

MOMENTS



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Life is a gift from God. This humble book has x-rayed some vital lessons that life has thought, and continues to teach, me as I make conscious efforts and choices to create beautiful moments with the precious opportunities that God's gift of life has offered me.

I hope that other Souls can pick a thing or two from reading this book.

Thank You.

**Stella Akuabata Dozie Okafor**



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## INTRODUCTION

*Moments*, the title of this book, is the difference you make at any point in your life either as a child, youth, adolescent, and adult (young, middle or old age). That defining imprint on your experiences in life, and the lessons they teach you, with which you grow in life. They involve the positive and negative, their impact, how they define you as you move on in life. Moments can be short, moderate, or long term.

Take those steps, make those imprints - rightly or wrongly. Collectively, these moments go a long way to define who you are, as a person, whether your role is that of a mother who stays at home to care for her family; a player in the corporate world; a politician; a well-known entertainer or whatever you do. It is always about the moment(s) and how it affects you and the way you make a difference, wherever you are, because you are important and your actions or inactions always count.



## *PART ONE*

### **Family Experience**

#### **CHAPTER 1**

I had the opportunity to be closely involved with my children's upbringing as they evolved from birth, and all through their days in the boarding schools.

That period in my life, and I hope in that of the children too, was a very beautiful moment. I had the choice of either letting the school bus bring the children from school or doing the runs myself. I chose the latter option, which was not an easier choice. The truth is that it was stressful to combine it with work. That choice was a defining moment that offered me an opportunity to bond with the children. Once they joined me in the car at the end of the school day, they would give me a run-down of the day's challenges in school; what was difficult and challenging and what was enjoyable. That enabled me to offer my candid opinion on the issues that they raised. We discussed like friends not as adult and children. The moments allowed me to be there for the children, listen to them and guide them as much as I could. It offered me the opportunity to give them love the best way I could because you do not talk about love, you show love.

In the home, I made it a habit that the children ate a balanced meal which also included fruits and vegetables. The kids did not usually like vegetables. I tried to involve them when they got a little older, for instance, in considering what to include in our menu and in making the choice of what to eat. It helped me then to include in a sizeable quantity, the staple food eaten in my society. When I did not have enough money, I would be creative to accommodate the children's preferences in the menu. Food had to be nutritious, balanced with lots of fruits and vegetables because that was very essential to their physical development.

## CHAPTER 2

I am an optimist who knows that every child is capable of learning. All we must do is find out the areas of interest for the child, and use them to arouse the child's interest in learning. For my children, as early as when they were in grade two, I would think of a fun way to teach them Mathematics and English so that by the time they were in grade four, these became their best subjects.

When a child enjoys a subject, it always becomes fun to learn the subject. Studying no longer seems like a burden but an enjoyable experience. The child looks forward to going to school and studying. In this regard, the parents should be actively involved in what they are doing. This helps the children to perform at their optimal best. They thrive all round when we surround them with love, care, attention, and are involved in their growth and upbringing right from birth up until they are youths, at which stage they make their own choices and we only come in with our views and opinions as guides, who have more experience, and always as friends.

Children bond with their parents when they see them as friends and companions, and not just authority figures who dish out orders. Do not get me wrong. In my view, you might not achieve much if there is no order, discipline and love.

In those days, we had a set of rules which my colleagues and friends considered a little harsh. We did not watch television programmes from Monday to Friday, during school days, except on Saturdays and Sundays, after Sunday service on Sundays. The rule came up because of the understanding that children need to sleep during the day after school to be well rested. After the rest, they would do their homework and go early to bed after dinner which was usually around 7pm. We usually woke up early around 5:30am and by 7am, we were already in school, ready for the new school day.

## *Part One - Family Experience*

During the holidays, the children watched all the age-appropriate television programmes. We went out for fun and parties like birthdays and other childrens' programmes during childrens' day celebrations and other ceremonies.

Each moment offers us a chance to live life to the fullest as much as we understand, and I did this very well when my children were growing up. I discovered that there was always one programme or the other involving me and the kids. I made a conscious effort to ensure that those moments were enjoyable for me, the children as well as other members in the household.

I celebrated the moments my spouse came home from his place of work to visit us. At that stage in our family life, my spouse was working outside the country. It was always fun for me and the children whenever he was around. I usually took a break to allow him do the school runs for the children. That way, he appreciated the love and effort that I put into the runs. He showered all of us with love and attention, to the best of his ability. He was and still is a warm-hearted man. It was fun and beautiful to share our moments together.

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### **CHAPTER 3**

The children spent their high school years in boarding school. I am of the view that it is during the children's stay in boarding school that you can stand back and see how the upbringing, that you offered when they were at home with you, is yielding fruit. During the moments that they were in the boarding school, they can practice what they learned at home to make a difference, they grow and develop their own personality as individuals. As a parent you note these differences when they are home during holidays. This collection of experiences contributes to who they become later in life.

I allowed the children the freedom to make their own mistakes and come up with better viewpoints. I knew there was no perfect state or view and that allowed them to be themselves, knowing that in life

## *Part One - Family Experience*

people/humans learn in every moment and the lessons never stop whether at home, school, workplace or at our places of worship.

We interact with people all the time, we learn from them and they in turn learn from us.

I was still very involved in the children's boarding school life, through phone calls to the school administrators. During the visiting days, I visited them despite the boarding school being in far flung areas. The children knew that I was not in the school with them, but they could always reach out to me via phone calls to discuss issues. There were no boundaries to what the children could discuss with me, like I said, I saw them as my friends especially my girl child. I let her know, as early as when she was six, that there were no limits to the things we could talk about, considering what she could appreciate at each stage of her growth. Her body was like mine. I too was once a girl like her. I am glad that she was open to me about most things that bothered her academically, socially, spiritually, and her body parts as a girl.

There was another rule we had, while the children were growing up, similar to the television rule that helped to bring discipline and order in the home. The rule was about no use of negative word, no swearing, and no name-calling. You could state your viewpoint but had to be friendly while doing it. We bonded by hugging and saying, "I am sorry" when one offended another person. It was quite challenging to always call the children to order concerning negative or swear words like "fool", but we got by and got used to it. I usually heard comments like, "do not use that word", "mummy will not like it".

In the family, we often get in the other person's space, but if we practice love and demonstrate it, especially between the parents, it rubs off on the children. As we all know, children learn more from what you do than from what you say.

It was much more difficult for me, as an adult who had a formed character, not to use a negative or swear word but we got by through practice and corrected one another all the time until it became a pattern in the home. To mold and bring into the society well rounded youths is a step-by-step practice of right acts, like the example above of not

## *Part One - Family Experience*

using negative words, in the home while a child is growing up. This enables the child to appreciate himself and show appreciation to others in the society. The child demonstrates kindness, respect, and courtesy to other people because the habit comes naturally due to lessons from home practice.

In this part of the book, I have made efforts to highlight the paramount role of the family in every society, which is to raise balanced human beings, who eventually grow up and have an impact on society in such a way that although the ills of society will still exist, the essence of humanity will be seen in our actions. We appreciate ourselves and extend this to others. I know that in any society where humanity is appreciated, challenges will still exist. However, with love and consideration no mountain will be impossible to climb.

### **Moments**

- (a) Love, commitment, and understanding are very essential in family relationships, especially in the upbringing of children.*
- (b) Children need good upbringing, they need love, care and attention to thrive.*
- (c) Parental involvement in the affairs of the children helps to bring out the best in them.*
- (d) Disagreement is inevitable between family members. Maturity, love, and grace are required to handle such rifts in the interest of the children.*
- (e) It takes a patient systematic practice and showing good practical examples such as walking the talk for parents to effectively mold their children into well-rounded youths or adults.*
- (f) Creativity is required to arouse the learning interest and academic performance of children.*
- (g) Children bond with parents when they are regarded as friends and companions.*

***Part One - Family Experience***

- (h) One way of ensuring harmony in the family is to properly plan the menu for family meals at all times, and in the process consider the interests of both the adults and the young ones.*
- (i) Correction of wrongdoing in the family requires that punitive measures, whenever necessary, should be essentially correctional.*

## *PART TWO*

### **Professional Experience**

#### **CHAPTER 4**

A theme that I think runs through most societies, and more so in mine, is that a woman needs to go the extra mile to prove her relevance in the workplace. Do not get me wrong, men are hard workers and goal-getters, but from my experience, a woman battles with the mindset that she cannot carry out a task like a man can. So, what did I do to find my feet and be relevant? I refused to accept the idea that what a man can do intellectually I cannot. I put myself into any file that was handed over to me for prosecution. I might not have been the best prosecutor, but I gave it my all. I ensured that after handling a case file, everyone around was left feeling that “that woman knows her business.” “She knows her onions and is not a push around.” I was not comfortable with women who just give up and feel that men are better. I surely gave the men a run for their money. I loved to challenge them; to show them that not all women are intellectually less than men. I observed that some of my male colleagues considered me as being tough because I liked to prove my worth. Some of them appreciated the fact that I worked hard. I liked to advise both my male and female junior colleagues that the watchword was “Hard work”. One had a case file, the laws, a library containing books and case laws. What more could one ask for to win one’s case or make the most out of the situation before one? It was like making a nice cup of lemonade.

Another area for me was how to balance a demanding work life with family, especially when one had young children and was doing school runs. Occasionally, the children had to stay late in school and the caregivers were not happy with me because I was taking from their own personal time to go home after school. Trust the boys, my son in those days would improvise a football and kept himself busy playing with it, but that was not the case with the sibling who made me feel bad

## *Part Two - Professional Experience*

for allowing them to be the last few children left in school after school hours. I used to douse the tension by giving them treats instead of going home immediately, but that did not happen always as often we had to scramble to meet some deadlines.

What also helped me was the fact that my spouse did not live with us. He visited often but even if he were living with us, I believe I would still have been myself. As a woman and mother, if you organise yourself, you will not have much challenge with running your family and work. At weekends, I prepared most of the dishes on the family menu. I prepared two types of soup, sauce(stew), so that during the week, we just boiled rice, yam, or plantain, for lunch as the occasion demanded. For breakfast we had tea with our local delicacies like *moi moi*, made from beans and bean cake (akara), and a whole lot of other options.

My take is that, as a mother, you should be creative with the menu. I usually put the interest of the children first before the adults because they were still growing. However, I also considered the adults in the family especially the spouse. In our society, our spouses do not joke with their meals, so a wise woman who wants harmony in her home takes careful consideration in preparing what the spouse likes to eat.

Respect and support from your spouse go a long way to promoting and making you thrive in your workplace. When I had challenging situations in my workplace, my spouse assisted me to get through most of the sticky situations. I had a friendly relationship with my spouse, and we discussed virtually everything. I saw him as my best friend. At times he would stamp his feet on certain decisions that I wanted to take at work. I may not have liked his stand at times, but the difference in opinion from mine at times saved the day for me in the workplace, especially on tough decisions.

A senior colleague made things difficult for me. My spouse advised that I appeal to the person's reasoning and if that did not work, I should report to the overall head. Issues got sorted out as the said colleague was moved to another department.



## *Part Two - Professional Experience*

Moments for me in the workplace were having to face squarely the challenges that I encountered daily and giving it my all, irrespective of my circumstances and personal situations. I did not give the excuse that I am a woman and as such I could not put in my best, or that my family was the reason why I couldn't do my work to the best of my ability or as was required of me by my employers. My motto was, "If another person could solve a difficult and sticky challenge, so could I".

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## **CHAPTER 5**

In workplaces, you encounter different personalities due to different upbringing and backgrounds. So, these differences come into play in interpersonal relationships in the workplace. You find cliques bordering on religion, hometowns, and friendships. Usually, a person with a strong character calls the shots in a group and the others dance to his/her tune. Small talks abound in office settings and people and their personalities are the focus of such talks. I tried not to join any group or involve myself in the small talks. I am of the school of thought that we are all children of God. So, I do not discuss other people and would not want to be in a group to be controlled or to control someone. I was friendly with most of my colleagues and would reach out with a helping hand where an opportunity presented itself, and did not have to belong to groups. Small talks about how people are and how they behave is a definite no-go area for me.

As individuals, we are unique, and that uniqueness plays out in our character. There were better things to occupy myself with than to discuss a person. When I was done with my work for the day, I went for the school runs. Later in the day, I would wind down my day with good soap operas on the television, that helped me to relax at the end of a working day.

Over the years, I strived to become that person who does not belong to any clique, but one that other colleagues could reach out to with their issues and, in my own little way, I tried to help as much as I could,

## *Part Two - Professional Experience*

especially in the area of letting them know that in life it is not about another person, but what you do with the issues facing you. Granted that others can offer a helping hand, but at the end of the day, it is the choice that you make that defines the moment for you.

I put in a lot of work in the office on Fridays because in our society a Friday is seen as a day for social events like a burial. So many people came to work in the morning and left the office for the social events. The office was very calm for me to do some mental work, especially when I was not part of any social event. However, I did go for some events when I had to. I did not want to be like some who considered Fridays as work free days for social events.

I mentioned earlier that religion and where you come from play a big role in office politics. An opportunity for a position or training may exist but the above considerations might deny one that. I will say that I was lucky, as I was not denied what I merited because of religion or the area that I came from. Though in the area of religion, my colleagues did not know where to place me, they saw me as fair in my dealings with them, but what religion? Only a few knew for a fact what my religion was but may not have been comfortable with it because of our societal leaning to the popular religions of Christianity and Islam and the belief that any other was odd. If my relationship with my colleagues was fair, the issue of my religion, which they do not fully appreciate, was usually a matter for further discussion.

I was of the view that all those judgements based on religion were not needed. People are people, appreciate them from the standpoint of humanity and demonstrate love. I am good with that; that is the moment for me.

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## **CHAPTER 6**

Understanding is critical in interpersonal relationships and communication in workplaces. Misunderstanding, impatience and intolerance are very rampant in the work environments. If we can slow down, remember that the other person is a human being like us

## *Part Two - Professional Experience*

who can make mistakes, it aids us in applying patience, tolerance, and understanding. This is more so when we see that the other person did not do the work as required or has made mistakes severally, especially mistakes that compromise the organisations' standing. A good leader should apply a good dose of common sense when punishing an erring worker in cases where the wrong has caused a major damage to the organisation. The first rule of understanding is to try and ameliorate the damage done or to bring it to a manageable level. If you can, talk to the person whose error caused the damage, one-on-one, to ascertain what led to the mistake, strictly apply the rule of correctional punishment so that the individual is given the chance to learn from the mistake and do it better next time.

Normally our attitude is to apply the maximum punishment, treating the person like he/she is not good, even in cases where the person had been a good worker all along before the error in question. This is a time when you know the persons who really like you, and they are very few at such times. Most people will see that as an opportunity to outline all your faults as a person.

The moment for me is when we can show understanding and be patient when one errs, it marks the humanity in us and shows that we can demonstrate love. If we can refrain from judging people when they are down or in the wrong, we have it all, but it is usually not an easy road to tread. The easy road is to rush into blame, judgement, intolerance and misunderstanding. We point out how good we are, while the person who has erred is imperfect or not good enough.

The better person is the one who is patient and slow to judge others and shows understanding and accommodation when another errs, because we are all trying to be better at whatever we do; be it at work, at home or in any social setting where we may find ourselves. We should also remember that the differences in the way we approach issues is a touch of our unique imprint in life and is the moment that I am talking about.

If we are patient and exhibit a lot of understanding most times, we will discover that indeed people make mistakes, but you will make a

## *Part Two - Professional Experience*

better person out of that individual in the long run by applying a touch of humanity. Point out the wrong done, show how it can be done better and if you must punish, make it mild and friendly to teach and not to turn the person into a bitter individual. This also applies to raising a child. Our creator, God, did not make a mistake by putting us together with the person. We should all make a conscious effort to make the moment that we are together, with another person, one to remember and learn from. In reminiscence, you will feel good whenever you remember a boss who instead of applying the full weight of the law, taught you valuable life lessons while still correcting your errors in a workplace.

We will all do well in workplaces if we are tolerant, accommodating and patient especially when our colleagues err or fall from grace as this can happen to us too. It may not be rosy all the time, but our work environment should be a place of friendship and goodwill, where one will look forward to going to work with joy and good feelings.

I made a conscious effort to enjoy my workplace maybe because of my outlook on life. Whatever circumstance I encountered in my workplace, it might not have been all palatable, but I was blessed with a good teacher who always let me know that it was not about another person, it was always about me and how I responded to issues in life.

A sense of humour helps too. Do not take yourself too seriously, be the first to laugh at your mistakes, so that when others laugh, you can stand it.

I thoroughly enjoyed my workplace because life taught me lots of valuable lessons there and those lessons are part of who I am today. Every day of our life, we learn lessons, therefore, we need to open up ourselves to those invaluable lessons of life and live life to the fullest.

In our current digital age, the age of technology, in the workplace, at home, everywhere, we use these amazing tools of technology to make things easier for us. There are so many of these technological tools around us today that we continue to wonder how we lived without them, but that is the beauty of God. Each generation has creative ways to manage their lives and ours are those invaluable digital technological tools.

## *Part Two - Professional Experience*

I suggest that we should make very conscious efforts not to allow these digital tools to take away our humanity, to deny us the ability to understand the next person or to be patient and compassionate.

In the social media arena, ask yourself these questions as my friend and teacher says: “Is it true? Is it necessary? Is it kind?” You can also add, “What would love do now?”<sup>1</sup> whenever you are about to say anything to another person either in person or over social media. If what you have to say will hurt another, lead to job loss, break up a family or lead to so many other sad scenarios that play out in life, take time to ask yourself the above questions. It may save you unnecessary headache. You will also do well to apply these questions before telling a tale to a colleague, a family member, or a friend. The creator loves all of us so much that every day is an opportunity to do it better. We should use these wonderful opportunities available in our digital age to appreciate how blessed we are in our families, places of work, religious organisations, communities, and country.

Wherever we are is the best place that we can be, whether a first, second or third world country, as each society experiences the good side and the not so good too, because of the choices we humans have made over the years.

Moment for me is our ability to realise and appreciate our differences and show understanding when things do not go as we wanted or had planned, whether at home, in our workplace, in our social organisations and country.

### **Moments**

- (a) The combination of official work and family responsibilities for a woman/mother requires effective planning and organisational ability.
- (b) The mutual support and respect of spouses are crucial for the dual roles of work and family life.

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<sup>1</sup> See Reference

*Part Three - Spiritual Experience*

- (c) Tolerance, sense of accommodation, patience, candour, team spirit, and goodwill are necessary to make the work environment attractive to the employers and employees.
- (d) Correction of wrongdoing in a workplace requires that punitive measures, whenever necessary, should be correctional and not to turn the person into a bitter individual.

## *Part Three - Spiritual Experience*

### **PART THREE**

### **Spiritual Experience**

#### **CHAPTER 7**

“Is life a random walk? Is your spiritual life at the mercy of chance? Or is our life a spiritual path in line with some natural order or rhythm?”<sup>2</sup> Divine presence accounts for the events in our lives. Life, therefore, is not a random walk. Our life on earth is a spiritual journey, whether we know it or not. When we err, it does not stop there, we are expected to make amends, clean our mess, kind of. The principle of sowing and reaping is real.

In my country, we face challenges that other countries have overcome to a certain extent. Challenges like good leadership, necessities of life like good health facilities, stable water supply, roads infrastructure, public power supply and cost of living. In the face of these challenges, we are amongst the most religious and warmest people on earth. I always ask the question: with that level of religiousness and the fact that we are a warm people, how come we still do not get right what other countries are taking for granted like steady public power supply? My answer to the question is, it is in our group karma. To have a natural resource like crude oil, a God-given gold mine, and we cannot use it to help ourselves, it is just karma, pure and simple. As a group, we have done something in our past that we are paying for now by the level of selfishness that our leaders exhibit and this also touches all aspects of our life.

We are among the smartest people in the world and can be found all over the world but, whenever one person tries to make a difference in the country, our system has a way of affecting his mindset and making him join the bandwagon. But that is not to say that we do not have in abundance wonderful and effective individuals making a difference all

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<sup>2</sup>See Reference

### *Part Three - Spiritual Experience*

over the country in so many ways, knowing that ‘little drops make a mighty ocean’, I know that it can be done in time, I am positive for my country; sooner than later, there will be good leaders and followers, public power supply, jobs, good health facilities and a stable country.

Socrates the sage once said, “man know thyself”. I believe he was confirming the fact that our life on earth is not a random walk. There is a divine plan to living and everything that comes our way and happens in our lives, we are responsible for the occurrence. We cannot point a finger at another but at ourselves. Yes, there are negative forces in the world but if we are partakers in our inheritance, as children of God, we should be able align ourselves to the positive forces in life and less on the negative ones.

All religions have one thing or the other to give their followers but there is a living religion: ECKANKAR, the path of spiritual freedom, which will equip you with practices and a living teacher who knows the way on this life journey. His direction and guidance, on the spiritual journey, will enable you to have peace, joy, and happiness. You will see life with an open heart and experience real freedom as children do. But this requires effort, discipline, and a high level of responsibility as nothing is free. You must earn your way on this journey of life.

Every country in the world has its highs and lows, some countries have definitely solved many of the challenges like poverty, poor attitude towards others, and the human disregard for the earth and our environment that the others are grappling to solve. The above are the factors that we are still having difficulties with my country. Both the first, second, and third world countries still grapple with the above highlighted issues. I make a bold claim that if God wanted these issues not to bother us, the world would have been designed differently, but It allowed these issues to exist so that we will know that life on earth is a journey. We should try to make a difference in whatever situation we are in life.

The moment for me is our ability, as children of God, to have peace in our heart, joy, and happiness while still alive. Therefore, make every occasion in your life count; at work, at home with your loved ones, in



### *Part Three - Spiritual Experience*

your social gatherings and religious circles. Leave people and animals with a good feeling and memory, so that they feel blessed and happy to have met a person like you. That is the moment. You may ask if it is possible. The answer is yes! With all the racing around to meet up with daily challenges, how can one make out time to treat others as he would love to be treated? Be part of a living religion, have a special teacher and friend, live spiritually daily and you will have joy, peace, and happiness.

At whatever station you are in life, you can create your moment and be happy, it is possible, start today; be positive; do the things you do to the best of your ability. That is, be the best you can be, do things differently, be creative in life, humour yourself, have fun. I bet you having fun is not relative to whether you are affluent or not. The ups and downs in life will be there. They have always existed. But, as a child of God, you owe yourself an inalienable duty to create your moment and be happy. This is possible when you see and have your place as a special creation of God guided and directed by a teacher and special friend, the Mahanta, the Living ECK Master, the Spiritual Leader of Eckankar.

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## **CHAPTER 8**

Terrorism, unhappiness, suicide, hate, intolerance, depression, and all other negative factors plaguing our world today are rife because of our neglect of the advice of Richard Maybury in his book: *Whatever Happened to Justice*. He pointed out two very important laws, which my teacher and special friend has stated as: “Do all that you have agreed to do, do not encroach on another person or their property”<sup>3</sup>

If we can observe these laws, most of the negative ills outlined earlier will be minimised. They will not go away entirely because we are on earth to learn to do it better, so those challenges exist to make us sit up and do our part to pave our way back to God.

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<sup>3</sup> See Reference

### *Part Three - Spiritual Experience*

In a family, the parents may shower all the love that they can on their children but some of the children will be rebellious because in their consideration the parents are not rich in comparison to some of the parents of their friends and schoolmates. They forget that nobody has it all, the family that they are looking up to may lack love. Love is the wing that their parents is giving them to fly to any height that they can. But because they lack understanding, these children look for guidance from wrong places.

The creator made us in such a way that no one lacks blessings, all that one has to do is look for his or her own blessing, tap into it and be creative to achieve all that one can.

The reason for hate, depression, crime, war, intolerance, and unhappiness is the victim mentality. We feel that someone owes us a duty for this or that, and when that person fails, we react. Have you ever stopped to ask yourself a question before reacting? Yes, he owes me a duty but if he does not perform it, is that the end of the world? Are there other ways that I can make a difference or do it better? When you strap that explosive device on you and go out to kill people, because you are unhappy with the system or someone has told you to do so because so and so is unfair to you or your people or country, you are creating a spiritual debt, which you will definitely pay, if not now, maybe later, whether you know it or not. It will do you and the world a lot of good to stop and ask yourself; “Is it kind, is it true, is it necessary, what will love do?” By the time you answer these questions, you will think twice before engaging in mass destruction of human or animal lives.

“Doing all you have agreed to do”, involves loving yourself and showing love to others. Not encroaching on others or their properties involves being fair to yourself and to others. The many ills and challenges in life are there not by mistake but by design, they exist to make us better as special children of God. On our part we should do all we can to face these challenges, learn from them and grow instead of complaining that, life is hard. Life is hard so that you will learn. Do not play the victim. Learn from situations that come your way, they are there to make you a better person. Do not get me wrong, life can

### *Part Three - Spiritual Experience*

be very challenging sometimes. That is the reason for living your life as a spiritual student with a teacher who knows the way and on whose guidance and direction you can weather the storms of life. The spiritual tools that he will equip you with will make your way easier in life. But you will still have to learn the lessons of life, there is no easier way. Every day you put your best foot forward, be positive, trust in your spiritual teacher and guide, and do the best that you can. Learn to show some appreciation to yourself at whatever step on the ladder of life you find yourself, stop comparing yourself to another, you can look up to people as examples to propel you to do things better but remember we are unique and that uniqueness shows in the way we approach life and makes the world a happier place.

There is beauty in creation, look for it wherever you are, tap into it and soar. Do not allow another to tell you you are this or that or what you cannot do. It is what you tell yourself that counts. Say you can and you will. Say you are beautiful, and you are. Please, please, look to the beauty of God inside you and not outside, tap into that beauty to soar and be the best that you can be.

You can be down, it is natural, but get up, shake it off and glow as a beautiful child of God. Do not allow another, who wants to be bitter in life, chain you into their small world. Say no to them and glow, radiate in the fact that you are a special child of God. There is more to life than hatred, bitterness, and complaints. The special child of God that you are, is always happy, reach within you to be happy. It is possible! Start today after reading this, show some love to yourself. I do not mean selfish love, where you care for yourself only and no one else. I mean the love that lets you appreciate yourself and others as well. When you make mistakes, learn from them, and move on. You have learned how to do it better. Listen to the small voice within you that is telling you to do positive things and you will be filled with joy most of the time and enjoy peace within. To have peace and joy, you work for it every day, you make a conscious effort and engage in activities that uplift others and make a change in your environment. That way you give a piece of yourself to others and a change will take place in you, give it a try.

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Men are advised to appreciate their spouses and partners every minute of the day. Women love being told they are loved. That way you bring out the best in them. A well-rounded woman builds her home in love, openness of heart and accommodation. She loves and respects her spouse and partner. She shows total commitment to the union. The man, on the other hand, who is a real man, knows that his spouse and kids need his full commitment and attention. He puts family first in almost every situation, including in his relationship with God. The children in the family thrive like well-watered flowers. They can reach and surpass the sky because they have a solid foundation and background. Where we have families that appreciate and love one another in a given society, such a society is indeed blessed, because you will see well rounded individuals, who are disciplined, fair in their dealings with others and who are committed to any cause they put their mind to. Their courage, commitment and forward-looking attitude will outlive that of those on the other side of the equation.

The actions of the disciplined and forward-looking members of the society, will propel the society forward, overshadowing that of the others who are on the negative divide because of their lack of understanding that life is a journey; that in life, self discipline will make the journey smoother and shorter.

Like it or not, when you engage in only negativity in this journey called life, you are only prolonging your chances of going home eventually to God which is our ultimate goal and the whole crux of spirituality and moment for me. It is often said that my people perish because of a lack of knowledge. Reference here is to the knowledge of who we are and the reason we are here. We exist not for the material or ephemeral things of the world. It is for us to know our true nature as children of God, to live our life everyday in reverence to our creator because we are Souls created in Its image.

Moment for me is that point when we know who we are, why we are here and begin to make committed efforts to ensure that our everyday life is worth the while. Enjoy, celebrate life but always do that in moderation. Encourage yourself every step with the thought that

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you are a special child of God, your goal is to let the essence of God in you grow spiritually on this great journey back home to God from where we originally came from. Every moment in our life counts in this great journey. So, let's make it worth the while. Start with your family, shower them with all the love that you can, that love will spill over to your community, your church, your workplace, the government, and the society at large.

Love remains the major key in life. If you have love, you have it all, you can soar like a bird, and nothing can stop you. Casey Gerald underscored this point by quoting a portion of the letter Apostle Paul wrote to the church at Corinth (in the Christian Bible): "Though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains and have no love, I am nothing." Casey Gerald added, interestingly: "without love, you are something. You are a danger to yourself and others."<sup>4</sup>

In world politics, the big countries try to play "God." In addition, events always tell us that the Almighty will have Its way no matter how well human beings have planned. Time and again, it has been shown to us humans that God's will always prevail. Yes, It allows us humans to play small "God" in our field of endeavour, but history has proven to us that the even hand of the Almighty has ordered all things in our world and lives. When we humans play our mind games, It allows us, to exercise our right of choice and will, but the wise person is one who allows this exercise of will and right of choice to be guided by the Almighty, so that what comes out will be a well-rounded action that is for your good and that of others around you.

It will be in the interest of the big countries when they want to play "God" to remember that the Almighty is fair in Its dealings with all creations in Its universes. If they can remember to "do all that you have agreed to do, and not to encroach on others or their properties", most of the actions that they take will be worth the while.

Peace, as we understand it, exists inside every one of us. Do not look for it outside of yourself or elsewhere. Look for peace in your

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<sup>4</sup> See Reference

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heart, that is where you will find it. It is only a living religion that opens your heart to that peace within, that will equip you with the necessary tools to take on the journey of discovering who you are, where you are going and your purpose in the world.

In our search for purpose, some people transform their physical self, say from male to female. We may say that we find love in the same sex. Some people are so proud of where they are or are happy with where they have gotten to in life and say that they are righteous, that they have all the answers to God and eternity. But they have not stopped to appreciate that the Almighty gives life to all, including the same sex and transgender persons. The answer is that God loves Its essence in all of us. It loves Soul, not the physical self.

The essence of God in you propels the physical you and should be given the utmost attention. Soul is what goes back to God not our physical self, which is dust that will remain here in the physical when the essence of God has finished Its time in each of life's journeys. This will be when Soul has attained a level where It has learned to serve all life and not the little self, the ego, and physical attractions. At that point, Soul has learned how to give and receive love, divine love. When we remove our attention from our personal concerns in our actions and consider others first, as well as do not see others as dark or white, poor, or rich, coming from my side of the society, within my social standing, from my church, within my political party, from a first or third world country, It is at that selfless point that you see the shining light of God in the next person, whoever they may be. You are then able to be fair to even a villain with the realisation that he is also a child of God. Villain are in their current station because of their lack of understanding of their place as children of God. They have allowed negativity to blind the special child of God that they are, and, by chance, that love that you show them may be the turning point to light up the light within them to say, "hey I have messed up all along, from this moment I am turning things around in my life to do it better." Wouldn't you be happy to be the agent of change in such an individual's life? I know that it is uplifting to make others feel good about themselves than emphasising their vices

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and throwing it at their faces each time they encounter you. A sense of wellbeing takes place inside you and the other person every time your action contributes to another person feeling good about themselves. It is like watching the ripples and movement of waves in a pond when a stone is thrown into it. That's how it is when your action lifts another up, it creates waves and makes a difference.

My moment is to do a positive act, which is better than doing nothing or complaining. That little act causes a ripple in the pond and creates waves to make a difference. Society grows because of it and the world is made a better place for us all.

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## **CHAPTER 9**

Life is like a book; we write our book individually. You take responsibility for your life and know that every step you take is very important and counts in this spiritual journey called life. You know that every ill thought or action must be accounted for. We say that it does not matter when our action harms another. Well, when we know that it matters, we will measure our every step before we take it. When we err, it does not stop there, we make amends; we clean our mess.

Everything is about your spiritual life, it is not just when you are in church or praying, every moment is a spiritual occasion. So let it count, make a difference in your family, workplace, church, social circle and even in the political setting. If where you are now you are getting all that you need as a child of God, please, stay there and make the best of it, otherwise take a bold step to look for a life-giving religion where you will meet a teacher who will tell you almost all you need to know about your purpose as a child of God. He will show you how to walk the talk.

Understanding is like a bag; we each carry ours; this is the reason for the unique imprints that we leave in our actions in life. We owe each other the duty to be and let others be, and therefore, be accommodating. It is not about you all the time. Do not fool yourself that because you are in control that you know it all. The other person may have an idea that will help things move easily and work better. So, pay attention to

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it and listen to that person. No one person has all the answers except God, and he bestows on each of us a little, which explains why some people excel in certain areas while others do not. Do not kid yourself, pay attention to others, do not think you have the answers all the time.

Responsibility and discipline are the catch words for a mature person. They tell a lot about you and where you stand as a spiritual person. You do not shout it or flaunt it; people see it when they meet you and they come out with a good feeling that here is a decent human being. Such a person in a leadership position, will work magic and create waves in government, church, family, social organisation. We want more of disciplined and responsible people to occupy positions of trust, for events to run better. But you and I know that it is not always the case. The irresponsible and undisciplined person is learning a lesson too, as he will personally account for his stepping on others on his journey in life because the rule is that whatever you sow, you reap.

Moment is the crux of the whole matter, and what do you have to offer this beautiful moment? Life is always presenting us with opportunities and the right of choices to do it better. So, what have you done with that God-given beautiful moment in your life, family, church, government, social organisation, and workplace? Life is a collection of moments. We make the choice to make beautiful moments for ourselves especially in spiritual matters.

Just because something does not last forever does not diminish the beautiful moment and the spiritual lesson learnt to cherish and enjoy the moment. We owe ourselves and others the duty to make every moment of life count, to do something positive. Do not sit on the fence and say, “what can I do.” You are a unique child of God, and your actions count in this great design of God called life. So, make it count, make it worth the while.

Love is all that matters, and it matters always. All that I have been saying about moments is love. Give what you can! Do not examine what kind of love to give. Love is love and it is everything. God is love. He loves us unconditionally; we exist because God loves us. God loves us not because we are good or not so good but because It is Its nature to love. That is the type of love we should emulate and show



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to others. You love not because the other person will recognise it and say thank you, but it is in your nature to love as God loves us all. Love is everything-kindness, grace, consideration, accommodation, letting others be, being less controlling, dwelling more on love than on power and control of others, putting yourself in another's shoes to consider how it feels before you talk or act, listening to another, demonstrating acts of charity and kindness like giving to another who is in need and not making a spectacle or show of it, dwelling in silence at times as a show of love instead of chattering all the time. What counts is those acts you carry out when no one is looking or applauding. You touch the lives of others by providing life essentials to them. Tolerate others and always bear in mind that God did not make a mistake by creating the other person. That person is a unique handiwork of God. Appreciate him and enjoy the moment you have with the person.

Communication with God is in silence. God already knows you more than you know yourself and there is nothing about you that He does not know. So, in silence, Soul, the essence of God that you are, communes with God. This sort of communication is what will give you peace within and joy/ happiness in your life.

Humour. What can we do without this divine quality? Do not take yourself too seriously. Learn to laugh at your missteps and errors, so that when others laugh, it will be less biting.

Early in life as a child, I learnt that laughter is a great medicine and healer. Learn to laugh and do it more if you have been doing that. Wear a smiling face, and do not wear your problems on your face. We all have our inadequacies and challenges but do not allow them to weigh you down and remember these challenges exist to make you a better person. Work with those challenges and learn how to do it better. Twist and turn the challenges until the lesson is learnt and, in-between, learn to laugh. Wear a smiling face to make this life journey easy for yourself.

A person who enjoys a good dose of humour meets life and its nitty gritty. He is not weighed down by it. When he is down, he dusts himself up and rises again as a survivor.

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At times, life has a way of punching us in the face. When all these challenges come in truck loads, slow down, take it moment by moment, do the best that you can, enjoy a good dose of laughter and before you know it, the challenges will whittle down if not being entirely solved. Be creative in life, look for new ways to do old things especially in challenging situations. In the face of challenges and when you are down, count your blessings. There were times it was rosy and all good, remember them and know that in the good and the not so good times, it is your attitude that matters, how you react or respond in that challenging time. Apply a good dose of creativity, your God-given, ability and know that as a child of God, you will survive. Apply humour, have a positive attitude and be creative. These God-given abilities or tools that you have within you, will come in handy if you know that you have them and know how to use them to make your life better.

“Walking the talk” tells a lot about yourself in the family, government, workplace, church, and social gathering that it is not just what you say but doing what you are saying too. We listen to what is said in the church or written in the holy books but doing them or practicing them in our life is the key to a happy life. Be a doer of the word not just hearing.

The challenge in hearing these awesome words, wonderful talks and words of wisdom is in the “doing” that is walking the talk not just hearing the talk. When we walk the talk, our life speaks volumes. We are loving, accommodating, tolerant, give others space, appreciate others as well as we appreciate ourselves. We are our brother’s keeper, and we enjoy moments with others.

Our life is like a contract. When we walk the talk, we fulfill our part of the contract. We do what we have agreed to do, and we do not encroach on others or their properties. Our word is our bond. What we know and understand as proper, and in tandem with what Soul wants, will be what we will endeavour to do most of the time.

You make a positive effort to be fair in your dealings with others, and you will discover that it is not always easy to walk the talk. It takes lots of discipline and practice to get it right and trust me, we stumble at times and try to do it better another time.

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If you have good attitude, you have almost all of life's obstacles and challenges running away from you. Your positive attitude in life will turn mountains into molehills instead of the other way round. You stay positive in the face of all odds against you. Even your health challenges, that are life threatening, can miraculously turn around because you have a positive attitude. Please, have a positive attitude in life, laugh in the face of challenges facing you and in time, they will fade away or reduce.

In our daily life, some days are more hectic than others and they seem not to end like others. Learn to be creative and find spots in the hectic day to lessen the tension. Listen to good music, engage in games or physical exercises, and enjoy a good programme on television. This diversion of your attention will lighten things up and improve your mood and attitude.

Remove attention from yourself and the challenge facing you, and focus on something else outside of yourself such as giving service, visiting the sick in hospitals, the motherless baby homes, the elderly homes, orphanages, or give gifts there. Render services that require time in these places and I bet you, your mood will be uplifted because you reach out to others and no longer focus all your attention on yourself or the challenges facing you at the moment. Your attitude in life determines moments for you, when you enjoy beautiful moments in life with other people, it uplifts and improves your positive outlook in life generally.

Gratitude abounds in a grateful heart. So be grateful for the gift of life and the wonderful world of God's creation. Count your blessings because they are many. Look deeply into yourself and identify many areas that will make you stand back and say, "thank you God for the gift of life", in your immediate and extended family, your workplace, church and within your social circle, blessings abound. Remember the gift of life, air, freedom, and the responsibility that go with them, the right of choice and free will, and all these are sources of blessings from the Almighty and are enough reasons to be grateful and feel blessed.

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The recent reality of COVID pandemic , which greatly affected the entire world, was an example of the challenges we are to face and overcome as Souls in our homeward journey back to God, which is the goal and the whole crux of spirituality and the moment for me. The solution to the COVID-19 pandemic requires our creative talents to overcome.

Patience and tolerance are two keywords to survival in this life, they enable us to have the peace within that I earlier mentioned.

A patient and tolerant person is calm in the face of the storms and challenges of life. He or she does not flare up at the least of provocations or try to tell you “I am very important, or do you know who I am?”. Even where the person feels slighted, he calmly takes everything in stride, knowing that it is a matter of expression of a point of view, and that does not define him or who he is.

Patient and tolerant people are usually winners in life. They measure their words and actions before they take any stance and when they do, it is always in consideration of the best act for all concerned at that moment. So be patient and tolerant of others most of the time. It allows you to see the bigger picture and enables you to grow as a child of God.

Moment allows us to ask the age-old question, “who am I and why am I here?” You are a special child of God beautifully created in Its own image. You are a happy golden child of God who appreciates God and Its creations. You are here on earth to learn the lessons of love which will assist you to go back to our maker, God.

The whole crux of moment is to bring to your attention the need for you to make beautiful moments with your time here on earth. In your family, be known as the best father or mother; and as a child in the family, let the heart song of your parents be that they are blessed by God to have you as their child. In your workplace, let your grace reach out to all. Let all the people around you find succor and shelter being with you. In your community, be a shining light. Let people look up to you as the man or woman who brings solutions to issues and whose love reaches out to all.

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If you are a leader in government, let your love create waves of change in the society. Improve on what you met, and in the places where not much exists, create and leave a legacy that generations will talk about. In the church, please, know that you are there for a purpose; that it is a place to realise your potential as a child of God. So let Its essence in you be in the forefront in all that you do. Put yourself and your interest last, and be a servant to build and not an agent to scatter and tear down.

Let us be our brother's keeper as provided in the christian Bible because this gives us the opportunity to be of service wherever we can in society.

There are many areas of need in each society, therefore, find them and make a difference. In your small unannounced way, reach out and create your moment by donating to hospitals, visiting to render your helping hand where you do not have money to donate. There is always something you can give. You can give your resources, your time, and your love. Give something, for it always counts and makes a difference in someone's life, and that is the moment that I have been talking about.

Bring out the best in others, and do not put attention on their weaknesses because we all have weaknesses. Look for their areas of strength and harness it to bring out the best in them.

We live in a world where you are acclaimed when you are successful in whatever field of endeavour that you are in but when you are down, no one remembers you. The moment that counts is when a person is down, and someone lends a helping hand, understanding what the other person is going through and that someone is there for him at that crucial moment. Be there for other people in their trying times, that is when it is most needed and appreciated.

Be humble to really enjoy and appreciate wonderful and beautiful moments that come your way daily. Every society has beauty in their culture, and ways of doing things, they also learn from other cultures. No society is without the beauty of God, all we have to do is harness and enjoy this beauty to create beautiful moments for ourselves, family, and community. When one man is lifted up and happy, it spirals over to others and to the larger community and unto the world. Be happy, reach

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out to others with that happiness and make the world a better place, where you make and share wonderful and beautiful moments.

Respect is the key in relationships, and in the family. It is the bedrock of a strong family. Where it is lacking, marriages and relationships break up. Exhibit respect wherever you are, in the office, church and social gatherings. People will come to you because you have respect. First you respect yourself and then others. Respect is intrinsic in anyone who knows that he is a child of God and who projects the essence of God in him in whatever he does.

Moderation and balance are also vital to anyone who is keen to allow the essence of God guide the day-to-day activities. When you eat and drink, do so in moderation. You talk in moderation, exercise every thought and action in moderation. Apply balance in your life, do not overdo things. Tilt towards a state of equilibrium always, never too much to the left or to the right. When you are balanced in life, there will be harmony, and the essence of God that you are will have an upper hand in your life and you will be happy. That is the moment. It is what you have that you project out to others and to the world, and if you are not happy it shows in the way you treat others. You want to apply one of these attributes like control, power, thinking often that you have it all, not knowing that you lack understanding of what really counts; love all the way, not power. When you have love, you are happy, you do things in moderation, you are balanced in your outlook in life, you exhibit respect to yourself and to others wherever you may find yourself.

Create moments that are memorable for yourself and your family, in your workplace, in government and in the church. You do so by equipping yourself every time with these tools, respect, moderation, and balance, they lead to happiness and when you are happy, you are at your best as a child of God.

As parents, our culture and understanding of life influences how we bring up our children and I know that every culture has something positive to offer. Tap into those positive values of your culture and use them to bring up children to the glory of God, their family, and the society at large. God has made parents the tools for the children to come to this world at this precious moment and time. Make it worth

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the while by bringing up these children in love, respect, appreciation, and in regard for themselves and others and mostly to know that they are special children of God; that in all they do, they should strive to be the best they can.

Where different families in a society are committed to their job, as deserving parents who put in their best in raising up children under the direction of God and Its laws as taught by all religions, we will see a society where more understanding will reign, and humanity will be at play in our interactions with one another and the wonderful world of God will be appreciated by each and every one. This is not to say that challenges and obstacles will cease to occur because these allow us humans to learn and gain experience which is why we are in this world in the first place. We will work with an understanding of what these challenges are there for, to make us better tools in the sight of God. We will not solve all the challenges in society, but we can smile, knowing that we have done our very best for our family and ultimately for our society or for any society where we may find ourselves. For wherever we are is our home; God has put us there to make a difference in our own way.

In the religious setting, be a beacon of light and a beehive, let positive changes that will allow growth happen around you and wherever you are. Do not be an agent of destabilisation due to obsession with power and control and lack of understanding of your true worth as a child of God. Be and let others be, give and receive love, and be of service. Be your brother's keeper. Love your neighbour as yourself and learn to love yourself and give that love to others selflessly. Every religious group is there for the purpose of serving the spiritual needs of the followers. Therefore, do not focus attention on the attitude that my religion is better than yours, rather shine like the star that you are in your religion and be a true child of God, where you are for yourself and for others. Let your attention be less on yourself and what will benefit you as a physical man but, as a Soul and happy child of God, more on how to bring changes wherever you are.

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Per-adventure, you may be serving in any government capacity as a judge, a member of parliament or as a president or head of government. Let it be a call to duty, leadership and service because to be the best in any of these areas, where you are seen as a “symbol” and not as a “person”, can only be God’s grace that will aid you to lead and serve, not to be a despot. Always, remember that you are now in the public glare, people will comment on all that you do. As a private person, people still talk about you. So take these comments in their stride and focus on the job at hand, to make a difference and leave a legacy with the opportunity that God has given you at that wonderful moment.

Moment, moment, moment, that is the special, beautiful opportunity that God gives us continually to be his children in our own unique, beautiful way. God is not asking you to be that person or another person. It wants you to be “you”, unique, “beautiful”, Soul. Work from the unique “you” within and shine. Share beautiful moments in your families, workplace, in churches and in our societies. God created the world in such a way that it is never about you and your small self, the ego, but about the difference that you make with the essence of God within each of us that makes us beings created in “God’s own image”, not just human beings but all of life, animals, trees, our environment, and the planets.

We are given a very special gift by God: the gift of life and right of choice. Exercise your right of choice guided by the grace of God. Show utmost respect and appreciation for the gift by being a beacon of light wherever you are, and love yourself and others around you. Assist in the growth of any society where you are because we are all equal in the sight of God. We are all children of God created in his image. Start today to live a life directed from within not from outward trappings. Allow your spiritual self as Soul to direct all your undertakings and you will see yourself being happier, more joyful, accommodating, peaceful and demonstrating love, serving all life around you. Let this lifetime count, take the bold step to discover who you are, why you are here on earth, and where you will be when your time here on earth is up. You owe it to yourself to do that. So, take up the responsibility, for no one will do



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it for you but “you”. Arm yourself with the tools mentioned earlier like love, discipline, positive outlook in life, respect, accommodation, and appreciation. Always ask “Is it true, Is it kind, Is it necessary?” before you do anything however minute.

Please, whatever you do, do it to the best of your ability. You have it in you to be the best. Do not listen to any other opinion or voice telling you that you cannot or that you do not count; tell yourself that I count, I am Soul, a unique child of God.

#### **Moments**

- (a) The world will be a better place for all if we imbibe the principles of fairness and equity by not encroaching on others or their properties.
- (b) To maintain equilibrium and harmony, moderation and balance are vital in all we do in life: food, drink, physical and spiritual activities.
- (c) Be focused in whatever you do and do not be discouraged; do it to the best of your ability; be the best you can; you are Soul, created in God’s image.

### *Part Three - Spiritual Experience*

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2. “Do all that you have agreed to do” “Don’t encroach on others or their properties.” “When we stick our noses into other people’s business it leads to trouble. Even when we do with good intentions...” Richard Maybury, (Ibid) p 201.
3. “...Technologies that promised to make our work more flexible instead chain us to work and create the expectation that we’ll always be accessible to clients, colleagues and children...” “Rest,” by Alex Seojung-Kim Pang, (Ibid) (p 8).
4. “...We can learn how to blend work and rest together in ways that make us smarter, more creative and happier” Alex Seojung-Kim Pang (Ibid) (Page 60).

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5. "...For people of any age, gender or athletic ability, exercise can increase brain power, boost intelligence and provide the stamina and psychological resilience necessary to do creative work...exercise improves brain structure just as it does the cardiovascular system and muscles." Alex Seojung-Kim Pang (Ibid) (Page 185).
6. "Anger is never without a reason, but seldom is a good one."Emotional Intelligence," by Daniel Coleman, Bantam Dell Publishers, USA (2005), (Page 59).
7. "Volunteering and Spiritual Exercise (Praying) works best for lifting moods in depressed people..." Daniel Coleman (Ibid) (Page 75).
8. "...respect and love disarm hostility in marriage, as elsewhere in life." Daniel Coleman (Ibid) (Page 146).
9. "...Always go above and beyond the call of duty. Be first. Be bold. Be perfect. Give your last full measure of devotion. Then give some more..." "There Will Be No More Miracles Here," by Casey Gerald, Penguin Random House, USA (2018) (Page 242).
10. "...you know one of the reasons the world will never be rid of tragedy is that it keeps half of us employed and the other half entertained... imagine what it would be like if we had nothing to fear or complain about..." Casey Gerald (Ibid) (Page 206).
11. "We measure success by the lives that we change." Casey Gerald (Ibid) (Page 247).
12. "Spiritual experience and liberation, in this lifetime, is available to all." "Eckankar, Ancient Wisdom for Today," by Todd Cramer & Doug Munson, Quality Books Inc., USA (1993), (Page 12).
13. "...Soul is a happy being. It is not guilty of anything. It is the cause of all Its life circumstances. This shifts the emphasis from blaming others to going within to find root causes. And with this newfound strength it is often easier to serve others and not be so concerned with your own limitations." Todd Cramer & Doug Munson (Ibid) (Page 20).

### *Part Three - Spiritual Experience*

14. "Soul never sleeps. It is a unit of awareness...." Todd Cramer & Doug Munson (Ibid) (Page 25).
15. "...Finally we reach the understanding that everything we do, everything that happens to us is for our own spiritual good and of our own making. At the end of the road we realize that the spiritual path is about love for all, self-responsibility to all life." Todd Cramer & Doug Munson (Ibid) (Page 118).
16. "Who am I? What am I? Why am I here? Where am I going? When? And how? In search of answers to these questions, you come face-to-face with the very secrets of life and death. You unearth the time knowledge that has eluded the most learned scholars of mainline religions." "Is life a Random Walk?" by Harold Klemp, Library of Congress Cataloging-in-Publication Data (2001) (Page 4).
17. "...Our spiritual heritage is far richer than a single lifetime could ever produce, the real reason many enter this life with a special gift or talent without the apparent need for learning it. Some kids even reincarnate with the knowledge of a foreign language which their siblings lack...." Harold Klemp (Ibid) (Pages 6 -7).
18. "...All in all, earth is a spiritual school. Designed and set up by God, It lets each of us, each Soul in this world, learn more about becoming godlike - becoming more like God." Harold Klemp (Ibid) (Pages 11).
19. "So, what do you think? Is life just a random walk? Is your spiritual life at the mercy of chance? Or is our life a spiritual path in line with some natural order or rhythm." Harold Klemp (Ibid) (Pages 30).
20. Klemp, H. (2015). Library of Congress Cataloging-in-Publication Data. "A lifetime is a precious gift, an opportunity for spiritual growth and service to others. Most of all life brings Soul the purity of love, compassion, and grace." "Spiritual Wisdom on Life After Death," (USA), p 8.
21. Klemp, H. (Ibid). "Heaven is not a place. It is a state of consciousness." p 22.
22. Klemp, H. (Ibid). "Pure Love. It is the key that opens the door to the highest place in heaven - God's home of Love and Mercy."p 32.

