

NEW AGE VALUES

The First Book Of The Millennium

Original 1.1.2000 Edition

Marc White!

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This book is dedicated to *your* happiness, health and success.

Original 1.1.2000 Edition

HAPPINESS COMES FROM WITHIN

Original 1.1.2000 Edition

ABOUT THIS BOOK

The chief purpose of this book is to inspire, motivate and spiritually and emotionally nourish you.

You have the right and the ability to be happy, healthy and successful, to choose your own beliefs and values, and to travel your own chosen path in life. The same is true for every living being on Earth and throughout the Universe.

My biggest goal in life is to see *everyone* happy, healthy and successful, and living peacefully together as one world, in perfect harmony with the God Force that is living within everyone and everything.

While living in human bodies on the physical plane of existence, we need to *work*, to put *effort* into the achievement of this way of being. This effort *is* rewarded, although not always obviously or instantly. Action brings results. Philosophizing about it without *doing the work* is a total waste. Do the work, in a disciplined way, and make *positive choices*, then the lasting rewards *are yours!*

This book is designed to be read over and over again. The wisdom and experience of millions of people has been condensed into these pages, and you will find new depth and meaning every time you read them. You'll also find constant reminders that you need to *just do it*. This book is a call to *action*.

Recently I met a lady who, tragically, is very typical of *New Agers*. She has been *working on herself* for twenty years and is still neither happy, healthy nor successful! Can you believe that? Are you one of these personal growth junkies who never gets any real permanent results? If so, I urge you to commit to positive change right now. For God's sake, the new millennium is here now. This is officially the New Age, in case you didn't realize it. Wake up! Your time has arrived. This book is for people who are *serious about success*. If you're not, give it to someone who is. If you are, please read on, and put what you read into practice *immediately*. Your success is completely up to you!

My New Age journey began as an eighteen year old in 1976, when I read, and partially put into practice, the book *Psycho Cybernetics*, by Dr Maxwell Maltz, a plastic surgeon who taught his patients the value of self esteem and how to feel good on the *inside*. I am very pleased to report that since then, through a large number of explorations and experiments in personal development and spirituality, I have achieved permanent, ever increasing inner peace and happiness. That's not to say I don't still sometimes feel *negative* things like sadness, anger, and on rare occasions, fear. I do. One of the great keys I found long ago, however, is that acknowledging, accepting and expressing my emotions, in healthy, positive ways, allows me to have *more* peace and happiness, as well as a multitude of other positive emotions.

I have also reached the point where I am able set *any* goal with absolute certainty that I *will* achieve it. I'd like to give you some very powerful metaphysical and practical tools to assist you in achieving this same certainty within yourself, so that you can achieve *everything* you want in life, both spiritually and materially. Firstly, I'd like to share with you, in brief, how I got to where I am.

In 1978 I discovered the immense value of *psychodrama* and *personal and group therapy*, and in an extremely intense 3 months in late 1979, I made the first *major* personal growth breakthrough of my life. In September 1979 I began playing guitar and singing, and wrote my first song about 2 months later. My second song was about honesty, which as you'll see in this book, is the equal most important thing in my life. During the next fifteen years I wrote and performed a great number of inspirational and motivational New Age songs. Throughout the 1980's I seriously explored a large number of New Age and spiritual groups and methods, and read many of the classic books on these subjects, which resulted in continuous personal growth, as well as immense inspiration and practical skills.

From the late 1980's to the present, I continued practising what I found to be the best of these methods, mostly by myself, and also undertook some amazing experiments of my own, such as having a *non speaking month* in late 1988, and doing a 15 day fast (consuming only water) in early 1998. In 1988 (the year I made my second major breakthrough) I began developing *Personalized Subliminals* and serious *daily disciplines*, which have continued to be, and will continue to be for the rest of this lifetime, two of the cornerstones of my success.

In 1991 I wrote and published the document *New Age Values*, as a wall poster. The two main purposes of this were, and still are, in this order: To inspire, motivate and spiritually and emotionally nourish people; and to define and encapsulate what *New Agers*, in general, believe, aspire to, and affirm for themselves and the world.

September 24 1993 was a pivotal day in my life. It was the day Sydney won the right to host the 2000 Olympic Games, and I, like a huge number of Australians, was ecstatic about this! On that day I declared that I was now officially working on my *2000 Olympics Project* (initially called *2000 Olympics Plan*) or *TOP*. I had put a lot of metaphysical energy into Sydney winning the Bid during the previous year, and now it was time to channel that same energy, much more powerfully, into my own personal Project. I decided that I would use *Sydney 2000* as the inspiration to achieve some very big goals, and to reach a peak in my life, mentally, physically, spiritually and emotionally. In September 1994 I shifted TOP into overdrive, and began a large number of daily disciplines, as well as six year long disciplines, such as totally abstaining from alcohol. I also precisely formulated exactly what I wanted to achieve, in my eight point 2000 Olympics Project poster. I have continued to periodically add extra TOP disciplines as I feel inspired to.

In August 1995 I decided to write a book, titled *Emotional Gold*, about my 2000 Olympics Project, and I began the discipline of hand writing two A4 size pages every week, which would give me over 500 pages by the time of the Games in September 2000, and convert to perhaps 300 pages in a printed book. Then in late 1996 I felt the impulse to change from the almost totally autobiographical style, and create five distinct sections, each of which, from part two onwards, would be written during a full calendar year, except for part five, which I would complete in October 2000 soon after the Games finished.

Late in 1997, when part two was nearing completion, it seemed perfectly natural to publish it as a self-contained entity at some stage. This book is that entity. Part two of *Emotional Gold* will still also be published as such, some time after the Sydney 2000 Olympics, when I feel the time is right.

Regarding the writing style and quality of this book, I could have done extra drafts and polished it to a very high technical standard, but I've always felt a deep inner calling to publish *Emotional Gold* just as I wrote it, in the present moment, and this book, *New Age Values*, is an *exact replica* of part two of that book. I also felt a compulsion to write the introduction for the first book during June 1997, and I'll quote part of it here: *...what you are reading now is, just like the remainder of the book, apart from essential corrections (spelling, grammar, etc, and where my intended meaning occasionally did not come through clearly), exactly what I wrote during the first full draft in June 1997.* In hindsight, this has resulted in some embarrassment for me as a writer, such as the obvious overuse of the adjective *marvellous* in at least one chapter. Then again, I reckon the *New Age is* bloody marvellous, so who cares? This is not meant to be a literary masterpiece. It is intended to be an inspirational masterpiece!

It was only late in 1999 that I got the sudden impulse to publish this book at 12.00am on January 1 2000, making it *The First Book Of The Millennium*. Like so many other great ideas, it just popped into my mind and I immediately decided to act on it. Since then I have been noting all sorts of things to include in this section, and inevitably I'll realize later that there were other things I could have said, but that's in keeping with the nature of the book. By the way, you may wonder how four hand written pages on each of the 22 *New Age Values* could turn into such varying amounts of text in this book.

Quite simply, I have discovered that I unconsciously wrote smaller and smaller throughout the year.

One thing I want you to get from this book is that the people who write these books and conduct the seminars are just ordinary human beings who have committed to being successful. We're not saints, and I don't think that a single author you could name practices all that they preach all the time. For instance, the biggest success coach in the world in the 1990's claimed to be vegan, but I know someone who worked with him and bought a non vegan snack for him, at his request. Do you know what vegan means, Tony? I am vegan, *but* I lapsed during the 1990's before making the lifelong commitment early in 1998, so who am I to judge? Just one more comment on veganism and vegetarianism: If you're contemplating adopting this animal loving way of life, it is no hardship at all! It is a great joy. And my pathology tests show that with supplements I have all the necessary nutrition.

Another important point to mention is that many people whom I have lumped under the heading *New Age* actually have a strong dislike of the term, and actively disassociate themselves from it. Some that I have mentioned in this book are in this category, but if you're looking from a wide perspective, they are just as New Age as the rest of us, so they're in this book whether they like it or not.

It is also very important for you to be aware that this book does not set out to be a *complete* guide to the New Age. That would take thousands of pages.

I do claim with great confidence, however, that it does incorporate all of the important elements of the teachings that would make up such a book, even though not every teacher would agree with all of the wording. I constantly have people telling me that it perfectly encapsulates the values of the New Age Movement. A great example of this was when one of Australia's leading anti-New Age campaigners wrote to me just after I published the poster, asking permission to use it in seminars because it *nicely encapsulates* the movement. He deceptively neglected to mention his true purpose, and I deliberately chose not to respond. I am not into debating and arguing, so anyone out there in this category, please do not write, because I will *not* respond to you. I'm OK. You're OK. Let's leave it at that please.

Speaking of well known books, many, like that one, are not mentioned in the recommended reading list in this book, firstly, because I just mentioned a few off the top of my head at the time, and secondly, because I've only started to read some great authors, such as Anthony Robbins, Deepak Chopra and James Redfield in the last year or two. Violence aside, *The Celestine Prophecy* is great!

That point leads me onto a really important thing you need to be conscious of. Even though this book contains all you need to know to become permanently happy, healthy and successful, so do many others. If you feel a great connection with me and my teachings through this book, *do not*, I repeat, do not go around telling people things like *you've got to read this*. So many novices and experienced fools do this kind of thing with so many books, teachers, etc, and the New Age in general, and it is a *disgusting* habit to get into. For God's sake, relax and let the rest of the world do its own thing. And don't go around complaining about non New Age people being blind or fools or closed minded, etc. Only a total idiot makes those kinds of statements. Who the hell are you to say that everyone should be like you?! So remember, as much as I love it and believe in it, this is just one little book in eternity. It is just a grain of sand on the cosmic beach. Value it, but also remain aware of the beach. I wish a lot more New Age writers and leaders would make this type of statement. How about it ladies and gents?

Speaking of *this is the only way-ism*, in December 1999 I had some very interesting meetings with a man who claims to be the re-incarnation of Jesus. I've seen another one of these people on a TV show, and I imagine there are many of them around the world while millennium fever is doing the rounds. He happens to be an old acquaintance of mine by the name of Bernard. He's a very gentle, intelligent, helpful person, and an excellent guitarist, who did a lot of things for me when our lives overlapped in the early 1990's. He also told me that my ex-wife Jasmin is the re-incarnation of Mary Magdalene and that I am the re-incarnation of her pimp. Give me a break Jesus! (He's realized all this since 1997.)

I'm mentioning this because it is such a timely reminder of how easy it is to be seduced by an eloquent speaker, such as Bernard, into believing they are *the* son of God, and that you must follow them. He told me categorically that he is the one and only re-incarnation of Jesus, and that prior to that he was Zeus, and of course prior to that he was *the first one*. Part of me even thought for a moment *I'll keep an open mind. Maybe he is who he says he is*. I can hardly believe *I* could be that gullible even for a second! It just occurred to me that maybe the actual Jesus himself was one of these deluded people, and that the entire 2000 year history of Christianity is based on bullshit. I'm not saying that is the case, but it must be a definite possibility. Bernard also told me that soon everyone will know who he is and that by July 2000 there will be an amazing supernatural sign (not an eclipse) involving the entire sky becoming dark. I trust my own intuition so much that I said straight out to him *you're wrong*. Clearly, time has shown that he is not who he claims to be. (Remember that I wrote this in December 1999.) I think that's enough about the dangers of becoming a *follower* of anyone. Lead yourself!

This brings me nicely onto the subject of my own personal religion, *Positive Choice*. You'll see and hear repeatedly that I am absolutely not seeking *followers*, and *never* will be. One of the reasons I officially established my own religion was to publicly declare *This is what I stand for and how I choose to live my life!* While not everyone feels the need to be as extreme as me in that regard, you have every right to do likewise if you want to. You could create a religion called *My Way, Negative Choice, My Religion* or anything under the sun, and as long as you didn't attempt to impose it on or harm anyone, I would fully support your right to do so. My religion is one that actively promotes the right of everyone to choose their own beliefs and values, as clearly spelt out in the code of conduct. So choose *your way*, the way that feels right for you! *And let everyone else do exactly the same.*

Now I am going to make the boldest public statement that any human being has ever made. In mid 1999 I really listened to my heart and realized what my mission in life is. It is: *To be the most inspirational person who ever lived on Planet Earth!* The following quote from the inspirational novelist Bryce Courtenay inspires me to know that I will succeed in this: *Have a dream, a real whopper, big as an elephant, then tell yourself: "Well, somebody has to do it!"* I am that somebody.

As you'll see repeated a number of times in this book, *happiness comes from within*. Everyone seeks happiness, and that's why we read books like this. Well, I have already found that happiness for myself, and more than anything, I wish the same for *you*. Always remember that happiness, and everything you could ever dream of, is already inside you. **LOOK WITHIN.**

Finally, I recommend, *in the strongest possible terms*, that you first read this book right through at your normal speed, and then *slowly*, contemplating every word as you read it, go through every page again, and write down the things you feel motivated to do, *and put these things into practice*. Then I suggest that whenever you want a boost, either open any page or pick a favourite chapter and read it. Ideally, read the book repeatedly. This is one of the most positive books ever written on this planet, and the more you expose yourself to it, the more quickly and powerfully you will reap lasting rewards.

If you follow these recommendations, and *do the necessary work* that you know you need to do, then I *guarantee* that you will see fabulous results in all areas of your life that you choose to improve. Most importantly, you'll find happiness, *and* you'll realize you can *choose to be happy* anywhere, anytime!

Peace and Love from Marc
January 1 2000

Be happy, healthy & successful!

INTRODUCTION TO NEW AGE VALUES

In 1991 I wrote twenty two affirmations, as a collective entity, designed to go on a wall poster, and I called this document *New Age Values*. This is the initial document upon which I based my personal religion, *Positive Choice*, which I formally established on February 19 1996.

This document is part of my inspirational writings that I have been compiling since late 1979, when I began writing songs. The first song I ever wrote was called *Destitute*, about a real-life event perhaps a year earlier. I felt so moved by an old, apparently homeless man lying in a doorway in Kings Cross in Sydney, that I pleaded with him to let me help him, but as part of the song said, *Why he wouldn't accept my help, well I just couldn't tell*. Then, I was deeply bothered by this. Now, I accept that it was his free choice. He deliberately chose to reject my help, and in doing so, he made a positive choice. From my perspective at the time, it seemed negative, but since it was his preference, then to him, it was what he wanted, what he chose, and unmistakably a positive choice! And, thankfully, I have long since learnt (mostly, anyway) to stand aside and allow people to make their own choices, regardless of what I personally may genuinely believe is best for them. Thankfully. (My second song, about emotional honesty, was called *Tell Me What You Really Feel*.)

While I have written hundreds of songs, and commenced several books, *New Age Values*, the poster, will go down in my personal history as the first piece of inspirational work I published and kept published. I also published my first album of songs in 1991, at the same time and place. This was at the 3rd Sydney *Festival for Mind Body Spirit*, lasting four days, Thursday 7.11.91 to Sunday 10.11.91, in Hall 5 at the Darling Harbour Exhibition Centre in Sydney. This Festival is now occurring twice a year, and 1991 was the 3rd annual one. I had been to the first two, and absolutely loved it. It really felt like being at another home. In about 150 different ways (the rough number of stands, as I recall) all of us were there to promote New Age Values, although most probably still haven't yet heard of it at the time I am writing this.

I'd better mention that the album of songs was called *New Age Dawning*, and included the very obviously inspirational New Age songs *New Age Lover*, *I Choose Everything*, and *You Have The Power*, amongst others, which I had written over the years as musical versions of various elements of New Age Values. While I was and still am happy with the standard of the lyrics and the inspirational power of them, and moderately happy with the musical standard of the songs, allowing for the main weakness, the melodies, I made one dreadful mistake with that album. I released it with numerous timing errors, mostly in the bass, which to my mind totally discredits the whole thing. I sold less than a handful at the four day festival and decided to take it off the market, or *un-publish* it, very soon afterwards. It was worthwhile for the experience of performing, producing and engineering the entire album myself, and I'm proud of that achievement. But, it was unprofessional, and one of my great goals in life is now to one day release a professionally performed, state-of-the-art album of my inspirational songs, utilizing the skills of whatever professional musicians, engineers, etc, are necessary to do justice to my singing and songwriting.

I still believe wholeheartedly in the power of music to inspire, motivate and spiritually and emotionally nourish all of life on Earth, and beyond. However, my contribution to that, on a large scale, or even a relatively small scale, looks like it is going to be waiting at least a few years to publicly manifest. In the meantime, I'm doing weekly singing practice, and writing and recording (very roughly) one new song at least every 3 months, as a TOP (2000 Olympics Project) discipline for the 27th Olympiad, which I began in September 1996. The first two, both very positive songs, which are *in the can*, are *Going For Gold* and *Jenni Rose*, and I'm now working on *This Is Me*.

So, tying that back in with New Age Values, which I'll often write as NAV for brevity, hopefully you can see that I have exactly the same essential motivation behind all that I have published or am

working towards publishing so far in my life. I could say it with many different words and phrases, but just for now, what I wrote in the last paragraph, *to inspire, motivate and spiritually and emotionally nourish*, seems pretty accurate to me. When I am operating at my best, then the target of my inspiration is mostly others, but it's also for myself as well, since I am always happy to receive more and more spiritual and emotional nourishment. Also, I see the need to continually re-affirm the path I'm on, and the more positive input the better. And since we are all reflections of each other, then while I aim the inspiration towards others, it is also positively affecting me at the same time.

New Age Values was written as a constant reminder for me and the millions of other people on Earth who share them with me. I know millions share them with me because NAV was deliberately and fully consciously written, partly, with the clear purpose of defining and encapsulating what New Age people or *New Agers* believe and aspire to. There are millions who feel that *this says exactly what I affirm for myself and the planet*. I knew this when I wrote it, and it was confirmed absolutely, when, with very limited promotion, I sold nearly a hundred New Age Values posters, mostly on the last day of the Festival, after finally creating a catchy advertising sign. If I had continued promoting it, no doubt there would be many thousands of NAV posters around Australia & the world by now. However, I didn't keep promoting it, largely because I connected it with *New Age Dawning*, and its failure. Writing this today has done me some good, as a much overdue extra post-mortem.

Yes, *New Age Values* is my first published inspirational work that remains published, and which I am proud to keep published. It's been out in the world now for over 5 years, and people have it on their walls and receive daily inspiration and nourishment from it. That feels very good to stop and be aware of. I'm proud of that and happy!

New Age Values is *one way*, certainly not the only way, to enlightenment. While it's been nice to share some personal things about its creation and publication, for the next 44 weeks, the time has now come to write from a clear, objective *inspirer* position.

NEW AGE VALUES

1. I accept complete responsibility for creating everything that happens in my life and for being the way I am.
2. I realize that the supreme, eternal, loving, creative Universal Life Force lives within me and everyone, waiting to be used at all times and places.
3. I deserve to have excellent mental, physical, spiritual and emotional health, and I now choose to create these things for myself.
4. I love and accept myself exactly as I am here and now.
5. I acknowledge that everything outside me is a manifestation of something inside me, and that everyone and everything is an aspect of One Living Universe.
6. I realize that I am a spirit of light living in a human body, in order to have experiences and learn lessons during this physical lifetime, which is one part of my eternal cosmic life.
7. I know that life is always occurring here and now, therefore this is the most valuable place and time to focus my energy.
8. I know that my thoughts create my reality, and that whatever I focus my attention on increases, therefore I choose to think powerful, positive, peaceful, loving thoughts.
9. I know that I can choose to experience absolutely every situation in a positive way, and that through dedication, discipline and commitment I can achieve any goal.
10. I realize the great value of honesty, integrity and honour, and I choose to manifest these qualities in my life.
11. I acknowledge all of my emotions and thoughts, and fully realize that I choose them, and I express them freely in healthy, positive ways.
12. I acknowledge the law of Karma - that all of my thoughts, words and actions return to me in one form or another - therefore I choose loving, positive thoughts, words and actions.
13. I am flexible and open-minded, and am willing to positively change and assimilate new awarenesses.
14. I am open to the positive spiritual and other dimensions of life beyond the physical plane, and I totally trust the Universe to safely guide and protect me.
15. I am in touch with and utilize the enormous healing power that is always within me.
16. I realize the immense value of relaxation and meditation, and include these things in my everyday life.
17. I achieve peace and harmony by balancing the logical and intuitive, masculine and feminine, material and spiritual aspects of myself.
18. I deserve to have a permanent abundant supply of money, and I now choose to create this for myself.
19. I think, speak and act in ways that are respectful towards and in harmony with my surrounding environment.
20. I respect the right of everyone to choose their own beliefs and values and to travel their own chosen path in life.
21. I know that planetary transformation happens when individual people transform themselves, and I am totally committed to my own positive personal growth, in my own way, in my own time and according to my own inner guidance.
22. I know that all of us on planet Earth can have health, wealth and loving relationships, and live harmoniously together as one world, and by visualizing and affirming this we are creating a Magical New Age.

NAV 1

*I accept complete responsibility for creating everything that happens in my life
and for being the way I am.*

This affirmation is perhaps the most important of the twenty two that comprise New Age Values, and that is why it is in the first position.

However, you need to be absolutely clear that the 22 are not intended to be ranked at all in any order of importance. They are all equally important, and a strong argument could very easily be made for putting any of them in the first position, or the equally significant last position, which is the one that has the lingering impact after reading from start to finish.

So, I'm saying they are all equally important, and I've also begun by saying that NAV 1 is *perhaps* the most important. This is because it is one thing that is common to, in a most important way, every single New Age book, teacher, method, belief system, etc, that I am currently aware of. That does not necessarily mean that it is part of *every* New Age teaching, since my New Age journey has only been in progress for about twenty years, and I do not in any way claim to be an authority on New Age material. In fact, partly due to the massive acceleration in the number of new books, methods, teachers, etc, I am probably quite ignorant of many of the practical names, details, etc, and no doubt many of these that are very worthy of mentions in this book, are just not going to be mentioned because I haven't crossed paths with them yet, and may not do so in this physical lifetime.

The point is that of the books, teachers, etc, I am familiar with, NAV 1 covers one of the most important teachings, perhaps *the* most important of them all. Once it is grasped and understood, NAV 1 totally transforms people's lives. It is the difference between old age and New Age. The old way is to believe that we are all basically powerless, worthless little specs of insignificance, who live at the mercy of some or all of the following: God (an external, separate entity), government, society, bosses, family, lovers, and *life* itself. The old way believes things just happen to us and we are powerless to do anything about them. We just have to put up with life the way it is. We have no control, or personal power.

My God! What a revolting way to live!

Thank Goodness for the New Age! Now we have hope, and personal power. In fact we always did have it even before we realized it. The actual truth is that now we *realize* that we have this power! This is the greatest piece of information to come into public awareness in our time!

Although there is a lot of tie-in and overlap between the twenty two affirmations of New Age Values, and of course you could take others as the most important, and as common to all New Age teachings, sooner or later, each other one on its own, without NAV 1, just might let you down, if you had to rely on it and it alone to carry you through eternity. We are all so conditioned to being powerless, and blaming or making someone or something outside of ourselves responsible for our experiences, that it would take massive will-power to always accept complete responsibility for creating everything that happens in your life, if it was not accepted as the number one fact of life beforehand. There are some incredibly positive, happy & successful people in this world, whose success all counts for nothing in a way because they don't realize that they created it themselves. They think that luck or God or circumstances created it for them. People who live that way are only a breath away from disaster, because they don't have any real sense of personal power.

In a way, having a sense of absolute personal power is exactly what the New Age is all about. And it is absolutely nothing to do with outer success or wealth or being in great circumstances or with lovely

people, on a certain level. Of course on many levels these things are great, and are exactly what it's all about. *But*, you can have all of those things and still feel like shit, because you don't feel any personal power. Likewise, you can, in worldly terms, be very unsuccessful and unwealthy, and be with horrible people in revolting circumstances, and be feeling bloody marvellous inside, because you are in touch with your own personal power, and fully aware that you are creating your own reality.

I often found myself in the latter situation while on the peak hour train going to and coming home from work. I was actually earning less money than most of them, and living alone in a rotten old building on the noisiest street in Sydney, but when I looked around at the others on the train, the difference in our internal states was clear-cut and amazing. They were, by and large, all zombies, in a rut, going nowhere, and having a terrible time doing it. On the other hand, I was clear and calm, going exactly where I wanted, fully aware that it was all my own choice, and feeling a lovely sense of inner power and purpose. You see, I, like millions of other New Agers who accept NAV 1 are, am actually happy with my life and always will be, regardless of where my outer life is at any given moment.

You either get it or you don't. And once you get it, then it is always 100%, all of the time. 100% complete responsibility. Responsibility can be written as *response-ability*. You always have 100% response-ability. Who else on earth or anywhere else could ever possibly be choosing your responses for you? No-one could, of course. No-one ever makes you feel, think, say or do anything. Never! It is always your choice!

Always my choice! Yes, everything I ever think, feel, speak or do is totally my own choice. *Always!* It's the great New Age key to life. And it is a free key. You can use it right now, absolutely freely, and totally transform the way you are experiencing life at this very moment, wherever you are, whoever you are, and whatever is happening in your life.

This is what the New Age is all about! This is the greatest magic trick in the whole history of the Universe! And it is real right now. It's not philosophy or pie in the sky. It is a real fact of life, and the more you and I affirm and re-affirm it, the more of an everyday, every moment reality it becomes. Yes, the Golden New Age is constantly here for us when we affirm:

I accept complete responsibility for creating everything that happens in my life and for being the way I am.

NAV 2

I realize that the supreme, eternal, loving, creative Universal Life Force lives within me and everyone, waiting to be used at all times and places.

This is perhaps the oldest of the twenty two New Age Values, and certainly will continue to be valid for eternity. I can easily make the second part of that statement, since the affirmation is about the *supreme, eternal...*, so even if you and I don't fully comprehend what this is at present, the Universal Life Force Itself certainly does understand, and because we are specifying the *supreme, eternal* Force, then it is going to last eternally!

The first statement, that it is the oldest NAV, can be easily verified by a quick study of the world's religions. I certainly do not claim to be an authority on the technicalities of other religions, and at the time of writing this, I have only lightly and briefly studied, in passing, all of the major ones and quite a few of the minor ones. I stress that major & minor refers here purely to numbers of members, and not to any perceived hierarchy of worth. Personally, I actually sense that many of the lesser known religions have far more spiritual value and intrinsic truth than most of the famous religions. I want to also be quite clear here that I fully recognize that *all* religions have elements of truth in them, and that by and large, the leaders & members are well-intentioned people doing the best they can, just like you and me. We are all on the right path, ultimately.

So, be clear that my aim here is not to analyze, criticize or judge the world's religions. In fact, my chief purpose here in mentioning the world's religions is to point out a wonderful piece of common ground between all of them that I am aware of.

While NAV 2, like all the others, could have portrayed the exact same meaning with numerous different combinations of words, what it really means, in very simple terms that anyone would understand is *God lives within me and everyone*, or *The Force is within us all*, or a million variations of that simple truth.

And this has been taught by religious leaders for thousands of years on Earth, in a vast variety of ways, but all with the exact same essential meaning. The Buddha said it, Jesus said it, and countless other religious leaders have said it. Jesus said *The kingdom of God is within you*. It is such a clear, powerful statement, but for some incredible reason, most Christian religious leaders have always taught that people must pray to an *external* God, *out there* in a place called Heaven! This is crazy! Re-read the quote. It says *The kingdom of God is within you!*

A kingdom is the place where the king lives. So, God *lives within you!* And the place where God lives, most commonly called Heaven, is also within you. It is so clear and simple. It means, not to look outside of you for God, but to look within. And that is exactly what so many others, ancient and modern, from the Buddha to the Maharishi, to Rajneesh, to Swami Muktananda, to virtually all New Age teachers have always said. *Look within.*

Now here is a vital point, because you are probably there reading this thinking *yes, I see that, and I know it's true*, like people who hear this truth have always done. Some of you actually realize it, meaning that you have put it into practice, and discovered it experientially, in reality. You have made it real - or *realized* it - for yourself. Great, wonderful, keep on doing it. That's all you need to do and keep on doing, in order to stay on your optimum spiritual level.

Many people, however, in fact the vast majority of humanity throughout recorded history up until now, simply take it in as intellectual truth and do absolutely nothing to experience that truth for

themselves! What an amazing tragedy! It's just theory or philosophy or *pie in the sky*. Well, this New Age is for you people. You see, all or most of us who do now experience God Within, were once in exactly the same position as you, and we then made the step into where we are now. So, of course you too can make this step. And you can make it right now if you want to. It can happen here and now, any place and any time, in an instant. It really can happen for you. Of course it will only happen when you are ready - not when I or someone else tells you it should happen. And if it never happens for you in this lifetime, that's OK.

It requires frequent reminding, and re-programming of your belief system, to maintain this state. You don't just one day *get it* and then find that you keep that awareness automatically, effortlessly for the rest of your life. You need to work at maintaining it, just like you do with physical health & fitness. Those stories of people attaining permanent enlightenment in a moment, such as the Buddha, often ignore the fact that years of discipline preceded that moment of transformation, and the enlightened person most likely continued spiritual daily disciplines for the rest of their human lifetime. So, of course it requires commitment and practice, and discipline, to nurture and maintain this consciousness, and the ways of doing this are vast.

You'll find your own way or ways, which will be just perfect for you. Always remember, if you are unfortunate enough to meet one or more fools on ego-fuelled power-trips who insist that they know the one and only true way to God or enlightenment, and who tell you your way is wrong - do *not* be intimidated by them, no matter what authority they quote. They are the losers, because they're imposing their will onto you, and that treatment will inevitably return to them from a similarly motivated source. My advice is to ignore them and walk away!

When you know the Force is within you, you don't have to answer to any external so called authorities. They are the twisters of the truth, which is that it lives within you. All you have to do is go within and listen and you will hear the truth or the voice of God. Sometimes it happens instantly and sometimes nothing seems to happen. Well, it's all OK, because everything, including silence, is part of the Universal Life Force. It doesn't matter what is happening around you in the world, the Life Force, or Chi, or Ki, or Prana, or thousands of other things people call It, is *always* living within you. It is Eternal. You are Eternal.

That is the most comforting, inspiring and empowering thing you could ever learn. Whoever you are, wherever you are, whatever the time is, and regardless of what you have done in your life beforehand, the Force is within you. Remember it. Use it!

I realize that the supreme, eternal, loving, creative Universal Life Force lives within me and everyone, waiting to be used at all times and places.

NAV 3

***I deserve to have excellent mental, physical, spiritual and emotional health,
and I now choose to create these things for myself.***

Yes, yes, yes, and yes! That's everything you're ever going to need, to have an absolutely marvellous life, isn't it? Sure, money, success, loving relationships and lots of other very personal goals of your own are going to contribute greatly, and those things *combined* with excellent mental, physical, spiritual and emotional health, will create a life of bliss beyond description. Wow! Just imagine it! Take a few moments now, please, and close your eyes, relax, take a deep breath, and imagine yourself with excellent health in *every way*... Mentally... Physically... Spiritually... Emotionally...

Wow! What a way to be! And *that* is precisely what the New Age is all about. It's about this way of being actually being practically possible, here and now, in this physical time & space reality, for *everyone*, including you and including me. Yes! Excellence! Health in all ways! Created personally for ourselves, by ourselves, with our own positive choice power!

I'll briefly diverge here, and point out a very significant format change I felt moved to make just before this writing session: From now on, with very few or perhaps even no exceptions, after this note about it, for the rest of these writings on each of the 22 individual New Age Values affirmations, the following will quite deliberately occur: The explanatory, context creating notes that have been quite frequent in the Introduction to NAV as well as NAV 1 & 2 will become absent. By this I mean all the things referring to other religions, explaining the background of my writings, and lots of practical, *human*, virtually apologetic comments, which seemed useful and necessary to write at the time. Now, however, to continue including those things would seem to me to be a waste of my energy, when I could be using the same time & space writing directly, purely, explicitly inspirational, motivational and nourishing words, instead of the type of practical, explanatory stuff I have just spent a substantial paragraph on.

The inspirational stuff is what I really feel personally motivated to write, and what I do best, and it's the stuff that I like reading, so since I'm writing for people who like reading the same stuff that I do, we'll all be very happy with this change in format. Now, let's party...

Another great key to New Age Values, which I think is only actually mentioned in two of the twenty two affirmations, is the phrase *I deserve*. All of the other twenty naturally incorporate this as a fact of life. And of course *I* also means *You* and *They* and *We* and *Everyone*. Isn't this bloody marvellous? Everyone deserves! Yes, you *deserve* good things. You deserve success and health. In a sense, being aware of this fact is all you ever need to do, because when you experience the sense of deserving, of being worthy, then you naturally allow good things to occur to you and for you. Because, in a loving, abundant, marvellous Universe, it is perfectly *natural* for good, healthy, happy things to happen all of the time!

Yes, excellent mental, physical, spiritual and emotional health is *natural*. Natural. Disease, negativity, struggle, failure, etc, are all unnatural. If you want to argue that point, then you'd better go and read something else, and leave this book for someone suitable to find, and make positive use of. I'm not writing for people who need convincing that it is natural to be successful, happy and healthy. I *am* writing for people who want and/or need *reminding* of this, in order to continue creating it for themselves, so from now on, be clear, 100% clear, that I am writing for you alone. For you who know in your heart that you deserve *every* good thing in life that you can ever imagine, and that it is natural for you to have these things!

It is all a matter of positively reprograming yourself. That is all! Yes, that is all! Because, since it is

natural to deserve and have a marvellous life all the time, then anything you are manifesting now that is contrary to that is caused completely by unnatural negative mental programming, or the sum total of your life up to this moment. Everyone else was sick, failing, etc, so it *seemed* only natural to go with the mass values, be *normal*, and have a rotten life. That was understandable, and forgivable. But that was all an absolute illusion! Yes, the world is still that way, but the New Age *is* happening and the people in the world are very gradually making positive changes, even though the mainstream is changing far too slowly for you and me to enjoy being part of it. We want and need a *positive* world!

You and I need and want to constantly re-affirm to ourselves that we are on a *vastly different path* to the mainstream of society. They are OK and we are OK. Stay aware of that - but, but, but, *resist* the constant pressure to conform and to fail. *Resist!*

Make constant positive choices to follow your own path. *Trust yourself*. Keep on reminding yourself that it is *OK* to be different. Not just in theory, but in real life! It's easy here in the peace and privacy of your own space while you absorb these words, but out there interacting in the world, it is a whole new ball game, and constant vigilance is required by you to calmly, peacefully, positively and powerfully walk your own path! You'll probably often feel like a freak or an alien, and sometimes doubt that it really is alright to keep working on being healthy, happy and successful. If you feel that way sometimes, it is OK and understandable. Acknowledge your emotions and give yourself loving and nurturing from within. It's all OK. Breathe, relax, remind yourself of New Age Values, and feel good and strong again in an instant! This works. I do it all the time.

You are a lovely, special, wonderful, miraculous human being. The Universe loves you. I love you. This Me that is writing now loves everyone and everything, and It loves connecting with the same pure part of You, through the sharing of these words. I believe the name of the game on the Earth Plane is to *remember* that it is perfectly natural for all of us to win, by realizing that:

I deserve to have excellent mental, physical, spiritual and emotional health, and I now choose to create these things for myself.

NAV 4

I love and accept myself exactly as I am here and now.

Short and sweet. When we're in love with a person other than ourselves, we are really using that person as a catalyst to be in touch with the feelings of love that are already inside us. It is absolutely marvellous to be in love with someone. We all know it's one of the greatest experiences available to us as human beings.

The saddest thing about being *in love with someone* the way the vast majority of people do it, is that it is a completely powerless, conditional experience. You depend on that person to love you in order for you to have those lovely *in love* feelings, and your feelings are 100% conditional upon that person continuing to love you! As soon as they stop loving you, and being the *giver* of your loving emotions, it is a disaster for you, and not only do you lose those wonderful feelings, but you actually do much worse than that, and *add* a whole range of dreadfully painful and negative thoughts and emotions. Worst of all, you end up in a far lower state than you were in before being in love, when you were on your own!

The great news is that this apparently *normal* mainstream way of being is a complete joke that can be laughed off any time! Yes, there is another better way of being. You see, when you love yourself in the first place, you don't lose everything when you lose a lover. You are the same lovely person you were before, during and after the love affair, and you are perfectly willing and able to have very wonderfully loving experiences at any time and place, with or without a lover! Yes, *you*, whoever you are, are always able to experience absolute love, from within yourself. Yes, it is true. Believe it.

Once you have learnt to love yourself, then the experience of being in love with another person is truly divine. Two people who love and accept themselves, regardless of how anybody else feels about them, are able to share the most profound and deep love imaginable. I could write mountains of heavenly words on that subject, but it is not the main purpose of this NAV.

The main purpose of NAV 4 is to remind us all to do exactly what it says, that is, to love and accept ourselves exactly as we are here and now. Short and sweet. Just do it. Just love and accept yourself here and now. It's one of the infinite versions of *all you'll ever need*. When you allow yourself to simply love yourself, that *is* all you ever need to experience eternal bliss. Love is all you'll ever need! *Love.*

It is so simple it is amazing! It is expressed very powerfully in one of the great songs of the twentieth century, *The Greatest Love Of All*, written by George Benson. So many singers have recorded wonderfully inspiring versions of it, such as Whitney Houston, one of the great female vocalists of our time. Somehow, this song manages to avoid being criticized as *egotistical*, *selfish*, or other typically nasty comments people tend to make about the concept of self-love. Thank God for that. It is marvellous that this song says *Learning to love yourself is the greatest love of all*. And it is great that this song has long ago earned its place on the list of all time classics such as John Lennon's *Imagine* and a host of other greats.

What is also lovely about this marvellous song is that it says *The greatest love of all is easy to achieve. I've found the greatest love of all inside of me*. When we hear and sing these words, they automatically, instinctively ring true inside us. We know and feel the truth of the message. Very sadly, the vast majority forget it as soon as the song is over, but each time they hear it, it does have a subtle positive effect, and helps humanity feel more love for itself.

You will only ever be happy when you have learnt to love yourself exactly as you are. Usually our

own level of self-love and acceptance is totally conditional, depending on standards, goals and other gauges that we set for ourselves. It's certainly valuable to aim for and achieve these things, but there will always be higher standards to aim for, and sooner or later you're going to have to say to yourself very clearly and simply *I am aiming higher, and I love and accept myself exactly as I am here and now.*

You are good enough right here and right now, absolutely regardless of what you have and have not done in your life, and what standards you measure your success by. Yes! Get the message. You will have to get this message one day, so how about today! You can't go on saying *I'll love myself when I achieve such and such or overcome this or that or gain a certain level of wisdom, compassion or whatever.* You just can't live that way and ever achieve happiness, because as soon as you reach each one of these goals, you're going to once again set other higher goals. You're probably going to change your mind and then say *Now I'll love myself when I achieve this higher target.*

When is it going to end? Living that way, it will *never* end, because your self-love is always *conditional* upon achieving something. Get it? Of course you do, now how about *acting on it?!* You can start changing this right now, just by saying *OK, I love and accept myself exactly as I am here and now, without any conditions, and I am now committed to doing this for the rest of my life.*

Of course it can take lots of time, patience, practice, and a strong commitment to making positive choices, but like all personal growth work, the rewards are enormous, and guaranteed if you keep at it. Yes, *guaranteed.* That's one of the many marvellous things about New Age Values. They are all guaranteed to work. Not by me or my religion or any Earthly authority, although on many levels, of course I do guarantee them to work. It is *you*, the person using them who finds the guarantee within yourself. That's the greatest guarantee of all, the one that comes from within you, and the more you use New Age Values, the more you find that of course they are guaranteed, because they are already within you, in the deepest, most powerful, eternal part of you.

Loving yourself is the greatest guarantee of a successful life. It *is* a successful life. A person who loves themselves already has achieved the greatest success, and they naturally share this love with others, freely. All of the joys and fabulous emotions of being in love are available to anyone who lives this affirmation:

I love and accept myself exactly as I am here and now.

NAV 5

I acknowledge that everything outside me is a manifestation of something inside me, and that everyone and everything is an aspect of One Living Universe.

Now we're really starting to get Cosmic! If you keep a truly open mind, genuinely seeking the truth, no matter how far removed it may be from what you have always thought was true, then I, and millions of other New Age people, believe that NAV 5 is where you will end up. I stress that I take responsibility for holding this belief, and as much as I often regard it as a fact of life, who am I to say it is *the absolute truth*? I mean I would have to be as arrogant as any religious leader or follower who says that they have found the one and only truth that explains everything in eternity, if I said NAV 5 is *the answer*. Remember that!

However, it seems right to me and millions of others, including millions of Hindus, who have a story in their scriptures that gives this very explanation of the Universe. And because it seems right and feels right, I'm now going to write as if it is the truth.

Everything is an aspect of One Living Universe. Imagine it. It is so clear and simple. The old belief was that the Universe had two components to it - God, the Creator, who made it all, and then everything other than God, that is all the stuff *He* (laugh!) created, which includes you and me. But there was always a crazy contradiction in this, since the very same belief system also taught that God was *in everything* or *omnipresent*! Yet, ask for an explanation of this contradiction and you'd have been told some pseudo-wise, unquestionable, totally unsatisfactory answer, such as *God is a mystery we can't understand*.

Well I believe we *can* understand God, the Force or the Universe. In fact I personally *know* it can be understood, because I have the experience of understanding it. Maybe that understanding will come through these words to you, and maybe it won't, since the experience is essentially *beyond words*, but it can be shared through words when you are ready and willing to experience it. I was assisted in having this experience of understanding by the words of a seminar leader, Leon Prochnik, in 1981, when I did his PACS (Power of Acknowledgment and Choice Seminars) three day weekend.

This was one of the most significant weekends of my life so far, perhaps *the* most. Even though I had been on my personal growth journey intensely for a few years, and had already grasped much of New Age Values, and written many related songs, it was only on this PACS weekend in November 1981 (very similar, from what I've read and heard, to Werner Erhard's *est*) that I really fully *got* certain parts of the message. This NAV 5, along with others, especially NAV 1, was right at the heart of what I *got*, and what New Age people are continuing to *get* every day in a vast variety of ways, with a vast variety of teachers.

Getting or having the experience of truly understanding this point is one of the most important things that will ever happen to you in this lifetime. It is vitally important in this process to go beyond intellectual knowing into experiential knowing, and of course no-one can make that happen for you. It takes a leap of faith on your part. You need to be completely willing to open up to the Universe and the Truth of It. When you first open up to this truth you are going to have to accept a massive number of new realities all wrapped up together. You'll have to be prepared to be shocked to your sox! You'll also be very excited and constantly awe-struck. And you'll have an amazingly powerful *aha!* experience. And since the old belief system is so strongly ingrained in you, you'll still be able to have these wonderfully refreshing, enlightening awarenesses time and time and time again!

Many or most people think when they get it, that it's going to stay that way for them automatically for

the rest of their lives, simply because it is the truth and they have opened up to it. But, they soon realize it can take many years to even begin to consolidate this awareness as an everyday reality, after coming down off the initial high. It may, and probably will, take you years of reprogramming yourself, which is perfectly understandable, and a lovely part of the process of re-creating your own reality.

One big tip: Don't get caught on being a follower of the person or belief system, etc, that helped you get the message! Stay open to receiving truth and inspiration from anyone, anytime, anywhere - and most importantly, from within yourself! Especially from within yourself, since the Force lives within you, and since you are the Universe!

Amazing, isn't it?! The whole Universe lives within you, and it also lives outside you. Truly amazing! Yet, once you understand that all of life - everything that ever has existed or will exist, or does exist now, is part of One Living Universe, then you automatically understand Infinity, and have access to all knowledge.

Of course you're not going to instantly understand everything in your present time and space reality. I certainly don't claim to have understood the tiniest fraction of the knowledge that is available about the Universe. But, I do state that I have access to a state of being where all knowledge in the Universe is available. So do you, just as everyone else does. As I said earlier, a lot of this is beyond words, and lies in the realms of meditation, altered states of consciousness and related areas. In a sense, no words at all can ever do it justice, and I have had a continual sense, while writing about NAV 5, that I may not be doing it justice at all.

I really encourage you to enter into NAV 5 experientially, for yourself, in your own mind, body, spirit and emotions, and especially through meditation. Believe and trust, and you will *know* that you are an aspect of One Living Universe. You'll know that We, the Universe, are a Single Living Entity, an eternal jigsaw puzzle, a heavenly hologram, where every individual piece contains the whole! Mind boggling, isn't it?! Yet it is also so very, very simple once you get it. And it will sustain and nourish and inspire you repeatedly, whenever and wherever you need or want.

Remembering that we are all aspects of One Living Universe, which split itself into an infinite number of pieces, as a deliberate game, explains everything in an instant. The game is to remember, and when we all remember, we all win, and we are all one again!

There's still also a vast amount of amazing inspiration for you in realizing that all of the people, things and events in your life are aspects of *you*. Yes, you create all that is outside you, from inside you. Contemplate that for an amazing lifetime!

I acknowledge that everything outside me is a manifestation of something inside me, and that everyone and everything is an aspect of One Living Universe.

NAV 6

I realize that I am a spirit of light living in a human body, in order to have experiences and learn lessons during this physical lifetime, which is one part of my eternal cosmic life.

You are eternal. You already have eternal life, whether you realize it or not. You are part of One Living Universe, which is eternal. In our day to day Earthly lives, most people become absorbed in physical, limited, time and space reality, and ignore or deny spiritual, cosmic, eternal realities. Of course that's OK, and it's often desirable in order to get the job done, however, I have some really good news for many people. You don't have to switch off spiritual awareness to focus on physical realities. It's not a black or white case of one or the other. Yes, you can actually do physical, mundane, day to day things with a spiritual consciousness. This is even true while you are doing things with other people who are totally oblivious to the spiritual dimensions.

Many people know this in theory, but I, and I suspect many others, have discovered it as an actual reality. In brief, this is how I discovered it: After 15 years as a musician and spiritual explorer, very much deliberately cut-off from the mainstream, I chose to re-enter the world of 9 to 5 office work. I felt totally alien to the business mentality, which was devoid of emotional and spiritual nourishment, and where it was normal for some tasks to be *pleasant* and others to be *unpleasant*. So, to nourish myself and make *all* of my work as enjoyable and positive as possible, I deliberately found ways, from the start, of experiencing *business* as *spiritual*, and while spending a lot of time on the details wouldn't be appropriate here, I'll give some brief examples:

Each phone call or interaction is a contact with another divine being. All repetitive tasks are great opportunities for using mental mantras and affirmations. Every number or set of figures has mystical significance, as do all dates and times, when you're into intuitive sciences such as numerology and astrology. Every spare moment is a chance to meditate... Countless versions of these spiritual activities can be done out there in the world, and no-one except you ever needs to know, if you, like me, value your privacy.

Often the most valuable and enjoyable of these practices are the ones you create for yourself, so how about having a go and inventing some of your own? They are really quite simple and easy. The main thing is simply to make the choice to do it. With a bit of trial and error it gets easier and easier, and sooner or later becomes totally automatic, especially when you learn a few ways of programming specific things, people and events to trigger the exact response you choose for yourself.

Maintaining the awareness that you are a spirit of light living in a human body is as simple as the first two words in NAV 6, *I realize*. At any given time or place, you either realize or you don't, and when you don't, and you'd prefer that you do, all you ever have to do is choose to realize. It is that simple! Of course it takes practice, and we're all working on it as best we can, but one thing this amazing New Age is showing us is that instant enlightenment, even if it doesn't always remain permanently, is something that is always available to all of us at all times and places. Remember that, and you'll be able to access your spiritual nature, and, importantly, remember that everyone else has the very same nature, more and more quickly and easily as each day goes by.

Living in a human body is perfectly OK. That's what we're here for - to fully experience being in the physical plane. Of course some people have absolutely no sense of or belief in anything spiritual or metaphysical, and think that when their body dies, that's the end of the line for them, forever. Some of them live very happy and successful lives, and they have every right to their belief system. Don't try to change them. They are OK. No more or no less OK than you or I. Everyone is absolutely OK, and the more we freely accept that, the more peace of mind we have, and the more successfully we travel our

own chosen path.

We are all here to have experiences and learn lessons, and that's only one of an infinite number of ways of explaining human life. However, when you regard everything as a learning experience, then every single event is full of meaning and excitement. Assuming you want to do your best, then every moment of your life is an opportunity for success - Earthly and spiritual. And whether you believe in re-incarnation or one-life-then-judgement, or some other reality, you're going to want to score the best result you can by the end of this lifetime, aren't you? So of course you'll put in your best effort all the time, won't you? Well, very strangely, that is not what the vast majority of people do, which seems a pretty stupid way to live! But, who am I to judge it?

By the same token, I still feel a desire to see everyone actually live their lives to the full, and put in their very best effort all the time, and to choose to remain aware of the big picture - the big cosmic, spiritual picture, that is. Some of us just have this grand vision and we choose to stay focused on it, and keep on doing our bit towards realizing it. I suppose I am simply describing one aspect of what it is to be a committed New Age person. And even though we're still a tiny minority, it is very comforting to stay aware that there are millions of us spread around the world. It's also extremely reassuring to know that, like some of you reading this, numerous people are being inspired to join this amazing New Age Movement every day. I welcome you!

I believe wholeheartedly that the concept of being part of One Living Universe which has split itself into an infinite number of pieces, each containing the whole, automatically incorporates the reality that, not only is everything possible, but everything that is possible is actually occurring in some dimension. This concept is beautifully explored by Richard Bach, the author of *Jonathan Livingston Seagull* and *Illusions*, in his amazing novel *One*. The point of mentioning this here is to remind you that even so called aware or enlightened people often automatically think in limited ways unless they deliberately choose otherwise, for instance on the idea of human life and death. I mean, how on Earth did we ever come to such a limited idea that there are only two options? The first is one human lifetime followed by an eternal reward or punishment, and the second is lifetime after lifetime, with variations on the final outcome.

Wake up Earth! There are infinite possibilities. In all likelihood they are all happening simultaneously, so how about letting go of the idea that *this is how it is* and opening your mind and spirit and adopting the idea that *it could be any way*. This is not the place for me to suggest other ways. Instead, I again suggest to you that you experience other realities for yourself through meditation, mind expansion, etc. There will always be an eternity of wonderful new awarenesses about our spiritual nature, as we travel through this paradise!

I realize that I am a spirit of light living in a human body, in order to have experiences and learn lessons during this physical lifetime, which is one part of my eternal cosmic life.

*I know that life is always occurring here and now,
therefore this is the most valuable place and time to focus my energy.*

Here and now. Three magical words. I love those three words, and they're definitely right up there on my personal list of all time favourites, and most frequently used, in one way or another, during my adult life. After writing the previous sentence, my watch's hourly chime went off, and I paused to do my hourly affirmations. In their current version, my fourth of four is *I choose to manifest New Age Values in my life here and now.* So every hour when I'm alone, I first speak, and then think, in sync with my breath, the words *here and now.* That's how importantly I rate them.

It's another of those lovely concepts that New Age Values is overflowing with, which, when fully realized and utilized, is all you'll ever need to guarantee a beautiful, amazing, inspired life for yourself. Any time at all - absolutely any time - if you're feeling troubled about anything, all you ever have to do is pause for the briefest moment, take a conscious breath, and *be here now*, as Ram Dass described it in his wonderful book of that name. Be here now. Or be here *and now.* *Here and now* also owes a great deal to Fritz Perls and Gestalt Therapy.

While the *and* isn't essential, it can serve a very useful purpose on many occasions. You might bring your consciousness here into the place you are, but be reliving past events or worrying about future events that have taken place or might take place where you are. Likewise, you can be present time-wise, but mentally be worrying about some other place in the present time. In both instances, you are clearly missing out on the full beauty of the moment that would be available to you if you chose to fully focus on the *here and now.*

Wherever you are, you already have heaven right there, at every single place in the Universe, and at every single time in Eternity. You don't need to travel to another time or place where you think conditions will be better. The crucial fact is that life is *always* occurring here and now, so you only ever have the one chance to fully experience every single moment of your life, then it's gone. And when you do get to the future places and times you are anticipating, you're going to have to experience those events right here and right now, in order to make the most of them.

If you do waste a lot of time living in the future, for instance (heaven help you if you're in the past, because you can't do *anything* to change that!), stop for a moment and choose a specific event that you're concerned with. Now imagine yourself in that time and place, once again being concerned with some future event, and likewise into the future... If you do this, you're actually *dead*, because you are never *living* your life in the present. This is a great tragedy, but once again there is great news for people who want to positively change!

Living in the here and now is a very simple skill that can be learned - by anyone, of any age, of any race, creed or whatever. *Anyone.* You just need the desire, and the commitment to positive change and personal development. Then you just do it, and keep on practising the art, and doing whatever you personally find that you need to do to consolidate the changes to your mental programming.

Be committed to making the change in reality, not just in theory, or while you're reading about it. Everyone already knows all of these marvellous realities in theory, in their minds, or on their bookshelves, or while they're having intellectual wanks about the meaning of life with their friends, workmates, family, etc. But what a waste that is! You *know* when you're playing this game, and of course you have every right to play it, but what I'm really encouraging you to do is to *actually put it into practice.*

The odds are extremely strong that you are habitually living everywhere *but* here and now. In this world, on the planet Earth at present, as has been the case forever according to recorded history so far, that's just the way it is baby! *Unless* you have deliberately chosen to change this habit, and walk away from mass consciousness. You can't change the masses, but you can always choose to change yourself, which is of course what the New Age is all about. Even then, chances are that it's taking a very long time for you to really put it into practice successfully. It just takes time and *practice*, and that practice *does* eventually make perfect.

Those of us who are really serious about manifesting New Age Values in our lives here and now need to be like Olympic athletes. Everyone who gets to represent their country at the Olympic Games has to achieve the level of top three or four out of *everyone* who competes in their event in that country (except for team sports), which is a pretty awesome achievement in itself! Obviously thousands fail in their attempt to reach each Olympics, but by committing themselves to the goal, they still achieve a heck of a lot along the way, and achieve countless personal successes in the process of aiming for the top. So, no matter how far each person goes in their personal Olympic dream, they all experience a wonderful sense of pride and satisfaction within themselves simply because they dared to take a chance, to follow their heart's desire, and to commit to going for gold!

People who never attempt to make the Olympics (and of course that's perfectly OK) simply have no idea in reality what those who do make the attempt experience. They can only guess. And that's the whole point I keep making here about daring to be different and choosing to actually *experience* these wonderful states that you are reading about. I'm talking to those of you who know you *want* more, who know there *is* more, and who are willing to *do* something about it.

The New Age is for those of us who are committed to being *Mental Olympians, Physical Olympians, Spiritual Olympians, Emotional Olympians* - or any kind of name we might give to the state of being our own personal best. The great thing is that we don't even have to compete with anyone or any standards, except the standards we set for ourselves. And of course we love and accept ourselves as we improve along the way. If we slip back into the old ways of living in the future for instance, we just gently and honestly acknowledge that to ourselves, make another positive adjustment, and carry on. And we positively give ourselves acknowledgement for each new successful step that we take in our chosen direction. It's very important to do this. Positive re-inforcement and encouragement is not just pleasant, it is also a vital part of the process of successful personal growth, so let's use it.

Of course some planning for the future is a very useful thing in this time and space physical world. I do plenty of it these days, with my massive goals and projects. Good planning, though, when it's done properly, can be totally forgotten, put aside with absolute confidence and peace of mind, and allow the space to fully focus on the present, and thoroughly enjoy each moment while it's happening.

I know that life is always occurring here and now, therefore this is the most valuable place and time to focus my energy.

NAV 8

I know that my thoughts create my reality, and that whatever I focus my attention on increases, therefore I choose to think powerful, positive, peaceful, loving thoughts.

Powerful thoughts create a powerful reality. Positive thoughts create a positive reality. Peaceful thoughts create a peaceful reality. Loving thoughts create a loving reality.

Exactly the same message could be spelt out for the negative counterparts of those four lovely words. If you need to consider those ideas, feel free to do so, then I urge you most strongly to return to the positive examples used here.

Whatever I focus my attention on increases. Or whatever I habitually think is re-inforced and consolidated, and repeated. If I, you, and we as a society dwell on successful events, ideas and feelings, then we create the habit of expecting, and therefore manifesting, a successful reality. Unfortunately, the media accentuates the failures constantly, and of course these increase in the world and become expected. I want to emphasize most strongly here that the media is not separate from the mainstream of people. It's not *us* ordinary people and *them* the media who report on the world. The people in the media are exactly the same as you and me, and they are reflecting back to us exactly what we as a society value. It's very important to understand this. It's equally important to realize that the same is true of politicians. They are also no different to us. They are perfect reflections of us, and one day we'll be honest enough to admit this about politicians and the media.

Being aware of how negative our society is, and the fact that virtually all of the media, including television, radio, newspapers, magazines, and virtually all forms of entertainment constantly focus on the negatives - in general - great vigilance is required by each individual who chooses to create a powerful, positive, peaceful, loving life for themselves.

Fortunately, there are more than enough positive media available to meet our needs. All we have to do is look for them, choose to give our time and energy to them, and re-program ourselves to make a habit of seeking them out. It's a very simple matter of choosing to positively discriminate.

Positive discrimination is what will really give you the edge and allow you to make the major breakthroughs you dream of. Discriminate against the old, negative thoughts, habits, people, situations and media that held you back. Find positive replacements for all of these things. One by one, turn everything in your life into a positive. Be committed to making positive choices all the time. The more you do this, the easier and more natural it becomes for you. Eventually you find that it is extremely easy to be positive.

Yes, you read correctly. I said *it is extremely easy to be positive!* Once you have re-programmed yourself to be constantly positive, it is the easiest and most natural thing in the world to do. With a little practice, it is amazingly simple to be powerful, positive, peaceful and loving! It is as simple as you think it is. If you think success is easy, then that is what you will find to be true in your life.

You can start anywhere. Wherever you decide to make the change to positives, you will get results. And the more places you make the change, of course the more results you'll get. You could start with television. You could focus on all the positive programs available, such as infotainment, documentaries, sport, positive science fiction and inspirational movies, for example. By being selective, and of course this means mostly or totally avoiding the news, dramas, soap operas and most movies, you can watch a non-stop smorgasbord of positive television. There is a constant feast to choose from. It just takes positive discrimination.

You might decide to start with what you read. Of course daily newspapers are out and New Age newspapers and magazines are in. There are so many wonderfully inspirational new publications flooding the world, that you could read them to your heart's content and always have a fresh supply waiting.

Then there's music, which is so very important, because it is playing all over the world all the time. Radio waves, like TV and mobile phone signals, are constantly flowing through us. Finding songs with positive lyrics requires serious effort, and in the vast majority of cases, you'll find a small number of them interspersed with lots of negative songs on any given radio station or CD. A great way around this is to use the programming function on your CD player to play only the positive songs from your CDs. Another great way of hearing lots of positive songs is to make your own compilation tapes. Pick all the powerful, positive, peaceful, loving songs from your CDs and record them one after the other on tapes or discs. These are incredibly uplifting and inspirational to listen to. Even when they're just playing in the background, it's very reassuring to know that positive messages are going into your mind. It also positively impacts whatever you are doing at the time, in the here and now.

One of the most powerful tools available on this planet is a beautifully simple thing called a subliminal tape. On the surface, it sounds like, and is, exactly the same as a normal audio cassette of relaxation music or sounds from nature, such as waves. Then, as a bonus, recorded at extremely low volume, below the level of consciousness, there is a second layer of sound consisting of a human voice speaking powerful, positive, peaceful and loving affirmations. Playing these tapes repeatedly creates very deep, profound changes to your subconscious programs, and in turn to your outer life and how you feel. I recommend playing subliminal tapes - CDs are starting to be available - as much as possible. They are magic!

Very briefly, you can positively reprogram yourself in an infinite number of ways, some of which include posters on your walls, positive affirmations in strategic places, the decorations in your home, workplace, etc, the people you choose to relate to, the videos you watch, the books you read, etc, etc. Once again I emphasize that often the most powerful methods are the ones you create for yourself. Be daring. As long as what you do is powerful, positive, peaceful and loving, you *will* succeed! Meditation, particularly using a positive mantra or affirmation, is immensely valuable. Daily discipline is a great key.

Your thoughts do literally, actually create your reality. Everything, for instance this book, began as a thought. Just stay aware of that and you'll soon learn the value of choosing positive thoughts. Every single experience you've ever had is stored in your mind as thoughts, and these thoughts form your subconscious programming, which determines the quality of your life at every moment. It is very, very simple.

I know that my thoughts create my reality, and that whatever I focus my attention on increases, therefore I choose to think powerful, positive, peaceful, loving thoughts.

NAV 9

I know that I can choose to experience absolutely every situation in a positive way, and that through dedication, discipline and commitment I can achieve any goal.

Yes, absolutely every situation can be experienced in a positive way. Every situation. One hundred percent of all experiences you can have. No exceptions. There is no such thing as a negative situation. Anytime you have a negative experience it is absolutely, completely because you made the choice to experience it that way. If you ever need reminding of this, just briefly consider that you've probably already experienced the exact same type of situation in a positive way already, and other people have almost certainly done so, so simple logic, or a reality check will always confirm that of course it is not the situation that is negative, but your reaction to it. Absolutely, always, one hundred percent!

The same goes for positive situations. On a certain, very real level, no situation is positive in itself. Once again, it is your reaction to every situation that makes it a positive experience for you, using exactly the same logic we used in the previous paragraph. It is your *response-ability* that determines the quality of every single situation for you. What seems to be going on outside you - a happy experience - is actually an external projection of what is going on inside you. It's your internal choice to be happy at that moment that makes the situation happy for you as an individual.

And even if 10 *billion* people are simultaneously experiencing the same event in a happy way, it's always possible that one or more others are experiencing that event in an unhappy way. To give you a concrete example, imagine when we all watch the first human step onto the surface of Mars sometime in the early 21st century. We'll be ecstatic, but some people will have just learnt that their best friend has died, and will be in total grief. So the first Marswalk is a positive event for the vast majority of humanity, although for any single person it could be a tragedy. The quality of the experience is in the people having the experience, not ever in the experience itself.

So, with this wonderfully useful piece of information, we can now easily and confidently step forward into life and choose to experience every situation in a positive way. Of course we may prefer to choose to experience some events as negative, perhaps to re-inforce that we don't want those events in our lives any more, and to motivate ourselves to keep working towards creating new positive alternatives. And of course our morals come into this, so naturally we would still experience, say, lying as a negative thing, because we value honesty, and have a commitment to always being honest. Total honesty is just a personal example that came to mind here for me, which I value as highly as anything. I have not yet met a single human being who values it as highly as I do, but I stay open to the possibility of that happening. In the meantime, I feel compelled to promote absolute honesty as a valued way of being, and a vitally important element of New Age Values (NAV 10) and *Positive Choice*. The *Truth* is wonderfully *Positive!*

Also, we need to be able to experience negative emotions, such as sadness and anger, in order to be well-balanced human beings, and this is dealt with directly in NAV 11. The point is that how we deal with and process the negatives can be as positive an experience for us as anything else.

We can choose to experience absolutely every situation in a positive way. Even in extremely difficult, painful or challenging times, when we are staring defeat in the face, when there seems no way out, and failure and negativity seem guaranteed - we *always* have a positive choice available to us. The very act of simply *staying open to the possibility of a positive outcome*, even in the face of seemingly overwhelmingly impossible odds, or in the presence of an apparently superior opposing force or enemy, keeps the possibility of a positive outcome alive. In this way, miracles happen all the time. It is always in your hands. The very moment you choose to let go of the possibility of a positive outcome,

you have sealed your own fate. Remaining positive, anything is possible.

The way to make the most of this knowledge, as always, is to put it into practice. Just do it. Move from cliché into experience. You want to improve. Now you just have to take a step further and practise changing the way you experience personal events in your life, and the outcomes of the effort you put into achieving your goals. It is, once you're at this stage of awareness, nothing more than a very simple matter of *doing it*. There's no mystery involved at all. It is incredibly simple. Success is positively simple. Yes, success is simple. Success is easy. Of course some degree of hard work is sometimes involved, but the more you practise, the easier every aspect of creating your dreams becomes for you.

There's a very, very fine line between pleasure and pain, or between rewarding work and terrible struggle. It is *all* in your own mind, and how you choose to experience every aspect of your journey. If you want success to be a struggle for you, believing you'll value it more - fine, that's your choice. If, however, you want to *enjoy* the process of being successful, while you're actually doing the work, not just when you reach the end result, then it is a very simple matter to do so. This is certainly sounding repetitive, but it needs to be. We need to constantly re-inforce that our lives are as positive and easy as we *choose*. Once again, to be deliberately repetitive, I emphasize that the key is to *just do it*. *Just do it*. That is one of the most positive, motivating, and success inspiring slogans ever created. I am certainly not being paid by Nike (not at the time of writing, anyway) to promote their sports shoes, but I happen to love their whole approach to life, and the fact that they chose to name themselves after Nike - the goddess of victory. That company is constantly putting out positive energy right around our planet, and I, among many others, love them for this!

I add two extremely important words of my own, which I discovered in 1988, when I decided to make one of the biggest breakthroughs of my life so far. *Daily discipline*. The value of daily discipline is infinite! Whatever New Age techniques or philosophies you benefit from, and there are vast numbers of extremely powerful, positive and successful ones around, you will multiply their results *immensely* when you use them in a disciplined way, on a daily basis. And you've really *got to just do it* to have any concept of what effect this has.

Dedication, discipline and commitment, in relation to any goal, ultimately means one thing - daily discipline. Every champion knows this. Every success story knows it. Anyone can dream, visualize and plan absolutely any goal. The ones who succeed actually *do* the work that is needed for success. When you're really ready for success, you too will do the work, rain, hail or shine. You'll do every bit of mental, physical, spiritual and emotional daily discipline that you set for yourself, in a dedicated and committed way, *as long as necessary*, and you'll be *extremely successful!!*

I know that I can choose to experience absolutely every situation in a positive way, and that through dedication, discipline and commitment I can achieve any goal.

NAV 10

*I realize the great value of honesty, integrity and honour,
and I choose to manifest these qualities in my life.*

As I said in NAV 9, I regard total honesty as highly as anything. I point out that this NAV 10, about honesty, integrity and honour, is different to all of the other 21, in the sense that it is *not* something that is generally promoted very strongly by New Age people, whereas the other 21 quite clearly are. So anyone using this book as a guide to the New Age needs to be aware of that. At the same time, you need to fully realize that I'm not saying New Age people value honesty any less than the mainstream of society. I'm certainly not saying that for a moment, and in fact they may perhaps, as a generalization, be a bit more honest than the mainstream, like other spiritual and religious groups of people generally are.

The point I'm making is that in my observation, the vast majority of *all* people, religious and non-religious, are honest most of the time, some even *almost* all of the time, but when it comes to the crunch, they will drop all moral standards and deliberately lie whenever it suits them. And of course everyone knows they do this.

While not wishing to judge this as *wrong*, I admit to finding it very difficult to deal with sometimes. For some strange reason I haven't yet discovered, I am still seeking (*one* would be marvellous at first) people who have a burning desire to be honest *all the time*. I feel like an absolute freak in this regard (at the time of writing anyway - I am remaining positively hopeful about this!), because even the most honest people I know deliberately tell lies. Most of them are classified as *white lies*, which means they're little or relatively unimportant. But, to my mind, this is a clear-cut black and white thing. There is truth and there is untruth. That's all the time I'll spend on the negative aspect of this subject.

The great positive thing about this is that there are billions of Earthlings who have a wonderfully joyful and liberating experience available to them - the discovery of how marvellously peaceful, pure and powerful total honesty is. Living in a state of *total honesty* is absolutely worth it, believe me!

While the words *honesty*, *integrity* and *honour* all have common elements to their meanings, they also have some very clear-cut differences, and they have been quite deliberately chosen for this NAV. I just looked up *honour* in an old Webster Dictionary, and found almost a full column devoted to its various meanings, so equally clearly, each of these three words obviously has numerous meanings. And you can take virtually all of those meanings as being applicable here. While that same dictionary also includes *integrity* and *honour* amongst the meanings of the word *honesty*, and they therefore can all come under that one umbrella, I definitely feel it is worth separating the three qualities and emphasizing the individual value of each one, so I'll do that now.

Let's define honesty as *truthfulness*, for simplicity. Being full of truth is wonderful. We all want to know the ultimate truth about the Universe, and we naturally regard the discovery of each piece of this as a lovely, positive thing. Likewise, learning the truth about each of our own tiny individual worlds is also a beautiful experience. We all love to be told the truth, especially by the people closest to us. In fact, the amount of truth or honesty could quite easily be used as a very accurate measuring device to determine the degree of closeness between every pair of people. Our most wonderful relationships always have the deepest level of trust, honesty and openness. Those special relationships where we can totally bare our souls, and share our deepest secrets, are always the most precious. In that sense, you could quite literally say that total honesty equals total love.

Honesty has a beautiful feeling about it. It is fresh, friendly, kind, peaceful and liberating. I urge you

to be honest, even if only for your own sake, because however you treat people and the Universe, is exactly how people and the Universe will treat you. Ultimately, the more truth and honesty you generate, the more truth and honesty you receive. Whatever you do comes back to you. It is a fact. Believe it. Trust it. It works.

Integrity, using our friend Webster, means, in part, *innocence, unimpaired condition, wholeness of mind*. That's a very lovely sounding set of qualities. We could add other beautiful qualities, such as *purity* or *living up to one's ideals* or the colloquial *putting your money where your mouth is*. Integrity is clearly a characteristic that, like honesty, is generally admired in people. If you heard the comment *She is a woman of absolute integrity*, you would have a clear image of a person you can trust, who has high ideals, and who can be relied upon to speak and act truthfully. You'd regard her as an exceptional person, which is both joyful and sad. It's joyful because that kind of person is obviously a great benefit to society. And it's *extremely* sad because it indicates that the vast majority of people do not have absolute integrity. However, it's reassuring to remember that at least everyone has some degree of integrity, and that we all recognize it as a very worthy quality. And for those of you who choose to manifest *more* integrity in your lives, I applaud you!

Honour, in its pure form, is a virtue equal to all others. Honouring something is being true to it. The thing that is honoured can be a promise, a standard, a goal, a religion, a person, an idea, or absolutely anything. When you choose to manifest absolute honour in your life, it does not matter what particular thing you are honouring at any given time. What does matter above all else is the honour itself. It is the very act of being honourable that is important to a person who truly values absolute honour in their life.

This means that when you say you will, for example, *choose to manifest New Age Values in my life here and now*, you will absolutely do whatever you need to do to honour that promise to yourself - *at all times and places*.

It means that when I, for example, take a religious *Sacred Vow*, as I did in May 1995, that *I will never go on the dole again*, I will honour that vow as long as I live. The fact that at the time I'm writing this, I'm out of work and in dire straits financially, is no excuse. I honour my Sacred Vows. I just do it. No excuses. And I feel a great sense of satisfaction and personal power in doing this. It will all turn out OK, and eventually I'll gradually become financially independent, because I honour my vow. I trust myself. I trust the Universe. I trust the amazing power of being *honourable*.

Being honourable also means *doing everything you say you will do, no matter what, all the time*. Imagine having someone in your life who does that. Someone who *always* does what they tell you they will do, when they say that they will do it. What a wonderful person to have in your life, personally, in business, or wherever! Well, I reckon if you transform yourself into that sort of person, then you will eventually attract someone like that into your life, and wouldn't that be an amazing relationship to share!

The politicians, and *all* leaders, because they're all reflections of you and me, will all become totally honest when *we* all become totally honest. So, naturally:

I realize the great value of honesty, integrity and honour, and I choose to manifest these qualities in my life.

I acknowledge all of my emotions and thoughts, and fully realize that I choose them, and I express them freely in healthy, positive ways.

Our emotions and thoughts are our most treasured possessions in life. Our heart and mind, they are the very essence of our humanity. Our emotions in particular, as distinct from our thoughts, are our source of greatest joy. In fact, without emotions, or feelings, we couldn't experience love or happiness, so for my money, emotions are actually more valuable than thoughts, and if I was given the hypothetical choice of giving up one or the other forever, I have no doubt I'd choose to keep my emotions, because while my thoughts create my reality and are vital to achieving all of my goals, in the end, the chief purpose of reaching all of those goals is to *feel* joy, happiness, relief, satisfaction, pleasure, and a million other wonderful things. When these positive emotions are at their peak, then I describe the feeling as *emotional gold*, and it is one of my constant major goals to experience this as much of the time as possible. And I'm pleased to report that as a result of practising New Age Values for many years, I do experience this wonderful state virtually every day for at least some of the time, often for lengthy periods. Emotional gold is available for all of us all of the time. Smile!

One of the great keys to feeling great is the *absolute need* to acknowledge and express your negative emotions and thoughts. This is another of those great New Age truths, which, thank Heaven, has now become mainstream wisdom, but unfortunately is still kept very much *in theory* by the majority. Thankfully, this is rapidly changing for the better, as every day more and more people seek emotional outlets such as personal and group therapy, as well as a vast array of wonderful new techniques that are very freely available. These include great methods such as *rebirthing*, *primal therapy*, *gestalt*, *psychodrama*, and a huge list of treatments and therapies that hundreds and thousands of books have been written about. You'll find an abundant supply of books on emotional expression and healing in any New Age shop, or in the *New Age* or *Personal Development* section of mainstream bookshops.

For most kinds of emotional healing to work, it is absolutely vital that you *feel* or *experience* your emotions, in order to release them. If your emotions are so painful and negative that you're afraid you can't handle them by yourself, then seek out a group or a private therapist with whom you feel safe to express your feelings. Once you've gotten used to experiencing and releasing your negative emotions and thoughts around other supportive people, you'll then be able to handle them on your own. I send a special thank you to Jon Hegg, a Sydney based, Canadian born psychologist and psychodrama director, for teaching me this stuff long ago, and for teaching me to love and accept myself.

Writing is a wonderful means of privately and safely expressing your emotions. In writing you can act out all sorts of things in a safe way, without hurting anyone. I've had countless journal writing sessions through the years which were done deliberately to express and release my negative emotions, and on *every* occasion, I have felt some degree, usually a very big degree, of relief, healing and growth, immediately afterwards. I'm now so experienced at this that I can deal with issues very quickly and successfully, just by making the decision to do so, and then clearly acting on it. Have a go, and put a smile on your face!

There are so many healthy and positive ways of freely expressing your emotions and thoughts. Just a few examples are singing, or listening to appropriate songs; painting or drawing; songwriting or poetry; talking to yourself, a friend, a spirit guide or the Universe. You could, as always, create your own methods, which would naturally work wonders for you. The main key is always to make sure you're not intellectualizing or *just thinking about* your feelings, but that you are actually *feeling* them. A great bonus, where deeply painful emotions are concerned, is that the more fully you feel them, the more you release them, and the more healing you experience. *It's OK to cry!* And it's very beneficial!

Remember, we *all* contain the entire Universe within us, and that includes every negative thought and feeling in existence. Yes, it is *all* in you and me - every one of us. We *all* have the potential to think or do the worst things imaginable, and there's no value in denying our dark side. In fact, those people who most strongly deny that evil exists within them are at the greatest risk of doing evil things, since they have no control over their dark side. How can you control something when you deny its very existence? By acknowledging your negativity with total honesty, you can then put it aside, safe in the knowledge that you are aware of it, and that you are in control of it. This gives you even more capacity for being positive.

Once again, NAV 1, accepting complete responsibility, comes in here. It's crucial that you fully realize that you *choose* all of your emotions and thoughts. It's a classic old age cop-out to say *I can't help how I feel*, but that is one of the greatest errors any human being can ever make. Don't *ever* think or say *anything* to promote the idea that you are powerless, at the mercy of your emotions, if you want to accept 100% responsibility for your life, and to positively and successfully follow your dreams. And of course, do not *ever* say or think that anyone or anything *made me feel that way*. That's the ultimate in blaming, which is the complete opposite of accepting responsibility. *You* are the *only* one who *ever* chooses how you feel. Likewise for how you think.

Now this is marvellous news! When you're aware that you choose your emotions and thoughts, it is very simple to choose positive emotions and thoughts. Yes, it is simple and easy, and becomes more so with practice. Once you have developed the habit of choosing positive emotions and thoughts, you come to expect these as natural. They become part of your subconscious programming, and success breeds success. Another great thing that happens with practice is that you naturally find that you are able to successfully deal with your negative stuff more and more quickly. Eventually you are able to successfully process things virtually in an instant. You become so accustomed to experiencing healthy, loving, positive emotions, that you reprogram yourself to naturally deal with anything contrary in a quick and effective manner.

Choosing to feel powerful, positive, peaceful, loving emotions is the easiest and most natural thing on Earth to do! And the more you do it, the easier it becomes. *Feeling good is certainly what the New Age is all about!* Heaven is meant to be the ultimate place to be because people experience love, peace and happiness there all the time. Remember, Heaven is within you! All you have to do is choose to open up to it! It's that simple! Experience *all* of your emotions and express them freely in healthy, positive ways, and I *guarantee* that you will find heavenly emotions within your own heart, and your body. There are so many lovely physical sensations connected with emotional gold!

This is half way through the twenty two New Age Values, and it is time for a lovely positive change. I'd very roughly estimate that 80% of what I've written about NAVs 1 to 11 has been totally positive. The other 20% has been *positively negative*, to present a *practical* commentary. Well, now the time has come for me to really do what I love to do, and for the next eleven NAVs, I'll be writing in a *100% positive* style. There will not be a single negative word, phrase, sentence or paragraph! It will be 100% totally positive writing! Mmm...

I acknowledge all of my emotions and thoughts, and fully realize that I choose them, and I express them freely in healthy, positive ways.

NAV 12

I acknowledge the law of Karma - that all of my thoughts, words and actions return to me in one form or another - therefore I choose loving, positive thoughts, words and actions.

Welcome to the wonderfully positive second half of these commentaries on the twenty two New Age Values. I have a smile on my face as I write this, and I'm going to deliberately choose to continue to experience a lovely warm glow for the whole time that I am writing here about NAVs twelve to twenty two. I encourage you most strongly right now to make the same choice for yourself as you read these pages. Likewise, I also suggest that you open up to the Heaven that is within you and feel wonderfully positive when you re-read NAVs one to eleven, which already contain enough positive energy to last you or me a hundred amazing lifetimes.

The difference in this second half is that I am writing, from now until the end of NAV twenty two, in a 100% positive style. This means that you can relax and bliss-out, totally confident in the knowledge that every single sentence and paragraph is completely positive. Wow! My smile just got a lot bigger in anticipation of writing and reading this stuff. While I've written New Age Values itself in this 100% positive style, and the TOP songs I'm currently writing (9 so far, counting *Peter*, which I wrote just last week for my beautiful son), this is the very first time in my life that I have ever written a section of a book in this way, and believe me, it is very exciting and uplifting for me right now, and I trust that you are sharing in this experience.

Now we come to the wonderful law of Karma, which is the most wonderfully positive incentive we could ever have to choose loving, positive thoughts, words and actions. Just think about it - the more loving and positive energy you choose to experience, the more of the same is guaranteed to come back to you! Wow! That is just awesome! What an absolutely wonderfully loving Universe we are!

One of my favourite slogans is this:

Whatever you do comes back to you, so be good!

Throughout the ages, many, many, many spiritual and scientific teachers have stated that this law of Karma is one of the eternal truths of the Cosmos, and it is very reassuring to know that we can always find reminders of it in all of the great belief systems of the world. It comes in many different forms, such as the famous *as you sow, so shall you reap*, and under many different titles, such as the also very well known *law of cause and effect*, and it's great to realize that science and religion have equal respect for this great truth. In the end, however it is expressed, the ultimate meaning is *whatever you do comes back to you*, and knowing this, all you ever need to do is constantly choose loving, positive, peaceful, successful, powerful thoughts, words and actions, and they are always absolutely guaranteed to return to you in one form or another! What an amazingly positive and powerful guarantee to be given! And it is a lifetime guarantee - an eternal lifetime guarantee, that is. That just gives me so much faith and confidence in my future, and in the future of all of you who love choosing loving, positive thoughts, words and actions.

The more you dwell on this, the better your life becomes, because you are using your time in such a positive and loving way, even now as you read this, and when you contemplate it after reading it. Likewise, when you share these positive insights with people who are close to you, you are once again using and generating positive energy for yourself and your loved ones. (And more positive insights return to you!)

Just having this book sitting in your lap, next to you, on your desk, bookshelf or anywhere you can see

it, is a positive thing for you, an act that generates more positive energy in your life. The same goes for any other book, video, tape, compact disc, CD ROM, computer disk, poster, or whatever, which is clearly, definitely positive and inspirational. The very action of buying, being given or acquiring, in any legal and honest way, these positive and inspirational items, generates positive, successful energy for you. Also, the act of having these lovely things on display in your space impacts on you positively on numerous levels. One marvellous way this happens is that the whole time you are in sight of a positive image, say while you're sitting in your favourite lounge chair, that positive image is being continuously received by and stored in your subconscious mind. Naturally, when you design your whole room, or whole home, office, etc, to be filled with positive images, then the benefits to you and the other people who spend time there are simply staggering!

When you do metaphysical practices, such as positive creative visualization, affirmations, meditation, listening to motivational tapes or subliminal affirmation tapes, and watching inspirational videos, etc, etc, you are creating pure positive energy for yourself, your loved ones, the planet, and the Universe. Always be reassured of this, and continue doing these things with absolute confidence that you are creating positive results. *Positive metaphysical practices create miracles*. Because you are tuning into and using the Force, your thoughts, words and actions are naturally becoming more loving and positive with every moment that you spend doing your affirmations, for instance. When you constantly affirm, for example, that *I love and accept myself exactly as I am here and now*, then the Force creates this result for you. A beautiful example of your thoughts and words returning to you is that the more you love and accept yourself exactly as you are, the more other people also totally accept you.

Your thoughts are a magical, mystical magnet. They do literally attract to you exactly what you focus on. The same is true of your words. Your thoughts and words are constantly sending out signals or vibrations to the world around you. This is a physical, scientific reality, as well as a spiritual, metaphysical reality. We're just beginning to create devices and technologies to demonstrate the physical reality of thoughts.

The wonderful fact is that every single thought you ever choose to think is, as well as being stored within you, also transmitted outside you to the far reaches of time and space. Pretty awesome to realize, eh? Again, it is a truly wonderful incentive to choose positive thoughts, since everything you generate ultimately comes back to you. Yes, it is certainly a great stimulus, this knowledge about the law of Karma, and a constant source of encouragement to follow what your Higher Self is encouraging you to do. It is always asking you the question *What is the most loving, positive thing you could do right now?*, and when you give that loving and positive answer, your Higher Self says to you *Great! Let's do that!* The positive choice is always absolutely clear and simple. Just do it.

When you think, speak and act lovingly and positively, you magnetically attract exactly the same type of loving, positive thoughts, words and actions from those around you. *You receive from the Universe exactly what you transmit to It!*

Whatever you do comes back to you, so be good!

I acknowledge the law of Karma - that all of my thoughts, words and actions return to me in one form or another - therefore I choose loving, positive thoughts words and actions.

NAV 13

I am flexible and open-minded, and am willing to positively change and assimilate new awarenesses.

This Magical New Age is happening primarily because of our ever-present desire and need to positively change. We are now, as this wonderful New Age is dawning, in the midst of the most amazingly positive and powerful period of change in the recorded history of planet Earth. It is a truly awesome privilege to be alive at this time in history. Of course it is a great privilege to be alive at any time or place in eternity, but this current time, at the dawning of the twenty first century on Earth, is really something extra special! The atmosphere of constantly accelerating planetary transformation is simply mind boggling, in the most beautiful way.

Let's just very briefly reflect on a few of the miraculous changes that took place during the twentieth century. For starters, humanity's dream, for thousands of years, of flying, became a reality! Now we've got space probes called *Pioneer & Voyager* travelling beyond our solar system, carrying messages of peace for any extraterrestrial races that discover them. After thousands of years, flight, and then space flight, went from dream to reality in well under a century, all due to our collective willingness to positively change. This is certainly one of the major all time miracles of the human race!

In the areas of human rights, civil liberties and world peace, we could spend volumes detailing the myriad positive changes that have taken place, and are still going on. Again, things we've dreamt about for thousands of years have become awe-inspiring realities. We all now have complete religious freedom, and people of all races and skin colours now have equal rights and opportunities. Women now have equal rights with men. People of all sexual persuasions are now proudly standing up in public, and are legally entitled to do so. All humans are now legally equal! Fairness and justice are now built into our laws, and anyone who has a strong inner calling to stand up for any worthy cause can now freely do so, confident in the knowledge that the system, the media and the people are on their side, and that as long as they remain committed, they *will* win their case! This is one of so many truly inspiring examples of the amazing amount of positive change that has occurred on our planet. Although the tide has been flowing this way for a long time previously, it's really since the 1960's that the pace of positive change has gone into overdrive, for the planet as a whole, and for individuals.

Imagine how much we could say about the monumental degree of positive change in areas such as science, technology, human and environmental healing, and of course the computer revolution! Science fiction is continuously becoming science fact. We constantly have every reason to feel a sense of absolute awe about what has happened and what *is* happening. We are seeing, right before our very eyes, the concrete proof of the classic statement, *Whatever the mind can conceive and believe, it can achieve*. We are seeing that, yes, anything *is* possible. And what's more, we're putting it into practice! A smile has been dancing around my face yet again while I write about these beautiful things.

Let's be aware that all of these fabulously positive things are happening on our planet because NAV 13 is built into the very fabric of humanity. We are automatically *flexible and open-minded, and willing to positively change and assimilate new awarenesses*. What, *automatically*? Yes, automatically! Positive change is automatic, and happens on its own naturally, which is a very comforting and reassuring thing to be aware of. What's more, since we're already going to continue to positively change automatically, imagine what this means about our capacity to positively change when we make the deliberate conscious choice to do so!

Now we're starting to look at a whole new dimension of positive change. We're now free to dream the

biggest dreams we can imagine, and then shift gears once again and regard those as simply a great starting point. Once we've dreamed the biggest dreams we can imagine, and decided to then go to a higher level, we begin to have a glimpse into concepts such as infinity, eternal life, and the biggest and most powerful *ultimate* ideas we're capable of conceiving. Then, we can use *that* level of awareness as a starting point and dream into newer, more magnificent dimensions. And of course we can go on in this same ever-expanding manner as long as we like!

Always, at any point during these fantastic mental and spiritual journeys, we can stop and say *I can make this dream into a reality, and I now choose to do so*. When you've got a clear dream and you use the Force within you, and around you, to create it, and remain committed to its success, then of course you *will* bring it into reality, just like the Wright brothers did when they flew the first airplane on Earth in the early nineteen hundreds. Just imagine how open-minded they had to be to bring their dream into reality, and how willing they must have been to assimilate new awarenesses!

Once again, I remind you to stay ever aware that this same level of open-mindedness and willingness to assimilate new awarenesses exists within *you*, and every other person on this planet. It's part of your nature, and when you choose to tune into and use it, you can literally achieve *any* goal you want. In fact, the more you use your ability to change, the more easily you are able to use it. Like any other positive practice, the more it is used, the stronger your ability becomes, and the more natural and automatic it is for you, and after a while you become so accustomed to positive change that you'll realize you are now living on a permanently new level. Your life is always new because you're always changing, and at the highest level, every single experience is a lovely novelty.

Whatever wonderful insights you have picked up during your own personal journey up to this point have come to you for one very simple reason. You were flexible and open-minded. You were willing to positively change, and I suggest that you congratulate yourself for this from time to time, since that will remind you of your capacity to do it, and of the benefits and rewards. Good on you for doing it!

Now I have something that is extremely important and inspiring to say to you. When you and I put this awareness into practice we will be creating the most awesome level of positive change for ourselves. Firstly, consider the biggest and greatest new awareness that you have *gotten* in your life so far - the one that really began to positively change your life in a whole new and permanent way. Got it in your mind now? Good! Now, feel the ecstatic sense of *aha!*, the tremendous feeling of *Yes, this is what it's all about! From now on, I'm going to have a super successful, loving, healthy and happy life!* Feel the beautiful sense of self-love, peacefulness, inner strength, enthusiasm and aliveness! Relive this moment clearly and powerfully. If there are 2 or 3 or more of them, then do likewise with those magic moments. (Incidentally, simply doing this little gem of an exercise on its own from time to time is immensely worthwhile and pleasurable!)

Now, keeping in mind this life-changing, magic moment of pure inspiration, become conscious of this: Experiences equal to and *greater than* your moment of greatest awareness so far in this lifetime are always available to you! In fact, by staying flexible and open-minded, and deliberately choosing to have more of these peak experiences, you will absolutely find yourself having them. It will require your total commitment to having this magical awareness, just like it did the first time. Then, one majestic day, when you're ready again, you'll take off and go flying! Again... and again...!

I am flexible and open-minded, and am willing to positively change and assimilate new awarenesses.

NAV 14

*I am open to the positive spiritual and other dimensions of life beyond the physical plane,
and I totally trust the Universe to safely guide and protect me.*

Peace, love, beauty and every lovely emotion you can name is flowing through me as I write in my lovely New Age lounge room. My Positive Choice spirit guides, friends and helpers are here to assist me in writing the most blissful, otherworldly comments about NAV 14 that I possibly can. I did an extra powerful meditation just before starting this and lit a candle and some *Spiritual Galaxy* musk incense, thus creating a truly beautiful environment in which to write about and tune into the positive spiritual and other dimensions. To top it all off I am listening to some of the spiciest music ever recorded, which is a total bliss-out, and provides a continuous open doorway to those magical other dimensions. It's called *Beyond Words*, which is 2 one hour sides of inspirational synth strings that I improvised direct to tape in this very room six and a half years ago, while in a very similar state to the lovely one I'm in now.

One more beautiful thing is that, by synchronicity, the Moon is now in the sign of Pisces (my personal favourite) which is the most mystical, spiritual and otherworldly of the 12 amazing signs of the zodiac. My spirit is absolutely soaring through the Cosmos! By the way, one more thing that lifted me into this lovely state of being is that I re-read last fortnight's writings on NAV 13, and got an incredible buzz from that! Yes, this really is turning into the exact kind of book that I love to read so I know for sure that it is also having this beautiful uplifting effect on you, my fellow New Age explorers. I'm so happy about this!

There are just so many wonderful ways to explore the positive spiritual and other dimensions of life, and so many tools available to assist us on these fantastic journeys. The tools I'm using right now, candles, incense, music, crystals and meditation - and they are *all* I'm using - are a very popular and frequently used method of accessing the spirit world and altered states of consciousness. Many New Age people, including me, are often totally happy to simply bliss-out like this for long periods of time. In this state of wonderful peace, surrounded by pure spiritual energy, it is perfectly normal to have the most mystical experiences imaginable. Sometimes this will involve fantastic journeys with closed eyes. Sometimes magic happens right in front of open eyes, like candles dancing wildly, mysterious breezes blowing on faces, time warps, apparitions, and a vast number of strange, weird and wonderful phenomena.

To very briefly mention a few of the other ways of getting in touch with the positive spiritual and other dimensions of life, there's deep breathing, star-gazing, mirror-gazing, tuning into crystals, floating, fasting, reading spiritual books, watching spiritual movies, chanting, drumming, dancing, massage, aromatherapy, guided meditation and visualization, mind-expanding drugs such as marijuhana, and we could go on for a long time listing wonderful doorways to altered states of consciousness. Whichever tools or methods work for you, keep on using them as long as you're getting positive results. Always remember that you are perfectly free to choose to be in any wonderful state of mind, body, spirit or emotions that you like. It's your life, so make the most of it, and enjoy every moment of your other worldly explorations while you can. Yes, enjoy yourself!

Of course you already know this, but we can all use frequent reminders that conscious breathing always greatly enhances your experiences, and at any time, a nice long slow deep breath will do wonders for you. Oh, and once you've remembered to do that, it's a good idea to take another lovely breath of life. Let's pause and have a lovely deep breath right now... Mmm... that's lovely.

You know, you can literally get high on 10 or 20 deep breaths - anytime and anyplace! I just stopped

and did 22, and I've got a lovely tingly buzz. If I kept going, I'd enter a totally altered state of consciousness, free to experience the most heavenly sensations and to actually be *tripping*. If you're going to experiment with this, I suggest that for the first time or perhaps the first several times, depending on your ability to confidently handle altered states, you have a reliable friend or *sitter* with you, to help ensure that you have a safe trip and that you return to your normal consciousness safely, positively and peacefully. The things you can experience during deep breathing trips, which are also known by other names such as *rebirthing* and *breathing regression*, are literally beyond this world, and my first one, in late 1981 in the Blue Mountains, west of Sydney, was one of the most cosmic, sensational, awe-inspiring highs of my life so far. Incidentally, I did this in the safety of a group.

Safety and spiritual protection are useful to ensure that your other-worldly journeys are positive and healthy, and can be achieved very easily. A very simple and effective process that many writers, including myself, recommend, is to close your eyes and visualize pure white light surrounding you. You can use millions of variations of this method, and there are millions of others available that are equally effective, and of course you can, as always, pick up lots of wonderful suggestions at your favourite New Age shop. Choosing to have a Positive Choice spirit guide also works wonders. One more simple suggestion I just felt guided to give you is to use the affirmation *I am safe and protected*, along with the white light.

Every dimension of life, beyond the three dimensions that we are usually aware of on the physical plane of existence, is as real and natural as this beautiful three dimensional reality. The fabulous fourth dimension, beyond time and space, is just as real and accessible as our time and space reality. The only real difference is that we are only just beginning to be open to exploring it, so just like it took a degree of physical time for us to bring the magic of flying into everyday reality, the thrill of inter-dimensional travel as an everyday experience is just a bit further along the space-time continuum for twenty first century Earth. Be absolutely sure though, we *will* achieve this wonderful breakthrough! And then, there'll be the 5th, 6th 22nd dimension and on forever into cosmic bliss!

All of this is now becoming perfectly acceptable to scientists as well as mystics, which is a lovely example of the radically positive consciousness revolution taking place on Planet Earth. Quantum Physics is delving into the mysteries of time and space, life, the Universe and everything in a way that now - and this is *so* refreshing - accepts other dimensions of reality as a natural phenomenon. They have created a new language, which includes a truly New Age Science word - wait for it - the *Multiverse!* Yes, the Multiverse - wow! - is now a scientific term, which describes the infinite variety of different universes and dimensions and realities that all co-exist in every mind-boggling possible way and beyond! I love that name - the Multiverse. We can always find new descriptions and concepts for this amazing life that we are part of, and we'll always have wonderful new dimensions of this amazing Universe, Cosmos or whatever we call it, to explore.

All of those magical mystical dimensions are always waiting to be experienced by you and me, out there, and most importantly, in here, within us all! And, always remember those lovely deep breaths!

I am open to the positive spiritual and other dimensions of life beyond the physical plane, and I totally trust the Universe to safely guide and protect me.

I am in touch with and utilize the enormous healing power that is always within me.

Perfect health, mentally, physically, spiritually and emotionally, is always available for all of us. Perfect health is our natural state.

Wholistic healing is a very popular term these days amongst New Age and mainstream people alike, and this is one of the many lovely indicators that New Age Values are very gradually becoming part of the general consciousness of the people currently living on Planet Earth. It's very encouraging and reassuring to realize the wonderful steps forward we have taken, in order to now be at the stage where talk of the importance of having a healthy mind, body and spirit is commonplace, and perfectly acceptable.

One of many fabulous signs of the health revolution is the ever increasing number of very popular, high quality television programs covering many different aspects of health and healing. A couple of current and recent commercial TV series in Australia have the titles *Good Medicine* and *Healthy, Wealthy and Wise*, which is great news. The documentary oriented TV channels are constantly putting out super high quality series such as *The Brain: Our Universe Within*, presented and narrated by the very gentle and clever Canadian/Japanese scientist and environmentalist David Suzuki.

In late 1996, SBS Australia screened a brilliant series, *The Nature Of Healing*, presented and narrated by an extremely peaceful and sensual Australian/Chinese lady, Doctor Serene, whom I'm very happy to admit having a crush on. She's an angel! This series explores a whole range of wonderful *complementary therapies* or *alternative* or *natural* therapies, as they're often know, accompanied by some beautiful New Age relaxation music. Some of the subjects covered are Acupuncture, Acupressure, The Alexander Technique, Massage, Reflexology, Meditation and Biomagnetism, which is just scratching the surface of the huge range of wonderful healing techniques now available. There is certainly something just right for every individual on the wholistic healing smorgasbord.

I'll very briefly mention books on healing, because once we start looking at those available, we can go on and on naming wonderfully powerful titles. I'm sure you've read or seen some of them, and that you realize what a powerhouse of positive information they contain. Two internationally known New Age authors come instantly to mind to suggest as a great starting point - Louise Hay and Dr Deepak Chopra. I have yet to read Chopra's books, but I've heard him speak, and can confidently recommend him as a very positive New Age healer and teacher. I have read, studied and practised the techniques in Louise Hay's classic *You Can Heal Your Life*, and have gained very positive results for myself, as well as seeing numerous other people receiving great benefits from them. Many people, quite justifiably, regard it as the bible of New Age healing, and it also happens to contain perhaps the greatest list of affirmations published so far.

Whatever books you read on healing, whatever TV shows you watch, and whatever techniques you practise, you will most fully utilize the benefits gained from them by continually reminding yourself that all the healing power you will ever need is within you. It is so simple and so true, and the more you remember it, the greater the healing you will experience. Every time you receive a healing from an external source, such as a doctor, a therapist, or a remedy, you are actually using that person or thing as a catalyst to activate the enormous healing power that is already within you. It is your own body's processes that heal you, and the spiritual energy that is naturally always flowing through you. And of course it is also your mind that is healing you, as well as your faith. It is all very, very simple, and all you need to do is keep in touch with this awareness and you will greatly amplify the results of any healing, of any kind, that you receive from an external source.

When you are well-balanced and in touch with yourself, and familiar with your own body's rhythms and processes, you'll have the peace of mind of knowing when you are in good physical health. However, you can greatly enhance that peace of mind by having regular check-ups with your general practitioner and/or a trusted alternative practitioner. Ideally, you'll track down a truly New Age health professional like Doctor Serene, who combines the best of eastern and western medicine, and you'll find yourself in very caring hands. The older you are the more check-ups you may need and you'll appreciate your good health even more as your life progresses. Be proud of your achievement, because maintaining good health into old age is something worth acknowledging. Good on you!

Of course the earlier you start having regular medical checks, the more in-tune with and aware of your body you become, and the more control you have in creating and maintaining good health for the rest of your long, successful and happy life. I began having annual check-ups in my mid thirties, and I'm continuing this for the rest of this physical lifetime, because the benefits, especially the peace of mind, confidence, and feeling of being in control, greatly enhance my overall sense of well being. I intend to, and fully expect to have an extremely long, healthy, happy, prosperous, loving and successful journey through the Earth plane this time around. Maybe I'll even stick around indefinitely, since the wonderful possibility of physical immortality is something I'm certainly open to! Many New Age writers, as well as an ever increasing number of health professionals and scientists, are actively promoting this possibility nowadays. Wow!

Healing is sometimes totally practical and physically oriented, and sometimes it is totally metaphysical, and sometimes it is a beautiful combination of the two. By staying open to your own inner guidance, as well as external sources that you trust, you will easily be able to determine exactly what kind of healing you need at any time, and you'll be able to positively trust your own judgement. Being responsible for your own healing is a very empowering thing to do, and, using the immense range of information that is so freely available, you'll continue to be extremely successful at healing yourself and maintaining your good health for the rest of your life.

Again I emphasize that the healing power is always within you. Remember, you have the magical healing power of the entire Universe within you! Yes, you are *that* powerful, and so is *every* other living being throughout the Cosmos. You can heal yourself, others, and the planet. I also highly recommend spending some time and energy sending healing power to the rest of the Universe beyond our lovely little speck of a planet, as they are certainly doing for us. Extraterrestrial civilizations and beings in other dimensions of life are all aspects of us, part of our Cosmic Family, and it's mutually beneficial for all of us to positively contribute to each other's well-being, success and happiness. This year (1997) I began the life-long daily discipline of sending Universal Love and Light to the entire Cosmos. This is also a great way of staying positively aware of the *big picture* every day!

Deep breaths are very healing. Relaxation and meditation are also very healing. A daily practice as simple as taking a multi-vitamin & mineral supplement, along with your well balanced diet, contributes marvelously to the maintenance of excellent physical health, and to your peace of mind. Having excellent health is a clear and simple choice. And of course you can enhance your healing greatly by using visualization and affirmations, and you can combine these with your treatments and your physical exercise. Simple affirmations such as *every day in every way I am getting better and better* and *I am extremely healthy* work wonders!

I am in touch with, and utilize the enormous healing power that is always within me.

*I realize the immense value of relaxation and meditation
and include these things in my everyday life.*

Meditation and relaxation are two of the greatest tools available to us. Of course meditation is as ancient a practice as any. However, the fabulous difference as we now enter the New Age, is that this wonderfully relaxing, healing and empowering pastime is now freely available to people from every walk of life. And because meditation is absolutely free and effortless, it can be done by absolutely anyone in the Universe!

Whatever method or methods of meditation you have learnt, or will someday learn (including this day, as you read this), I emphasize most strongly that you are only using the very tip of a huge, magical iceberg, which contains an infinite variety of marvellous methods. Whatever works for you is great, and whatever works for other people is equally great. We need to keep our minds open and realize that the word *meditation* has thousands or millions or more different meanings, and all of them produce lovely results for the people using them.

Of course relaxation probably has even more wonderfully varied meanings, with billions of people finding their own highly individual and personally satisfying ways of relaxing. Whether you relax by being still or active, by being quiet or talkative, by being creative or appreciating someone else's creativity, alone or with others, by day or by night, the only thing that matters is that you are feeling the lovely benefits of relaxing. Whatever you personally need to do to feel relaxed is perfectly OK, just as it is for everyone else.

We all know the immense value of relaxation and meditation these days. Yet again, this is such a beautiful sign of the gradual acceptance of New Age Values by the world at large. The people who are truly reaping the benefits of relaxation and meditation are of course those who take this knowledge and put it into practice. And of course those who reap the greatest rewards of all are the people who practice these things on a regular basis. Making the commitment to practice the art of meditation on a daily basis is one of the greatest decisions you will ever make.

A short time meditating, even a few minutes, when done as a daily discipline, positively impacts your whole day. If you're now about to begin this practice, I acknowledge you for doing so, because as well as benefiting yourself, you are also generating peace and love for the rest of humanity, and the whole Universe. Once you've made the decision to meditate every day, you are on a new level of life, and you feel the benefits after one day, then after each week, year, decade, etc, you continuously reap the rewards and savor the immense satisfaction that naturally accompanies such a positive habit.

Of course you'll begin when you are ready, in your own good time, and once you've done so, you'll totally respect the right of everyone else to start if and when they are ready to begin daily meditation. I began a few minutes daily meditation around thirty years of age, and on January 1 1997, as a 38 year old, I began the lifelong discipline of 22 minutes of meditation every day. Of course I only came to these decisions (after beginning formal meditation as a 24 year old in 1983), when I personally felt the urge to, and because they have been totally independent decisions, based totally on my own inner guidance, I feel great about making them, and honouring them has been very simple and very satisfying.

Like so many other pioneering New Age methods, lifestyles, philosophies, etc, meditation came into the mainstream awareness of the western world initially in the 1960's. Music, as it still does now, and of course will continue to do throughout the new millennium and well beyond, played a wonderful

role in the consciousness revolution, epitomized by Bob Dylan's anthem *The Times They Are A Changing*. Numerous other singers and bands played major roles in this beautiful planetary mood swing, and of course are still doing so. Standing majestically above all others, of course, are the Beatles - *The Band Of The Twentieth Century!* Their songs of peace, love & revolution, such as *All You Need Is Love*, have inspired billions of people, and will continue to do so into eternity.

The Beatles also told the world about the wonders of meditation, having studied and practised with the Maharishi, the founder of Transcendental Meditation or *TM* as it's long been commonly known, at his base in India, as well as in Britain. George Harrison's masterpiece *Within You, Without You*, on the landmark *Sgt Pepper's* Beatles album, showcased the classical Indian instruments of sitar and tablas, which are frequently used to accompany meditation. I feel a strong urge to quote the beautiful last lines of this song:

*When you've seen beyond yourself then you may find peace of mind is waiting there
And the time will come when you see we're all one and life flows on within you and without you*

Music and meditation have beautifully complemented each other for many thousands of years. Music can often enhance meditation, just as meditation can increase the appreciation of music. They complement each other perfectly.

It is important to realize, however, that meditation can easily be done totally independently of music or any other external stimulus. Some schools of thought would even say that the best and most pure forms of meditation are those where the meditator is relying totally on themselves and the Force within to achieve their state of meditation. This is perfectly understandable, because while things such as music, incense, candles, crystals, holy places, the beauty of nature, and magic mantras can and do greatly enhance people's experiences, ultimately, meditation is a very simple state of being that transcends all external *things*. It is a peaceful, still, powerful inner state of mind, body and spirit. Of course the words people use to describe this lovely state of being are as varied as the marvellous array of different methods that people use.

For those of you who want to begin meditating right now, or to perhaps learn a new method or a variation on an old one, I provide the following easy, proven, successful methods of simple meditation: The first is to simply sit or lie down, close your eyes, centre your body, relax, and focus on your breathing. You are now meditating! Ignore any thoughts that come to your mind, and calmly return your attention to your breathing whenever you need to. If you like, also be conscious of the fact that you are breathing in and out the Universal Life Force. It's that simple! If you want to, you can add a mantra or affirmation, which you think with each inhalation and exhalation, such as *peace, love or positive choice*, which I'll be using for the rest of this lifetime. Use mantras or affirmations that you like, and that you find easy to meditate with. The easier it is the better. You can do these meditations for as long as you like, virtually anywhere and anytime, and you will find yourself blissing out in your own inner sanctuary.

You can explore a whole new wonderful world of meditation through a vast range of New Age methods, groups, books, magazines, videos, etc. A few well respected places you may like to explore are Siddha Yoga, Buddhist classes, Transcendental Meditation, Eckankar and Hare Krishna. Wherever you go to learn to meditate, or to share the experience with others, you are always going to the same lovely destination. Ultimately, all forms of meditation take you to your inner self - to the eternal, tranquil, pure essence that lives within you - the Force.

I realize the immense value of relaxation and meditation, and include these things in my everyday life.

NAV 17

I achieve peace and harmony by balancing the logical and intuitive, masculine and feminine, material and spiritual aspects of myself.

It is absolutely natural for you to be in a state of peace and harmony. It is equally natural for you to be in a state of total balance. Being *centred* is a popular New Age term, which is a beautiful way of looking at the idea of balance. Picture yourself standing on a see-saw and it is very obvious that the one place you can be perfectly balanced is in the very centre. When you are centred, you are equally aware of and in touch with all of the myriad aspects of yourself, and you are in a position of absolute personal power, totally in control of yourself at all times and places. When you are centred and balanced, you feel a lovely sense of peace and harmony within yourself, and also in relation to the world around you.

There are so many wonderful ways of identifying and describing the complementary aspects and energies that make up each person, and the entire Cosmos. The Chinese term *Yin and Yang* has become very well known, and the familiar circular visual representation of it is a wonderfully clear and simple symbol of the concept. Yin is the feminine, intuitive, passive energy that exists within everyone and everything, and Yang is the masculine, logical, active energy, also existing within everyone and everything, which acts as the perfect balance.

If you are a female, it is vital for you to realize that you also have male energy within you, and by being in touch with that energy you are ensuring that you are a well-balanced human being. Likewise, if you are a male, it is vital for you to realize that you also have female energy within you, and by being in touch with that energy you are ensuring that you are a well-balanced human being.

While females are generally more intuitive than males, and males are generally more logical than females, there are, of course, many wonderful exceptions to these accepted norms. I, for example, am generally far more intuitive and feeling than I am logical and thinking, and this clearly gives me a tremendous advantage in successfully travelling my chosen path in life. Of course I also recognize the great value of logic and analytical thinking, and put these faculties to use whenever necessary. Like all or most humans, though, I have my preferred way, and so often when an important decision needs to be made, I happily trust my intuition, because I know it works for me. Of course, whatever works for every person is just right for them. It also makes very good sense to always have access to and be ready to utilize your other side, the faculty that complements your preferred way. That way you are always very well prepared to successfully deal with any situation.

Some other very useful ways of describing these complementary energies are *inner and outer*, *left and right* and *subconscious and conscious*. To make sure you stay clear about which is which, all of the terms we've used so far can very easily be put into two clear-cut categories. We're also, as we do this categorizing, moving into a very exciting new field of science and consciousness, which sees all human experiences as a function of either the left brain or the right brain. Of course our most amazing body part is a single organ, but it does have two clear, connected halves, which are usually referred to as the left and right brain, each of which controls different, complementary human functions.

As with the Yin and Yang symbol, where the black half of the circle has a bit of white in it, and vice-versa, the left brain is able to carry out some of the functions of the right, and vice-versa. By and large, however, the left and right brains do have specific, differing functions which tie-in beautifully with NAV 17.

The left brain controls the logical, conscious, masculine, active, thinking, material, outer, Yang

functions, which are half of what is needed for a healthy, well-balanced life. The right brain controls the intuitive, subconscious, feminine, passive, feeling, spiritual, inner, Yin functions, which are the other half of what is needed for a healthy, well-balanced life. Learning about these things can be a lot of fun, especially when the next amazing piece of information is brought into the picture.

Strange as it may seem at first, science has very clearly demonstrated for quite some time now that each side of your brilliant brain controls the opposite side of your wonderful body! So, your right hand is the logical one, and it is controlled by your left brain, which contains more computing power than the greatest computers currently existing on Earth! Likewise, your left hand is your intuitive one, and it is controlled by your right brain, which contains more creative power than that used to create all the works of art that have ever been produced! This is awe-inspiring territory that we are once again venturing into.

We could very easily go on a thoroughly weird and wonderful exploration of the two hemispheres of our brain, however, let's narrow our field of focus to just one more exciting aspect of this topic. The same principle applies to the information we receive through our five amazing physical senses of touch, taste, smell, sight and sound, and let's quickly zoom in on our wonderful sense of sight. Every beautiful object you view with your left eye is transmitted to your right brain, so your left eye is your feeling, intuitive eye, and your right eye is your thinking, logical eye. When you start to contemplate the implications of these facts, you open up to an extremely exciting world of new awarenesses and divine discoveries! You can also create lots of very stimulating and enjoyable games and activities for yourself based on this whole left brain, right brain concept. And you can gain a vast amount of valuable insight into how you relate to and view the world, simply by being aware of which eye you *look* through.

Finally, in this brief journey into the world of wonderful opposites, let's look at the *material and spiritual* or *outer and inner* realms of life. You are *both* spiritual and material, and your joyful journey through the physical plane involves both internal and external realities. Of course you need to take care of your inner *and* outer needs and desires, to achieve peace and harmony, and each complements the other. The more spiritually, mentally and emotionally *in shape* you are on the inside, the more fit you will be to create physical and material success, on the outside.

While material and spiritual success go hand-in-hand in creating a peaceful, well-balanced, happy, healthy and successful life, I now gladly announce a strong personal bias. I know I speak on behalf of all or most other New Age people when I say that spiritual success is absolutely superior to material success. Work on your inner life first, and you are constantly building your ability to first create and then appreciate your material life. Outer success starts from within, and is sustained from within. The ultimate success is to achieve peace, love and happiness *within you* in all circumstances.

I achieve peace and harmony by balancing the logical and intuitive, masculine and feminine, material and spiritual aspects of myself.

NAV 18

*I deserve to have a permanent abundant supply of money,
and I now choose to create this for myself.*

You deserve to be financially secure. We all deserve financial security. It is perfectly OK to have wealth.

Once you've created inner, spiritual peace and happiness, and the ability to really appreciate the world around you, along with the habit of successfully setting and achieving goals, it is perfectly natural for outer, material success to follow.

Whatever speed you choose to create financial success for yourself is just right for you. Some people achieve wealth at a young age, some in middle age, and others, after a lifetime of dedication to a long term dream, reap their rich rewards in old age. As long as you are absolutely clear within yourself that you intend to create a permanent abundant supply of money, and you do the necessary work and remain dedicated to the goal, it is absolutely certain that you will ultimately create it for yourself.

An abundant supply of money means a lot of different things to different people, and whatever it means for you is absolutely right. You are in the best position to know what your needs and desires are, and just how much money you need to successfully fulfill them. Some people live a life of abundance on a few hundred dollars a week, while others need a few thousand dollars a week. Set your own level wherever you feel comfortable. Also, feel free to adjust your level to accommodate positive changes in your inner and outer world.

Two very important things to consider in creating an abundant supply of money for yourself are enjoyment and permanence. As far as enjoyment is concerned, let's look at this in two ways: Firstly, you need to be in a career, whether in a job or self-employed, that you actually like, which gives you satisfaction, and where you feel that you are making a worthwhile contribution to the world. Secondly, and this is even more important on a day by day, hour by hour basis, you need to be actually enjoying all of your work while you are doing it. Do whatever you can to create your ideal work environment for yourself. Make your work fun by playing games, setting challenges to complete things by certain times, and to certain standards.

The very simple habit of always doing your best, being meticulously accurate, always working at the level you have set as your baseline, and building a reputation for always being able to be relied upon to deliver the goods as promised, is immensely satisfying. Of course being calm, clear and relaxed is vital to maintaining this high level. Once you establish these ways of working as normal everyday habits, it is a very simple and easy matter to maintain them. Yes, enjoying your work and being great at it is easy, when you are committed to it.

Creating permanence requires a calm, patient, faith-filled look at the big picture. When you are really clear about exactly how you need and want to create your own abundant supply of money, waiting often plays a vital role in your overall, long-term success. Sometimes you'll be very happy to overlook numerous possible opportunities, knowing that your ideal situation is just around the corner, or perhaps even some time and space further away, and by patiently waiting for it you are making the best decision you possibly can, for your overall, long-term success.

Of course planning also plays an important role in creating permanent success. By carefully considering various options, you gradually narrow your field of focus right onto the one career path that exactly meets your requirements. Then you need to make the absolute commitment to yourself

and to the Universe that you will be totally disciplined, dedicated and constantly focused on successfully reaching your ultimate goal. Whatever happens, and whatever anybody says to you or about you, you remain absolutely, positively committed to successfully completing your plan. Just do it!

You have already considered all of the important elements of the big picture when you went through the planning stage, and to ensure your long-term, permanent success, all you need to do is simply trust your own plan and do the work you know you need to do. Follow your own inner guidance and you can rest assured that you are creating that permanent abundant supply of money you so richly deserve!

On a poster inside my wardrobe door is the affirmation *I have a permanent abundant supply of money, which I create in relaxed and enjoyable ways*. Every time I take out or put away my work clothes, I receive that positive affirmation automatically. I've used this affirmation for the last few years, and the benefits are obvious. Overall, my current long-term career change is going very well, and I've quickly learnt how to be very relaxed and greatly enjoy my work. As a lovely bonus, in the near future I'll be receiving the biggest cash gift of my life so far, as an inheritance. (Thank you Nana!) This will allow me to buy my first computer system, which will be state-of-the-art, and will totally transform much of my life, in many wonderful ways. Buying new things is also a great buzz in itself! I've planned a vast range of other purchases with some of this money, and my life is about to go onto a new level, financially and materially speaking. Yes, money affirmations definitely do work, especially when used repeatedly, consistently and with trust and patience.

Subliminal affirmation tapes are very useful, powerful tools in the creation of wealth and abundance. First of all, they fill your subconscious mind with a deluge of beautifully empowering, success-producing thought patterns, which reprogram you to feel deserving, and to expect abundance, and to be open to receiving the great wealth that the Universe is always ready to provide for you. Secondly, they motivate you to get up and go, and do the necessary work required to create that abundance, and to be in the right place at the right time to meet just the right opportunities. The subliminal side of Stuart Wilde's *Mastery Of Money* double tape set is magical.

While there are numerous brilliant, successful and inspirational women and men who have written thousands of great books about creating wealth, I'm choosing to focus on just one of them here. Stuart Wilde, a dynamic, witty, globe trotting English-born sometimes American resident, is one of my very favourite New Age motivators, as he is for hundreds of thousands, maybe millions of others. He is very direct in his message, which promotes personal power, freedom, individuality, financial abundance, and many of the themes running through New Age Values. He uses a wide range of media, including books, videos, tapes and affirmation cards, all of which very quickly remind us that we all deserve the best of everything in life. For an in depth look into NAV 18, I highly recommend Stuart's masterpiece *The Trick To Money Is Having Some*. What a great title for a book!

In a very real sense, the amount of money you have is a direct reflection of how much you value yourself, or how much you love yourself. We are living in a physical, material world where money is necessary and useful, and truly New Age people now realize that spiritual and material success go hand in hand. The more money you have, the more fabulous experiences you can enjoy on this amazing physical plane, the healthier you can be, and the more able you are to give lovely things to others and to the planet. Yes, money is a lovely thing. Money is positive energy, and you deserve to have lots and lots and lots of it!

I deserve to have a permanent abundant supply of money, and I now choose to create this for myself.

*I think, speak and act in ways that are respectful towards
and in harmony with my surrounding environment.*

Picture yourself sitting in a magical virgin rainforest. As I write this, there is a beautiful CD playing, called *Dinner In The Daintree*. This is a recording of the magnificent symphony of natural sounds that permeate the Daintree National Park, in the Australian state of Queensland. I can hear a gentle stream, a constant drone of insects buzzing in unison, a myriad of amazingly varied bird calls, and even the subtle sounds of creatures travelling across the forest floor. I close my eyes and I am totally transported to this place of pure peace and wonder.

I could easily sit here with my eyes closed for a very long time and totally bliss-out. Yesterday I walked to Brighton-Le-Sands beach, lay on the sand and watched and listened to the majestic sounds of the waves. Then I went to my special little forest, a short walk from home, for the second time in two days, to experience the absolute tranquility that comes from simply being with the trees. It must have been in the back of my mind that I would be writing this today, because those precious times alone with nature, along with this amazing compact disc, have certainly brought my love and respect for the beauty of our natural world to a very high level.

It is an absolutely wonderful thing to realize the amazing planetary transformation in attitudes towards the world around us that has occurred in recent times, and which is constantly continuing to occur. Through the environmental or *green* movement, pressing issues that were once the concern of special interest groups alone, are now of importance to all of us on Planet Earth, all the way from individuals to families, to communities and to governments, and *the environment*, along with *world peace* has become a tremendously unifying theme for all humanity.

Television, as well as numerous other media, has played a fabulous role in the environmental revolution. Around the late nineteen eighties, a vast array of news items and documentaries began bringing to the general public's awareness just what needed to be done to preserve our wonderful natural environment for our children, our children's children, and millions of future generations. The overwhelming impact of these programs was very simple and very effective. They reminded all of us just how beautiful and precious our planet is, and that we need to actively take care of it, in order to keep it in that beautiful condition. It is a constant joy to see that these wonderful environmental television programs are continually being produced and broadcast.

A brilliant thing about these TV shows is that they serve a variety of very positive purposes simultaneously. As well as the consciousness-raising aspect, they are also very educational, entertaining, and of course, relaxing. On top of all of that, TV shows about our environment are also very inspirational and motivational for a great number of people. They provide a sense of *yes I can make a positive difference, and I do have a very worthwhile role to play in this world* for millions of people.

A lovely thing has occurred as a result of the massive amount of TV in the late 80's and 90's that deliberately focused on preserving our planet. We are now at the point where programs that simply focus on the wonders of nature automatically stir up our emotional instincts to do whatever we can to protect our planet, and all of the life on it. This is a wonderful indicator of the powerful impact the environmentalists have had, and continue to have. Perhaps their ultimate success lies in the fact that now, to some extent, every single human being is an environmentalist. We now *all* care about the planet, and all support moves to nurture and preserve it. When you compare this lovely state of affairs to the situation only a couple of decades ago, it is absolutely clear that a mass consciousness

revolution has occurred, and it has involved the entire human race! Now that is a fact worthy of consideration, and one which is a true source of inspiration for every single one of us.

Just like it is useful to pause and acknowledge your own individual positive changes, and to feel good and satisfied about them, it is also very worthwhile for us to spend some time acknowledging the tremendous positive changes that we, the human race, have gone through in our recent history. Although we obviously still have a lot of work to do in order to restore our planet, and our relationship with it, to pristine condition, the overriding fact is that we are now choosing to be environmentally conscious, and most importantly, we have the absolute commitment to continuing the work that we began in the 1980's and 90's. We're well on the way!

Television, the Internet, and other mass media technologies that become part of our daily lives throughout the third millennium, and on into our fantastic future, will all continue to play a wonderfully positive role in nurturing our precious planet. As I write, another fabulous series has commenced on ABC TV in Sydney, called *Living Edens*. The promo says *This four-part series takes us to special places on Earth which are still so pure they have become sacred reminders of how all the world once looked, sounded and felt*. The first part this week featured Alaska's Great Wilderness, and in particular Mount Denali, the tallest peak in North America, and some of its lovely creatures, such as squirrels, moose and grizzly bears. Just viewing this spectacular wilderness on TV is awe-inspiring. Being there in person is positively life-changing.

The great thing about Planet Earth is that, wherever you live, you can always find a secluded piece of nature within a reasonable distance, often much closer than you realized. Even in the biggest cities, there are and always will be pockets of bushland to be found, where you can go anytime to experience the tranquility of nature. It is quite simply a matter of seeking out and going to these special sanctuaries.

Regular contact with nature is good for both you and your loved ones, and for the planet, because it gives you a constant sense of appreciation for the beauty of all life. You remember that all of life is sacred, and that every place is a sacred site, and it becomes a very healthy, automatic habit for you to think, speak and act in ways that are respectful towards and in harmony with your surrounding environment. You naturally use resources thoughtfully, conserve energy, recycle things that can be used again, and do other *green* things, such as planting trees. Planting trees is such a lovely thing to do, because you actually feel a spiritual bond with *your* trees, and you are contributing towards the continued greening of our planet, which is very rewarding and satisfying.

Your surrounding environment includes *everything* and *everyone* outside of you, and when you choose to remain aware that they are all reflections of what lives inside you, and that we are all aspects of One Living Universe, you automatically have deep respect for all of life. The indigenous people of our world have always lived with this respect ingrained in their consciousness, and beautifully demonstrated in their daily lives. The chief reason for this is that they live in and with nature, and are one with it. This consciousness is very simple to achieve. Just be there. Last week I began the lifelong discipline of spending some time alone in the bush, with the trees, every week. I'm very happy about this!

I think, speak and act in ways that are respectful towards and in harmony with my surrounding environment.

NAV 20

*I respect the right of everyone to choose their own beliefs and values
and to travel their own chosen path in life.*

This is one of my very favourite New Age Values. Many times, when I have imagined rewriting and/or changing the order of the affirmations in New Age Values, this number twenty has stood out as the obvious most suitable candidate for the number one position. Of course, as I wrote earlier, there are very good reasons for the NAV about accepting complete personal responsibility for the quality of our lives being in the number one spot, so I am very happy for it to remain there, but if this number 20 was there instead, I know it would totally justify that place of honour.

If NAV 20 was reduced to a single positive word, that word would be *freedom*. After deciding on the provisional name of *Positive Choice* for the religion I officially established in February 1996, after a very brief period of consideration, I naturally gave serious consideration to the possibility of a better, more suitable name, in the following months. One name kept coming to mind over and over, and that alternative name was *Freedom*, because in so many ways, freedom is exactly what Positive Choice and the New Age Movement is all about.

Now, twenty months after publicly establishing this New Age religion, for numerous ever-increasing reasons, I finally feel fully satisfied that Positive Choice is the correct name for it, and is virtually certain to remain so forever. Two of these reasons are that the code of conduct I created this year (1997) is called *The Positive Choice Way*, and I have decided that my first professional compact disc of 22 inspirational, motivational and love songs will be called *Positive Choice*, and will include the very important title track which bears that name.

So, now that you are aware just how highly I rate this NAV about people's freedom, let's have a lovely look at some of the concepts it incorporates.

You are always absolutely free. In every sense of the word, you are always free. You are 100% free here and now. Wherever you find yourself in the Universe, and whatever the time happens to be in Eternity, and in absolutely whatever circumstances you find yourself, the fact always remains that you are totally free. Yes, you are totally free here and now. It is equally true that everyone else on planet Earth and throughout the Cosmos is always totally free. This amazingly simple piece of information has the magnificent power to totally transform your current experience of life in an instant!

Freedom is another word for the ability to choose. Having freedom at all times and places means that you have the ability to make a choice at all times and places. Likewise, always having the ability to make choices means that you always have absolute freedom. This is an amazingly simple concept to grasp intellectually, and of course you already know this fact of life. You may even be smiling or laughing about the fact that I am dwelling so strongly on something that is as obvious as the nose on your face. It may seem akin to writing *The sun is always shining brightly* over and over again. I'm doing this because the most obvious positive facts of life are often the ones that require the most repetition for us to understand or *get* in a real, experiential way.

One thing for certain on this Earth at the present point in time, and throughout recorded history so far, is that the vast majority of people need and want more freedom, and it is wonderfully refreshing to see just how much positive energy is constantly being channeled into the creation of this freedom.

We are re-creating our own freedom. In fact, the real truth is that we have always been free, and the apparent creation of new freedoms for and by ourselves, is actually the *realization* of the freedom that

has always existed within you, me and everyone else since the beginning of time. We are, in reality, simply opening up to our true nature, and *remembering* what we have always known deep inside.

This is an amazingly refreshing and enlightening experience which is being had by millions of people across the planet. It is often referred to as the *aha!* experience, and even more often described as *getting it*, a lovely expression that was popularized by Werner Erhard in his brilliant *est*, short for Erhard Seminars Training, which took on the new name of *The Forum* in the mid 1980's.

Once you have chosen to adopt New Age Values for yourself, and begun to experience the awesome sense of personal freedom and power that results from this, it is pretty understandable that you have a great desire to share these amazing insights with others. It's perfectly natural to have a heartfelt desire to share these wonderful *Secrets Of The Universe* with your friends, family and others. This brings us to the very heart of NAV 20, which is the right of *everyone* to choose their own beliefs and values.

You obviously realize that you have the right to choose your own beliefs and values, and this has allowed you to adopt these wonderful new concepts for yourself. It is vitally important that you always remain aware that you only chose to adopt New Age Values for yourself when you were thoroughly prepared to do so, at the time you knew was just right for you. This is vital to remember because it helps you accept the fact that the right time for millions of other people is going to be weeks, months or years into the future, and that is perfectly OK. Even more importantly, you need to stay aware that millions or billions of others are going to live an entire lifetime steadfastly clinging to beliefs that are vastly different to those that you and I cherish, and this is also perfectly OK.

It is so important to always remember that the absolute personal freedom you rightfully demand for yourself is also something that everyone else is always absolutely entitled to. It is great that billions of other people are constantly choosing beliefs and values that are vastly different to ours. This is freedom in action, and in the democratic society in which we live, it is a marvellous sign that things are going well.

Ultimately, we are all heading in the same positive direction, and everyone is working for the common good. It's a source of great peace and acceptance, to remember that everyone is always doing the best they can with their current level of human awareness, and that we are all doing what we believe is right. We are all playing our part perfectly. Yes, everyone is always in exactly the right place, at the right time, doing the right thing. The Universe is always in a state of perfect equilibrium. Everyone and everything is perfect exactly as it is!

As long as you are acting peacefully and respectfully towards everyone and everything in your world, then you have the right to act exactly how you want to, and to believe exactly what you want. You can have any sexual, religious, political, racial, cultural or other type of preference that you like. When we all totally respect the right of everyone else to do likewise, we will have succeeded in establishing total peace on Earth.

I respect the right of everyone to choose their own beliefs and values and to travel their own chosen path in life.

***I know that planetary transformation happens when individual people transform themselves,
and I am totally committed to my own positive personal growth,
in my own way, in my own time and according to my own inner guidance.***

You are as valuable as any other being on Earth or anywhere in the Cosmos. The Force lives within you, as well as in everyone else, so you are equally as Divine as anyone. Whatever title or position they have, whatever qualifications or success they have achieved, however much money they have, and whatever spiritual level they are on, always remember that you are absolutely an equal with everyone else! That is a very empowering thing to remind yourself of, and doing so will often help you successfully and peacefully travel your chosen path.

This same wonderful fact also applies to you in relation to every group of people. It is essential for your own well-being and peace of mind to constantly affirm to yourself that your own inner wisdom is equal to the wisdom of any group, which includes families, cultures, religions, political parties, New Age organizations, countries, planets, and any other type of group you can imagine. Your wisdom is equal to any other wisdom in the Universe! What a bloody marvellous thing to realize!

It is perfectly OK to totally trust your own instincts, and to map out your own ideal life for yourself. You have the God-given right to do so. God lives within you, and you are part of One Living Universe, so, as far as your life is concerned, *you* are the Absolute Authority! This is the golden key to realizing your full potential in life. Once you get this fact fully and permanently, when it becomes part of your consciousness during every moment, then you will be living the life you dream about, and you'll be at one with your Higher Self.

The human race on Planet Earth consists of billions of equally wonderful and wise people. All of them want a better life for themselves, their families and the planet, and of course this desire is completely natural and healthy. Everyone dreams of seeing, and being part of, a paradise or Heaven on Earth, and creating this is exactly what the New Age Movement has set about doing. For this utopia to become a reality, a massive amount of positive energy is required to transform the old into the new. As I've mentioned earlier, this massive positive change is certainly taking place right around the world, and an incredibly exciting and inspiring planetary transformation is happening right before our eyes. Simply pausing to reflect on the big picture is extremely refreshing!

There is one lovely essential reason for this fabulous planetary change that is occurring. The whole planet is changing because individual people are making the positive choice to change. It is the cumulative effect of great numbers of individual people that is combining to create positive change right across this amazing planet. And the contribution of every single one of those people is important in the overall scheme of things. Remember, always, that by positively changing yourself, you are, in absolutely real and measurable terms, positively changing Planet Earth, which is also an individual living being, on a different scale. The being called Earth is often given the name Gaia, sometimes spelt Gaya (pronounced *guy-ya*), and it is only natural that the more positive the people living on her are, the happier Gaia is. So keep on remembering that, in more ways than one, every single thing you do to positively change yourself is positively changing the planet.

Now, armed with this fabulous piece of information, you can happily continue with your own positive personal growth, in your own way, in your own time and according to your own inner guidance. As long as you are being respectful and peaceful towards the world around you, then you are completely free to do your own thing!

In fact, the more you please yourself, and the happier you choose to be, the more you please the

Universe. The happier each individual is, the happier the whole world is.

So, *be happy!* Please yourself! Give yourself pleasure. Do things that make you feel good. By doing these things you are also pleasing your loved ones and the other people you come in contact with, because your happiness rubs off on them. If you ever need reminding of this, just be aware of how much you enjoy being around happy, pleasant, healthy, successful people, and how their positive energy is automatically transmitted to you when you are near them, and how *good* this feels. Being around positive, loving, happy people is one of the great joys of life, and it's something I most strongly encourage you to make the deliberate conscious choice to do. Being around young children is such a nice, healthy pastime simply because they are naturally happy and high on life most of the time. The same can be said of the other lovely creatures that make up the animal kingdom. Yes, it is absolutely clear that being in the presence of happy, healthy and positive beings is a lovely experience.

It is extremely easy to appreciate the benefits to yourself of being around positive people. The great challenge for most of you is to become aware that *your* positive energy has exactly the same effect on others. When you can do this freely and easily and automatically, on a consistent basis, then you will have made a *major* personal growth breakthrough! You will have re-established your natural state of awareness, which is that your presence is just as valuable as that of everyone else. And since it gives you great pleasure to see others being healthy, happy and successful, you'll naturally be fully aware, and experience great joy in the knowledge, that your positive energy is having a beautiful effect on the people, animals, plants, spirits and *everything* that you come in contact with.

In fact, your happiness has a positive effect on the entire Cosmos. Every single bit of positive energy you choose to experience is generated to, and received by all of life. By being happy you are serving the world around you. Now that's something to celebrate!

Only you know all of the details of exactly what you need to do to achieve your optimum level of positive personal growth, and that's why it is vital for you to trust your own inner guidance, or *Higher Self*. The more you follow your heart, follow your conscience, follow your intuition and do what you know is right for you, the happier you will be. The only person in the entire Universe worth *following* is yourself, your Higher Self, because you are your own leader, and you have all the answers you will ever need, to face any challenge, or make any breakthrough, within you. This great, simple affirmation just popped into my mind, so I'll share it with you: *I have all the answers within me*. I suggest that you use that affirmation, or one of your own choice that conveys the same message, for as long as necessary, until you actually realize, on a permanent, full-time basis, that *you* have all the answers within you. You do.

As you know by now, there is an awesome number of personal growth methods available, all of which have their merits. Some are perfect for you, and some are perfect for others. Sometimes you're actively, deliberately *working* on yourself, while at other times you simply grow naturally by living your life with a positive attitude. Sometimes you grow as part of a group or community, sometimes you grow in a special one to one relationship, and sometimes you grow alone, all of which is just right for you at the time. Sometimes you transform very gradually and incrementally, and then you may brilliantly re-invent yourself overnight, and of course whatever speed you choose is just right for you. As long as you are absolutely committed to doing what is right for you, you are guaranteeing yourself *true happiness*. Trust yourself.

I know that planetary transformation happens when individual people transform themselves, and I am totally committed to my own positive personal growth, in my own way, in my own time and according to my own inner guidance.

*I know that all of us on planet Earth can have health, wealth and loving relationships,
and live harmoniously together as one world,
and by visualizing and affirming this we are creating a Magical New Age.*

Here we are at the magical number twenty two. There's a smile on my face, and my whole being has that lovely glow that comes after a very satisfying long distance run, which I did about 5 hours ago. Again there's a candle burning, plus some beautiful jasmine incense, and some blissful relaxation music is playing. The scene is beautifully set, and I am very, very happy to be just 3 or 4 hand-written pages away from reaching a lovely milestone in my life. If I happened to leave the Earth Plane for some other magnificent dimension tomorrow, I'd go with the pride and satisfaction of knowing that I have successfully completed an important stage of my life's work.

I believe with my whole heart and mind that if everyone adopted and practised the twenty two New Age Values, two wonderful things would happen: Firstly, every woman, man and child on this Earth, and on our bases that will one day be established on other planets and throughout the Universe, would be living a life of peace, love, health, wealth, excellence and happiness. Secondly, every person, family, community and country would have absolute love and respect for every other person, family, community & country, and we would all be living peacefully and harmoniously together as one world.

Tears of joy began flowing from within my heart as I wrote that last sentence. Just imagine that ideal world of peace and love right here on our very own planet! That is what it is all about, and it is absolutely achievable. Yes, it is a realistic, practical, achievable dream, and as you are very well aware by now, I am one of the ever-increasing number of the new breed of dreamers who believe, know and trust that all of our individual and global dreams can become realities.

I believe that, along with many other sources of inspiration and motivation that are coming into the public domain at this point in history, New Age Values has a very important role to play. I am convinced that it is destined to ultimately be published, as a poster, in books, and in new and yet to be created media, by the millions, and that billions of people will, directly or indirectly, positively benefit from it.

Wow, I've actually had the courage to come out and directly spell out my grand vision for NAV! This is exciting, and a relief. Recently, two slogans for *Positive Choice* popped into my head - *A New Religion For A New Age* and *A New Way For A New Age* - and they both have that lovely simplicity that rings true. It is perfectly appropriate that at the start of a new millennium we have a great new set of values to guide us into a Magical New Age.

While the old established mainstream religions have all done a lot of good, and are still doing so, and will continue to do so for a very long time, it is absolutely clear to us all, that to achieve our full spiritual potential, something *more* is required as a source of inspiration. Thousands of pioneering groups around the world *are* providing that something more for millions of people, and millions of individuals are exploring bold and exciting new alternatives. Collectively, this phenomenon is known as the *New Age Movement*, and its beautiful influence on every realm of human existence is now very apparent. The Movement has many, many loving, gentle, intelligent, dynamic and powerful spokespeople, most of whom are shining examples of the kind of people that vast numbers of others aspire to be like - in their own individual ways, of course.

New Age Values is the document that pulls together all of the various paths within the Movement and clearly spells out the highest aspirations and values of the people that comprise it. While it could have

been written in many different ways, and with a vastly different number of affirmations, the fact will always remain that it does encapsulate the very essence of what New Agers all around the planet regard as vital guidelines for reaching our highest potential, as individuals and as a species. It does this because it was very deliberately designed to do so - that is, to be a blueprint for creating Heaven on Earth.

Of course it is perfectly OK with me if it takes a very long time for this utopia to become a reality for all of us, and to be realistic, I'm now predicting that will be the case, but the most important thing is that we have made a very positive start. And, with our continued dedication and commitment, the dream is absolutely guaranteed to become a marvellous reality.

In fact, the dream is already a fabulous reality for many of us, and is quickly being manifested for millions of others. For those of you just beginning your journey, our hearts and minds are with you, and we know you are successfully travelling a path that will bring your goals into reality. Trust yourself, and be as positive as you are able to be, and you will absolutely continue to see marvellous results in your own personal growth. You'll see your health improve, your wealth increase, and you'll begin to discover what kind of super loving relationships are available to you. As you have these brilliant experiences for yourself, and you find yourself on a path of ever-increasing happiness & self-esteem and success - all directed by your own Higher Self - you'll naturally see how every other human being is totally able to live the same kind of magical life. And the greatest thing of all is that you'll see that it is in fact *inevitable* that, ultimately, *everyone* will be living a totally fulfilling life!

This is a unique point in the short history of the human race on this lovely blue planet. It is the time when we are actually beginning to realize that the God Force exists within each and every one of us! Because of this mind-blowing awareness, we are now realizing that *we are all capable of achieving any goal!* We now realize that, globally, world peace is achievable, and individually, everyone, including you, is capable of, for example, winning an Olympic Gold Medal, if you believe in your dream *and* do all the work.

The two most common and, many would say, powerful New Age tools for bringing goals into reality are *visualization* and *affirmations*. They are both extremely simple and extremely effective, so much so that vast numbers of people, myself included, automatically and routinely use them as vital parts of the process of achieving virtually any important goal in our lives. We continue to use them simply because they consistently create results. They can also be used, and are, by numerous groups and individuals, for creating positive planetary change, such as establishing world peace and fairness and justice for everyone, and preserving our natural environment.

In a very brief nutshell, visualization is the act of holding in your mind a picture of the goal you're aiming for, seeing and experiencing it in real-life detail with all of your senses, and knowing, believing and trusting that it belongs to you and is becoming a reality. Shakti Gawain explains the process in beautifully inspirational ways in her classic book *Creative Visualization*, which also explores affirmations.

Affirmations, my great friends, are essentially the same as visualization, except that they use words instead of mental images. You can use them verbally, mentally, in writing, or in a multitude of ways that you find useful. Simply state your goal as a *fact*, in the present tense, and use *all positive words*. The great key to success with affirmations is *repetition*. It's like mental weightlifting, and the cumulative effect of thousands, then millions of affirmations, gradually transforms you into the amazing person you always knew you could be. Sondra Ray has some great stuff about affirmations in her books *I Deserve Love* and *Rebirthing In The New Age*.

Visualization and affirmations are two of the greatest methods ever created for personal growth and goal achieving. Use them and you'll succeed. *New Age Values* is 22 of the most powerful affirmations ever written. Use them, consistently, and your life will positively change.

I know that all of us on planet Earth can have health, wealth and loving relationships, and live harmoniously together as one world, and by visualizing and affirming this we are creating a Magical New Age.

Original 1.1.2000 Edition

SUMMARY

Welcome back to the world of *normal* writing, where you will again find negative (there's the first one!) words, phrases and sentences, lurking amongst the predominantly positive stuff. I really enjoyed writing those 44 totally positive pages, and re-reading them is a great buzz, which I trust it also is for you. I have decided that I will write at least one, and perhaps many complete books in that style at some stage.

I have also decided that I will publish this second part of *Emotional Gold* as a self-contained book sometime, and I'll call it *New Age Values*. For those of you reading the latter version, you need to know that the vast majority of this book is being written as it comes out in the present moment, and it is deliberately rough and largely unplanned, to capture the real-life honest energy of my 7 year long *2000 Olympics Project*. A year ago I did some very brief preparation for the final pages of 1996, in order to neatly wrap-up part one of the book. Today I have also planned the last three sessions for 1997, to properly complete part two. This feels very appropriate, given the nature of this section.

I want to very briefly mention a few things that have been left out of *New Age Values*, and the reasons for this. Firstly, there are no *don'ts*, simply because of the totally positive format of the 22 affirmations. Plenty of books and trainings are full of them anyway. Also, very positive and useful methods such as *assertiveness* and *clear communication*, amongst countless others, are deliberately left out because NAV is essentially the *values* that underly the *methods*. All of the methods are clearly incorporated within various NAVs anyway, notably in 3, 9, 20, and most powerfully in 21. I was *extremely* tempted to write a New Age Value for *vegetarianism* and *veganism*, but in the end I felt guided not to.

It's about time I mentioned that astrologically we are entering the *Age Of Aquarius*. As the new millennium begins, both Uranus (the ruling planet of the sign of Aquarius) and Neptune have recently entered the sign of Aquarius, heralding the dawn of an unusual, humanitarian and exciting two thousand year period.

Now I'd like to spend a few moments looking at some of the people - well known & unknown - involved in the New Age Movement.

Having given Stuart Wilde some well deserved praise in NAV 18, it's only fair to balance this by telling you he is often a callous *pig* who delights in insulting and hurting people. He loves making public statements like *Fuck the starving Ethiopians!* I've been to three of his lectures. First time he warmly put his arm around me afterwards. Second time he refused to shake my hand. Third time he childishly & viciously attacked me during question time, apparently because I was wearing Indian looking clothing. I felt very hurt by this, Stuart. However, I still love your work.

Tim Wheater, billed as *Britain's leading New Age musician*, and ex-member of pop group *Eurythmics*, who plays beautiful flute music, is another one of these nasties. After jamming with me and Gary Thomas on my song *Eternal Light* at the Garden Of Peace, south of Sydney, in late 1990, Jasmin told me Tim gave a filthy look of disgust towards me while leaving the stage. I had obvious severe nasal congestion at the time, was suffering terribly and didn't perform very well. What kind of perverse pleasure do you get from throwing around such nasty energy Mr Wheater? I've also felt it from you at other times. So be warned readers, there are some very insensitive and cruel people in the New Age, who don't practise all that they preach. (You can identify them by trusting your intuition.)

But: There are plenty, plenty more lovely ones, and you can meet them and have an instant lovely connection at any time or place. Gary Thomas, a big, powerful and gentle spirit plays haunting didgeridu, and gives very nice hugs. *Eternal Light* is the only song I have ever written specifically to

be played with someone else, and that says a lot for you Gary. Peace and love to you mate.

Many lovely contacts have no names attached to them. A young lady with a beautiful energy sat next to me at an *est* intro night, and many other experiences like this are beautiful memories of deep, brief contacts.

One lovely, lighthearted memory is of Gary MacDonald (the Australian actor and comedian who plays Norman Gunston) coming up to me after I had complained of massive noise during a 1983 Siddha Yoga meditation weekend. He said *I use these*, and sympathetically smiled and showed me a pair of earplugs!

There are thousands of brilliant New Age books available, by thousands of wonderful and original authors. In mainstream bookshops you'll find them in sections under headings such as *New Age*, *Personal Development*, *Occult*, *Metaphysical* and *Spiritual*. For a much wider variety, and the luxury of consulting staff who are familiar with and *into* the subject matter, go to your local New Age shop. As a starting point, I recommend the *Adyar* bookshop in the heart of Sydney. I'm sure they'll gladly advise you on how to find similar bookshops closer to your home, whether you're in another suburb, city, state or country.

The following list contains a *few* of the New Age authors and books that I have personally read and thoroughly recommend to you:

Stuart Wilde	<i>The Force</i> <i>Affirmations</i> <i>Miracles</i> <i>The Trick To Money Is Having Some</i>
Louise Hay	<i>You Can Heal Your Life</i>
Richard Bach	<i>Jonathan Livingston Seagull</i> <i>Illusions</i> <i>One</i>
Sondra Ray	<i>Loving Relationships</i> <i>Rebirthing In The New Age</i> <i>I Deserve Love</i>
John Keyhoe	<i>Mind Power</i>
Shakti Gawain	<i>Creative Visualization</i>
Wayne Dyer	<i>Pulling Your Own Strings</i> <i>Your Erroneous Zones</i> <i>You'll See It When You Believe It</i>

In NAV 22 I gave an extremely brief description of how to utilize visualization and affirmations, for anyone new to these two great methods. In 1991 (the year I wrote *New Age Values*) I drafted a good

portion of a small book totally on the subject of affirmations, which I will publish one day. It's called *Word Power!* Meanwhile, I feel the urge to write a little more here about this fabulous method, starting with my *Guidelines For Creating Your Own Affirmations*.

1. Affirmations are positive statements using positive words.
2. Affirmations are in the present tense.
3. Affirmations are statements of fact.
4. Affirmations are specific.
5. Affirmations are simple.
6. Affirmations are only for the person using them. (They are never used to change other people!)

In case #6 is not automatically assumed by you, I urge you most strongly to consider just how much you hate attempts by others to change you - and rightly so. I hate it also. I don't tolerate it in the slightest in my life, and I *never* try to change anyone else. If you still need convincing, re-read NAVs 12 and 20. Once you're ready to use them for yourself only (unless specifically requested, or unless you know with 100% certainty that you are affirming what the person *wants*), then Guidelines 1 to 5 will ensure that you succeed.

By employing those 5 Guidelines literally, you are safely programing yourself for success. The minute you start using negatives such as *I am NOT sick, poor, unhappy, etc*, you are creating serious problems for yourself, because you're using negative energy, which can only produce negative results. Use *positives!*

Use *all* positive words and phrases, such as *I AM healthy, happy, successful, loving, beautiful, etc*, and you are using positive energy, which can only produce positive results for you. You can use affirmations for *any* specific goal, personal growth improvement, or any positive thing in life that is important to you. Your subconscious mind accepts all input *literally*, and converts it into reality. The key to success is *repetition*. The key to success is *repetition*.

POSITIVE CHOICE

In these four pages I am going to very briefly summarize the *Positive Choice* religion - its past, present and future.

Since virtually all of Earth's religions were founded by people who did not clearly record all of their teachings and intentions, vast amounts of time, energy and resources are used attempting to interpret the accounts of their lives that have made it into *history*. The heated debates that go on between huge numbers of religious scholars would not be needed if proper records were kept, however, the lack of these records is basically a symptom of the times in which the religions were established. Now, to my great delight, we have mass media and information technology, which together with my lifelong writing and other disciplines, will ensure that the teachings and intentions of the founder of *this* religion will always be crystal clear. You can quote me with absolute confidence!

If I was to remain the only member of *Positive Choice*, it would still be at least as valid as any other religion, even one with hundreds of millions of members. They were all founded by one person, and all had their infancy, just like this one at present. All religions had exactly the same level of validity (perhaps even *more*) when the only member was the founder, as they do now.

At present I can see three main possible futures for *Positive Choice* regarding membership: I'll remain the only member; it will grow into a or the major world religion; or somewhere in between those two extremes. Assuming there are other members, and assuming that it continues to exist after the time I choose to leave the Physical Plane, I am now setting the following standards for all future leaders of *Positive Choice*.

1. You must regard yourself as, and appear to be, an *equal* with all other members and non-members.
2. You must not ever attempt to exercise any authority over members or non-members.
3. You must totally honour, and be seen to honour, *The Positive Choice Way*.
4. You must *always* be open to reasonable challenges and assessments by the membership, to demonstrate your adherence to *The Positive Choice Way*, and if you fail any of these you must immediately relinquish the leadership.

I'll be creating the *Positive Choice Master Plan* during 1998, and this will obviously include provision for the creation of formal documents which relate to the above, and other important official, organizational, etc, matters. The last thing in the world I want is for this to become a massive hierarchy with masses of rules and regulations, like the Roman Catholic Church, amongst plenty of other examples. That's old age religion. By the same token, some degree of planning, organization and discipline is necessary and appropriate for the long term success of *Positive Choice*, and I feel completely comfortable with that.

During 1997 I used the monthly New Moon Rituals to develop a code of conduct, and it was completed on Sunday November 30, the 1997 Sagittarius New Moon. It is called *The Positive Choice Way*, and is printed on the last of today's four pages of writing. Its alternative title is *The Ten Choices*, as deliberately opposed to *The Ten Commandments*. This is a code of conduct that is *chosen* by God within, rather than one that is *imposed* by an external *God*. It is also much more than that. It is also a blueprint for anyone who is absolutely committed to living the most successful life they possibly can in this lifetime and beyond. It's for anyone who wholeheartedly desires to manifest *New Age Values* in their life, and to set an inspirational example for others. It is also for people who are absolutely dedicated to being *totally honest and honourable*.

Clearly, especially considering the last point, *The Positive Choice Way* is not for everyone - not at this

point in humanity's history anyway. I do believe that ultimately, however, it is our destiny to *all* freely choose to live in this ideal way. One day... In the meantime, preaching, evangelizing or any attempt to *convert* people to Positive Choice is totally banned! This way is only for people who freely and happily choose it, because in their heart and mind they *know* it is the right way for them.

On 22.2.97 I published *Positive Choice Newsletter #1*, and have distributed it on a very small scale. By the time you read this, more Newsletters will have been published. If you'd like to receive these, and future issues, please write to me.

For the record, just in case this is not already totally obvious to you: I do not regard myself as an *enlightened, self-realized*, etc, being. I have weaknesses, like you and all other humans have - as far as I'm currently aware. If there are any humans out there who have reached 100% permanent enlightenment, I congratulate you, and I look forward to joining the club one day!

Also for the record: You could possibly interpret what I wrote in Part One to indicate that I established *Positive Choice* purely to avoid having to vote. Due to the nature of this book, I probably gave that impression, but it is not accurate. Yes it (non-voting) was a relevant factor which prompted me to formally establish this religion when I did, however, two things need to be said: Firstly, the Electoral Commission told me *before* 19.2.96 (the date of the Statutory Declaration formally establishing *Positive Choice* as a religion) that I would be allowed to abstain from voting on religious grounds, in particular because no known politician is totally honest or honourable, and none of them promote *New Age Values*.

Secondly, in 1987 I virtually established this religion under a different name. I published *Here And Now Newsletter #1*, and then in 1989 I created the first *HANG (Here And Now Group)*. Hi Danny and Leanne! Peace and Love to you. *Here And Now* didn't last because I was uncommitted and unorganized, and in hindsight, it was obviously the wrong name. Now I am committed and organized, and I'm using the right name. *Positive Choice* is here to stay - at least as long as I'm alive!

I'll *never* have *followers*. I do look forward to someday having friends, partners and supporters who also choose *The Positive Choice Way*. Initially I will, then together we will inspire, motivate, and spiritually and emotionally nourish as many people as we possibly can. To my co-members of *Positive Choice* and to all others, I say **WELCOME TO THE NEW AGE!**

The Positive Choice Way

1. I choose to think, speak and act as positively as possible, and I *go for gold* in everything.
2. I choose to think, speak and act with total honesty, I always do what I say I will do when I say I will do it, and I keep all of my Sacred Vows for the rest of this lifetime.
3. I choose to be loving, compassionate and forgiving towards myself and all others, and I realize that the God Force lives within everyone and everything.
4. I choose to do what I believe is right for me, particularly in relation to social, political and religious customs, events and celebrations.
5. I choose to stand up for my rights and opportunities, and I promote fairness, justice and equal rights and opportunities for everyone.
6. I choose to act peacefully towards the world around me, and I only ever use martial arts for defence.
7. I choose to accept complete responsibility for creating everything that happens in my life and for being the way I am.
8. I choose to respect the right of everyone to choose their own beliefs and values and to travel their own chosen path in life.
9. I choose to manifest *New Age Values* in my life here and now, and at all times and places.
10. I choose *The Positive Choice Way* as my personal code of conduct, and I freely and happily honour it here and now, and at all times and places.

PROJECT POP STAR

The people with the greatest audience on Earth in our time are pop stars. The whole world takes notice of them - fans and non-fans alike. Michael Jackson, the greatest pop star this world has known - at the start of the third millennium - is a perfect example of this. So pop stars have the biggest capacity to inspire and motivate people.

Ever since I began singing and playing guitar in September 1979, and writing songs about two months later, I have felt a deep inner calling to inspire and motivate the whole world with my music. I learnt the basics very quickly, and people immediately began saying things to me like *You're obviously going to go all the way to the top*. The first person to say this to me was a lovely lady called Rowena Price, and I want you to know, Rowena, that your sincere statement has absolutely helped me keep believing through all these years, and I give you my heartfelt thanks. I've received countless other similar comments over the years, and I thank every one of you.

In my late teenage years, perhaps in 1977 when I turned 19, I made a Sacred Vow (not identified by that name at the time) to God - I still believed in the old man - that I would one day become a priest. In 1996 I honoured that Vow. On 12.9.97 I took the following Sacred Vow:

I have a world-wide number one selling album and singles of my inspirational Positive Choice songs.

This is also the first draft of the mission statement of *Project Pop Star*, a name that popped into my mind during my daily meditation late in July '97.

As already mentioned, in 1987 I established *Here And Now*, the name I applied to all aspects of my inspirational work at the time. I also began work on the *Here And Now Six Year Plan (HANSYP)*, which had the same goal as *Project Pop Star*, and it had the target date of 21.6.93, my 35th birthday. In 1990 I held auditions for the band, which was called, you guessed it, *Here And Now*, and a core of us began regular rehearsals. After about 2 months, I asked for long term commitments. None of them was ready to seriously commit, so I terminated the band and put the idea on hold. After the disaster of my late 1991 *New Age Dawning* cassette and the early to mid 1992 trauma of the life and death drama I went through in Bangladesh, I totally abandoned HANSYP. It was a very valuable experience, though, and I did attract an excellent, ideal (musically) lead guitarist. Hi Andrea Idato!

On Wednesday 27.8.97 I officially began *Project Pop Star*, with one vital difference: There is *no time limit*. This is a very long-range project, which is most likely to manifest in the first decade of the 21st century, but if it takes longer, that's OK. I'm fully committed to realizing this magnificent vision, however long it takes!

In about June 1994, I sold my only guitar and put music totally on hold. I got into office work and happily lived for two and a quarter years without playing or singing or composing. Then in September 1996 I was inspired by an Elton John documentary to begin 3 new disciplines for the rest of my 2000 Olympics Project (TOP): Weekly singing practice, plus writing and then recording a new song every 3 months. This would give me 16 new songs by the time of the Sydney 2000 Olympic Games (in September 2000) - enough for a good length CD. I began composing these songs on a tiny Casio electronic keyboard, and TOP Song #1 *Going For Gold* was completed on 2.12.96.

Being in between office jobs for the whole of 1997 was a wonderful blessing! I completed the 8th TOP Song in April and the 16th in September, 3 whole years ahead of schedule. Early on I had decided to make them all totally positive, in the same style as the commentaries on *New Age Values 12 to 22*. Then it seemed natural to extend the number of songs to 22, and I wrote all of the last six in October, finishing with *Magic Lover* on 30.10.97.

What a buzz this was! (Still is.) I now had 22 totally positive pop songs, all of which had decent melodies, and some of which were definitely hit song material. I had worked very hard on getting them right, and was very proud of my 22 TOP songs. So proud in fact, that if I only ever got to release one state-of-the-art professionally performed CD in my life, I'd be very happy for this to be it, knowing that it contains enough inspirational and motivational power to have a tremendously positive impact on this lovely blue planet and its beautiful inhabitants.

During the fifteen years of the first phase of my musical career I did no formal practice. I was lazy, undisciplined, and lived mostly in the here and now. Still, I managed to have some periods of success, and even lived off my musical earnings (without the dole) for up to eighteen months at a time, although usually for much shorter periods. My greatest year was 1989, when I held a 6 month weekly residency in one coffee shop, and lasted almost a whole year in another - Thursday nights at Banjo's in Hurstville, which only ended because the business went downhill due to a new Westfield shopping centre (mall) nearby, and closed soon after. (I wish you well Andrew - the owner.)

Since starting with one hour of weekly singing practice in September 1996 (at my lovely past and future home, *Harbour Towers*), I have purchased a new guitar (in February 1997) and have gradually built up my weekly musical disciplines, especially in late August when I jumped from 2 to 8 hours. I'm now doing over 10 hours, and from the first week of 1998, I will be doing a minimum of 14 hours per week of rehearsal and study. This will continue, as a discipline, and periodically increase again, *every week* until the mission statement of *Project Pop Star* has become reality. I believe there is a very good chance of this happening by the year 2010, when Michael Jackson and I will both turn 52 years old. (It's great to see many pop/rock stars having hits nowadays during their middle-age and later. For example, the Bee Gees have had world wide success this year, when Barry Gibb turned 50, with their *Still Waters* album.)

I'm not the greatest singer or guitarist or songwriter by any means. Technically, there is a lot I don't do *properly*, my vocal low range is dreadful, and my guitar playing is only just good enough to accompany my singing. I'm not a great lyricist, and my melodies are only just becoming respectable. As an entertainer, I still have heaps to learn. However, beyond all of that, I do have something in my voice and my songs that people like, and that they do feel inspired by. Enough people have told me over the years, and I have always had a clear conviction that it is my destiny to become a world wide success. Now that I have finally begun to seriously work towards that massive goal in a disciplined way, I know it is just a matter of time, and I repeat, that I will continue until I reach my goal, no matter how long it takes.

There are two main reasons for telling the world what I'm going to do well before I do it: Firstly, it guarantees for me that I will follow through and do it. Secondly, it proves to *you* that through dedication, discipline and commitment *you* can achieve any goal. If I can, you can! This is a divine mission for me and I'm going to just do it!

As well as inspiring billions of people, I'm naturally going to thoroughly enjoy the rich personal rewards - materially and spiritually - that I will receive. I'm also going to buy lovely homes for my mother, my sisters and my children. I can see it all and I love it.

The first CD might be released in 2001. Although I'll have a band, the name of the act will be *Marc White!* and the album will be called *Positive Choice*. The 22 songs will average about three and a half minutes. The first 11 will be slow to medium, and the second 11 fast to very fast. The titles, in album sequence (not composition order), and lyrics are on the following 23 pages, with chords for musicians.

THE 22 POSITIVE CHOICE CD SONGS

When I wrote the previous page a year ago, I decided that I would do this page sometime, and I only remembered this week that it still needed writing.

The main thing I want to say about the following lyrics is that they are not poetry and are definitely not designed to stand alone without the music. I even feel embarrassed sometimes about including them here, but I said I'd do it! Hopefully you have or will have the CD so you can hear the lyrics as they're intended - sung with their melodies and accompanying chords. (Written 30.12.98)

1. Faster Higher Stronger
2. This Is Me
3. Harbour Towers
4. Flower Power
5. Fairness Now Justice Now
6. Jenni Rose
7. Peter
8. Daydream
9. Keep On Making Love With You
10. Magic Lover
11. Peace And Love
12. Pleasure Zone
13. Welcome To The New Age
14. Sexy Smile
15. Speed Of Light
16. I Hear You
17. Happy And Getting Happier
18. Everything To Live For
19. Going For Gold
20. Just Do It
21. I'm There With You
22. Positive Choice

FASTER HIGHER STRONGER

Verse 1

Em7
We come here in peace
Dm7
From around the world
Em7
And we're here to celebrate
Fmaj7
The greatest show on planet Earth
C
We're so proud to come this far
G
Now we've got one more great goal
F
And we'll be striving with all our hearts
G
To win that magical gold

Chorus

Cmaj7 **Fmaj7**
Now we are racing faster
 Cmaj7
We're soaring higher
 Fmaj7
And getting stronger

Verse 2

Heroes and legends
Inspire us all
And the greatest with nine golds
Are Flying Paavo and King Carl
Electrical energy
Flows out from the mighty crowd
The flame is burning so brilliantly
The spirit is all around

Middle

C9 **F**
Faster higher stronger
C9 **G**
Faster higher stronger

THIS IS ME

Verse 1

Bb
Everyone is free now
Am
to be who they are now
Gm
Everybody can be
Am
just who they want to be
Bb
This is what we're here for
Am
to become more and more
Gm
And to bring into life
C
the magic that's inside

Chorus

F
Here I am
Gm
Standing tall
Am
Here I am
Bb F
This is me

Verse 2

Everybody is free
to choose what they believe
All beliefs have their worth
in this great Universe
Everyone is free now
to think what they want now
Your thoughts are as precious
as everybody else

Middle

Bb
There is something so Divine
Am
Living inside me and you
Gm
And each time we realize
C
That Divine Light shines right through

HARBOUR TOWERS

Verse 1

G#m
Sitting on the western side
C#m
of lovely Lavender Bay
G#m
Watch the ferries gently cruise
A
the harbour every day
C#m
Lights on the Opera House and
G#m
Harbour Bridge look so pretty
A
They're such beautiful symbols of
B
this magical city

Chorus

Amaj7 **Emaj7**
Here at Harbour Towers
A9
I have the best city view
E
on Planet Earth
Amaj7 **Emaj7**
I can gaze for hours
A9
Deep in my soul I know
E
how much this is worth

Verse 2

Gazing up into the stars
my mind soars free in the night
Just across the harbour is
a great city of light
The spirit of Sydney 2000
drifts through the air
New Year's fireworks sending love
and light everywhere

Middle

A
This is where I want to be
G#m
Oh yes it feels so nice
A
This is where I'm meant to be
B
I found my paradise

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JENNI ROSE

Verse 1
Dm7 *Em7*
Just like the magic that flows from a rainbow
Dm7 *Cmaj7*
I feel the glow from each one of her smiles
Dm7 *Em7*
My heart is bursting with such joy and gladness
Dm7 *C*
When she kisses me and says "I love you Dad"

Chorus
Fmaj7
Jenni Rose
Cmaj7
is a lovely girl
Fmaj7
Jenni Rose
Cmaj7
is lovely

Verse 2
Just like all children she is someone special
And I'm so glad that she knows it is true
She knows that all of her dreams are coming true
Keep on believing my Lovely Superstar

Middle
Am G F Em
Jenni Rose you know I love you
Am G F G
You can always count on that
Am G F Em
Jenni Rose I know you love me
Am G F G C
Your sweet love is heaven sent

Verse 3
Everywhere I go she is here with me
She has a special place deep in my heart
Watching her grow up means everything to me
I feel so proud and I'm so glad I'm her Dad

PETER

Verse 1

D **Dsus4 D**
Peter you are my first child
D **Dsus4 D**
Peter you're growing so fast
Dmaj7 **G**
I still remember the day you were born
Gmaj7 **A**
You put a special glow in my heart
D **Dsus4 D**
Now you are so much older
D **Dsus4 D**
And you are so much stronger
Dmaj7 **G**
The love in my heart is growing like you
Gmaj7 **A**
That's why I sing this song just for you

Chorus

Dmaj7
Peter
Gmaj7
I love you
Dmaj7
Peter
Gmaj7
My first child

Verse 2

Peter you know you can fly
Peter you can fly so high
Just keep believing your dreams can come true
And know I always have faith in you
If you find that you need me
Just call I'll be there for you
I'll be your loving Dad all of my life
Watching you as you reach for the stars

Middle

A
The Force lives
G
inside you
Gmaj7
Look within
A
Yes it's true

DAYDREAM

Verse 1
D E A
It can happen anywhere
D A E
Could be doing anything
D E A
Suddenly you're in my mind
D A E
Happens just like light-enig

Chorus
A Amaj7
Daydream about you
A Amaj7
That is what I do
F#m E
Cause I love to see
F#m D
your lovely face so I
A Amaj7
Daydream about you
A Amaj7
That is what I do
F#m E
Cause I love to see
F#m E A
your lovely face in my mind

Verse 2
It can happen anytime
I could be with anyone
It's a feeling so divine
Tingles going up my spine

Middle
Dmaj7
When you're in my mind
Amaj7
I feel so heavenly
D E
I've gone right into another world
Dmaj7
When you're in my mind
Amaj7
I'm feeling total bliss
D E
This is the best feeling in the world

KEEP ON MAKING LOVE WITH YOU

Verse 1

F9
All the love I want

All the love I need
Cmaj7
I have found it all with you
F9
All the joy I want

All the joy I need
Cmaj7
I have found it all with you
Dm
Everything that I've ever dreamed about
Em
has come true

Dm
And I want to sing it out to the world
G
Tell them how I feel about you

Chorus

Fmaj7
Keep on making love with you

All I ever wanna do
Cmaj7
Keep on making love with you

All I ever wanna do

Verse 2

Hold me one more time
Kiss me one more time
Do it to me once again
You feel wonderful
You feel magical
Do it to me once again
In my heart I know I have found true love
From the start
You are all I'm thinking of all day long
I get so high thinking of you

Middle

Dm7 **Em7**
I feel so high I feel so high
Dm7 **Em7**
I feel so high I feel so high

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MAGIC LOVER

Verse 1

C#m
When I look into your eyes
G#m
What I see is pure love
C#m
When I see your special smile
G#m
My emotions come alive
A
And when you hold me in your heavenly arms
G#m
My body tingles from my head to my toes
A
Melting into you I feel so safe and warm
B
My heart is feeling total ecstasy now

Chorus

Emaj7 **A9+6**
You are you are my magic lover

Oh yes you are
Emaj7 **A9+6**
This magic's gonna last forever
A9
Magic in your eyes whenever you smile
Bsus4
Magic in your lips whenever we kiss
A9 **Bsus4** **E**
Magic in every moment with you magic lover

Verse 2

I can bare my soul with you
Share all of my goals with you
We have complete honesty
Trust each other totally
You have the same beliefs and values as me
Our hearts are beating in complete harmony
Support each other we're a powerful team
Together we are realizing the dream

Middle

Amaj7
We both believed and then we visualized
Emaj7
Affirmed we'd be together with our soul mate
A9
The magic fantasy has been realized
Bsus4
Now we've got eternity to celebrate

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PEACE AND LOVE

Verse 1

Cmaj7 **Fmaj7**
In this magic Universe
Dm7 **Em7**
It is waiting everywhere
Cmaj7 **Fmaj7**
It's for every one of us
Dm7 **G**
And it's absolutely free

Chorus

Fmaj7
Peace and Love
Em7
Here and Now
Dm7
Let it flow
Cmaj7
Peace and Love
Fmaj7
Peace and Love
Em7
Here and Now
Dm7
Feel it's glow
C
Peace and Love

Verse 2

All you ever need to do Is open up let it flow
Take a breath it's in the air Waiting for you here and now

Middle

G
Just like a gentle breeze
F
on a summer day
Am
It washes over you
Em
and you're new again
G
Just like a warm fire
F
on a winter night
Am
It's a special glow that
G
fills you with delight

PLEASURE ZONE

Verse 1
D **Em**
There's a place I love to go to
G **F#m**
Every single moment in time
D **Em**
When I go there my dreams come true
F#m **G**
Magic power flows through my mind

Chorus
A **G**
Let's go let's go to the
Bm
pleasure zone pleasure zone
A **G**
Let's go let's go to the
Bm
pleasure zone

Verse 2
I can go there when I want to
It's a choice that I love to make
There's just one thing I need to do
Make the choice to go there today

Middle
Amaj7
Feeling pleasure
Dmaj7
lovely pleasure
A
Feeling pleasure
G
yes forever

Verse 3
It's inside me all of the time
All I need is to remember
I create it in my own mind
With the Force that lasts forever

WELCOME TO THE NEW AGE

Verse 1

C9
This is the age that we
F
have all been dreaming of
C9 **G**
The magic is here right now
Fmaj7
Now we can do do do
Em7
All that we want to do
F **G**
Yes we can all do it now

Chorus

F **G**
Welcome to the
Cmaj7
New Age New Age
Am **G**
Welcome to the
Em
New Age
F **G**
You're welcome to the
Cmaj7
New Age New Age
Am **G** **C**
Welcome to the New Age

Verse 2

Now we can build the world
that we see in our minds
We know we can do it now
Yes we can do do do
all that we need to do
So let's keep doing it now

Middle

Fmaj7
Do do do do do do do do do do do
Em7
Do do do do do do do do do do do
Fmaj7
Do do do do do do do do do do do
Cmaj7
Do

SEXY SMILE

Verse 1

Bm
At first I saw you as I
F#m
walked down the street
E
You caught my eye yes you
D
stood out from the crowd
Bm
Then in one moment my heart
F#m
began to beat
E
You looked my way yes you

turned my head around

Chorus

A
I love I love I love your sexy smile
D
When I see it I'm tingling inside
A
I love I love I love your sexy smile
D **A**
When I see it I'm tingling inside

Sexy sexy smile

Verse 2

Your beautiful face could turn
a thousand heads
Add one million for your
heavenly body
You are an angel who has
been heaven sent
When you smile at me it
really makes my day

Middle

Amaj7 **Dmaj7**
I love to visualize
F#m **E**
kissing and hugging you
Amaj7 **Dmaj7**
I love to visualize
F#m **E**
Doing it all with you

SPEED OF LIGHT

Verse 1

G **Gsus4 G Gsus4 G**
We live on worlds that you know in your minds
G **Gsus4**
On planets circling the stars in your skies
D **Dsus4 D Dsus4 D**
We've got some fabulous secrets to share
D **Dsus4**
And we love going to visit you there

Chorus

C
Now we're flying

Really flying
Cmaj7
Faster than the speed of light
C
Now we're flying

Really flying
Cmaj7
Faster than the speed of light

Verse 2

We have been going there such a long time
Some of you have seen us flying at night
And we are there on a mission of peace
We come from a truly positive place

Middle

C9 **D9**
We love your blue planet oh yes we do
C9 **D9**
And you have got such a cute little moon
C9 **D9**
You have spacecraft that have landed on Mars
C9 **D9**
And Voyager travels out to the stars

Verse 3

One day we'll land where everyone can see
We'll communicate with you openly
We'll share our secrets when you are ready
And that will be such a marvellous day

I HEAR YOU

Verse 1

F9
You're my spirit guide
Dm7
With me everywhere
C9
Giving love and light

Showing me you care
Bb
I feel your gentle hand
Am
Guiding me on the path
Gm Am
Helping me know I can
F
Follow what's in my heart

Chorus

Dm
You're with me in my days
Am
You're with me in my nights
Bb
You're with me in my dreams
A7
With me all the time
Dm
I hear you deep inside
Am
I hear you in the air
Bb C F
I hear you everywhere

Verse 2

Dancing candle flame
Tells me you are here
Otherworldly song
Plays inside my ear
You keep reminding me
Just what I'm living for
And that we are all part
Of the Eternal Force

Middle

Bb Am
Guardian angel I can feel your love
Gm C
From another world I can feel your love

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HAPPY AND GETTING HAPPIER

Verse 1

E
Every day I'm feeling happier

Every day I am

A
And I want to sing about it cause

E
Every day I am

B **A** **E**
Happy and getting happier

B
I'm getting happier

Chorus

E
Hap hap happy and getting happier

Hap hap happy and getting happier

A
Hap hap happy and getting happier

E
Hap hap happy and getting happier

B **A** **E**
Happy and getting happier

B
I'm getting happier

Verse 2

Every day there is a great big smile
Right across my face
And it's with me everywhere I go
Every single place
Happy and getting happier

Middle

E
Happiness comes from within

Happiness comes from within

A
Happiness comes from within

E
Happiness comes from within

B **A** **E**
Happiness comes from within

B
It comes from deep inside

EVERYTHING TO LIVE FOR

Verse 1

C#m
You are beautiful inside

You deserve a life of love

G#m
You're as good as anyone

You're life's just begun

Amaj7
Happiness and health

Emaj7
They belong to you

A9
And your dream lover is

E
Dreaming of you too

Chorus

Bsus4 **A9**
You've got everything to live for

Emaj7
You got you got you got you got

A
A great life ahead of you

Bsus4 **A9**
You've got everything to live for

Bsus4 **E**
You've got everything to live for

Verse 2

You're the pilot in control
You can reach all of your goals
Your true self is excellent
You can be the best
Self esteem and wealth
They belong to you
You have the power to
Make it all come true

Middle

A9+6 **Emaj7**
Fantastic futures are waiting for you

A9+6 **Emaj7**
Just move ahead and you'll see them come true

GOING FOR GOLD

Verse 1

Fmaj7
I've had this dream since I was a child
Emaj7
Standing there with my Olympic Gold
F
All the world can see me yes they can
G
They know I'm the champion of the world

Chorus

Am
Going for gold
G
Going all the way
F G Em
Going for gold
Am
Going for gold
G
Going all the way
F G C
Going for gold

Verse 2

I'm doing all that I need to do
To reach this mighty Olympic goal
I know I can do it yes I can
I'm committed to it yes I am

Middle

Cmaj7
Champions of Games gone by
Fmaj7
They're just like me deep inside
Dm
They have brought the dream to life
G
If they can then so can I

Verse 3

I know that anything's possible
Therefore my dream is achievable
I just have to keep on believing
In the magic power of the dream

JUST DO IT

F
Passion burning in your soul to win

Deep within
Bb
You know you can achieve it
F
As long as you believe it
C **Bb**
You're good enough you're smart enough
F **C**
You're tough enough to go to the top

F
Just do it just do it

Just do it just do it
Bb
You know what you need to do so
F
Just do it just do it
C **Bb**
Focus on what's facing you and
F **C**
Just do it now

You have got a date with destiny
History
You can meet this huge challenge
Head on with your great courage
Personal best mystical quest
Climb Everest then you'll celebrate

F
Dig deep inside yourself

Keep going now
Bb
You found the strength to come this far
F
You'll make it all the way somehow
C **Bb**
You've done the training visualized
F **C**
Keep pushing now and you'll win the prize

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I'M THERE WITH YOU

Verse 1

Am **G**
I'm always sending love to you everywhere
F **Em**
Wherever you may be I'm sending it there
Am **G**
I'm sending positive and powerful thoughts
F **G**
Sending them to your mind and right to your heart

Chorus

Am
I'm there
G F
Yes I am
G
I'm there
F G
I'm there with you
Am
I'm there
G F
Yes I am
G
I'm there
F Am
I'm there with you

Verse 2

Whatever's facing you you have my support
The love I send you is a powerful force
You can be sure you can always count on me
I live inside your heart take a look and see

Middle

Cmaj7 **Fmaj7**
I'm doing all I can to show you I care
Cmaj7 **Fmaj7**
I'm sending peace and love to you everywhere

Verse 3

I want the best of all things in life for you
I want to see all of your dreams coming true
Giving love to you is what I love to do
That's why I'm always there yes I'm there with you

POSITIVE CHOICE

Verse 1
Esus4 *E*
Yes there is always a choice that I can make
Esus4 *E*
Yes there are always two paths that I can take
Asus4 *A*
And one choice leads me up to a higher place
Asus4 *A*
To the place where I can find my inner peace

Chorus
B A E
Positive choice
A B
That's the one that I choose to make
A E
That's the path that I choose to take
B A E
Positive Choice

Verse 2
Yes I always have a choice in how I feel
Yes it's always my responsibility
Every choice is waiting for me deep inside
I can always feel anything I like

Middle
Amaj7 Emaj7
I'm in this world to live positively
A9 E
That is what I'm living for

Verse 3
Yes I always have a choice in how I think
Yes I always have a choice in how I speak
Yes I always have a choice in how I act
Yes I always have a choice in everything