

## Hello Friends



*I recently introduced a marketing concept that I call “Good Karmic Intention.”*

*Perhaps you were one who participated in this envelope-pushing event by doing something really good for someone else. That was the intent.*

*The term Karma, and its definition, have yet to be fully embraced and understood here in the West. Although it’s use is common, the word Karma provokes unusual and impetuous reactions. We’re all afraid of things we don’t understand, and this fear often times fosters hate and distrust.*

*American BlueGreen, LLC, my company, aspires to enlighten. This newsletter is my personal soapbox upon which I stand in an effort to educate, inform, and to speak from my heart about subjects that are important to me. Many of you resonate, some do not, with my perspectives and insights. My views may be in opposition to convention.*

*I decided to speak here about the subject of Karma in the hopes that by taking a deeper look into the subject, we could come to terms and feel safe with the word. There’s no escaping Karma.*

*Virtues and vices play an integral role in the formation of culture. In this way, we daily and hourly contract Karmas from our surroundings. By being consciously aware of the Law, we can escape its retribution. The law makers cannot be the law breakers.*

## CAUSE - EFFECT Nature’s Just Law of Action/Reaction

As human beings, we are all confronted with the complexities of life and struggle for a Way-out. Why all the seeming inequalities in the world? Why can we not redeem our unknown past?

I’ve always had an inquisitive and inquiring mind and I searched for quite some time to find answers to these questions. I was led to an understanding of the universal law of action and reaction, the laws governing the universe, both seen and unseen.

Science refers to this law as the law of cause and effect. For every action, there is an opposite and equal reaction. Remember the example: a body at rest tends to stay at rest, blah, blah, and a body in motion will remain in motion until . . . blah, blah? That means that there was an action (the cause) that created the reaction (the effect) of the body being put into motion in the first place. Each day we’re all causing actions which generate reactions. So all we’re talking about here is the initial action and being aware that there will definitely be a following reaction.

This universally accepted, scientifically proven phenomena has been understood for thousands of years. In fact, one of the oldest civilizations on Earth already knew about the law of action-reaction and, in their native language of Sanskrit, had a word for it; *Karma*. Karma simply means Action. The term “Karma” frequently appears in various Indian philosophical and religious writings.



In fact, it has been so often bandied about by priests, preachers, and the media, that many of us have come to consider it as something other than what it is. Being a term foreign to us here in the West,

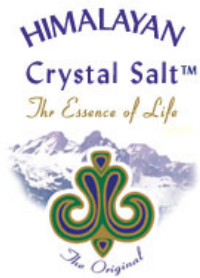
we usually pass on it without sufficient clarification.

Sowing a seed—that’s a simple way to understand it: when we sow seeds, they produce similar seeds. There is action-reaction; then again a reaction; and the thing goes on like that. There’s no end to it. After sowing a seed, say a grain of wheat, we cannot stop having the harvest—the wheat will come.

At this very moment there are actions which we are doing—fresh actions; we’re sowing fresh seeds. Some have been sown previously and are already bearing fruit. Others have been sown, but have yet to bear fruit.

I have learned that our present life depends on those reactions of the past actions or Karmas which are now bearing fruit. Even our length of life is based on that Karma. And, according to Karma, some are rich or poor, some die young, others die old. Still, some are born with great intel-





Be not  
deceived;  
God is not  
mocked: for  
whatever a  
man  
soweth,  
that shall  
he also  
reap.  
Galatians VI: 7

ligence and others are born dim-witted. But our actions are not limited to deeds. Karma can also include our thoughts and words. Remember, we live in a universe where everything is vibrating energy. All thoughts are nothing but vibrational energies being received and transmitted according to our individual “tuning.” The Karmic particles spreading in space, like ripples in a pond, are inexorably attracted to each of us according to the pressure of the activity we’re involved in. Every act we do, knowingly or unknowingly, irrespective of whether it is yet in the stage of latency or thought form, a mental vibration, or is uttered by words of mouth or is actually done by a physical act, constitutes Karma.

Buddha laid great stress on constant endeavor and struggle with a view to ultimate victory over the law of Karma. The present may be determined by the past; the future is our own, depending on the directive will of each individual. Time is one endless continuity—past irresistibly leading to the present and the present to the future as we may like it to be.

In brief, the Law of Karma is Nature’s stubborn and relentless law from which there is no escape and to which there is no exception. As we sow, so shall we reap, is an ancient axiomatic truth. It is the general rule for earth-life.

But it’s these very thoughts, words, or deeds that form a vital device in the Grand or Divine plan to keep the entire universe in perfect running order. No one can remain without some kind of work (mental or physical activity) even for a single moment. We’re always thinking or doing one thing or another. We cannot remain mentally vacant or idle, nor can we stop the senses from their automatic functioning: eyes cannot but see and the ears but hear; and the worst is that we cannot undo what is once done. Repentance, though good in itself, cannot cure the past. Whatever we think, speak, or act, leaves an impression upon the

mind and these accumulated impressions go on to form us as individuals. As a person thinks, so they become. Every action has a reaction, for that is Nature’s law of Cause and Effect.

So are we all just playthings of fate or destiny working in a purely pre-determined order? After all, we do have, to a certain extent, free will, which, if we so choose, can direct our course and make our future; to a great extent, even mould the living present to our advantage. The Infinite within each of us can help us to transcend the limitations of the finite. The freedom to act and the Karmic bondage are but two aspects of the Real in us. It’s only the mechanical and material part in us that is subject to Karmic restraint, while the Real and vital spirit in us transcends all and is barely affected by the karmic load, if we’re established in our own, native God-Self. How to get established in one’s own Real Self? This is the big question.

I have come to learn, in my quest for a way out of the endless Karmic web, how important it is to give thought to our actions. If we were aware that some power within us is keeping a count of all we think, say, or do, would we heedlessly go on collecting the load of Karma? Thomas Carlyle, a famous thinker, says: *“Fool, thinkest thou that because no boswell is there to note thy jargon, it therefore dies and is buried? Nothing dies, nothing can die. The idlest word thou speakest is a seed cast into time, which brings forth fruit to all eternity.”* Similarly, Aeschylus, the father of Greek drama in pre-Christian era, tell us:

*Deep in the nether sky,  
Death rules the ways of man,  
With stern and strong control;  
And there is none who can,  
By any force or act,  
Elude Death’s watchful eye  
Or his recording heart.*

From *The Eumenides*

Everything  
in the  
Universe is  
the fruit of  
a Just Law,  
the Law of  
Causality,  
the Law of  
Cause and  
Effect, the  
Law of  
Karma.  
Gautama  
Buddha



The sowing then is of prime importance, for the quality of harvest depends on the quality of the seeds sown. I have found that the life of human beings depend mostly on two main things: our diet and our dealings with our fellow beings and others. These cover the life-program of a person. In both these spheres, we act either on tradition or by the limited information found in books or from hearsay. These form the base from which we gather our design of culture and civilization, which gets ingrained in us and keeps our minds and intellects engaged.

After a long search I discovered a practical course to guide me systematically in my physical, mental, and spiritual life. In order to escape from what I perceived as a state of chaos, I had to really thrash out and analyze the subject for myself.

I found that diet plays a major role in the problems of life. We need food for the upkeep of our physical being. We have to subsist on one thing or another. Keeping in mind Nature's unseen method of holding the world in Her iron grip, to keep it propelled and going, it seemed all the more necessary to guard against contracting my eating habits thoughtlessly, heedlessly, and indiscriminately. We cannot do without food, but we can at least select those foods that may prove the most favorable for increasing our Energy - Life Force - Consciousness (E-LF-C). We don't want to contract any unnecessary Karmic debts which may be possible to avoid by a little care. As I view everything in the framework of E-LF-C, let's go back to Nature.

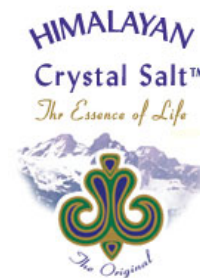
Our diet mainly comes from earth; i.e. land, air, and water. Life also exists in all that is moving and static; creatures live upon each other, as well as on static creation—vegetables, plants, shrubs, herbs, trees and the like. We humans, however, make friends with and love creatures (birds and animals) that live upon the Life Force in Nature and make them our pets. The ancients knew well that man,

bird, and animal were all bound up with the same Karmic bond. According to universal moral, social, and spiritual codes of conduct, we would be best in not interfering with the lives of any animal in Creation. In India, this standard of living is called *Ahimsa*, or non-injury to all living creatures.

I don't want to challenge you with too many foreign terms, possibly causing you to become "closed" to the subject. Closing is our way of protecting our comfort zone and defending our beliefs. But if we have come into this life to learn, then closing ourselves to new ideas and concepts will prevent us from achieving what it is we came here to learn. Just know that if these concepts are bending you out of shape, it because there is something you need and want to learn. Open up and let it happen!

Back to India. This led to the plant based diet and to the further classification of diet. Grains, cereals, vegetables, and fruits are classed as *Satvic* and this diet is considered pure and produces serenity and equipoise. The yogis and sages who retired to secluded caves and huts for meditation always preferred vegetables which grew underground. I really believe that *Satvic* foods and simple living are conducive to the development of highest culture and civilization. Remember, food is made for us, we are not made for food. Eat to live not live to eat is a good perspective. By following this course, we create receptivity for higher things in life, ethical and spiritual, leading gradually to self-knowledge and God-knowledge.

As a thinking person, please stop a moment and give some thought to the true position of humanity. Why are we so proud to call ourselves the nobelist of creatures? Where are we moving headlong? Are we not standing on the brink of a terrific precipice ready to topple down at any moment? Have we, by our conduct, exposed ourselves recklessly to chance winds of Nature's vengeance? Do we



stand in danger of being swept to the deepest depths of annihilation?

Imagine that you could make the most significant and profound positive impact on not only yourself, but the entire population of the Earth—man and beast included, simply by choosing to eat differently. Sound too simple? Maybe it is. And that's why it's so profound.

Here's my point. In the entire creation, the law of Nature holds that life depends on life. Like creatures in other grades of creation, we humans also maintain ourselves by eating something that contains Life Force - Energy - Consciousness. From a physical perspective it appears that we're in the same boat as the other creatures of life, animals, reptiles, and the like.

But Nature has one other propelling wheel working in this material world; the law of Evolution. It provides that all living beings, the material manifestations of Energy - Life Force - Consciousness, pass from one position to another, or come into and out of manifestation, on the ever revolving wheel of creation/destruction (see past issues of this ezine for more about this Evolutionary process and how it is in complete harmony with your own belief). Each has a separate value in regards to its vibration characteristics. The basis of determining the face value, as well as the intrinsic value of the manifested body, is the matter or the form, and intellect. The higher the vibration manifesting in a being in prominent form, the more the intellect and more the value of the being. We can easily apply this law in the solution of the problem of diet for ourselves.

To Be Continued . . .



# ALPHABIOTICS

## A Gentle Aid to Higher Consciousness

It was Kurt's idea. I wasn't too receptive to what he was telling me. I felt that I had exhausted all conventional and alternative approaches. In fact, I had surrendered to my 35 year history of pain and other physical complications resulting from a pre-teen fracture of one of my vertebrae, knowing it to be my destiny. Was I in for a wonderful surprise.

In October of 2004, my close friend for 20 years, Kurt Young, was sitting at our dinner table telling my wife, Ingrid, and me about his recent encounter with an Alphabioticist. Knowing about my injury, and my years of frustration, Kurt, in his usual exuberance, urged me to accompany him the following day to his "session" with the Alphabioticist. "Ed, I really believe that this process can help you. You've got nothing to lose. What if it's your time to be led to someone who can really give you permanent relief", he said. I caved in.

Here it is, two years later, and I hold my friend Kurt, a man passionate about serving others, in high esteem, both for his incessant nagging and his recent accomplishment, receiving his Alphabiotic license. I'm so convinced, from my own personal experience, and from the experience of other friends who have surrendered to Kurt's gentle and confident touch as an Alphabioticist-in-training over the past year. I believe Alphabiotics to be a Godsend. It was for me and it motivates me now to introduce this simple, yet profound Alignment/Unification process to you.

In a recent phone interview with Dr. Virgil Chrane, the "father" of Alphabiotics, I learned that the foundation of the process

### CLAIMED BENEFITS

PHYSICAL	MENTAL	SPIRITUAL
Strength Increase	Stress is Handled	Congruence is Enhanced
Tension Lessens	Calmness is Apparent	Hopefulness Increases
Balance is Better	Thinking is Whole Brained	Life Expression Improves
Decompression Occurs	Inner Direction is Real	Awareness is Heightened
Ease is Achieved	Self Talk is Positive	Empowerment Occurs
Change is Inevitable	Consciousness Expands	Transformation Happens
Wholeness is Possible	Inner Peace is Possible	Higher Consciousness is Possible
<b>Minor Benefit</b>	<b>Major Benefit</b>	<b>Primary Benefit</b>
<b>1%</b>	<b>9%</b>	<b>90%</b>

This Process elevates ritual out of routine mechanics to its highest and most effective point. It brings together, in a practical way, basic philosophical truths and scientific knowledge relative to material and immaterial interrelationships. The Unification Process is experiential - it can't be fully explained - it must be experienced to be fully understood.

lies firmly embedded in Dr. Chrane's understanding of Energy - Life Force - Consciousness. Alphabiotics just may be a breakthrough discovery in the evolution of consciousness; a significant step forward in the technology of human potential; a real way for people to find joy, inner peace, and meaning in life and living. It was introduced by Dr. Chrane as a thoroughly proven, reality based, non-temporal, hands-on helping profession in 1971. **Something To Think About. . .**

Dr. Chrane explains it this way. "The carrier of Life is the spinal column. Life wanted to manifest itself and so it expanded the topmost vertebra of the spinal column and developed it into a skull. It formed the

fine material in the latter into a conductor of a current and gave it the ability to express intelligence and feeling. Thus the brain came into existence. Through this material, Life wanted to see, hear, smell, and feel. Thus the organs of sense evolved: eyes, ears, nose, mouth, and sensory nerves. The nervous system serves to transmit the Life current. In order to move in space and be able to act, it created feet and hands. So that this creature could continue to exist and supply a replacement in case of deterioration, it created the various organs for reproduction and propagation. Finally, this vehicle of Life, moving about on two feet, was given a name: "MAN".

I see Alphabiotics as something intelligent to think about and satisfying to believe in, as well as something practical to use. Regardless of education or non-secular affiliation, one may find in it the ways and means to a fuller, richer life.

Dr. Chrane believe that stress is the root cause of our suffering. Clearly, there is a lot more to stress than what meets the eye, the conscious mind, or even the scientist's microscope. Consider his anatomy of stress: "A response/reaction of dissonance; a condition of energy disharmony, misalignment, and imbalance of consciousness to forces, conditions, and stimuli to which the system is exposed. This definition is applicable to any system of consciousness—the cell, the physical body, the energy body, and even to systems of beliefs and unconscious attitudes."

When I asked him to elaborate on stress, this is what he told me, "Every human being is an energy field. The various aspects of body, mind, and spirit represent different forms of energy, each performing at its own natural rate of vibration. It is this unique synthesis of physical, pre-physical, and metaphysical fields-of-energy which comprise our total human anatomy. When we approach issues of stress, burn-out and the elimination of negative habit patterns we must consider the whole of what we are. One's anguish of mind and emotions when viewed together with spiritual unrest and bodily pain, reveal a pattern of interrelated stress factors. It is obvious therefore, that stress can occur at each level of our being. Our energy fields record these tensions. They record these stress patterns whether or not our rational mind is aware of their presence. In fact, in most cases the causative factors are unknown to the analytical, thinking mind."

Thus, by natural extension of the foregoing definition, "Life Energy Alignment can be seen as a condition of optimal harmony existing between the visible and the invisible aspects of spirit, mind, and body; a

state of balance present within that unified spectrum of energy fields which comprise the unit of consciousness we call human."

The Alphabiotic Alignment/Unification Process is founded upon the principle which holds that the Universal-Mind and the human-mind are one and are not separate from each other. Thus, the faculties of our human Higher Mind, when used with discipline and skill can reveal to our human intellectual-mind, solutions to problems, challenges or disorders that may be present in our life. Alphabiotics takes the view that the highest form of wisdom and the ultimate source of all wellness comes from the guiding inner voice of Universal-Mind vibrating within each of us.

"If your conscious-mind will listen to your own Higher-Mind, it will unfold all that you seek to know. It is the aspect of being in a profound state of Alphabiotic balance that helps you listen to yourself and to refine the quality of communication between your Higher-Mind and your conscious mind."

### The Alphabiotic Evaluation

According to Dr. Chrane there are two essential features necessary in determining an individual's Stress Situation. First, is the alphabioticist's perception whereby he or she employs the human faculty of "sensing or direct-knowing" and the second aspect is simply the observing of the obvious. An evaluation, arrived at in this manner, is in no way a medical or psychiatric diagnosis and should not be regarded as such. The alphabioticist simply serves as a guide and facilitator for the participant, with the participant assuming primary self-responsibility to deal with his or her life challenges and thus eliminate burnout through enhanced awareness and Alphabiotic balance.

In a world rife with unfounded supposition and propositions, charlatans and panders of wellness, it is truly refreshing to come upon an alternative approach to

wellness that has metaphysical and esoteric roots but is firmly framed within the realm of objective science. As Dr. Chrane puts it, "Alphabiotics is grounded in quantum Physics; It is Energy and Consciousness; It is Natural and Constructive; It is Very Direct and Intentional; It's Participant Empowering and the Alphabioticist is a Facilitator. Alphabiotics is not about, nor does it involve, occultism, lying, atheism, new age religion, cheating, or telling anyone what they must believe, or do. Alphabiotics is not a government regulated or insurance covered, nor is it recognized, accepted or a part of medical, chiropractic or any other so-called healing profession." This is why I find it so appealing.

Who is Alphabiotics for? When I asked Dr. Chrane this question he responded back with a few questions of his own, "Ed, do you feel. . .

- That a higher Power is operating in the Universe as a whole and in you and your life personally?
- That balanced currents of this Power flow more freely and fully through peaceful, happy, productive, and purpose people?
- That physical, chemical, and emotional stress can cause confusion, fragmentation, partial separation, and power disruption?
- That a sustained Power disruption, an unrelieved partial disconnect, can result in unhappiness, discord, and unnecessary drama in one's life?
- That if you could be more peaceful and inner directed, your life would be happier and more satisfying?

Alphabioticists do not diagnose, treat or heal. They know human beings are created to be well. They have a special way of looking beyond symptoms to their primary cause. They consider their approach to be a better way. So do I.

Visit the official Alphabiotics website at: [www.alphabiotics.biz](http://www.alphabiotics.biz)

# SOCIAL NETWORKING'S CONSCIOUS COMMUNITY

www.urth.tv - A Mecca for Enlightened Participation



Where do spiritually-minded, upwardly conscious individual-in-the-make, having a difficult time relating to the conventions of the “main stream,” and are seeking like-minded and like-hearted individuals with whom you can resonate fully, go to spend some quality time? [www.urth.tv](http://www.urth.tv) like an oasis in the desert. Urth.TV (pronounced “earth”) is a place where one can quench one’s thirst for discovery.

You know that feeling you get that tells you when something is right, that it vibes with you? I’m a person who relies heavily on this feeling to guide me through my life’s journey, both personally and professionally. When I arrived at Urth.TV in response to a link emailed to me by a close friend, I felt that I was coming home. I experienced that unmistakable feeling that I was welcomed there, I belonged there, I had brothers and sisters there with whom I could open my heart to, and share some quality time together. It didn’t take me long to settle in and have a look around. Everything I saw confirmed my feeling—I could relax here, hang out for as long as I cared to. I had found a new home.

What makes Urth.TV so inviting to me is it’s distinctive and intentional focus on the values shared by a growing community of people worldwide—higher consciousness, healthy living and a sustainable planet.

Urth.TV delivers a conscious community, valuable content, personalized channels and a virtual marketplace where YOU (U) program the content, where YOU recommend the products.

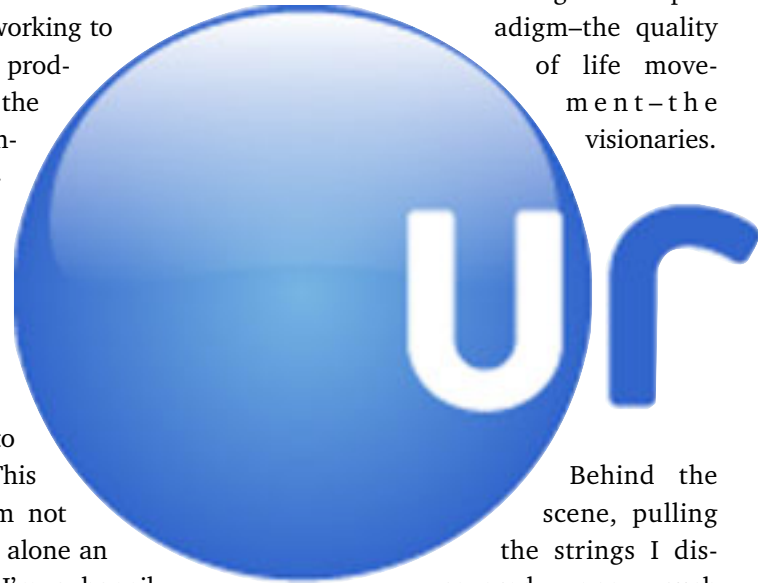
Urth.TV uses social networking to create a forum of ideas, products and services with the goal to democratize community, media and marketplace for the purpose of conscious evolution.

After a few visits to their dynamic website, [www.Urth.TV](http://www.Urth.TV) I was hooked and I hastened to join their community. This puzzled me because I’m not one to join anything, let alone an online social network. I’m a happily married, very independent man with a very active social life involving real people with whom I can spend real, conventional time, in the flesh. Friends are continually coming and going from our home. Why would I seek virtual relationships? Could there be something more compelling about Urth.TV that got me to respond in such an unexpected way? What was it that pulled me in?

It’s the concept. The Urth.TV concept is

unique and trendsetting. There is something cultivated about their offerings. There’s a intriguing blend of the holistic and eclectic, the empirical and esoteric, the physical and metaphysical—all the elements working together in synchronistic elegance. It’s more than just a social network, it’s a destination spot for the new molders of public opinion, the ones who are pushing the envelope, the ones who

are creating the new paradigm—the quality of life movement—the visionaries.



Behind the scene, pulling the strings I discovered one such visionary, WholeLife Expo president Ayman Sawaf, the International best-selling author and leader in the Emotional Intelligence movement. Sawaf, Urth.TV founder, and his team, uses the latest web 2.0 technologies to bring the Whole Life experience, where people connect, shop and learn, to a worldwide online audience. WholeLife is one of the original pioneers of the quality of life movement and has served more than a million loyal cus-

tomers over the past 25 years. Urth.TV's President, Joey Shepp, had this to say: “. . . consumers are skeptical of what is promoted on television, they'd rather go out and “tell-a-vision”. The most powerful channel is the human channel, and that's what is playing on Urth.TV.”

This is what makes their concept all the more powerful. Their creative vision team, fueled by V.P. Marketing & Community, Mikaële Holzer, had positioned Urth.TV for potential explosive growth as a result of their viral content.

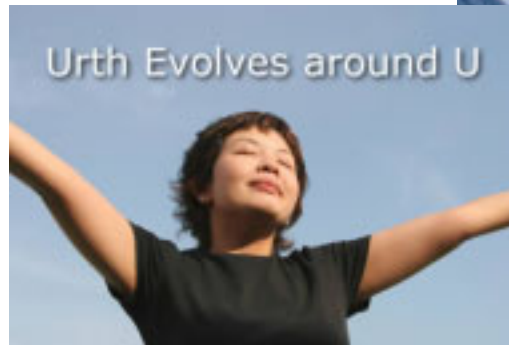
In fact, I found their website so

# urth.tv

appealing that I immediately fired off a few emails to close friend telling them to check out their site.

In my view, Urth.TV represents a bold

Click the Blue [Join urth](#) Button.



and successful idea, spawned by a group of forward-thinking individuals, to build a platform, a forum, where like-minded people from all walks of life, regardless of the country in which they reside, are invited to participate in shaping an undivided planet of undivided humanity, creating the Earth's next great culture, next great civilization.

I quickly determined that this was a company with whom I wanted to build an alliance. From what I had so far been exposed to in my brief encounter with Urth.TV, I surmised that they would be receptive to my

overtly direct and open advances. I composed a short email summarizing the impact that their site had on me, included my concept for a joint informational/educational project, and clicked the send button. When Mikaële Holzer responded, I felt the energy, the integrity of Urth.TV's character, percolating from her very essence. Mikaële was the embodiment of all that epitomized Urth.

Every company, every organization, is made of individual, living & breathing, people. When the individual is in tune with the company's inherent philosophy and charter, and when the company's



vision resonates with that of the individual, this living, breathing “truth” or integrity has an energy, a power that can be measured and felt. I could definitely feel Mikaële's excitement,

her belief in what Urth was doing, and her excitement in being part of this newly established community. I believe that Mikaële represents a common thread, the warp and woof of the society she helps to create and to which she herself belongs. If my impression is accurate, then this society is safe from becoming threadbare for a long time to come.

Urth.TV is like a huge magnet, exerting it's attractive force throughout the global community, inexorably pulling individuals who resonate with their fundamental values, their collective vision. Watch out! You too will soon start to feel the force of allurements, of fascination, of charm, the seductive enticement which is [Urth.TV](#). Imagine a world, a perfect reflection of a perfect reality you hold deep in your heart, having surfaced, having found expression, manifesting into form before your very eyes. Imagine participating consciously, with intention, with others, in the creative process of this world. Imagine too, this world to be only moments away from coming into tangible, verifiable, and recognizable existence. Imagine the unlimited possibilities held within the unlimited creation and you begin to get a feel for what Urth.TV is all about.

[Go and create it!](#)

# Good Stories Make Us Good

## The True Disciple



There is an example in the Mahabharata. A boy of a very low caste was eager to learn the art of archery. He went to a master of archery to inquire about lessons but the archery master denied him, telling him "Archery can only be taught to the children of kings who are meant for this and so I cannot teach you." But the boy was very eager, very anxious to learn this art. So he went to the forest and formed a statue, a likeness of that archery master. Then he declared: "He is my master and I will learn archery from him." In his mind he directed his attention to the statue and thought: "Now, master, please, should I begin?" He felt that the master was indeed watching and was vigilant in instructing his actions. When something went wrong, he thought: "My master is not happy with my work and I should improve." In this way he continuously thought of the master. After some time he became very skilled in the art of archery. He became an expert.

One day, the disciples of the real master of archery traveled to the forest for a test. By chance, the boy from the lower caste was also there. Now, when the boys of the master shot arrows, they were not finding the target, their arrows were going every which way. Seeing this, the rejected boy felt very upset. "What are they doing?" he thought. Then, impulsively, he sprang from his hiding place in the bushes and blurted out, "Please, master, give me a chance to show my skill." Surprised at the sudden appearance of the boy, but attempting to humor him, the master said: "Alright, if you think you know, then go on." Then, with purposeful confidence, he raised his bow and shot arrow after arrow, each of them flying directly to the center of the target.

The master was very surprised at his skill and asked: "From whom have you learned this art so nicely? Who is your master, who is your teacher?" Then the boy bowed down his head to the teacher: "My dear, respectable Sir, you are my master of this art of archery. I have learned it from you." The master objected, "No, I have not accepted you. You are not my disciple." The boy answered: "You have not accepted me as your disciple, but I have accepted you as my master and therefore I have learned it."

**HOW?** As we think, so we become. It wasn't the words or physical presence of the teacher; it was the boy's receptivity, his constant thought tuned to the master, like a big radio receiver, that he was able to attract the energetic essence, the qualities of the master. So education, or any other subject, is not learned from books or from inert, lifeless material. These cannot inspire anything in us. But when we are sitting in the presence of someone who is fully developed, fully competent in his/her subject, then automatically we will feel like learning the subject because the radiation of that person has an effect on us. When we think of someone we automatically attract their energetic essence to us. We "tune in" to their frequencies. These frequencies, if weaker, will not affect us. But if they are stronger, they will impress their values upon us. Who are you tuning your attention to?

## SALT FACTS

### SALT - THE DEITY OF CEREMONY

Many indigenous North American cultures have a salt deity, almost always female. For the Navajo, it is an elderly woman. Among agricultural people of the U.S. Southwest and Mexico, expeditions to gather salt were often initiated with great ceremonies. Among the Hopi, this included copulation with a woman designated "the salt woman." Among many southwestern groups, salt gathering was organized by religious leaders. Usually, participants had to be initiated into a cult of salt gatherers. Often only members of a privileged clan, such as the Laguna's parrot clan, could go on salt expedition. In most cultures only men were allowed to gather salt, but the Navajo allowed women also. The Zuni, according to legend, originally allowed both, but their frivolity on the mission offended the salt goddess and the salt supply started to vanish. So they changed the custom to men only. The entire Zuni population prayed for the safe return of the salt expedition. When the men returned, the paternal aunt of each salt gatherer would wash his head and body with yucca suds.

From the book: *Salt - A World History* by: Mark Kurlansky

