

**LIFE'S MEANING
REVEALED**

**SECRETS, MAGIC & MIRACLES
THAT TRANSFORMED MY WORLD**

By Raymond J Brune

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TO MY MOTHER:

Who may be reading this book in unmitigated horror...
...but loves me completely.
Thank you for giving me the courage to express myself
on my own terms.
I treasure our lifetimes together!
Ray

ACKNOWLEDGMENTS

MATT

You're like my own personal on-demand Guru! I valued your insight and guidance though this entire project. You've been a real eye-opener! Maybe Barney could voice the audiobook.

LISA

You started it all. I'm forever grateful and awed!

DEBI

*I think we're twin flames! Every day is a Loverly Day with you on this planet!
Tell Bashar I said, "Hey!"*

RANDY

Dude, did you hear the story I told at your memorial? I'm still blushing, but hey, it's a classic!

STEPHANIE

You're the "pip" to my "squeak"! Thanks so much for your insightful edits.

KAREN

The book tour begins in Australia. Will you get demerits if you join me?

Thanks for playing the role of cheerleader!

ANNA MAE & BARRY

You saved my ass!

Please remember to keep the chocolate in the Chocolate Dispensing Area at all times!

MEGAN

Your classroom story made all the difference! You made the cover!

THE BEE QUEEN

It's still "the safest place I'll ever know..."

JAGGER

I eat a pig's ear in your honor! Miss you pal!

TABLE OF CONTENTS

Foreword	7
Chapter 1 – Sin Was Everywhere	14
Chapter 2 – Let Me Explain Something To You...	20
Chapter 3 – A Scooby-Doo Moment	23
Chapter 4 – Sweet Mother of Little Baby Jesus	30
Chapter 5 – Ninety-Three and Counting...	34
Chapter 6 – Same Time – Same Channel	38
Chapter 7 – Switching Channels	44
Chapter 8 – Drawing First Blood	50
Chapter 9 – Godmacked	59
Chapter 10 – All the World’s a Stage	65
Chapter 11 – An Optical Delusion	69
Chapter 12 – Undressed by Kings	73
Chapter 13 – Burying the Lead	77
Chapter 14 – Silent as a Prayer	82
Further Reading	85
About the Author	88

FOREWORD

This book - my 30-year quest for the meaning of life - was not a search for religion. I wanted solid answers to why I was here, where I was going and what's next. I wanted confirmation that there is more to life than birth, taxes, and death. I was in desperate need of a *new* God - one who existed outside the parameters of these "religions" that I see as nothing more than man-made contrivances built atop superstitious rituals to create a feeling of exclusive inclusiveness, providing its followers with a distorted sense of hope. Man-made religions create a climate of fear among their supporters, then mete out a complicated path of redemption through prayer, penance, collection plates, piety and pity.

I guess you've figured out by now that I'm a rather opinionated recovering Catholic - three decades divorced from the church. I did not choose Catholicism. I never really joined. I was indoctrinated simply by being born into my family. I went to Catholic schools, played guitar at Sunday Mass and was even an altar boy. There was much talk among the family that I should one day join the seminary and become a priest. But there was one insurmountable problem. I wasn't buying what the Catholic church was selling. Never did. It's not that I believed something else. I didn't. I just couldn't accept the tenets my parents - and their parents - and their parents - wanted so desperately for me to embrace.

I have nothing against people who believe in things I happen not to. It is not my intention to knock or mock any religion (OK, sometimes I just can't help myself - I'll take a swipe or two here and there). My motto has always been, "*Hey, whatever gets you through the day.*" Everyone's journey is their own. Divergent paths often lead to contradicting truths. There is no one truth. There are many. Finding your truth can often be a lives-long adventure. I only ask one thing of you as someone who went so far as to glance through this book or perhaps actually purchase it - that you continually question your truths - as I do. Ask yourself why you accept the beliefs you hold - whether it's your ideology, your attitudes about marriage, your self-image or your obsession with Taylor Swift. Your entire automated belief system that began shaping you at birth and continues to this

day needs an overhaul every once in a while. Make that investment in yourself starting right now! When you begin to question your convictions, you often discover you don't believe some of the things you thought you did. That realization is what pushes you forward.

Let me be totally honest with you. If you are uncomfortable about rethinking your beliefs in any area of your life, I guarantee you that this book will not be worth your time or money. You absolutely must be open to new ideas, thoughts, and opinions that will challenge your beliefs - that will force you out of your comfort zone - that might make you get defensive or feel threatened. That is how we grow. This book is not my "call to action" to abandon what you believe and start seeing things my way. Certainly not. But this is a "call to action" to question *everything* if you're on a journey to "find your bliss" (the latest cool "New Age" buzz phrase) and come to an acceptance of what you're doing here in the first place. There's no harm in self-examination. If questioning your faith is forbidden by your religion, as it is in the Church of Scientology for example, you may be consumed with doubt. However, if you've seized this opportunity for introspection - and every one of your beliefs holds its own after your self-interrogation, then fair enough. You're in a solid place.

Many people base their entire belief system around the Bible. I have some real issues with people's unquestioning faith in scripture. And I'm not afraid to bluntly share them. The Old Testament focuses on an angry, vengeful, fire & brimstone God who demands you sacrifice your children in complete subservience to Him. Some even believe God himself wrote the Old Testament. This reminds me of an exchange on *The Big Bang Theory* between Sheldon Cooper's Bible-thumping mother Mary and Leonard Hofstadter's neuroscientist mother Beverly:

Mary Cooper: "All right, everyone, calm down. Let's all remember what it says in the Bible: *'He who is slow to anger is better than the mighty.'*"

Beverly Hofstadter: "Oh, dear woman, can you please read another book?"

Mary Cooper: "When God writes one, I will."

(The Big Bang Theory - Season 9, Episode 24; "The Convergence Convergence", Chuck Lorre, Bill Prady)

Read another book! Awesome advice for every one of us. The book in question, the Bible, refers to itself as the "word of God" dozens of times. But historians believe 30 authors contributed their writings over thousands of years. They wrote, "in the name of" Jehovah. "In his name" inherently makes them ghostwriters, no? God *did not* write the Bible. And let's play devil's advocate for a second and say that he did. That angry, vengeful, fear-mongering, First Testament God is not a God I could respect, praise or worship. Onward, Christian Soldiers...without me! The Bible is essentially a time capsule, filled with the beliefs and dogma of a long ago ancient culture. Some insist on taking it literally. They truly believe we are all descendants of Adam & Eve. Some say Noah, his ark and the flood *actually* happened. Similarly, they believe that Jonah was swallowed by a whale and lived to tell the story. And then there's the story that Joseph's brothers sold him as a slave and he eventually became the star of Andrew Lloyd Weber's Amazing Dreamcoat musical. Of course, some people believe that Mary *actually* did had a little lamb whose fleece was white as snow. If you want to believe

that stuff, hey, own it! I happen to believe the Old Testament is a priceless treasure trove of fantastical literature which teaches its readers about morality and offers hope to those in need. I don't believe it to be real-life stories or the word of any god.

Which brings me to the New Testament - the four gospels of Matthew, Mark, Luke and John. Those “original” gospels were codified by the Council of Nicea in 325 A.D. Essentially, the Roman Emperor Constantine organized this council to *decide* once and for all what the tenets of Christendom would be. They *debated and voted* on many issues including the divinity of Jesus. The Council *declared* that Jesus Christ was, in fact, a God and *defined* the relationship between Jesus and his father as “of one substance.” It also *determined* that the Father, Son, and Holy Spirit were co-equal and co-eternal. Additionally, the early Christian church threw out the so-called “lost gospels” including the Gospels of Thomas, Philip, Mary Magdalene and Judas, among others, because they presented Jesus as a mortal, as married to Mary Magdalene with two sons, as a sexual person, as a brat when he was a child, and many other behaviors and events that don't jibe with the Church's position.

For some reason, we tend to think the founders of Christian religions some thousands of years ago were pious and holy people - that some of them weren't like a handful of the priests at my Cincinnati all-boys Catholic high school who were raping my classmates as I walked the hallowed hallways in the late '70's. No. No matter what century we're in, people are the same. And it's those same people, with their political and religious and perhaps sexual agendas that controlled the content we know as the New Testament today. Those four gospels that received the church's seal of approval were subjected to two thousand years of interference by Popes and Clergymen of every faith who deleted, edited, re-translated, misrepresented, fabricated, maligned, fudged and essentially rewrote them to suit their needs. Who knows which verses in the New Testament, if any, are the actual words of Jesus Christ? And I'm expected to unquestionably put my faith in them and their book?

Imagine Jesus coming back to Earth and sitting down with Oprah for an interview. These would be his answers to her questions:

"That's not what I said."

"Where did you hear that? No, I can't actually raise the dead."

"No, Oprah, it didn't happen that way."

"That's not what I meant, Oprah."

"C'mon, you think I can walk on water?"

My biggest beef with the Bible is how so many well-meaning people hold it up as the absolute final word on any subject. Their every belief and thought and action is backed up by some passage in the Bible. This book, to which they have surrendered their complete and unquestioned faith, empowered the Crusades and the Inquisition, and today fuels worldwide violence and terrorism and promotes anti-Semitism. And because the Bible sanctions their actions (at least in their minds), they are indemnified from any responsibility. The fact that U.S. fundamentalist Christian sects use the very same Bible, the very same passages as, say, the Westboro Baptist Church folks (the "God Hates Fags" people) to prove their point - to spread their ministry - completely astounds me. The Bible, it seems, adapts itself to serve many masters - no matter how well-meaning or how perverse your viewpoint may be. And that's why when anyone uses the Bible as the foundation for their argument to me - I'm done. It just puts their ignorance on display.

Now let me say this. There are many important messages in the Bible. I don't dispute that. I've found that for me, the "*message*" is so much more important than the "*messenger*." Ideas and concepts that click with me have reached me from the most unlikely of places, many of which I'll be sharing with you. I'm so grateful that I was enlightened enough to receive them. I would urge people who only allow spiritual messages to come to them through the Bible to reassess their beliefs - because you're missing so many cool communiqués from the universe. I sincerely hope that Christians read this book - particularly those whose souls (and minds) are evolved to a point that they can hear what I'm saying with some objectivity. I can't express in words how pissed off I am that the views, the concepts and the profound messages I'll be sharing with *you* were never available to *me* when I was younger. I feel I've lost so much time learning these lessons later in life.

With the Bible and man-made religions crossed off my mental list of potential places to base my beliefs, I ended up with zero faith to put anywhere for the longest time. I remember in my thirties and forties walking into bookstores every few weeks or so. I was always hoping to come across that one magical book that would completely take my breath away; a book with thoughts and ideas and concepts that were mind-blowing; a book completely devoid of dogma; a book that would jump start my soul, set me on a new path and ultimately give me an answer to the question Dr. Emmett Brown was so desperately seeking in those *Back to The Future* movies - "Why?" What's the meaning of all of this?

Who knew that I would eventually write my version of that book? And that you might read it? This is my 30-year journey to find "enlightenment" - a higher level of awareness. True enlightenment requires you to escape your *ego-based* awareness and enter *choiceless* awareness, which means you become the self that's always existed - not the self you are in this particular life and in this particular body. I'm just scratching the surface with my enlightenment. This book is my work-in-progress. I'll introduce you to people in this life I was "destined" to meet. Some were in my life for maybe ten minutes. Others have hung around for decades. I'll detail a series of "impossible coincidences" that are so astounding,

it's obvious they happened deliberately. The simple fact that you found this book... Is it a mere coincidence? Or has the Universe purposely created this connection to allow us to share and learn from each other? Every interaction in our lives has some meaning behind it. When we look for it, we find it. This is what I've found...so far. Honest to...um, God.

A handwritten signature in black ink, appearing to be the name 'Jay' written in a cursive, stylized font.

CHAPTER 1
SIN WAS EVERYWHERE



I produce TV shows. News, talk, game, court, reality. I have about 15,000 hours of TV under my belt - and counting. I've been to a lot of places, experienced people and cultures vastly different from my own, and seen things I wish I hadn't. I have an open mind. But as I say that, I should also point out that I've spent the majority of my life "in my head." As a child, my classmates viciously bullied me from third grade right up to my graduation day in high school. It wasn't your average, run-of-the-mill bullying you'd find in '70's American high schools. No, my bullies were professionals. In fact, one of my high school bullies spent three decades on Ohio's death row until he was ultimately put to death several years back. Lethal injection. His death was delayed 20-minutes because he refused to stop praying. He was known in the media as the "Hitchhiker Killer." Looking into his eyes every day outside my high school cafeteria was like looking into an abyss of evil. I've only encountered two people in my life, both merciless bullies, with eyes like that. As an intern at a local Cincinnati TV station in 1983, I covered the Hitchhiker Killer's trial for the NBC affiliate, at a time when former Cincinnati mayor Jerry Springer was the lead news anchor. This death-row bully never once looked me in the eye then - in the courtroom. Ironic, isn't it. Fierce rejection from my peers forced me to retreat into my head where I was safe. It also made me ferociously independent and completely immune to any desire to "fit in" or to be like everyone else. My teachers were mostly nuns in grade school and priests in high school. I often ask myself who were the bigger bullies - the students or the teachers?

Bullying and Religion are intricately entwined in my psyche. Just like the bullies at school, the church and its teaching were bullies in their own ways - so it was coming at me from all sides. Father Alt would visit my third, fourth and fifth grade classes once a week to remind us that we are sinners. You could smell Father Alt coming long before he arrived because he believed using deodorant was - wait for it - yes, a sin. He divided sins between the venial and mortal variety. Many times, he would call on student after student to name a sinful action. He would then reveal whether that act was a venial or mortal sin.

In case you're keeping score:

- Murder = Mortal.
- Lying to your mother = Venial.
- Stealing = Mortal.
- Missing mass = Mortal.
- Not doing a homework assignment = Venial.

Venial sins end up leaving a dirty, dark smudge on your soul. Mortal sins, meanwhile, completely cover your soul in blackness. Should you die in the state of mortal sin, you go directly to hell - do not pass "go" - do not collect \$200 - a black property which has a monopoly on evil. Should you die with venial sin smudges on your soul, you go to purgatory until such time as you have repented enough to be accepted into Heaven.

Sin was everywhere growing up. I remember a kid once stood up in class, walked over to the window, and shut it because it was getting cold in the classroom. Sister Agnes Mary glared at him with the eyes of a devil warning him he had just committed a mortal sin. Another time, I knowingly wrote the wrong answer down on a test, I wrote "6", because I didn't know the correct answer. Sister Marie Louise, who I would swear on a stack of Bibles was a hand-picked apostle of Satan himself, was walking through the room checking papers as we took the test. As she approached me, I knew she was going to see my

wrong answer, so I put my thumb over it. When she arrived at my desk, she glanced at my paper and pushed my thumb out of the way. When she saw the "6", she snatched the paper from my desk, waved it in the air, and demanded to know where I got such an answer. "*I don't know*", was all I could muster up in response. She admonished the class that wrong answers were the handiwork of the devil and that Ray was a sinner for getting that test question wrong. I was mortified. Sick to my stomach. I mean, seriously, I have post-traumatic stress from that incident. And what's more, I was horrified because she did not detail exactly what type of sin I had committed, venial or mortal? If I didn't confess this sin to Father Alt immediately, I could spend eternity in hell - do not pass "go" - do not collect \$200.

That I would remember "6" as the incorrect answer some forty years later reveals how the evil acts of these supposed "brides of Christ" are seared into my very being. That these old biddies, these sexually-frustrated, bitter bitches - who have no life when they're not on their knees - were allowed to so severely impact the young lives of countless thousands of students - is obscene. Who's the real sinner here? You've all heard these tales of wicked nuns teaching in Catholic schools. It's so cliché now, but that doesn't make the experience any less terrifying - especially when you're a good kid.

High school was slightly different. This time it was priests running an *all-boys* school. Sweet Jesus! Another example of the Church's infinite fricking wisdom! The kids who got attention from the priests were the "jock" types. Father McDaniels would flirt with the jocks non-stop throughout his religion classes. He had just purchased a 1977 jacked-up, clear-coat, canary-yellow Chevy Corvette, which was the envy of every guy in school. He announced he was going to let *one* student borrow the car for a weekend - any boy who wanted it must show Father why he was worthy of it. Hello? McFly? How do you prove "worthiness" to a priest, I wonder?

When school was done for the day, I would head to the old, Partridge Family-style yellow bus that took me home. One day as a Freshman, while the other students were boarding, the bus driver, a young, long-haired stoner type who blasted Album Oriented Rock on the boom box he always brought with him on the bus, pulled me

aside. He said he wanted me to meet him at Mount Airy Park where I could have sex with him and his friends. It was like a *Lifetime* movie long before *Lifetime* existed. To be honest, I don't remember that conversation. Not a word of it. My mother very recently told me I once told her what the bus driver said - right before I switched to the "Queen City Metro" - the city bus service. I must have blocked that shit out. I have zero memory of that. In fact, I have zero memory of anything from my junior and senior years in high school. What's that about? Is it any wonder my conscious mind sunk deeper and deeper into *myself* as a kid?

Let me explain something to you... When you're in your head a lot, you do a lot of thinking. I mean, A LOT! It's a major chore for me to turn my mind off and just experience the moment in silence. I'm working on that. So, after exiting the Catholic Church when I came of age, I started to believe that when you die, you're just dead. That's it. No more. End of story. And I accepted that. I'm not someone who "sucks the marrow out of life" the way Robin Williams as Mr. Keating described in *Dead Poet's Society*. I simply do not want to live to the ripe old age of 100. The idea repulses me. Plus, I'm not budgeted for it! I once had a great aunt I would visit in the nursing home when she was 98-years-old. Marcella, or Marci as I called her, looked at me one day, and with complete clarity, declared, "Ninety-eight. Time to die." She desperately wanted to be done with this life. Marci got her wish a year later, bless her.

I understand the desire to die. Each day during high school, while paper wads and insults were thrown at me from behind, my yellow school bus would pass alongside this huge cemetery - The St. Joseph Cemetery on Foley Road. It seemed like an endless, miles long stretch of death. I would stare at the passing headstones and envy the people below them. I wanted so much to be dead. Understand: Wishing you were dead is not the same thing as wanting to kill yourself. Tell a psychiatrist you wished you were dead, and he'd say, "*Oh, that's nice.*" But tell him you want to kill yourself, and he'll immediately call the white coats to take you away. Big difference.

You can see why "religion" and more specifically, the people who represented the church, left me incredibly jaded. Since the day the bullying stopped - and seriously, the day after my high school

graduation, it just stopped - I mean, permanently, my life hasn't been all that bad. I don't gaze longingly at cemeteries anymore. I've done OK for myself. I was born and raised in the United States. Grew up in a middle-class family. Never missed a meal. I have access to great healthcare. I've got high-speed internet access, an iPad and 500 channels on my TV. So, I can't complain. And that's where my once-held belief that death is the "ultimate end of everything" crashed head-on into a brick wall. I mean, why was I so lucky to hit the "life lottery" and be born into a good family in a safe and comfortable country? Why do I have *this* life, when so many others are born into poverty, starvation, disease, warfare and utterly miserable conditions? How can that happen? Why is life so unfair?

That's been the question for centuries. For me, the questions went further:

"How could I possibly worship a God who would allow such injustices to exist?"

Oh sure, Christians will point back to the Bible - Adam and Eve and "original sin." They'll tell you that as human beings, we have done this to ourselves... that God put us here with a brain and free will and all the resources we need. The reason some people are starving is because "those who have" aren't giving to "those who have not." So, their argument is that it's man's fault. Since man isn't reasonable enough to take care of each other, some people must inevitably suffer while others get to live the high life with high-speed internet access. They would agree with Arnold Schwarzenegger when his character said in ***Terminator II: Judgment Day***:

"It's in your nature to destroy yourselves."

James Cameron & William Wisher, Carolco Pictures 1991.

While I completely agree with that statement, it doesn't leave any god off the hook in my eyes. Theoretically, if a god put us here knowing we would just destroy each other, *what kind of fucking sadist is this god?* It's like letting your little brother play with your Barbie dolls - you know he's going to pull their heads off every time - so what's the lesson in that?

The question of just why the world is so unfair bounced around in my head for years. No religion, no theology, no theosophy and clearly no god that I came across during my search provided a profound answer - one that would allow me to continue my comfy existence guilt-free while others were dying miserable deaths.

So, I stopped looking.

That's when the answer found me - like a bolt of lightning in a huge "ah ha!" moment.

CHAPTER 2

LET ME EXPLAIN SOMETHING TO YOU...

In 2005, I came across a woman who would dramatically change my life. She's a medium/clairvoyant by the name of Lisa Williams. I was looking for characters for potential reality shows. I stumbled across an un-aired pilot of a pseudo-talk show featuring "mystic" types. There was a numerologist (someone who correlates relationships between numbers and coinciding events); a psychic (someone who foretells the future); a tasseographer (someone who tells the future by interpreting patterns in tea leaves); an intuitive (someone who understands or knows something without any direct evidence); and Lisa, a medium (someone who talks to the dead) and clairvoyant (someone with the ability to gain information about an object, person, location or physical event through extrasensory perception). Yep, so Lisa talks to the dead!

As I watched the tape, I wasn't impressed with the mystics on the panel. Most of them were using their abilities to predict the future. But fortunetelling doesn't make for good TV because there's no immediate payoff. The viewers don't get to see if what the mystic predicted would ultimately happen. So, I was getting disappointed and about to press "eject." Then Lisa hit the screen. She immediately took the show hostage. She stood up, insisting she was hearing from the spirit of an 18-year-old boy who died unexpectedly. She looked out into the audience.

"Does anyone recognize this boy?" she asked.

Several members of a family in the audience raised their hands saying that they could identify with the boy. Lisa went on to reveal that the boy had been shot. Family members confirmed that yes, he had been shot. Lisa said it appears it was a suicide. Again, the family agreed. But then Lisa said something no one expected.

"He's telling me he was murdered. It wasn't a suicide", Lisa announced.

The family members burst into tears.

“Everyone thinks I killed myself. But I didn’t. Can you understand that?” Lisa asked the family.

The boy’s mother said yes through her tears. They had always suspected that her son was murdered but there was no evidence and no way to prove it.

Lisa walked down from the stage and into the audience where the boy’s mother was standing. She put her arms around the woman.

“Do you know who Tom is?” Lisa asked.

The woman immediately began sobbing again. “Yes. That’s who we believe killed him.”

“Tom is the one who killed him. He keeps saying Tom; it was Tom,” Lisa said.

The scene was heartbreaking. Everyone in the audience was crying as Lisa hugged the boys’ mother in a hopeless display of naked grief. Heartbreaking, yes, but as a TV producer, I knew it also to be breathtaking. This was incredible television. Watching Lisa, I knew I could sell a TV show around her! I was stoked.

Let me explain something to you... Reality shows are all about “characters”. Whether it’s Kim Kardashian or Honey Boo Boo, these programs live or die on the personalities whose shoulders carry the show. And when it comes to TV characters, Lisa is the total package. She’s a Brit with spiky, multi-colored hair, she has a sexy Julie Andrews accent, she’s both classy and a bit brassy, her personality is bubbly and bright, and best of all for me, she jumps off the TV screen. She instinctively knows how to play to the cameras – and that’s something that is tough to teach.

I did a Google search for Lisa, found her number and rang her up the very next day at her home in Birmingham, England. When she answered the phone, the first thing she said to me was that she was expecting my call. I laughed... but was immediately struck by the

feeling that she was completely serious. My only encounter with a medium/clairvoyant, or for that matter, any type of psychic, was meeting John Edward in the makeup room when I ran *E! News*. He was the host of a Sci-Fi network show *Crossing Over with John Edward*. He was booked as an in-studio guest on *E! News Live*. He came across to me as a genuinely nice guy. The format of his show consisted of him in an auditorium with a crowd of people. Spirits would talk to him – these spirits being dead friends or relatives of audience members in the room – and John would pass along their messages. This format was very similar to what Lisa had done in the “mystic” pilot I had watched, but John was the first to do it on the air. And because he was first, he had a lot of critics attacking what he did. There were allegations that he had prior knowledge of the people he was reading and was accused of using an array of quick and sometimes general guesses to create the impression of psychic ability. The claims were baseless... but there are always people waiting in the wings to tear other people down. At that time, the controversy didn’t affect me one way or the other since I wasn’t doing any shows in the “psychic” space.

Now that I found Lisa, though, I knew I had to come up with a fresh format that wasn’t just a copy of what John does, sitting in an auditorium doing readings. I also wanted to make the format “critic-proof” so that no one could accuse Lisa of perpetrating a fraud. So, my idea was to take the show to the street. My producing partner, Andrew, and I got \$60k together and decided to shoot a full-blown pilot on the streets of Manhattan.

CHAPTER 3

A SCOOBY-DOO MOMENT

When I finally met Lisa face to face, she was everything I hoped she would be. Like Andrew and me, she was excited and raring to go! At our Midtown hotel, I gave her a very generic rundown of all the shoots we were planning for the week – withholding all the specific details so she couldn't be accused of secretly doing prep work. This was the plan and the details I shared with her: we would start with Lisa walking around Times Square, going up to strangers on the street and giving them off-the-cuff readings right there. We would then do a few private readings in my hotel room with several people I found who had unfinished business with someone “on the other side.” We would then visit a few of New York's landmarks to see what kind of spiritual activity Lisa finds there. And finally, we would visit a supposedly haunted mansion and see if Lisa could contact its famous but long-dead owner. That was the extent of what Lisa would be told about our week.

The events that followed would require an entire book in itself to do it justice. Since there's so much more to cover, I'm going to bullet point the key events that developed during the entire week in New York, starting with our “ambush readings” in Times Square:

- Lisa encountered an Australian man named Rodney who was vacationing in New York. As they began chatting, Lisa informed him that his grandparents were right here by his side. His grandfather's name was Christopher. Lisa figured that out because the spirit showed him a St. Christopher medal. His grandmother's name is Mary. His grandmother shared how Rodney used to play piano, and he sang, even though he was a bad singer. Rodney's reaction to Lisa's reading: *“That's incredible.”*
- Lisa encounters Kristin in Times Square. She tells Kristin that a friend of hers wants to tell her he's sorry. He had committed suicide. As Lisa described it, his death was very quick like “bang” – with Kristin nodding her head. He wants

Kristin to tell his mom that he's OK and to stop worrying about him. He also says he was like a big brother to Kristin and he treasured their time together. And then this: "He's giving me his name, John!" Kristin's jaw dropped. She was speechless.

We put Lisa into a van and began driving to Lower Manhattan for one of our "landmark" shoots.

- As the van splished and splashed in the pouring rain, Lisa discovers that a six-year-old girl (in spirit) has jumped into the van with us. She's here to guide Lisa on the journey she's about to take. Lisa soon begins to cry when she realizes where we are. The van pulls up to Ground Zero, the site of the 9/11 World Trade Center attacks from four years earlier. Lisa is unable to talk and wants the cameras turned off.
- A while later, Lisa gets out of the van. She says she is bombarded by spirits who want to speak with her. She says these spirits are saying they are not angry and don't want revenge on the 9/11 attackers. These spirits have moved on.
- Lisa then lets the little girl lead her to the place where a man named "Jeff" had died at Ground Zero. Lisa describes what he heard and saw before he was swallowed up in rubble.
- Lisa walks the perimeter of the ground zero memorial site, then stops unexpectedly. Lisa says the little girl is telling her that Jeff's name is right above her on the plaque. This plaque with all the names of those killed here stretched around the entire site. So, Lisa suddenly stopping to find Jeff's name on the plaque right there in the location the little girl said it was, was stunning.
- A week later, I did some research on Jeff. It turns out Jeff had a younger sister, Angela, who died in a car accident

when she was six-years-old. Angela was the little girl leading Lisa around the site of her brother's death.

We were permitted to tour Grand Central Station unescorted. This was our second "landmark" location.

- We took an elevator and some stairs and eventually found ourselves in areas of Grand Central Station that were not open to the public. Lisa immediately identifies the spirit of a former employee who jumped to his death from a balcony near the stairwell we were on. While Lisa was telling his story, we were suddenly surrounded by security guards and the building manager who let us roam freely. It seems this suicide was kept from the media and never reported, and they would prefer we keep it that way. Then they threw us out. Thank you for keeping our secrets. Now get out! (This scene was not used in the pilot).

The following day, we began shooting one-on-one readings in my hotel room. These are acquaintances of mine who had unfinished business with people in spirit. Lisa had never met them and knew nothing of whom they hoped to speak to in spirit or what they wanted to find out.

- First up was 70-year-old Rita. Unbeknownst to Lisa, Rita's now-deceased father had molested some of Rita's nieces (his granddaughters) when the kids were very young. Rita is desperate to know if her mother, Mary, who has also passed, knew what Rita's father was doing while this was happening. The reading started with Lisa and Rita sitting across from each other. First to come through was Mary, Rita's mother. Lisa said that Mary was preventing a figure who was behind her from coming through. Lisa then realized that the spirit behind Mary was Rita's father. Lisa said, "*She's not letting your father come through. It's like she's mad at him*". Rita replied, "*She should be.*" And then, Lisa started yelling very loudly, "*I didn't know, I didn't know, I didn't know.*" Even

though Lisa had no idea what Mary didn't know, Rita did. She broke down in tears.

- Janice sat down with Lisa. She told Lisa she wanted to make contact with Stephanie, Janice's daughter who died shortly after birth 30-some years ago. Lisa closed her eyes and tried to find Stephanie in spirit. But she was unable to make contact. "*I can't seem to find her in spirit,*" Lisa told Janice. Janice was saddened because she so wanted to talk to her daughter. Lisa then asked Janice if she had given birth to any other children after Stephanie. Yes, Janice gave birth to a healthy baby girl a year later. "*Oh,*" Lisa said, "*That's why I can't find her. The soul of Stephanie has been reincarnated into the body of your next daughter. So, you've still got your baby*", Lisa said almost matter-of-factly. Janice broke into tears of joy when Lisa explained she never actually lost her daughter.
- While Lisa was doing a reading with Barry in my hotel room, she suddenly became baffled. "*I have to stop. Someone is coming through with a motorcycle.*" Barry didn't know anyone with a motorcycle. And no one else in the room, the photographers, makeup, hair, lighting or audio people knew what Lisa was talking about. Then Lisa called over my producing partner, Andrew. "*No, Andrew, he seems to be talking to you. He says he's a friend of yours and he rides a motorcycle.*" Andrew said he had only one friend who rode a motorcycle and that he wasn't dead. So, we dismissed it and moved on with Barry's reading.
- An hour later, Andrew received a phone call from Los Angeles. He was told his friend, the guy who rides motorcycles, was just killed in a traffic accident.

The final shoot for the week was at an extraordinary marble mansion from the “Gilded Age” located on Long Island. It was still pouring down rain the night we arrived. And let me tell you, this ghost hunt we were on made me feel as though I were in a real-life episode of *Scooby Doo* – complete with unexpected scares, vortexes, creaking sounds and ghosts galore. I rented the house for the shoot. The owners were told we were doing an "architectural study" documentary, so while they hung out in the kitchen area, we were upstairs lighting candles, holding a séance and being threatened by ghosts.

- Our guide was Monica, a historian who had written extensively on the mansion and had lived there for a year. As soon as Lisa walked in, she heard a man shouting at her very clearly, “*You’re in my house! Get out!*” She determined this man was very influential in his day, he enjoyed being rich, and he enjoyed rubbing it in people’s faces.
- Lisa located a room where this man imprisoned his wife for many years, saying she was mentally ill. Lisa could see him laughing as he listened to his wife's screams down the long hallway. Monica verified that he had locked up his wife in the mansion.
- Lisa then determined a man secretly supplying alcohol to the mansion was murdered in the labyrinth of tunnels underneath the estate during Prohibition. Monica confirmed the man's body wasn't discovered until sometime in the 1970's.
- Lisa identified some bedroom furniture the man owned that once belonged to Napoléon.
- Lisa also received other information on this ghost – information that Monica was aware of but she knew had never been published and was unavailable to the public: In life, the man was deaf in his left ear. When Lisa said this, Monica nearly fainted and shouted: “*I need some Valium.*”

Lisa then told Monica the man had a limp and believed he was the reincarnation of Napoléon. Monica was beside herself now, amazed at how Lisa could know this correct information. Lisa was unable to get the name of the man who built the place – we eventually told her he was Frank Winfield Woolworth, founder of the dime store dynasty. The house is known as Winfield Hall.

- Lisa said she sees animal sacrifices being performed in Woolworth’s study as part of black magic rituals. Lisa explained that Woolworth was obsessed with Egyptian iconography, which Monica confirmed. Lisa even revealed subtle upside-down pyramid designs in the grand ballroom, which Monica had never noticed. Monica had to sit down after that one. While in the ballroom, the lights flickered continually, something Monica says has never happened before.
- Lisa was able to identify the bedroom of Woolworth’s middle daughter, (but not her name), Edna Woolworth Hutton (mother of Barbara Hutton, who would become known as America’s “Poor Little Rich Girl”). Edna committed suicide, though not in the house. But Lisa became very dizzy when she accidentally stepped into a vortex that was swirling in Edna’s bedroom.
- While walking down the main hall of the west wing, Lisa and my producing partner Andrew were both startled by a ghost. I was with them but unfortunately saw nothing. No ghost appears on the videotape either, but Andrew was freaked the rest of the evening. Lisa insisted Andrew had just “*popped his cherry*” by seeing his first ghost. My cherry, however, remains unpoped.

- Finally, though impossible to confirm without a bulldozer, Lisa said Mr. Woolworth was secretly buried in an Egyptian sarcophagus on the grounds of his estate – the sarcophagus rests inside an inverted pyramid.

The visit to the Woolworth Mansion was awesome. It was a freaky-fun finale to the most mystical week of my life. As I predicted, the pilot was equally astonishing. Honestly, it was the best one-hour of TV I have ever produced in my career. Unfortunately, it will never be seen on air because we didn't shoot it for broadcast clearance. But with the help of our agents at Williams Morris, Andrew and I sold ***Lisa Williams: Life Among the Dead*** to the first network we pitched it to. It aired for two seasons in the U.S. and around the world, making Lisa Williams a household name globally.

Shooting two seasons of ***Life Among the Dead*** with Lisa was very similar to shooting the pilot episode. She continued to dazzle me - and the cameras - with things she couldn't have possibly known. I know. I was the one in control of the information. I want to re-state that Lisa was never told anything that would give her any advantage or advanced knowledge of the people, places, and events she was going to encounter while shooting the series. I remember when editing the shows, I would often comment that viewers simply aren't going to believe Lisa is real because she's so good at communicating with Spirits. I mean, unlike others who talk to the dead, Lisa doesn't say things like, "*His name starts with a 'J', 'John?' 'Jeremy?' 'Jeff...'*", you know, fishing until she got the right response from the person she was reading. She's the real deal. I have absolutely no doubts about that. I am so blessed that she and I connected as we were meant to in this life.

CHAPTER 4

SWEET MOTHER OF LITTLE BABY JESUS

Those many months with Lisa were incredibly eye-opening for me spiritually. Lisa dealt with New Age concepts like reincarnation, karma, ghosts, spirit guides, angels, demons, soul ages and so many others as if they were completely natural. This is stuff I simply did not hear about when I was growing up. And now in the new millennium, this New Age stuff is around in the United States - but only if you look for it. Thanks to people like Lisa and John Edward, there is sort of a Reincarnation Revolution happening in the western world. Like most people, I always associated reincarnation with religion and Buddhism and Hinduism and with followers of the Kabbalah like Madonna. You know, far Eastern stuff with that chow ping music you never really took seriously. In films I'd seen, reincarnation was something dark and evil and usually just a plot device for gothic horror movies starring Barbara Steele. I'm a *huge* Barbara Steele fan.

Reincarnation is also the theme of my absolute favorite "B" thriller of all-time - *The Reincarnation of Peter Proud*. It's a very dated, 1975 film starring Michael Sarrazin, Margot Kidder, and the stunning Jennifer O'Neill. I have been obsessed with this film since I first saw it as a teenager on TV. Obsesssssssed! It's about Sarrazin's character, college professor Peter Proud, who's having wicked dreams about dying brutally. He soon realizes these events must have happened in a previous life. He ultimately recognizes the town in his dreams from a TV travel show and heads there where he meets his wife (Kidder) and daughter (O'Neill) from that past life. This reunion, shall we say, doesn't turn out so well. It's total '70's cheese and sleaze with nearly everyone getting naked now and again. Two of my favorite quotes from the film are uttered by actress Cornelia Sharpe who plays Nora, Pete's frustrated and often nude girlfriend:

NORA: "*Most people in this world don't even know who they are. And you want to know who you were!*"

and

NORA: "*I mean, reincarnation. You don't really die. Your soul just floats around until it finds a home in another body. Life is one big Karma trip. Take it from me. When you're dead, you're dead. Period!*"

Max Ehrlich, Bing Crosby Productions (1975)

The best scene, hands-down, is when Peter meets his past-life mother, brilliantly played by elderly actress Anne Ives, at the nursing home. OMG! That unexpected moment was electrifying and aptly sums up how natural and pure and uncomplicated reincarnation is.

When I lived in Manhattan, I drove all the way to Springfield, Massachusetts to see the shooting locations including the creepy bridge, the church, the Puritan statue (of Deacon Samuel Chapin), the bend in the river and the house in which a hysterically slutty Debralee Scott tries to seduce Sarrazin. I met Margot Kidder in Los Angeles maybe seven years ago and quizzed her about the movie. But she seemed a bit too medicated (allegedly) to give me any real answers, saying something like, "*Yeah, that was some film.*" The point is, I was aware of reincarnation since I was a kid, but I'd never seriously considered it as anything more than a far off, urban myth followed by stoners and flower children. By the way, fans of the film are always uploading *Peter Proud* on YouTube, so if it's there, it's certainly worth a watch!

Now, post-Lisa Williams, I began thinking of reincarnation as more than just a movie plot. Reincarnation is defined as the belief that the soul lives on forever. So, when we die, our soul leaves the physical body and returns to the spirit plane. There, as spirits, we reflect on the life we just led, we review lessons learned from that life, decide what we need to learn in our next life and then prepare to reincarnate into another body. The thinking with reincarnation is that each soul must be educated through cycle after cycle of returning to Earth. Our planet is the essential school for the soul. Only the toughest souls incarnate here because, as we are creatures of emotions, we tend to

make life exceedingly difficult for ourselves. The goal is for the soul to reach higher levels of consciousness with each Earthly existence. Once the soul has attained the highest level of spiritual insight, it is self-realized and "graduates" from incarnation. It eventually unites its consciousness with others in our soul group (those we tend to reincarnate with over and over) and continues its education on higher spiritual planes - thus, no longer incarnating. Life lessons we must learn and master while on Earth include the following: mortality, survival, issues involving the environment, crime and punishment, sharing and unselfishness, self-advancement, free will, relationships, compassion and empathy, transcending the senses, overcoming fear of form, independence, intimacy, self-awareness and spiritual awareness.

There is no "god" to speak of. At least not one sitting on a golden throne with a long white beard keeping track of every "sin" each of us commits - and demanding constant worship and praise to secure a place in his heaven. No. This "god" isn't keeping track of everything I happen to do with my dick - as my high school priests warned us their Catholic God did. Again, that is man's idea of a deity. Instead, we are all a piece of the whole. And the separate and unique experiences of each soul serve to strengthen the whole. The chic, New Age term for such a god is "All That Is."

Reincarnation itself is a lot to take in. But there is so much more to come. These ideas bounced back and forth inside my head for months, maybe even as long as a year. Finally, something clicked in my head - well, it wasn't just a click, it slammed into me like a wrecking ball - and left me with one hell of a headache.

"Sweet Mother of little baby Jesus!" I shouted inside my aching head.

This is the answer that has eluded me! Reincarnation is the one concept that solves the age-old riddle I've wrestled with about life and god. Why do I have this comfy life, when so many others are born into poverty, starvation, disease, warfare and utterly miserable conditions? How can that happen? Why is life so unfair?

The answer is so simple and was there all the time. Earth *is* fair. There *is* justice in the world. Through the process of reincarnation, we all experience everybody else's pleasure and pain. Like those kids in Africa, the 17,000 who die every day from hunger? We have or will live a life among them – or live a life very similar elsewhere in the world. Those 200,000 people in modern-day concentration camps in North Korea where they are tortured, starved and murdered in the name of the Dear Leader? We were one of them - or perhaps will be. Each of us will experience the very best of this world and the very worst; the joys and hardships of lives in a variety of cultures, ages in history, extreme and mild climates. We may be a prince in one life and a pauper in another. We will experience lives as women and as men; black and white; gay and straight; handicapped/diseased and healthy; old and young; alone and crowded; rich and poor; fat and slim; ugly and beautiful - and every variation in between. We will experience nearly every race, culture, and creed. We will die in wars and live in peace; we will be murdered and martyred; we will be beheaded for our beliefs and honored for our achievements; we will suffer many horrific tragedies that befall mankind, and as well, we will experience the highest levels of love and laughter and joy. That's a lot of experiences - a lot of learning - a lot of dying - and a lot of returning to Earth. And as I was to find out later, we specifically choose every good and bad event that happens in every one of our lives. We, the students, choose what we study.

CHAPTER 5

NINETY-THREE AND COUNTING...

And study I did. One of my first questions, when I began to confront the possibilities of reincarnation, was - is there any proof that reincarnation happens? As it turns out, there are several areas of study that have validated the reality of reincarnation. Let me say this - I'm not going to use this book to prove to you that reincarnation happens. Hundreds of books do just that. But I want to go through a few of the ways people discover past lives:

CHILDREN REMEMBERING A PAST LIFE

The first involves cases of young children who remember a past life. Reincarnation pioneers such as Dr. Ian Stevenson and psychiatry professor Jim Tucker from the University of Virginia have investigated and compiled thousands of cases of children whose memories of past lives can be proven. These include many cases when a young child, as young as two or three, remembers vivid details of a previous life. They remember people's names, the city and street names, and meticulous details of what caused their prior death. Stevenson and Tucker have each taken children with previous memories to the locations they remember so vividly. These kids meet the families they belonged to in their past life. A young child may meet his former wife or husband, his kids, even his parents from that previous life. He can call them by name, describe intimate details of his life with them - details that no one else could possibly know. Here's are several cases verified past-life remembrance:

- At the Syrian - Israeli border, a 3-year-old boy remembers being killed with an axe in his previous life. He took the village elders to the place where the murderer buried his body. The skeleton of a man was found in the very spot. He then took the elders to the nearby area where the axe was secretly buried. After some digging, there was the axe, just as the boy had told them.
- A girl has memories of being a teenager by the name of Sheila. She vividly recalls that Sheila was killed by a

speeding car while crossing the street. She can name the town, the names of her parents and even her brothers and sisters. Witnesses see the incredible reunion when the girl who used to be Sheila is brought together with her past-life family. She names each of her family members and their relationship to her without prompting.

- A Virginia boy named Joseph has been calling his mother by her first name since he learned to talk. He calls his *grandmother* "mom." It's only after he grows much older does he realize that *he* had been incarnated as his Uncle David in his most recent life, his current mother's brother, and his current grandmother's son. Uncle David died in a tragic accident more than 20 years before Joseph was born - and he was rarely mentioned because his current family was still mourning his loss.
- A young boy remembers a previous life when he was a mechanic at age 25. He remembers being thrown from a speeding car and dying on a beach road. He knows the name of the driver of the car, the precise location of the accident, the names of the parents, sister and cousins of the mechanic and even the people he would go hunting with together. Dr. Stevenson has verified all the details about the mechanic - details the young boy had no way of knowing.

PAST-LIFE REGRESSIONS

Using hypnosis, past-life regressions are the way many people go about connecting with their former selves. It's also used to help people break free of fears and phobias they have in their current life that are the result of trauma in a previous life. One of the lead researchers in this field is Dr. Brian Weiss who has written many books on his experiences and those of his patients. There is an entire industry built around regressing to the past with countless doctors, psychiatrists and therapists studying the patients they regress and the stories they tell while under hypnosis. Many patients have detailed previous lives under hypnosis, people and events they couldn't have

possibly known in this life, yet researchers find that the people they described once existed. Some patients have been known to speak fluently in foreign languages under hypnosis even though they've never learned or spoken that language in their current lives.

NEAR-DEATH EXPERIENCES

NDE's provide those who experience them with a glimpse into the afterlife. People who are injured, sick or in the process of dying often experience the feeling of leaving their body - before they are returned by doctors working to save them. Most people describe similar experiences such as the awareness of being dead, utter peace and well-being, seeing their body from an alternate viewpoint, a tunnel of light, beings of light, encountering dead loved ones, receiving knowledge of reincarnation and other laws of the universe, a reluctance to return to their bodies and then the sudden discovery that they are back in their bodies. 200,000 Americans report having NDE's every year - 774 a day. Many celebrities have shared near-death experiences including Elvis Presley, George Lucas, Tracy Morgan, Jane Seymour, Elizabeth Taylor, Sharon Stone and Burt Reynolds.

A friend of mine, Matt, shared his Near-Death Experience with me, and gave me permission to share it with you:

"During my NDE there was a presence that wrapped around me and comforted me like a big mommy and daddy. It was so tender and concerned about my welfare, and made me realize that I was loved far beyond my comprehension. It changed my world view completely. It was not just a big pushover, there was some guidance and a little sternness, like parents...but it was me, too. And it was caring for me. I was told I had to go back (to the earth) I didn't want to come back...and it said, 'Soon enough.' (meaning I'll be back in spirit form soon enough) So back into my body I went. Dammit. Pneumonia is the pits, especially when you've been dead for 40 seconds!"

For those who have been through it, the majority say they are no longer afraid of dying now that they've had a glimpse at what's next.

DEJA VU, NIGHTMARES & DREAMS

We've all had moments of Deja vu - the strange feeling that we've been to a place before or that we've lived through an event we couldn't possibly have experienced. Deja vu is very often our unconscious mind triggering past-life memories.

Vivid dreams and especially nightmares are clues to a past life. It's believed that past-life memories are stored permanently in our subconscious mind, which means we can't access them at will. But they come to us in dreams, nightmares, even daydreams. They are often traumas that we've experienced in a past life and remain unresolved - so they stick around, haunting us.

I have listed some of the books and authors who have done detailed studies on NDE's and past-life regressions at the end of this book in the "further reading" pages. As for myself, I have not had a past-life regression - though I'm super stoked about eventually experiencing one. I did once have an intuitive reveal details of my past lives to me. Among the things he uncovered was that I am currently living my ninety-third life. He said most of my lives had been evenly split as both men and women - 54% male, 46% female - which is a good thing. He said people who live 75% or more of their lives as one sex over the other tend to become abusers. I asked him to please tell me this is my last life - I so want to be done incarnating. Unfortunately, he said no, I have more lives to come. Shit!

CHAPTER 6

SAME TIME - SAME CHANNEL

One of my favorite discoveries on my walk to awakening was the existence of “channelers.” Channeling is a natural form of communication between humans and spirit entities. Someone who channels is essentially a human radio picking up transmissions from a spirit - sort of like what Lisa does when she talks to the dead. He or she relays what they are being told into human words. I was extremely skeptical of the entire process of channeling – *until I heard what was being said.*

My introduction to channeling was from reading *Messages from Michael*, a series of books from the 1970’s. “Michael” is an entity of 1050 souls, all of whom have finished incarnating to Earth and have since formed into a collective consciousness. A spiritual study group in the San Francisco Bay Area began having conversations with Michael – wait for it – via a Ouija board. Now let me explain something to you... My momma dint raise no fool. I’m capable of suspending belief long enough to enjoy a good sci-fi or horror film. But a Ouija board? C’mon.

So, let’s remember what I stated earlier - *the message is what's important* - not the messenger. And Michael's message was indeed profound. Michael describes the evolution of the soul through stages of reincarnation known as “soul ages.” Each soul chooses what it wants to experience in each lifetime. Michael’s main message is his statement:

“All is chosen, and all choices are equally valid.”

The talk of soul ages fascinated me. Michael revealed seven ages a soul experiences in its evolution. Each age determines how mature their perceptions are, what interests they will focus on, their ethics and capacity for common sense, and their understanding of the world and their relationships. Old souls should not be considered better than young ones. Older souls are just more mature - just like adults are no better than children - the adults are just more mature. Here are those seven ages:

- 1) **INFANT** – 10% of people currently on Earth are considered “infant” souls. Their focus is their immediate survival needs. They may come across as simpletons or yokels. They are naïve and impulsive. They see the world as “me” versus “not me.” They've been known to resort to violent acts for self-preservation. They find the modern world too complex and too threatening. Examples of Infant Souls would include Charles Manson, California Nightstalker Richard Ramirez, Oral Roberts, Willie Horton and many other criminals and people who often end up in psychiatric hospitals.
- 2) **CHILD** – “Child” or “Baby” souls make up about 23% of the world’s population. Their lives are about safety, structure, and order. When they break the rules, they torture themselves with shame and guilt. They prefer living in communities that are highly civilized – such as the Amish. They’re very into law and order. They are often devoutly religious, moralistic, and conformist. Modern spiritualists would point to the following as examples of Child Souls: Adolph Hitler, Richard Nixon, Pat Boone, Jerry Falwell, Jimmy Swaggart, Ayatollah Khomeini of Iran, and Sarah Palin.
- 3) **YOUNG** – These souls make up 32% of the world. They are ego-driven. They want to make their mark in the world. They pursue fortune, fame, power, and glory. They’re all about asserting themselves as individuals. They believe their opinion is always the right one. They are competitive and political. Modern spiritualists would point to the following as examples of Young Souls: Donald Trump, Richard Simmons, John Wayne, Joan Rivers, Whitney Houston, Bill Clinton, Elvis, John Travolta, Beyoncé, JFK, Saddam Hussein and 50 Cent.
- 4) **MATURE** – Mature souls make up 24% of the world’s population. They’re on the leading edge of culture. They are the leaders who make the discoveries in their respective fields. They’re concerned about the environment. They mostly lean left

politically. They are introspective and search for understanding. They have a library card. They value their relationships. Psychology is a key interest but they are very sensitive and often cause their own pain. Modern spiritualists would point to the following as examples of Mature Souls: William Shakespeare, Michelangelo, Marilyn Monroe, Bruce Springsteen, Jane Fonda, Michael Jackson, Meryl Streep and Barack Obama.

- 5) **OLD** – Making up 11% of the world’s population, Old souls are wise. They act as though they’ve “seen it all” and are causal and easygoing as well as world-weary and bored. They’re not interested in politics or religion and don’t have solid career ambitions. Everything’s about the big picture. They tend to be loners; they love knowledge and truth, they’re spiritually inclined, and were socially maladaptive as kids. Their joy is found in "being" rather than "doing." Modern spiritualists would point to the following as examples of Old Souls: Leonardo da Vinci, Abraham Lincoln, Carl Jung, Sting, Robert Redford, Judy Collins, John Lennon, Walt Whitman, the Dalai Lama, Clint Eastwood, Michael Dorn and Morgan Freeman.
- 6) **TRANSCENDENTAL** – These souls have finished their incarnations, and their soul's fragments have merged into full consciousness and into one. It’s been said that people such as Gandhi, St. Francis and Pope John XXIII were transcendental souls who returned to Earth to teach – although they didn't realize they were higher souls.
- 7) **INFINITE** – These souls are the ones all of us will eventually become. Infinite souls merge into "All That Is" (some call this the Tao). Essentially, we become a part of the entire universe and everything it encompasses. It is the ultimate state of bliss, the state of nirvana, and it’s such a higher state of being that it is beyond our current comprehension. Occasionally, an Infinite soul is sent back to Earth. The Infinite soul is self-aware and while taking human form, has superhuman abilities. These souls

always stand out from the rest of us and their message is about oneness and love. It's believed that Jesus, Buddha, Krishna and Lao Tsu were reincarnated Infinite souls. It's also believed that currently, there are four or five Infinite souls living among us on Earth.

I found these soul levels fascinating. They explain so much about human behavior. By understanding where people are in their spiritual journey, we can sometimes predict their behavior to observe if they're out for themselves or if they've embraced the whole.

Michael also describes the spiritual archetypes that make us who we are in each incarnation. These seven "roles" act as a blueprint for our identity, our purpose and the unique gifts we need to succeed. Determining the role you were born to play is especially relevant in each person's search for meaning:

1. **SERVER** (Seeks to serve the common good) These souls are naturally accommodating, caring and nurturing. They are home and family oriented. They want to solve the world's problems. They often become doctors, housewives, waitresses, social workers, and politicians. Some examples of Servers would include Mother Theresa, Susan Sarandon, and John Steinbeck.
2. **ARTISAN** (Seeks creativity) These are the creative thinkers. They crave artistic expression. The physical world is their playground to mold, craft, and fashion. They are naturally creative, inventive and imaginative. They seek careers as actors, engineers, artists, inventors, writers and mechanics. Some examples of Artisans would include Scarlett Johansson, Brad Pitt, Helena Bonham Carter and Tim Burton.
3. **WARRIOR** (Seeks a challenge) They are naturally forceful, loyal and protective. They understand reward and punishment. They're good at taking orders and carrying them

out. They love to explore. You'll find they tend to become soldiers, salesmen, businessmen, cops, truck drivers, and athletes. Some examples of Warriors would include Adolph Hitler, Theodore Roosevelt, Sigourney Weaver, Harrison Ford and Jamie Lee Curtis.

4. **SCHOLAR** (Seeks knowledge) They are naturally curious and analytical. They see life as an experiment. They love gathering and sifting through data. You'll find them as writers, researchers, professors, scientists, and mathematicians. Some examples of Scholars would include Ira Gershwin, Beethoven, Truman Capote, Michelle Obama, Emma Thompson and Mr. Rogers.
5. **SAGE** (Seeks communication) They are naturally engaging, articulate and expressive. They're excellent communicators. They love drama and are into art and music. They want an audience. You'll find them as performers, teachers, broadcasters, and entertainers. Some examples of Sages would include Oprah, Howard Stern, Jennifer Aniston, Stephen King, Jay Leno and Angelina Jolie.
6. **PRIEST** (Seeks to serve the higher good) They are naturally inspirational, uplifting and visionary. They lead mankind and inspire people to noble pursuits. They tend to become ministers, counselors, psychologists and pastors. Some examples of Priests would include Jack the Ripper, Leo Tolstoy, Barack Obama, Sarah Palin, Richard Gere and Julie Andrews.
7. **KING** (Seeks to lead and mandate) These souls are born leaders. They're powerful, authoritative and decisive. They see what needs to be done and accomplish it. They initiate governmental and political action. Naturally, they become politicians, mayors, statesmen, presidents and executives. Some examples of Kings would include Jesus Christ, JFK,

Alexander the Great, Sean Connery, Cate Blanchett, Howard Hughes and Patrick Stewart.

These roles can help us see why people and societies are the way they are. They also help us to realize the unique qualities each of us brings to the world. A soul in any "soul age" can choose any of the "roles" they prefer in any incarnation. Donald Trump, for example, is a "Young" soul and his role is the "King" archetype. You can pretty much determine this simply by observing his attitudes and his perceptions. Young Kings often make great leaders - something we've yet to see in Trump as far as his political leadership. But they also tend to become vicious bullies and egomaniacs - traits he seems to exhibit in spades.

My interest in the Michael teachings pretty much ends here. After soul ages and roles, his books lay out a highly complicated set of tools that enable us to chart our progress in soul development. There are "overleaves" - these are personality traits that we choose before birth that determine how we experience things on Earth. There are goals, modes, attitudes, centers, chief features and body types. Each of these are additional features we can throw into the mix that will alter our experiences and behavior. Perhaps I'm not evolved enough as a soul to appreciate these yet, but it's information overload for me - stuff only soul geeks would enjoy. Should you find them interesting, they are available in the book *Message from Michael* as well as many websites that spread his message.

CHAPTER 7

SWITCHING CHANNELS

My thirst for knowledge grew exponentially after reading Michael's material. My quest for the meaning of life was beginning to unravel - albeit slowly. But things switched into high gear when I came across "Seth." I am head-over-heels hooked on this dude. Seth's messages are the most profound, Earth-shattering concepts I had ever come across. In fact, they are considered to be the cornerstones of New Age philosophy. It was Seth who brought the idea of channeling to us regular Joe Schmoes.

In 1963, a woman named Jane Roberts and her husband Robert Butts were experimenting with - wait for it - yes, a Ouija board. She and her husband were doing research on a book about extra-sensory perception, so they were making use of this Ouija board. On December 2, 1963, they began receiving "coherent messages" from a male entity who identified himself as "Seth." Like Michael in the previous chapter, Seth too is a cluster of souls who have finished incarnating to Earth and have grouped together to form an entity. Seth told Jane he is from an alternate plane of existence. He's coming through to educate the current generation of human beings.

For 21 years, Jane and Robert held regular sessions with Seth. The Ouija board was soon discarded as Jane found she was able to channel Seth and speak on his behalf. So, while Jane channeled, Robert wrote everything down. On their 511th session in January of 1970, Seth began dictating the first of many books that Jane and Robert would publish. They don't claim to be the authors - they just published Seth word-for-word. These ten books are collectively known as *The Seth Material*. The channeling sessions were held twice a week for two decades with thousands of participants invited to Jane and Robert's house over the years to witness the events.

The Seth Material, which I'm going to detail for you, is the most enlightened work I have ever known. The Bible was clearly written by human beings. The Seth Material was clearly written by much higher souls. It has dramatically changed the way I view my life/lives and the way I live day to day. So, let me say this... There are several videos on YouTube and elsewhere of Jane and her

husband Robert being interviewed and discussing their encounters with Seth. They come across as a very typical suburban New York couple of the '70's. They're smart, well-spoken and seem very nice. But frankly, they don't come across to me as mental giants. They're not stupid by any means, but like me, they are not the kind of people who seem capable of coming up with the philosophical concepts expressed in *The Seth Material*. In short, there's no way they wrote this stuff. So, I have to take it on faith that this entity from an alternate plane of existence really was communicating with Jane and Robert. After what I witnessed with Lisa Williams, I have no doubt that a spirit or an entity of spirits is capable of communicating with us.

In his talks with Jane, Seth totally spills the beans. He discusses our physical reality and how we create it ourselves, how the universe came to be, evolution, the story of Jesus Christ, how our minds are completely capable of healing our bodies, what happens between physical lives, and yes, the purpose of life. I've picked and chosen the concepts I found most fascinating, and I'm going to briefly detail each one:

SETH'S THREE CORE BELIEFS

1. You create your own reality according to the nature of your beliefs
2. All existence is blessed
3. Evil does not exist in reality

REINCARNATION

Reincarnation is a universal law. Every soul must experience human life in a variety of incarnations to experience joy and suffering. The maximum number of incarnations varies for each soul. There is no hell and no heaven, only continued existence. The majority of souls who are returning to Earth enter the fetus shortly before, during or just after birth. Some souls want the experience of being "in utero" but they don't want to be born.

I find it interesting that souls enter the fetus around the time of birth. This fact creates a lot of questions about abortions. If a fetus is

aborted in the first trimester, long before the soul joins with the fetus, is the abortion still seen as "killing" a person? Is a person a person if no soul has yet entered its body? The fetus would technically be "alive" as it grows in the womb, but without a soul, is it "a life?" I can't answer these questions, but the moral implications are provocative.

ILLNESS & SUFFERING

Our sicknesses and diseases are the results of us misdirecting our creative energies. We are not put here to suffer. Suffering is simply not good for the soul. But suffering does do one thing - it teaches us how NOT to suffer. That's its purpose. Our body does exactly what our mind tells it to do. If we believe we're going to get cancer because it's "in our genes," our mind has programmed our body to develop cancer. If we believe we will remain cancer-free our entire life, we will.

Seth pointed out something utterly fascinating in one of the books that I want to emphasize. He talked about the 1964 Surgeon General warning announcing that smoking causes cancer. Seth said *that announcement* was the absolute worst thing a health care professional could ever tell people. Because as a result, millions of smokers came to *believe* they *will* get cancer because it's now proven that smoking causes cancer. When our mind *believes* we will get cancer, we will get cancer. Period. End of discussion.

Our body knows how to heal itself; I have no doubt. Our mind must direct our body to heal itself.

EXISTENCE

Each of our selves exists in four universes at the same time.

1. The **Physical**: this universe is a mass mental projection of all of us who live on Earth
2. The **Dream Universe**: also a mass project but it has much less rigid natural laws
3. The **Electrical Universe**: This is where all our mental activities occur and is home to the inner self.

4. The **Anti-Matter Universe**: Seth did not give details on this one.

TIME

Seth says time and space are illusions. The past and the future exist concurrently with the present. You are not reincarnated consecutively. You live each of your lives *simultaneously*. Communication between each of your selves occurs during the dream state. Time appears to us as linear because human brains cannot conceive of a space with no time.

We are living every one of our lives at the same time in parallel realities. The past, present, and future are all happening now. So, our soul divides its essence among each of the bodies we are living in at the same time. I may not ever be able to wrap my head around this one as it is so complex, but hey, I'm only human - NOT! I am "all that is."

EARTH EXPERIENCES

Each of us creates our own unique experience within this shared environment. Seth has frequently stated that "*You create your own reality.*" Our productive, as well as non-productive attitudes, will be turned into reality. It is up to us to learn how to direct our thoughts in positive directions to experience positive outcomes. Things don't just happen to us in life. Let me say that again. Things don't just "happen" to us - we create them. We cause these experiences to materialize because of our beliefs and expectations. We have the power to change our experiences. Once we realize that our thoughts are what form our reality, we are no longer slaves to events that we believe are "out of our control."

I'm still a slave. But I am sooooo working on this one!

GOD

Seth says yes, there is a God. He refers to God as "All That Is." God is composed of inexhaustible and self-replicating mental energy, and all of creation is contained within. This mental energy is the substance of all things including all beings, every universe, and all phenomena and events. Physical matter and everything else in existence has a consciousness and a life. God shares in each triumph and failure, and any perfection and imperfection of its creations. We, as individuals existing within God, have free will and total self-determination.

I can live with that. Although I can't figure out when it's appropriate and when it's not to capitalize the "g" in God.

JESUS CHRIST

Christ still exists as a highly-evolved entity. He has the same relationship to God aka "All That Is" that we all do. Seth says Christ was incarnated as three separate individuals - John the Baptist, Jesus and Paul/Saul. Jesus was not crucified. For enlightened individuals, it's not in their nature to sacrifice themselves. Seth says a delusional follower of Jesus, who thought he was the Messiah, was substituted for Jesus, and it was he who was betrayed by Judas and it was he who was crucified. Jesus then appeared to be resurrected because he never actually died.

If I may be irreverent for a moment, I often wondered, if Jesus lived in medieval times and was killed by a guillotine instead of crucifixion, would followers all be wearing guillotines around their necks on chains? Would guillotines be hung up on walls and in churches instead of a cross? Would cemeteries be littered with guillotines marking graves instead of crosses? And if Jesus's body were depicted as in a crucifix, would he be with or without his head? I know. Heresy. But I can't help it. Forgive me. Moving on.

CHRISTIANITY

Paul/Saul was sent at the time of Christ to create Christianity but, alas, he screwed it up. He was supposed to organize a religion that focused on the relationship with the

Father/Mother of us all. Instead, he turned it into a religion ABOUT Jesus. He will reincarnate in the 21st century to correct his mistakes that set Christianity on the wrong course. Paul will become known as a psychic in this lifetime and will hasten the decline of Christianity as we now know it. Paul's mission will be completed by 2075, but it will take another century for society to realize and embrace his changes.

OUR PURPOSE

Being in human form is a stage in our development. Before we can advance to living only as soul entities, we must learn how to handle energy. We must see, through physical materialization, the actual results of our thoughts and our emotions. We must take responsibility for our own existence and clearly understand all of creation.

DEATH

Death will not bring us to an eternal resting place. After our body dies on Earth, our soul returns to an alternate plane where we can rest if we want to, but we must eventually review the life we just led, determine which lessons were learned and which were not, and plan to reincarnate again for our next life lesson. The reason we die is that we simply outgrow our flesh.

OUR ETERNAL SOUL

We tend to think of ourselves as the person we are in human form. We must understand that each of us is an entity first - a soul. Each experience and life we lead enriches that entity. We will temporarily live in dozens and possibly hundreds of bodies - but we throw them away when we're done with them. Our entity remains. Our entity is eternal.

These concepts are just the tip of the iceberg. Seth's thoughts took ten books to contain them all. I highly recommend you check out the first one, *Seth Speaks*. I guarantee you that you'll continue to each one that follows.

CHAPTER 8

DRAWING FIRST BLOOD

Following my experiences with Seth, I became frustrated. I was excited about all I was discovering, yet I was desperate for someone to talk with about these concepts. I simply didn't have anyone else around me who was into this stuff. Most of my friends aren't Spiritual and/or "enlightened." Many of them are all tied up in some religious dogma (I'm sorry, but you know who you are). Others are in that "when you're dead, you're dead, Period!" stage I was trapped in for so long. So, discussing concepts like reincarnation and the evolution of the soul were not topics that had us on the same vibrational levels. That is until I began shooting another TV pilot and had a chance encounter with a kindred spirit.

In the mid-2000's, Mixed Martial Arts was taking off as a sport. It's a full-contact, one-on-one blood battle between two fighters in a ring or a cage. It was primarily a male-dominated sport, but women were beginning to make inroads. One of them was Debi Purcell, affectionately known in the industry as the "Mother of Female Mixed Martial Arts." Debi is a sweetheart. She's very attractive, in great shape, and she could kick my ass without even breaking a sweat. She's an aggressive she-beast in the ring and always out for blood. Her success is unrivaled among female MMA fighters. And does she draw blood! Off the mat, you'd never know she was a pit bull who could take you down in a heartbeat. I was introduced to her at a pilot shoot I had set up at a roof-top convention room at the LAX Radisson. My business partner Andrew and I were flying in the top amateur female fighters from around the country to audition for roles on the pilot. Debi was a pro but came anyway to see what all the fuss was about. After meeting with her and talking with her off-camera for maybe a half-hour, I knew Debi was a star! And I knew she should be the face of this pilot!

But I had a problem. I already had a lead for the show. The woman I brought in, let's call her Jenny, was a successful manager and promoter - not a fighter. She was also, in fact, a complete and total pain in the ass. Jenny had an overinflated opinion of herself because, apparently, she appeared in a movie once. Even while we began shooting, she obstinately refused to sign a contract locking her into a

series if we sold the show. I spent the first hour of that shoot on the roof of the hotel. Jumbo jets were flying just feet over my head as they were on final approach for landing at LAX. And there I was, on the phone trying to finalize the deal with Jenny's agent. For the last several days, Jenny thought she was holding all the cards, so she was asking for the moon - and thinking she had us up against the wall. And she did - until the universe gave me an ace to play. What I didn't realize then was that Debi was supposed to come into my life at that moment. This show was always meant to be hers. She was a perfect reality show "character" - with a sparkling personality that the camera ate up. But geez, did she have to arrive in my life at the last freaking minute?

I made a deal with Debi right there on the spot. I was ecstatic because I knew Debi was the right choice and I also knew she had just saved me from making a bad casting choice. With the Debi deal done, I zestfully approached Jenny, who was surrounded by her posse in a corner getting her makeup done, to tell her we were withdrawing all offers. She was free to go. I understood then the feeling of drawing "first blood!"

Knockouts, starring Debi Purcell was ultimately sold to VH1 because of Debi's outstanding performance in the pilot. But alas, ***Knockouts*** was not meant to be. No episodes were ever shot. Around this time, VH1 was airing a show called ***Megan Wants a Millionaire***, a dating show featuring up and coming reality stars Ryan Alexander Jenkins and his ex-wife Jasmine Fiore. In addition to ***Megan***, Ryan was simultaneously appearing on another VH1 show called ***I Love Money 3***. Two days after Ryan made his first appearance on ***Money***, the mutilated body of Jasmine was found by Orange County, California police. Ryan was the prime suspect in the murder. This incident threw VH1 into the center of a media firestorm about the casting practices of its sometimes-tawdry shows. Ryan had a criminal history of assaults against women - but it's not clear if a background check had been run on him and the other cast members. Production on both ***Megan Wants a Millionaire***, and ***I Love Money 3*** was immediately halted. My agent at CAA called to tell me that VH1 was not going forward with ***Knockouts***. Because of the murder and the voracious press coverage, VH1 no longer wanted any new shows on its roster that promoted or glamourized violence in any

way - especially a show about women out for blood in the cage of rage.

While the *Knockouts* pilot had its bloody moments, it was not designed to be a show about violence and rage coming to life in the ring. It was a show about Debi and a group of young amateur fighters she was going to mentor and help get sponsorships so they can work with top trainers who will turn them into pro fighters. As we spent time with the girls on the show, we would hear their stories and what led them to become fighters. As examples, one of the girls missed her high school prom because she had a match that night. Another worked in the corporate world and loved showing up at C-suite meetings with a split lip and bruises on her face from a fight the night before. A third was the sweetest girl you'd ever want to meet. But when she stepped in the ring, she says something would overtake her, and she was compelled to kick the ass of any opponent she encountered there. And she always did. What motivated these girls? That was the idea behind *Knockouts*.

I edited the pilot myself. It required several "testimonial" reshoots involving Debi. Testimonials are the scenes in a reality show where we cut away from the action to see the person talking to the camera about what they were experiencing in that moment. So, I drove down to Debi's home in Orange County, California on several occasions to shoot alternate versions. After the tapings, we would always go to lunch and shoot the breeze. All it took was one of us to mention "reincarnation," and we realized we were kindred spirits. And what's more, Debi was experiencing the same problem I was - having no one to talk to about all this soul-searching stuff! So, we talked. And talked. And talked.

Debi was much farther along in her so-called "enlightenment" than I was. She had mastered meditation. She'd fly off to remote locations around the world to meet the top Spiritual leaders in the field. In fact, she had just returned from some spiritual workshop in Ecuador and was sharing all her amazing experiences while there.

During one of our countless discussions, Debi mentioned a dude named Darryl Anka, a friend of hers who also happened to be a well-known channeler. He connects with a non-physical being known as "Bashar." Like Michael and Seth, Bashar (meaning "messenger") is an entity. More specifically, he's an *extraterrestrial* entity. Who knew there was such a thing? Back in 1973, Darryl and several friends happened to experience a sighting of two UFO's in Los Angeles in broad daylight about 70 feet away from their car. That was Bashar's first contact with Darryl. Bashar was the pilot of one of those spacecrafts. Darryl then started doing research and stumbled across *The Seth Material*, which introduced him to the concept of channeling. Eventually, he received a telepathic memory of having made a pre-birth agreement to do channeling with Bashar. (A pre-birth agreement is a contract our souls enter into, and agree to, before we incarnate into each life. We don't remember those agreements when we return in human form, but the contract is fulfilled anyway). That is how it all started for Darryl.

Now let me take a time-out here for a second. I've always believed that we are not alone in the universe. It's so typical of man's ego to think we're the only intelligent creatures in the cosmos. I believe there are many worlds inhabited by beings - not the facehugger creatures that chase Sigourney Weaver around on barren planets trying to impregnate us with *Alien* ovum-slopping eggs. I'm talking about intelligent, life-affirming extraterrestrials who are, like us, on a journey to a higher calling. I certainly believe some of these so-called "little green men" are far more advanced than us humans - green or not. To be frank, I've even accepted the premise that an alien species moved our moon into the precise Earth orbit that allows for a perfect and total solar eclipse. I mean, it's not a fluke of celestial mechanics that the moon just happens to align so perfectly to completely blot out the sun every 18 months. But even accepting all of that, hearing Bashar's story is a shock to my measly man-brain. We're getting into some way out, bizarre *Mystery Science 3000*-type stuff that challenges my belief systems far more than any old Ouija board! But as I share the story he tells, remember to focus on

Bashar's *message* - if you are unable to connect with the *messenger* himself.

Bashar tells us he is a genetically altered human hybrid from a planet called Essassani, which means "place of living light." Essassani is in the star system "Sha," which is not in the same physical reality as Earth, so Bashar says we could never find it unless we made a vibratory adjustment. Conversely, he and his kind must change their vibrational frequency to experience Earth. If you were to overlap our reality with theirs, Sha would be about 500 light-years in the direction of the Orion Constellation. He and approximately 250-million others presently live 300 years in Earth's future on Essassani. He is the pilot of a spacecraft that, like the crew of the Enterprise in *Star Trek*, searches for new life and new civilizations. Bashar is sort of a "spokesalien" and publicist for his race, the Sassanis, which is why he is easily channeled through Darryl. He says he is a future incarnation of Darryl as they are the same soul.

According to Bashar, humans are the "parents" of five races of aliens via a hybridization program. You may know this program by what it's called here on Earth, "alien abductions." As Bashar explains, an alien race known as "The Greys" existed on a parallel Earth. But the Greys became so technically advanced so fast, that they ended up destroying the habitat on their planet. They had also lost their ability to reproduce. So, they tunneled their way into our reality, extracted DNA from humans (through those notorious human/alien abduction cases you've heard so much about) and created five hybrid civilizations - including the Sassanis - by mixing our DNA with theirs. Two more hybrid civilizations are currently in the works. Every human who was temporarily "abducted" had agreed in a pre-birth contract to allow the Greys to extract their DNA in this life. So, you could say those abducted are the fathers and mothers of a new race of beings! In return for the gift of our DNA, the Greys are watching over Earth to ensure our technological advances do not lead us down the same path of habitat destruction as it led them.

That's Bashar's story in a nutshell. He agrees to be channeled because he wants us to understand that we can change our individual destinies. It's not predestined. He hopes to show us how we can awaken our consciousness to create a reality that is our very own,

different from the reality path his people chose. You can view dozens of videos of Darryl discussing Bashar and of Darryl channeling Bashar on YouTube. Below is a quick synopsis of messages Bashar has left us that I think are most relevant:

EARTH IN 2317

As stated, Bashar exists 300 years in Earth's future. And he has talked about how drastic our planet has changed from where we are today in our present. We have made many sociological, economic and political changes. We have created unlimited energy sources by tapping into Earth's *electromaniferic* field directly. We have reversed many effects of global warming and pollution. We've begun to grow crops in new ways that feed more people. We have gotten rid of many national borders that separate us - though not all of them. Our economic system is more stabilized and based on the skill sets of our population. We have reached many planets and have created spacecraft that operate on light energy.

OUR STATE OF BEING

Bashar: *“The most important thing for most of you to remember is that circumstances don’t matter. Only your state of being matters. How you respond to circumstances is what determines your state of being... not what the circumstances are.”*

(From Alan Steinfeld’s Interview with Bashar, www.newrealities.com)

FOLLOWING OUR PATH

Bashar insists that at all times, we must follow our highest joy. If we do that, we will automatically connect with our true, natural path. By following that path, we will meet every single individual we are fated to meet on our journey through this life. He says if you worry that you won't meet the people you're supposed to, you surely won't, so cease any worrying. By following your highest excitement, you will fulfill the theme that you chose for this life. You must follow your passions and get in touch with your beliefs. Through that passion, the vibratory state of being is your natural, core

state. Who you are is "All That Is." You are fundamentally unconditional love.

OUR EARTHLY EXPERIENCE

Bashar: *"Earth is the experience of God touching his own forehead (third eye) and asking, 'Who is touching me?' That sums up the Earth experience."*

(From Alan Steinfeld's Interview with Bashar, www.newrealities.com)

I'm still trying to grasp that one.

OUR IMPACT ON OTHERS

Bashar: *"Just by your existence, you already had all the impact you will ever have. Nothing you do in life will ever create or generate more impact than you already have just by your presence. The things that you do in life, the expressions of your creativity, do not create more impact. They reveal the impact you're already having."*

(From Alan Steinfeld's Interview with Bashar, www.newrealities.com)

MIRACLES

Bashar: *"Miracles are not the exception to the rule - they are the natural, true order of things."*

I've compiled the top 14 principles that are at the core of Bashar's message:

BASHAR'S BASIC PRINCIPLES

1. You are a non-physical consciousness that is experiencing reality.
2. You were created in the image of the Creator, your essential essence is unconditional love, and the experience of ecstasy is your birthright.
3. You are here on Earth at this time because you choose to be.

4. The highest purpose of your life is to be yourself to the best of your ability and live each moment as fully as possible.
5. You always have free will and the freedom to choose.
6. Anything you can imagine that is relevant for your life is possible for you to experience.
7. You attract your life experiences through the interaction of your strongest beliefs, emotions, and actions.
8. Excitement is the physical translation of the vibrational resonance that is your true, core, natural being. Follow your excitement!
9. You are naturally abundant, and your choices are always supported by Creation.
10. There is actually only one moment in Creation. Everything you experience is the same moment from a different point of view.
11. You create the past and the future from the here and now.
12. You are an eternal being, and while you may change your form, you cannot cease to exist.
13. Everything you experience is another aspect of yourself.

14. You are loved so unconditionally by Creation that you can even choose to believe that you are not loved.

<http://basharchanneledbydarrylanka.org/principles/>

Notice how Bashar's teachings are "freeing". You have the ultimate freedom to choose your reality. You are loved and supported in everything you do. There is reassurance that you can't screw it up - that the universe has your back. This freeing is what's missing from Religion. As a Catholic, for example, we are descendants of Adam and Eve, and because that pair transgressed by eating the fruit from "the tree of the knowledge of good and evil", we fell from a state of innocent obedience to God to a sinful state of guilty disobedience. In other words, we're born in a state of original sin. And we must spend the rest of our lives repenting for the sin of Adam and Eve. Yeah, I think I'll pass.

This freeing is the essence of Bashar. It's obvious, though, that much of what he says simply can't be proven - yet. Until E.T.'s land on the White House lawn and announce their intentions, we'll never know for sure, will we? So, we either have to take Bashar's word "on faith" - or refuse to believe it. Personally, I *want* to believe him. I *want* to believe in alien lifeforms and I *want* to believe we, the human race, get our act together in the next 300 years. There's no harm in his message. It's all positive and uplifting and spiritual and freeing. And I certainly believe "*there are more things in heaven and earth...than are dreamt of in [my] philosophy*" - as Shakespeare's ***Hamlet*** so eloquently stated. So yeah, I believe.

CHAPTER 9

GODSMACKED

That bald, paunchy doughboy we've come to know as Buddha has been quoted as saying:

"You harm yourself, as dust thrown against the wind comes back to the thrower."

That pretty much sums up the law of Karma - a concept that is popular in Buddhism and the Indian Vedic Philosophy dating back to the dawn of civilization. It comes from the Sanskrit word "kri" meaning "action." In effect, karma equals action. "Godsmacked" is a slang term meaning the universe's way of keeping perfect balance. Most people are mistaken when they see karma as this: a man murders his wife; He is caught and spends the rest of his life in prison; Karma came back to bite him in the ass by getting caught; He got what he deserved. Sorry, but that's not karma. Karma is not some universal means of justice for people who do bad things.

Here's how Karma decisively works. Imagine your life from birth to death. Throughout your life, you take certain actions - ones which naturally lead to others. So, actions you took a year ago have led to consequences you are experiencing now. It's a natural progression of the way life works. Further, if these actions were "good" actions, you will receive "good" consequences. If you took "bad" actions, you receive "bad" consequences. But the key to understanding karma is defining the words "good" and "bad."

The concept of karma defines "good" as being "selfless." Selfless actions are those you take from a spiritual viewpoint, not from the conscious mind. "Bad" actions refer to "selfish" acts. Bad actions can also be referred to as "evil" actions. And these are actions you take based on your sense of self-esteem or self-importance. A selfish act is something as simple as taking candy from a baby or as grave as murdering someone. When we commit a selfish act, we always seem to focus on the external consequences. Maybe the baby starts crying, or maybe someone caught us in the act and is shocked and appalled at what we did, or in the case of murder, maybe we are sent to prison for life. These, again, are *external* consequences. Going to

prison for a murder is NOT karma. Karma refers to *internal* consequences. When an act originates from selfishness, it's an evil act that is promoting and defending yourself at the cost of others. If you are in the habit of doing selfish acts every day, you create a cycle of selfishness. And the punishment that results, the "karma," is suffering - the emotional distress you experience throughout your life. If our murderer gets away with killing his wife, he will suffer the rest of his life - worrying if police will catch up with him or fearing he will someday be exposed as a killer. That's in addition to the guilt he is dealing with for committing the murder. The only way out, the only way to escape this internal cycle of selfishness he created for himself is to become consciously aware that what he is doing is selfish.

Thoughts can be evil actions. Your boyfriend has a habit of checking out bigger-breasted women when the two of you are together. The jealousy and anger you feel toward your boyfriend - or the envy you feel for those larger-breasted women are examples of selfish acts. Someone cuts you off on the freeway, and your immediate thought is, "you motherfucker!" Selfish act. When you live your life by protecting yourself or constantly in a mindset of survival, you end up suffering psychologically for that. And that's karma - that internal punishment and suffering we create on our own because we're completely focused on ourselves.

Keep in mind that karma is a lifestyle - it's not a system of justice. Our goal should be to use Karma to promote positive thinking and actions. This also requires quite a bit of self-reflection to fix whatever's wrong in our lives. There are 12 "Laws" of Karma created by the Hindus and Buddhists. These will give you a crystal-clear perspective of how applying karma will alter your life:

1. The Great Law of Karma

"As you sow, so shall you reap."

Our thoughts and our actions result in consequences. To receive peace, love, and happiness, we must BE peaceful, loving and happy.

2. The Law of Creation

“Life doesn’t just happen. It requires our participation.”

We create the life we see around us. Essentially, what we want is what we create. And what we create becomes a part of us. So, it's up to us to take responsibility to ensure that what we create is aligned with our desires.

3. The Law of Humility

“What you refuse to accept, will continue for you.”

We must accept our life as it currently is before we can alter it. We won't see any results if we focus on the negative rather than changing the negative.

4. The Law of Growth

“For us to grow in spirit, it is we who must change – and not the people, places or things around us.”

(or)

“Wherever you go, there you are.”

We only have control over ourselves. What we do or don't do will result in positive or negative life circumstances. Change only occurs when we change what is in our heart.

5. The Law of Responsibility

“We must take responsibility for what is in our life.”

If we want to change our life, we have to change our frame of mind. Turbulence in our life means there is turbulence internally. We mirror what surrounds us. What surrounds us mirrors us. It's a universal truth.

6. The Law of Connection

“Even if something we do seems inconsequential, it is very important that it gets done as everything in the universe is connected.”

Everything in our past, our present, and our future is connected. Each step leads to the next step.

7. The Law of Focus

“You cannot think of two things at the same time.”

If we keep our thoughts on spiritual values, it's impossible to create lower thoughts like jealousy and anger.

8. The Law of Giving and Hospitality

“If you believe something to be true, then sometime in your life you will be called upon to demonstrate that particular truth.”

There will come a time in life when we must demonstrate what we believe is true. You must put what you claim to have learned into practice.

9. The Law of Here and Now

“Old thoughts, old patterns of behavior, old dreams prevent us from having new ones.”

You can't be in the here and now if you're constantly looking back at what was, or looking forward to worry about what's to come.

10. The Law of Change

“History repeats itself until we learn the lessons that we need to change our path.”

'Nuff said.

11. The Law of Patience and Reward

“Rewards of lasting value require patient and persistent toil.”

True joy comes from knowing what we're supposed to be doing and realizing that the reward will come in time. You've got to work your ass off to realize the reward.

12. The Law of Significance and Inspiration

“You get back from something whatever you have put into it.”

The true value of anything is the result of the sweat equity you put into it. Every contribution you make is a contribution to the whole.

Many religions and cultures believe that Karma is the baggage your soul has to carry from one life to the next. But the good news is this kind of baggage never gets lost at the airport! The thinking is that if you murdered your wife in a previous life and got away with it, you will have to pay the price in a future life by experiencing being murdered yourself or suffering some other horrible event. I don't buy that. I believe your internal suffering and angst may carry over to another life if your actions have not been resolved in a prior life, but I don't believe that karma's gonna git 'ya! You choose nearly everything that happens to you in each life before you are incarnated. Before birth, you may decide that you must be murdered in this next life to learn a lesson about trust. Or you may choose to be murdered to help a soul mate learn a lesson - perhaps you choose to be killed in this next life because your wife in this next life needs to learn

forgiveness or must experience a fit of jealousy that goes too far firsthand. When bad things happen to bad or good people, I don't chalk it up to karma. I chalk that up to lessons you asked to learn.

In his book, *Saved by The Light: The True Story of a Man Who Died Twice and the Profound Revelations He Received*, Dannon Brinkley discusses how he was forced to experience karma first hand - from the viewpoint of another. Dannon was a Vietnam operative. Hiding in a tree, he shot a Viet Cong General through the head with a high-powered rifle. Years later, he was literally struck by lightning and died. He awoke twenty-eight minutes later in the morgue. During the time he was dead, he reveals how he had to relive the shooting of that general during his Vietnam War years. But this time, he experienced it from the General's point of view. He witnessed the moment his head was blown off, he saw the horror in the eyes of his soldiers nearby, he felt the grief of the General's wife and children and his friends. That's when he learned the ripple effect every action creates. At the time of the shooting, he thought he was a true patriot. After reliving the experience from the General's point of view, he realized the magnitude of the consequences of his action.

We will often share karma with others in our life. Everyone in our life, from our husbands and kids to our dog walker (I don't have a dog walker) and the bus driver have been strategically placed in our life - mostly by us. Karmic relationships must be played out whether you like it or not. Along with that, souls often reverse roles from one life to another. Your mother in your past life will be your son in the next. Souls constantly switch genders. The people in our life are there to allow us to repair or heal internal karma that was created in past lives.

Karma will repeat itself to force us to produce new results. If you have a habit of dating the "bad boys" and you frequently get burned, karma kicks in to teach you to take different actions and therefore experience different results. We've got to be introspective to end karmic patterns and modify our behavior.

CHAPTER 10

ALL THE WORLD'S A STAGE

All the world's a stage, And all the men and women merely players. They have their exits and their entrances, and one man in his time plays many parts.

From Shakespeare's "*As You Like It*."

Shakespeare nailed it. We're all playing roles in each of our lives. When we exit one life, we soon enter the next. And we have so many roles to play in each of our lives - to learn our lessons and to help others learn theirs. I believe that everything that happens in our life and everyone else's lives are supposed to happen. It's all preplanned by each of us. And it happens in a place I call Soul Central.

There's this alternate plane of existence where our souls go between lives. I've never come across an actual name for this place, so I've given it my own. Soul Central. Soul Central is where we report to each time one of our lives ends. It's a massive virtual transportation, office and housing complex filled with souls coming and going. When we first arrive, we are reunited with family and friends from this most recent life who returned to Soul Central before us. Reunions and parties and reminiscing. Later, we are taken into a conference room where we are joined by three or four higher spirit elders who have completed their incarnations. There are massive video screens surrounding this conference room. On those screens, our previous life is replayed in front of our eyes (I don't know for sure if spirits have actual eyes, but you know what I mean). Our decisions, our thoughts, and our actions are all right there, naked for all to see. This "life" review allows us to see how far we have progressed from our previous life. We go over what we have learned, what we have failed to learn, and what we need to do going forward to further our education. Not only do you see the results of every action from your point of view, but you see it from the standpoint of the others who were affected. This promotes empathy and compassion because we can feel how our actions made others feel.

During this conference, it's possible to "relive" experiences from that past life. You can virtually return to your home on Vine Street on

that particular Sunday in June of 1977 and replay how you handled the news that your unmarried daughter was pregnant. You threw her out of the house. And that action led to a lifetime cycle of bad actions for you. Now you can replay the scene - and see what would have happened if, say, you put your arm around her, told her you loved her completely and promised to help her through every step of this pregnancy. You'll see how that action changed every action in your life that followed - as well as how your actions altered your daughter's actions and affected the rest of her life. You can't change what you actually did. Your actions are permanently written on the Ashakic Records - a virtual "book" that is a record of every human event, thought, word, emotion, and intent. (Souls use the Ashakic Records to research the actions of others from the beginning of time and incorporate those learned lessons into their future lives). This ability to relive key moments in our life and temporarily alter their outcomes is an invaluable learning tool.

The higher spirit elders who join us in the room are not judges. They are not there to find or place blame. They are there to help us understand why we took the actions we did in this life and what the results of these actions were. We are the ones who judge ourselves. And we are the ones who make all decisions about how we move forward. There is no punishment.

When the life review is completed, we have an idea of what type of life we will incarnate into next to continue our schooling on Earth. Some meetings are scheduled to plan the next life, but for now, it's time to rest and relax. We each have our own private luxury suite in Soul Central. Mine's on the 877th floor. We can choose to go there for some solitude and reflection. Or we can choose to mingle with our soul buddies (actually, all souls are unisex) who are hanging out in the Tombstone Tavern just off the lobby of Soul Central (OK, I made that up, but somewhere in this plane souls meet up and share war stories from past lives).

You'll see lots of familiar faces in the tavern. Some of these souls have been through many lives with you, and you know them well. Some you haven't seen in ages (quite literally). You catch up. You share what you've learned. You drink some spirit juice. You listen to some Rhianna on the jukebox. You discuss lessons you still must be

taught. Perhaps after catching up, you decide to go on a little vacation with a few soulmates.

You are absolutely free to do whatever it is you want to do with this free time. Perhaps you and a friend decide to take a carousel ride around the rings of Saturn. You're free to visit any planet or moon or star in any dimension in the universe! No platinum card needed and you won't use up any of your *Frequent Dier Miles*! (C'mon - I deserve a Pulitzer for that!) True, I'm having fun, but the universe is your oyster, and you can go anywhere, anytime and do anything. Even back to Earth. There are lots of vacationing spirits around us all the time - and *any* time. You can visit any period you want to, past, present or future - because again, it's all happening simultaneously. Some spirits often find Earth's atmosphere very dense and avoid coming here when they're not in human form. But others can't stay away.

Plan on lots of historical sight-seeing. Maybe you jump aboard the RMS Titanic to dine in the First-Class Lounge. It doesn't matter if the ship's afloat or sitting at the bottom of the ocean, now, does it? Or head back 245 million years to swim with a Dinocephalosaurus from southwest China. Did they truly have 13-foot necks? Or head to Bethlehem for the birth of Jesus. Maybe visit yourself in one of your past lives. See yourself back when you were a Roman guard protecting Emperor Augustus Caesar. Watch yourself hit the game-winning homerun when you were a member of a Negro Leagues baseball team. Or head backstage to relive the time when you made out with Huey Lewis at his 1984 concert in Buffalo. You're only as limited as your imagination.

Eventually, we'll all return to Soul Central to start preps for our next life. The meeting we scheduled before our vacation is about to start. We'll have to decide what it is we want to learn in this life and determine the best ways to go about setting up those lessons. Then we'll need to choose the souls who will incarnate with us in this life to play various parts. We're going to pick our parents - they may even join us in a meeting to discuss what it is we want to learn and exactly what role they're going to play. Maybe we'll ask the soul who'll play our dad to be a bad guy because we need to experience the horrors of being sexually abused. Maybe we'll want mom to be a

drunk to learn some lessons about independence. Maybe we choose to be involved in an auto accident when we're thirteen to learn to live the remainder of our life as a quadriplegic. Or maybe we'll choose to be born blind to experience the world in a way only people without sight can see it. We'll choose the body we're going to spend this lifetime in. We don't want to be too good-looking this time because we were unusually beautiful in the last life and that made things a bit easy for us. We might choose to be ugly. That'll force us to confront our self-worth head-on. Perhaps we deliberately want to be born in the wrong body to experience the drama of being a transsexual. Or maybe we'll choose to be rich to discover that unlimited riches don't equate to unlimited happiness. The options are ours. We must select wisely, and with the advice of our higher spirit elders, so we can cram as much learning as possible into this life and hopefully cut down the number of future lives we'll need to graduate. The higher spirit guides will also look at any karmic debt we still owe, and opportunities to pay that off in this next life. It's an intricate plan of action. It may not play out exactly as we planned, but we'll also learn to improvise. It's all part of the process.

CHAPTER 11

AN OPTICAL DELUSION

I can tell you very succinctly what's wrong with the world. In the last century, Communism vs. Capitalism forced nations to choose sides. Now, in this new millennium, it is Religion that divides us. When we identify ourselves with our religious beliefs, we propagate a misguided understanding of the world. We believe that somehow because I am, say, a Christian, that my God will ultimately look out for me, but he doesn't have your back because you're a Muslim practicing Islam. I often chuckle to myself when I think about the countless times I said that Catholic prayer for the poor souls in purgatory – a prayer still used today:

“May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.”

Notice how the Catholic Church includes only the “faithful” departed in this prayer – those who towed the church agenda in their lifetime – and presumably contributed to the collection plate. All the other departed, faithless or of another faith, well, they can go straight to hell for all we care. We're only praying for our “faithful.”

That precise mindset is still perpetuated today – that some are worthy of inclusion – at the expense of others who are excluded. This disconnects us from each other. We see ourselves as separate entities – not as part of a collective whole whose existence is mutually dependent on each other. Instead of seeing the whole, we only see “the self.” How many times have you thought, *“You know, if society gets really bad, I can just take a pistol to my head and end it all!”* That world view is delusional because you're buying into the illusion of “the self” – that your cause has no effect on the whole. And it's that illusion that allows our world leaders to act so irresponsibly. They see life as a bunch of individual entities battling each other for superiority. Attaining that superiority justifies their recklessness.

Check out what Albert Einstein said on this topic of oneness:

“A human being is a part of the whole called by us the “universe” - a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

- Albert Einstein, as quoted by the N.Y. Post, November 28, 1972.

Einstein was on the same page as Buddha, the great sage, and mystic Hermes Trismegistus, and the Egyptians and Vedic cultures of 3000 B.C. - all of whom have been credited in whole and part with defining the **Laws of the Universe**. They're also known as *The Immutable Universal Laws*, *The Universal Laws of Nature*, *The Hermetic Principles*, and *The Spiritual Laws*. They are the principles that govern our everyday existence. It's human nature to trust what we can see, hear, feel, smell, touch or taste. We doubt things that are beyond our perception. So, disregarding these laws means a lifetime of pain, struggle, resistance and ultimately, an unfulfilled destiny. Ignore them at your own risk:

- **The Law of Divine Oneness** - everything is connected to everything else. We are here to serve each other in the energy of Oneness. Our thoughts and actions affect others and the universe around us.
- **The Law of Mentalism** - The Universe is Mental. Life, matter, and energy are all part of an infinite, universal, living mind. Physical reality is a projection of our consciousness.
- **Law of Vibration** - Nothing rests; everything moves; everything vibrates and travels in circular patterns. Thoughts,

feelings, and desires have their own vibrational frequency, unique unto itself.

- **Law of Action** - In order for us to manifest things on Earth, we must create actions that support our thoughts dreams, emotions and words.
- **Law of Correspondence** - Light, Vibration and Motion as experienced in the physical world have their corresponding principles in the etheric or universe. "As above, so below."
- **Law of Cause and Effect** - This is Karma. Nothing happens by chance. Every thought and action have a reaction or consequence. "We reap what we sow."
- **Law of Compensation** - Blessings and abundance are provided for us. Gifts, friendships, and blessings are the results of our actions.
- **Law of Attraction** - Positive energy attracts positive energy. Negative energy attracts negative energy. We create everything that comes into our lives. Our every action produces energies which, in turn, attract like energies. (This Law was the subject of the book & film *The Secret*).
- **The Law of Perpetual Transmutation of Energy** - Each of us possesses the power to change our lives by altering the energies that surround us. Higher vibrations transform lower ones.

- **Law of Relativity** - It's all relative. No matter how miserable we perceive our situation to be, there is always someone else in a worse position.
- **Law of Polarity** - Everything has its opposites, has poles. Love & Hate; Black & White; Hard & Soft; High & Low. Everything is and isn't at the same time.
- **Law of Rhythm** - Everything flows, out and in. Everything has its tides, seasons, cycles, patterns and stages of development. The pendulum swing manifests in everything.
- **Law of Gender** - Everything has masculine and feminine principles. The law manifests in the physical plane as sex. No creation, physical, mental or spiritual is possible without the Law of Gender. Male and female - both are required for life to exist.

These laws are not based on theory or speculation. Scientific discoveries have proven they exist and can be measured on a physical level. You don't have to understand or even be aware of them. But by refusing to recognize them, you will experience undesirable outcomes in nearly every aspect of your life. Those laws are like the law of gravity. If you choose to ignore gravity, you're going to find yourself on your ass more often than not!

CHAPTER 12

UNDRESSED BY KINGS

I've come to realize that the universe talks to me. In its way, it's letting me know that I'm on the right path in this life. And for the last 15 years or so, I've been listening. As I review my life in my head, it's obvious now how the right people came into my life at just the right time. And it's clear to me how every path I took, even some I later thought were in the wrong direction, led me to where I'm supposed to be at the right time.

The way the universe communicates with me is through breathtaking coincidences – amazing things that happen that are so impossibly coincidental, that there's no way it's an accident – it happens on purpose to let me know I'm where I'm supposed to be. I started recognizing and writing down these unlikely events in 2005. Here are a few I score as eights, nines, and tens on the jaw dropper scale of 1-10:

In 2006, I was offered a job with a well-known TV production company in Los Angeles. The money was good, the opportunity was certainly challenging, and I liked the people. But I wasn't 100% "in." I was uneasy for no apparent reason. While mulling over this offer, I turned on the TV for a bit of escapism. An episode of the old TV show *Hart to Hart* was on. It's an Aaron Spelling production – my producing idol has always been Aaron Spelling. On this episode, Jennifer Hart, played by Stephanie Powers, was being chased through Hollywood by some bad guys who wanted her dead. Her Mercedes convertible – with her red tresses blowing in the wind - weaved through traffic, knocked over some garbage cans, and barely missed a woman pushing a baby carriage across Hollywood Blvd. You know, the typical car chase stuff of 80's prime time TV. The bad guys finally blew a tire and crashed into a truck with Jennifer turning her car around to block them in. No big deal. The big deal came when the camera zoomed out and clearly showed where the chase had ended – right in front of the building on Sunset Boulevard that housed the production company where I'd been offered a job. That was the universe telling me in no uncertain terms to take the job. That uneasy feeling vanished instantly.

Now, fast forward several months after I'd been on the job. My producing partner Andrew and I were in Palm Springs attending a polo match. (Yes, la dee dah! I'm not the polo set type, although I did join in the stomping of the divots). We were sitting at a reserved table in the polo club when up comes - wait for it - none other than Miss Stephanie Powers, star of *Hart to Hart*, to introduce herself. I stumbled to my feet in disbelief!

A month or so later, Andrew and I sold the Lisa Williams show *Life Among the Dead* to a cable network in Los Angeles. As we were screening the pilot for the network executive, up came the scene where Lisa discovered the name "Jeff" on the plaque, remember? Jeff is the guy who had died at Ground Zero? The exec pressed the "pause" button on the DVD player in utter disbelief. As fate would have it, Jeff was this guy's old college roommate! This was the universe's way of telling the network to buy the show, which it did - on the spot.

Sometime later, I happened to be down in the vault, underneath a Beverly Hills street, where thousands of hours of TV shows owned by the production company were archived. I walked down an aisle filled with 2-inch tapes of an old 70's & 80's TV talk show. Labels on the tapes listed who the guest stars were on each episode. I noticed a label that listed the guest star as "Charlene." Now, you may not remember Charlene. She was a one-hit wonder in the '70's with that song; *I've Never Been to Me*. I was a huge fan of Charlene and have all of her albums on my iPod. Her voice and the songwriting were so full of angst and honest desperation that I became a fan of her music in high school (any wonder I was bullied?) I asked the archivist to find all the episodes of this talk show that Charlene guested on and send me DVD dubs. (What the hell, it's one of the perks of working in TV and I wanted to add them to my video collection). The next day, two DVD's arrived on my desk of Charlene's two appearances on the show. Cool! I was excited to get home later to watch them and slid the discs into my briefcase. When I arrived home, the first thing I did was put one of the DVDs into the player. Up comes Charlene singing *I've Never Been to Me* and then telling the story behind the song. As I was watching, I reached for my Blackberry (remember those?) to check for any new emails. I had just one new email from - wait for it - yes,

Charfuckingle herself. Hand to god! I opened the email thinking Andrew was playing a joke on me. But it was no joke. Charlene wrote saying she had found my name on the internet and that I worked for the production company that produced the talk show. Charlene was asking if I could get dubs of her two guest appearances on the show and send them to her. Now c'mon. Those shows were nearly 30 years old. How is it possible that on the very day I received dubs of Charlene's performances she just happens to email me asking for copies of what I just received? This was clearly the universe fucking with me big time. I still have no idea what the universe was trying to tell me with this one, but it was a jaw-dropping sequence of events.

The hits keep on coming with additional impossible coincidences. The last two I'll share with you happened in the last few months. The first involves a friend of mine I first worked with back in 1992. All of us at a TV station in Los Angeles affectionately called her "The Bee Queen." Bee had won some sort of California Honey Bee beauty contest when she was a teenager and toured the country promoting - bees. She shared the story with us once - and we've called her "The Bee Queen" ever since. Anyway, a few months back, Bee and I were talking about doing some consulting work together. We had both produced thousands of hours of TV News, and we know the business inside out. I shared with Bee some thoughts about my journey toward enlightenment and how I've been coming across some amazing books about the subject. That was pretty much all that was said on the subject. A few days later, I came across an engrossing book on the internet, *As A Man Thinketh* by James Allen. The book talks about how each man holds the key to every condition, positive or negative, that enters into his life. It was published in 1903 - so it uses a lot of outdated verbiage, but the concepts remain solid. Since the book is so old, it is in the "public domain", which means it fell out of copyright and anybody can pretty much do whatever they want with the material. I decided to publish the complete book on my blog - simply because its message was so powerful. After doing so, I put a link to my blog on a Facebook post announcing to my friends that this is a book they should take the time to read. Within seconds, a reply message pops up from Bee. "*OMG, Rayjay, I can't believe this. I just bought two copies of that book yesterday!*" Now this book is from 1903. It's not

like it's currently on the New York Times bestseller list. There are billions of books in print! What are the chances that Bee and I would both find the exact same book that speaks to us at virtually the same time? Of course, Bee paid for her copies! Tsk Tsk! It's public domain. She could have found it for free on-line! Just sayin'...

And while I'm on the subject of books, several months ago I was going back and forth in my mind over which book I wanted to write next. I had two options – the one you're reading now, or another about specific works of Shakespeare. I couldn't decide which to start working on first. Now, I would publish this book, the one you're reading, under my real name, Raymond J Brune. The Shakespeare book is going to be published under a pen name because the subject matter is vastly different from the previous books I'd put my real name on - and therefore for readers, it's outside my perceived area of expertise. So, I was mulling this over in my mind as I went about my day - which to write first? That evening, I walked into my bedroom where the TV was on. Earlier, I had turned on the *CBS Evening News*. I wasn't watching it, just using it for background noise. But when I walked into the room, I happened to glance over at the TV, as the newscast was showing a close-up on the gravestone of a guy named "Raymond Jay." I have no clue who he was or the circumstances surrounding his death – and I don't care. All I saw was the universe telling me to write the "Raymond J." book first, not the one about Shakespeare. So that's how this book came about for you to (coincidentally?) discover it.

Deepak Chopra says these "coincidences" are "signals from the universe which can guide us toward our true destiny." He says appreciating these coincidences, and their meanings lead us to eventually having our every desire fulfilled spontaneously by the Universe. Yeah, I'm still waiting for the spontaneous appearance of a black Cadillac Escalade I currently desire.

CHAPTER 13

BURYING THE LEAD

Let me explain something to you. Our parents did not bring us into existence. The Universe did. And who brought us into this life? We did. We chose every detail of the lives we're living before we were conceived. Our parents may have been the vessel that physically brought us here. But we are the Chief Navigator. There's no universal GPS directing us through our lives. Once we arrive on Earth, it's up to us whether we sink or swim. And you know what? The Universe gave you an eternal soul. It doesn't owe you anything else - including a reason to live - whether at the physical or spiritual level. The bottom line is simple. You are responsible for creating your purpose in every life. The only meaning life has is the meaning you bring to it.

Imagine for a moment that you are Burt, a prisoner in a 1943 Nazi concentration camp. You've been held there for 16 months and are down to 78 pounds. You very well could die before you are liberated when the war is over. Your parents, wife and two children have already died in the gas chamber. What's your meaning of life in this situation?

Granted this example is a bit extreme, but it serves a purpose. Burt is experiencing one of the worst life situations any human could ever endure. He just lost his family. He could be next. But Burt's perception of his life is dramatically different - when you look at him as a soul experiencing each of the five soul ages. Let's examine how his meaning of life is altered based on his current soul age:

INFANT SOUL: Burt is survival oriented. Either he dies - or you do. He will do whatever it takes to survive because he's ruled by basic instincts where ethics and morality are not a chief concern. He'll do anything to avoid pain and find pleasure – even the simple pleasures one might find in a concentration camp, like an extra piece of bread for dinner.

His perceived meaning of life? Survival. Short and sweet.

CHILD SOUL: Burt has already lived maybe 20 or 30 lives. He's now less fearful than in previous lives. He's fiercely religious, which provides him some comfort in the camp. Burt has conformed to the structure and rules of the camp. He doesn't like them any more than anyone else, but routine makes him most comfortable - especially in these difficult circumstances. Burt is a genuinely nice guy, but he's often susceptible to the deceptive nature of other prisoners in the camp. He makes sacrifices for others and learns to give and take to support the greater good.

His perceived meaning of life? God has sent him into this difficult life because Burt is a sinner and must be punished.

YOUNG SOUL: Burt has worked his way up to a kapo in the concentration camp - he's a prisoner, but the SS guards trust him to supervise the men in his barracks. As a reward for his work, he receives extra food and cigarettes. Burt enjoys the power he's acquired in the camp and thrives at keeping his position at the highest level a prisoner can attain. He's an individual with a mind of his own.

His perceived meaning of life? Life is a contest and Burt has to end up the winner.

MATURE SOUL: Despite being a prisoner, Burt lives as his authentic self. He recognizes his fellow prisoners, and even some of the guards as emotional and spiritual beings. Burt is extremely introspective and often wonders how he got here, why he was put here, and what's the meaning to all of this. He's often confused about people's motives. The camp tends to bring out the negativity in himself.

His perceived meaning of life? Burt feels as though he's a tortured soul and can't possibly believe there is any meaning to all of this.

OLD SOUL: Burt's fellow prisoners see him as eccentric but also wise and luminal. He tends to a secret garden he's growing behind his barracks. He brings a sense of hope to those around him and shows others the way through this

nightmare. Because of his experiences in the camp, Burt has become apathetic and complacent. He doesn't really care about life or the world. If he dies in the camp, so be it.

His perceived meaning of life? When Burt fell sick in the camp, his fellow prisoners begged him not to die. He replied, "*Where do you think I'm going?*" He knows he's already there - home - just as they are.

Five very different views of one man's meaning of life. And we've barely scratched the surface. Take those five soul ages and mix in the seven soul "roles" we discussed, and the perception of what your life is all about multiplies substantially. Then, when you mix in the overleaves, the personality traits, the goals, modes, attitudes, centers and chief features - none of which I've detailed in this book - you can see how your meaning in life would have millions of possible variables that are impossible to pin down to one simple sentence.

But many have whittled down the meaning of life to a sentence or two. Here are some of them:

CHRISTIANITY: The real meaning of life is when one begins to follow Christ as His disciple, learning about Him, spending time reading His Word, giving to Him in prayer, and remaining obedient to His commands.

CATHOLICISM: We were created to praise, revere, and serve the Lord, and by doing so, to save our souls.

JUDAISM: Life's meaning is to elevate the world in which we live and prepare for the world that is yet to come.

MORMONISM: The purpose of life is to experience life, learn and to experience joy.

ISLAM: Our purpose is to perceive our creator Allah through His signals, and be thankful through complete love and devotion.

BUDDHISM: The only true meaning of life is life itself.

HINDUISM: To discover the fundamental truth about ourselves.

BAHA'I FAITH: The purpose of our lives is to focus on growth in the spirit and to serve humanity.

SETH: The purpose of our lives is simply to expand our consciousness.

MICHAEL: The purpose of every one of our lives is simply "to live." Life is sacred.

BASHAR: As much as you possibly can, life is all about being "you." Follow what excites you.

SHAKESPEARE: "The meaning of life is to find your gift. The purpose of life is to give it away."

JOSEPH CAMPBELL: "It is a waste to ask the question when *you* are the answer."

ANTHONY ROBBINS: "Nothing in life has any meaning except the meaning you give it."

MONTY PYTHON'S THE MEANING OF LIFE: "Try to be nice to people, avoid eating fat, read a good book every now and then, get some walking in, and try to live together in peace and harmony with people of all creeds and nations."
Universal Pictures/Celandine Films

SUPERMAN: "Fight for truth, justice, and the American way."
DC Comics

THE HITCHHIKER'S GUIDE TO THE GALAXY:
"42."
Touchstone Pictures, Spyglass Entertainment, Hammer & Tongs, Everyman Pictures

While I'm certainly not in the same league as the big shots above, I too have come up with a meaning for my life. It could change at any moment, of course, because circumstances change perception. But at this stage in my enlightenment, here's my meaning:

RAY: "The purpose of *my* life is inner growth through external expression. I share my ideas with the world. The vehicles I use are my TV shows, my books, my blog, my stories and my music. I live in a state of gratitude, respect for others, teaching and learning."

What meaning do you bring to your life?

CHAPTER 14

SILENT AS A PRAYER

Now let me say this. In the preface to this book, I wrote: "*I wanted solid answers to why I was here, where I was going and what's next.*" Through my journey these past 30 years, I've found those answers. I now understand why I'm here, where I'm headed as I face more lives ahead, and my ultimate destiny as an entity of All That Is. I have absolutely no fear of death anymore. Not to sound too much like Celine Dion, but I know my soul will go on - unlike the film, my life doesn't end when the *Titanic* sinks! I know there are so many fascinating things waiting for me to discover in my coming lives. And I have faith that I will share the company of my friends and family for the rest of eternity. So even in death, nothing is lost.

Several years ago, one of my closest friends, some ten years younger than me, died of alcoholism. (Before birth, he chose to experience addiction and ultimately to die from it). I hired him as a TV host in 1999. My assistant would eventually become his wife. I remember thinking how blessed I was that both of them were in my life. I was pushing forty back then and had always thought I pretty much had all the friends I was going to get in this lifetime. I was wrong. I treasured our friendship because I wasn't expecting any new friends to come along. The very last time we hung out together, I forced him to watch the film - wait for it - *The Reincarnation of Peter Proud* with me! It totally freaked him out, which I knew it would. He was of the "*when you're dead, you're dead. Period!*" mentality. Even though I miss him immensely, I realize he's not forever gone. Sure, I've picked up the phone a dozen or so times to call or text him, momentarily forgetting there will be no reply - at least via a smartphone. But I don't mourn him. I know I'll see him again - in time. I know that to be true.

A short time later, my dog, Jagger died suddenly. I believe he committed suicide (seriously), but that's another story. I had always anticipated being devastated when Jagger would finally die because I love him. But there were no unanticipated tears. I was OK- simply because I have no doubt I'll be playing again with my *Jagger-the-tail-wagger* in time.

Back in the '90's I wrote and recorded a lot of pop songs - just a hobby, I'm no Justin Bieber. One of them is about how soul mates find each other in future lives - and how they love each other beyond the concept of time. I look at the lyrics now, and I realize how, excuse the expression, "dead-on" I was even back then. Here are the words to:

"Love Finds A Way":

Two souls find each other again
Tell me, when did we love last?
Feeling - all you once meant to me
Your heart sent to me steadfast
I believe the journey of our souls is yet to end
So, in other places - in other faces - they're drawn together again

(Refrain)

Love, love finds a way
Though our lives are surely fleeting
Time can never stop two hearts beating as one
Under the same sun, we'll live to love another day
I believe love, love finds a way

Tell me - you see beyond these eyes
And you recognize this old soul
For I know - sure as the torch is passed
Here with you at least I'm whole
I believe in miracles and fate and circumstance
For whether divine or by design love is born of more than chance
(Return to Refrain)

(Bridge)

And someday when we part to start over again
I will only for a moment grieve
For love lives longer than the earth and sky
It's so much stronger than you and I
That's what I believe - with everything I am I believe

Love finds a way

Though our lives are surely fleeting
Time can never stop two hearts beating as one
Under the same sun we'll live to love another day
I have faith we will live, we will love
Love another day
I believe love, love finds a way
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[\(View the Music Video Here\)](#)

Knowing that "we'll live to love another day" brings with it an immense feeling of peace - and a state of being - that the Catholic Church never offered me. The church and all its bureaucracy and bullshit failed me - big time. Its nuns and priests and its teachings were always loud and in-my-face and backed up by damnation and hellfire. I would always be nothing more than a sinner in the eyes of the church. Who wants that?

Then along came this presence that didn't say a word to me but spoke so clearly. It was *silent as a prayer* but it found me - or perhaps I found it. It reached me in a way that nothing else ever has. And I am so grateful that, at the risk of sounding totally cliché, I have seen the light - correction - I *AM* the light. I don't know where the next part of my journey begins. I don't necessarily want to find a teacher or guru who will take me farther along. I'm content just being where I am in this moment - just knowing. There's serenity in "just knowing." It's been said, "*When the student is ready, the teacher will appear.*" I suppose I'll know I'm ready when my teacher arrives. Until then, I just have to close my eyes - and try to raise my vibrational thingamajig and learn to meditate without distracting thoughts about donuts or chocolate chip cookies, and all mysteries shall be explained... even if I have to wait some time for the answers.

And about this god - my "new" God - who was there all the time. Whatever I want to call him, it, the Universe, All That Is, or just capital-G God, he will always answer.

I have faith in that.

FURTHER READING

Seth Speaks: The Eternal Validity of the Soul
The Nature of Personal Reality
The Oversoul Seven Trilogy
The Nature of the Psyche
The Seth Material

The Magical Approach: Seth Speaks About the Art of Creative Living
The Way Toward Health: A Seth Book
The Individual and the Nature of Mass Events
The "Unknown" Reality
Dreams, Evolution and Value Fulfillment
Jane Roberts (and Robert F. Butts)

Messages from Michael: 25th Anniversary Edition
Chelsea Quinn Yarbro

Man's Search for Meaning
Viktor E. Frankl

Life Before Life: A Scientific Investigation of Children's Memories of Previous Lives
Jim Tucker M.D. & Stevenson Ian

The Complete Works of William Walker Atkinson
William Walker Atkinson

As A Man Thinketh
James Allen

Life Among the Dead
The Survival of the Soul
I Speak to Dead People: Can You?
Was That a Sign from Heaven? How to Connect with the Afterlife
Lisa Williams

The Biology of Belief
The Honeymoon Effect: The Science of Creating Heaven on Earth
Bruce H. Lipton

Journey of Souls: Case Studies of Life Between Lives
Destiny of Souls: New Cases of Life Between Lives
Michael Newton

Your Past Lives

Michael Talbot

Many Lives, Many Masters

Brian L. Weiss

The Seat of the Soul

Gary Zukav

Reincarnation: A Study in Human Evolution

Th. Pascal

The Power of Now

Eckhart Tolle

The Edgar Casey Companion

Edgar Casey

Compiled by B. Ernest Frejer

Angels in My Hair

Lorna Byrne

The Amazing Power of Deliberate Intent

Esther & Jerry Hicks

Your Immortal Reality

The Disappearance of the Universe

Gary R. Renard

We Don't Die: George Anderson's Conversations with The Other Side

Joel Martin & Patricia Romanowski

The Secret

Rhonda Byrne

Saved by The Light: The True Story of a Man Who Died Twice and the Profound

Revelations He Received

Dannion Brinkley

Buddha: A Story of Enlightenment

Deepak Chopra

Broadcasting Happiness

Michelle Gielan

The Art of Happiness

Dalai Lama

The Last Lecture

Jeffrey Zaslow & Randy Pausch

The Anatomy of Melancholy
Robert Burton

Winfield: Living in the Shadow of the Woolworths
Phantoms of the Hudson Valley: The Glorious Estates of a Lost Era
Monica Randall

Dead Souls
Nikolai Gobol

The Reincarnation of Peter Proud
Max Erlich

[View Alan Steinfeld's Inter-Dimensional Interview with Bashar](#)

ABOUT THE AUTHOR

Raymond J Brune is a four-time Emmy-Award winning television producer. News programs he's Executive Produced include *Good Morning America*, *World News Now*, *E! News Live*, the nationally-syndicated **Tribune** morning show *Eye Opener*, and he created and showran the original *KTLA Morning News* in Los Angeles, the highest rated local morning show in the history of television. He started his career in Cincinnati, where he produced **Jerry Springer** when he was a news anchor. Ray also created the **Fox Sports/TV Guide** network, *TVG*, from the ground up, resulting in a valuation of \$3-Billion in his third year.

Ray created and Executive Produced reality shows including *Lisa Williams: Life Among the Dead*, which aired for two seasons on **Lifetime** and is seen around the world, *Second Verdict* for **PAX**, and *Knockouts* for **VH1**. His game show, *Crosswords*, currently airs on **Retro TV** and is seen in worldwide syndication.

Ray is the author of two books targeted to the TV industry crowd and a compilation of his song lyrics from his four commercially - released CD's available on **iTunes** and **Amazon**.

A Cincinnati native, Ray is an alumnus of **Northern Kentucky University**. He's made the stunning landscape of California's Mojave Desert his home for more than 20 years where he raises German Shepherds and collects cheesy made-for-TV movies of the '70's. He spends much of his free time with family and friends in Cincinnati.

You can send comments about Ray's book to ray@rayjay.tv