

Redneck Spirituality

—Book Five—



*From the Depths
of Rumi's Outhouse*

By
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Epigraph

Spiritual Law #3: *Thoughts are energy.*

Truth is, *everything one creates in life begins as a thought.* As the sole creator of our lives, we choose, in every second of life, the energy with which we are creating. *It can only be one of two energies: the energy of all that is love, or the energy of all that is not love (fear).* The love you give to others comes from an abundance of love energy you have within you.

But what is the truth in this life? Most people spend the greater portion of it in the energy of fear and don't have much love energy to give others.

Most books about Spiritual Laws are written from the energy of love, pointing out the energy of your fear. The *Redneck Spirituality* series is different. It is written from the standpoint of truth. And yes, truth is, for the most part, we live our lives in the energy of fear while seeking the energy of love. *The energy of fear is always a cry for love.*

Coach Egorhh



PART ONE

Introduction



This series is set up according to depth, the concepts in each higher-numbered book getting deeper. Welcome to the deep end of the spiritual pool of life.

Setting Up the Win

Want to change your life? That's what reading self-help books is all about, what this *Redneck Spirituality* series is about. But nobody wants to change their life if it works for them. So why are you reading this? What is it that doesn't work?

I'll simplify it in the most obnoxious of terms repeatedly. Here it is in a nutsack. *No matter how miserable one's life is, it is familiar—no threat. They know the score and are afraid to make changes. The threat is concerning the unknown, the change.*

Looking inside and using your *ability to respond* is the scariest of things ONLY because you know it will demand change. Most people won't look until their shitstorm of a life has hit the bottom of the cesspool, and they are drowning.

It's reeee-uul simple, folks. That happens when your soul has decided to hit your RESET BUTTON and is giving you one final chance.

For me, my chance occurred in a hospital ICU with the Grim Reaper staring me in the face. Will it happen differently for you? Will he wipe your shit in your face, as he did mine? It will be multiple times here in this book—the SAME shit, different hand. His is not so gentle.

This whole series has been doing this same thing in progressively deeper ways. My greatest wish is that you get the point—my WISH, not a DEMAND. My ego does not hang on your decision. This is YOUR life, YOUR decision.

Before that ICU, I lived a selfish life. My wife was pretty much the only person in it to whom I offered my love. But shit! What did I know about life or love . . . certainly not the good shit?

I know a lot more now. At times, this book series may come across as rude. Just know it is from my love that I bother to write about it.

Love. Real love? I loved my wife. She didn't love me back in the same way—the way I wanted it. That does not mean she didn't love me, nor did it define my own love.

*Everyone who plays a part in your life has a lesson—
a gift for you.*

My wife's lesson was perfect. You see, you don't have to accept, or RETURN, the love I offer in these books MY way. But love IS the gift offered here. Spiritual Law states: *The energy out, returns in kind.* But it doesn't have to come from you. *Love is a gift, and gifts don't require paybacks.*

One great truth of life is that it's about getting your soul's lessons. Significant others are perfect for rubbing those lessons in your face. I don't regret even one second of loving her. She taught me so much about me, and best of all, she taught me how to love.

Questions:

- What change DO you want? It's okay if you don't know right now. After all, this IS a self-help book, and knowing the answer to that question may be the help for which you are searching.
- And the question right now? Are you just going to READ this workbook, or are you going to DO it?

Action:

- These questions are about your intentions. After all, what self-help is all about is DOING not LOOKING. You might look at that now, before you begin.



Playing in Rumi's Field

This may be your first book of this series. I have attempted to lay it all out by book number as to the depth of the concepts presented. With this book, you are jumping into the deep end.

Just know that with self-help workbooks, there are two basic types of people: There are those who come to the game to sit in the bleachers above it all and enjoy themselves, and there are those who come to play, down here on the field of life.

Sometimes there are bumps and bruises, but any roughing up is done by you, for you. For purposes here, consider this field as Rumi's Field—a thirteenth-century Persian poet and Sufi mystic.

*“Out beyond ideas of wrongdoing and
rightdoing, there is a field. I'll meet you there.”*

Rumi

But you may be a third type who comes to the game and from the bleachers develops a yen to play in the game. It's your life. Do it your way.

If you intend to play, you will want a notebook in which to record your answers to the questions. Answer the questions and include any thoughts you may have about them. If more questions are then raised in your mind, write them down as well. Write only on the right-hand sheet.

After you have completed this book, go back and answer any questions you may have skipped. You can use the left-hand sheet for doing this.

As to the notebook? I suggest it be a loose-leaf type, something you can add pages to when later something strikes you. I don't expect, or want, you to just accept what is said here. I have only one hard-and-fast rule, and that is:

Do your own fucking thinking!

This last sentence is stressed purposefully for you, redneck style. If you took offense with my use of language, just know that there will occasionally be more to come.

The offense part? That will be a priceless eye-opener for you later. Taking offense does something to one's psyche that most people don't realize. Seeing something differently is what self-help is all about.

And speaking about seeing something differently . . . I will be offering up many of the Spiritual Laws for you to consider. All are simple truths of life and can be addressed with a short sentence or two, but there are only a few upon which I will concentrate. Those will be presented in different scenarios and repeated often.

Because they are deep, very few people will get them with only one pass or realize their depth. Bear with me on that. Here is one: *Your world is not "OUT THERE," rather, it is "IN HERE."*

And its depth? *Everything begins as a thought. Changing even one thought in your mind will change your whole life.*

This book is intended to plumb the depths of your life and to illuminate it with the light of truth. By that light, your life will look vastly different. You will see things you had no ability to see before. While the Spiritual Laws are about the simple truths of life, those truths are like an interlocked fabric. Some of the threads are identical in application, just a little different in color. In the three previous paragraphs, I used three different laws to illustrate my point.

In presenting it to you, you will find that *I repeat myself often*. Have you ever noticed that in commercials, something is often repeated—sometimes word for word, sometimes just slightly

different in the circumstance or words used? The person marketing whatever doohickey being sold is trying to drum it into your head and/or make it personal to your life.

I repeat the same laws and concepts often. And yes, usually in different circumstances, applications, combinations, or even wording. Like that salesman, I am offering it up in different ways in an attempt to touch you in your life. Like an experiential seminar, I need to make a connection with your experiences for you to want to look.

This book is about self-help. It is written by and for rednecks. They are folks who give it to you straight, the reality as that redneck sees it. That's not to say it will be the same for you.

As the Spiritual Law states: *Your world "in here" is composed of how you see it—your perceptions and beliefs about everything.* Nobody's world is ever exactly the same.

For the most part, people expect books to be uplifting. That's especially true for self-help. But the truth about changing anything in your life is that you've got to look at all the shit you have never wanted to see . . . shit that is there, but ignored, no matter how badly it stinks up your life.

In looking at it, you will NEVER see it as uplifting—not until AFTER you have changed your thinking. That is the only way: *Change your perception, change your life.* If something is stinking up your life, you have to make it unacceptable and flush it.



PART TWO

The Spiritual Laws



The Spiritual Laws are simply the truths of life. As such they have been reiterated by multiple writers, multiple times. I do not claim them as my own intellectual property.

NOTE

If you are someone who is playing on the field of life, the laws pages in this section are something you will likely want to refer back to often.

In this part I have abbreviated the laws down to just the short version in order to help you find the one to which you need to refer.

I suggest you put a stick-on tab on the edge of the first page of each the short and long versions. The short version will have a page number referencing each law to its counterpart in the longer version.

The Spiritual Laws in Short

#1—I am the Creator.

#2—Thoughts create.

#3—Thoughts are energy.

#4—The energy out, returns in kind.

#5—The Universe always balances.

#6—The energy of thoughts must flow.

#7—Along with being the Creator comes responsibility. One cannot BE the Creator and play the blame game.

#8—The world is not “out there”—it’s “in here.”

#9—Others are but a mirror for us to see ourselves.

#10—The purpose of life is for those lessons.

#11—Self-esteem requires integrity. It is the respect of your soul.

#12—Our lives are run primarily by our needs—then by our wants.

#13—Our life is our sole possession—and so it is for everyone.

#14—Change is the constant of the Universe.

#15—To create a functional life requires one to do one's own thinking.

#16—Controlling anything outside ourselves is a fallacy.

>>>End of Laws listed in Book One<<<

#17—The energy to which we hold fast is what runs our life.

#18—Soul-to-soul pacts are made in the pre-existence.

#19—We are, quintessentially, beings of energy.

#20—God, the Creator—that Higher Power—infuses the energy of the entire Universe.

#21—Real love, once given, cannot be taken back.

#22—We can only feel our own feelings on a conscious level.

#23—All life happens right now. Now is the only time there is for the living.

#24—Whatever our thoughts dwell upon with energy is what we are attracting into our lives right now.

#25—Your every word is an order to your soul.

#26—Change requires truth.

>>>End of Laws Listed in Book Two<<<

#27—Life—all of it—is a spiritual experience.

#28—Those times when life is at its most chaotic are the times of most opportunity.

#29—Your soul is you—from the lowest to the highest of the energy of you.

#30—Your soul is of God, essentially made of the enigmatic substance of God.

#31—You are physically of God—a drop in the ocean of God, a part of and the essence of it all.

#32—There is no good or bad, right or wrong. It is all God.

#33—Everything that happens in your life happens for your highest good.

#34—The heart wants what the heart wants.

#35—We have absolute abundance, limited only by our belief in ourselves—in who we are—as God.

#36—We can't give what we don't have in abundance inside.

#37—Living is a conscious choice. Dying is also a choice—usually an unconscious one.

#38—Our world is one of duality. Without duality, we could not know love—or come to know God.

#39—Love is the natural way of being. We are always living in love or crying for love.

>>>End of Laws Listed in Book Three<<<

#40—Love is not “doing.” It is “being.”

#41—Love makes all life functional. It is only in the energy of love that one can find peace.

#42—It is only in the chaotic energy of fear where there is dysfunction.

#43—Both the control of others, and owning of things, are myths—lies we are convinced are truths.

#44—Like love, respect must start with respecting ourselves. It, too, is a state of being.

#45—Emotions are the words of the soul and are fueled by its unmet needs.

#46—The meeting of needs is the glue that holds a relationship together.

#47—Every action has its reaction.

#48—Perception is a choice.

#49—All emotional pain is self-created, and all physical pain carries a necessary ingredient of self-creation.

#50—What is of true evil in this life is created in the process of determining what is good and what is bad—and especially in what is right and wrong.

#51—This life—this part you play in God’s experience of life—is your true destiny.

#52—You always have exactly what you want in life.

#53—How every religion perceives the afterlife—heaven—to be, is always the truth.

#54—In creating everything in life, love conquers all.

>>>End of Laws Listed in Book Four<<<

#55—The only reason you allow someone to be in your life is because they serve yours in some way.

#56—Sex is not love. It is an action that may be performed in the energy of love. It is a need. One that everyone has a need to do.

57—There are no selfless acts. No one does anything whereby it does not benefit one's own self in some way.

#58—One's wants are governed by one's needs. Ultimately, one's needs are the needs—the lessons—of the soul.

#59—The perceived value is equal to the conceived cost.

#60—Helping is really taking when it is saving others from doing something they have the ability to do for themselves.

#61— I am responsible for my feelings and will hold you capable and responsible for yours.

#62—Making someone else responsible for our happiness is never functional, Just as taking responsibility for their unhappiness is not also.

#63—In being the Creator, all emotional pain is self-inflicted, and all physical pain requires an element of self-creation.

#64—If it's in your face, it's either a lesson, a message, or a test from your soul, validating and acknowledging your learning.

#65—To show SYMPATHY for someone is to set

yourself up as above—better than—they and serves only to lower the energy of both. EMPATHY is a gift you give that raises you both.

#66—The meeting of needs is the glue that holds a relationship together. Needs are the driving force behind every relationship. Love cannot suffice without meeting one another's fearful needs.

#67—It can be more joyous to parent a child who is of your heart than one merely of your flesh.

#68—Gratitude is our way of thanking that Higher Power. Gratitude raises one's energy beyond the natural evolution of one's soul.

#69—The energy of fear is always a cry for love.



How's That Working for You?

So, okay. I've given you the short version of these Spiritual Laws. If you accept them, you'll find many more than just the ones I have listed. Remember, whatever holds true in this life is a Spiritual Law. Simple, hey? Looking by their light, you will see things about life that others simply can't, maybe because of what you will now know that they don't.

Yet in a world filled with lies—lies designed for one person to control others—those lies form the perception with which most in this world perceive life. They are the light by which life is generally showcased. And still, they are lies, the dysfunctions by which most find themselves crippled in life.

The Spiritual Laws, the simple truths, illuminate life differently, functionally, but very few ever grow spiritually enough to see by their light. For those who do, life is then something the others will never experience but all unknowingly want. Living life by the lies of others will always make one a victim.

So why discount the truth in favor of those lies? The truth has always been out there in everyone's face. Our soul inherently knows the truth. It spends your entire lifetime offering it up as lessons. The only benefit one will ever receive for not accepting those lessons is to abdicate one's responsibilities. We get to blame, but we never get to be in control of our own life.

How's that working for you?

I need to know that I am not just pissing into the wind. Give this book a review so others may know, too. It is usually fun to run in the rain, provided it IS rain.

If you are like most people, you don't appreciate someone telling YOU how THEY see life differently from you. No problem.

Like me, you will be looking to connect with those who see—or want to see—life’s truths the same as I do. There are already enough pissed off people in this world just running around pissing on one another’s parade.

Questions:

- You can recognize someone who is just looking to piss on someone else’s parade, can’t you?
- Can you see that you might be tempted to have a pissing contest with them?

Action:

- DON’T.



Note

This Laws section Goes on to talk about each law more in depth and to engage the reader with questions designed for introspection. For the purpose of this excerpt we will skip to the next section

PART THREE

Spirituality



Spirituality—it's not something you occasionally feel. It is what you are in every moment of time. You see it—you feel it—you live it—from what you eat to what you excrete, it nurtures you. You are clothed in the very fabric of Spirituality. It is the experience of life.

NOTE:

What follows here is a series of pictures of life illuminated by the Spiritual Laws. Unlike the first four books in this series, which pointed out specifically which laws were involved with that particular picture, this book leaves that up to you to discover. In your workbooks, with each picture, YOU fill in a section titled "Laws" for each picture. Many times, there will be more than one law involved.

About This Redneck Spirituality Series

I wrote this *Redneck Spirituality* series about New Thought and Spiritual Law in an effort to give you a picture of what the truth is about life. After four books, I considered hanging up my writing—figured I'd pretty much said all I had to say.

Meanwhile, so much has happened: Covid 19 and the shutting down of life as we knew it—our freedoms all taken away under that pretext. The rise of Antifa and their destructive riots burning down our civilization—race division as in Black Lives Matter (BLM). The theft of an election and the resulting bumbling administration's intentional erasing of everything our nation has ever stood for in this world—yes, INSANITY!

Where do I start? Maybe with our government with its left and right. It's always been there, but now it's as a battlefield with real dead bodies. And woke? They're like the Taliban of the left. As a writer, it's overwhelming. Is mankind like a humongous boil on the ass end of this world, festering, just waiting for it all to come to a head and explode?

Me? I wonder if all this Liberal shit is the Shariah law end of normal thinking. And thinking? I believe there are only two basic ways of looking at life: Either you run your own life, or, as we have all been taught from birth, you see other people as running your life and blame them when it is fucked up. Yes, we have all been taught to see life as victims with others in control.

Say, what? VICTIMS? It's only natural to believe those in authority, but victims? How do you figure?

Yeah, I can hear y'all now, but think about it. In those first years of life, our parents told us what to do, when to do it, and how to see this world. Yes, and we believed them. Never mind that their main focus was on controlling us, making us behave the way they wanted—at least in the beginning. It is only later that they started

teaching us lies about how the world works. And you can't blame them. You are their progeny. They expect you to carry on their lives after they're gone from this world.

And so, they taught you everything the same way they learned it. For most, their own inheritance was that of their parents' perceptions, just as yours now is for you.

It is the way this world basically thinks. Most everyone in it is focused on getting other people to live in a way that suits themselves. Trying to control those around you is just what victims feel the need to do.

Everyone wants to see themselves as the master, but in reality, they believe themselves a victim. For our society, is fighting and controlling others really the easier way, the better way? Better than just accepting others as being different? Wanting everyone to be the same as you is what most see as being at peace. The reality of such a world is boredom.

Now, we are talking about our society. You see, becoming a victim of whoever is doing the controlling takes a shitload of lies because the truth is, *we run our own lives*. But whether we are running it our own way or someone else's, we nonetheless run it ourselves. Therein lies the struggle.

And the simple truth of life? It is all a matter of perspective—the actuality of how we see our life, or the actuality of how we want to see it. Never mind the actuality of what the truth is about life. Yeah, I'm talking about the Spiritual Laws.

Think about it. Doesn't our society teach us that in order to be acceptable, we have to show up as being who other people want us to be? We must wear the façade. If we are just being who we are, others won't accept us. That's one of the worst of society's shitload of lies. It serves as the black background to the Spiritual Laws—the big kahuna of which is illuminated by the light of truth.

You are the Creator—especially of your life.

Society's lying rule is guaranteed to fuck with your mind. And yet, every "normal" person believes it. Living in a society where everyone is trying to control everyone else while pretending to be someone who they, themselves, are not . . . how can that be functional? But that is the norm for society.

Yet in the chaos of these times right now, society has been fractured. I, for one, question if there even IS a normal society. The "from and to"—the gamut of it—is now at such extremes. Again, INSANITY!

Where can one turn for sanity? How about to the Spiritual Laws? They're really just the simple truths of life. *They are the natural way of being—the functional way.* What would your life be like if you showed up as being exactly who *you* want to be?

It's true, some people won't like or accept you. But those who do, will, because you are who they would want to be—if they believed they could.

They will then become your friends, real friends. When with you, they feel free to be who they, too, are. That is so liberating. And society? They become your society.

Would you then be just another splinter off the fractured vase of society as a whole? Or could you become the catalyst to building a new vase?

Those in "normal" society will continue living their lies, thinking they are liked and accepted. But are they? When they aren't living true to who they are, how can they be?

No one in the whole busted-up vase of normal society is being real. No one knows who anyone really is. Does that sound functional to you? Seeing you, will they then continue to live the lies of society? Maybe, but maybe not.

All my life, I, too, lived those lies until there came a time when I thought it was over for me. After a lifetime of pretense, I discovered that I didn't know who I was. But I knew I didn't like or respect that person. Regardless of which fucked-up splinter of society you belong to, such a time will come for everyone—including you.

What does any of this have to do with the woke culture that is trying to run this world? Woke is just the far end, you might say the ASS END, of all societies on the left.

And society? Again, we have all been taught to be a victim in life. Only the New Thought folks who follow the Spiritual Laws have stepped out of the quagmire.

But WOKE? That is the maximum for victim-thinking folks. They demand that others step around the eggshells of their itty-bitty fweelings and then take *huge* offense with anyone who doesn't. Can you see that by taking offense, they make themselves a victim? It validates who they see themselves as being.

Taking offense is nothing but a control drama—holding their feelings as ransom to the guilt of your own. Kind of a shitty dysfunction, wouldn't you say? That is why I call them the ass end of normal society.

Offense may, or may not, be intended. Thing is, it cannot be given. It must be taken. When taken, it is like dropping your drawers and taking a dump in the middle of the sidewalk.

You may see it as keeping others from stepping on your fweelings. Truth is, people don't walk around it out of like or respect for you. Y'know?

So those who are "not normal"? Those generally are called New Thought, even though there's nothing new about it. They're simply those folks who base their thinking on the Spiritual Laws—the simple truths of life.

Truth is always the truth, unlike lies, which vary, depending on who it is demanding that you live by them. Everyone knows truth. It's an automatic soul thing. Maybe that is why they are most often called Spiritual Laws.

Thing is, once you become aware of the truth, you then start seeing those lies you spent your life believing—lies you based your life upon.

When consciously seeing them, you change from victim to victor. Once you get a grip on the truth, you won't want to let go.

Again, you are the Creator.

Those lies becomes the elephant dump on your living room floor, something you can never again ignore. You begin to see how previously, in your unconscious ignorance, you have been walking through it, tracking that shit throughout your whole house, and you will begin cleaning it up.

Your house, your life, becomes your own. YOU created it. YOU own it all. It becomes YOUR responsibility. You no longer have the chickenshit luxury of blaming any of it on others.

That law—*You are the Creator*—forms the tapestry of your life. Every thread in the fabric of it is but different aspects of this truth. All the other laws I've been telling you about are simply the "how" of this law.

This book began as a series of "rants" on Facebook. But rants are about the negative shit. It is so much nicer to be slapped upside your face with a book about the truth. The truth doesn't stink. But everything in this life comes in duality, the "from" and the "to." This book comes from the stink of shittery to a breath of ecstasy—the lies of society to the truth.

This is elemental to the truths of life. It has been covered, in fact, has likely reupholstered your life, in the first four books. So, I am

only asking these questions of those who haven't read the other books.

Questions:

- Can you see how you have been taught to be a victim?
- Are you still one?

Action:

- Take responsibility for your life and everything in it.



The Stink of Shit

Again, your beliefs—namely, the ones that were lies that you previously counted on as being the truth. Those are what *don't* work. They have only fucked up your life.

Chances are that someone, some authority figure you probably liked, told them to you to begin with. You took their beliefs, made them your own, and likely never thought another thing about it, same as they once did. That is the “normal” way of learning for “normal” people—always has been.

Like you, that is what's been fucking up most everyone's life since time began. Why? Likely, the why is because they, too, were never told about life's truths. But in reading these books, you will know them. You are—or will be—one of the few who can see those lies. Just know that telling those lies to you was not purposeful. They could not know.

Changing your life has nothing to do with willpower and everything to do with seeing something differently. It's about changing your beliefs.

Again, in life there are truths out there, and there are lies—always have been. But most all of us are taught those lies from childhood and rarely seek out the truth. If you believed what you believe, why would you?

Here is just one of those truths. There are many that are much more important, but this one is key to changing your life.

If you change anything about your thinking, you change your whole life. Everything begins as a thought.

So, okay, you've heard this before. The point being, if you know the truths, you will see the lies and reject believing them. Automatically. Effortlessly. This is the good part, like the sweet smell of a flower.

The Universe always balances. In this world of duality, everything has a from and a to. So, if flowery sweetness is the from, what would be the to? Try this—*the stink of shit!*

What makes the changing effortless is simply that you are sure to reject the shit, flush it clean out of your life. Again, when you know the truth about life, you see the lies, the shit. YOUR shit.

You can't avoid it, nor can you stop yourself from flushing the stink of it. It's one of those personal things that deserves to be done alone in your toilet. No one can do it except you.

Questions:

- Do you see that being “normal” is not necessarily a good thing?
- Do you want to know the truth?

Action:

- Keep on reading.



Digging It Deeper

We humans have always done life ass-backward. *Everything* we know, *everything* we believe has been taught to us by others. And, too, the way we should feel about *everything* was learned from someone else, some authority figure in our younger life. Face it. We have been taught NOT to think for ourselves. I believe that is called by a number of names—brainwashing, mind control, or just mental enslavement.

It is all about lies.

Lies meant to serve others, either in their actual life, their ego, or just to validate their own beliefs. The word for it all is *control*. It is a society thing. "If you don't pretend to be who we want you to be, you won't be accepted by us. We must control you." And so, you wear a variety of façades to the point where you lose track of the truth of who YOU are.

And the truth?

Truth is, we come into this world with only two things from that Higher Power—LIFE and a little TIME to live it. *Now, add to that a third, more important, thing: the right to determine it, to create it all for yourself.*

*You—we—are all
The creators of our own lives.*

Remember that is a God-given right? This third right is accompanied by the ability to use the underlying power of the Universe in making our world work just for us. *Again, our world doesn't exist out there, but rather, in our mind, the way we perceive and believe it to be.*

And the power?

All the power of the Universe "out there" will attract it to you exactly as you perceive it to be "in here." Those three things—

rights—are given to you from the Maker. But NOT as a gift, for they carry an expectation for you to

think for yourself

But those rights have been stolen by the authority figures in our society. Thing is, WE are the ones who give them their authority.

Take it back!

If you can conceive of what I am saying, you must then realize the importance for you to FUCKING think for yourself. The truth of it all is expressed by the Spiritual Laws—the simple truths of life.

THESE TRUTHS ARE YOUR GUIDE.

Questions:

- Do you think that, so far, this book has been shitting in the face of everything you believed about life?
- Are you beginning to see the lies?

Action:

- Keep on truckin'!

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Some Thoughts Deserve a Repeat

Your world is not "out there"—it is "in here." It is composed of every thought, every feeling, every perception you have about EVERYTHING. Therein lies humanity's great downfall.

You see, most all of our thoughts and beliefs are borrowed from what is between someone else's ears. That FACT is what has always put a pall of stench over life on this planet. I call it the "shit for brains syndrome." Taking other people's beliefs and making them your own ALWAYS puts the skids on thinking for yourself. But then again, that doesn't work well, either. Unless you can see the simple truths of life, how can you ever see the lies?

Lies? What the fuck does that mean?

It's reeee-uul simple. Those other people are usually the folks we look up to and hold in some esteem—your parents, your teachers, your religious leaders—in fact, all leaders of our society in general.

The thing no one seems to see is that those people ALL have one goal in mind. Again, that goal is to get you to live your life so that it serves theirs. That might mean anything from simple validation for themselves, to servitude, to outright slavery. It is all about controlling you to suit them. To be fair, they, too, were taught to be victims in life, to have a victim mentality.

As a child, your parents just needed you to behave . . . and to grow up so that your life would follow their own.

Your teachers mindlessly followed the curriculum they were given. The same shit they, too, were taught in their own youth.

Your religions? They teach that everything good you get in life is dispensed by Jesus or God. The devil makes you do all the bad shit. And if you're not happy, blame that on your significant other.

Add to that the fact that society, in general, teaches that in order to be acceptable, you need to wear a façade—a pretense of being who other people would want—that you will never be accepted being who you really are.

But you? Being a victim to everyone and everything around you, you never get to run your own life. And victims? All victims have a *huge* need to control everyone around them.

Yes, this is the “normal” operating procedure for our society. It is a FACT, and is repeated in all of my books.

Questions:

- Do you accept the truth of it?

- Are you understanding the significance of it?

Actions:

- Make a choice to either see yourself as a victim, incapable of running your own life, or to follow this incredibly simple truth—*I am the Creator of my life and everything in it!*
- Choose to not be a victim by accepting this last phrase.



Normal People

We've talked ad nauseam about how we have all been taught to be victims in life. That is very true. It's called "being normal." And the response of "normal" people is blame. If other people, and/or the events of life, are the reason your life sucks, then you don't have to bear ANY responsibility.

Therein lies the kicker. It is really about who is responsible—where the responsibility lies. To understand it requires you to know what the word "responsible" really means.

Try this: It is simply a matter of who has the ability to respond. That leads to the first pivotal, the *holy shit*, of the Spiritual Laws—YOU do.

Spiritual Law #1: I am the Creator. There is NOTHING in my life that I do not have a deciding part in creating!

I AM THE CREATOR OF MY LIFE.

It's true, and cannot be repeated often enough. Oh, but there is much more to it.

When I was a teenager, our family spent a couple of years living in Greece. My father was a boss on a construction project building a diversion tunnel for a dam on the Acheloos River.

It was in the boonies—the Ozarks of Greece—and, as usual, we kids had free rein in roaming the countryside. It was where two

rivers joined the Achelous. The deepest one went through a gorge. The water there flowed very slowly. It was so deep that very little movement was apparent on the surface.

Although very clear, one couldn't see the bottom. Even when diving down, it simply got dark, and the pressure on our ears turned to agony. The cliffs were great for diving off—at least my daredevil of an older brother thought so.

But my point in all this is that at this spot, that river represented these Spiritual Law. Yes, they are deep, but what you need is right there on the surface, clear to see.

There is no need to plumb the depth of the darkened water, to fight the agonizing pressure between one's ears, the confusion, darkness, and mental agony.

Chaos in life always accompanies the lies. They drag us down to where we can't see the truth in the laws. Hanging on to those lies is something we do to ourselves.

For all I've explained about it here, I expect that for some, the pressure between your own ears may be building with seeing the truth. When one is living a lie, the truth always demands change—change is scary.

Questions:

- Can you open your mind to truth?
- Do you feel like you've just been hit upside your head with a big stick? Unlike the one propping up your society's façade, this one has no shit covering it.

Action:

- This law is stated in simple terms. But as to its depth, likely you'll never see the bottom. Decide now to accept it as being the simple truth. But as to being in the realm of spirituality, it is as mystical as infinity.



Wet Farts

Y'know, there are those "come to Jesus" moments in life, those "realizations of divinity," as in your spirituality. And then there are those "welcome to your humanity" events as well.

Let's talk about these last ones. I recently ran across the picture of a woman on Facebook that was taken from a vantage point behind her. It showed that she'd recently had an accident in her pants. Nearly all Facebook comments were in jest—big fucking joke!

If your purpose here is to uplift yourself to your higher consciousness, that is impossible to do for those who are busy laughing at someone's pain.

Most found that picture hilarious. Even I, myself, would have at a time in my past. But the fact is that humanity, as a whole, is conditioned to find humor in the unthinkable things that might have or possibly sometime will happen to you, *yourself*. Our humor often is unconsciously used to help us get past the pain or sorrow in our lives.

Have you never had a wet fart? Do you think you might at some point in life? Embarrassing, don't you think? But let's look at the true reality of life, the spiritual reality of it.

In general, practically no one has a problem watching you eat. Food nourishes our bodies and moves on through. That end part is where we, due to our weak-minded, prejudicial judgments, do have a problem—it sounds bad and smells worse.

But when it is just ourself, sitting on the pot, playing tunes with our ass and stinking up our personal private bathroom, NO problem, right? Because it is us, we accept it as part of our humanity. But of someone else? *Unacceptable!*

Why is that? Why do we automatically go to, "My humanity is okay—yours is *not*"? And why do we generally laugh and make

jokes about the type of thing in her picture? Is humor always the best way of handling the pain? Why not go straight to the empathy.

Can we visualize ourselves as ever being in that situation, or do we actually need to have been there? Would that stop the desire to see ourselves as being above it by mocking and humiliating others?

NOW . . . would you now laugh at this woman's pain? It is, after all, how our society has taught us all to be.

Questions:

- Valid question: Would you now laugh and belittle this woman?
- How about just her picture of it?
- Does the stink of someone else's shit bother you?
- How about your own should someone else get a whiff of it?

Actions:

- What would you do if you found yourself standing behind her in the drug store checkout line?
- Have your thoughts on it in any way changed? Write about it.
- Do you view the thought—or smell—of shit any differently? Write about that, too.



On the Road Less Travelled

Ah, "the road less travelled." It's really just the inner journey, the one so few people ever take. You see, being less travelled, it is full of potholes, unseen tree roots, and boulders one must get over or around. It's not a road one can take in their limo or even on their all-terrain cycle. Those obstacles are all composed of the things you have been told about life and believe but which are not true . . . lies you cannot see without help. That help comes in knowing life's real truths—the Spiritual Laws.

Then there's the truth discovered in your relationship with your significant other, who puts your shit right in your face. When you don't like the stink of it, that's just your soul's way of saying, "Look at this! There's something here about you that you need to see." That is when you need to apply those laws. They will point out your truth.

Sheeee-ttt! Those lessons are the real purpose of relationships. Love is just the icing. Sad how few ever learn through love. Most are too busy trying to control one another. Control is *never* love.

Me? I got a double whammy of help. Some from my wife, of course. She was very good at rubbing shit. But more so, it came from the Specter of Death. He's the one who taught me about the Spiritual Laws. Those laws then showed me what stunk up my life.

This book, this journey you are about to take, is similar to a book titled *The Secret* by Rhonda Byrne. Based on Spiritual Law, that book gives you an excellent view of life's truth. But there are far more secrets to know. With the Angel of Death offering it up, my life became *The Secret* on steroids. How could it be otherwise?

I've ridden motorcycles most of my life. As mentioned, this book begins in an ICU. That is not the place one would ever want to crash into in life, but it is the place from which I began my journey. Funny thing—it was not my motorcycle that set me on this road less travelled. It was my wife and an almost nonexistent little streak of shit.\

Questions:

- How long have you traveled on this road?
- Have you discovered how the road gets easier, sometimes even enjoyable, the farther you go?

Action:

- Instead of slogging along, try dancing.



Ah, the Price!

There is this thing that I often do throughout this series of books—I repeat myself. Yes, often. I do this for a reason. You see, these *Redneck Spirituality* books are numbered in the order that they would best be read.

Still, they are separately published works. There will be those who will pick one up out of order. For the most part, it doesn't matter, and yet, there are certain lessons that must be learned.

As for humanity, we tend to skip over those lessons to which we have the most resistance. Just something we all do. But because those lessons are the ones that bring function to the dysfunction of our lives, they are the most important ones.

This particular lesson has been mentioned repeatedly in the other books. Here it is in the nut sack of life.

The things I write about here are those that I've learned about life, uncommon things that most people don't know. I write about it as a gift to you. Aside from the price you paid for the book, there is no further price levied by me. Not even the expectation that you will accept what I have to say.

However, one should never be willing to accept a gift when not knowing the cost of that gift . . . the pig in a poke thing.

Little piggies are cute, but even little piggies shit—a lot! And that shit will stink. That shit is what has nourished your little piggy. And who knows? That little piggy may yet nourish you, too.

This lesson is about understanding the price of living by these Spiritual Laws. So, I'll begin with recapping one of those laws for you.

Spiritual Law #5:

The Universe always balances. For every painfully unhappy thing that comes to your life, if you will but look, you will

find a gift for which you can be grateful. Just so, those gifts you receive that give you joy will always be accompanied by something that will not.

But wait! I thought that true gifts, like the gift of love, never carry a price, never have expectations attached.

Yes, that is so . . . between us mortals here in this world. But God's gifts to you are never gifts. They are lessons delivered by that part of you that is most actually of God—your soul. That is the totality of what this life, this world, is all about. Lessons! Therein lies the balance. The gift of every painful lesson is in the joy derived from lessons learned.

Now comes the zinger. Knowing these Spiritual Laws, these simple truths of life that make your life work so functionally, also carries a price. To know that price, to see it, requires you to be aware of the lies that fuck up the lives of everyone who does not know what you now do.

You know those lies because likely you, too, once believed them. They were the rules by which you ran your life—the lies of humanity's "normal" society. This is the price to you. You have now been nourished by a little truth. Those who believe the lies find the truth repugnant. And you? You now stink of pig shit to those "normal" people.

Questions:

- Did you ever try to share any of the Spiritual Laws (simple truths) with your "normal" friends?
- Did they resist it? Maybe call YOU out as being the dumbass?
- Did they wrinkle up their nose in disgust while doing that? Yeah—pig shit!

Actions:

- The only action I can suggest is this—be AUTHENTIC! If you worry about how others see you, you can NEVER be authentic.

- Besides, all you can do is offer your own thoughts and experiences, realizing THEY are the ONLY ones who have the right to change their mind.



Who Am I to Be Telling You Shit?

Who exactly am I to be telling you all this? A writer, a poet, a personal life coach, a philosopher. I've been all that. Some might judge me as being just some wacko. I am, well . . . different.

But as for who you see me as, that is merely a figment of your personal perception. No offense, but I really don't give a shit. The shit that's in your mind, stinky or not, is none of my business.

When I first meet someone, they quickly become aware that I am "not normal." I see it in their eyes, and it no longer bothers me. In fact, I regard it as a compliment.

Then when they find out I write books, they always ask what they are about. Ah, now that is the question. Do I tell them about those two novels—an autobiography—or memoirs? Essentially, it's my true story with a little attitude and way too much information.

Seems like a reasonable place to start. After all, my other books all follow that same venue. In admitting my truths, some might call it uncommon courage, or maybe uncommon knowledge—hell, possibly even insanity. In truth, it's merely what naturally follows when one comes face-to-face with their mortality and has nowhere to go except to step through their fears, or give up on life. Maybe even use those fears to teach others about life.

In opening its life to its own magnificence, does a butterfly have courage—or was it just the best choice? So it was with me.

One death, one birth. That is the story of that first book, *The Courage of a Butterfly*.

For me, this life began in that ICU at the age of forty-five with a massive blood clot on my lung—the kind few survive. Lying there with that fist clutching the inside of my chest, I was fully aware that any moment could be my last.

An unseen presence permeated that ICU, an awareness like smoke wafting through the room. Was it just the reality of my mortality? Who knows, but I knew that death was present, a tactile presence I could not deny.

With it came the realization that all the little lies I bullshitted myself about just to make my life work in the moment were no longer applicable. One does not tell lies when in the presence of the Angel of Death. Yes, that was when I died.

When the picture you hold as being who you are changes, your consciousness changes. And face it, what is death but a change in consciousness? This death was not the one I was expecting. Nonetheless, who I was did, indeed, die in that ICU.

You see, among those little lies was one big one—one with which I could no longer live.

Somewhere deep in my psyche, I'd always known that should that lie ever come into the light in my consciousness, it would surely obliterate who I was in life. It was not that blood clot that killed me in that life, it was that lie.

To die and be born on the same day . . . yes, that is the story that book tells. What is normal for a butterfly requires uncommon courage from mankind. Death is death, the ultimate about that which man is most afraid—the ultimate change. Courage is about stepping through your fear.

Earth is our schoolground, the place where our souls give us the lessons we need to grow and evolve. Everything we dislike that does us no actual harm just pisses us off. These are the ways in which these lessons are presented.

But our main motivational factor? That would be fear.

When we stop stepping through it and learning, what motivation does our soul then have to waste its time teaching this coward who is afraid to learn? It is the soul that holds our reset button for this life, y'know?

Questions:

- Have you ever thought about that—you know, that button?
- Have you ever been there, at the bottom of the cesspool of your life?
- You must not have given up—you ARE still here. But are you now wondering why your soul didn't just push the button?
- Hey, I don't mean to pull on your chain, but by now, are you wondering if this book is the last link holding you to life?

Action:

- If it were, what would be your next move? MAKE IT!



Soul's Lessons

No one gets out of this life alive. Some don't even realize that you do get out of it consciously. Are the things I write about the things you don't know? Will you want to know them when that time comes for you?

I write because not everyone will have the time to learn these things when it comes time to go. Death often comes as a surprise. It did for me, but then, I'm one of the lucky few who knew he didn't know shit but wanted to learn.

Maybe that is why I received a reprieve. You might consider my writings as your own reprieve before the fact. Will it show you that you, too, don't know shit? Thing is, this shit that I offer . . . do you want it?

It is your soul's job to teach you what it wants to experience in this lifetime. Your soul already knows everything, but you don't really "know" a thing without experiencing it.

You can get that experience firsthand—the hard way. Or, if you are open enough to what I show you in my writing about mine, if it touches you, that is the easy way.

Even so, it may only be preparing you with true knowledge by making you aware of the lies that, right now, are running your life.

Then . . . perhaps you will be ready to experience it firsthand for yourself. I will tell you about life's simple truths—the Spiritual Laws. Knowing them, and living them, will give you the experience needed for the easy way.

Questions:

- No, I am NOT telling you that you are stupid. I'm saying that like ALL "normal" people, we tend to believe what we are told as children, how that is the way this world works. Few of us ever question it. Do you? Are you now willing to look?
- How fucked up will your world need to get before you will?
- Oh, it isn't? You are aware that this book in your hand IS a self-help book, right?

Actions:

- Open your mind and continue reading.
- You don't want to piss off your soul—or do you?

