

Is this the Solution to most of the World's Problems?

the
Solution
is:



The 2019 Updated Edition

by Matthew Rover

Is this the Solution to most of the World's Problems?

**the
Solution
is
me**

An Introduction to The Ideas & The Movement

(January 2019 Edition)

by Matthew Rover

The unconscious of this world
are unable to think into the future.

They are unwilling to
accept responsibility.

They will argue, distract and avoid.

This book is dedicated to
the rest of us.

To the 'me' in us all.

© Copyright February 7th, 2019

All rights Reserved.

Table of Contents

Introduction	11
--------------	----

Section One:

The Idea in a Nutshell	17
1: Which Problems are we addressing?	19
2: Why haven't the problems been solved yet?	29
3: Ideally, what could be?	37
4: How is this going to happen?	45

Section Two:

Pipe Dream or Solid Plan?	53
1: On the Shoulders of Giants	55
2: The Meaning of Consciousness	67
3: Social Consciousness & Responsibility	77
4: Cynicism & the Tyranny over Minds	87
5: The Beauty and Necessity of Persistence	93
6: Magic Math and its Relevance	99

7: The Secret Factor that makes it Happen	105
---	-----

Section Three:

Applying The Solution to the Real World 111

1: The Profile of a Socially Responsible Populace	113
---	-----

2: War Mongers and Tyrants	123
----------------------------	-----

3: Environmental Issues	141
-------------------------	-----

4: The Collapsing Economy	149
---------------------------	-----

5: Poverty	157
------------	-----

6: Teach the Children	165
-----------------------	-----

Section Four:

Bringing it down to 'me' 173

1: The World Today in a New Light	175
-----------------------------------	-----

2: How to Change the World in 7 Easy Steps	183
--	-----

3: Where is Your Heart?	189
-------------------------	-----

4: Making a Decision	195
----------------------	-----

5: Your Level of Action	199
-------------------------	-----

6: An Invitation to take Action	205
---------------------------------	-----

Section Five:

Humane Beings. The new 'us' 211

A Way Forward	217
A Final Note	219

Introduction

Global warming. Armageddon. Nuclear apocalypse. Total destruction is in the air. Things you and I can do nothing about. However, the subject matter of this book addresses a topic we *can* do something about. And it will solve a surprising number of problems at once. It is about your life, the lives of your children and your grandchildren. Because most of us have an instinctive desire hidden deep inside to live on through our progeny. Is this being sensational? As of today's news, our future survival as a species is no longer a guarantee. The extinction of the human race is no longer considered a crazy idea. The end of the world used to be the exclusive domain of religious fanatics, but nowadays, we hear the same from Nobel prize winning scientists.

The Fake Doomsdays

There have been many alarmist doomsday theories, but they've all been false alarms. We're still here. The year 2000 was supposed to be the end of civilization as we know it. Various comets passing near to our planet were supposed to cause devastation and destruction. The world was also supposed to end with the powering up of the super collider.

Another popular story involved the Mayan calendar and the year 2012. However, December 21st, 2012 has come and gone despite the creative delusions circulated about the most recent end of the world. In my own days of being a religious fanatic, I was taught that the end did indeed come, but we didn't see it. That was certainly creative thinking.

There always seems to be an imminent threat to our existence to help along a new movement or increase book sales. Sometimes the flurry is just there to stroke the ego of a budding prophet. Times are hard. All this brouhaha has made us almost apathetic about the possible end of humanity. There has been plenty of death and destruction, but it has not been caused by comets, calendars or ancient holy works. It has been brought about by our own doing. Nothing fancy or apocalyptic here. Just simple cause and effect as observed by using plain, common sense. We are destroying ourselves.

Non-Fake Doomsdays

Let's observe a few of the larger problems that could quite possibly kill hundreds of millions or cause huge problems with our chance at long term survival. Global nuclear war. Huge plagues like the Black Death or the Bird Flu or Swine flu mutating and getting out of control, over-fished oceans, over-polluted waters, and economic ruin that causes starvation. Then there's the global financial meltdown. Also, terrorism has more than a few of us concerned and nervously waiting for the other shoe to drop: dirty bombs.

It seems bad enough that the current state of our world is in such a condition, but what is much worse is the wholesale acceptance of it as if there were nothing we could do to prevent it. However, with so many huge issues actively

causing concern in our lifetimes, there is a growing consensus among many of us which is not so apathetic. Refreshingly, like the conclusion in this book, the end of the world is not inevitable. That there is something that can be done and that there is something we can do about it.

But, how did we get here?

None of these things happened overnight. If we were to imagine that somehow, each of us were responsible, what have we been doing? Has it somehow been our own fault? Are we to blame? For example, where were the reasonable souls when Hitler was creating a huge army and convincing millions that it was a good idea to start a big war? How did those plastic islands of trash in the middle of the oceans get so big? How did it happen that the Gulf of Mexico filled with oil - then poison chemicals were added to 'treat' the oil? Isn't there anyone in charge of this stuff? What happened on 9/11 in New York, Washington D.C. and Pennsylvania? How could a bunch of guys from Saudi Arabia take over airplanes and bring down the World Trade Center using box cutters? What the heck is going on in this world? Wasn't there supposed to be a god that comes and saves us? Isn't there anyone watching over us? So far, it looks like a savior is a no-show.

Without a doubt, we are in a mess. We have to consider that no god may ever come and save us all while we sit and wait. That Martians or other extraterrestrials won't save us. In fact, it may actually be up to us. In fact, it may actually be our fault. 'Our' meaning 'us'. Not our leaders, but yours and mine. There is an ever growing group of people that assert that it is because of our actions - or lack thereof - that things are the way they are. And, to fix this mess is our responsibility. They suggest that we put aside fear, prejudice, isolation, impatience, ignorance, confusion and self-indulgence and roll up our sleeves. This may be worth considering.

Can we save humanity from the brink of self-destruction? Isn't our death some kind of destiny? Isn't it true that man is a vicious animal and that we will always kill each other or let each other die? Isn't the core of humanity nothing more than an animal sometimes willing to kill its young just to survive? We'll examine that here.

And there's more. We'll examine just how we got here and in this situation. Just how bad things really are. This book offers a convincing explanation as to why even today these problems still haven't been solved. Moreover, it will show how mankind has it's first chance ever to save itself - and not a moment too soon. We'll explore whether or not this is a pipe dream from left field or a well-established theory based upon the application of wisdom that's been around for thousands of years.

We'll test this 'solution' and see how it will wipe out world hunger, war, tyrants, ecological problems and the falsehood of over-population. Finally, we'll examine the reality of what actually has to be done. We'll go through the application of this solution step by step and see how these changes will actually occur. You'll be surprised in some ways, and in other ways you won't be surprised at all.

After you read this book, you'll be able to answer these questions:

- How was the reign of Nazi Germany allowed to occur?
- How is it that the world financial system is collapsing?
- Why do 25,000 children die needlessly each day?
- Why is there still no peace in the Middle East?
- Why do millions of good people spend more money on sports than on saving lives?
- Why have we done so little about our dependence on a fuel that destroys the earth?

- Why does corruption and personal agenda rule the day in most governments?
- Why do only 3% of the people control 80% of the money?

You'll understand the reason why, but much more importantly, you'll know the solution. You'll know exactly what needs to be done. You will find it to be sane, realistic, and workable.

Now, let's begin.

Section One

The Idea

in a

Nutshell

Section One

Chapter One:

Which Problems
are we
addressing?

Every gun that is made, every warship
launched, every rocket fired, signifies in the
final sense a theft from those who hunger
and are not fed, those who are cold and are
not clothed.

~ Dwight D. Eisenhower

My mother used to say that there will always be wars. She wasn't alone. A great deal of humanity believes this. They are resigned to the current situation. It's an apathetic kind of acceptance. We approach life with this general assumption. We don't question things but accept things as they are. The approach is: Do your job and 'keep your nose clean' and have a simple life. When problems not directly affecting you arise, don't get involved unless absolutely necessary. There is a 'steady as she goes' mentality that most possess, coupled with a trust in the 'powers that be' – as if the system works. This would be ok if we (humanity) weren't surely driving off a cliff. If we bother to take a look, we see that the system doesn't work. Not for most of us, anyway.

To see how we are driving off a cliff, we need to get a clearer idea about just what a mess humanity is in these days. There are several key areas where the world is in pretty bad shape. Let's take an objective look.

Violent Conflicts and Wars

Your average citizen has been conditioned to live in fear of several things. One of the biggest fears is terrorism. It's a loosely described term that boils down to "horrible stuff done by the bad guys". The press and those given leadership are who decides what is horrible and who is bad. In response to the threat of terrorism, a minimum of 500,000 children died in Iraq. This happened as a result of sanctions. Blockades, controls to trade that prevented foods and medicines from entering the country. You may hear many stories about what, why, and how. I recommend talking to a doctor that served there. This was before the first invasion of Iraq by US troops even started. Some say later invasions and conflicts with Iraq were in response to the 3,000 killed on 9/11. Most know the truth, however. There was no actual connection. But so many of us never really did our own research, did we? Regardless, entire towns have been destroyed and billions of dollars and millions of lives have been forever lost completely. As of today in 2019, years of exploding rockets and pulling triggers, Iraq still has not been restored to its level of development before the invasion and occupation. Yes, once upon a time, way back in 1990, Iraq was the most advanced Arab country in the region. Not anymore. In the name of nebulous and misapplied ideas about terrorism and freedom, Iraq is in ruins.

A current adventure is Afghanistan. Innocents are murdered regularly by unmanned drones in the sky. People in Pakistan are being bombed by drones as well. Even during a devastating flood with millions of people relocating to dry ground away from the flooded and destroyed areas, they were being attacked. They were assumed 'terrorists' and bombed along with anyone unlucky enough to be in the same area at the time. The West calls this 'defense' or 'war'. It is more like

slaughter. This is despite the fact that Pakistan is supposed to be an ally of the USA.

Two million human lives were lost in Vietnam with nothing to show for it except shattered towns and lives and veterans living the rest of their lives with under-treated physical and emotional pain. More recently, in 1994, 800,000 Rwandans were hacked to death with machetes. The Western world stood by and did nothing.

There are too many other examples to mention. But, it is enough for us to know that people are slaughtering each other without any good reason. When we look at Vietnam, Somalia, Korea, Iraq and Afghanistan, why did the US military go there? No real good was accomplished. And they continue to repeat the pattern. Doesn't that seem strange? Not to those of us who know. Suffice it to say that is was for no good reason.

Starvation and poverty: The Neglected and the Forgotten

As of 2015, 15,000 children die each day from poverty. What does it mean to die of poverty? It is actually more neglect than anything else. It means that no one is providing for these children the most basic necessities such as food and clean water and basic medicines. This is not expensive, mere pennies per day. If you think for a moment, 15,000 human beings is a huge number. That's one person – a child – every several seconds. For 24 hours each and every day. It's a number so huge, we may gloss over it and not realize its staggering significance. It wouldn't be so shocking if it weren't so completely unnecessary. Isn't it odd that, the world, right now, produces enough food for everyone to be healthy. But there are so many poor. 3 Billion people live on 2.50usd per day. 80% of humanity live on less than 10usd per

day. So, the difference between the top 20% people and the rest of the world is staggering. Six thousand children die from diarrhea daily. This is caused only by lack of clean water. They don't have clean water to drink, so they get sick from the dirty water. There are organizations now that can provide clean water for a person for a lifetime for only \$20usd. It is estimated that 9 billion dollars would pretty much solve the problem. In Europe, 50 billion is spent annually on cigarettes alone. So, if the Europeans gave up smoking on Wednesdays and Sundays, and instead spent that money on water infrastructure for the struggling countries, the problem would be solved in one year. Then they could even go back to smoking if they liked.

Environment: The Daily Destruction of our Home

A recent study from Toronto Public Health estimates over 440 deaths a year in that Canadian city can be directly attributed to traffic emissions. Looking out to sea, there is a garbage island in the middle of the ocean. It's the size of Texas. It's made mostly of plastic. If that weren't enough, there's the destruction caused by fossil fuels. Although the burning of fossil fuels is killing people and destroying our environment, at the same time, there are concerns that the oil supply will be depleted because most countries will cease to function if the oil stops flowing. It's killing us, but we are afraid it will run out.

The Global Economic Mess

Why is it that the world's richest are getting richer while so many thousands die daily from poverty? It has recently been reported that bankers who failed still received millions in

bonuses while their customers went bankrupt, lost their homes and were thrown out onto the street. Isn't there something wrong with the fact that some are buying solid gold trinkets and luxury cars while others can't even eat? Entire economies like the one in Greece would completely collapse without the loans and support of the neighboring countries. The USA is simply printing more money and using secret processes to manage currency that only a handful of people in the world know about. The global economy is bad and getting worse.

Racism and Prejudice: The Lack of Community

In Israel the school children signed their names and put messages on bombs that were to be dropped on the children of Palestine. A message of pure hatred. All over the world, children are raised to hate someone they've never met. Today, most of the children in China hate the Japanese for events that occurred 75 years ago. Homosexuals are still murdered for their lifestyle in many countries around the world. In the US South, blacks are still killed for being black and racist groups like White Supremacists, still operate in different parts of the world. Some hate is being spread and taught from the pulpit as primitive religious beliefs condemn other religions groups as coming from Satan. Such lack of community exists in so many parts of the world that people must pick their children up from school to protect them from being kidnapped or molested by predators. Doors and windows are locked. Homes all over have bars on the windows - even apartments on the 6th floor because the criminals will scale the walls. Too often, robberies occur anyway, and supposedly no one sees it happen nor can they do anything about it. Especially the police. They just fill out and file the reports. The world community doesn't seem to

exist at all. Searching for community either on a global scale or even locally all too often turns up fruitless.

The World Infrastructure

When we say 'Infrastructure', we mean traffic jams, train service, travel security delays, water shortages, energy shortages, electric grid and the usage of nuclear and fossil fuels.

Have you ever sat in traffic for an hour or two on the way to work and the same amount of time going home each day? Who's in charge of city planning? And, what are they doing? Why is it that schools built in China collapsed on the children so easily during an earthquake? When local teachers and parents got together to report it and find out who was accountable, they got arrested. Why was it that when hurricane Katrina devastated New Orleans, help was non-existent or very slow at coming? Why were so many thousand killed by the typhoon in Myanmar while the government refused assistance? Where was the humanity or compassion when this was occurring?

What about the Health crisis?

This crisis includes those that suffer from obesity, heart disease, low food quality, GMO's, and medicine laws, drug laws and alcohol abuse. Why is obesity completely out of control? Why is heart disease such a big killer? Why are the foods that kill so readily available, and alcohol and cigarettes can be had by most anyone around the world with great ease? Why is it that marijuana, although found to be a cure for so many ailments, is still illegal in most places? Why are

so many in jail for having a bit of marijuana on them while so many die each day from drunk driving? Why is there a war on drugs when more people are killed each day from medicines dispensed legally by doctors?

Quality of Life

One time I mentioned the term 'quality of life' to a banker friend. He mocked it as if it had no meaning. To many of us that mindlessly pursue status symbols like luxury cars, trophy wives and designer strollers, the concept of quality of life has never been considered. Perhaps it has been briefly touched upon in conversation, but never deeply understood or embraced. To a conscious human being, QOL (quality of life) is the only thing that matters. It means peace of mind that comes from living a life with real meaning. To have this, usually one must first have all the necessities.

Why is there so much poverty and inequality despite incredible technological progress? Why is it that in most of the world - even in the USA which is supposed to be the world's richest country - do most people go to a job they hate all day and barely eek out an existence? Why is the human potential of almost every human being completely untapped? Why is there such a low quality of life in so many countries? No clean water, poor sanitation, not enough food and uncomfortable living conditions. Lack of safety and comfort and daily concern about survival - with no time for pursuit of life's pleasures and joys.

The world today is full of anomalies. The world is a confusing place until you understand a few key factors.

This chapter has provided a quick summary of some of the world's problems, but this is only the tip of the iceberg. The

questions arise: Why are we in this mess? How did this happen? Why on earth haven't solutions been provided? Shouldn't things be a whole lot better?

Humanity has reached the point where our ability to create weapons and to use other technologies has exceeded our ability to effectively manage them. Like a child with a real gun in his hands, we have more power than we have the maturity to manage. Let's learn some of the key reasons why we are in this mess.

Section One

Chapter Two

**Why haven't the
problems been
solved
yet?**

In these times you have to be an optimist to
open your eyes when you awake in the
morning.

~ Carl Sandburg

Why on earth do we spend billions on a single airplane designed to destroy, but we break promises to feed the starving and let them die? Why is it that we act in such contrast to what would be humane and compassionate?

Is it possible that the people who build and sell and buy and use the airplanes don't really care to save lives other than their own? The people that design and order invasions of peaceful nations aren't the ones doing the fighting. This particular topic goes very deep and is beyond the scope of this book, but without getting into the details, it should be clear that people like you and I are not in charge of what is going on. Whether you live in a democracy, a socialist country or a communist country, people like you and I aren't asked about how to handle the resources or how to solve problems as they arise.

Then, who's in charge? The money and land and production of the factories, the mining of minerals and other natural

resources are closely watched and controlled by a small group of people. Neighborhoods, people, health (not the health business), lives, security and the ability to do meaningful work and pursue happiness - no one is in charge of that. When it comes to resources, not a single truck or trainload or barge of food is ever lost. Cars and computers, cups and saucers, they are all counted and carefully listed on inventory sheets. Human survival and the quality of lives are not. Your government will shut down in a day if the employees in city hall don't get paid exactly on time, but you will be out of work for months and starve before any real action is taken. Meanwhile, the government will be buying new cars, desks or computers. Sometimes they use the money stolen through taxation to investigate the sex lives of beetles. It sounds crazy because it is.

To put it simply, it is not necessary to believe wild conspiracies, but what is important to know and understand is that you and I don't matter. We need to understand that the governments don't care about us as much as we might think. After all, a government is a kind of nebulous entity. They are supposed to represent the citizens, but by design, they never will. The world is separated into countries divided up by the rich and powerful gangs who draw the lines for their own benefit. If they want more or need to defend what they have, war is declared and the pawns give their lives and everything they have for the king. The spoils of the government's wars and acquisitions are only for a very few. What this means is that we are basically on our own.

So, in summary, because we are doing nothing of import, we get nothing in return. We have no one to blame but ourselves. Yes, it is actually our fault. While we sit and fill out our tax forms and jump through hoops, wait in line to vote with 100 million others and accept what the government gives us, a very small group make all the decisions that have all the major impact on our lives. Why? Because we leave it

to them. We stand by and watch as our government declares war on people we know nothing about. We pay for the war with our taxes and the lives of our sons and daughters. It is declared as a sacred duty to die for these people running the government who sometimes act like nothing more than gang leaders. It is considered so sacred, that it cannot be questioned without causing an argument and often a fist fight. But there is actually no honor in giving your life for criminals. You should understand quite clearly that they wouldn't do it for you.

We make the choice. We say ok. We are afraid to ask why. We ignore our neighbors. We sit and watch sports and buy tickets to games and waste away our time on idle chatter and silly reality shows while most all the decisions are made without asking us. Who's in charge? No one, really. Just a savvy handful of opportunists that see the spoils just sitting there for anyone to take. So, they start up insurance companies and banks and rub elbows with the elite so that their way of life is preserved at the expense of the other 99% of us.

Yes, there are people that care nothing about the rest of humanity. That is certainly part of the problem. But they are evil like the wild animal that mauls a camper. They are functioning on some very basic instincts. They didn't make a decision one morning to be an evil person. It was more a rationalization to survive despite what one's conscience might say. It is more a compromise made to live life without so much stress and perhaps a little more comfort. It isn't such a stretch is it? When was the last time you did something for the children that die daily in poverty? Perhaps nothing, recently. This is because most of us were not taught to be socially responsible. We haven't been instructed about how the world works. Many of us believe in primitive and impractical religious teachings going back hundreds and thousands of years. We don't understand the meaning of life

or even the workings of our own minds. We don't know what we are doing here and we have given up trying to figure it out. A great number of us are waiting for a deity to come and save us. Salvation is always just around the corner and the wait is always a bit longer. Those of us without these dreams of heaven, sometimes just go through the motions of life and copy what others do. They get a nice car or easy job or big house or power or money. But we never know who we are, where we are going and have no clue about real happiness. This is bad enough, but those that have taken charge know this and take advantage of it.

They know the average person is lost and grasping for a way to live. Another reason that this incomprehensible mess has been created and is festering and even getting worse is actually just a matter of logistics. Until now, we haven't had the technology to do much about it. We haven't been able to get a clear picture about what is going on. We haven't been able to peek at the secrets that the privileged are keeping from us and we haven't been able to communicate to others effectively. This has prevented any of us that care from reaching a critical mass of knowledge, power, and organization. But, with the advent of the internet, cell phones, jet travel and, now, social networking, there is finally a chance to actually do something to change the course of humanity.

*All tyranny needs to gain a foothold is for
people of good conscience to remain silent.*

~ Thomas Jefferson

Three things must happen in the mind of an individual for this to work. 1) One needs to take possession of one's own mind, and take responsibility for one's own life. 2) Then, one needs to see how one is a part of a community and act responsibly in that community. 3) Then, one needs to see that the world requires a level of responsibility from us, and then be able to act. They need to take this action on a regular basis - not just once. This must be a regular part of one's life. Most people are missing the experience, education, knowledge, opportunity and environment in order to do this. We're talking about humanity 2.0 here. Without it, it all boils down to lack of social responsibility by most all of us. That is why the earth is the way it is. But that can easily change.

Section One

Chapter Three

Ideally, What *Could* Be?

*It is a poverty to decide that a child must die
so that you may live as you wish.*

~ Mother Teresa

What could life be like here on planet earth if we behaved more responsibly as a community? What sort of potential exists? How could life actually be with the same number of people and animals and the same amount of resources, but a more responsible approach? Without changing anything but how we manage ourselves, what is the possibility for quality of life here on this planet?

Let's start our day. You wake up in your comfortable and clean bed whether you are in Bangladesh, New York or Tripoli. Walk in to your bathroom and have access to clean water free of chemicals with which to bath and drink. Walk over to your window and open the drapes. The sky is clear, the sun is rising, the trees are green and the air is fresh and clean. Go outside and your neighbor greets you with a friendly smile. Your children are being educated by local enterprises in topics and professions that fascinate them. All around the neighborhood, people are taking their time. No one needs to rush off to work at some high stress and meaningless 'salt mine'. Shopping is a breeze because the world distribution system makes sure all of us have easy access to healthy foods and other products. The hundreds of millions of people that, in the past, would have lived in squalor and died an early death are instead afforded the best education ever in the global information system with high speed broadband to every home. There is also stable and inexpensive power from the world power grid. The

community genius potential has been liberated and cures to cancer and many other diseases have been found from the genius tapped in India alone. Those that choose to, can spend the day painting, but most people are not painting artists. Some can stay at home and watch videos and other programs, and a few do, but most want to be out and interacting with others and enjoying an active life. People can travel on super fast trains and planes and electric cars and speedy ferries to anywhere in the world. For most of humanity, the world has become a playground and place to share your skills and talents. Most jobs like garbage collection and sanitation are automated by robotics and smooth running systems. Those that roll up their sleeves and contribute are respected and prized by the members of their community. No cash is needed, all accounts are instantly kept on the DNA verified digitally stored record for each person. Trade is based upon trust. Countries are not owned by gangs but by all the people that live in a given area. No one is allowed to hoard and control great pieces of land, including religions and governments. Since all stored monies and accounting is 100% transparent, no one is able or motivated to manipulate and exploit others. Although, there is still mental illness and the tragedy and strife that can bring, hi-tech appliances control most criminals and the occurrence of crime is almost non-existent.

Most people are motivated to enjoy life in ways that benefit not only themselves and their own family but all of humanity. Since humanity is good by nature, most behave and treat each other with respect and kindness. We enjoy contributing to others because being of service to others is built in as a great source of pleasure. We finally have more chances to tap into that desire.

There are no dictators, no one can deceive and control the minds, lives or resources of others without being exposed right away. There are no weapons of war and destruction

because no one wants to build them. There are no soldiers that are misled and coerced into killing anyone anymore. Education is a shared function of all of humanity and not institutionalized and controlled by governments. There are no governments as we knew them, in fact. There are organizations and groups of people that manage things in their relevant area. There are thousands of cultural preservation villages all over the world where we can taste and explore the naturally preserved cultures of thousands of peoples living peacefully and unmolested in their native style. In addition, there are projects that take the form of villages that resemble amusement parks, but instead are 'worlds' to themselves. Geekland: where hi-tech gadgets and those that love them are everywhere. Cuisineville: where cooking, learning to cook and making food is practiced at its highest level. Muscle car town where street races and huge engines are built and put into cars that roar. They share resources and talent from 50's village where everyone lives as if it's the 1950's limited even with black and white TV. Even places for specific religion or no alcohol towns might be started. Places the size of villages where no fast foods exist – only healthy foods. Almost any 'world' you can imagine has been created by those that want to explore a given lifestyle and enjoy spending some time there. In addition, there are free zones where world citizens roam freely and can enjoy a mixture of all cultures and lifestyles sharing space peacefully.

Since all people are productive in the world community, there is no waste on making certain individuals rich like the bankers or Wall Street tricksters of today. Once humanity works together, progress becomes very fast to create the optimal electric vehicles that benefit from the global power grid so that they can be charged almost anywhere. The world power grid is supplied by geothermal, wind, ocean and solar power. With anyone being able to preserve their culture, beliefs and way of life, with plenty of food and materials for

life, very little conflict occurs. Quality of life can be pursued equally by every person on earth. Racism has been addressed directly and found to be simply a matter of fear and ignorance and that ignorance is transformed into appreciation and understanding of other cultures. The permanent ownership of land is regarded as silly as the ownership of water or the sun. Resources abound for learning about and experiencing other cultures through visiting their villages or seeing videos or video chat and cooperation and communication. No cash is required for basic living expenses. All other desires like boats and airplanes and big purchases are easily handled through the cooperation of large, empowered, independent groups. Projects regarding large amounts of resources require as many partners to participate, if you can cooperate well with others, you can create anything of any size you want. But it won't be owned by only you. It will be owned by all those that contributed based upon their contribution. No one is exploited or cheated out of the fruits of their labors. Being exploited became impossible with 100% transparency of all financial deals. With the control and manipulation by 1% of humanity ending, and the new active participation in creating a better world by the previously non-contributing 99%, the world we thought we were condemned to and had to accept is replaced by the world of our dreams.

Section One

Chapter Four

How *is* this
Going to
Happen?

*"Never doubt that a small group of
thoughtful, committed people can change
the world. Indeed, it is the only thing
that ever has."*

~ Margaret Mead

Many say we must limit the power of the ruling elite, but they usually don't understand what that means – much less how to do it. For centuries, it's been tried, but usually failed for simple reasons. The timing just wasn't right and the prerequisites were not met. Now, the time is more than right, and the inevitable has already begun. It can't be stopped - no matter what anyone does. So obvious is this, that in some ways, we can consider the solution to the problems of humanity as a 'done deal'. The reason one can be so bold as to make a statement like this is the environment. We are in a 'perfect storm' for the advancement of humanity. Let's look at the prerequisites that are finally being met.

We Finally have a Way to Communicate

Billions of people, fed up with certain conditions in the world have had no one to talk to. Now they do. There are - mostly

on the internet - a million places to send information and share it and learn more. Because of this, people of like minds are naturally grouping and cooperating and building consensus. It has already affected elections in the US, and other countries, and is bringing light to corruption and to the secrets that no longer need to be kept.

Active Social Responsibility is Gaining Momentum

As part of this revolution in human awareness, those that are victims of the current education system's inadequacy will work together to make sure that some of the main requirements are added. The concept of social responsibility and taking action is starting to be shared with people at a young age. This habit alone will have a major impact.

People are Taking More Action as Individuals

As resources like The Solution is ME web site grow and become more common, people will have a shortcut and bridge to how to take action. There is an infrastructure emerging and trusted strategy that makes contributing, and being part of humanity in a significant way, easy for anyone.

The Culture of Social Responsibility is Growing

Not only in churches - where it has been for ages- but at community centers and meeting rooms all over town, opportunities to take part in projects and plans to affect the city around you are becoming more common. For youngsters, their parents, big brothers and sisters and classmates will be

doing it on a regular basis, so the culture of being part of the community has been born and is quickly becoming the norm. As more of this is happening all around, the chances are that fully 98% will eventually take part. This participation is a natural trait of Human Beings.

Better Systems are Becoming Viral

Just like the move to travel by train, then automobile, and now airplane, more optimum systems are adopted as they become refined and appropriate for utilization. Just as working together in community and spending one's time and energy to take responsibility creates results and is proven effective, the techniques employed by the socially responsible will be adopted by more people more of the time because they simply work at creating positive results in the places they are employed.

Conscious People are Starving for Viable Projects

There is currently a vacuum. There have been too few places to meet or talk or work together as a compassionate and conscious group. Those that did exist have been a study in futility because the system didn't demand transparency and certain people dominated and got the way of positive outcomes that benefitted all. A viable structure was lacking. With true social responsibility being created, each of us can have an impact. You will have choices and the illusion of democracy will be replaced with the reality of you having impact on your own lifestyle and your community. Nurturing places will be created by those with skills and initiative and more will take part and this will precipitate the creation of more places.

TV and the Internet Spread the Word Quickly

Part of the freight train of human progress about to occur will include the media. As more people learn about the movement on TV and on the internet, more will jump on the bandwagon. The consciousness will change because the common stimuli will change. Boring and inane sitcoms and 'reality shows' will be replaced with programming that complements actually being able to live as a conscious person and actualize your own life. To date, this hasn't occurred because the best option most had was to sit and be a zombie each night in front of the TV. As we can see even now, riots, protests, and demonstrations in the streets all over the world are occurring.

With the Arrival of More People, More Talent Comes

With fresh members, huge, untapped energy and strategies for change will suddenly become available like gold sparkling in the river bed. As more people get involved, more valuable feedback and ideas will be added to the mix. When the confusion and inadequacy of 'too many cooks' causes things to slow down, groups can get smaller. As more people get involved in groups, their skills at working together will improve and we will all become better at creating and managing our own societies. With activities driven by clear objectives in a fair environment, more progress can be made. Without the greed factor and money influencing everything, power games go away.

In the ways mentioned above and in so many ways we have yet to discover, the changes will take place as the inevitable occurs. Just look around you and you will see evidence of the

changes already taking place. It is just a matter of time and our own awareness. Once we have a trained eye, we see a brighter future.

Section Two

Pipe Dream or

Solid Plan?

Section Two

Chapter One

On the Shoulders of Giants

"Bernard of Chartres used to say that we are like dwarfs on the shoulders of giants, so that we can see more than they, and things at a greater distance, not by virtue of any sharpness of sight on our part, or any physical distinction, but because we are carried high and raised up by their giant size."

~ John of Salisbury

The Solution to the problems of humanity and the philosophy upon which this book is based can be expressed in many ways, one of them being: 'The Beginning of Social Responsibility'. This idea is not 100% new, of course. All great steps forward for humanity take lessons from the past and with a combination of several ideas working together, they make a new solution based upon the works of those that came before. All great inventions and the progress of humanity is built upon the shoulders of giants.

So it is with the theory and foundation of The Solution. The insights of the many that came before, the philosophers, the leaders, the freers of humanity and the bad examples that make us all question if they were human or monsters. So many of them have made great contributions to the advancement of the human race that their insights and principles bear repeating and deserve some scrutiny. I've chosen several that I've found worth mentioning here.

Do not wait for leaders; do it alone,

person to person.

~ Mother Teresa

Mother Teresa was well aware that we each need to assess the situation and take action on our own. Leaders are usually trying to build their own power or deal with others with power or are too ignorant and distant from the situation to take action. Not a single government is stocked with selfless and industrious and competent individuals that could rival any random sample of the public. The lesson here is to not wait for anyone's permission to do good. You should assess the situation and take action yourself. The Solution is built upon this model.

“The truth is there is no Islamic army or

terrorist group called Al-Qaeda. And any

informed intelligence officer knows this.

But, there is propaganda campaign to make

the public believe in the presence of an

identified entity representing the

'devil' only in order to drive TV

*watchers to accept a unified
international leadership for a
war against terrorism.*

*The country behind this propaganda is the
US.”*

~ Robin Cook

Much of the US military used to be on a wild goose chase for one guy from Saudi Arabia and another group of people that may or may not exist. A terrorist group 'Al Qaeda' is not in one place any more than are piano players and good cooks. This loose term given to people that are mad at the US military is less effective than the term 'bad guys'. If we were to use the term 'bad guys' everybody would know what the US Military was up to. The truth is that the US Military isn't really after Al Qaeda in reality. They are a huge group of mercenaries that serve someone other than humanity or even the American public. Just watch them and look at what they've done to understand their intentions. Sadly so, many of them actually believe the lies they tell. But the giants like Robin Cook and Noam Chomsky have been speaking the truth for a long time. The point here is: take conscious action – not upon the enemies served to you by the media or its rivals, but evaluate and assess for yourself who is really having a negative impact on your life. I'll give you a hint: it was never some guy in a cave in the middle east.

“Make the lie big, make it simple, keep saying it, and eventually they will believe it”

~ Adolf Hitler

Leaders use so many secrets to manipulate ignorant followers. Anyone that knows the millions that Hitler had in his grasp for several years must admit he was a fantastic motivational speaker. He says 'they'. This 'they' is any population. It was the Germans then, the Americans today, or the Romans in 100 ad. The power he exercised could only be allowed with a few basic pieces of foundation logic that existed at the time: 1) extraordinary power entrusted to a single person or small group of people, 2) ignorance and misplaced emotion of the masses, 3) gullible/unconscious masses, 4) great deceptions expertly expressed and 5) the opportunity to create a critical mass that takes hold as a perceived reality. Wouldn't you agree that many of these exist today?

This same constellation of circumstances brought the US to its recent wars as well.

“Whoever can conquer the street will one day conquer the state, for every form of power politics and any dictatorship-run state has its roots in the street.”

~ Joseph Goebbels

Notice he says 'conquer the street'. There is nothing about the actualization or liberation of people here. No concern for humanity and its progress. The motivation and intention is not to honor but to control and manipulate in order to achieve a secret goal.

*It is the absolute right of the State to
supervise the formation of public opinion.*

~ Joseph Goebbels

Here he is again. Instead of sharing the facts and letting people decide for themselves, he knew he was free to shape what people thought and concluded. If human beings let you do this, they become like trained animals. Through the ages there are countless examples of this. Large groups of people losing their humanity by wearing an invisible collar and handing the leash to leaders that are supposed to either know better or at least have concern for their own good. This is the same technique used by gangs to dominate and control others.

*"Each of you, for himself, by himself and on
his own responsibility, must speak".*

~ Mark Twain

Mark Twain was a great liberator of minds. He was also very big on questioning the powers that be and forcing the common person to consider being responsible. Here, he implores people to be responsible enough to speak their minds. Without this, they have no power and instead hand it to others. If you don't speak and assert yourself in the world of all humanity, you automatically give that to others like the good cake at a birthday party. There are millions ready and willing to take for themselves what you don't claim as your own.

Educate and inform the whole mass of the people... They are the only sure reliance for the preservation of our liberty.

~ Thomas Jefferson

Jefferson hit the nail on the head so many times. He was extremely instrumental in giving America its great start. He knew that you couldn't trust a small group of people in Washington to be responsible. He knew that all the citizens of any great nation must be informed. That's everyone. "The whole mass of the people." Otherwise, like the Bush administration did, you'll be able to keep secrets and do all kinds of nasty stuff because you won't be accountable to anyone. After 9/11 George Bush was able to attack the wrong country and send more Americans to death in Iraq than all that died on 9/11 in the name of getting the bad guys - none

of whom he killed. Most of the citizens of America are still in the dark about that trick.

Every government degenerates when trusted to the rulers of the people alone. The people themselves are its only safe depositories.

~ Thomas Jefferson

This is a bit redundant but said in another way that bears repeating. It's up to us. Well said, Mr. Jefferson.

Experience hath shewn, that even under the best forms of government those entrusted with power have, in time, and by slow operations, perverted it into tyranny.

~ Thomas Jefferson

Same thought. Are you beginning to see that our actions and involvement are absolutely necessary for the soundness of our community and our world?

The price of freedom is eternal vigilance.

~ *Thomas Jefferson*

This means we must all be involved and keep being involved. There is no time we can completely turn over our own freedom and liberty and life to someone else. It is, and always will be, up to each of us.

*...for I have sworn upon the altar of god
eternal hostility against every form of
tyranny over the mind of man.*

~ *Thomas Jefferson*

Finally, the conclusion of our Jefferson lovefest. There are some people on earth that are scheming each day to take anything they can get. They have no conscience and will lie and manipulate in order to take anything they can from others. They will do anything if they are sure they won't get caught and are the masters at lying their way out when they do get caught. Bear in mind, these are the ones with their hands in the cookie jar. You'll be able to recognize them by their limos, their guards, and their secrets. No matter what they say, no matter what tricks they try, they are easy to spot and a waste to reason with. Expose them and don't serve them by helping them build their empire.

In Conclusion

There it is. Some wisdom that this work is based upon. There are literally thousands more quotations and words of wisdom that verify and explain and reinforce the principles behind The Solution. They are indeed effortless to find if we take the time to browse most words of wisdom. This has been just a small sample to show how The Solution has as its partners some of the greatest minds in history.

It can be summed up this way:

- Educate yourself about what is going on.
- Evaluate for yourself what to do.
- Take action yourself – don't wait for others.

This is not only the price of freedom, this is the price of a wonderful future for our children.

Section Two

Chapter Two

The Meaning of Consciousness

A radical inner transformation and rise to a new level of consciousness might be the only real hope we have in the current global crisis brought on by the dominance of the Western mechanistic paradigm.

~ Stanislav Grof

When defining the meaning of consciousness in our own minds, we may be tempted to refer to Eastern religion's definitions and concepts. Although the terms are related, they are not the same. The definition used here may be quite new to you, so please read carefully. The definition used in this book is specific and other definitions won't work if our desire is to understand or apply The Solution.

Have you ever talked with a lizard? Or a snake? Reptiles have a certain kind of awareness. They won't really establish eye contact. Instead, they will mostly look for food or attack or flee in response to perceived danger if you try to have a chat with them. Have you ever communicated with a cat or dog? It's a bit different, isn't it? Your cat or dog will establish eye contact and respond to your presence even sensing your mood or intentions. Dogs will wag their tail when the master comes home and cats may rub against your leg and display a sense of 'play'. Sure, when provoked, they also have the reptilian quality of attack and flee and find food. Finally, humans have an ability to do all of the above in addition to

making conscious decisions and thought-related reactions to situations. We are self-aware. We have an identity and make choices based upon more than simple fight or flight or food or reproduction motivations. We create music, poetry and develop opinions about the world around us that drives our behavior. We want to lose weight so we avoid candy. We conceive, design and build airplanes. These are all things only human animals can do. But, we also have the reptile brain and the mammal brain that our pets use. These more basic and limited brains will sometimes drive or influence our behavior.

Examples of reptilian behavior may be displayed in the reactive violence of murder or mobs during riots. All conscious decision is thrown away. Date rape is an example of reptilian behavior unchecked - the desire to procreate and lack of self-control is not always the violence of the rapist, but sometimes the intuitive, albeit twisted, sex act to continue the species.

Mammalian behavior can be seen in the protection of one's children. The joy of exercise and simple dance. Gathering and eating food is a big part of raising a family. Alpha male instincts and competition where it involves ego are also examples of the second or 'mammalian' brain. Building a big house and great riches and safety for one's family and future life are mostly driven by the second brain.

There is nothing wrong with any of these 3 brains, of course. But, like fire and electricity, if we don't know and understand the principles, we become the victim of their misuse by ourselves and others. We can thank the brainstem and the reptilian brain for managing our digestion and basic survival. But, we can also blame it for violent acts and reactions when it goes unchecked.

We can thank our mammalian instincts for building a family and basic joys and experienced as a human animal, but we can also blame it for selfishness, greed and acts of deceit and manipulation.

Our third brain, responsible for creativity, a sense of right and wrong and discipline and abstract thought is the source of our civilization and technological advances. Its misuse may normally be blamed on influence of the lower 1st and 2nd brains. Unidentified reptilian or mammalian impulses may influence us to do the irrational. These 1st and 2nd brains work on automatic pilot - they must. Especially the layer between the mammalian and frontal lobes - the third brain – which stores information that influences our behavior. New habits and other information that drives behavior is stored there. Face recognition is there and this data spurts to the 3rd brain to remind you to walk up and say hello to a friend. The data storage area is like a computer's hard drive. It stores data that never gets completely erased unless organic brain damage occurs. We have the data available to access and there is no 'subconscious' as described by so many psychologists of the 60's. There is simply a contiguous storehouse of information to draw upon. It is all contactable, available to remember and to evaluate when using the proper focus. It is this area and the reactions to it that help us build patterns for our behavior.

Ok, enough of this stuff. But it is important to know about so that we can be better masters of our own behavior when our own experience can over power our consciousness. Now, let's look more at consciousness.

Let's not forget: We each have 3 brains plus data storage or memory. Indeed, there is much talk about left and right and creative versus mathematical, but that's not what is meant here. That information is not being challenged, but for our purposes, we are looking at the brain and its function and

impact on our lives from the standpoint of consciousness and how that affects the human race.

This talk about the imagined sub-conscious and hidden parts that seem mysterious and even sinister can confuse us when it comes to understanding human behavior and controlling our own minds and thoughts. In fact, so much theory and misunderstanding clouds the topic of the mind and how it works, that in order to live effectively and understand others and what really matters, all those old theories need to be put aside for now. Although all three brains plus storage are required for us to think and live, let's focus more on the third brain, the humane brain, and its ability to reason, to plan, to have goals and dreams and be conscious about life.

How do we use our Human Brain?

As Human Beings, we have the ability to manage and control our focus. If we want, we can ignore the alarm clock and keep sleeping. We can ignore what our wife is saying, or we can tune out all other senses and just watch a football match. We can decide to get up at 6am each day and study and exercise, or we can sleep late and go to our job halfheartedly and make survival wages and blame the world for our problems. Our own approach to life is largely based upon our level of consciousness and even more what we decide to be 'conscious to'. This being 'conscious to' something is also expressed as being 'present to' a situation. If the pilot is not 'conscious to' landing the airplane, there will probably be a crash. In fact, there are a few examples of pilots being recorded during take off and landing just before a fatal accident. In one case, the pilot was flirting with a stewardess and discussing her sex life while he neglected to rotate the flaps on the wings. They

ran out of runway and crashed killing everyone on board. In another situation, the entire flight crew became 'present to' or 'conscious to' a warning light that was seemed to be stuck and not working right. In their lack of being conscious to flying the plane, they crashed into the 'rising' hills below them. Once again, it was fatal for all on board.

This ability to be conscious to a situation is a completely human trait. This is why we don't see dogs or monkeys flying airplanes. It takes a conscious human being to be behind the controls making sure all goes smoothly. All complex tasks within non-automated systems require this. How often have you heard someone say after a car accident that 'he came out of nowhere'? No he didn't. But he did come from outside your consciousness. You were not being conscious to the job of driving. You were on your cell phone or deep in thought about something else - or nothing at all.

This being 'conscious to' can also be referred to as focus. Focus is the one thing that creates order from chaos. In itself, focus creates successes, new masterpieces and great works. Someone had to have a goal and a dream and the consistent effort required to create the desired results. Where there is no focus, no dream or goal or activity exists, and you get no results.

This should show in clear terms how the accomplishments during the life of a couch potato will compare well to those of the dog lying next to him on the floor. So, consciousness is not reacting to outside stimuli, but also thinking ahead, planning and taking action.

Many of us are not conscious to our own health, happiness or well-being. This kind of zombie existence prevents a human from actualization or reaching its potential. The pleas from others that say 'get a job', 'make something of your life', and 'just do it' are pleas to become conscious to your own life. The

by-product of owning your own life is taking responsibility for your own actions, being accountable for the results you get. Feeling an urge to act and 'seize the day'.

Being a conscious human being is a great feeling and is the fountain from which all human potential flows. People that are awake in this way, communicate their thoughts and feelings in an honest, direct and concise manner. Morals and ethics come from focusing on one's life because morals and ethics spring from the logical and optimum way to behave.

When conscious and focused, your awareness is flexible. Those that are wrapped up in 'the game on TV' are also capable of diverting their attention and giving their focus to other tasks as necessary for an optimum life. Knocks at the door, boiling soup, and other priorities allow the person completely involved to demonstrate not an unconscious state, but a focused one that can be controlled.

So, when we talk about the consciousness of a human being, we are talking about the person's ability to direct their human brain and control it and differentiate it and its activities from the mammalian brain and the reptilian brain.

When you really get this concept, couch potatoes and others with no direction in life, no dreams no goals, no accountability, ability to communicate or live life to seize the day will suddenly become no different than human animals. It's being conscious to your own life and being at the helm of your own human brain that makes you a human being. Following the crowd and going with the flow without goals and dreams and plans of your own puts you more in the category of a human animal. An animal brain with a human body.

*"Bodily decay is gloomy in prospect, but of all
human contemplations the most abhorrent is
body without mind."*

~ Thomas Jefferson

Section Two

Chapter Three

Social Consciousness and Social Responsibility

“The media have just buried the last yuppie, a pathetic creature who had not heard the news that the great pendulum of public consciousness has just swung from Greed to Compassion”

~ Barbara Ehrenreich

I lived in the San Francisco bay area in 1999 during the dot com boom writing software during the internet gold rush. The money being poured into the economy in that area made all kinds of related businesses thrive and with that, the Young Urban Professionals or 'yuppies' were building their personal empires consisting of trophy wives, SUV's and Rolex watches. The ones on the banking side would team up with others of their ilk that went to the right schools so they could breed and show off the Designer wife, Gucci stroller and Nike shoes designed to be worn by someone too young to walk.

They pursued the American dream as it existed for a Human Animal - the mammalian paradise. Fancy clothes and cars and homes full of trendy furniture, constant dinner parties and an atmosphere comprising a fusion of the latest contemporary veneers of life. This was it. This was the height of existence. Well, before the veneer gets scratched and reality comes around. At the time, as I watched the race to nowhere, I asked an associate why popularity was based

upon whether you wore your designer baseball cap facing front, back, or to the side. He hadn't an answer.

People spent way too much time looking in the mirror and nowhere nearly enough time looking into their own souls. But isn't that just the case? As I've traveled the world and its many impoverished regions, it has discouraged me that the rest of the world envies these people and craves their own SUV - that will never be taken off road. They dream of wearing the outfit that costs more than 3 billion of us are able to earn in a year.

Here's the perfect example of how some use their third brain - the Human Brain. And it reflects their Humanity quotient. Our Humanity Quotient. Our ability to see our place in this world of all humans and the role we play.

Now let's switch from the big picture of humanity and our role for now, and instead look at how our consciousness or focus or management of our third brain impacts our daily lives and our quality of character and especially our quality of life.

Where was the focus? Where was the consciousness? Did they slow down and reflect on what they were doing? The entire country of Singapore is an example of this. Having caught the scent of technical advancement and a modern economy, the average Singaporean thinks they've arrived. Their messiah and savior that they've found is the new power that this technical advancement brings. The problem is that the Singaporeans have a reputation for being especially impolite and arrogant. Within their native Malaysia and their SE Asian brothers, they must be tolerated. Is this true for every single Singaporean? Of course not. But this is clearly the tone of the country. A kind of fatal yuppie-ness that is mistaken for an advanced society, but is instead completely mammalian. So rampant is this selfish and arrogant

behavior that a word has been coined for it: kiasu. This characteristic is even discussed with some regularity in their local papers.

Let's look at the middle brain for a bit. Mostly like mammals thinking, this brain is the storehouse of emotions and instinctive behavior. When you react instinctively, you are not focused or reasoning, you are on automatic pilot. This becomes most apparent with greed, pride, arrogance and self-righteousness. One only need see a poodle strut after grooming to see that pride and confidence can be had without intelligence or reason. If you ask an honest person if they really are better than someone else because they have a university degree, a new car, or nice shirt, they will answer 'no'. But the behavior by most of us when freshly groomed and our children are groomed becomes one of pride.

Incredible importance is placed upon appearance even though the greatest people in history often dressed quite modestly and were even disheveled by most standards. So, nice grooming like peacocks and poodles, and power and arrogance of a lion upon the hill overlooking his domain do not an advanced human make - much less an advanced culture.

What does indicate that someone or a race is advanced? I hit upon this quite by accident. It isn't found by looking for the advanced because advancement can't be found when you don't know what to look for. You also can't go by the 'survival of the fittest' or we would leave handicapped babies to die in the road. Suddenly, the yuppie concepts of competition and fighting for survival become hollow and animalistic when we look at the beauty that comes from compassion and self sacrifice for a greater cause. The fact that we are moved to tears by heroic acts of sacrifice and compassion and see the weakness and ignorance of superficial greed is telling. It means that the things most of us are striving for, are an absolute waste of time. The fact that we spend our time in

front of the TV set in a daze while books rot in the library. The majority of the computers in all the net bars in the developing world are wasted on mindless chat and computer games where mass murder is the goal. As the lawns are unmowed in the ghettos while the jobless have no time, the ones with the nice cars and 2 week vacations in exotic resorts are no better. A monkey wearing lipstick is still a monkey. What makes a monkey no longer a monkey? Intelligent and thoughtful conversation. That would be a surprise. That would be consciousness.

So, consciousness is not only turning off the kettle when it starts to whistle, but also thinking ahead, looking around and doing so with compassion and caring. When you don't know the names of your neighbors, you don't know about the place where women are being raped daily by a brutal militia, but you know the scoring average of your favorite sports stars - this is a matter of consciousness.

Think, for example, about the guru in India. He's up in the mountains in deep meditation for months. He is able to almost stop his heart and possesses great focus on calming the body and its systems. This is an example of having excellent control over the reptilian brain functions. This brain - at the top of the spinal cord - handles the crudest and most basic survival functions. Heartbeat, digestion, malicious violent attacks, and self-defense. The basest human behavior is motivated and directed from this place. We, when deciding where to have lunch or which painting we would like to hang in the hall, are not at all in touch with the reptile within. So, don't equate consciousness with meditation. It's not the same at all. In fact, one of the best ways to look at the concept for practical use is being 'conscious to' something. If we are at a business meeting, with mustard on our chin, we need to be conscious to our appearance as it serves the requirements of the meeting. If we spend 30 minutes primping in front of the mirror while we make a loved one wait or are late for an

appointment, this is mammalian grooming - good for poodles, but not much use to our partner.

So what standard is being imposed or assumed by The Solution? A basic assumption being made is this: if we can put a million transistors on a chip the size of your thumb, if we can fly more than twice the speed of sound and if we have 66% of the earth covered with water - yet 1 in 6 human beings go every day without access to clean and safe water, the human race as an entity is not conscious to its own health, its own happiness and its own well-being. Much less is it conscious to its own actualization. Humanity, as a group, lets one part live in luxury and pampering, while the rest is barely alive. Most of the developed world is so caught up in the greed race, the grooming competition and the clever corporate maneuvering, they barely have time to play zombie to their sitcoms and reality shows each evening. Going to church once per week is often a feeble attempt to justify this unbalanced behavior.

Meanwhile, every few seconds a child dies. Not from some strange disease or violence or lack of care by the parents. By neglect. The baby that died while you read the previous sentence died because you and I did something other than value that life. We didn't behave as compassionate human beings. We sometimes watched a game, took a nap or bought a new handbag to match our new shoes. This time, we were reading a book. Hopefully it is a helpful one. We, as a human race, are not being conscious enough to each other. We, instead, are conscious to what time our favorite TV program starts, or how much fat is in our microwaved meal or where the company picnic will be held.

Now, let's take a closer look at this. Which one of these do you think justifies our focus? Which of the following makes sense for us to be conscious to if we are humans with compassion as opposed to humans living as animals? 1) the

time of the baseball game, 2) the exact color of our articles of clothing so they can match properly, 3) the life of an innocent child. It's an obvious question with an obvious answer. Yet, our actions rarely conform to being a compassionate and conscious human. *A Humane Being*.

There's a subtlety that a conscious person will pick up on here. Instead of going into mammalian simplistic reactions as to why the above comparison is 'simplistic' or 'inadequate', the truly humanitarian and compassionate person - two things reptiles and animals can't be - will be moved to ask honestly why we do have the conditions on earth that we do today. A humane being will look in the mirror and ask: 'why do I do the things I do?' And the even more humane will persist until they have an adequate answer.

It takes a courageous and focused mind to look long enough for the obvious to appear. In addition, the obvious won't go away unless we go back to mammalian reactions and justifications. If the frontal lobes are not focused upon responsible and compassionate behavior, a startling conclusion emerges. We are behaving like animals. In general, the human race is just slightly ahead of dogs and monkeys. Sometimes slightly behind. That is, if you consider the Humanitarian Quotient to be of importance. If your 'HQ' is high, you will know that kindness, politeness, awareness of others and warmth are above test scores and a new watch in importance. You know this in the same way someone with a high 'IQ' knows about the concept of a prime number and other mental and mathematical facts.

The sign of a humane being - this theory puts forth - is compassion and love. Caring and kindness. An integral part of this set of qualities is also the ability to admit one's mistakes and not gloss over important and relevant issues because they may require sacrifice or effort. A Humane

human being is willing to roll up their sleeves and help out others as a natural part of life.

In a chaotic and dog-eat-dog world, most of us have been trained to follow the herd and the true follower sees nothing wrong with anything if 'everybody is doing it'. This includes murder and torture. Here, we will explain clearly and completely why 'what everyone is doing' is destroying our earth, the human race, and making life a living hell for most of us. That means more than 3.5 billion of us.

When one turns focus to the world and their own consciousness, their intelligence, sensitivity and compassion for others and the world around them is immediately alerted to suffering by others and destruction of the planet we and our children need for survival by the sleeping masses.

This is the meaning of consciousness as it refers to being a humane being. As a Culture of Consciousness is created, the world transforms into one less animalistic and more compassionate. This is in contrast to couch potato behavior and selfish greed – or no activity at all.

Section 2

Chapter Four

Cynicism and
the

Tyranny

over

Minds

*If you can't feed a hundred people,
then feed just one.*

~ Mother Teresa

They say it'll never happen. "There have always been wars". "People will always be starving somewhere". They speak in sound bites. Simple phrases. Short sentences. Simplistic absolutes. These kinds of people could never be coaches. They are rarely teachers and if they are counselors, their clients will never progress. Skepticism is one thing. Cynicism is something else altogether. A skeptic will say something like: "You've set your goal pretty high, but you just may make it. Have you checked your numbers?" A cynic will say: "Why don't you set your goal lower? This one is not realistic and will fail." Or some of the more destructive just raise their eyebrows, make a noise that indicates disapproval and walk away. The intention with the cynic is to destroy or stop your effort. To ridicule or to say: "I told you so." - once they sabotage your efforts.

There are a million different ways skepticism and cynicism can be expressed by those around us when it comes to our sincere efforts to make this world a better place.

It must be noted that the main reason people fail both in their personal life, and projects fail when attempted by

groups, is through the fueling of negative beliefs that become powerful through the sickness of applied cynicism.

Cynicism is not the same as healthy skepticism. This must be kept in mind when someone offers constructive criticism. We needn't react negatively when someone offers a few pointers for improvement. We know skeptics when they ask questions instead of making statements. Skeptics rarely raise their eyebrows or make noises of disapproval. We can always sense that their intention is to help, not discourage. What matters most, however, is our own reaction. We need to keep our own environment conducive to our success. If those around us cause us to lose our desire to go on or make us frustrated and destroy our vision, it doesn't always depend on their intention. It is our job to keep our concentration and focus on our goals. What about being realistic? This can also be a very subjective thing. What was unrealistic or even impossible 100 years ago is done routinely today. Even in physical challenges like running a mile in record speed. Once we think we have set limits, they are broken. This is a regular occurrence if you watch the Olympics.

Cynicism is a form of non-trust - of ourselves and humanity. Dream killers are cynics. They don't believe that great things can happen. They are often afraid of being disappointed. But what it often boils down to, is lack of trust in themselves. It has been found that a key reason that many laws and restrictions are voted for is because the voters don't trust themselves. It is they themselves that color and impact greatly their judgment of the abilities of others. They think others are incapable of success because they have failed themselves. This is also true when trust is low. Those that have evil intentions are the least trustworthy of others only because they themselves cannot be trusted. This is the world in which they live, and they project it upon others – whether the others are guilty or not.

Usually, the opposite is true. With focus and determination, sports records are broken, new inventions are created, and lives are improved. Sometimes, even dreams come true. This is how cars and airplanes came to be. People used to think it was impossible for a human body to travel more than 30 miles per hour – even in a vehicle. So many said that men will never fly. "It was not intended" was their short quip. No one is more ignorant than the intellectual cynic.

Those that listen and take these discouraging thoughts to heart are sometimes looking for an excuse to give up. But if we find a project not to our liking, we never need an excuse to quit. We just need flexibility.

However, if we are determined to follow through and achieve the results we want, cynics and dream killers should never be allowed to have any effect on us. We should ignore them, or acknowledge them, then tell them to go away. Don't let them influence you at all. Don't allow them to infect, infiltrate, control, or invade your plans and dreams. Don't allow sabotage to occur. For too many years, too many of us have done nothing for society and taught our children the same. There has been an environment of inactivity and a culture of negativity with so many while others do more than their fair share.

Those that sit and watch TV each evening and weekend, aren't doing so because there is nothing to do. They sit and memorize meaningless sports scores or closely follow TV soap operas - not because there is nothing better to do with their time and energy. It's simply because, for several simple reasons, they've given up on both themselves and their world. But they are capable of having a better life and helping others to have a better life. Cultivating negative thoughts, listening to the cynics and accepting their misinformation is a dead-end for humanity as a whole. Turning it all around is as simple as deciding to ignore

cynical fears and doubts. This transforms one life and, as a result, the lives of others are also saved.

Section Two

Chapter Five

The Beauty and
Necessity
of
Persistence

Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.

~ Mother Teresa

Mother Teresa points out a distinction that is not immediately obvious. It shows that to 'love without getting tired' differentiates genuine love from love that is not genuine. The importance of love being genuine is significant. Have you experienced empty love that is only words but not in deeds? Love that is motivated by selfishness and delivered through manipulation? This isn't real love. It is pretend. And it cannot create the magic that real love creates. So, if you want any results at all, you must be sincere through time. It is through these repeated acts through time that create results. This principle not only applies to concepts such as 'love' and other gushy things, it also applies to the most basic of all principles - the concept of persistence.

Some students study a language for 10 years, but still can't have a simple conversation in the language they've studied. A key cause is that they were not sincere. Now, when your intentions are sincere, you will always find a way to get results. One must persist to a certain degree or they will never get any significant results. There are millions of people

that believe they cannot learn a language simply because they haven't ever persisted at it. In the meantime, millions of children in certain parts of the world speak 4 languages by the age of 10. It can be done, but countless millions get no results simply because they give up.

What about simpler things? Do you brush your teeth every day or once per month? Do you take a shower or clean your kitchen counter once per month or just during Christmas time? Your results will answer the question. Practically every single American has a few minutes per week to create a habit, the habit of being socially responsible. Do you refuse to brush your teeth daily because there is not enough time? If this is the case, the worst you will get is tooth decay. Lacking persistence in social responsibility results in much worse than tooth decay as we can see from the news.

So, like getting in shape, we need to take action on a regular basis in order to get results. This is a test of our resolve and sincerity as well as our skills at being agents of positive change. Luckily, the infrastructure for social responsibility is already there for you. And you have only to go to The Solution's web site (<http://www.thesolutionis.me/>) to get help to become a regular contributor to humanity and be socially responsible on a regular basis.

It happens like this: Instead of just helping out in a food line on Thanksgiving, - that's about 90 minutes per year, you set a time each week to act socially responsible. At first, you may be a bit lost. You'll be evaluating options and trying out different actions. Some will be great, some will fall through. Some people will be mentors and examples and others will disappoint. Eventually, you will find a project and activity that works well for you and creates results in your environment. After you persist in this behavior, you'll be able to compare this year with last year. Last year you may have given 10 dollars and 90 minutes. This year may end up more

like 500 dollars and 75 hours. That's only 10 dollars and 90 minutes per week. And your life will be fuller and richer. Because you are interacting with and contributing to your community, you will probably be financially richer and more secure. Instead of knowing who 'danced with the stars', you'll know your neighbors' names and will perhaps have shared tears of sadness and tears of joy with them. Your life will have been made richer in places where it used to be empty. Your experience in the world and ability to deal with others will improve and you will have built a bit of infrastructure with others to help when disasters like storms, earthquakes or other events occur. No longer will you be exposed to just a few people at work. No longer will your life be limited to only those that are your race or faith or occupation. You will be a much richer and more complete person. You'll become more compassionate and conscious as a human being in one year than might otherwise take 10 years or might never happen.

Section Two

Chapter Six

The Magic of Math and its Relevance

*If we want a love message to be heard, it has
got to be sent out. To keep a lamp burning,
we have to keep putting oil in it.*

~ Mother Teresa

Let's explore the principle of $1 + 2 = 7$. Do you know how important it is? Let's take a look at two different scenarios. In the first one, we will be looking at passive and inactive growth. In the second, we will be looking at applying the principle of intention and consciousness to the future of humanity as it is addressed by The Solution.

When you go to the market and buy apples and bring them home to your family, there's a certain amount of benefit there. They don't change your life much. Even if they're crunchy and sweet, this isn't life-changing. So, you don't mention them. The grocery store stocks a few hundred and you and several others buy a dozen and that's it. Sales peak out at about 100 per day. These sales happen from people just walking past them in the market. There was no action you took and even the grocery clerk was passive. These are common results. The apples are not of great importance, so no one advocates or recommends them and sales are average. Let's call those type 'A' apples.

On the other hand, what if the apples changed how you felt about yourself? What if they helped others when you ate them? Perhaps even saving lives? These would almost be magic apples. Let's call them type 'B'. You'd probably tell at least 2 or 3 friends about them, wouldn't you? These are the apples that bring you tears of joy at times. They transform lives and make the world a better place. Of course you'd want to tell others. Sure, they may cost you some time and energy and a few dollars to drive over and pick them up and to sit down and eat them. If you don't do it regularly - no benefits. If you don't get the right apples - no benefits either. But, so what? These apples change lives. How many do you think may be sold in a week?

In a 7 day period you bought about 12 of our average type 'A' apples. You may eat about 2 per day, but no one else knows about them so 7 days later, 12 or a few more were consumed by you and maybe a few other customers.

With the special 'B' apples that give the people who eat them a richer, fuller life and the world a better place, you tell a few people right away. Before you finish the first apple, you may be on the phone to tell your mother, sister, or good friend how great they are. Along with the results of eating the apple, you share the info on the cost and the store location and that you must actually eat the apples to get results. Later that evening, after your second apple, you get a call from someone else and share the news. This was a nice Sunday. You go to sleep

On Monday at lunch, both of the people you talked to went to the store, spent a little time and money to get the 'B' apples and ate them. Lo and behold, it made a difference in their lives, too. They call you and tell you. They have every intention to tell a few of their friends, so they ask you some details and you help as best you can. After all, wouldn't it be great if they shared the knowledge about the apples to others

as well? By Monday evening, 2 of your friends have told 2 of their friends. Now, 7 people know. On Tuesday at lunch time, those 4 new people get their apples and by that evening, they've told 8 more. Wednesday, 16 are told. Thursday, 32. Friday, there are 64 and Saturday those 64 new people are benefiting from the apples. Add this to you and others that did the telling each day, and the total is Sun = 1, Monday = 3, Tuesday = $4 + 3$ or 7. Wednesday = $8 + 7$ or 15. Thursday = $15 + 16$ or 31. Friday = $31 + 32$ newbies and Saturday = $63 + 64$ or 127.

If they each bought a dozen like you did, that's 768 apples sold on Saturday alone because you told 2 people and they decided to do that as well. With the first example, maybe 12 apples will be enjoyed by someone on Saturday - or maybe not. See the difference? See the magic? You only told 2 people and helped them if they needed it - to tell 2 more. The result is not maybe 12 but 768 wonderful positive and beneficial things happening. And, you'll probably want more of that good stuff to continue next week. So will many others that enjoyed the apples the week before. Like clean water and exercise, word will spread when things work for us. Those that opt not to participate get no results.

Applying this formula to the dynamics of helping others, we can observe that with each of us telling others - only 2 in our entire lives - the entire earth's population would be involved in these good deeds in just over 1 month. Although, in this imperfect world, there are sometimes things that might get in the way and slow things down, we can see how vital it is that each of us shares our experiences and knowledge with others so that they become better contributors to humanity as well. Without this vital conscious and purposeful intention, we'll end up with more of the same. Not so great. $1 + 2 = 7$ means helping 2 to be more socially responsible and then helping each of them help 2. That makes 7. Theoretically, with this kind of growth, the world would

transform in 6 weeks. Considering this real world, though, we can make significant progress in just a few years. Significant.

Section Two

Chapter Seven

The Secret Factor that *makes it* *Happen*

Despite current ads and slogans, the world doesn't change one person at a time. It changes when networks of relationships form among people who share a common cause and vision of what's possible. This is good news for those of us intent on creating a positive future. Rather than worry about critical mass, our work is to foster critical connections. We don't need to convince large numbers of people to change; instead, we need to connect with kindred spirits. Through these relationships, we will develop the new knowledge, practices, courage and commitment that lead to broad-based change.

~ Margaret Wheatley

Atom bombs explode because of a surprising phenomenon called 'critical mass'. Once things get to a certain point, they create an entirely new result that is often shocking. In common terms, we refer to this as 'the straw that broke the camel's back'. Let's take a look at this.

A camel stands and is loaded up with things to carry. As the limit becomes closer, all looks the same. The camel stands seemingly unaffected. But sometimes, it is just a matter of a few more ounces and that is it: the camel breaks down under the weight. One moment standing, the next collapsed. This also occurs with something called 'saturation'. We push on the brakes too hard, the tires let go completely, and we lose complete control. So, it stops working. In an atom bomb, the chain reaction becomes so fast and so all-encompassing that the perfect environment for the whole thing to go at once is present and we enter a whole new world of explosions.

Firecrackers are known to explode one at a time. Add one more and you get one more firecracker's worth of power. With the Uranium used to make bombs, it's different. Add enough and the explosion gets almost out of control consuming matter all around it. In order to get the bomb to reach this frenzy that makes the whole thing go at once, you had to have enough of the substance. Otherwise you get a dud. Once you have enough - critical mass - then you can get the whole thing going really big. If you've ever tried to light a fire in the wind, the principle is similar. You need a big enough fire to start the small one. You need enough heat in one place for long enough. Once you get the big fire started, you're ok. Maybe you light 2 matches for double the fire, or you block the wind, or you move closer, or you add gasoline.

Once you reach critical mass, once you have what is needed to get something started, it takes over for itself. You just back off and watch the expansion. It is the point where we work to build critical mass that can be trying. The wind blows, the reaction doesn't take place, the camel stands and stares at us. But, once we reach critical mass, we benefit from the momentum.

When it comes to The Solution, some have thought we have to tirelessly work every day forever to create the results we want in this world. Nothing could be further from the truth. Once we have a critical mass of people being socially responsible, it will automatically grow by itself without much outside effort. Changes in humanity and the quality of life on earth will automatically improve. There are several requirements to making this occur, however. Some want to know more what that will look like. Several precedents will have to occur so that some actually believe we are able to create a world without war. Peace in the middle east will be a sign. This will be quite profound, but logical. When countries are able to share common lands, without slapping ownership and control rights on them, we will live in conditions that

make more sense. When the average person in America spends time every week in their community with positive results, they will start to see and accept and even take the changes for granted.

Then, the removal of corrupt politicians, the transparency of the money system, ending unfair taxes and the elimination of wars will rule the day. This will affect people's minds. The average person will actually start to believe that significant change can occur. They will see that leaders can and will actually be held accountable. When poverty-stricken countries around the world - one by one- are affected at a basic, systemic and permanent level to remove brutal dictators and once we stop the poverty that kills and replace it with actualized and resourceful human beings, a new day will dawn. Then, people will become used to it. They will accept it. It will become 'normal' and expected. Our current situation is truly abnormal.

It used to be a miracle for a plane to take off and fly through the air, we now have millions of people that fly each day and read the paper while the airplane performs its miracles. It has become standard and expected.

Once we reach a critical mass of understanding and action, we will see people expecting more from life. People realizing that we can affect our community instead of leaving it up to the unqualified, insincere or incompetent. Human actualization on a personal as well as universal level will be expected as the norm. It will be a ridiculous thought that some used to serve the powers that were to kill their brothers in other lands so a few could become billionaires from their oil or other resources. It will seem impossible that any child in any country will be left to starve or suffer with unclean water when it is completely abundant the world over. The idea that a life would be wasted in a sweat shop serving a tyrant and their demons, will be a thing of the past and we'll

truly wonder how we ever allowed it to occur. We will have some real tales to tell our grandchildren. That's how it will happen, once we reach the level of critical mass. The kids will even study it in school. A new kind of school.

Section Three

Applying The Solution in the *Real World*

Section Three

Chapter One

The Profile of a

Socially

Responsible

Populace

*Every time you smile at someone, it is an
action of love, a gift to that person, a
beautiful thing.*

~ Mother Teresa

*I want you to be concerned about your next
door neighbor. Do you know your next door
neighbor?*

~ Mother Teresa

Note: I use the terms compassionate, socially responsible/aware, socially conscious and Humane here to help the reader get a feel for the distinctions as used in everyday language.

Socially Conscious People feel love and compassion for humanity. These socially responsible people are quite a bit different from people with which you may have met and interacted so far. The people in most big cities around the world go about their own business and have a tendency to ignore each other. This is a direct result of not knowing how to function compassionately in a bigger group. Small cities can make it much easier to be compassionate (although most people in small cities are not quite humane), but so many of us don't live in smaller cities. Big cities can be intimidating and our instinct to connect and cooperate may meet with many challenges. With disconnection and lack of genuine community, crime rises and so do most other inhumane actions. Pushing and shoving occurs because consciousness has dropped. Selfishness occurs because others become

objects. Those that would otherwise be thinking and feeling humans become more like trained automatons driving to work or walking through crowds on auto pilot. They do their jobs without passion. They treat others on a scale of perceived threats to survival – not as individuals. This makes cities a bit threatening and even scary for some. In order to adapt, people become desensitized. This is another way to say 'less humane'. Small towns with less traffic and crowds are easier to navigate and tolerate for most sensitive people. Big cities are effective for financial and business centers. You won't find many humane beings there, although there are always a few. Often, they are teachers or in the public service in counseling or court-appointed lawyers for the poor. Big cities are, however, poor places to find and practice social harmony and find quality of life. You won't be able to identify your human brothers as brothers or sisters as sisters. And the chances are small that they know much about social responsibility. This responsibility is always assigned to public systems which are always inadequate and wasteful. But, if people in all cities were actually socially responsible and humane beings, you'd be able to describe them in the paragraphs that follow.

Love and Compassion for Humanity

Inside, we all feel this. With Humane beings, it is clearly and discernibly more than this. This group has compassion in their conscious mind. You can see it in their careful and courteous driving habits. Their politeness when waiting in line and respect for others in all situations. They act in a considerate manner. You can tell that others are important to them. All people, including strangers, are equally important when it comes to opening doors for each other and giving fair prices in business. Regardless of age or other distinctions, everyone is considered. They are open minded, openhearted, and willing to interact. You can feel the affection. It is palpable.

Grouping Together Naturally

They are automatically and instinctively aware that functioning in groups is necessary and they practice it regularly. This isn't according to factors that cause separation like religious groups or racial groups, this is according to function and universal brotherhood. So, segregation is not any part of grouping. Instead of a group supporting only women or only white people, groups would be more defined by things we all may be interested in or want to contribute to. Even pregnant women may want their husband at a pregnant women's meeting. Or, a group of cigar smokers wouldn't prevent women from attending because some women smoke cigars, too. The actual objective of the gatherings is not to exclude but to include any and all that may be able to contribute to a purpose, to cooperate and produce results, to enjoy each other's company and have fun and relax. In order to achieve the objectives necessary for social responsibility, humane beings find it compulsory to interact. They do so because they are part of a natural organism called humanity. But, they are also able to easily maintain their uniqueness and individuality. They know who they are and they don't get involved in mindless and violent rallies or demonstrations. They would never get out of control at a football match or become a violent mob that requires the police to control.

Communication and Coordination

Humane Beings Communicate and Coordinate as a natural requirement of being socially responsible. They stay in touch and don't like a lot of duplicated effort. Wasted time, money and energy is kept to a minimum as well, because people

respect each other's and their own time. They don't fall for systems where one person is the big boss with the power to dominate others or treat them with disrespect. Consciousness eliminates power trips that cause constant disagreements and conflict. When misunderstandings do occur, they are cleared up quickly because the objective is not to serve one person or an inhumane cause, but to benefit all. There is little recluse and silence as they are not prejudice or shy. There is little avoiding of others based upon social dysfunction and other barriers. When it is obvious one member needs to learn, they are accepted and welcomed and nurtured to be a better part of the community and maintain their individuality. Communication is expertly used to find solutions. To help communities advance and function more smoothly. This makes it easy to work effectively on projects and achieve local goals and objectives. With people that are raised to be socially responsible, the skills to communicate, cooperate, and work effectively together are well polished.

Socially Conscious people Take Action

It isn't enough to know statistics. It isn't enough to know all the places that people are in need of help, to have friends on the city council, to hang out at community meetings. These are all things an unconscious person can do - a socially unconscious one. A key defining trait of those that are socially aware and responsible is the taking of action. Mindlessly serving on a soup line once per year at Thanksgiving or Christmas doesn't really count for too much - although it is better than nothing and even better than many. Taking action by truly compassionate people involves finding their heart (more on that later) and making a decision then setting a goal and being accountable for results. Mindless help can be done by robots and beasts of burden.

But, the main difference between the types is that some talk and some act. Taking action feels so much better.

A Culture of Responsibility

The socially responsible build and maintain a culture of responsibility. But what is a culture? Unique song and food? Not in this case. More significantly, culture means the general habits of a group. How the people behave. Think about how you were raised. What habits existed at home? Was the father there? What was he doing each night? What about mother and other family members? How did you spend your evenings? How did you keep your home? Did you pray before meals? Did you watch TV during dinner? Did you eat together? How you behaved at dinner time, the habits and routines could be called your 'dinner culture'. Culture is largely flexible. Some grow up in a culture of hate. Some grow up in a culture of constant fun and laughing. Some grow up in a culture of alcohol abuse, and some grow up in a culture of social responsibility. This means they practice socially responsible behavior regularly. Recycling. Friendship with neighbors. Activity with school teachers and the children's education. Neighborhood clean up and canned food drives. Interaction with local law enforcement or neighborhood watch programs. Contribution to the homeless locally and also involvement with an international charity. Sound like a lot? It isn't. It's a minimum and takes only a few hours each week.

Racism and Prejudice

The socially responsible are not racist or prejudice or judgmental. There is no room for racism. It becomes exposed

for what it is. Ignorance and negligence. If you ever speak to a racist person, ask them how many of the race in question they have befriended. How close? Without exception, I have found that the racists and bigots never have a single friend of the race they hate. Because when they do, the racism melts along with the ignorance. Another significant thing to know about racism is that we all have it to one degree or another. It's the things we don't like that we haven't tried. Kids wrinkle their noses at new foods. Adults do the same in their own way about other people. This is where the negligence comes in. If we feel that we have some uncomfortable feelings about a certain group, we need to be diligent about getting to know them. Socially responsible people have it in their bones that we are all human beings deserving of respect and acceptance. Even those we don't understand- and especially those that are in need.

Violence and Aggression

It should go without saying that the socially responsible are not violent. Social responsibility comes from a different part of the brain than violence. Acts where one's body is out of control and causes damage to other's property or person stem from the reptilian brain. This is a fight for survival. It is only appropriate when being attacked directly. Social responsibility is not about punishment, it is about nurturing.

In-Fighting

Finally, the socially responsible do not fight amongst themselves. They recognize it as coming from the mammalian brain that needs to control or dominate. Pride and emotions gone out of control are always the cause of in-

fighting. One that is truly working for the good of the community will respect and consider the feelings of others. Petty power plays and competitions, secrecy and manipulation, lies and gossip, are all clearly seen as destructive to the fabric of the community. People that practice these behaviors are quickly exposed and held accountable by the community. Not punished, but exposed. There are always opportunities for each of us to refine our skills and build habits that create social harmony. A bit of imperfection is always there and is part of the process. The recognition and smooth repair of clashes is the sign of a socially conscious group. Social consciousness brings social health.

Perhaps by now, you're getting more of a feeling for what it would be like to live this way. Most of us can imagine it, but few of us have seen it. Although it seems possible, it may be that some have to see it to believe it. As long as you get the idea of how a socially conscious group might behave when facing common challenges, it will not require a leap of faith to see how the world will be different when we behave humanely.

If we were to break down group consciousness into basic levels of evolution, it may be something like this:

1. Unconscious masses – not even knowing they are unconscious. Completely at the mercy of anyone grabbing power.
2. Unconscious masses knowing there is something wrong but complaining and doing nothing constructive.
3. Masses starting to awaken and acting in confused and inefficient ways to rebel against the oppression caused by their negligence and lack of know-how.
4. Partially competent, partially cooperative masses. Mayhem of sorts, but becoming organized.

5. Highly organized and efficient masses actively creating a humane and modern world.

Most communities in the world are at or just above the 1st level. Our objective is, of course, level 5. Let's look at some real world examples of how a level 5 population might behave.

Section Three

Chapter Two

The Solution for War Mongers and Tyrants

“Naturally, the common people don't want war; neither in Russia nor in England nor in America, nor for that matter in Germany. That is understood. But, after all, it is the leaders of the country who determine the policy and it is always a simple matter to drag the people along, whether it is a democracy or a fascist dictatorship or a Parliament or a Communist dictatorship. ...voice or no voice, the people can always be brought to the bidding of the leaders. That is easy. All you have to do is to tell them they are being attacked, and denounce the pacifists for lack of patriotism and exposing the country to danger. It works the same way in any country.

~ Hermann Göring

He who joyfully marches to music rank and file, has already earned my contempt. He has been given a large brain by mistake, since for him the spinal cord would surely suffice. This disgrace to civilization should be done away with at once. Heroism at command, how violently I hate all this, how despicable and ignoble war is; I would rather be torn to shreds than be a part of so base an action. It is my conviction that killing under the cloak of war is nothing but an act of murder.

~Albert Einstein

Let's take our clear concept of a socially responsible populace and apply it to the problem of war mongers, dictators and tyrants.

In fact, now that we have a sense of what consciousness actually means, let's apply it to common situations in this world that have been insurmountable until now. Let's see how the world's problems would occur with a socially conscious population. If the entire masses were informed as Thomas Jefferson suggested.

Hitler

Still the icon of evil throughout the world almost 75 years after his death. Let's go back in time. It's 1939 and Adolf Hitler is yet to kill millions. He will demonstrate so much power to destroy and punish, that decades later entire films will be made fantasizing about how he could have been stopped. What most people don't automatically think of is the

key to his power was the key to his failure. To render him completely powerless would have been as easy as doing nothing. Yes, doing nothing. Let's see how.

The second world war was the result of many factors but Germany's part required at least 4 types of unconsciousness.

The Mind State of the German People

The people were led to believe that it was someone else's fault that they were having problems. In reality, the first world war left Germany with some real challenges to face. They were struggling with some terrible financial situations. The last thing they needed was another war, but they were in a desperate and vulnerable situation and this mindset makes people open to all kinds of crazy solutions.

The Habit of Following

The habit of following the leader had been going on for thousands of years. Why question it now? At a time when there was no TV or internet, radio was easily controlled by someone with an agenda and the power to carry it out. People were used to following the leader. The concept at the time was that the leaders were all- powerful and all-knowing. If you tried to stand against them, chances are, you would be killed.

The Tradition of War: Everybody's Doing it

Even though war is unjustified mass murder, it has gone on for so many years that most people don't even question it. Now, in some cultures, war is even considered a good thing and used in slogans to control the unthinking masses. 'War against terror.' The 'War on drugs.' As we may understand at this point, war is only and always the expression of the reptilian brain. If you want to start, continue, and win a war, stimulate the reptile within. Justify it to your thinking brain by showing it is the only and the best way to solve a huge threat.

The Ability of the Leader to Persuade

It is pretty unanimous that Adolf Hitler was a great orator. His passion showed when he spoke. He was good at making a case. He drew connections between things that would sound absurd if anyone was really listening, but it was a rally. People would cheer for anything. I remember I was at the rally of a religious cult where thousands upon thousands packed a baseball stadium in Los Angeles. The speaker was announcing numbers and the crowd was cheering with a simple stimulus response mechanism. For those of us that tried to listen and understand what he was saying, we heard him say how many millions were faithful followers of opposing religions. The crowd mistakenly cheered. It doesn't take consciousness to cheer. In fact, at most rallies, it's better if you are less than conscious.

So, are we to conclude that German people are particularly vulnerable to control? I don't think so. To see what happened and why, we need to delve deeper. Let's look at some other tyrants and their followers.

Saddam Hussein

They say Saddam Hussein did some pretty nasty things. However, I would guess about 99% of those were actually done by his loyal servants. So, at least his followers did some nasty things. Some of them are heads of government in Iraq today. Saddam Hussein was a bad guy, right? I understand that he had dozens of his rivals murdered when he took office. Of course he didn't pull the trigger then, either. Again, he needed followers. What perfect storm allowed Mr. Hussein to have the commands he delivered get carried out?

The Tradition of Following

Once again, the millions of Iraqi people followed the leader. Regardless of what he said. There was so much in common with their Iranian brothers to the east, but he was still able to lead them into war with the invasion of Iran. He actually invaded Iran and annexed a portion of their country calling it a new province of Iraq. And the people followed. So did the USA. He was a friend then. And friends turn their heads to evil acts or even support them when it is in their best interest.

The Fear

Saddam had such a reputation for killing those unfaithful to him that most people were afraid of him. Fear, if unchecked, makes us do the most ridiculous things. So many people truly believed that they had to listen to him. Otherwise they would one day wake up dead.

The Ability of the Leader to Seduce

Saddam was a confident master. He commanded people to agree with him. He was skilled at appealing to people's weaknesses when it came to doing good and justifying bad. 'If I did this for you, you should do this for me.' This is a common trick of the criminal mind when manipulating the unconscious. He was clever enough to do some great things in Iraq before they were all destroyed by another coalition of the unconscious. Education, freedom for women, social services were the best in the Arab world. What about other leaders?

George W. Bush

In defense of the attacks of September 11th, in 2001, where just over 3,000 people were killed, George Bush was able to motivate Americans to attack a group of innocent and impoverished people in a distant and unrelated nation based upon flimsy lies from an unreliable source. By ordering others to war, he became responsible for sending thousands of Americans to their deaths. His faulty and ignorant orders killed more than died on 9/11. Isn't that ironic? To the thinking mind, of course. An additional million innocent people in a struggling nation were murdered and more forever maimed. Recently, it has been exposed that depleted uranium was used in Fallujah, Iraq where the number of tragic birth defects has skyrocketed. This truth is currently being covered up by the US Military. Warnings have been made to Iraqi hospitals to not report this truth. What allowed him to get away with this? Another constellation of circumstances. Let's take a look.

The Situation after 9/11

The entire country was vulnerable. I spoke to an acquaintance on the phone a few days after 9/11 and his first comment (before saying hello) was “bomb everybody”. A

normal reaction from a reptilian brain when it perceives that its very survival is threatened. This crude war-like reptilian comment came from a successful San Francisco banker. For those that understand human nature, this isn't a surprise at all. It's a mindless and viscous lashing out at anything threatening that comes close. Destroy all! People spoke of revenge and hate of all Muslims and middle eastern people. The instinctive desire to avenge and revenge became so out of control that innocent Muslims in cities around the US were beaten. Even someone that was wearing a turban, but not even Muslim, was beaten. What a fertile soil in which to start a war.

Stimulating the Fear of Terrorism

This wasn't all, they said. More attacks were being planned. We started to run around all over the earth and find these bad guys and kill them. Otherwise, 'they' say, they're going to come here and do more bad things. So, we'd better do something now or we'll be next. The leaders were able to terrify the average uninformed American. They even succeeded at creating a system of abuse at airports and warnings that were color coded to indicate the level of fear you should have. The followers responded faithfully to the alerts as if they were air raid sirens warning us to hide in our cellars as bombers flew overhead. Not a single bomber ever came. But no one noticed. They were supposed to be building a huge arsenal in Iraq capable of terrorizing the 'West', but that arsenal was never found and actually never existed. It didn't really matter. The leader achieved his goal and the method he used to get there was now better off forgotten. Iraq's oil is still largely under the control of the invaders. The courageous Iraqi people continue to fight this.

The Tradition of War

Growing up in the American war culture, we were raised to believe we never lost a war, that the land on which we live was destined to be ours by God almighty, and it was good and not a mistake to invade Korea, Vietnam and, of course, North America. As kids we would play 'war' and if you were unlucky to be selected as a 'kraut', 'indian' or a 'jap', you knew you would always lose. The rag-tag group of misfits always won their battles in the American made movies about war. The leader of the group would always pull the cigar out of his mouth and utter something memorable before he got back in his war-buggy and rode off into the sunset kicking up dust. War was romantic. War was cool. War was a necessary way of killing the bad guys. And we always won. Who wouldn't want to be part of this? Anyway, you get deals on education and loans if you jump on the bandwagon. So, if you're poor, just focus on the personal benefits you will get and try not to think about the murder part so much. You think maybe the recruiters mention that when they are selling it? You bet they do. But, then, this is what the leaders of many countries must do well.

Lies and Deception

The document at 10 Downing Street that exposed the invasion of Iraq as an embarrassing debacle didn't really matter. The lies told to the American people about the weapons that were supposed to be in Iraq didn't matter. 'We can't leave now, it would be a mistake.' We won't be there long. They are terrorists. We are doing our best to not kill innocent people followed quickly by 'we don't do body counts'. Every type of reptilian behavior became the norm during this era. From photographing genitals of prisoners, to beating and torturing them to death, to treating fellow Americans like they are the enemy in airports, illegal phone tapping and not even allowing reporters to take pictures of the coffins of the returning dead American soldiers. Probably the best and most well-orchestrated murdering rampage ever achieved

directly under the noses of otherwise intelligent and compassionate people. The biggest lie: 'Murder isn't wrong'.

Few were actually paying attention, and America believed it. But you pretty much had to be in America to believe the whole package. All the Americans I ever talked to that were abroad like me had a different perspective. We actually cried the day that Bush was re-elected.

And so it went. And so it goes. As a result of following the tyrants, all around the world, people run into emergency rooms holding the dying bodies of their loved ones begging the doctor to save them. But, really, who believes that the entire German population was bad or evil and deserved to be murdered when Hitler was in power? Who believes the Iraqi people didn't have the right to defend their soil against foreign crusaders? Who believes your political rivals deserve to be executed for disagreeing with you? No one. No one in their right mind. In their reasoning mind. In their humane mind. Only in their reptilian mind. So what can we do? What is the solution? One word.

Consciousness

Be informed. Think before you act. Before you cheer at a rally. Before you hate. Before you murder and try to call it something else. If observed, this 1 word would have saved millions of lives, billions of dollars, and hundreds of years. If you are conscious by paying attention and thinking for yourself, you won't believe the lies. Yes, pay attention, know what's happening. Is it true? Is it right? What can I do?

Here are some of the lies by war mongers that keep people obedient:

- We know better than you.
- This is not murder it is self-defense. (regardless of the circumstances)
- We have secret information that we can't tell you because it is so... 'secret'.
- If you question us, you are not patriotic. (patriotic means: 'obedient to the powerful')
- They are bad and we are good.

If the above lies aren't working, you have to find an especially gullible group of people. The soldiers that did the murdering during the Tiananmen Square massacre in China in 1989 had to be brought in from another province far away. The local police and army weren't willing to murder their own friends and family. I spoke with local people that laid down on the road in front of the tanks to stop them from proceeding. So, the locals weren't willing to be a part of a massacre they saw coming. It worked. The soldiers from far away shut down their minds like a good citizen and obeyed orders like a true patriot. Thousands of defenseless people peacefully demanding more transparency in their government were murdered as they ran screaming in the streets. Most of them were college students in the prime of life. Conscious and aware humans with courage to act living in the PRC. That was rare. It is becoming more common today, however. There are constant riots and uprisings in China. Of all people in the world, the suppression there is the most brutal because it is on such a large scale. This is why the Gov in China recently ordered all phone companies to block messages using the word 'occupy'. It will get worse.

Why do we worship and obey the incompetent and the tyrants? The liars and deceivers? Why do we kill when we know it is wrong? Let's put ourselves back into that mindset. The mindset of the blamer and the follower. It wasn't OUR fault, it was THEIR fault. Hitler was evil! Saddam was evil! How can anyone say they weren't?

I'm not saying that Hitler didn't have some evil ideas, but that's not what caused all the problems. One man by himself can't kill many without being stopped. Now we know that it wasn't the leaders that were the problem. It was the millions that didn't think before they acted. That didn't bother to do some study and partake in some independent thought. They blindly followed and often intimidated others into doing the same. They were unconscious to the truth. The truth that murdering is wrong and always will be wrong to those that reason. To those with compassion. They shut down their reasoning ability.

Let's take a look at how evil Hitler was. He killed millions, right? Actually, wait. Let's be more conscious here. **This is vital.** How many people did Adolf Hitler actually kill? Maybe a few dozen? Did he build any of the ovens that destroyed bodies? Did he even design them? Did he operate one? Never. How many times did Adolf actually pull the trigger? Comparatively? Never.

Then, more pointless behavior followed. Although after the war was over, some efforts were made at 'justice'. But it wasn't really justice at all. The Nuremberg trials - which tried to simplistically 'find the bad guy and punish him' were too late to have any impact but indulge in reptilian revenge and had absolutely no positive impact on the future of humanity. These blame games still go on today by fanatical zealots.

Looking back with 20/20 hindsight, what should they have done? Empowered individual people would be more informed. To make their own choices. To not be intimidated by bullies. To be awake and aware. Communities of the future will do just that. And to the degree they don't, they won't exist. No followers = no power. Anyway, a nation of conscious and self-actualized people is immeasurably better than a nation of sheep.

Why don't we just stop funding war mongers? As individuals, why don't we just stop paying and fighting and killing and dying in wars for others? We will. We are. More and more of us each day. If two people really want to fight, don't do their fighting for them. Let them go to it. It has never helped us to kill others. No matter what the warmongers say and no matter how many times they say it: murder is still wrong. It is wrong to take a human life.

How many persuasive arguments do we decide to follow or not follow daily? We each have the power between our ears to make a choice. Too often we follow blindly. Too often we get lazy or let pressure or fear lead us into the most despicable acts. For this, we have paid the ultimate price - a world in chaos. An unsafe world where suspicion reigns. Where more money is spent on killing than educating.

What really is the difference between war and murder? Why is killing in war or by execution legally allowed? I understand that controlling bad guys is important, but 99% of the killing is done - not by the crazy bad guys - but by the unconscious 'good guys'. The good guys that never thought to put down their guns and say: 'wait a minute, what the heck am I doing?' Maybe the thought occurred to them, but they didn't have the courage to act.

So, after looking at these things, I must ask this question: How powerful would these people be if they were simply ignored? Ignored by a big enough group that they needn't be afraid. The tyrants would be powerless. And we would have that much more peace in the world. Is it really that simple? Yes, it actually is. All it takes is being conscious, which means taking responsibility, paying attention and taking action.

Section Three

Chapter Three

The Solution
for
*Environmental
Issues*

Thank God men cannot fly,
and lay waste the sky as well as the earth.

~Henry David Thoreau

The Solutions shared in this book follow a general pattern. We take the sometimes nebulous and difficult to grasp concept of consciousness and apply it in ways that are more tangible and believable. With the coming of solutions to these age-old problems, we require a new approach. This approach always contains the basic ingredients of awareness, thinking for oneself and a decision to act.

Some of these ideas may seem so simplistic that critics may say they've been tried and had failed or that many already know this, but the world is too complex to ever achieve any real order or peace. Beware the cynic.

The truth is that most of the solutions have never actually been tried. Ecology is a good example of that. We've known from the time we started synthesizing chemicals and dumping them into rivers that they were harmful and damaging. But, with no accountability, the greedy business persons and their henchman (employees) have destroyed countless acres of land and miles of rivers around the world. The air is constantly filled with smoke in cities all over the

earth and oil spills devastate entire coastlines. The neglect is blatant and difficult to fathom, but it is very real.

Once again, we might say: "Why doesn't somebody do something?" The correct answer to this question is: "Because we haven't. We are the 'somebody'." As with all situations in this world, if we don't realize that the solution is 'me' and do our personal part, nothing will happen.

The current problems we are facing are various forms of pollution, destruction of forests by clear-cutting and other activities and our dependency on technologies that destroy our earth. These include coal, oil and nuclear power. There currently exist plenty of natural supplies of energy from the sun and wind and geothermal sources to permit the entire planet to run on 100% clean energy. Instead, we burn oil and coal and dump radioactive waste-filled barrels in the sea.

So, how will a socially conscious population create a better earth? With a conscious populace, two key things will occur. Enough of us will become expert with the issues, so that deceptive and inaccurate information by those that seek to profit by harming the earth will be exposed. This will cut back on destructive projects provided there are enough conscious people to vote and take action to prevent these harmful projects. The second benefit includes more hands-on-deck. There will simply be more of us to organize beneficial clean-up projects, recycling efforts and more. As more people get involved with commitment and determination, there is a natural organizing effect that takes place. People that want results automatically want to cooperate and organize to get things done in the most efficient way. When intentions are not sincere, you see people standing around with nothing to do. With a conscious populace, you have people that find something to do. With this populace in action, first, a dismantling of the smoke screens and lies and withheld truths will occur. The more of us that wake up and respect

the truth, the more we will know about which solutions are viable and which are scams and how to effectively implement them, and at what cost. Reliable and honest news sources will grow and mass media meant to mislead and follow the 'party line' will be abandoned. If it costs just a few dollars more to get energy that is renewable, the average consumer will happily pay - given the right choices. Now, there are no choices. With governments and groups held accountable to spend money on developing new solutions, monies will be diverted from corrupt networks of oil billionaires to solutions that serve humanity. The money is easily there, because money is an illusion anyway. What will be much more readily available is human-power with which to create and implement solutions. These solutions will save the home we call planet earth. The contrast is strong. Imagine trying to organize a group of orangutans to complete a simple task such as cleaning a room compared to a group of 12 year old children. Once we have people aware of the goals and sincerely cooperating to reach them, the productivity leaps to a new level. It is no shock that things are in their present condition if you observe the behavior of the average person that sits on their couch and watches reality shows. Action is a key part of The Solution. In fact, without action, there will be no solution.

As a result of conscious involvement, there will be an end to lands appropriated for mineral and oil deposit exploitation while the local people get nothing in return. When all of humanity shares the land and helps to make decisions, small groups of powerful individuals will no longer be able to wreak havoc on the earth. Instead of one person chaining herself to a tee, the bulldozer will never appear. No one will be able to fund such destruction.

Once a new factory begins to dump a single drop of poison into the river, the factory will be shut down by the local citizens. There won't be long and drawn out meetings by

those in power, because 'the people' will be in power. They will be in power because they will take the power.

Remember, the way this earth has been destroyed is not by war or genius or herculean feats. The only miracles that have taken place to facilitate its destruction by a few greedy CEO's and their minions is the mind-blowing inactivity by your average person. There is a direct relationship between people sitting around and chatting about world problems instead of doing something, or even worse, those that watch silly TV shows and engage in idle chatter about selfish and trivial matters. Direct. Not indirect.

Our own inactivity and lack of interest and concern is the one single factor that has destroyed this planet and made it what it is today. No other single factor is important or even relevant, because without the involvement of a large number of us on some level, no solution will ever work. The plans and programs implemented will always be according to the agenda of a few. This is human nature and reality. We are now experiencing a kind of evolution of the mind. We are changing from non-thinking followers to those that make our own decisions and take action for ourselves and the greater good.

Once we start to take ownership of our planet, as each human being must, we will think about the earth as we do our own kitchen, bedroom and living room. Why would we leave it littered with garbage? Why would we neglect and destroy so much? Why would we invest in destructive and irresponsible energy sources? We wouldn't. We would do without until we have the right systems set up. We would focus and work hard on viable solutions. We would take personal responsibility and care in whatever takes place. Until we actually do this, there will be no real solutions applied to the environment. It will just be small groups making decisions for their own benefit and taking the power

we give them through our own apathetic and pathetic behavior.

Section Three

Chapter Four

The Solution

for

The *Collapsing*

Economy

I have two great enemies, the Southern Army in front of me and the bankers in the rear. Of the two, the one at my rear is my greatest foe.

~ President Abraham Lincoln.

Experience demands that man is the only animal which devours his own kind, for I can apply no milder term to the general prey of the rich on the poor.

~ Thomas Jefferson

You are probably aware that money is worthless in itself. It is kind of like a check you write that is guaranteed by the government. The problems that occur with money can all be traced back to corrupt and incompetent government entities. The manipulation of your money becomes the most powerful job in the world. But, how can this be? Money is just an illusion, right? Ink on paper that is supposed to mean something, but doesn't. As long as we are locked into the money system as it exists, we become complete helpless pawns. This is a requirement of those that control the money system. Owning the banks and controlling the money gives one small group the power to build or destroy nations. After Germany and Japan were devastated by the bombing by the US, the US was 'kind' enough to loan them money to rebuild. With this money they were able to acquire materials and expertise and labor with which to rebuild. Without those loans, it would have been impossible unless there was another system that could be used. At the time, there wasn't.

When we want to give money to a friend through a bank transfer, we are completely at the mercy of the bank to take some of it and move the money at a snail's pace. Actually, bank transactions are instantaneous. The transactions are stalled and held for a variety of reasons - none of them valid. Every time we make money, the government is entitled to steal part of it. For doing nothing. If you are a US citizen, the government gives itself the right to take some of your money wherever you make it, no matter how you make it. The manipulation and control of money is the biggest example of the difference between those that are in charge and have the power in the world and those that give them the power by obediently doing what they are told and remaining mostly ignorant and completely action-less about it.

The bottom line is that the power of money is twisted and manipulated to control and deceive others. There are almost infinite presuppositions about money that it is sometimes difficult to help most people understand it. Most people actually think that the government needs tax money for something. The only thing the US government does with income tax money is build more weapons to kill, control, and get more money. They pay interest on the money they borrowed because they mismanaged their money and they create entitlement programs instead of community centers so they can keep people dependent instead empowering them. Income tax is completely unnecessary and illegal, but you've probably heard that already. Let's not waste time on these old topics. Let's instead look at things from the bottom up. From the simplest standpoint possible.

The unemployment scam. A job is doing something for somebody else. Someone else has a need and you fill it. It could be making a pair of shoes for your neighbor. You're good at shoe-making, and your neighbor needs a pair. This is a match made in heaven. He smiles when he slips them on and automatically feels a desire to compensate you and

thank you. He may do that by mowing your lawn or baking you a cake. The only need for 'money' in this case is to give you something that you can more easily exchange with others. Cake only lasts so long and maybe you don't want your lawn mowed. Maybe you don't even have a lawn. When the bankers saw people exchanging freely, they wanted a piece of that. They wanted to regulate and control it. They say it is for our own good. That's not true. The banking and credit system is an absolute failure and has collapsed many times in many countries. The biggest lie told is that they must limit and control the movement of money - even the amount you have in your pocket when you travel - for your own good. But how can that be when it is the government gang leaders themselves that are the beneficiaries, not common citizens like you and I.

Looking at our illustration of you making shoes for your neighbor points out the most important thing to know about commerce and economy. The most important thing to know is that as long as anyone wants something, you have a job. That opens it up quite a bit, doesn't it? It doesn't matter what soybean futures are doing on Wall street or anything about a housing bubble. All you need to know is that - for a million possible reasons - your neighbor may not be as grateful for the shoes depending upon circumstances. So many things can spoil the deal and that is up to you to know and be aware of if you want to make shoes for others. The quality may be bad and they may quickly fall apart. They may be uncomfortable. Another neighbor may be a better shoe-maker than you. You may have a hard time finding leather. As long as you can survive, it doesn't matter. You will overcome these hurdles and come back stronger in a short period of time. If you belong to a community, the community will take care of you. Sadly, this single most important part of the puzzle doesn't exist. It isn't communism or socialism, it is a form of community. Upon this system of trust, we can base our careers. Since this system does not exist, we are forced to beg

for unemployment pay or other instruments by those in charge. Why wait in line for a handout from those that prevent you from being free to work?

In the meantime, the privileged few are able to gamble in soybean futures and make millions with a few clicks of a mouse. Usually, if these people make a mistake, or the system they created to give them power and control fails, their buddies are in charge of the whole system and they get bailed out. Those of us not in power starve to death. It's because we have no system ourselves. We've turned over all economics to a small group of people and as a result made them super-powerful today.

So, let's recap what's been said here. The money system is broken for most of us and is basically unfair in its design. That's the true reason why a small percentage of people on earth control the great majority of all the money. There currently is no system in place that allows for financial security without becoming a slave to someone in some way, or making a slave of someone else. A suitable community exchange and money system doesn't exist because community doesn't exist in most places. With all the talk about central banks and sub-prime lending rates and all that other unnecessary garbage, people get confused about the basics of exchange. The most basic fact, and all we need to know, is that you have a job if you can serve the needs of anyone that has them. We just need a good way to exchange. Paper exchange systems or other systems controlled by big governments or gangs or other small, secretive and manipulative groups is the recipe for disaster. History proves this obvious truth again and again. A thumbprint ID internet based accounting system that functions instantly, for free, is a viable model. You won't see anyone in a position of power, endorsing this. People don't like to give up power. But they will. It just requires us not giving it to them anymore. Soon, they won't have a choice.

As a final note, we have enough food to feed everyone. We have enough 'money' and riches so that anyone can have anything they want. The problem we have had is that too many people are not really paying attention and don't even understand what money or fair exchange is, much less how to make it and use it for their advantage. How can you free a person that hasn't been paying attention at all? A person so brainwashed, misled, confused, and made apathetic by a system that has been taught to them from the first day they were born. Just remember, that all resources we have are free because we haven't yet learned to synthesize matter from energy in any practical way yet. Raw materials are free, they just require some labor to acquire. Someone works a farm. Someone else chops trees and makes furniture. Any single product or resource is the result of labor only because nothing on this earth can be completely and permanently owned by anyone. The person claiming ownership didn't create this physical object from nothing. These resources like earth, wind and water, were all here before any of us arrived. The money system has become over-complicated and has humanity on its knees waiting to find out if 'the economy' is recovering. Nothing could be less relevant. All of us are currently trapped in an oppressive financial system. In order to get out of this system, more of the same is required. A conscious populace. A population willing to take action and refuse to be deceived and manipulated. Currently, many trade systems work based upon barter and credits. Many of these systems are also somewhat oppressive in their current form. They are often heavily controlled by governments and their police, so a piece can be taken. Once humanity demands a transparent financial system with instant transfers and the simple security that already exists, it can be done quite easily. But be ready for a fight. The people on earth that control the money don't want to give up that control. When it finally happens, more lies and deception will be spewed than ever before in the history of humanity in order to prevent it. But, no oppressive system ever devised will stand up to a

conscious community. A socially conscious group of people of sufficient size and integrity will always overcome an oppressive system. Always.

Section Three

Chapter Five

The Solution

for

Poverty

*Being unwanted, unloved, uncared for,
forgotten by everybody, I think that is a
much greater hunger, a much greater
poverty than the person who has nothing to
eat.*

~ Mother Teresa

Mother Teresa makes a point that few of us would know without being told. It is that being neglected and forgotten about that is much worse than having nothing to eat. This is the contrast between the Sex-in-the-City girls going out shopping and buying a pair of shoes for over 1,000 dollars then having lunch afterward and complaining about the sales staff, the weather or the fact that the style they wanted was sold out. It is much more of a travesty that they are forgetting completely about those in need. Would writing a check be enough to create a more compassionate situation? No. Mother Teresa spoke to the core of the issue. It isn't money or even time that matters, it is the lack of compassion. This is the root of the problem. As you know by now, we humans have a choice about how humane we want to be. Once learning about it and being in an environment where we are really able to be humane, most of us will take action as a result of having our heart in the right place.

Poverty means: 1. state of being poor: the state of not having enough money to take care of basic needs such as food,

clothing, and housing Microsoft® Encarta® 2009. © 1993-2008 Microsoft Corporation. All rights reserved.

This condition of poverty creates many other conditions and is itself a result of several preexisting conditions. Along with poverty, there will always be a lack of infrastructure. This could be in many forms. The family itself is infrastructure as is a good clean water supply. Nowadays, there are about 1 billion - roughly 1 in 7 of us - living on less than 1 U.S. dollar per day. Another 2 billion live on less than 2 dollars. Do you think giving government loans or sending a can of beans every year will make a difference? As a matter of fact, it hasn't.

What is required is conscious humane compassion practiced regularly by those of us making much more than 2 dollars per day. If you were starving or watching your child die for the lack of a few cents per day, wouldn't you want someone to care? Of course. And that is what this book is all about. This is also a core principle of The Solution. It makes it possible for people to understand and decide and take action regularly – an action that will surely end poverty. That's why it's called 'The Solution'.

Once enough people on earth do care and are taking action, we can more effectively apply solutions to the complex problems of poverty. Without clean water, hundreds of millions of people have to walk hours each day just to get water the rest of us probably wouldn't be willing to drink. This inconvenience adds to poverty. Spending the whole day rummaging and collecting or begging or searching for the basics will prevent anyone from progressing. A child dies every few seconds somewhere in the world from easily preventable causes. It is actually quite ridiculous when one examines the numbers that show how easy this problem is to solve. Also, when we look at the money spent by the world's richest country on charity - the USA – it's less than 1%. In

the meantime, the USA spends over 1 trillion dollars per year on the military. Fighting wars. It's ironic when we look at how little those 'wars' accomplish.

In order to work on this problem of poverty, it will take conscious action by many millions of Americans, and others around the world to find their compassion, face their unfounded fears, and take the action necessary to change the current system which neglects and forgets the thousands starving each day and begins to help build the infrastructure needed to care for us all.

The only real shortage on this earth is conscious compassion. There is plenty of water, plenty of farmland to grow healthy foods, plenty of people to work and produce, plenty of technology to live and grow in a sustainable way. But, without most of us taking responsibility for our part in this world, the world and most of the people become neglected. We are living in a situation today, where the cynical that don't believe in or care about the actualization of the common person, are taking over and demanding more for themselves without considering others. A few push to the front of the line and take more than their share and by the time the end of the line is reached, there is nothing left for those in last place. This isn't from waste or lack of resources. This is because there are too many of us not doing our part. We are taking for granted benefiting from our own powerful infrastructures and not contributing to that of others. It is as if it is raining outside and those few of us with tents are staying safe and warm while the rest of humanity stands out in the cold. Most of us do little in the way of helping our fellow human beings. It is as if we don't mind them being out in the rain. But it is rarely because they are lazy or at fault in some other way. Those of us born into favorable circumstances need little effort to have a rich life compared to most of the world. Others work 50x as hard and have no opportunities to advance themselves and create a life of

security only because of where and when they were born. It could happen to any of us. Precious few of us are conscious to this key factor. Infrastructure.

So, how will this happen? This transition from 1 billion living on 1 dollar per day to all of us having enough food, clothing, shelter, and an opportunity to better our lives and pursue happiness in our own way?

A critical mass of consciousness. You and I sharing this truth with others, knowing that it won't happen by itself and that it requires our active contribution. Us diligently and consciously spending time each week on the projects we find worthy and doing what we can to make a difference. If we understand the facts and have enough knowledge, we won't give up and cop out like the cynics. We'll be an active part in creating a better earth and a better human race. Without our determined effort it will never happen. But with our determined effort, you will begin to see situations like the ones in Pakistan, Haiti, and Detroit turned from chronic poverty to workable systems that provide infrastructure for all to produce and pursue happiness. We'll see the numbers of those dying from preventable diseases go down each month and humanity will gain in extraordinary ways from the genius and wisdom that's been hiding in poverty for so many years.

Instead of focusing on what others should be doing, how the money might be misspent, or the time wasted, we look at what needs to be done and we take responsibility to see that it gets done. We don't blame governments or crooks, because through our diligence and sincere effort, these will all fall. Left standing will be our contribution to humanity and the power of communities that we create. Going into the future, it will serve us well. The problems we see today may be only the tip of the iceberg of what humanity will need to face. You

can rest assured that us being conscious and diligent in our own way will always be required. It is the nature of life.

Section Three

Chapter Six

Teach the *Children*

“Children are the world's most valuable resource and its best hope for the future”

~ JFK

A key and integral part of the future of society is and always has been the children. It sounds obvious, but we often forget how important it is to nurture children properly. Those that grow up will be the ones to inherit the results of our decisions. And, depending upon how well we equip each of them, they will fare poorly or well.

The current generation of humanity the world over didn't grow up in an environment of contribution. Most of the people that are adults today don't really understand the concept of social responsibility. Furthermore, they have no practice in giving in a consistent and meaningful way and are mostly unaware of the current circumstances on earth and what needs to be done to remedy the situation. With the kids in school today, we are starting at square zero.

In order for us to implement a system where children are learning to be socially responsible, it is mostly a waste of time to try and change the current educational system. Many theories exist about why and how the educational system today is hugely inadequate for preparing young people for the realities of life. Theories span from archaic systems to 'evil'

people in charge. Whatever the reason, we have the situation we are in today. It is best that we create and follow our own curriculum to teach our children the basic needs for a healthy and happy population. All of the basics can be done on line with practical exercises and application taking place locally in communities. The key things that will need to be unlearned or replaced are the basic lies that got us in the situation we are in. Some of them follow.

Instead of reliance on the government to identify and solve problems for us, we must decide within our community the priority and focus our efforts as required. Actually, a distant and greedy government isn't needed at all. It is, by design, in the way.

Kids are also taught that the government has our best interests at heart and is mostly right about its decisions. Nothing could be further from the truth. In most every country, the government is simply a kind of gang that makes up rules to serve themselves. This is why they give themselves pay raises and never go to war themselves.

Unfortunately, the military service has especially been taught to be something of which to be proud. Great pride and honor is felt by those that serve. Children need to learn and understand that killing others is wrong and we need to fight and defend ourselves only under actual and real threat. That means personal attack - not the many fabricated reasons that have been used to justify unprovoked attacks on innocent people the world over.

Children need to learn to know who they are. What they love and what they want to do. This should drive their education - not a list of questions as dictated by some school board. Education neither starts nor ends in school. Nor does it really take place in school. Education takes place in life. We are free to learn anything at any time and school is more of a

hindrance than a help. To try to institutionalize learning is like trying to put structure around creativity. The more you try, the more results become elusive.

To better serve the Gov or the gang in charge, schools are often built upon the idea that independent thought is wrong. This also could not be further from the truth. Thought itself is always independent and original. Otherwise it is called memory or recitation. This is better done by tape players and robots.

Some of the most important things that the education system leaves out that we need to make sure we teach our children first and foremost are:

- The importance of a strong self-image, self-respect, and self-confidence based upon personal integrity and valuing oneself.
- A sense of self and the ability to create and manage goals and dreams and how to pursue them.
- How to continue despite distractions, cynics and obstacles to their goals.
- How to make and manage money and the truth about money and banks.
- How to make non-local and international friends and transcend local prejudice and bigotry.
- How to think outside the religion, culture and spirituality of their parents and be able to establish their own independent beliefs.
- Their responsibility to community and social awareness.
- This knowledge must also have practical application so that one can effectively be responsible to one's community.

Finally, some of the many practical things about growing up that we all needed to know are; how to

handle money, sex, alcohol, drugs, and driving. (It should be noted that this book does not intend to correct or replace the many great schools in existence or the compassionate and intelligent people that put them in place. The Solution is not a child education system, that is up to others better qualified. We only intend to point out the poor system provided by the government.)

Once these things are addressed by parents, children will be more fit to handle the regular challenges of life. Then if they want, they can study advanced algebra or some ancient war. Unfortunately, students spend more time in America reciting the pledge of allegiance than learning that every treaty made with the Native Americans was broken by their glorious founders.

With information coming in from the news and their government, they tend to believe that these sources are actually reliable and honest. Once young people understand that the government is not some infallible or even necessarily trustworthy group of people, they are equipped with strength of critical thinking that will allow them to evaluate for themselves such charged topics as the stories behind John F. Kennedy's assassination and the World Trade Center collapsing in a free-fall.

The Solution concerns itself with equipping young people to think for themselves - regardless of what they are pressed to believe by adults around them. This kind of healthy independence is necessary for the future of humanity. The proof of this is based upon one simple fact. Independent thought is consciousness. Being conscious is the only way to effectively handle the challenges facing humanity. The opposite is also true. When religious leaders controlled the

minds of armies, we ended up with the crusades. When ignorance about other races rules the day, we end up with race riots. When public schools dictate the education of all students, you end up with children that are dependent upon books to tell them what is true. These students also become dependent upon the system to provide jobs, welfare and healthcare for them.

When everything major in your life becomes institutionalized, you've become a complete pawn of others – often predatory types. Your food, income, security, healthcare and entertainment are all provided by huge corporations and it is all regulated and controlled by the government. There never will be a government entity that can deliver a single service better than dedicated individuals. So, if the ideas in this book ever sound socialistic or communistic to anyone, let it be known that those are the opposite of The Solution.

The key aspect and effective elixir proposed by The Solution is independent thought. The institutionalization of almost any aspect of life is the beginning of roboticism. Leaving the control of your child's mind to a Government designed and enforced school system is the polar opposite of a system for spontaneous and free thinking. Teach your children to think for themselves and be responsible for their lives and their community and you'll end up with the best society that anyone could hope for.

Section Four

**Bringing it
down
to
'me'**

Section Four

Chapter One

The World Today in a *New Light*

“Be the change you want to see in the world.”

~ Gandhi

Let's take a fresh look at the world today, using what we know from our discussion up to this point. The first area of trouble that we talked about was war mongers. This also goes for police states, tyrants, and any brutal regimes of dictators. The principle we need to look at here is a populace that is being governed to any extent by others with too much power and too many ulterior motives. This could apply to almost any government on earth. No government is very good at responding to new developments. There was a recent uproar in France and in New York about some of the new Muslim people moving in. The French government just voted to prohibit women covering their faces. This will be enforced with cash fees and re-education. It is true that wearing something covering one's face is - in itself - a harmless activity. It doesn't hurt anyone. Although this may make some people nervous that are not used to it, no one is being harmed and the law is a kind of preemptive strike on an imagined evil that doesn't exist.

Prejudice comes from lack of understanding. Lack of experience. Misunderstandings. If the French government was more effective, they would focus on actual effective

education systems and community projects to bring understanding. Covering one's face while walking down the street may not make sense to some, but it is harmless in itself and should not be controlled by a government using fines and 're-education' techniques.

Huge crowds assembled in New York, both in support of what is called the 'Ground Zero Mosque' and demonstrations against it. Although it is common knowledge that checking emotions and talking through differences and concerns is the best way to bring social harmony and to directly address concerns, none of this at all has been sponsored by the government. The President made a few speeches and the news goes on reporting anything juicy it can find - that's how they get paid. But there are no government sponsored programs to help expose the cause of the clash or bring a solution. This is the job of any government or community leaders. In fact, the Ground Zero Mosque is a community center where all are welcome. Does that sound dangerous?

As you can see, it doesn't take Nazi Germany or Communist China to demonstrate oppression and incompetence in governance. It only takes an ignorant and lazy-minded population that is easy to control. Make up a story about a boat attack and the US Military enters a war with the support of families and friends and clergy. How asleep does one need to be to go and kill innocents in distant lands? How unconscious must one be to send your children to kill others? When we're awake, it is easy to see if there is a threat to our lives or not. We understand that unless we have personal experience of attacks, they are not a certain thing. History is full of governments making friends with rulers one year and attacking them the next. Having an ally kill your people and not taking action, and having an enemy do nothing and making them pay the consequences.

What did Gandhi do when up against the oppressive and arrogant British government? He had the people of India on his side. They decided on peaceful non-cooperation. Without the approval of the ruling government at the time, he declared a day of prayer and fasting. The country came to a standstill. The British were completely overwhelmed. They were so incredibly out-numbered that the Indian population could do anything they wanted to them at any time. The Brits finally decided to walk out without a shot being fired. It was the non-cooperation in and of itself that made the British give up. How was this achieved? India woke up. They paid attention. They organized. They were motivated. Gandhi helped them to see what they could accomplish if they worked together. But consciousness is not automatic and effortless. It takes a system to keep it going and to remind people to stay conscious and remember their goals. Gandhi didn't have a system. So, people forgot and some began to attack each other. They separated. He was only one man. It takes teams of people working together to maintain progress. But, before his death, he and an awakened populace did achieve miracles against primitive minded and oppressive government forces.

The environment is another issue that we don't pay much attention to when we live unconscious lives. The garbage gets picked by some team paid by somebody in the city office. Plastic bottles are designed by who knows who and filled with drinks we think are safe because we are told so. We don't know about the weather so much. There are cold days and warm days and new records in both directions all the time, but we are told about global warming. We know that car exhaust smells, but we have to take someone's word for it that our ozone layer is being dissolved.

So many factors that impact our lives are based upon hearsay or questionable and biased sources. Recently in Pakistan, the government and their profiteer buddies clear

cut entire hillsides of trees and this caused millions to be displaced when the seasonal rains came. Nobody listens to the natives when profits are involved. The locals know best because they are on the ground, but no one listens. We are too busy watching reality TV. But what is reality? Certainly not the program we are watching. With a conscious populace, we'll get information from reliable sources because we hold everyone accountable to be transparent. Boycotts and picketing and write-ups will occur all over the place until the deceivers are discovered and held accountable. That's somewhat the opposite of the recent banking crisis where the deceivers were rewarded with bonuses for cheating people and destroying the economy. More on that later. With the environmental mess we are in today, a conscious world would give these greedy criminals nowhere to hide. It will be as if the whole world had become one huge Greenpeace activist organization.

Money is a lie. The more people understand that, the quicker we can replace it with an instant credit system that is 100% transparent. You will know how much the corporation will make out of your hard work. You'll know what the boss spends on those lunches. Currently, the world economy is run by a few at the top milking and exploiting the other 99% at the bottom. Wealth is incredibly unequal, and people die daily or live in horrible conditions because of it. The best solution to the financial problems of the world is 100% transparency in all transactions and the transformation of banks and insurance companies as they exist today because none of them are required in their present form when the majority of the population is conscious. Most governments will transform overnight because it won't be possible anymore to do what they have been doing. Most military conflicts will end also - those of any scope - because they won't be worth it anymore. All that will be left will be hand to hand squabbles because genocide will lose its funding. Stock markets and crude oil futures, protectionism and trade

sanctions and customs control will all change drastically because they are currently all in place to exploit resources, control people and steal money. The war on drugs is nothing but a huge lie that only allows governments to be the drug dealers. And there's huge money in that. The IRS - do I have to tell you? - will be exposed for the lie it is and no taxes will ever be paid again to people that do nothing of value. At this point, territorial control will also end and fights over who owns what piece of land or island will end. Once again, it won't be worth it. If a leader wants to fight for some right to control some resource in the world so he can get richer, he'll have to learn to shoot by himself and bring his kids with him to fight the war he fabricates. After all, we've woken up and we won't do it for him anymore.

Extreme poverty will easily be a thing of the past. Without doing any additional work, we all will have enough to eat. This is the magic of transparency. When you demand your government be honest and stop lying and keeping secrets in the name of national security - the biggest lie ever told (its personal security for them, not national) - wasted resources and stolen goods and monies all become exposed. If you research all the great gold heists through history, none of them were ever recovered in full. Most of the gold was never found. This is representative of what happens to resources when we give too much power and freedom to people without morals strong enough to counteract the freedom they've been given. When we can easily see the productivity that goes up when we use computers and farm machines to produce huge amounts of grain, we don't pay the farmers NOT to grow crops when people are literally starving. We fly the wheat to Sub Saharan Africa immediately. Yes, it IS that simple. Don't believe the lies you've been told. Twenty-five thousand people starve and die in poverty because we've never read a book like this before and been given a chance to take action. You are now. And this system works. Are you ready?

Section Four

Chapter Two

How to *change*
the world in

7 easy steps

Actions speak louder than words.

How does it happen that one starts to take action in the world? Why are some of us regularly showing our commitment to being socially responsible and others just think about it and don't contribute? Not all of us have gotten the help we need to get involved. Here it is.

There are about 7 key steps you can take to be socially responsible. Here they are:

1. Become Aware about the current world situation
2. Resolve to do your part.
3. Select your personal area or areas of activity
4. Set up a schedule
5. Begin
6. Get help when you need it
7. Tell others and contribute to the culture of Social Responsibility

Continue.

Awareness

You'd be surprised about how few of us are aware of what is happening in the world. If we are, we don't always make a connection between being a human being and being socially responsible. Actually, there isn't much. But being a *Humane Being* will automatically bring us to being socially aware and conscious. If we are completely socially conscious, responsibility in the form of action automatically occurs.

Resolution

A 1,000 mile journey begins with the first step because it isn't until we decide to take action that anything will happen. It is the critical mass of knowledge that makes one finally decide that they will do something about it. Without this vital step - the decision - there may be lots of activity, but no real progress is made. Once we decide, we need to resolve. To cement that decision in place.

Selection

We all can't feed the hungry. Not all of us want to. There are other issues and there are plenty of issues and people concerned about them to create a good balance. But we need to look inside our hearts and souls and see what resonates with us personally. Being socially responsible does not mean forcing ourselves to give something we don't want to. It means finding the area where we feel compelled to help out and taking action.

Set up a Schedule

Decide how much time and money and resources you are willing to commit. Not more than you have, not less than you feel comfortable. You need to decide what kind of result you want to create. What kind of effects do you want to see? This is your chance to change the world in the way that you decide. This part can really be fun. Decide the effect you want to create and then what it's going to take to make it happen. Make sure it compels you to do something within a given time frame. If this part is not fun, you're doing it wrong.

Begin

Take action. No matter how small, do something. Pick up the phone, walk out the door, get some supplies, whatever it takes. Set up a meeting, write a check, make a list, set a goal and act on it. The important factor here is that you take action you can report as done. It is these tasks that we complete that make a difference.

Get Help when you need it.

You're not alone in this. We all need to work with others. Get their feedback. Their support and ideas. Sometimes we get timid, we go off track. We get stuck. Meeting and chatting with like-minded friends are all it takes to keep things moving forward smoothly.

Telling Others

Another key part of your objective is to tell others. Build and expand the culture of social responsibility to at least 2 people in your life. You should in turn help them each to find 2 other people. This means that you are making sure 7 people are regularly taking action - to differing degrees of effort - on your part. You, plus 2 plus their 2 each. That's 7 people which is most likely 7 times what you will do alone.

Continue

A major part of the objective is to continue. Continue taking action. If you reach a goal, set another. Taking action no less than once per week should be the minimum goal. Like any other routine, we need consistent effort or the effort won't be there and the result will never happen.

As each if us continue and expand these 7 through the weeks and months and we have a real force for a better world. A humane army. Now, what are you waiting for? Contact me if you need some help. – matthew@everybudi.org It's my job and my responsibility.

Section Four

Chapter Three

Where is your

Heart?

This is my simple religion. There is no need
for temples; no need for complicated
philosophy. Our own brain, our own heart is
our temple; the philosophy is kindness.

~ Dalai Lama

Where is your heart? We know it is in the middle of your chest, but what about your figurative heart? The part of you that makes you so unique? The part that drives you. The part that perhaps has been broken a few times. The part that makes you take action, not because you will benefit with money or other things, but the part that has principles. That part inside you that says: "That's not right". "I won't stand for that." "I won't allow that." Or maybe it makes you think about things you shouldn't let happen. The heart is spontaneous. It reacts. It is sensitive.

If you were waiting for a train and you saw a child had wondered from its mother and was playing on the tracks, would you say: "I don't have time to help - sorry." "I don't have the money." Even though this particular action doesn't require a cent. Not one of us would stop to think but would leap on to the tracks to save the child. This is the natural

part inside you that values life. It comes from our middle brain.

What about a venomous spider crawling near your arm? Do you need a motivational speech to leap away? Do you need to work up to it slowly and let me know later what you will do about it? I don't think so. These are automatic reactions. Either to save your life or that of others.

People are dying, but not right here and now like the toddler on the tracks. Because, oftentimes, their distance is so great and their situation not so clear, we usually do nothing at all. This is where our third brain must take over if we want to call ourselves humane beings and not something less. A dog or cat will react when seeing a spider or their babies in danger. This is a natural reaction of animals of a higher order. What you won't see a monkey or collie do is be aware of the plight of others around the globe or even in the ghetto a few minutes away. There are some lovely videos of dogs pulling another helpless dog out of danger. As humans, we can go beyond that. We must, in fact. As you already know from reading the first chapters of this book, the human race needs to think beyond instant gratification and the simple life of procreation, TV and a job. We must consider issues beyond our own lives because if we don't, no one else will. The responsibility is ours.

How we take action should, however, meet and match up with what moves our heart. It makes it that much easier. If you pick a cause that personally touches you and gets you excited, this is something you will be devoted to and not neglect. You will happily share this with others and make sure your resources are not wasted on projects you feel are not worth your while and partners you don't feel strongly about.

There are many key areas we mentioned in Section 4, Chapter one. Did any of those move you? Look back at them now. If nothing pops up for you, if you don't feel some anger, sadness or pain, do a little more research in those areas or send an email to The Solution asking for help. Everyone has a heart, but some of us haven't had it moved for a while. Living in the modern-day world will often harden our hearts and make us forget what really matters to us individually. If you have found a cause you think is worthy of your time and resources, focus in on it. Picture it vividly in your mind. Picture yourself making a difference. What would you be proud to know you had done if you thought about it on your last day on earth? When you can answer that question, you are thinking as a Humane Being.

Section Four

Chapter Four

Making a Decision

*It is not the magnitude of our actions but the
amount of love that is put into them that
matters.*

~ Mother Teresa

Now, what needs to happen is that you need to make a decision that you will do something. If you are already active, can you do more? Or encourage others to do something? If so, you can take action this moment to show it. Where are you now? In your own home? At a library? On your lunch break at work or at a restaurant? On the subway or a bus? Wherever you are, you can make a decision. You can resolve to do something – anything. If you want to be a part – do your part - in this solution to the world's problems we are struggling with now, you can make a note of something to do. Make it a mental note, or even better, jot something down. It shows decision, resolve and commitment. This isn't about you making an unimportant or irrelevant decision. This is about changing the world. If you haven't made a note yet about what you'd like to do, something that feels right to you, do it right now.

Thank you, now that you've made this decision to be a part of The Solution, you can exercise your freedom to do it in any way that suits you. The Solution is by no means able or

willing to police what people do. Our job is to help you see that the work needs to be done and is ours to do - each of us - and to help you be most effective with your time and other resources. We are here to assist you. Please ask for help any time you need it. Because we know helping you helps us all.

Why did I ask that you make a note? It is a sign to yourself. That you have the compassion and courage and that you intend to help this world in your own way. Things may change in your life, but you'll never forget the moments you resolved and made a conscious decision to act with conscious compassion. We hope this is one of them. It all changes from moments like this. When we become truly socially responsible, we raise ourselves to action each and every day.

Section Four

Chapter Five

Your Level of

Action

Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.

~Mother Teresa

Now you get a chance to exercise your freedom some more. This can be changed at any time, but it makes sense to get a feel for it now and get started. Ask yourself the following questions and answer them at least in your mind. If you have paper and are the diligent type, it is better to write them down. This exercise brings your decision or commitment to life. If you have any problems or questions with this process, just contact The Solution at the web address at the end of this book. You'll get all the help you need. I promise.

- What change would you like to see in this world that you would like to help along?
- How much of any resources will you give and how will you carry this out?
- What day or days are you available? How many hours on each day can you help?
- How much money will you contribute? How often?

- What other people do you want to do this with?
How can you find them?
- How will you share this system with others?

The wonderful thing about this is that you can commit as much or as little as you want. Once you truly come to understand the need you are filling and the difference you are making and you get into a routine, this stuff is addicting. It is also not something that goes away. If we were living in an absolute utopia, we would still be contributing in some way because consciousness is not a temporary need. It is what living in a better world requires. It is needed as long as we want to live as humane beings in a humane and compassionate world. It never goes away. You won't want it to if you understand it correctly. It is part of living and as joyous as any other meaningful aspects of life. It gives life more meaning and makes life richer. Understand the basic principles as they are presented here helps one to decide a level of action.

You will also be able to know your type of action. Sometimes it will be necessary for some of us to demonstrate, make phone calls, take a day off or show in some outward way that we are committed to reaching our goal. This can be challenging. Perhaps you will want to make phone calls or hold meetings or send emails or lick envelopes. It is up to you to decide what you are willing to do. What is most valuable is not heroic gestures like standing in front of a tank in Tiananmen square, but taking action on a regular basis and living up to your commitment and decision to be conscious and take action in your own way. This alone is enough.

Take a minute or so right now to think about what kind of actions feel comfortable for you. Doing something illegal and breaking laws or causing disorder or mayhem is not required

or recommended. Violence and fighting is not recommended and never truly constructive. If certain crazy laws are enacted to prevent people from speaking honestly and peacefully or to force people to harm others, they may be challenged. But we're not looking for any nastiness here. Just consciousness is enough. Taking action in ways that make sense and empower common people to live in freedom from oppression is all that is required.

Section Four

Chapter Six

An Invitation to *Take* *Action*

*I have found the paradox, that if you love
until it hurts, there can be no more hurt,
only more love.*

~ Mother Teresa

In this final chapter of this book, you are invited to take action. You've made your gesture, you've made your note. This was your decision. Now you are being invited to follow through on that decision.

Part of the good news is that you won't be asked to do something you don't want to do. You won't be asked to give something you don't want to give. It is, and will always be, up to you. The 'how', the 'when' and the 'what'. At this point, to take action, go to the web site for The Solution. Look around and get to know the site. You can join, or perhaps you've already joined and you know what to do. That's fine, just continue. Perhaps you haven't seen the site until now and have no idea how this thing works. That's ok, too and has been prepared for. If you are totally lost and need help, send us a message and let us know. We are all about 100% nurturing. That's what compassionate people do and that's what we know how to do.

If you are ready to get started, you'll be asked to select areas in which you are interested in making a positive impact. If you don't yet know, we'll walk you through some current

situations that may be helpful in deciding. Then we'll help you to contribute in the ways that feel right. After that, we help you to set a schedule and we set up some reminders to help you remember. Then we help you get started to take the first step. After that, consistent effort and helping a few others to be part of The Solution will take place. We are here to help you with all the steps as necessary.

So, thank you for being here. The journey we are taking together will certainly go down in history as the most significant event in the development of humanity to date. We have expanded beyond our limits of animal instinct, of cynicism, greed, of fear, inaction, selfishness, confusion and avoidance. We've gone beyond all that and are ready to fix the problems that have resulted from inaction and to enjoy the new positive world we create. It will be like none experienced by humanity up to this day.

*Nothing that I can do will change the
structure of the universe. But maybe, by
raising my voice I can help the greatest of all
causes - goodwill among men and peace on
earth.*

~ Albert Einstein

*I am only one; but still I am one. I cannot do
everything, but still I can do something. I
will not refuse to do the something I can do.*

~ Helen Keller

*They say my work is just a drop in the ocean.
I say the ocean is made up of drops.*

~ Mother Theresa

Section Five

Humane Beings:

The New '*Us*'

What's next to come from The Solution is 'me'?

In one area of action, we will work to build the organization by sharing the idea of active contribution and consciousness to as many people as we can. Part of this activity will include the next book from The Solution is 'me' about Humane Beings.

The book will mostly illustrate the difference between Human Animals – Homo Sapiens and the animal brains and bodies we've inherited - and the Humane side of us that appreciates a sunset, a sonata, and helping others.

What becomes fascinating to so many is the fact that being Humane has really nothing to do with being good at math, being a powerful presence with charisma or physical beauty, or having lots of money and toys. So many are also surprised to find that being a good mother or father does not automatically qualify one to being Humane. Nor does having a nice home with wonderful hospitality and a well-manicured lawn. So many of us see well-dressed business executives and their beautiful wives going out to dinner. We imagine ourselves in a similar situation. This must be the top of the food chain, they think. Having a good job and a nice home and car with children that are healthy and happy and growing up to be financially successful is oftentimes as far as most of think.

There's another side as well. What about the vegetarians? Those of us that refuse to eat meat and live in communes and do meditation and yoga? They can't be considered inhumane, can they? What about peace activists and those that demonstrate with rally's and protests and chain themselves to trees so the loggers can't cut the trees down?

You may be surprised to see the answer to these questions because it isn't what people suspect. When we talk about

Humane beings, this is actually a significant and distinct type of human. This person has a high humanity quotient as opposed to IQ, EQ or other Q's that have popped up as important over the years. They are compassionate. A Humane Being is tuned into harmony with their environment, harmony with their family, harmony with their country and harmony with their world. And this isn't passive harmony, either. The real trick and magic and secret to being active and harmonious comes from our old friend consciousness.

Here, we see how to live as the most evolved beings on the planet. We see that controlling others and their resources does not contribute to happiness. We see that militant action, even for good causes, is still violence and not productive. Oftentimes in the interest of doing good, we throw the baby out with the bathwater. It is like shouting at someone to be quiet or killing someone that murdered as a sort of justice.

A Humane being is mostly focused on living a healthy and positive life as a member of society. With being humanitarian in general as a goal, a person will automatically have their priorities re-shuffled. Humane beings are much more aware of the human race, society and the resources required to keep humanity alive. Building our own reputation as a successful business person or collecting toys does not remain the center of the lives of people with a high humanity quotient.

*A
Way
Forward.*

A Way Forward:

1. Go to <http://www.EveryBudi.org>
2. Click on the 'Join' button.
3. Follow the instructions.

You will be helped to define your personal contribution as a socially responsible and Humane Being.

May your life be full and meaningful.

A Final Note

I appreciate having the chance to share these ideas with you. As with any philosophy or attempts at a solution, there are always improvements to be done. If you want to share in the process of improving this solution you are more than welcome. If not, keep an eye on us. From these acorn-like humble beginnings and challenging odds, we are destined to grow into a mighty oak. This is not the destiny of a group of people or an organization, but the destiny of humanity to which we are wholly committed.

To all of us.

- Matthew J. Rover

matthew@everybudi.org

Note for 2011 Edition:

This update won't be complete without mentioning the 'Occupy' events and the 'Arab Spring'. You may guess that this is all part of humanity beginning to be more conscious. People are paying more attention and wanting change. I agree, but I don't think they will get it from sleeping in public squares and shouting slogans while carrying signs.

This is just a primitive beginning. My advice is to go home and organize. Make a plan. Build a community. Replace the oppressors so you have the power to ignore them. Until then, you'll be out in the cold awaiting those in power to throw you a bone. Don't settle for it.

Note for 2013 Edition:

We are well aware that community is a great place to start when you want to contribute. EveryBudi Community is doing a Road Trip this year all over the USA. This is to share the ideas in this book and help others to take part in their own way. The Road Trip is designed to raise awareness about the value of community and help people to be aware of communities in their area and the needs around them. Where this book deals with the ideas behind living a humane life, EveryBudi Community is an easy way to take action with others. See more about the Road Trip at: <http://www.RoadBudi.com>

Note for 2019 Edition:

Once we realize that we are The Solution, we need camaraderie. We need support. We need teamwork. Sometimes it is hard to find. The website EveryBudi.Org is being rebuilt in order to serve that need. As everything seems to be going online, we need to provide for you some help and companionship in your journey to contribute your part in this world. Check out TheSolutionIs.me and EveryBudi.Org online and join the community.