

I ALREADY AM

A Treatise on the Secrets of True Power

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PREFACE

These words were not written at a desk. They were spoken on a walk, between a father and his son, beneath the open sky of an ordinary morning that turned out to be anything but ordinary.

What began as a stroll became a transmission. And what was given to one child is now offered to you, whoever you are, wherever you stand. For wisdom does not belong to the one who speaks it any more than the light belongs to the window it passes through. It belongs to whoever is ready to receive it.

If you have come to these pages, some part of you is ready.

Read slowly. Read more than once. And read not to collect ideas, but to remember what some quiet part of you has always known.

PROLOGUE - THE MISCONCEPTION OF POWER

Let us begin with the thing everyone wants and almost no one understands.

Power.

When you ask the world what power is, the world will show you a picture. It will show you a great and muscular figure, an old man with a long beard, lightning surging through his arms, straining with all his might to move the heavens. It will show you effort, exertion, force - the gritted teeth, the bulging vein, the mighty heave. The world tells you that to be powerful is to push hard against the weight of things.

This is a misconception. It is the human mind doing what the human mind does - trying to close a gap in its own understanding by painting a picture it can grasp, and in the painting, leaving out almost everything that matters.

The most powerful force in all of existence is what religion calls God, and what spirituality calls the Source. And here is the first secret, hidden in plain sight: that force is so powerful it need not exert any effort whatsoever to create entire universes. It does not strain to make a galaxy any more than you strain to cast a shadow. It simply *is*, and in its being, worlds come into being.

True power, then, is not effort. True power is effortlessness.

True power is beingness.

True power is the quiet, unshakable knowing that you already *are*.

Consider the ocean. The ocean does not flex. It does not announce itself, does not labor to prove that it is mighty. It has nothing to prove, because in the simple fact of its being, it already is everything the word “mighty” was invented to describe. And yet, without a flicker of effort, the ocean can lift cities from the shore and erase whole civilizations from the face of the earth. Not from anger. Not from striving. Simply because that is what the ocean *is*.

Consider the mountain. It stands. That is all. It does not force its way upward each morning; it does not hold itself together by will. It simply rises, as tall as it is, rooted and serene, and the centuries break around it like waves. Its power is not in what it does. Its power is in what it *is*.

This is the shape of all true power. It does not force. It does not prove. It does not perform. It simply *is* - and from that being, everything follows.

So when I ask you, *would you like to learn the secrets of true power?* - understand what I am truly offering. I am not offering you a new ability to acquire, a new strength to build, a new weapon to wield. I am offering you something far greater and far stranger: the rediscovery of what you have carried, unnoticed, all along.

THE THRESHOLD - PERSPECTIVE IS POWER

Before we walk through any gate, we must prepare the ground we stand on. And the ground, in this work, is your own mind.

The secrets of true power rest on two movements. The first is to close the gap between what you *think* power is and what power truly is. The second is to put that understanding into practice. Understanding, then practice. Seeing, then living. We have begun the seeing. Now we must prepare you to live it.

And here is the heart of the matter. The nature of the universe is such that if you exist at all, you already contain everything you require to be who you are. There is nothing missing in you. There never was. But the typical human being walks through life unaware of this - convinced, somewhere deep down, that he is

incomplete, that he is lacking, that the thing he needs is somewhere out *there*, waiting to be acquired.

This is the wound we are all born with. And it is no accident. We come into this world having forgotten everything - all memory, all awareness, wiped clean. Not as a punishment, but as a design. For how could you rediscover the treasure if you had never lost sight of it? How could there be a journey of remembering if nothing had been forgotten? We forget on purpose, so that we may have the joy of finding our way home.

This is why, each morning, I would have you say three words: *I already am*. Not "I will be." Not "I am becoming." *I already am*. Because those three words dissolve the lie we were all born into - the lie of incompleteness. Nothing in existence is incomplete. Not the seedling, not the storm, not the newborn star. And not you. You can no more be incomplete than the ocean can be half an ocean.

So the journey to true power does not begin with getting. It begins with an understanding: *you are already in possession of that which you seek*. The only thing that stands between you and it is your awareness of it.

And how do we extend our awareness? It begins with perspective.

Do you know what perspective is? It is the way you look at things. How you see the world around you, how you see yourself, how you interpret all that comes before you.

The old saying tells us that *knowledge is power*. I tell you plainly: this is not true. Knowledge is not power. Knowledge is only knowledge - and by itself, knowledge is inert. It sits in the mind like a stone, doing nothing.

A library full of books on swimming has never kept a single drowning man afloat. A mind crammed with facts about courage has never, by itself, made a coward brave. Knowledge is the raw ore. It is heavy, it is real, and it is utterly useless until something transforms it.

Perspective is power. Perspective is the way you take knowledge and internalize it - make it meaningful, make it *yours*, weave it into who you are so that it changes how you move through the world. Perspective is knowledge and wisdom combined and set into action. The same fact, seen through two different perspectives, will make one man surrender and another man soar.

So if we wish to grow in power, we must grow in perspective. And perspective cannot grow in a closed mind.

Imagine trying to pour fresh water into a sealed jar. It does not matter how pure the water is, how much you have, or how badly the jar needs it. The lid is shut. Nothing gets in. A closed mind is a sealed jar, and it will refuse every new perspective offered to it, no matter how true.

So the very first step - before the gates, before the positions of power, before anything - is to open the lid.

To open your mind is to prepare the soil. It is to set the conditions in which your beliefs can shift and your understanding of the world can expand. Only with an open mind can you accommodate anything beyond what you are currently locked into - and only then can your awareness extend, expand, and grant you access to new positions of power.

So I ask you, as I asked my son:

Do you have an open mind? Are you willing to challenge what you hold to be true? Are you prepared to doubt the very things you are most certain of? Are you willing to question, at every turn, anything presented to you - *before* you accept it as your own?

If your answer is yes, then the lid is off. The soil is turned. We may begin.

THE FIRST POSITION OF POWER - BEINGNESS

The first gate, now that your mind is open, is to dwell fully on this single truth: *we already carry within us everything we will ever need.*

There is nothing to acquire. Nothing to develop. Nothing to install or import or build from scratch. Nothing whatsoever. The only thing that creates the illusion of lack is the reach of your awareness - how far it extends, not only into yourself, but into the world around you.

Think of the acorn. Inside that small, hard shell, complete and entire, sleeps the oak. Every branch it will ever raise, every leaf it will ever turn to the sun, every ring it will ever add across a hundred years - all of it is already present, folded into the seed. The acorn does not need to *acquire* oak-ness from somewhere else. It does not go searching for the missing pieces of a tree. It

already is the tree. It need only become aware of itself, unfold, and grow into what it already is.

You are no different. You are not a half-built thing waiting for missing parts to arrive. You are the acorn that has forgotten it is the oak.

Consider, too, the sculptor. The master does not *add* a figure to a block of marble. He will tell you the figure was already there, whole, waiting inside the stone - and his only task was to remove everything that was not it. To reveal what was already present. This is the work before us. Not addition. Revelation.

So you must prepare your mind to accept it: you have everything, and you *are* every state of yourself, right here, right now.

Sit with that. *I am every state of myself, already.*

There are two ways to understand this, and both are true.

The first is the simpler reading. It means that every talent you will ever need, every capacity, every strength, is already within you. You are not waiting to be given gifts. You are waiting only to discover the gifts you were born holding.

The second reading is deeper, and it opens the door to everything that follows. It means that you are *every version of yourself* already - all at once. And to understand that, we must speak of the structure of reality itself.

THE SECOND POSITION OF POWER - THE COSMIC GPS

You have heard of the multiverse. The world treats it as science fiction - a clever idea for stories. It is, for now, largely fiction in the eyes of the world. But I tell you it will one day be revealed as fact.

The multiverse holds that there is not a single reality, and not a single version of you. There are infinite realities, and infinite versions of you, all existing at once within the great continuum of existence.

Right now, your consciousness is locked into *this* version of reality. This body. This name. This street, this hour, this life. But your consciousness itself is not small, and it is not local. Your consciousness is infinite - as infinite as creation itself - and it is simultaneously present in every possible permutation, every possible combination, every possible state, across every other possible reality. There is a version of you living a life slightly different from this one, and one

wildly different, and one different in a way too subtle to name - and all of them are real, and all of them are *you*.

Here is the part that changes everything. The single point common to that infinite array - the thread running through every version of you and every reality - *can choose* which version, which state, which reality it wishes to inhabit, at any moment in time.

Do not take this on faith. Look within yourself and find the proof.

You have inner thoughts. And you can do something curious with them: you can observe yourself thinking. You can watch your own mind have a thought, and then think *about* that thought. You can stand back and notice your mind at work.

Now ask the obvious question. If you *are* your mind - as the worldly scientist insists - then who, exactly, is doing the watching? A thing cannot stand outside itself to observe itself. The eye cannot see itself directly. So if something in you can observe the mind, then that something is not the mind.

That watcher is your consciousness. And consciousness is the true seat of your being.

Your consciousness is the *higher mind*. It receives and acts through your physical mind and your physical body - but it is not them. Your physical minds and bodies are scattered, infinite, across the multiverse, one for each version of you. But your consciousness - that higher mind - can see all of those possible selves. And it can *be* all of those possible selves, at any moment it chooses.

This is the true meaning of *I already am*. Across that infinite array, there are versions of you who look different, feel different, act different - who live in a different place, a different economy, a different position in life. Some of those differences are vast. Some are so subtle you would never notice you had shifted from one to another.

And here is what almost no one realizes: you are *already* shifting. Every moment, at a depth beneath your noticing, you are moving through parallel versions of yourself. You are doing it constantly. You are simply doing it *subconsciously*, with no hand on the wheel.

The whole of this teaching rests on a single promise: *you can do it consciously instead*.

You can direct your higher mind the way you direct a GPS. You can name your destination. You can say: *this is the version of me I wish to experience; these are the coordinates of the life I choose*. And the higher mind will take you there. You will *become* it. That is how astonishing your nature is.

But most of humanity has never woken to this. Because we steer without knowing we can steer, we drift. We coast in a hundred directions at once, scattering ourselves across a hundred parallel selves at random, blown about like a leaf, and then we call the result “fate.”

So the question becomes the most practical question in the world: *what drives this cosmic GPS?* If you wish to consciously choose which version of yourself you become, what is the input?

It is not what you want. It is not what you decide in your thinking mind that you would like to be. Because the thinking mind is only a single dimension of you - and that single dimension *works for* consciousness; it is not consciousness itself.

Let me give you the image that makes this clear.

Picture a car. You are the driver. Your consciousness sits behind the wheel. Now picture the front-right wheel of that car. Suppose the wheel *wants* to go left. It can want with all its might - it can strain and wish and insist - but the wheel cannot turn the car. It is built to roll within a single dimension of motion. It is not in control, though it may feel as if it is. Nothing happens until the driver turns the whole machine.

Your thinking mind is that wheel. It wants, and wishes, and insists - and on its own, it steers nothing. It was never meant to.

So how does the driver give the command? How do you speak to the higher mind?

You speak to it through *feeling*. Through emotion.

Have you ever felt something in the pit of your stomach about a situation - a certainty with no evidence, a knowing with no facts - and then watched it unfold exactly as you felt it would? That is not coincidence. That is the feedback loop. Your senses, your feelings, are the cable that connects you to your true driver. Emotion is the language of the higher mind.

Here is a practice you can apply today. Look back on a season of your life when everything went right - when one good thing followed another, when the world seemed to conspire in your favor. Now recall how you *felt* in that season. You will find that the feeling came first, and the good fortune followed it. By the simple fact of feeling good, more good was drawn to you.

And the reverse is just as true, and just as merciless. When you are caught in a downward spiral - when something has wounded you, and you feel low, and bad, and the days darken - you are steered toward more of the same. More bad. More wounding. More of the very thing you would escape.

In both cases, you are steering through emotion. You are moving among your parallel selves, across all their infinite states, and through feeling you are entering a destination into your cosmic GPS. And the higher mind, faithful as ever, is taking you there. Remember always: your higher mind works *for* you. Your higher mind *is* you.

Now, the higher mind itself does not care whether an experience is good or bad. Why would it? The entire purpose of having an infinite number of selves to choose from is to *experience* an infinite number of things. To the higher mind, all of it is valuable. All of it is experience.

But *you* can care. And here is where your awareness becomes precious. By learning what feels good to you and what feels bad - what you prefer and what you do not - you gain the ability to choose. And the more clearly you know your own preference, the more skillfully you can navigate. You become not a leaf in the wind, but a captain at the helm, steering through the infinite by the compass of how you genuinely feel.

So this is the second position of power: the way you genuinely feel determines where your higher mind carries you across your infinite states of being. Master your feeling, and you take the wheel.

THE THIRD POSITION OF POWER - THE DREAMER AND THE DREAM

Now we come to the gate that breaks the world open.

To steer by feeling, you must first be able to *generate* the feeling you choose - and to do that, you must break through one final wall. The wall is this assumption, so deep we never question it: that reality is a thing you exist *within*.

It is not.

Reality is not something you exist within. Reality is something that exists *within you*.

Let that turn over in your mind. If the world is within you, then you are not its prisoner. You can, if you choose, simply change it. If you do not prefer what is before you, you can change the channel - the way you would change it on any screen. You hold the remote. It is your television. They are your eyes watching the show. You were never required to sit and suffer in silence before a program you did not choose. The world only *seems* to be an environment surrounding you. In truth, it is a world made by you.

Let me show you, step by step, how this can be.

You know the dream. Sometimes a dream is so vivid that, within it, you become aware that you are dreaming. And in that moment of awareness, something remarkable happens: you can change the dream. You can shape what unfolds. The world calls this lucid dreaming.

Now consider the dream itself. In the dream you have a body. You have a name, a face, a history. Around you stretches a whole world - rooms, roads, weather, other people, a thousand details in sharp relief. And where is all of it taking place? Not in any outer world. Every last detail of that dream - the body, the sky, the strangers, the ground beneath your feet - is happening inside your own mind.

Dreams are not idle. They are teachers. They were given to us to reveal the mechanics of how we exist within things, how all things relate to us, how a whole reality can be generated from within a single mind.

So take the pattern of the dream - a vast, detailed world existing entirely within a mind, and *you* present within it as a figure - and now apply that exact pattern to your waking life.

It is the same pattern. With one difference. In the night dream, it is your *physical* mind that dreams. In waking life, it is your *higher* mind that dreams. This physical world is the dream state of the higher mind. And you - your

identity, your face, your body - are the avatar through which the higher mind moves within its own dream.

So everything you look upon is happening inside your own mind.

Stop here. Take a moment. Let this settle before you read on.

Your higher mind is generating every single thing around you, in stark and flawless detail. It is generating your identity. It is generating your present circumstances. It is generating the road beneath your feet and the very air filling your lungs. All of it. Every last particle is a construct, arising within your higher mind - exactly as the entire dream-world arose within your physical mind while you slept.

The old nursery rhyme knew it before you did. *Row, row, row your boat, gently down the stream - merrily, merrily, merrily, merrily, life is but a dream.* There is wisdom sprinkled all around us, hidden in the simplest things, because all of it springs from a single consciousness. The clues are breadcrumbs left for those awake enough to follow. We need only pay attention, and our awareness expands.

This, then, is the third position of power: *all things in your waking experience are but shadows cast from the light of your consciousness.* Every object, every circumstance, every face - a figment, a projection, a shadow thrown by your own light. *You are the only absolute in your relative universe.*

And what this means is staggering in its practical force. Just as in the dream you could alter and reinterpret whatever appeared, so too in this waking world you hold the power to alter and reinterpret all that you experience. Your higher mind builds all of this. Your higher mind is conjuring every bit of it. And you may choose, at any moment, which state to shift into - and so determine the experiences that come with it.

Think, then, of the pity parties we throw for ourselves when life does not go our way. How irrelevant. How unnecessary. They serve a single purpose: to give us an occasion to feel sorry for ourselves. Behind that grief, there is no real cause - for you are a god. A literal god, walking under the misconception that you are not.

Now, here is the question that always comes next, and it is a fair one. My son asked it on the walk, and perhaps you are asking it now. *If all of this exists within*

my mind - then who are these other people? Who are you, in relation to me? Who is that stranger over there?

To answer, return to the first principle: creation is infinite. We all came from a single Source, and because that Source is infinite in nature, it expresses itself infinitely. It pours itself out into endless forms.

What we have made, together, is what I call a *shared reality*. It is a plane of existence - one of countless many - that the infinite expressions of the infinite have agreed, collectively, to bring into being. We built it together, so that we could support and enrich one another's experiences across versions of consciousness.

Think of it as the internet. Or better - think of a great online game. A massively multiplayer world. We created the game. Then we each assumed a character within it, and we began to play together. Why together? Because to play alone would be a thin and lonely thing. The world is richer, the experience deeper, when shared. So we agreed to meet inside the same game, each of us behind our own character, so that we could adventure side by side.

And within that game, your character is fully yours. You command its skill trees. You choose how to develop it, where to take it, what missions to attempt, what world to explore. Within the game, *you* are the absolute. And precisely the same is true for every other player behind every other character. Each is the absolute of their own experience, the god of their own relative universe - and all of us, together, weaving a shared world for the joy of not being alone in it.

So this third position asks us, first, to combine our awareness with the truth of who we are. We are creation itself. Each person is one of its creations. We are an infinite expression of the infinite. We exist endlessly, in endless states. And through emotion, we direct the higher mind toward the experiences we are aligned with - adjusting the cosmic GPS to carry us into whatever state of being we choose, at any moment we choose it.

INTERLUDE - ON TIME AND THE PATIENCE OF BECOMING

There is one more property of this construct you must understand, or you will stumble exactly where most seekers stumble.

That property is time.

Beyond this construct, time has no substance. It does not flow; it does not even exist as we know it. In the higher dimensions, all things happen at once, complete and entire. But *this* particular reality has been deliberately slowed - made dense and heavy and gradual - for a sacred reason: so that we may experience the unfolding of things in slow motion.

Let me show you why that is a gift.

When a bullet leaves the barrel, you see only the result - the strike, the destruction, over in an instant. But the curious mind wonders: what does it look like *between*? Frame by frame, as the bullet leaves the muzzle and travels to its mark - what happens in the moment of impact itself? And so we invented the high-speed camera, to slow the action down and reveal a whole hidden world of motion invisible to the naked eye. We did it not for use, but for wonder. To savor what real time had hidden from us.

This is the purpose of this density. This reality exists to let us savor the unfolding and progression of all things.

Have you ever truly watched a flower bloom? It is among the most beautiful things there is. But understand: from the perspective of creation itself, that flower exists in many discrete states all at once - bud and bloom and wilt, complete and simultaneous. It was never, in truth, the single continuous opening we perceive. It is the *time scale* of this reality that strings those states together and lets us watch the petals unfurl, expand, and turn to welcome the sun. There is a whole dimension of beauty - the beauty of *becoming* - that we can only taste because we have time.

But the gift carries a price, and you must respect it. Because we live inside this construct of time, when you adjust your cosmic GPS toward a new state, you are still subject to the unfolding. Things do not appear the instant you wish them. You must transition - progressively, step by step - from what you currently are and where you currently stand, toward the destination you have set. The petals open in their own time.

This is where seekers fall. They begin to apply these practices, and they expect the new reality to arrive at once. When it does not appear by morning, they conclude the teaching is false and abandon it - one step from the threshold. But

anyone who truly understands this construct knows better. There is a progression in effect. As long as you hold the resonance - as long as you keep *feeling* the destination - it is inevitable that you will arrive. In time.

So when you set your new coordinates, hold the sensation in your body. Hold it, and reinforce it, and let it be followed through by *consistency*.

And here I must warn you, because consistency is one of the rarest of all human traits. We are fickle creatures. We are not so far removed from monkeys swinging from limb to limb on a whim, leaping from one impulse to the next, never holding to anything long enough for it to bear fruit. To hold a single state - to keep feeling it through the long, quiet progression until it manifests - requires consistency and discipline, and an understanding of how the whole machinery works.

Put all of that together, and you will move from one state of being to another effortlessly, effectively, and reliably. It works every single time. Time is not your enemy. It is the slow, generous medium in which your becoming is allowed to be beautiful.

THE FOURTH AND FINAL POSITION OF POWER - TUNING THE INSTRUMENT

We come now to the last gate. And it returns us, fittingly, to the body - the thing most spiritual teaching forgets.

For all that we have said about consciousness and dream and the infinite, there remains a mechanism *behind* the construct. Return to the car. We are cosmically mechanical beings. Just as the car has its engine, its suspension, its wheels and actuators and wiring, all working together to make the whole thing move - so too the human body is built of working parts, each one designed to channel and direct pure consciousness into the realm where the physical mind and physical body live.

So the final position of power is this: *we must learn to tune our instrument*. The body is the instrument through which consciousness plays its music - and an instrument out of tune cannot make anything but noise.

This very thing we were doing on our walk - exercising, moving the body - is part of the tuning, and part of keeping it tuned. For if the body falls out of tune, it is like searching for a radio station without full control of the dial. You can hear the signal faintly, somewhere behind the hiss, but you cannot lock onto it. All you get is static, with the music buried underneath.

We must maintain a high signal-to-noise ratio with our consciousness at every moment. And when we lose it, the effects are everywhere to be seen - in the depression, the madness, the sadness, the erratic behavior all around us. The unsettled beings. The hollow shells of people who once were fully alive. The body cannot thrive without the higher mind truly directing its path. Purposefulness cannot be achieved without that fully tuned instrument. Tune the body, and the music of consciousness comes through clear. Neglect it, and even the truest signal dissolves into noise.

There are three parts to the tuning.

First - Setting the Mind

The first phase is to set your mind right, for the physical mind is a fickle place. It will swing from one whim to the next like the monkey on its branch. It needs direction. It needs grounding.

Each day, when we wake, it is almost like booting up a computer. To be productive, we must open the right applications. If we do not, we sit before a blank desktop, going nowhere, the whole magnificent machine idling at nothing. Tuning the mind is the first thing we do each morning, because everything begins and ends in the mind.

And here is the mechanism that makes it possible: your consciousness is always present, always there beneath the physical mind. So you can use your consciousness to *direct* the physical mind - to command it to become what you will it to become.

This is why, each morning, before the day takes hold of you, you send positive thoughts and positive feeling coursing through the mind, to set it on its course. This is why, when I would drive you to school, you would recite the words aloud:

Today, I choose positivity.

Today, I choose possibility.

Today, I choose prosperity.

Today, I choose abundance.

I already am - and it has already happened.

That is mental calibration. That is opening the right applications so the whole day can run clear and true. You are setting the flow, the momentum, the course - and if you do it correctly, the mind will follow where you have pointed it. The mind always follows. The only question is who is doing the pointing.

Second - The Pineal Gland, and the Magnet

The second part of tuning reaches deeper into the mechanics of the instrument.

Within your brain there is a center that vibrates - a part that hums in resonance with your higher mind. It is the most spiritual component in the entire physical body. It is small. You might pass your whole life never thinking of it once. It is called the pineal gland.

The pineal gland is no ordinary organ. It is a metaphysical component - half in, half out. Half physical, half ethereal. It is a thing that lives between dimensions.

Understand what that means. Most things belong cleanly to one plane or another. But there are aspects of ourselves that *extend across* dimensions - that have a representation in a higher dimension and a lower one at once, and so transcend the boundary between them. The pineal gland is exactly this. It is the anchor that fastens your higher mind to your physical body. And through that anchor, the signal flows - back and forth, between the infinite and the embodied.

The higher mind brings infinite power, because it is nearest to the Source - nearest to what religion calls God. This is why the ancients called the pineal gland the seat of the soul, the portal to the divine. It is, quite literally, a portal of sorts.

So if you would tune your instrument, you must tend this gland. You must keep it healthy. You must give it everything it needs to thrive and do its work, and you must clear away what would dull it - what the old teachers called *decalcifying* it, freeing it of the deposits that cloud the lens. For when the pineal gland operates at full efficiency, you enter a space of effortlessness. You enter a *beingness*. You become, without striving, a chosen version of yourself.

Men have built fortunes this way - effortlessly - simply by clearing and caring for this component, and then settling into a state of abundance each and every day until that state became who they were. And here is why it works.

Think of the magnet.

Not the electromagnet - that is a different principle, switched on and off by current. I mean the rare-earth magnet, the kind whose power is simply *in its nature*. A true magnet does two things at once, and it does them without effort. It draws toward itself everything aligned with it. And it pushes away everything that is not. It does not strain to attract; it does not labor to repel. It is simply its nature to do both, always.

Your state of being - your resonance, expressed through the pineal gland - works exactly like this. When you assume a certain state, you attune the gland to a certain frequency, and that frequency creates a field around you. The field draws to you everything aligned with your state, and repels everything that is not. Effortlessly. The way the mountain is mighty. The way the ocean is vast. Simply because that is now what you *are*.

And remember - the universe does not care whether the state is good or bad. This cuts both ways, and you must see it clearly. A person may have a highly developed, wide-open pineal gland and yet hold a deeply negative state of being. The result? Nothing ever goes right for them. Not because they are unlucky, but because their instrument is finely tuned to negativity, and so it magnetically draws every negative thing toward them and pushes every good thing away. The magnet is working perfectly. It is simply pointed the wrong way.

But assume a state of positivity, of abundance, of open possibility - and the same flawless mechanism pulls immense good toward you and repels what does not belong. It works for you, tirelessly, by virtue of your choosing. You need only choose, and *be*.

Third - The Physical Engine

The third and final part of the tuning is the simplest, and the one we are most tempted to ignore. It is the care of the body itself.

For all its metaphysics, the body is still an engine, and an engine must be run and maintained. There are physical, working parts - muscles, chemicals,

hormones, nerves - and they have physical needs. You must eat well. You must sleep well. You must exercise regularly. This is not separate from the spiritual work; it is the spiritual work, made flesh. A neglected engine cannot carry you to any destination, however clearly you have set the coordinates. Tend the instrument, and the music can play.

BENEDICTION

So there it is. The whole of it.

True power is not force but effortless being. You already are everything you seek; only your awareness has wandered. Open your mind, and let perspective become your power. Know that you carry every version of yourself within you, and learn to steer among them by the compass of how you genuinely feel. Understand that the world is a dream cast from your own light - that you are the one absolute in your relative universe, a god who has forgotten his own name. Be patient with the slow, beautiful unfolding of time, and hold your chosen state with the rarest of virtues, consistency. And tend your instrument - mind, gland, and body - so the signal comes through clear.

This is what I gave my son on an ordinary morning that was not ordinary at all. And this is what I now give to you.

I have shared with you the secrets of true power.

Use them wisely.

. . .

I already am - and it has already happened.