cannot accept. Our human love only goes so far. We love someone as long as it suits our selfish interest. True or unconditional love is when we love a person no matter who they are or what they do or what they become or how they change.

When you have unconditional love for someone you are at total peace with yourself. It is a very spiritual feeling of pure joy and happiness. We can also become more spiritual when we can find it in our hearts to love everyone. This is easier said than done because you have to reach the point where you truly believe you are better than no one else, different, but not better. If and when you reach that stage, it's easier to find love in your heart for everyone. The author had a one-

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time experience that had never happened before and has not happened since. One evening when he walked into a crowded restaurant he felt an overpowering deep unconditional love to the bottom of his heart for everyone there. There is no way to explain this feeling except he had never felt better in his entire life. A wave of pure joy, peace, and total happiness came over him. It never happened before or since. Maybe God in his infinite grace allowed him to feel the power of unconditional love so he could pass this along to others.

There is no guarantee that you will feel something like this when you begin to love others unconditionally, but one thing is certain you will be better about yourself than you ever have.

A New Beginning

This chapter is devoted to those in their last days or those who have a terminal illness of any nature. It is meant to give them an insight into the best way to spend what time they have left and begin dying to themselves, so they can become more spiritual and closer to God in their final days rather than into themselves.

When people find out that they have a terminal illness of any kind they go through various stages. This does not hold true for everyone. Some people go through all, some or just one of the stages. They may go through all of these steps for two or more times.

Denial

The first stage is usually denial. They refuse to even admit they have the ailment. Some think this cannot be happening to me. They won't accept the diagnosis and believe someone has made a mistake. They seek second and third opinions, hoping what they have been told is not true. They simply can't accept the fact that they have a fatal illness

which will take their life. This stage can last for weeks and even months.

Anger

The second stage is usually anger. This anger is initially directed at God first. They think, *Why me, God? What have I done to deserve this?* Sometimes, they think God could not be a God of love or God would not have let this happen. This is not rational, but you cannot expect a person who has just found out that their life has only a short-limited time to be rational. There is anger there, and sometimes they take their anger and frustration out on the ones who love them the most. This is tragic because their loved one are also suffering since they are about to lose them. Their suffering is different, but it is still painful. This stage can also last for weeks or months.

Bargaining

There usually comes a time when they feel that perhaps they can strike a bargain with God. They will promise God that they will be a better person, treat their family and friends better, or not indulge in vices or sinful behaviors anymore if only God will allow them to be healed. They will promise almost anything to be healed. This step will not last long if there seems no chance of getting better.

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Depression

When they have gone through denial, anger, and bargaining, then comes depression. They go into a deep state of hopeless depression. They have no hope, all is gone. They feel alone. All the joy goes out of their life. They believe that no one understands, and they are probably right in most instances except for those who have gone through a similar situation and survived.

Guilt

They come to the conclusion that they must have done something that caused this to happen. If they get lung cancer, they may feel it's because they smoked or colon cancer was caused by what they ate or didn't eat. They blame themselves for doing something that caused this. There is no one else to blame so they thrust this guilt upon themselves.

Acceptance

Then comes a point when they have no other choice then to accept what is happening to them. The truth shall set you free, and when they accept the truth, it will set them free. They will be free of the anxiety of not knowing for sure, they will be free of a false hope that they will be cured and they will be free to choose what they want to do in the last days of their life and how they want to spend their remaining time.

The Remaining Time

This is probably the most important time in the life of someone with a terminal illness. It gives them a final chance to bring closure to people they have to forgive and for things they have to forgive others for. This gives them a chance to come out of themselves and their situation and to show love to those who love them and help to ease the pain of those left behind who will feel the heartbreak of their loss. It will also give them a chance to get right with God, ask for forgiveness, and express a love and a faith in the God who created them. God will forgive them and they can go to God with love in their heart for Him so that when they leave this world it will be with a love of God in their heart. Those of us who are left behind need to show and support to our loved ones who will have a new, brighter, and better beginning with God in Heaven above. They are dying to get to heaven.

There is hope for everyone
God loves you and always will no matter who you
are or what you are.
God forgives you no matter what you have done or
what you will do.
God has given us the greatest gift of all gifts, eternal life.
We can spend it with him or away from him.
The choice is yours.

A RARE EXAMPLE OF COMPLETE ACCEPTANCE

I have seen a few people in my life die of cancer. She had only one of the steps, acceptance. When she was operated on for stomach cancer it was like throwing gasoline on a fire. The oxygen got to the cancer and caused it to spread at an alarming rate. The doctors told her there was nothing they could do. She accepted that without a murmur, totally and completely. She was never angry or tried to bargain with God. She accepted the fact that she had cancer, and it was only a matter of time. She did have one of the steps, depression. She was not depressed for herself; she was depressed because she had failed to raise her only son to be a good person. So she died with a broken heart. She suffered severe pain but never once complained. She was the bravest person I have ever known.

This was before hospice, so doctors were not allowed to give morphine freely. There was one doctor however who violated this rule. He gave her massive shots to kill the pain and finally enough to end her suffering. She had a new beginning with that last dose of morphine. She was my mother.

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ABOUT THE AUTHOR

Brian Thomas is the author of a spiritual classic entitled *Getting Past Me and Being Closer to Thee*. He has also written *I Sight: Seeing Ourselves and Others as We Really Are, How to Understand Yourself and Others*, which breaks down the seven different systems of our personality. When you can understand yourself, you can understand others and vice versa. Brian presently resides in Georgia and is working on his third book, *The Gift of Eternal Life*.

