

Essays bearing on why we are the way we are and how to change the way we are

If the many thousands of spiritual teachers throughout the world begin teaching what Jesus and the prophets of the Old Testament and the apostles taught, in due time, the entire world will be in peace and harmony.

Let us face it: The anger, hate, jealousy, dysfunctional families, the breakup of families, crime, violence, drug abuse, child abuse, and on and on and on is not the way things are meant to be — **not the way things would be if we did what biblical teachers said to do.**

It is logical that if a few people are genuinely peaceful, happy, and contented, everyone has the potential to enjoy peace, joy and happiness. What makes the difference? What works and what does not work to help people find peace, joy and happiness— what everyone inherently desires?

To answer the questions, I found myself on a journey, participating in myriad workshops. My experiences and observations had a significant bearing on my writing the following essays. Here is a partial list of the workshops, seminars, and personal growth groups in which I participated ... in at least seven different states:

T-Group (Sensitivity) Training (Lake Arrowhead, California); Erhard Seminar Training (*est*); Transcendental Meditation®; Indian Sweat Lodge; Ethical Hypnosis (New York City); Mind Control; a seminar on reincarnation; a seminar on Spiritual Healing; several varied workshops at the Esalen Institute at Big Sur, California; varied encounter groups; workshops involving primal scream, a cursory study of various things such as meditation, Yoga, Buddhism, *A Course In Miracles*. I also met with a psychic healer in the Philippines, and also talked with others who had come from the United States for treatment.

It seems that I went around the world and back to where I started. Initially, I intended to write based on my experiences and observations. However, during my writing, I begin noticing that all those workshops that I attended did not have the answer to what seekers are seeking. I realized that the answer is in the Bible.

Moreover, applying what biblical teachers said is comparatively simple. And, it is free! Unfortunately, fundamentalists have led us astray from the wisdom left for us by biblical teachers thousands of years ago.

If you read the following essays slowly, pondering as you read, you will know what you must do to discover the truth that sets you free. Moreover, you will realize that the hidden cause of mental turmoil and suffering is within us. In addition, you will know that the source of peace, joy and happiness is within us — **and you will know how to find it.**

You will have a great appreciation for what the wise prophet Solomon said: “As a man thinketh in his heart, so is he”. Importantly, you will know how to change the way you think in your heart.

The Essays follow:

Anger —Anger! The Hidden Killer! When we manage and control our anger, we still have this dreadful killer. Learn the truth. We free ourselves from anger by knowing the truth that makes us free.

Truth— Regardless of what might plague you (anxiety, depression, anger, hatred, phobias, emotional insecurity, and so forth), truth is the answer. The truth that sets us free frees us from the hidden cause of mental turmoil and suffering.

Loving Relationships — Learn the truth. You will never be satisfied anyplace, with anyone if you are not satisfied with yourself; most people aren't. We are satisfied with ourselves when we are truthful, humble and pure in heart.

Know Thyself — Socrates said, "Know thyself." This ancient gem of wisdom (popular about 500 years BC) is the simple secret to a peaceful, happy, contented life.

Our Purpose in Life — When we are fulfilling our purpose in life, we are happy, satisfied, and contented. Our purpose is quite simple. You will know your purpose when you read this article.

The Power of Love — Learn the truth. Love has the power to transform us, our families—the entire world. How do we learn to love? You will find the answer here.

How to Be Happy — Learn the truth. The infallible secret for finding happiness (a passionate desire of everyone) has been known for more than 3,000 years; it is in the Bible. Why is this glossed over?

How to be Healthy — Learn the truth. Most illnesses are caused by the mind. The ultimate healing is achieved by knowing the truth that makes us free.

Why Christianity Is Not Working — Learn the truth! The Gospel that Jesus commanded his disciples to preach to every creature in the

world has been glossed over and misinterpreted. The true Gospel Jesus preached has the potential for bringing peace and harmony to us and the entire world.

[The Best Sex Possible](#) — You can forget about aphrodisiacs and all that stuff in superficial sex manuals when you know the secret to the best sex possible.

Here is a link to books by the author: **[Books](#)**

Here is a link for ordering books: **[Ordering Books](#)**

If you would like to see a **lengthy list** of comments by readers of my writings, read here: **[Response](#)** >> I must add that I feel deeply indebted to the people who took the time to give me the feedback about my writings. Their comments encouraged me considerably to continue my studying and writing. It is significant to know that these comments from readers were not solicited.

Any way you slice it, most of the comments are an indication that fundamentalists need to change their beliefs and consequently their teachings. The Holy Scriptures have the potential for transforming the world ... if only people understood, believed **and did** what biblical teachers said to do.

[Perhaps I should explain: For the most part, the foregoing topics were on my first website that got hijacked. The guilty party must have appreciated the website. He changed the URL, removing my name and adding his name. He also added a link to subject matter far alien to anything on my website. Finally, I rebuilt the Website to what you see here.]

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