Tales,
Politics,

Religion

Exis Jaxn

 ${\it Book}\,I$ 

Tales of Life (205 Poems)

Book II

The Politics of Living (186 Poems)

Book III

A Religion of the Spirit (109 Poems)

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# Book I

Tales of Life

# 1. Play on band

Play on band.

Let the music shine thru a night of cool light under a black-gray sky of thousands of stars hiding so many more they are beyond mind.

Play on band till early hours lead to rest and in sleep peace is found in dreams.

Play on band and we will sing the tune in the back of our consciousness.

Band, play on the rock of ages that we may join the timeless dance.

#### 2. Dance

Dance started long ago, but we forgot how to dance the dance.

Slowly we separated until we had no one to dance with.

But the band played on, enticing the dancers to return to the floor.

Therefore the dance goes on forever as the new young ones relearn yet anew how to dance the dance once again.

# 5. The new way

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The new way
to do it
is easy
to live it
if it is
a way to
be real new.
```

One new way
to have it
is to say
it is a
real new way.

But new ways
are not as
easy a
way if it
is not a
new real way.

That is why the new way.

# 6. So just play

So just play, band.

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Dance again
to chose
a new
way
to
end
the
day
in a
dance
that does
not ever end
in the same way.
```

Thus we choose the next ending that has to end on a day that is always going to be just so new that the choice of dance is in a new play and is just so.

## 9. Cake

Cake – to eat it or have it, now that is a question worth a considering.

Whether it is better
to enjoy the aesthetics
of an artistic visual experience
where one can dive into imagination
and get lost in a premonition of fantasy,
or titillate the palette with a sweet confection
that goes down so smooth the desire is
for more until one is sick of it.

I cannot remember just how many times I have had my cake and eaten it.

But it does not always work out that way with cake.

#### 18. Poor health

Poor health haunted her all her life.

Ailments, allergies and broken bones were symptoms of a body on the verge of giving up at any time.

He had wonderful health.

Strong, athletic, and never sick he lived a robust and carefree life.

We
thought
they were
crazy to marry,
and their kids would
inherit any number of affections.

He died after a struggle with cancer, she outlived him until very old age.

The children had many grandchildren: some strong, some with poor health.

#### 19. The musician

The musician sculpts harmonies into grand shapes that fill the ear with immense spaces.

The musician crafts forms into edifices that extend from one horizon over the next horizon.

The musician creates rhythms into pulses that are so strong the feet have to move just to keep up.

The musician combines textures into ever changing combinations that surprise and delight the ear with its evolution.

The musician includes text and suddenly the meaning changes beyond abstract sounds into songs filled with ideas.

### 22. Blink

Blink and you'll miss it.

So small it passes before awareness sinks into consciousness.

But people live there.

Few in number, they see fewer still as each year passes them by.

The town is dying and will be gone in a short while.

Memories fade as the old ones die off and the traffic blinks by.

# 32. Busy busy busy

Busy busy busy just to keep up with the work.

Busy with this thing, busy with that thing, busier with the thing that we forgot about.

Just keeping up, barely keeping up is more like it with it being so very busy.

Get to the store and it is so busy nobody has time to laugh together.

If it has to be that busy I think I'd rather not be quite so very busy.

# 42. The hospital

The hospital is the worst place to get well from illness.

Overworked nurses are exposed to all the strains of flu and colds.

Over used anti-biotics are becoming less effective against new strains.

Then there is endless interruptions of sleep checking for blood pressure, etc.

The food is a national joke, and the moaning roommate...

Man, the hospital is the last place I want to be to recover – git me out!

But they try to do the best that they know, even if soon it will be given differently as the spirit healers fulfill their missions.

Let us endeavor to antiquate the hospital!

# 43. Yelling at kids

Yelling at kids the auto careened around the corner as she totally lost it.

They had tried her patience all morning: lost coat, no gloves, books strewn all over, skipped breakfast, did not brush teeth, turned on the TV – God what a mess school mornings!

Like herding cats, she got them into the car only to be late — again.

With all delivered, she wondered just how her Spark Within was taking all this hoopla – perhaps with just a tinge of humor!

# 57. Slip-up

Slip-up: did it again.

Mess-up: problems, problems.

Tied-up: I gotta git on top of this.

It seems like it happens again and again.

Man, those eternal promises of perfection.

Seems like we could use that right now, but it sho ain't gonna happen next week.

Livin with mortality is nothin less than a total hassle.

Slip-ups, mess-ups, and tied-ups are recurring themes that haunt livin.

I wish I could say that I don't know better, but how is that possible in the face of reality?

They say git over it, move on, and forget it.

But how can I when I should know better?

Mortal life is such a pain, and I have yet to find a pill to eliminate all the slip-ups.

Seems like slip-ups are mess-ups that has me totally tied-up!

#### 68. Hypocrite

Hypocrite - that's what my kids call me.

I tell them to drive carefully as I careen around the corner, run the yellow, and give the stop but a passing nod in third gear.

I tell them to clean up their room as I kick the dust bunnies out of corners and stumble over junk.

I tell them to read and study, be a good student, and work hard while I sit on the overstuffed couch watching my favorite TV sitcoms.

I tell them to go out and make new friends while I refuse to talk to the nosey neighbors.

I tell them to use their brains while mine ossifies into a blob after work; vegging on poor excuses and laziness.

Man, I can't imagine why they have the unmitigated gall to call ME a hypocrite!

#### 70. Water

Water flows thru us in a musical chatter of endless singing.

Hearing water tunes is a deep meditation that focus the mind.

What is this water that makes most of our bodies and is essential?

A powerful source, we both revere it with love and we pollute it.

Fearing deadly germs, we bottle it like soda for the marketplace.

Would that it were free for all the peoples of earth to drink and to heal.

For waters blessing is the source of earthly life.

#### 71. Conversations

Conversations with an angel left me puzzled, conflicted.

I had thought this would be a revelation of some almighty knowledge beyond my understanding; but the angel knew little more than I.

Therein was the problem as I had not looked for the knowledge that is within.

"You
already
know answers
that are in your
heart and understanding.

There is no need to ask for knowledge that is a part of you.

Look within and the answer is there."

Indeed, I was puzzled and conflicted as I sought the easy way yet again.

But the universal beings are having none of that.

#### 90. Joy

Joy is one of those insufferable people who loves life and bubbles enthusiasm.

Looking at her you see the very image of a '60's flower child seeking bliss.

Joy is unstoppable in her quest to discover the wellspring of hope that lives within her heart.

So when her children heard about the cancer they were devastated.

How could this happen to one of God's truly sunny personalities?

While sadness gripped the family, it is Joy who demonstrates the truth of gratitude.

While others cope with ending a life, it is Joy who sees a new beginning.

For Joy knows that life is only a short passing into a mystery, and that is truly enough.

Joy knows the meaning of her name.

# 98. Fixed up

Fixed up and ready to roll, the old car springs into life.

The loving mechanic doted over each part, each hose, each fluid until revived the hack steps out on a road filled with youngsters and over priced warranties geared to date two minutes after expatriation.

Yeah, this hack may have over 200,000, but it yearns to break the next barrier and surprise even the indifferent dealer.

The salesman would boast of the great deal while secretly cursing the hacks longevity.

(There will be few commissions this month).

So they decided to lay on new autos that have that hidden guarantee not to exceed the miles - they call it built in obsolescence.

MallWart has perfected the technique, but occasionally a few make it by "inspectors."

We appreciate those proud few who fix up!

# 104. Neighborhood prison

Neighborhood prison is where we hide from strangers who have lived next door for 30 years.

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The retired couple across the street tend a private oasis while rentals next door exist in silent prisons of their own making.
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What is this hell we have created?

Last week a young woman committed suicide, just down the street, and not one of us knew.

As we lock our doors and bar the windows, we hide in our private neighborhood prison.

### 129. Take a break

Take a break, a long break.

Spend a little quality time with friends and family, and get out of the rat race.

Get back, away from the hassles of living, and feel the pace of new life flowing around and through you.

Laugh a little while you breathe.

In the
end
you
need
all the
break time
you can get,
so take a break!

## 131. The guys

The guys of the back yard are truly an amusing trio.

It's them against dogs, cats and men.

SnoBabbit, sleek and fast, is the old man: wise and independent.

Runnie Babbit (some call him Biggie) is slow, dominating, and can be a pain about getting his own way all the time.

But Piggie (not a babbit) rules all with his loud voice and strong will.

The Babbits taught Piggie how to run: front and back legs working together.

At first the Pig was easy to catch, but shared wisdom concerning places to hide and running style changed that.

Each evening becomes a game of chase, and the old man is generally the looser.

Together the guys huddle in the hutch, making plans and sharing tips on food.

## 134. Alone and lonely

Alone and lonely, the young man stands amidst the crowd wondering why so many seem to care so little.

He is a nice guy, good looking and intelligent, so why don't they seem to care about him?

But the nice people of the world are often left to their own devices simply because they are nice; never a bother to others.

> All alone, he seems unable to answer his perplexing dilemma and it increasingly depresses him.

As the days pass his footsteps become heavy with loneliness and personal misery as he ponders his plight into an obsession.

That contained within him is the answer for which he seeks never seems to dawn in his thought.

Facing loneliness in this crowded world is a difficult challenge for those alone and lonely.

#### 139. Cut grass

Cut grass clumps in piles as the mower passes by leaving tracks behind.

The smell of fresh earth drives dedicated gardeners out of their abode.

Into the daylight they go with shovels and rakes to till the dark soil.

As each clod of dirt is broken and fertilized, the seedlings take root.

With care the guarder chants words of love while planting each fledgling new life.

Once again cut grass and the unseen miracles await sun and rain.

All of this effort is for the glory of God.

### 172. The great pooba

The great pooba in his ridiculous hat, absurd costume, and oversized mace held court.

A moment
of high
authority
as he called
the unruly to
order and settled
the business of today.

This was a high calling as his year long reign saw frenzied activity and innovative ideas.

For this intrepid leader it was his 15 minutes of fame as the great pooba returned to his mediocre job.

## 175. The cripple

The cripple felt sorry for all those "normal" folks who did not know the real empowerment of a handicapping limitation.

She understood her loss and believed it to be gain.

She had to deal with her body and knew that it made her great.

She rose above the confinement of her disability to achieve that level of consciousness others only dream about.

This was truly her gift to ignorant souls.

For in that chair she could free her mind.

In that discomfort she felt no more pain.

In that apparent tragedy was her victory.

The dilemma was how to share such great knowledge with the rest of the world; for it was in her love of life that she demonstrated how not to be a cripple.

# 182. Paper deluge

Paper deluge, tsunami in scope, inundated the office like a tornado gone wild.

This level five left the office in a total state of panic as the utter devastation cried out for the relief forces to take over.

But they were unavailable.

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Lost orders, destroyed invoices and the utter chaos was the end of it.
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#### 183. Forget it

Forget it; let it go.

Yes, it was a very deep slice out of my backside, but holding on is such a wasted effort, so I will let it pass by.

This is a tough one for me because I love holding on to those old grudges; real and imagined slights of the long past.

Counting the sins against me has long been my passion as I meditate on revenge and plan the proper course of retribution.

But then I hear the words of the Master echoing in the recesses of my mind.

That wise counsel admonishes me to git it on and to forget it.

Do I have the courage?

# 184. The guitar

The guitar collected dust for years.

Left to sit in the corner, the guitar gradually lost its luster and sonic beauty.

There was a time when life was great as the master practiced his musical art.

But then styles changed and the guitar was no longer the fashion of the day.

Passed on to kids, the guitar suffered noise and abuse that it had not been designed for.

Finally it was sold to a pawn shop and it slowly faded as the sun scorched the top.

Then came a day when the young and dedicated student found the dollars for purchase.

It was love at first sight as together the music flowed out in newfound joy.

This guitar was renewed as beauty returned and the top regained the luster of a fine guitar.

# 188. Sing it

Sing it loud.
Sing it soft.

Sing it long. Sing it short.

Sing it high. Sing it low.

Sing it fast.
Sing it slow.

Sing it with a groove. Sing it so very stiffly.

> Sing it up. Sing it down.

Sing it near.
Sing it far.

Sing it in.
Sing it out.

Sing it with.
Sing it without.

Sing it from the heart, but never fail to sing it.

## 189. The cold of winter

The cold of winter; snow that refuses to melt even in warm days.

The dark of evening as short days descend so fast one cannot catch up.

The frost of the night takes wing on the mist of breath as water freezes.

We shovel the walk only to do it again with another snow.

We scrape the windshields and drive the ice with great care because life goes on.

The kids pray in hope of another vacation: school cancellation.

But this winters cold is just one more day to live.

#### 194. Touchdown

Touchdown and the big mo shifts.

Another touchdown and just what is this big mo they talk about?

Field goal and it is not so far.

Filed goal hit the goal post and that big mo gathers much more mo.

Block, hit, sweat, spit, curse and put yo backs into it boys - this is the big one and we go home a winner!

Fourth and inches and bring back the D-fence to make that one last stand.

Punt, run,
screams of
exultation,
and they all
stare in disbelief.

Another loss with that touchdown!

Why do you think it's called building character?

It's only a touchdown!

# 196. Could you

Could you communicate?

Could you let me know?

Could you keep me posted on it all?

Could you?

No is not a reply.

There is no reply.

Only a deep silence.
Only ambivalence.
Only nothing.

Why not? Why is it so hard?

But if you never respond, I never know what is up.

Is there any way we could fix this and communicate?

Could you?

## 197. What if I

What if I were to tell you how I feel?

What if I were to show you all I know?

What if I were to give you all answers?

Would you listen?

Would you care?

Would you take my advice and benefit from it or just ignore it as you do?

What if I were to tell you all the secrets of the universe?

What if I did that? Would you...

#### 202. I gotta

I gotta do this, I gotta do that.

I gotta go here, I gotta to there.

I gotta git ready, I gotta chill on it.

I gotta worry, I gotta forgit it.

I gotta move up, I gotta move down. I gotta move out, I gotta move on in.

> I gotta, I gotta, I gotta.

Just who says so? Who's keepin score? Who is gonna know?

Does I hafta?

 $\mathcal{N}o$ , I gotta!!!

# Book II

# The Politics of Living

## Essay

As "humanism" was the kernel for the European Renaissance, "diversity" is the modern kernel. The word itself implies many perspectives and rejects the polarized vision of the industrial age. Our world has reached the point where it must tolerate diverse views of life and support the emergence of new perspectives.

Diversity is not about "anything goes." It is about allowing contrasting ideas to develop and be tested as each looks to learn from the other. Diversity is about evolving the world knowledge base through the acceptance of others.

The modern renaissance is about individual human self-discovery of the Spark of God within them. As an increasingly large body of ascendant beings labor for the universe, evil human behaviors will be challenged.

We are increasingly becoming cosmic citizens with a duty to speak for the universal perspective. That unique vision will translate into a new way of thinking, believing, and living.

## 1. Age of renaissance

Age of renaissance is upon us; we are not half way thru it.

We are immersed in a worldwide renaissance that will change the face of history as mortal beings recognize the value of ascendant living.

Age of renaissance has brought unprecedented evolution in communications, and the noise of the world is deafening as everyone can be heard.

The rebirth and flowering in the arts has become a worldwide stage, and contributions from the poor are increasingly leading the way in new music, glorious art, and the written word.

The politicians continue in their shameful Machiavellian behavior as they lie, wage unnecessary war, destroy environments, withhold important new technologies that could solve many problems, protect the rich, and govern with a myopic vision believing in the absolute rightness of their perspective as they hide in their security driven world.

The spiritual renaissance is upon us as across the globe souls understand the hope and the truth of eternal ascendant life.

Where are the doors of the Wittenberg Cathedral in this renaissance?

#### 12. It is not

It is not that I have a personal dislike of our current leaders.

What most affronts me is a government that refuses to admit error and engages in decisions that serve not the public but private interests, narrow perspectives, and religions beliefs that do not reflect our very diverse society.

This is truly regrettable.

In times of great testing our leaders must be honest with themselves and with the people, and that may require some very difficult introspection, self criticism and reevaluation.

That our leadership cocoon themselves into their little world should deeply concern all lovers of freedom.

## 24. Diversity

Diversity as a concept of our renaissance has become established as the church attacks it as "relativism."

Their concern is that
such ideas represent
an "anything goes"
notion of society inevitably
attempts to establish an absolute
"Truth" as the church had defined it.

This belittling of the concept of diversity is evidence of the institutions narrow idea of how a planet works, and denigrates others who realize that diversity represents strength thru the power of ideas, values and universal goodness.

Diversity refuses to assert one "truth" as absolute right or wrong over another.

Diversity celebrates the notion that we are all children of the Father.

## 51. End time prophesy

End time prophesy has been a plague on this planet since the words of Jesus were misinterpreted over 2000 years ago.

Cults currying spiritual favor scramble for positions of authority and power as the predictions of end time doom dominate their warped thinking.

The return of Christ is a matter of intense speculation at the very highest levels of universe administration, but no one from the Melchizedeks to the lowest of the angels know when Christ Michael plans to return to this planet; only that he will.

It is distressing that so many religionists continue to espouse unbiblical concepts as foolish politicians listen to them.

Even if we knew the time and date of the return of the sovereign of our universe, it would make absolutely no difference.

It is time to put to rest end time prophesy.

## 52. Now git this

Now git this you turkeys: the world's gonna end, the economy is goin south, the gas is goin up and up, the kid's music is lousy, the crime wave is tidal, and it is all crashing.

Now git this:

the world goes on,

the economy will do what it does,

the gas will line the pockets of the rich,

the music will always offend th old at heart,

the crime wave will hit those in its way,

and it has been crashing since the

beginning of time,

so git over it!

Man, it makes you wanna put a placard on and walk the streets - such gloom and doom!

The unfortunate thing about it all is that the sun still rises tomorrow, so now git this!

## 104. America's pride

America's pride is a matter of concern when viewed from an eternal universal level. Consider the fact that pride actually obscures God.

As the Master repeatedly warns against the pitfalls of pride, one would have to seriously wonder about the wisdom and efficacy of America's pride on a national level and pride on a personal level.

What is the value of pride when honor is lost? Where is truth in the recognition that pride shuts off the saving light and truly "goeth before the fall?" When is it right to hold oneself above others as we assert our national pride at the expense of our brothers and sisters; failing to recognize the presence of the Spirit in those of differing faiths? Why do so many Christian believers fail to realize that personal pride is a devastating evil; and America's pride is misplaced, misguided, and wrong as the world grows ever smaller?

On a national level and on a personal level, if a nation or being is not spiritually connected on the inside, praying for what is outside is useless.

## 122. National despair

National despair settles in as leaders put their best face on.

"It's going to take a long time" seems to excuse culpability.

"We will recover and rebuild" fails to recognize suffering now.

"Let's pull together and be stronger" is vain hope that others agree with a leadership long on vacations and devoid of environmental awareness.

That the tragedy has taken so many leaders by surprise is evidence of their inability to recognize long warnings.

Now that a reckoning has finally arrived, out come the platitudes and empty promises of weak leaders.

This is our time as we live with national despair.

## 129. Take a break

Take a break, a long break.

Spend a little quality time with friends and family, and get out of the rat race.

Get back, away from the hassles of living, and feel the pace of new life flowing around and through you.

Laugh a little while you breathe.

In the
end
you
need
all the
break time
you can get,
so take a break!

# Book III

A Religion of the Spirit

## 1. The Jesusonian

The Jesusonian is a universal ascender.

The Jesusonian is a second miler taking up the call of the Master to surrender the mortal will to the eternal will of the Universal Father.

The Jesusonian understands
the eternal nature of living
and the call of spiritual service
to the loving devotion of free will
given in joy to the spiritual kingdom;
thus sweeping brothers and sisters up to a
higher existence guided by the Spirit of Truth.

The Jesusonian comprehends the spiritual perspective that understands

the vitality The Iesusonian The Jesusonian is mortal and of ascendant experiences the experiential living. eternal promise, is not yet a perfected being, thus is willing to but within each devote oneself to The Jesusonian knows God's love is God's perfection: a full measure of the Spark of God. and freely shares it. service to all.

The Jesusonian will serve brothers and sisters as one hearing the divine call to walk that second mile.

As a Jesusonian, this most important quotation is the guide for my life:

In winning souls for the Master, it is not the first mile of compulsion, duty, or convention that will transform man and his world, but rather the second mile of free service and liberty-loving devotion that betokens the Jesusonian reaching forth to grasp his brother and sister in love and sweep them on under spiritual guidance toward the higher and divine goal of mortal existence.

The Urantia Book: 195.10.5, p. 2084, par. 5

### 2. The call

The call of the second miler is for the transformation of our human society. This mission impossible can only be done by the faith believer who is a part of the invisible spiritual brotherhood and sisterhood of Jesus' kingdom. This stirring call to service should excite the faithful in ways no less powerful than in the days when the Master himself lead the believers. The call is real. The call is today. The call is for all of us. The call needs our response. The call requires our sincere effort.

The call is there, who will go out and respond?

The call languishes
because so many are
unwilling to go that
second mile, and so many
religionists live a faith of
comfort and ease without the
struggle of a universal perception.

The call is an adventure that will truly transform human society as each individual contributes to the spiritual rebirth of the Jesus kingdom and results in the renewal of the revelation of truth to the world.

The call comes to each individual through the Spark of God that is within. It is in response to that call that this volume is dedicated and offered.

The call to the adventure of building a new and transformed human society by means of the spiritual rebirth of Jesus' brotherhood of the kingdom should thrill all who believe in him as men have not been stirred since the days when they walked about on earth as his companions in the flesh.

The Urantia Book: 195.10.5, p. 2084, par. 5

#### 4. Truth

Truth, what it is and is not is a matter of such debate it gets lost in discussion.

Each individual can live truth and experience it within the mind, but sharing that on a practical level is almost impossible because intellectual recognition of it is viewed thru the rose colored glasses of the individuals experience and perception.

So what happens when truth becomes formulated into creeds?

Truth is stifled when it becomes a rigid doctrine that ignores the experience of the spirit-led individual within a historical era. Truth is stifled when it becomes a creedal mantra that is rendered true thru repetition. Truth is stifled again when it is reduced to a pattern of intellectual human conduct and is legalized into formulas that are designed to interpret truth.

Does this make those who demand a single truth uncomfortable?

Of course, but then they do not understand the complex, paradoxical, and flexible nature of a universe that is designed to accommodate many different beings: some ascendant, but many others created quite differently.

You can know the truth, and you can live the truth; you can experience the growth of truth in the soul and enjoy the liberty of its enlightenment in the mind, but you cannot imprison truth in formulas, codes, creeds, or intellectual patterns of human conduct.

The Urantia Book: 180.5.2, p. 1949, par. 4

#### 5. Faith

Faith has been something I have misunderstood most of my life.

I simply want to know, not live with a blind faith.

But as the sun rises in the East, faith is what powers the ship of my life.

To even know what is faith is beyond my own understanding because I have dared to reject it at an ignorant time in life.

But now that I embrace faith, I know even less what it is because it is neither rational nor empirically quantifiable.

Faith is what drives my life.

Faith simply is.

Faith is to religion what sails are to a ship; it is an addition of power, not an added burden of life. There is but one struggle for those who enter the kingdom, and that is to fight the good fight of faith. The believer has only one battle, and that is against doubt – unbelief.

The Urantia Book: 159.3.8, p. 1766, par. 4

## 7. Living truth

Living truth is not the same thing as static truth.

Living truth is by definition experiential: part of the inner life of each ascendant being.

Static truth is theory: the "truth" that has become formulated in the dead religions of human institutions.

Static truth is a "truth" that becomes rigid and fixed.

Static truth serves the institutions of man while living truth lives within the hearts of all.

That makes "truth"
a difficult concept to
understand because every
individual has a different life.

Living truth is the dynamic experience of ascendant life residing within the realms of the human mind that becomes part of the world.

Static truth is dead truth, and only dead truth can be held as a theory. Living truth is dynamic and can enjoy only an experiential existence in the human mind.

The Urantia Book: 180.5.2, p. 1949, par. 4

### 8. Wisdom

Wisdom becomes a cultivated gift when one embraces a healthy approach to applying it.

To possess the wisdom of the universe does not give any individual an advantage over others; only a slightly deeper insight.

To understand the mechanisms of cosmic living, while helpful in the development of self, does not place one in a higher position over others.

Universal wisdom does not accrue favor because it recognizes our cosmic equality.

Wise souls, while courageous as cosmic citizens, embrace a life of discretion as they travel through the muddy swamps of life.

Wise souls understand the nature of wisdom because they have had to work at it to get there.

Wise souls live a life filled with wisdom because they know how to share it without others knowing the true nature of their wisdom.

It would help you much if you would learn that true wisdom embraces discretion as well as courage. You should learn sagacity to go along with your aggressiveness.

The Urantia Book: 181.2.15, p. 1958, par. 2

#### 10. Isolation

Isolation is the plague of this modern era.

To many live alone in their locked homes and autos, while the isolated crowd bumps shoulders, packs elevators, avoids eye contact with others.

The only prevention for fear, envy and conceit is contact with others, and our isolation effectively prevents the intimate human connections that could heal this terrible modern plague.

The human race struggles with unprecedented population growth and the irony of increasing isolation.

We must endeavor to develop a cure for isolation.

The cure for our isolation will be found in the maturation of a universal level of spiritual experience and understanding.

Fear, envy, and conceit can be prevented only by intimate contact with other minds. *The Urantia Book: 160.2.7, p. 1776, par. 1* 

### 11. Failure

Failure is a universal mechanism for ascendant spiritual growth.

One of the worlds greatest problems is its failure to admit failure.

Politicians
consistently
hide failure
under their
deceptive
smiles and
unrealistic
optimism,
and these same politicians dare
to invoke the "Word of God"
in their leadership failure.

This is an utter failure of the cosmic citizen.

As citizens of the Kingdom we must learn to honestly confess and resolve our failures.

Never hesitate to admit failure. Make no attempt to hide failure under deceptive smiles and beaming optimism. It sounds well always to claim success, but the end results are appalling. Such a technique leads directly to the creation of a world of unreality and to the inevitable crash of ultimate disillusionment.

The Urantia Book: 160.4.7, p. 1779, par. 5

#### 12. Criticism

Criticism requires courage.

To be criticized challenges convictions, and the sincere soul is unafraid of it.

We
learn
to offer
our ideas
to a critical
world in the
hope that they
will win praise.

But criticism often requires preparation,

Thus the sincere soul should have no fear of criticism of great ideas if they are offered with courage.

For it is in that forge of human criticism that the fire of observation will burn away untruth and reality is hardened into an experience that bears witness to a truth on a universal level that is eternal.

Courage is the confidence of thoroughgoing honesty about those things which one professes to believe. Sincere men and women are unafraid of the critical examination of their true convictions and noble ideals.

The Urantia Book: 146.3.2, p. 1641, par. 4

# 14. Will of God

"Will of God"

One of the most interpreted phrases in the history of language.

How does one know the "Will of God?"

There are many opinions on this matter, but what appears to consistently emerge is that discovering it is the prime directive.

Bur for the ascendant being there is an even greater adventure: to sincerely and honestly attempt to live and do the Will of God.

If the discovery process leads directly to the doing of the Will of God, then mortal beings experience the most miraculous transformation from material living to the spiritual experience of eternal life.

When the will of the mortal becomes aligned with the Will of God, the universal pilgrim experiences a revelation so deep that the reality and truth of the spiritual world presents all beings amazing ways to live and serve through the Will of God.

Never forget there is only one adventure which is more satisfying and thrilling than the attempt to discover the will of the living God, and that is the supreme experience of honestly trying to do that divine will.

The Urantia Book: 155.6.11, p.1732, par. 4

## 18. To grow love

To grow love is to ascend.

Love cannot be created by the mortal being to serve whims, but must grow inside as experience of the spiritual life deepens.

Love cannot be manufactured, but is the result of the Love of God.

Love cannot be purchased as a product to create environments that may give people a false sense of real love.

Love grows from within the self.

Love grows as grows the ascendant being.

Love is a universal phenomena and is the proof of a life that extends far beyond this isolated planet inhabiting the backwaters of this small, unfinished universe with the Sovereign Christ at the head.

To learn to grow love is the task of ascendant living as one should witness the increasing experience of love with the passing of life.

One cannot cause growth, but one may supply favorable conditions. Growth is always unconscious, be it physical, intellectual, or spiritual. Love thus grows; it cannot be created, manufactured, or purchased; it must grow.

The Urantia Book: 100.3.7, p. 1097, par. 4

## 19. Up there

Up there somewhere is supposed to be God.

The religions of the world have an easy time of it when God is removed to some far-off location and kept separate from the affairs of this lost, hurting world.

But when confronted with the fact that God resides within all mortal beings, their theologies are put to the test and found wanting.

To remove God from within removes the possibility that others might know a truth as profound as their own.

"God up there" theology is all too easy as religious institutions attempt to segregate themselves in a self-righteous cocoon.

The Spark of God, the Christ within, the Divine Presence resides within the minds of all ascendant human beings.

The divine presence cannot, however, be discovered anywhere in nature or even in the lives of God-knowing mortals so fully and so certainly as in your attempted communion with the indwelling Mystery Monitor, the Paradise Thought Adjuster.

What a mistake to dream of God far off in the skies when the spirit of the Universal Father lives within your own mind!

The Urantia Book: 5.2.3, p. 64, par. 6

# 20. God's love

God's love cannot be contained in the heart.

God's love cannot be measured.

God' love cannot be given away.

God's love cannot be imprisoned.

God's love
is beyond
all love,
and is
free
for
all.

God's love just is.

Love is dynamic. Love can never be captured; it is alive, free, thrilling, and always moving. One can never take the love of the Father and imprison it within the heart.

The Urantia Book: 117.6.10, p. 1289, par. 3

## 25. The inner life

The inner life manifests itself through the expression of love.

As the inner life matures, understanding of others follows.

As the inner life is spiritualized, the desire for unselfish service to the spiritual world evolves into service to one fellows:

mortal beings indwelt by the Universal Father.

As the inner life reaches out, it is perfected with a growing wisdom that knows the truth of ascendant living and service.

Thus love is given expression through the outworking of the divine inner life.

Love is the outworking of the divine and inner urge of life. It is founded on understanding, nurtured by unselfish service, and perfected in wisdom.

The Urantia Book: 174.1.5, p. 1898, par. 5

## 35. Seek first

Seek first universal truth as civilization reaches new plateaus of reality.

As the renaissance progresses, the stabilization of society and resolution of our material problems will be found in the revelation of the larger spiritual universe.

Our world will not progress solely on the knowledge or science of human invention, but will require the forces beyond this limited and quarantined planet to solve our greatest dilemmas.

The higher a civilization climbs, the more necessitous becomes the duty to "seek first the realities of heaven" in all of man's efforts to stabilize society and facilitate the solution of its material problems.

The Urantia Book: 195.5.1, pg. 2075, par. 4

## 38. Truth, beauty and goodness

Truth, beauty and goodness is the evidence and proof of universal love; the concept of love on this planet is far more confused.

Love without the universal qualities of truth, beauty and goodness can become commercialized and sentimental.

Worldly love can become a distortion of competing philosophies that are discussed ad nausea in music, poetry and literature.

Love based on mortal limitations can be a psychic illusion that is nothing less than a spiritual deception; a shadow.

Universal love founded on truth, beauty and goodness is the most important motivator for ascendant living.

Truth: what is the definition of this word? Beauty: how do we know what is beautiful? Goodness: where are the evidences of service?

As we all live together in this vast universe, it is essential that we cultivate the ability to demonstrate the attitude of love based on truth, beauty and goodness, whatever that means.

Love is the highest motivation which man may utilize in his universe ascent. But love, divested of truth, beauty, and goodness, is only a sentiment, a philosophic distortion, a psychic illusion, a spiritual deception.

The Urantia Book: 196.3.26, p. 2096, par. 5

## 50. Prove God

"Prove God" shouts doubting philosophers and scientists down through the ages.

"Prove that God exists."

Well, Exis Jaxn has written for years on this subject and can offer nothing more than my personal experience as a God proof.

"Not good enough." they respond.

True, the proof of God will never be found in scientific experiment or philosophical reason, but for the ascendant beings such proof is given every day.

The ascendant being finds God in evidence, even experiential through scientific experiment; and Gods existence is philosophically logical and definable.

But then how can one argue with the truth of his or her experience? But then this universe if far too complex to be simply an accident. But then how else does one explain the existence of the universe? But evidence of ascendant life is overwhelmingly compelling.

The fact that God is realized thru realms of human experience is the same fact than the sun rises in the East because earth is a globe.

Maybe there will come a day when empirical evidence will prove God.

The existence of God can never be proved by scientific experiment or by the pure reason of logical deduction. God can be realized only in the realms of human experience *The Urantia Book: 1.2.4, p. 24, par. 2* 

# 52. God proved

God proved
thru the
experience
of the mortal
is the only way
to prove God
to other
mortals.

God proved
within the
life of a
being who
lives universal truth
requires living a deep
perception experience
of the Will of God
to prove God.

The direct and personal experience of God proved is the only way the individual can prove God.

God proved can only experienced by the God knowing being.

That may not impress the empiricist, but thus is the nature of a mortal life that requires an experiential faith to serve as the foundation of understanding.

Those who know God have experienced the fact of his presence; such God-knowing mortals hold in their personal experience the only positive proof of the existence of the living God which one human being can offer to another. The existence of God is utterly beyond all possibility of demonstration except for the contact between the God-consciousness of the human mind and the God-presence of the Thought Adjuster that indwells the mortal intellect and is bestowed upon all as the free gift of the Universal Father.

The Urantia Book: 1.2.5, p. 24, par. 3

## 53. To grow Godward

To grow Godward is the only way to experience his existence beyond debate.

To experience everyday life as a Godward growth enhances the desire to continue to grow Godward.

This compelling and eternal adventure creates a life of excitement so that one can only respond by understanding oneself and appreciating the personality and values of others.

To grow out Godward is not about isolation.

Spiritual and Godward growth expands the personality out to extend oneself to others in the experiential spiritual kingdom.

In all this life around us is yet another chance to grow Godward.

The more completely man understands himself and appreciates the personality values of his fellows, the more he will crave to know the Original Personality, and the more earnestly such a God-knowing human will strive to become like the Original Personality. You can argue over opinions about God, but experience with him and in him exists above and beyond all human controversy and mere intellectual logic.

The Urantia Book: 1.6.6, p. 30, par. 5

## 54. Known universe

Known universe is unknowable.

The universe is vast beyond knowing.

To assume that
the universe
is intelligible
is to believe
that it is made
and is managed
by a mind such
as our own mind
that we understand.

That we want to know indicates that it can be known by a divine mind in the known universe.

Though there are many things that we may know about the universe, there are many, many, many things that we will never know as a mortal and finite human being.

To assume that the universe can be known, that it is intelligible, is to assume that the universe is mind made and personality managed. If man's personality can experience the universe, there is a divine mind and an actual personality somewhere concealed in that universe.

The Urantia Book: 1.6.7, p. 30, par. 6

## 55. To know God

To know God when it is not possible to see God is faith vision.

To see God work in the reality of daily living is only possible through faith vision.

Knowing God's love is experienced thru the love of others living with faith vision.

Faith vision is
the experience
of the mind that is
spiritualized by the
confidence of knowing God.

Faith vision is the path to knowing the Father from the perspective of the inner spirit and insight.

The spiritual luminosity of the Father's personal presence is a "light which no mortal man can approach; which no material creature has seen or can see." It is not necessary to see

God with the eyes of the flesh in order to discern him by the

faith-vision of the spiritualized mind.

The Urantia Book: 1.3.3, p. 25, par. 3

## 101. Do not be troubled

Do not be troubled.

We mortals are not perfect even if we are ascendant spirit beings.

There is a bright path that extends before the feet of each individual.

We may be forgetful as we flail away at our less than stellar careers, but the Spirit leads without fail to the place where we know the way.

Do not

concern yourself
with mortal mistakes,
for our God does not keep count
of every flaw, misstep, and dark hour;
and at each crossroads the Spirit of Truth
leads us that each may know the way.

Each may	-	Each may
find deep	Each may find	stumble
troubles,	that within	thru ignorance
but each has	us is the	and blindness,
the power	answer	but the light
to overcome	to our	of wisdom is
the most	sincere	available thru
Difficult	prayers.	the choice
of these.		of each.

Do not worry about the fact that all mortals are imperfect, selfish, and sinful: that is the nature of our universal lessons.

Having started out on the way of life everlasting, having accepted the assignment and received your orders to advance, do not fear the dangers of human forgetfulness and mortal inconstancy, do not be troubled with doubts of failure or by perplexing confusion, do not falter and question your status and standing, for in every dark hour, at every crossroad in the forward struggle, the Spirit of Truth will always speak, saying, "This is the way." *The Urantia Book:* 34.7.8, p. 383, par. 2

## 102. Disappointments

Disappointments are often the most important experiences of life.

This is far more than fortune cookie philosophy, it is, in point of fact, a critical universal law of life.

It the fires of disappointment the ascendant being matures and grows.

Under the pressures
of tribulation the
soul evolves,
the mind develops,
and character is built.

Even in nature we see hardship is the necessary evolutionary force that builds species strength, and an easy environment produces weak and unproductive strains; and this is not that hard to understand.

Sometimes your most disappointing disappointments have become your greatest blessings. Sometimes the planting of a seed necessitates its death, the death of your fondest hopes, before it can be reborn to bear the fruits of new life and new opportunity.

The Urantia Book: 48 6.7, pg. 555, par. 4

## 103. Our work

Our work here on this planet is our most important work. Though it is true that each individual is uniquely important, it is equally true that individuals who take themselves overly seriously only increase their burden and make it harder. Though it is true that ascendant beings are preparing for the next stage of life as a mortal being, the work engaged in as a mortal is the most important work. We are indeed individually important, but to expend our energies on self-importance actually depletes the mind's energy to do universal work. Our work is a careful balance. Our work is defined by the concept of universal service that has been carefully defined by our Master teacher who demonstrates the nature of giving without return, serving without recognition, and living for the betterment of others. Our work is for a kingdom Our work is developed that extends far into space. thru the master plan Our work is defined by of divine spiritual leaders who understand the nature a type of service that of the eternal universe through recognizes the value of each individual. the experience of all of our work. Understanding this work is the duty of each universal citizen.

You will learn that you increase your burdens and decrease the likelihood of success by taking yourself too seriously. Very important is the work of preparation for the next higher sphere, but nothing equals the importance of the work of the world in which you are actually living. When you feel important, you lose energy to the wear and tear of ego dignity so that there is little energy left to do the work.

The Urantia Book: 48.6.7, pg. 555, par. 5

## 104. By the fruits

By the fruits of the spirit we know the truth of our ways. By the fruits Thru our inner faith we each life finds are able to learn of the the experience  $\mathcal{B}y$ many good things that of truth that The give real evidence of a establishes profound connection **Fruits** that exists between a pattern we know showing to of the ministry the spirit soul and of the Spirit thru the mortal being. the world our fruits of faith. the ascendant being who surrenders their life to a deeper understanding of what eternal life on the physical level means. That is the wonder of universal citizenship. It is truly a reality in the physical world because it is in us and we are living within that kingdom. The fruit of the Spirit produces empirical evidence of this thru love, caring, altruism, loyalty, courage, hope, service, and so many more positive attributes that are recorded on many lists. With our fruits With our spiritual fruits we will make we do our kingdom service each day and it is our honor to perform. better, With the spiritual fruits we will strive for new human relations that each life recognizes the presence of our Father within each individual thru the Spirit. one. With our fruits we are able to grow a new age and evolve a better world that reaches the potential of each individual as we all ascend together.

Any religious belief which is effective in spiritualizing the believer is certain to have powerful repercussions in the social life of such a religionist. Religious experience unfailingly yields the "fruits of the spirit" in the daily life of the spirit-led mortal.

The Urantia Book: 99.5.6, pg. 1091, par. 5