

Sparks for the Living

It's damp and dark in this windowless basement, another day finds me here afraid, alone, insecure; imprisoned by loneliness. I will allow myself only to work and to my sadness, slowly burning away my youth to a bare bright light-bulb...

I open the Bible randomly, using it like an oracle. It's not my Bible. I think someone left it in a box by the curb, or I found it forgotten in a closet...either way it's not mine. There is a lady's name on the top right corner of the first page, written in a cursive that makes me think of a well-mannered and kind old woman at the end of her safe life. Sometimes I dream I am in the company of demons, not the horned, white-faced bug-eyed type though; mine can be oppressive but are mostly just present. I have had such a dream and ask God to show me the way and open the Bible to a random spot. I read Mark 5:1,20

5 They went across the lake to the region of the Gerasenes.[a] 2 When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet him. 3 This man lived in the tombs, and no one could bind him anymore, not even with a chain. 4 For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. 5 Night and day among the tombs and in the hills he would cry out and cut himself with stones.6 When he saw Jesus from a distance, he ran and fell on his knees in front of him. 7 He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? In God's name don't torture me!" 8 For Jesus had said to him, "Come out of this man, you impure spirit!"9 Then Jesus asked him, "What is your name?" "My name is Legion," he replied, "for we are many." 10 And he begged Jesus again and again not to send them out of the area.11 A large herd of pigs was feeding on the nearby hillside. 12 The demons begged Jesus, "Send us among the pigs; allow us to go into them." 13 He gave them permission, and the impure spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned.14 Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. 15 When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. 16 Those who had seen it told the people what had happened to the demon-possessed man—and told about the pigs as well. 17 Then the people began to plead with Jesus to leave their region.18 As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. 19 Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." 20 So the man went away and began to tell in the Decapolis[b] how much Jesus had done for him. And all the people were amazed.

I then look up some commentary.

It's dusk, Jesus and crew are disembarking at dusk or early nightfall after a long day. The man comes upon them and Jesus orders the spirits out and then the rest of the story is linear. The demons destroy the property of the townsfolk thus turning them against Jesus

and so beg him to go, not order but fearfully beg. The man asks to go but Jesus calls him to a higher place, to preach among those who have shunned Jesus in fear since his presence has destroyed their property.

The tormentor pleads not to be tormented, from menace to society to healer.

At the time of Jesus, and by some to this day, it was believed demons could be “ridden” and gave power to the host and could also control and destroy the host.

It is very important to know that we can cast demons away if we are secure in our knowledge that Jesus vanquished all demons and is God and that he loves us and is always there for us... That is, Jesus will dispel them through us, irregardless of all our shortcomings if only we ask.

I don't understand what God wants of me, but very much identify with the man among the tombs.

I sleep.

Time goes by marked only by my shallow breaths.

I somehow position myself as a student; I will be loaned enough money to pay for school and living expenses. I find a safe place: a nice place with nice people with good habits and a nice meal plan.

I don't study much, but wander the stacks reading, using the end of one book to spring me onto another.

Nothing has changed. I am still imprisoned by loneliness. I begin to spend time praying. I ask God to make me crazy or make me sane, but to pick one. I begin to take notes and attend retreats. Retreat summaries are followed by Pocketbook Notes.

April 18 1996

Losing direction is a lack of discipline

Losing sight of our spiritual nature and not informing our actions with the truth of love has as a consequence the absolute despair that grips you from time to time.

Discipline in your spiritual search is talking to a mentor, a schedule, readings, prayer, etc:
Gospel meditation

Prayers

Mass

Meditation with God

Speaking with a mentor

Asking yourself what your place in the world is

Mortification (fasting, exercise)

Offer up to God your hours of study. Make your studies an act of sacrifice.

It is essential that you have time away, time to have fun, to pursue a desire.

Manage your money with long-term goals in mind.

Don't deny your feelings, they are telling you something. If you feel like shit it is for a specific reason, this is a good time to speak to an elder or guide.

Pray as yourself, as you are; not as what you want to be, others think you are, as what you were.

Always start small, build up slowly.

Humility is key, you don't know everything, so don't pretend you do.

Be gentle, all beginnings are brought along gently.

Meditate on and answer these questions daily: Who am I? Why am I here? Where did I come from? Where am I going? Why?

Don't abandon the war because you lost a battle.

Visit the sacraments, especially communion. It is God who touches us every time we experience communion. Meditate on what it means for Jesus to be present in a piece of bread; the vulnerability, the trust, the self-giving. It is madness, a truly wonderful madness.

Death, imminent death creates focus, removes the clutter.

You are not a result of all your shortcomings: you are God's child, that is how you must see yourself.

Bring yourself to God as you are; it is pointless to try to pretend or hide.

Meditate on the gospels, especially Mark. Try to imitate Christ, he is our brother and guide.

When starting you may lose sight of the big picture, one brick, another brick, it may seem tedious and helpless, take some time away and meditate on the big picture.

"You are the disciple of the one who died on the cross". Think about that.

On waking up say hi to God.

Laugh at yourself, at life, laugh. You must learn to not take yourself so seriously.

Think of the needs of others, think what they need and what you can do to help, even if it's just a laugh, a kind word or some space, think of others, of what they need.

Accept your shortcomings. Make a list of your daily shortcomings to discover your weaknesses. Make a determination to strengthen these weaknesses. Identify one shortcoming and work on it for 3 weeks.

Meditate on the life of Jesus. Recreate in your mind a gospel scene and think about everything in the scene and ask yourself questions about it. Where does love fit into this scene.

May 22 1997

Unite your will to God through obedience and charity.

God is glorified when we do his will in all we do.

Christ is the perfection of unity to the will of God. He is our example and guide.

Ask for it.

Remain steadfast in adversity, constant in prayer.

Everything is from God: good, evil, riches, poverty, humiliation, success; you must drink the cup "the chalice my father has given me, shall I not drink it?"

In everything, praise the will of God; all circumstances arise out of God.

See everything you see for what it is: the will of God.

Make it a habit to receive all as if it were from God. "All things work together unto Good". Accept misfortune and adversity as an opportunity to love God.

Your whole life directed to asking God to help you see and fulfill God's will, "Here I am God, do with me and what I have as you wish".

Accept the fluctuations of the environment as from God. Abstain from qualifying the environment, it is as it should be, no more nor less. Accept it and behave as you should when receiving gifts; be thankful.

Hypothetical situations are best answered with a statement of intention of conformity to God's will.

Natural defects should not be lamented. Strive to be of more use to God in some other thing if you are by nature barred from the other.

Do not allow infirmities (ills) to wrench a curse from your heart. Allow the sickness to go its course; procure your body and its balance; as God wills not as you will.

Loss of those dear to us can lead to spiritual desolation. We should strive to see the loss of a soul, human death, as the will of God. When all turns to darkness, hold fast to God. It is the test, the tempering. Hold fast to God during difficulties and practice resignation.

We should desire only God's will. (How do we find out God's will?).

We should desire the will of God-Saints.

Whatever happens is God's will, so why then be mortified? Why feel anything? Why not utter abandonment to God's will?

June 19 1997

I got carried away by my pride. Quit work on account of pride and have spiralled out of God on account of pride. I started seeing the improvements as my own and became proud and cocky and felt apart from others, not so much better as different. Turned to being happy about myself, to admiring myself and this has caused great misery.

Oct 17 1997

Vanity and lack of perseverance have left me empty, in the cold, shivering in the absence of God. What thread should I pick up know? It seems all must be done all over-these are empty words reflecting my pessimism and despair. My imagination rampant, my body low. Every little bit counts. Go for the little things. Pray.

You cannot love God by thinking of loving God, it must be manifested (or so it seems to me). "How can I love you Lord?" -By loving others for my sake, by doing for them all you can possibly do to make their day joyful. Is that it? Joy in others? Reflection too? I judge others...is it that it is not for me to judge but to love? -Give yourself. Either I don't know what that means or I don't want to know.-Appreciate what you have, thank God for those around you.

Why do you hold your heart out as if it were of no worth? Giving it to whoever would pass by and take it. Do not put your heart in the hands of others, that's not what it is for. Put your heart in God's hands.

Be thankful for what you have been given. Who are you to demand of others that they be better?

Be thankful and seek God.

Jesus invites us to be with him in the Trinity. We must respond with a yes.

We must look at the most basic and simple chores and duties as a service to God, as a way of loving God through a job well done.

Eat slowly.

Schedule a selfless act of charity daily.

Gap between your ideal and your reality should be used as an opportunity to grow in humility. And one must use this vision of the gap to take strength in the struggle.

Be detached, all is vain, only our relationship with God endures forever.

Dec 05 1998

Spiritual life must be a positive. NOT an avoidance of sin, YES a loving of God.

Whenever I am afraid I whistle a tune, in fooling others I fool myself that I'm OK.

Intellect OVER emotion.

Accept yourself. Be humble. Strive lovingly to become better.

Channel sexual energy towards your work.

Always walk with a feeling of deep gratitude surrounding you.

It's a daily struggle, conquer the day.

Temptations are like the sound of the wind, always there. Don't pay too much attention to them.

If you are sad, pray. If you are happy, sing.

Do not give in to fear, God does not wish you to fear. God is not a God of fear. Fear is an illusion.

God is everywhere. Do not judge others. God is with them also.

Apr 2002

Sometimes you have to fight God to get to know him.

The desire to be approved is not good, you should know what your are about, you should know the goodness of your actions.

By today's standards Jesus is a failure.

A life of exploration and discovery, not of resting on laurels.

Mature=Been down enough roads to know I don't want to take some.

Be humble, and when there is nothing to be humble about, be simple.

Pocketbook Notes

Humility is truth. It is a landmark. It is knowing who we truly are.

Sometimes a stranger's eyes see clearest.

Do not put your desires at the center of your being.

Free me from the desire to be loved. Free me from the fear of being hurt.

The test of good manners is putting up with bad ones.

Truth should be whispered, to write things down is to invite abuse.

Time is a great gift we can give to one another, through time spent love is deepened.

Strive not to be better than others, but to be better than yesterday.

Rely on yourself, not others, to tell you who you are.

Never eat shit unnecessarily.

Expectations should only be of your self, not of others.

Every day should be a thanksgiving.

Take care of yourself, eat well, exercise, pray. Battle negativity. Apologize, take the extra step to bring love.

Dream. Do. Plan, execute.

We all thrive on challenge and accountability.

Prayer never ends, unless you think it does. Prayer is not accomplished, prayer is an openness, non-deluded openness of our being. Having attached our pride to prayer we think it ends, or worse, we think we failed at it. NO, prayer is openness, and it never ends unless we think it ends.

Humility also means giving in to necessity, obeying necessity...it is necessary to exercise, so you do.

Don't view problems as permanent, be optimistic.

The same principle that causes us to laugh is the same one that impels us to truth: perfect truth brings joy.

That crushing weight is the loneliness of unlove. Set a reminder every day of who you are: you are God's love. Muster up the courage to enter the song.

Truth is humility, humility breeds strength, strength breeds self-possession. All in humility. Meditate on God's love to you and all.

Jesus left the work unfinished, poetry unwritten, dreams undreamed.

Jesus' message does not belong to any institution, it is for all ages, for all people.

Familiarity can breed contempt, it builds ever so slowly, contempt creeps up attached to the best part of familiarity. There is a place for reverence, especially bodily since it reminds us what we are doing, it helps us focus our whole being on God.

Your dignity does not depend on what you do or don't do, you are made in God's image.

Be thankful for times of desolation, God is telling you something, usually pruning your pride, be thankful.

To see others faults is an opportunity to love them better, to focus your prayer.

You must have a forgiving heart, forgiving of others quirks and weaknesses. Be considerate of others, they are your children, your brothers and sisters, your companions.

Beware of people who ask a lot of questions while trying to get on your good side.

There is no genius without structure, genius is seeing beyond structure, beyond existing assumptions/accepted truths. Removing structure removes the circumstances in which a genius could thrive.

Life is so fragile: it hangs on a breath.

Your life will be a result of your actions.

Accept advice, follow advice but never forget YOU made the decision and only you are responsible for your actions.

We are not the sum of our failures and weaknesses. We are the sum of the love God has for us AND our real capability of becoming like Jesus.

Do not accept anything as true that lacks love. Don't accept anything as love that lacks truth.

Love must be pulled softly, gently and with great care on a daily basis. Our hold on love is very weak, tenuous...we must remind ourselves daily of it...allow our mind to pull it into our mind, heart and soul like a wet taffy, whipping and breaking away...gently softly we must allow love to come into our soul daily.

Pride is built into us, ask for humility daily.

We have begun our heaven on earth because of our intimacy with him.

Always have a daily goal you are striving towards.

Conquer the day, let the problems of the day be your only concern, remain focused on the next step.

Identify yourself with Jesus but you must remain aware that our pursuit of christian renewal of self doesn't result in us believing we are Jesus-there is a subtle movement of pride when we have become close to God that makes us believe the miracles we witness are our own.

God's plan for you is for you to be free.

God speaks to us in our actions-through the sweat of our brow the restlessness turns to peace.

Don't pretend to know the future because if you think you know the future you will likely lose hope. And truthfully you don't. At best you will have seen a very symbolic and cloudy vision. Don't kid yourself that you know the future, it is a great danger to you, your mind, your heart, your emotions. It turns you off in a sense. Beware.

1-Love the process not the outcome. 2-Keep an eye on overcommitment. 3-Rest away from project.

Mortification is not a lifestyle, it is a method of attaining something specific.

Morality itself should not be the goal-morality is a sign or a result of the love of God, self and others, of knowing and loving the human condition, of being a brother to those around you, of placing the dignity of others and their needs before our own impulses.

People sometimes confuse morality and make morality itself the goal. The human impulses must be explored openly and with an even keel and followed back to God. That is, we must trace our impulses back to God and see how they fit into a dignified graceful acceptance of the human condition. To reject what we are is stupidity and untruth. Jesus became one of us and dignified every emotion.

To think you can make God love you more or less is incorrect, we cannot sway God or make God do anything. God's love for us is perfect and is always the same toward us.

Morals and prayers are so we can appreciate Gods love for us and appreciate who and what we are, not so God can love us more. The traditions of asceticism, mortification, prayer, trials are so we can find out what is in us that is keeping us away from God. To think that doing x or y will make God love us or love us more misses the point and is superstitious: as if doing the dance and throwing the bones on the fire would make God do this or that.

Happiness is achieved through giving.

God speaks to us through our drives and emotions. The most important growth will come for the individual through understanding his or her drives and emotions.

Our innate confidence in our ability to understand is undermined by initiation rituals (Phd, etc).

Landmarks are better than dogma.

Practice goal oriented speech as opposed to good will oriented speech.

God is sacred. Honour God. Start by giving thanks at every meal.

Evil only exists because good people allow it.

-Stop hating the world. If I found reasons to love it, so can you.-God

God is in our lives and wants us to know him. Love is a result of knowing the created and the creator. Love is the flow between the creator and the created and yes, there are innumerable eddies.

God loves you . You are doing ok, really. You are too hard on yourself. You get carried away by fantasies. You are one of the good guys. And although your life and all in it isn't perfect, you are doing ok...really.

Confidence and service (how am I going to serve my community/the people around me), I think that was lacking and should now be your focus.

Crazy folk and their craziness rubs onto you. Get away from it.

Take care of your body.

Stop defining yourself with the things you do not have but may want, the things that you wish you'd have achieved but didn't, your shortcomings, your failures, your struggles...things could always be better, or different, or bigger, or skinnier...you are doing really well, don't let yourself forget that.

God would speak to you much more often if you would only make time to hear him.

Regularity and frequency are key, humility is essential.

Humility is elusive, a greased pole. Humility is knowing your place, knowing the truth of who you are.

When we start getting regular in prayer it's sooo easy to get lead astray thinking we are awesome.

To breathe is an act of humility, to remember that everything you are and may do depends on that short simple act. Honour the act of breathing, give it it's place and focus on it, check in on it, visit with it daily.

Appreciate who you are, with all your broken bones you are still good for something; with all your shortcomings you are still just another guy. Appreciate yourself.

For some there will be a need for loneliness, to enter into loneliness to get to solitude, to that place where we are our own, in possession of self. We need to remove the clutter in our lives to get to where we know we are not what others see in us. We need to get to where we are not defined by others but by knowledge of self, by truth.

Love is like a muscle so it can get stronger, but since it is an act of will, love will always require a conscious act of preference or choice.

Jesus became man because women generally speaking, are touched by God, innately women understand we are children of God.

Explore, it tickles-God. All that is good is yours, your heritage. The true and good needs to be discovered, a childlike enthusiastic curiosity is the key to lifelong friendship with God. All that is good and true is and is from God.

Since every human is unique in the freedom of our own deliberate choices in life, we will build our life and realize our goal in our own inimitable way. Yet there are enough similarities among us that past or present experience of others can serve as landmarks to us.

Contemplating on truth and acting upon the revealed truths go hand in hand in that one informs the other and the other hones the one. Truth should inform our actions and it is through our actions that the truth we believe is tested, forged, tempered, assayed, proven. We are free, entirely, and are the only creatures on this earth that we know of that have been given entire freedom. This is why there is evil in the world. The great gift of radical freedom we possess is abused by many, and many more have the truth that would allow them to act in accordance with what is true and good, kept from them.

Meet death as an old friend come to visit, a dear old friend you've been expecting to see again for a long time.

God loves us. Jesus came so we may know we are children of God.

A SHORT AND SIMPLE GUIDE FOR THE LIVING

1-GOD LOVES YOU NO MATTER WHAT. GOD IS IN YOU AND YOU IN GOD. YOU ARE PART AND THE WHOLE. (God is everything true good and beautiful).

2-BE ACTIVE IN YOUR COMMUNITY.

3-CONSIDER THAT YOUR EVERY ACT HAS REPERCUSSIONS INTO ETERNITY AND ALSO IN WHERE YOU ARE RIGHT NOW AND WHERE YOU WILL END UP IN THE FUTURE.

4-PRAY DAILY: EVENING AND NIGHT AT THE SAME TIME EACH DAY. (prayer is achieving and holding on to an idea or example of love in a quiet environment with your body relaxed).

5-PRAY A REPETITIVE PRAYER THAT HAS ONLY GOD (TRUTH, BEAUTY, GOODNESS) AS ITS FOCUS AT THE SAME TIME DAILY.

6-DO ANY ACT THAT IS CAPABLE OF MAKING THE MIND AND BODY WORK TOGETHER AS ONE HARMONIOUS WHOLE (LIKE BIKRAM YOGA).

7-DAILY ENJOY AND CELEBRATE THE BEAUTY YOU FIND IN YOUR EVERY DAY, BIG AND SMALL.

Handbook of Basic Truths

Goal is holistic, a unity of mind, heart, body. You will love God with all your mind, heart, body.

Without understanding the echoes our actions have down through the ages and rippling across our present we create a reality knowing not why, how or what, yet create it nonetheless.

Ask: does this belief serve me or cause suffering to others?

We are what we are independent of whether we know or believe it.

The laws are in us and can be understood.

Become conscious co-creators: the universe dynamically responds to us.

Important to find a detached loving supporter who will listen to your thoughts as you progress.

Entering into silence, de cluttering our mind and our lives, removing the toxic and the indifferent is a necessary period of cleansing.

7 Laws

Mind-Mind is essential generator of everything we experience

Correspondence-What happens on a small scale is reflected on a large scale and viceversa

Vibration-Everything vibrates, is in motion, composed of vibratory energy

Polarity-Everything has a positive and a negative pole to it

Rhythm-Time and consciousness move in cycles

Cause and Effect-Energy you emit is energy you attract, reap what you sow, do to others as you would to yourself, effect follows cause

Gender-everything has a masculine and a feminine component

True freedom is to know and correspond with the laws of nature

Every decision boils down to a choice between love and fear.

Love results in knowledge/seeking truth. Truth results in unity of thoughts emotions acts, self control, no competing desires, thoughts emotions actions exist in unison within

Fear results in ignorance/refusal of truth. Ignorance results in confusion, no rule of self, competing interests, no unity of self, easily manipulated

If you choose love it results in what is good ONLY.

Right=based in truth, natural law, action do not result in harm to others

Wrong=Not based in truth, nor natural law. Actions result in harm to other sovereign beings.

Visualize a world of 2 people.

Because choice is a judgment upon a circumstance, human liberty depends on judgments conforming to natural law. Choice in non-conformity to natural law, multiplied throughout an aggregation of people creates disorder and eventual dissolution of said aggregate.

Different types of truth

Extant, inherent truths-are so whether we believe in them or not (gravity, God)

Convention based on inherent truths-though shall not kill, rituals like confirmation, etc.

Arbitrary Convention-grammar, which side of the road we drive on, etc.

View of Current Structure

We are- Reptilian:fight or flight and desire to dominate, survive. Emotional: what we experience has an effect on us, creates emotions that are like landmarks. Intellect: creative, intuitive, conceptual, logical, structured, ordered

Our present system exists through immorality/violence/coercion/fear.

Manufactured scarcity is a cornerstone of our present system.

Scarcity creates fear, creates survival mentality.

Know the truth of your surroundings, in depth know the prevailing circumstances and who benefits from them, and how the benefits are incurred. Know the different levels of power. Know who has power and what the source of this power is.

Sometimes our surroundings, the power structure or circumstances around us, are an obstacle to truth and love. Victims of unspoken policies masked in for the public good. Some groups are real targets of masked hatred. Hope is hard to come by among these groups victims of generational hatred. Their emancipation must be personal and of the power structure around them.

Presently rulers stack the deck to make it easy to rule(?) The present method of ruling has been passed down through rituals that would stagger the average person. However these rituals are not the why, the why is because it's easy (?) Through techniques, the human aggregate is malleable and non-threatening and the cadre protected. But the reality is, someone needs to rule (?)

Examples of Current Structural Abuse

Confusion through disassociation-we cannot truly know unless we have a Degree, we can't speak with authority, so our inborn sense of understanding is trashed. Separated from what we truly are through pseudoscience, half concepts such as evolution, psychiatry, sociology etc.

Poisoned view of human ability to change self or circumstances-Only the experts can change things, you can't.

Exploitation of fears, primal fears-like darkness, predators, chaos, abandonment-through scarcity create a cadre of people who are initiated through drug and sex parties. At a higher level, initiation ritual likely pedophilia and ritual murder.

Divide and conquer-create differences between one another through: religion, gender, sex, race, belief-Eg. See incarceration nation by Michelle Alexander, crusades, Zionism. Misinform through education system that does not teach holistic knowledge. Teaches only to accept and do as told. Eg See Dumbing Down of America and Howard Zinn but also need to know why people Zinn takes down were so successful.

Controlled opposition-dialectic-create two opposing sides, limiting choices, controlling the dialogue, “forcing” (Eg. Republican and Democrat dichotomy in USA, both take orders from same cadre)

Monetary system as replacement for true will and true care-system of belief all ascribe to that imposes value and creates limitations

Mass media-controlling the dialogue, “this is what’s important”, feeding fear, leading astray, misdirecting Eg. Celebrity nonsense in place of real issues affecting aggregate.

Food and Medicine that weaken the body, Eg. Prozac: may cause detachment to parts of yourself that actually matter. Depression is most often used as an infantilization, a removal of responsibility from the person. Depression is most often a sign our lifestyle and our surroundings are not reflective of truth, of what is good.

Illusion of time-focusing us on past and creating anxiety for future causing a squandering of our present

Denial, hassle, ridicule- Publicly deny events, most people will stay in hassle free zone, ridicule those who step out of line Eg. Building of St Peters

Religion-Grouping and mind control-Using religion to create hatred towards another group, Catholic crusades, wahabism, protestant right.

Subversive symbolism

Chaos sorcery-false flags designed to inject fear into our minds. Massive spending of public monies that result in zero accountability (crazy making). Public servants saying one thing and doing another. No planning.

Book Summary

What follows are verbatim excerpts found buried among a lot of R.C. fear-mongering

God is knowable because God is truth and as humans we are impelled to know the whole truth. The fires of this divine discontent have been kindled within us.

No human is ignorant of God since every single thing in the universe is plainly signed by the divine artist, and each thing has a distinct truth to tell about its maker.

Faith in God, belief in his love for us will carry our minds to many truths and makes possible real intimacy with God.

That which we do, we work on, in which we take delight, we spend our time, is said to be our life. So to spend our time in knowing and loving God is said to be eternal life, since that which is the object of our life is in itself, God, eternal.

To know ourselves is to know a great deal about God for we are made in God's image.

Only love allows us to make sense of life. Through love veil after veil is lifted showing us goodness and truth in the circumstances we live in. Our life is one of seeking, of constant pursuit, of constant growth.

If prayer were a cringing, whining or coaxing it would mean God is whimsical, capricious, impulsive. God is eternal, unchanging, perfect Love. Words and concepts merely hint at the reality of God, however within the limit of our reason we can apprehend an order and through and within this apprehended order we place God at the apex, cornerstone, center, beginning.

We are human, made in the image of God, with the fate of our lives and soul entirely in our own hands because of the daring goodness of Gods sharing.

Love is that which pervades all creation, and it is in aligning ourselves with Love that we are as we were truly meant to be. In love we find the landmarks of happiness, peace, joy, knowledge, harmony.

Love is to will good to another, and to get it done.

We cannot compare the love God has for a speck of dust carried along in a passing breeze and Gods love for a human striding boldly and purposefully towards the heights. What has more has been loved more by God and reveals more of God yet only God and God alone is a "weigher of spirits", no human should presume to impose a hierarchy of God's love on humanity itself.

God is an object of faith, and God is absolutely simple. But the simplest things are sometimes the hardest to understand or explain.

Faith is a special type of intellectual act. In order for us humans to attain intimacy with God, we must first of all believe in God, in the same way a disciple believes in the master who is teaching him or her.

Our free acceptance of God through faith sets us on the road to intimacy with God. Faith establishes the conditions, sets the mood necessary for the successful completion of our journey towards God. Through faith we can rely on God's help to complete the journey, to fill the gaps in understanding.

Faith gives clarity to our mind.

We are humans and as such have other inborn desires such as food, drink, clothing, sexual gratification, to name a few. These many desires can clutter our mind and can create a state of confusion in that there are conflicting desires and ambitions.

These are not evil, otherwise God would not have given them to us, however they serve a specific

purpose and have specific ends which fit in a hierarchy. The highest end or goal or desire in us is the desire to know truth, and the ultimate truth is God's love in all around us and in us.

Through faith we accept truth from God and God who is truth.

Through faith we are open to hope, hope that God leads to all that is good in us and around us.

Through hope we are impelled towards that which we do not have, we call hope the belief that we can achieve that which we desire, we do not hope for things we possess, rather we hope for that which we have not yet achieved.

Faith is the certainty that God is truth and love and will lead us to happiness.

We call hope the result of our will yoking itself to our faith in God.

5BX

Chart 1

Age Groups
6 yrs maintains B
7 yrs maintains A

Physical capacity rating scale

Level	EXERCISE					1/2 mile run	1 mile walk
	1	2	3	4	5		
A+	20	18	22	13	400	5 1/2	17
A	18	17	20	12	375	5 1/2	17
A-	16	15	18	11	335	5 1/2	17
B+	14	13	16	9	320	6	18
B	12	12	14	8	305	6	18
B-	10	11	12	7	280	6	18
C+	8	9	10	6	260	6 1/2	19
C	7	8	9	5	235	6 1/2	19
C-	6	7	8	4	205	6 1/2	19
D+	4	5	6	3	175	7	20
D	3	4	5	3	145	7 1/2	21
D-	2	3	4	2	100	8	21
Minutes for each exercise	2	1	1	1	6		

1 Feet astride, arms upward. Forward bend to floor touching then stretch upward and backward bend. Do not strain to keep knees straight.

2 Back lying, feet 6 ins. apart, arms at sides. Sit up just far enough to see your heels. Keep legs straight, head and shoulders must clear the floor.

3 Front lying, palms placed under the thighs. Raise head and one leg, repeat using legs alternately. Keep leg straight at the knee, thighs must

clear the palms. (Count one each time second leg touches floor.)

4 Front lying, hands under the shoulders, palms flat on the floor. Straighten arms lifting upper body, keeping the knees on the floor. Bend arms to lower body. Keep body straight from the knees, arms must be fully extended, chest must touch floor to complete one movement.

5 Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. Every 75 steps do 10 'scissor jumps'. Repeat this sequence until required number of steps is completed.

Scissor jumps. Stand with right leg and left arm extended forward, and left leg and right arm extended backward. Jump up - change position of arms and legs before landing. Repeat (arms shoulder high).

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



Chart 2

Age Groups
 8 yrs maintains D-
 9 yrs maintains C-
 10 yrs maintains B-
 11 yrs maintains A-
 45-9 yrs maintains A+
 50-60 yrs maintains C+

- 1 Feet astride, arms upward. Touch floor and press (bounce) once then stretch upward and backward bend.
- 2 Backlying, feet 6 ins. apart, arms at sides. 'Sit up' to vertical position, keep feet on floor even if it is necessary to hook them under a chair.
- 3 Front lying, palms placed under thighs. Raise head, shoulders, and both legs. Keep legs straight, both thighs must clear the palms.
- 4 Frontlying, hands under the shoulders, palms flat on floor. Straighten arms to lift body with only palms and toes on the floor. Back straight. Chest must touch floor for each completed movement after arms have been fully extended.
- 5 Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps, do 10 'astride jumps'. Repeat this sequence until required number of steps is completed. Astride jumps. Feet together, arms at side. Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for count of one. Keep arms straight.

Physical capacity rating scale

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
B+	26	18	27	17	455	9½	33
B	24	17	25	16	445	9½	33
B-	22	16	23	15	440	9½	33
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
D+	16	12	15	11	380	10½	35
D	15	11	14	10	360	10½	35
D-	14	10	13	9	335	10½	35
Minutes for each exercise	2	1	1	1	6		

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



Chart 3

Physical capacity rating scale

Age Groups
 12 yrs maintains D+
 13 yrs maintains C+
 14 yrs maintains B+
 35-9 yrs maintains B
 40-44 yrs maintains C

Flying Crew
 40-44 yrs maintains A+
 45-9 yrs maintains B

Level	EXERCISE					1 mile run	2 miles walk
	1	2	3	4	5		
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
B+	28	28	41	20	510	8½	26
B	28	27	39	19	500	8½	26
B-	28	28	37	18	490	8½	26
C+	26	25	35	17	480	8½	27
C	26	24	34	17	465	8½	27
C-	26	23	33	16	450	8½	27
D+	24	22	31	15	430	8½	28
D	24	21	30	15	415	8½	28
D-	24	20	29	15	400	8½	29
Minutes for each exercise	2	1	1	1	0		

1 Feet astride, arms upward. Touch floor 6 ins. outside left foot, again between feet and press once then 6 ins. outside right foot, bend backward as far as possible, repeat, reverse direction after half the number of counts.

2 Back lying, feet 6 ins. apart, arms clasped behind head. Sit up to vertical position, keep feet on floor, hook feet under chair, etc., only if necessary.

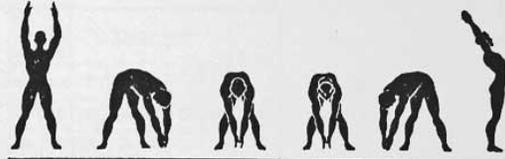
3 Front lying, hands interlocked behind the back. Lift head, shoulders, chest, and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.

4 Front lying, hands under the shoulders, palms flat on floor. Touch chin to floor in front of hands - touch forehead to floor behind hands before returning to up position. There are three definite movements, chin, forehead, arms straightened. Do not do in one continuous movement.

5 Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps do 10 'half knee bends'. Repeat this sequence until required number of steps is completed.

Half knee bends. Feet together, hands on hips, knees bent to form an angle of about 110 degrees; do not bend knees past a right angle. Straighten to upright position, raising heels off floor, return to starting position each time. Keep feet in contact with floor - the back upright and straight at all times.

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



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