

Finding the Lost

UNIVERSAL PRINCIPLES

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***The Three Little Pigs* unlock the door**

by

Patricia Pillard McCulley

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Brentwood, California 94513

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in time for publication, but gave me a present to help me. I saw a big box with a bow. When I undid the bow and took off the top of the box, I reached in and found a pair of eyeglasses. They had the clearest lenses I had ever seen. I touched the lenses because it looked like there was nothing there, but there was. This gift brought tears to my eyes, because I knew that we all view everything through a filter, like wearing glasses that hinder our perception. I tried to put on the new pair, but I found I had to take off my current pair (not literal) with the filtering lenses in order to put on the new ones. Thank you Guide for giving me these glasses, which enabled me to see more clearly to write this book.

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Thank you to all that I encounter in my life for enriching my journey and being my teachers.

Patricia Pillard McCulley
June 2010

PREFACE

Do you ever have questions about life, such as why doesn't it seem to make sense? Or have you ever wondered why things happen as they do? Do you ever ask what is life really about?

Perhaps life is like a game, but we don't know the rules and we don't know how to win. What if we are all playing the same game of life, but on different levels? Is the game we play competing with others, or only with ourselves? Is life to be considered as play, rather than the heavy drama it seems sometimes? What are the rules and how do we discover them?

In the 1960s, I began an active search for the answers to these questions, for the rules of the game. My search led me to two books by Raymond Moody, Jr., which made a major impact on my life: *Life After Life* and *Reflections on Life After Life*. In these books, the author had interviewed people who had near-death experiences. As these people were crossing over to the Other Side, many of them were asked by some Being, if they had learned to love. In addition, one was asked if he knew the Universal Principles. I had never heard those specific words before, and the words intrigued me. Were the Universal Principles the rules of the game of life? Did they hold the answers to my questions?

In those days, there were no computers and no Google search engines. I had to read books, attend seminars and evaluate my own experiences. I spent over 40 years compiling a list of what I considered to be Universal Principles.¹

In 2007, I spoke with psychic counselor Evanne Jordan of Walnut Creek, California, about my interest in Universal Principles and the list I had developed. She said I should write a book. She saw me “walking on a road of diamonds.” Her words excited me and scared me at the same time. I am not an experienced writer, except for those papers I begrudgingly wrote in college. In the next couple of hours, as I contemplated what she had said, I had a daydream and saw myself walking on that road. What was even more important, I saw myself picking up the diamonds and throwing them out into the universe. I felt obligated to the universe. I needed to write this book.

As you are reading, be aware of how your body is responding to each concept. You may get chills while reading something specific; it can be an indication your highest self has been touched. That concept is something you believe deeply within yourself.

It is with great joy that I share my deepest treasures with you. They are the principles and truths on which I base my life. They have given me the opportunity for great inner peace, freedom, joy, thankfulness and meaning. Hopefully, they will aid you on your journey as well, especially if you are new in seeking the rules of the game of life.

Blessings to you on your path,

Patricia Pillard McCulley
Brentwood, California
June 2010



INTRODUCTION

This book starts by highlighting the fairy tale, *The Three Little Pigs*. It first appeared in print in *Nursery Rhymes and Nursery Tales* in 1843,¹ but the story is thought to be much older. As with many fairy tales, retelling of the story over time changed it in many ways, and the deeper symbolic meanings have been lost. These symbolic meanings have nothing to do with what the pigs' houses were made of.

It is a simple children's story; yet it contains two powerful concepts that can lead to peace and understanding in your life. I don't know why I was so interested in that story in my youth; perhaps something in that book rang true to me on a deep level, more than a simple story would show. I somehow knew it was one of the keys in my path to understanding what life was all about.

As you probably remember, the three little pigs are trying to protect themselves from the "big, bad wolf," who is attempting to blow their houses down and eat them. I remember the story and see the pictures in the book as if I had it in front of me today, even though it was more than 60

years ago that I first read it. I distinctly remember what has been lost in recent versions -- what the interior of the pigs' houses were like, and what happened to the wolf. I have yet to find a copy of the book with the exact version of the story as I remember it, but I have found different versions that show parts of it.

One of the main differences in the older version I read is the pictures on the wall, inside each of the pigs' houses, which I took to mean was what the pig valued. I have included illustrations that resemble those pictures as I remember them. The other important difference is about what happened to the wolf. In modern versions, he runs away. In the original, he came down the chimney of the last house, ended up in a pot of boiling water, and the three pigs ate him. Why the change? Was it because some people saw the boiling and eating as an issue of cruelty to animals?

My husband and I read fairy tales to our children as they grew up and talked about the deeper meaning in the tales. We had studied myths and dream interpretation, so we were accustomed to looking at stories in a symbolic way. Perhaps that could be part of the reason I looked at the pig story in that light.

After being exposed to the concept of Universal Principles, I concluded that the simple English fairy tale contained two powerful principles. These two have offered me guidance, understanding and peace of mind in the most challenging times of my life, and I present them here. It was the start of my learning the rules of life, and answers to my earlier questions about life and the world. These principles have guided and molded my entire life.



FAIRY TALE OR MYTH?

The story *The Three Little Pigs* is a children's fairy tale, but also could be considered as having mythical characteristics. Joseph Campbell in his book, *Myths To Live By*, defines myth as a story that always is, but never was -- always true, but it never really happened. Wikipedia, The Free Encyclopedia, defines myth as the following:

...sacred narrative in the sense that it holds religious or spiritual significance for those who tell it, and it contributes to and expresses systems of thought and values. Use of the term by scholars implies neither the truth nor the falseness of the narrative. To the source culture, however, a myth by definition is "true," in that it embodies beliefs, concepts, and ways of questioning and making sense of the world.

Wikipedia states further:

Myths are symbolic stories, and have a deeper meaning than what appears on the surface.

They can be considered to contain Universal Principles, which also may be called Spiritual Truths, in that they express values. (The Three Little Pigs could be termed one of the) 'how to live' myths, (which) will have a certain message portrayed through the story, and were created to teach us "how to live."

The pigs, the houses, the pictures on the inside walls, and the wolf all have meanings beyond the literal. Contrary to popular thought, the essence of the story has little to do with what the houses were made of.



PRINCIPLE #1:

WHAT CAN WE RELIABLY BASE OUR LIVES ON?

The Three Little Pigs tells us what happens if we base our life on illusion. If we don't build a strong house on a stable foundation, the wolf is likely to blow it down or get in some other way. The message comes to us in a symbolic way for the houses represent one's self.

How do you build a strong house, a strong foundation, and a strong self? What is true security in life? In the version of the book I remember reading as a five year old, the story conveys this by the pictures on the walls inside each of the pigs' houses. They show what is not secure, because in each case the wolf was able to get in.



The Physical

The picture on the wall of the first pig's house shows him as a body builder. He stood on his hind feet with a big ribbon across his chest stating, THE WINNER. His bulging muscles showed he most valued the physical and based his life on it. Can you count on, or base your life on your physical body? Anyone who has had any kind of physical problem or who has lived beyond the age of 50 can see the error in that scenario.

People who have been physical all their lives, especially if they have played in a professional sport and have relied on their physical prowess, often have a hard lesson to learn when their body starts to fail them. It is a hard fall when you have based your life counting on your physical body. Often seniors respond, when asked, "How are you feeling?" "Oh, everything hurts, and what doesn't hurt, doesn't work."

Some say that this deterioration of our physical bodies is a universal law of returning to source. We have expanded and now we are contracting. This is the birth/death process that is in all living things. In fact, 300 million cells in our bodies are being replaced every minute.

The physical is always changing, decomposing. It makes one wonder if the physical is dependable at all. Physical things are not permanent, and we need something permanent on which to base our lives. Gary Renard in his two books, *Disappearance of the Universe*, and *Your Immortality*; and *Breaking the Cycle of Birth and Death*, calls the physical an illusion and not a reality. An illusion ultimately can't be trusted; it will change. A reality will be true and forever. Our weather looks like a reality in the moment, but can we count on it to be stable? Can we count on our cars to be maintenance-free? Can we count on people not to get sick? Can we count on our water heater to last much longer than its warranty? Everything physical changes.

Hanya Shingyo, the Buddhist Wisdom and Heart Sutra states, "That which can be seen has no form. That which cannot be seen has form." This quote is similar to Zen Buddhist koans, which are teaching tools used to break down one's resistance to enlightenment. An explanation could be: we can see it so it has no absolute form, because it is physical and always changing. That which we cannot see (Principles and Truths) have form because they do not change. They are reliable.

The documentary film, *What the BLEEP Do We Know!?*, explains scientifically what appears stable physically to us is always moving and changing. The film was first released in 2004 in Yelm, Washington, and was distributed by its producers. In 2004-05, it won awards in all the five film festivals that it was able to enter. It shows that there is a "market for spiritually oriented films that caters to audiences' intelligence, not their lowest common denominator."¹

In the film, renowned quantum physicists illustrated how a “solid” (like a table) is actually constantly moving and alive with energy. Everything is energy and alive. I had to chuckle when I got a call from my daughter who wanted to know what I had told my 10 year old grandson about rocks “moving.” They had not seen The BLEEP... about the energy and aliveness in all things.

The BLEEP... informs us that the energy of the table is the same energy as in our own molecular structure. Not only are we the same as other living things (plants and animals) in this regard but also with “non-living” physical things. An “out of the box” example of this reality is seen in the practices of Dr. Ihaleakala Hew Len of Hawaii, who has successfully used the Hawaiian healing system called Ho’oponopono. In *zero limits*, Dr. Len tells of his (shamanistic) practices used in conjunction with his workshops. He talks to the room and the chairs beforehand to ascertain their state of being and to gain their permission to hold the workshop. He gives a specific example.²

I was in an auditorium once getting ready to do a lecture, and I was talking to the chairs. I asked, ‘Is there anybody I’ve missed? Does anyone have a problem that I need to take care of?’ One of the chairs said, ‘You know, there was a guy sitting on me today during a previous seminar who had financial problems, and now I just feel dead!’ So I cleaned (using the Ho’oponopono healing method) with that problem, and I could just see the chair straightening up. Then I heard, ‘Okay! I’m ready to handle the next guy!’

Could it be that even physical objects respond to appreciation as people do? Dr. Len’s respect for physical objects has made

me more aware and more appreciative of the physical “beings” around me.

Quantum physicists tell us that all physical is composed of more space than solid, and that the spaces are more important because that is where the energy is. Profoundly, Eckhart Tolle in his book, *The New Earth*, points out that the essence of our “Being” is found in spaces between our thoughts. He urges us to quiet our thoughts and listen to our higher self, which has its home in the spaces. He encourages us to be aware of our breath and experience a state of just “Being.” Our deepest self has nothing to do with outer physical identifications -- with roles and titles -- but with our consciousness, our awareness. Here again, the profound is found in the spaces within all, not in the solid of the physical.

No wonder the wolf blew down the house of the pig that valued the physical. The physical is not the foundation on which to build your life. The physical cannot stand the test of timelessness; it changes and is unstable.



Money

In the house of the second pig, the picture on the wall showed a pig surrounded by big gunnysacks with \$\$ signs on them. The second pig valued money.

Can we base our lives on money, and what that will bring? If so, all people who are “rich” would be exceedingly stable and happy. How flawed is that? Many who won the lottery did not live happily ever after. Money issues are a main cause of failing marriages, and it doesn’t matter how much money the couple has. Money allows us to have more choices, but it can’t serve as the basis for a happy and meaningful life.

The illusion that money and more money will bring security and increase our happiness is an illusion that is held by most Americans. It’s an example of basing one’s life on a belief that is not true. People try to gain what they really need by expensive substitutes. There are no absolutes; a given object may seem like a fulfillment to one, but not another. People are really looking for a true, deep sense of fulfillment, a feeling. That cannot be gained by physical, outer things.

This does not mean that people who are wealthy cannot be happy and fulfilled, but it is not because they have money. Money can be a deterrent to happiness, because it may keep a person focusing outward instead of inward, where the true treasures are. As you will see in later chapters, those attributes such as inner peace, fulfillment, meaning, and happiness are gained in entirely different ways than having money.

People want expansion in their lives, but they look for it in an outer way versus an inner way. They really want depth. Dr. Viktor Frankl, World War II concentration camp survivor said, "If you don't go within, you are simply without." I see this as saying, if you don't go with the inner, you are simply without.

Bhagavan Sri Sathya Sai Baba reminds us:³

Man feels that riches are paramount, but what he fancies as wealth are but material, momentary, trivial things. Character, virtue, brotherhood, charity -- these are the real riches. The company of the good and godly is the wealth that that is most worthy. Wisdom is the most precious wealth. The educated person must live with this conviction. Search for mere riches can never confer contentment and peace of mind. Each one yearns for lasting joy but does not stop to discover from where it can be got. It is not available anywhere outside him.

Neale Donald Walsch, in *Communion with God*, tells of the 10 Illusions of Humans. The first is the Illusion of Need; the nine that follow are based on it. All the problems in the world might be boiled down to that first illusion. People think they need "things" to make them happy -- the car, the boat, the house, the job, the trip, the "soul mate." If one believes in the

illusion of Need, these follow: Failure, Disunity, Insufficiency, Requirement, Judgment, Condemnation, Conditionality, Superiority, and Ignorance. Look at them in reverse to see the ramifications of ignorance.

Neale Donald Walsch states in his trilogy, *Conversations with God*, that the correct flow is “Be Do Have” not “Have Do Be.” People mistakenly think they must Have something, to be able to Do something, in order to Be (happy). But it is the reverse. When one comes from a place of Being (thankfulness, happiness), one is able to Do things in the right way, then Have things that are fulfilling. It is flowing with the Universe, with the Universal Principles and Truths.

Beings. Human Beings. Are we acting more like humans than beings? Perhaps. “Human” certainly has a bad connotation to it. When someone does something wrong, it is said, “it’s just ‘human nature’.” Perhaps we need to focus on our positive “being” nature.

Neale Donald Walsch’s question to all of us in *The New Revelations*:

(We) must collectively ask:

Is this who we are? Is this who we choose to be?
Is this the only way we can live? Is this the only
way we know how to behave? Is it possible there
might be another way?

Might this other way bring us closer to what we
say, as a species, that we really want? Are we
missing something here? Do we have the
courage to seriously look at what that might be?
Do we have the courage to accept the answer
that our searching uncovers?

Our nation and people are in such illusion about what brings happiness in life that we live with “phantom wealth.” Many households do not really own what possessions they have, but have charged them and are in credit card debt. According to the U.S. National Debt Clock, the United States National Debt is \$10,633 trillion as of January 31, 2009, and with the population being 305,563,681, each citizen’s share of this debt is \$34,798. Since September 28, 2007, the debt has continued to increase an average of \$3.31 billion per day! More than a trillion dollars will be added to it with loans to banks and car manufacturers that have failed, and with the government stimulus packages hoping to put people back to work. Personally and collectively we are living in illusion when we are in debt and don’t own what we have “free and clear.”

Money can be an addiction; there never seems to be enough. It can lead a person, a business, a nation and a world into chaos. Addiction is the cause of the financial chaos that broke out September/October 2008, when the results of years of greed and corruption became evident. Big business was already addicted to money; salaries, bonuses and golden parachutes were measured not in terms of thousands, but in millions. We have seen that lenders sold risky housing loans. Mesmerized banks bought them. Unaffordable loans defaulted and foreclosures ensued. Banks defaulted, causing other businesses to default, leading to unemployment. Cities lost income, became insolvent, and some went bankrupt.

All areas of the economy are affected. My husband’s and my retirement pensions from The University of California, one of the biggest and most reliable educational institutions, feels the pressure on their pension and retiree health programs, and warns that changes will be coming.⁴

I did not expect or desire to have an even more personal and glaring example of the effects of corruption and greed to

detail in this book. I have been handling our personal investments more than 25 years and have taken many subscriptions and programs for advice, but none like the group of advisors I encountered from February 2009 to October 2009. They promised me a personalized service, and it was, at first. Then, after getting me into one of their most expensive services, which they touted as the most personalized, they stopped calling me with advisories.

When I called them, they were always “out to lunch,” or “busy on another call.” The receptionist advised me to send them an email, which I did. It did not elicit any response, except from the receptionist when I called in again, saying that I was “complaining.” After sending in a more detailed email, the receptionist told me I no longer had a personal representative. They stopped my service, which was supposed to continue for seven more months.

I reported them to the Attorney General’s Office in New York City, the Securities and Exchange Commission, and various on-line complaint boards because of their misleading advertising and not delivering as promised. That being done, I shifted my negative attitude to one of forgiveness toward them and for myself for this hard learned lesson. On April 20, 2010, the owner and president of the firm and four other employees were arrested for securities and wire fraud. If convicted, the five suspects face up to 20 years in prison.⁵ Poor customer service was the least of their transgressions. The charges included setting up deceptively false addresses and telephone numbers for the firm and fictitious trading experts. There was nothing credible about this firm.

“Stefan Theil (in an article in the Foreign Policy magazine) concluded that Europe, particularly France and Germany, are teaching their children...that capitalism is immoral, savage and unhealthy.”⁶ We might have questioned that

before October 2008, but as examples of greed and corruption were exposed almost daily, it caused one to wonder.

World economies were affected because of trade and currency balances. Europe had a right to be concerned. The British Broadcasting Company's business editor Robert Preston stated:⁷

...that we are seeing a massive flight of capital out of economies perceived to have been living beyond their means - either because they have a substantial reliance on foreign borrowings or because they are net importers of good and services, or both.

The IMF (International Monetary Fund) reported,⁸

...financial markets remain under stress and the global economy has taken a 'sharp turn for the worse.' 'We now expect the global economy to come to a virtual halt,' said IMF chief economist Olivier Blanchard.... ...the International Labour Organization said that as many as 51 million jobs worldwide could be lost this year because of the global economic crisis. ...Countries such as China are now struggling with a collapse in demand from their primary export markets. Meanwhile, developed economies such as Japan, Spain, the US and UK are in recession, with new job losses being announced on a daily basis.

Alan Greenspan, Chairman of the Federal Reserve from 1987-2006 admitted that he had put too much faith in the self-correcting power of free markets.⁹ In other words, he expected people to self-regulate and not be so greedy and corrupt.

The pig's house built on money didn't survive either. We really desire depth, true security, and true wealth, not just money. "True wealth is the awareness of Spirit." (Jim Rosemergy). "Wealth isn't how much money you have, it's what you're left with if you lose all your money." (Roger Hamilton)

Security does not come from having money. It comes from the inner, an attitude, Being, which is based on understanding and living in harmony with Universal Principles and Spiritual Truths.



People

Inside the third house is a picture on the wall of a pig surrounded by other little pigs. This house is the key to the illusion of many well-intentioned people. Albeit positive relationships with others are important, but is it a strong enough foundation to base one's life on?

What happens when your loved one goes away to college, or

your spouse divorces you or dies? Will people always be there for you, to protect you, guide you, love you, understand and listen to you? There are many negatives that can be generated when you have a dependency on people, especially when they don't live up to your expectations – you feel hurt, blame, anger, fear, regret, resentment or disappointment. The difference between being alone and being lonely is linked to this issue of dependency on people. People are to be given to, not to be expected from.

Neale Donald Walsch gives us some thoughts about one's right relationship to people.¹⁰

Spend the rest of your life giving people back to themselves, that they might love themselves.
And show them by how you are with them that you know there is nothing they are lacking,
nothing they are missing, nothing they need,
nothing they are not.

Might this answer our question, is it about playing the game of life in competition with others, or only in comparison with ourselves?

This excerpt from The Peace Prayer of St. Francis is also clarifying.¹¹

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
And where there is sadness, joy.

O Divine Master, grant that
I may not so much seek

to be consoled as to console;
to be understood as to understand;
to be loved as to love...

We feel separate from other people. Indeed, most experience this when we are not understood, when we don't feel loved by others. We do have an interrelationship with others, but physically, we are separate. It has been said that we are born alone and we die alone.

To realize that we are really alone, that we are free from being dependent on other people, can bring great strength of character. Through this solitude, one can accept and glean from one's own experiences. You have to trust in yourself. You have to have that kind of being to investigate the deeper parts of life and yourself, to be open to your own ideas, your own insights, as well as those of others. People who only accept the outer, physical world (what they can see, touch, hear, feel and smell) may think you are a little strange if your interest is in more than the physical. Even in the early stages of many inventors' lives, they were thought to be somewhat crazy.

I remember the day very well when, in my 30s, I realized that I was alone, even though my mom and dad were still alive, and I had a loving husband and two children. I think the realization was shocking and powerful because it came on quickly, and I had no idea what caused it. I had been over protected as a child, and I considered myself to be more dependant than most.

That one particular morning, I woke up and was immediately depressed with the realization that I was alone. I didn't want to get out of bed. I felt immobilized. I was in shock. Luckily it was on a weekend, and my husband was home to help with our two pre-school children. I remember him semi-dragging me out of bed, saying we were going to the park. I went

because I was afraid to be alone if I didn't go with them. I was like a zombie and felt like I was on a different planet. I was experiencing that I was alone, and no one really cared about me. My family did, but not really. It was deeper than that. I realized I was totally responsible, in control of my life and could not depend on anyone. It took a couple of days, but I began to accept the reality of aloneness. It was a maturing realization and acceptance, because it made me less dependent on what others thought or said, and strong enough to think for myself. It started me on a path of accepting myself.

In *The Mystery Plays* by Roberto Aguirre-Sacasa, Mister Mystery states "We are all of us alone. Our lives, our paths, we walk alone even when surrounded by our families and our friends. We are alone." Sylvia Browne, spiritual teacher and psychic, states in many of her books that we each plan our own Life Path, the learning experiences we want to experience to further perfect our soul. We plan these on the Other Side before coming into this lifetime. No one person's path is like another. We are indeed alone, different and separate from others, on our own path.

This concept is reiterated in the philosophy of Numerology, an ancient science developed by Pythagoras, which states again that we plan our distinctive Life Path, which is derived from our date of birth. Our birth date is not a coincidence, but carefully planned by us before we were born because we wanted to walk a certain path while on Earth.

Spiritualists say we have interdimensional beings with us all the time. What we call "our guides" may not be something separate from us at all however, but a part of our own being that was split off when we were born into a human form. No wonder they are so supportive and loving.

How do we get to the position of expecting less from people? As we begin to open up to the magnificence and love from our higher selves/the All/God, we look less to people for love. A higher dimension is the true source that enables us to give to people rather than asking or expecting something from them. The equation will begin to reverse itself when one feels the higher love. This is the secret exposed by the third house of the little pigs, how to be in a right relationship with people.

The third house reveals that a stable, solid and secure life is not to be based on a dependency on people, because even though this house withstood the huff and puff of the wolf, we shall soon see that this house was still vulnerable.

The three little pigs challenge us to think about what we are basing our lives on currently. The pictures on the walls were the keys to the pigs' values. Even today, I look at pictures on the walls of homes to get to know the people. What do the pictures in your home reveal about you? What do you value? Something stable? Something timeless? What are we attached to -- the Physical, Money, Our Family, Friends? Are we really secure?

Consider the Universal Principles and Spiritual Truths; they always were, always are, and always will be. They are the stable foundation, worthy to build your life on.



PRINCIPLE #2:
WHAT DO YOU DO
WHEN EVIL GETS IN YOUR HOUSE?

The second major principle in *The Three Little Pigs* has to do with the subject of evil and how to handle it. The wolf in this story is a symbol for evil. In the original story, the wolf blows down two of the three houses, but he wasn't able to blow down the third. However, the last house was still vulnerable because people can't bring stability to your life. This wolf was crafty; he decided to get in by coming down the chimney.

Even if you have a strong house and a strong foundation, evil can happen to you. The third pig was not frozen by fear; he was resourceful and thought ahead. He put on a pot of water to boil in the fireplace. When the wolf came down the chimney, he landed in the pot. Then the three pigs ate the wolf for dinner.

What happened to the wolf is one of the most misunderstood, yet profound parts of *The Three Little Pigs* story. In most of the later versions, the wolf is shown running away. What most don't realize is that this story is symbolic. The story attempts to transmit a Universal Principle and Spiritual

Truth. The story is not showing violence to animals; this is too literal an interpretation of a symbolic story.

This story shows that even the strong brick house had flaws. The outer flaw was the chimney that the wolf could enter. The inner flaw was the dependency on people. The issue here is, however, no matter how strong a house one has, no matter how righteous or spiritual one's being and actions are, the wolf will get in. One will experience "evil" some time in one's life. There are books written about why "bad" things happen to "good" people, and superstitions about "bad" things happening because one is a "bad" person.

When our son was four years old, he was hit and run over by a car. He was in a critical condition for two weeks. During that time, we got an anonymous letter in the mail, poorly handwritten in poor English, telling us that what had happened to our son was because we were evil people, and we had caused the accident. I threw the letter away without fully reading it, knowing it was not true in any way.

Eating the wolf symbolically means internalizing evil, accepting evil. This may sound a bit jarring, but many psychologists and spiritualists have written that acceptance is needed to heal anything -- acceptance that it happened, that it was.

Take a look at the negative emotion of anger. It results from not being able to accept that something happened. Is that crazy? Accept that it happened. This does not mean that you have to like it.

Keys to resolving anger with another person are accepting that it did happen, then forgiveness and compassion. The truth is that you are always in charge and you can change your attitude, so the issue is with yourself, not the other

person. If you understand that, you will be able to turn anger into forgiveness and compassion.

“TUT...A Note from the Universe” states: ¹

Young souls get angry at others.
Old souls get angry at themselves.
But really wise souls have already turned the page.
Got forever and ever?

There is an acceptance, devoid of fear, anger and other negative emotions, that is needed before one can see clearly. The third pig accepted the predicament, moved beyond any fear that would cause immobilization, and was therefore able to take creative action.

Elizabeth Kubler-Ross' book *On Death and Dying* tells us that acceptance is the last and final step in healing. This is an important process, because accepting death is the same issue as accepting anything one would consider evil or bad.

Oprah Winfrey's TV show aired a story about a woman who, just after her second child's birth, and while still in the hospital, was infected with flesh-eating bacteria. Because of this, she lost several internal organs and both of her arms and legs. In spite of all this, she had an amazing attitude. She had focused on getting home to her children. She did have moments of sadness when she realized she would not be able to hold her newborn daughter, but she did not dwell on regret, anger, blame, or other negatives about her condition.

She did not resist the evil; she accepted it. What happened to her just was. In spite of her physical disabilities, she was able to have a positive attitude that was a blessing for all. Abraham-Hicks (Abraham, channeled by Esther Hicks) calls this “The Law of Allowing” and “The Law of Detachment.”

Jesus of Nazareth according to the Bible, Matthew 5:39, said, "Resist not evil." He was warning about fighting evil. Acknowledge that it was and accept it. This will release you to respond in a creative way.

In *zero limits*, Dr. Hew Len, master of the Ho'oponopono healing process, said:²

What we humans are unaware of in our moment-to-moment existence is a constant, incessant resistance to life. This resistance keeps us in a constant, incessant state of displacement from our Self-I-Dentity and from Freedom, Inspiration, and above all else the Divine Creator itself. Simply put, we are displaced people wandering aimlessly in the desert of our minds. ... Resistance keeps us in a constant state of anxiety and spiritual, mental, physical, financial, and material impoverishment.

Outcomes are different when they come from acceptance rather than resistance. When someone gives you advice about something, you can tell if the advice comes from a state of resistance or acceptance. If the advice comes from a resistant state, there may be an undertone of a condescending nature. With an attitude of acceptance, the person's tone has understanding and compassion.

In Buddhism, The Four Noble Truths say that all Life is Suffering. That Suffering is caused by Attachment. Our call is to end the Suffering. The key is to give up the Attachment or the Desire -- an emotion and feeling, which is emotionally charged and clouds our vision and actions.

Neale Donald Walsch says to "stop the stopping." It follows that any protest that is anti-anything is giving power to the

negative and becomes counter productive. Therefore, join a march for peace rather than an anti-war march.

I use the “resist not” principle to stop my headaches. When I start to get one, I sit down right away and describe it to myself. What color is it? How hard or soft? With this acceptance, I am able to stop the headache in a short time.

Do you think you are tired more than you should be? If so, look into your levels of resistance. This does not have to be in the obvious levels of hate, anger, and hurt. Look into the more subtle, everyday happenings in the range of disappointments, feeling overwhelmed, concerns, unfulfilled wishes, anything that keeps you from being grateful and thankful in the moment. “Rest seems like a nice contrast to overwhelm (sic), but enthusiasm is always chosen over rest. The only thing that ever makes you tired or bogs you down is resistance.”³

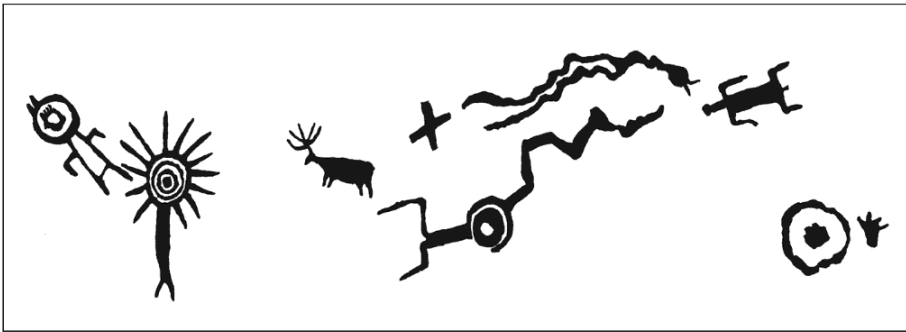
It is a natural tendency to fight against something we don’t want, but fighting only makes things worse and gives it power. Carl Jung reminds us: “What you resist, persists. What you fight you get more of.”

Fighting instead of accepting causes resistance, which causes stress. When you are stressed, your immune system is suppressed. If you are stressed for a substantial length of time, your body can become diseased (dis-eased).

I had breast cancer, and I know I caused it. In my mid-50s, I was so stressed and in psychological pain that I became suicidal. Cancer cells are with us all the time. They are cells that do not function, yet they circulate in our body waiting for a chance to take over and multiply. Our immune system usually takes care of them, but when stress suppresses our immune system, the cancer cells have a chance to take a foothold. I counsel women with breast cancer. I ask them,

what happened to you six months ago? Invariably, they were experiencing a high degree of stress. Dr. Wayne Dyer reminds us, “Row, row, row your boat, gently, down the stream.” The emphasis is on gently and down, not vigorously and up. Go with the flow.

We stayed at a golf resort in Arizona in 2007, and on one of the walls was a picture, which immediately amazed me with its symbology.



I saw a story of choosing either a path of accepting reality and being in the flow of life, or resisting it. Starting from right to left: we are before the physical, deciding and reaching to come into the physical. The circled dot, the circumpunct, has various meanings and among them is the “eye of God.”

When we become physical, we have two roads we can follow. The higher road reaches out to us and welcomes us to travel there in the divine flow (acceptance, non-resistance of evil), the opposite of resisting. This higher ground leads one to the possibility for respect of all living things, seeing that God is in all things. The result is enlightenment. Then one is liberated from a physical preoccupation and negativity. One becomes free and an open channel, focused upward to receive divine inspiration.

If one rejects the upper path, on the lower, one is jerked around, up and down, by one's resistance and negativity to all that happens. This is a dead end where one becomes caught in the physical, a prisoner of one's own mind, with thoughts based in non-truths and ego, trapped. In *The New Earth*, Eckhart Tolle also talks about constrictions of the mind and the ego versus becoming acquainted with our true being and essence.

In writing this book, I discovered several books about writing, which I normally would not have read. In *Finding Water*, Julia Cameron talks about the issue of creativity, a must for writers. She said, "Creativity flourishes in an atmosphere of acceptance." Indeed, everything flourishes in acceptance, and that is why negative emotions limit us so. The forms of resistance block us from our true potential.

If you think resistance is a pattern you want to understand and eliminate in yourself, how do you go about it? The first step in anything is to become aware. Resistance shows up as anger, hurt, worry, regret, fear, guilt and a variety of similar negative emotions. It is also a component of depression and wanting to sleep more than is needed. Remember that most of our actions are habits that we have developed, and if we created them, we can release them. Often the resistance appears because we are holding a belief that is not true. Maybe we are basing our lives on something that is not reliable, like the false values that handicapped the pigs.

When one of these negatives appear, ask yourself, what am I resisting? What is the basis of my thought? Even though I might not like what happened, did it happen? Yes, it did; and my feelings will not erase it. So, free yourself by accepting it, and move on to respond.

The little pigs have given us a valuable clue to winning the game of life. Eat the wolf. Accept. Detach. Resist not. This profound principle will challenge you as much as, if not more than, any outer accomplishment in your life.

As the three little pigs have shown us, if we can't find stability and base our lives on the physical, money, status, our job and title, other people and a myriad of other "seen" things, what can we base our lives on? What is reliable and will not change? What can we trust? What will bring true security? What is true? On what can we base our decisions and actions?

You will see; there is an answer.



HOW DO WE KNOW WHAT IS TRUE?

The Three Little Pigs unlocked the door, opened it, and found the lost principles -- building our lives on something everlasting, and how to handle evil. This leads us to search for more Universal Principles and Spiritual Truths (the rules of the game of life). But before we do that, we need to discover our own perceptions about truth. What do we already think is true? How do we evaluate whether something is true when we find it?

Most of the time we base our lives on concepts and ideas that we are not conscious of, and perhaps not true. Psychologists say that only one-sixth of our psyche is conscious. We most often base our beliefs and actions on the values and beliefs of our parents or primary caretakers, what they have told us about ourselves, others, and the world. If we do not examine them, we are not the masters of our own lives.

We are challenged to examine our beliefs so as to live our lives based on truth.¹

The time has come for you to have more courage than any war has ever called upon you for, than

any hardship has ever demanded, than even suffering has ever required. The time has come for you to confront yourself at the level of belief. The reason this will require so much courage is that your beliefs form the basis of who you think you are.

You must challenge yourself.

You must challenge your society.

You must challenge your world.

Harry Rathbun, one of the originators of The Creative Initiative Foundation, said not to sit on a chair that is not there. The chair needs to be a reality. There are instances where, at first, we may not be sure how a principle will work in a particular situation, but we still can have faith that the principle is true. That is sitting on a chair that is there.

According to the Bible, Jesus of Nazareth says how important it is to base your life on truth, the foundation of your house.²

He is like a man which (sic) built a house, and digged (sic) deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock. But the one who has heard and has not acted accordingly, is like a man who built a house on the ground without any foundation; and the torrent burst against it and immediately it collapsed, and the ruin of that house was great.

Byron Katie's questions in her book, *Loving What Is: Four Questions That Can Change Your Life*, lead us to examine beliefs that we think are true and see if they really are. She asks, "Would you rather be right or free?"³ I remember my

parents indirectly saying and acting as if I was not able to handle most situations by myself. I should be cautious and careful, and never broach the subjects of politics and religion. As I matured, I painstakingly climbed out of that dependency prison.

After recently reading Katie's book and applying her questions to these particular beliefs, I found remnants of the old beliefs persisted. And, I was continually working against them. The belief they implied (and that I unconsciously accepted) that I was not able, was entirely false. I am able. I felt a new sense of freedom after realizing that limitation, and claiming what was really true.

More and more scientists are starting to investigate the power of our minds. Dan Brown in his 2009 book, *The Lost Symbol*, mentions Noetic Science. In Petaluma, CA, there is The Institute of Noetic Science (IONS), which is a non-profit membership organization that conducts and sponsors leading-edge research into the potentials and powers of consciousness.⁴ They are doing groundbreaking work in studying how ideas can be transmitted to bring about reality.

Dr. William A. Tiller, Fellow to the American Academy for the Advancement of Science, and Professor Emeritus of Stanford University's Department of Materials Science states:⁵

For the last four hundred years, an unstated assumption of science is that human intention cannot affect what we call "physical reality." Our experimental research of the past decade shows that, for today's world and under the right conditions, this assumption is no longer correct. We humans are much more than we think we are and Psychoenergetic Science continues to expand the proof of it.

Dr. Tiller spent 34 years in academia after nine years as an advisory physicist with the Westinghouse Research Laboratories. He has published more than 250 conventional scientific papers, 3 books and several patents. In parallel, for over 30 years, he has been avocationally pursuing serious experimental and theoretical study in the field of psychoenergetics, which will likely become an integral part of "tomorrow's" physics. In this new area, he has published an additional 100 scientific papers and four seminal books.

True maturity has nothing to do with age, but an attitude about truth. The truly mature person is able to listen to all ideas, not being attached to his or her own. It is a state of detachment to be able to admit that one may not know the whole truth and be open to other possibilities. Yet, psychologists tell us that one of the most difficult things to do is to change one's thoughts about something. An enlightened approach, when one comes across a different point of view, might be to think how it could be true vs. thinking how it is false.

One definition of what it means to be mature is the ability to entertain one's self, entertain another person, and entertain an idea. To entertain rather than resist another's idea makes conversations with others much more enjoyable and welcoming.

Admitting that you are wrong about something may be more threatening than changing a habit or practice. It is easy to become attached to one's beliefs without even knowing it. What happens with your feelings when someone expresses a belief different than yours, or challenges yours in some way. It's a key to how attached you are to your belief. Are you quick to defend? Are you interested in their different point of view? Do you find that you are so quick to challenge, that sometimes you interrupt them before they finish their thought?

The views of others may add valuable information, opening up our blind areas. Often it is what we don't know that controls us, not what we know. As a diagram, what is known by another may help uncover what is unknown by me.

| | | |
|--------------------------------|-------------|-----------------------------|
| | KNOWN BY ME | <i>UNKNOWN BY ME</i> |
| <i>KNOWN BY ANOTHER</i> | OPEN | <i>BLIND</i> |
| UNKNOWN BY ANOTHER | HIDDEN | UNKNOWN |

We bring others into our lives through synchronicity. There is a reason they are there. They are our teachers.

“Lay of the Higher Law,” an excerpt from the Sufi Kasidah of Haji Abdu El-Yezdi, states:⁶

Truth is the shattered mirror
 Strewn in myriad bits.
 Each believes that his little bit
 Is the whole truth.

In the *Tales of the Dervishes, Teaching Stories of the Sufi Masters over the Past Thousand Years* by Idries Shah, there is the story “The Blind Ones and the Matter of the Elephant.” There was a community of blind men who were explaining what an elephant looked like to the rest of the blind population. When they were asked about form, the one that felt an ear likened the animal to a rug. The one who felt the trunk said he had the real facts; the animal was like a pipe. Another said the elephant was like pillars, after feeling only the legs. They all thought they knew the truth about the elephant, although each of them had only felt one part of it.

Often, we are likened to the blind ones when it comes to the total truth about something. We all have our own “frame of

reference,” our own bias, our own “vested interest” and our own “rose colored glasses.” The Talmud states: “We do not see things as they are. We see them as we are.”

Everyone thinks they see the truth but our eyes can deceive us. Criminologists tell us that eyewitnesses are among the least reliable for crime scene facts. We can be well intentioned, but many times what we see or hear is not the whole truth.

What do you see in the following picture?



Camel Caravan, Wadi Mitán ©George Steinmetz

Camels in the desert? Yes and No. Most apparent are the dark shapes. However, the dark shapes are really the shadows of the camels. One has to look closely to see that the real camels are the little white objects at the feet of the shadows. This example is to remind us not to be too quick to evaluate and judge. What one sees at first in a situation or thought, may not be the true or complete reality.

Neale Donald Walsch wrote of the biggest fallacies about God and Life.⁷

Humanity's major fallacies about God and about Life make for a deadly litany of error that has created, and continues to create to this very moment, a world of deep anger, brutal violence, terrible loss, unrelenting sorrow, and unremitting terror.... You think other people are terrorizing you, but in truth you are being terrorized by your (own) beliefs.

It is important that our beliefs are based in truth because who we are and our actions spring from our beliefs. Buddha, Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C., said, "All that we are is the result of what we have thought. The mind is everything. What we think we become." And Marcus Aurelius, AD 121-180, Roman Emperor, who was often referred to as "the wise," said, "A man's life is what his thoughts make of it."

Truth is not normal in many everyday dealings. Take politics, for instance. As with political elections of the past, in the Fall of 2008, it was difficult to determine "the truth, the whole truth, and nothing but the truth." Perhaps those who wrote the television advertisements thought it was OK to bend the truth or err by omission, because they were not on the stand testifying. It would be cumbersome, but it would be interesting if all ads would have to stand the scrutiny of the courts before being broadcast. (At least pharmaceutical ads give the downside to the drug, even if while listening it seems that the downside might be more of a problem than the original condition.)

There were many half-truths in the election information. But what is a half-truth anyway? It doesn't deserve to have the

word “truth” associated with it. It’s not true in any way if it is just “half.”

Especially with the TV ads for the Propositions, much was taken out of context and exaggerated. If one was concerned about accuracy, one could look at who sponsored the ad, if you could figure out who belonged to that group that you had never heard of before. And, you can’t always trust what you get on the Internet. I felt really embarrassed when I found out that one political “fact” that I had sent to several of my friends was completely fraudulent. Also, one can never be sure who the author of the Internet information really is.

A strong test of truth is: does it ring true with your experience? Those who have lived longer may have an advantage, having more time to test the validity of something. This is not always the case however. You have a chance to test the validity of what you read here to see if it is compatible with your life experience.

You may be given a clue that something is very true when it gives you chills. This is communication from the deepest and highest parts of your self. It is a real aid in discovering or confirming important truths. I urge you to pay attention and revisit those concepts if this has happened to you while reading.

What Is True About The Game Of Life?

In this book, we are looking specifically for the truths about life, the rules of the game. We can discover these with study, reading books or listening to talks by spiritual and metaphysical teachers. You can examine your own experiences and try to learn from them. Some receive information through intuition, meditation and psychic

powers. No one method is better than another; it has to do with personal preference and abilities. Most use more than one method.

After I started my search for Universal Principles, I began to discover that these did seem to be the rules of the game of life. They included information about who we are as human beings, the nature of our world, and the energies within and around us. They incorporated physical, mental, emotional and spiritual aspects. I refer to these rules as Universal Principles and Spiritual Truths.

Moses had the right idea about there being rules, but rules in the negative only bring about negative (thou shalt not...). We need guidelines on what we shalt. The Principles and Truths are objective, neither negative nor positive. The “shalt” is to live in harmony with them.

By the end of the 1980s, my search for these truths led me to discover only two Universal Principles. By 2008, my list had grown to over 30. I refined and consolidated them to nine. I include many references from people of different ethnicities and disciplines who give their own unique viewpoints.

In Part I, we looked at two Universal Principles in the little pigs’ story -- what to build your life on and how to handle evil. In the following chapters, I will expand on those truths, and list and combine additional Principles and Truths from my original 30. This book does not claim to present original concepts, or to be the final word on this subject.

Neale Donald Walsch challenges us:⁸

Never stop doubting, never stop questioning,
never. Never assume you have all the answers.
Having all the answers kills the question itself;