



# HEART OF GOLD

by Jin Nua

Harness the Power of the Universe





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# INTRODUCTION

Deep at the core of each of us, resides a heart of gold. A divinely inspired, orb of pure universal stuff, it radiates golden rays into our surrounding creating the things our hearts wish for.

I've discovered on my journey this golden heart was born with us, and stays with us throughout our lives. It is fully equipped and capable of expressing goodness and rightness; it urges us to do our best and climb toward higher planes of love, truth, and compassion; and it joyfully contributes to the vast universe from which it was born. Some might even call it our Soul.

When flowing naturally, it creates great things in our lives and in that of others. But when the golden heart is stifled and obscured, life becomes more complicated, difficult and enjoyment suffers.

The question naturally arises: "If this is the essential way of all things—why isn't my life filled with such gold?" This is a profound question and possibly the most significant of our time. Thankfully, its solution is surprisingly simple.

But the solution also speaks of a divine test. Since the Creator gave us a "say" in the Creation, we've been granted the ability to choose our path. Our advanced minds have not only given us the unique ability to sway the very character of our lives, but to alter the fate of our planet as well. There is a choice to be made.

What we feel, think, and say has a real and direct effect on our world and the people in it—fear and despair breeding more fear and despair. Love and kindness building more love and kindness.

The lessons are many—we are entrusted with great powers to positively and negatively affect the world and our surroundings. Without a heart of gold at the core of society and its individuals, we're adrift and lost at sea; and our lives suffer accordingly.

Thus if you seek a reason why harmony is no longer a part of your life, you need look no further than yourself. And if you want to reintroduce nature's ways back into your life, you can. There is a higher path.

How to start this process you might ask? Simply by relearning nature's wisdom. It is she—and she alone that created our universe and its stunning qualities of beauty, balance, and accord. You'll just need to follow nature's blueprint and reintroduce her ways back into the various centers of your life. Quite literally fill your heart with gold!

# PART ONE

# Gold Smithing

# CHAPTER ONE

## A Golden Path

To gain a heart of gold you'll need to emulate the great way of the universe. It's very creative process naturally generates pureness at the start of all things. Thus to ensure your larger life is composed of the same great qualities nature possesses, you'll need to cultivate a purity of heart in everything you create and enchantment will naturally follow.

In all your creations—your experiences, thoughts, encounters, choices, and initiatives—you'll need to instill genuineness and virtue.

The way of the whole is the way of its originating center. Look around you. In your life what you see is more of yourself. If it's filled with invaluable trinkets—things such as smiles, understanding, respect, trust, and love—you can be sure your life springs from the heart and all will be abundant and well.

On the other hand if your life's filled with distrust, uneasiness, strained relationships, and a lack of peace and connectivity, you have some real work cut out for you. In many ways you'll need to transform some lead into gold. We'll try to help you find your way on this, in what might be, the noblest journey of a lifetime.

# CHAPTER TWO

## Pure Hearts Make the World Better



## *Pure Hearts Give Good Starts*

-Jin Nua

Reality, existence, and being –their splendor and mysteries a true delight to experience and marvel over. Who hasn't felt awe when overlooking an endless expanse of ocean waves, gazing at a million stars on a moonless night, or marveled over spiral mosaics forming about rocks in a stream?

Beauty, balance, and harmony are synonymous with nature and being because they're imprinted in the universe's very creative force. A center-oriented process orchestrated by pure and powerful centers. Just how sophisticated this process is, speaks of a near perfect design, providing nature and life with a host of exceptionally advantageous qualities.

Before digging into the details of this design, you'll need a better understanding of how nature's creative process unfolds. It goes like this (see Jin's book *Heart of the Universe* or *The Centerpath Papers* for more details):

- Step 1: Centers spontaneously form.
- Step 2: Invisible fields emanate from centers.
- Step 3: Fields vibrate in a frequency specific to the originating center.
- Step 4: Only those things sharing the same frequency as the originating center, interact with the field.

The net effect of the overall process is to create a larger, spherically-shaped creation about an originating center. The relationships resulting from this process generates several aesthetically pleasing and beneficial qualities.

Firstly we discover centers, and the fields radiating evenly from their

surfaces, generate symmetric, halo-like structures whose pleasing form not only delights the senses but also mimics the shape of a sphere. Spheres have long been recognized as nature's flawless and perfect form, speaking directly to the inherently perfect-like qualities of center-oriented designs.

The three hundred and sixty degree symmetry generated by center-oriented designs also imparts a certain balance and holism to nature's creations. In fact, through the natural equilibrium generated by center-oriented designs; nature finds the organizational compactness, and stability it needs for its creations to sustain themselves and endure.

It's no wonder the primary forms of the universe are circles, spheres, radials, clusters, and branching systems. Their center-oriented configuration provides the firm foundation from which nature's steadfast creations of atoms, cells, solar systems, galaxies, and societies can survive and, indeed, thrive as they do.

Center-oriented dynamics also generate collaborative-type relationships. Through the simple act of bringing together sets of disassociated 'parts' about a common point, centers naturally cause things to join in larger, cooperative arrangements about a common point and/or purpose. Replace the phrase 'common center' with the words meaning, belief, or symbol and one can see the very bedrocks from which something like a ritual or a society could emerge.

Another phenomenal outcome resulting from the creative process is this—the 'parts' coalescing about centers are comprised of the same stuff as the originating center. This is a natural result—fields only interact with things sharing the same frequency as their originator. The developing creation is therefore made up of the same stuff as the center perpetuating it. The created truly reflects their creator. Since the centers of nature are naturally pure (in essence, favorable to the overall condition of being)—the resulting creations are also largely pure,

wholesome, and indeed enduring.

Balance, beauty, and holism stream throughout the universe because it's designed into its very fabric. Center-point purity carried forward into the creation forming about it—a natural result of the creative processes' center-oriented geometry.

You instantly see how powerful these concepts are. We do have the ability to influence the content and character of our lives through the centers, i.e. the seeds we sow.

When we choose to pack gold into what we create—our thoughts, words, deeds, choices, and actions—we grow balanced and wholesome things. Setting the stage to grow our life into something equally golden and enchanted. The choice is yours to make.

# CHAPTER THREE

## Why Pure Hearts?

Why nature generates purity at its points of genesis may never be known but since it does, one can't help wonder if it's part of a grand design. Consider the divine-like messages embedded in the following splendid, confluence of phenomena.

Points of origin (i.e. centers) are generally quite small. For instance, intricately arranged snowflakes emerge from a single 'seed' water molecule. Massive stars begin from the sudden formation of a diminutive gravitational center. They're also where entire philosophies emerge (which are from the initiating ideas that conceived them). Each of us also began from a small place—a single cell which ultimately became the fantastic organism we are today.

The disposition to start things small brings with it a delightful result—tiny points of origin have a lower probability of being impure. Think about it—if you wanted to make something exceedingly pure you'd make it as diminutive as possible so it would have the smallest chance of possessing impurities—the smaller the better! Such favorable beginnings give all that follows the best chance to grow into something equally as pure, symmetric, and evenly arranged.

Nature's first act of creation naturally generates purity! Because the fields emanating from the surface of centers are equally even, the uniformity of centers is also carried through to the larger creation evolving about it.

Not only a fantastic result in-and-of-itself—and one hinting of an intelligent design, extending this guideline to the entirety of the universe—the 14 billion light-year wide, spherical dome containing some one hundred, hundred billion stars; we arrive at an incredible and most delightful result—and one speaking directly to the possibility of a divine hand in the universe and our lives.

For when considering all creations are crafted with exceeding degrees of beauty, perfection, and harmony—seeming love-like qualities of

heart generated by pure centers at their core—by extension we might surmise this condition could only occur if an equally pure (and infinitely powerful) expression of this love were situated at the core of the universe itself. A mighty source of purity—an immense heart of gold—infinitely deep, powerful, and perfect—it radiates potent fields of love into all of the universe forging its many creations into a lovely image of its exquisiteness.

Each creation then, forms a microcosm reflection of the ultra-macro architecture of the universe. It naturally follows an ultrapure Creator must reside at the heart of the cosmos radiating her love directly into the bosom of all things. Providing the perfect design—infinitely robust and adaptable—infusing goodness in all creations—connecting big and small, the one and the many, heaven and earth, and man and God.

# CHAPTER FOUR

## Does Centerpath Apply to My Life?

You're a child of the universe. No more, no less. It created you in your entirety—your body, mind, and life. You are its product and are therefore subject to its laws and, especially relevant to this discussion—its creative process. Thus like all creations, your life too begins at, is perpetuated by, and culminates at centers.

What are the control centers guiding our day-to-day routines? There are many. They are the numerous beginnings and starts of our lives. Such things as new thoughts, experiences, interactions, and initiatives. They are also centers of mind related to our needs, wants, and desires.

All dew drop-like seeds of the universe that once formed, grow into the larger creations of our being—our relationships, houses, families, the furnishings and products we buy, destinies, and the memories we form in others. They all reflect the disposition of their maker—i.e. you—they shape what you believe in, your disposition, and what you hold as dear and important.

To help illuminate how these dynamics operate in your life let's look at a simple yet profound example in nature. Imagine for a moment a spider and the things that go into making up its life. It consists of three primary components—itsself, its web, and the resources flowing into it (i.e. wind and the insects it carries).

In the context of Centerpath; the spider is the center; the web is the field and the resources drawn into it are 'the parts'. Combined, the center and field create a well. The flow of resources into the well completes the larger holistic creation through 1) filling the well and 2) fulfilling the originating 'purpose' of the web (which was to capture resources).

This arrangement applies to all things in nature. Take for instance a tree. A seed-center forms a tree-field about it. Gathering evermore resources, the tree-field grows the tree higher-and-higher until such time it's capable of producing a next generation seedling.



Rivers start at low points (i.e. at centers) which through gravity-fields, progressively grow the river outward in every direction, capturing more-and-more land. The water coursing through the river system (which is coincidentally, flowing in the opposite direction of its growth) completes the larger, holistic structure.

It's the same for solar systems—gravitational fields emanating from central stars cause massive solar systems to form about them.

It even applies to classic family structure. Here the child is the center and the mother is the field (i.e. she defines the agenda which is aligned to the needs of the child). The man completes the larger organization through the act of bringing resources back to the home.

Your life's no different. It's structured by various control centers of mind which create fields designed to capture and draw in resources towards its core i.e. you.

But whereas spiders only produce a couple of 'well and resource/capture' partnerships, we perpetuate a dozen or so such vortices via our primary needs of air, food, water, shelter, companionship, security, and well-being but also innumerable others created by our limitless wants, desires, and dreams as well as those generated by our interactions.

Combined in their entirety, forming a larger, rotating hurricane about you at its center. A collage of words, images, sounds, actions, associations; and things you make, buy, and produce—all intended to secure, arrange, and pull inward resources towards you—the originating, mastermind at its core.

All similarly shaped patterns dancing to the same center-oriented beat commissioned in the heavens, for you and I to marvel over here on earth.

# PART TWO

## Heart of Gold

What centers are, are what centers create. Good centers create similarly good things. Impure centers generate imbalances and dead ends. As the center goes so goes the way of the whole organism.

If the center is bright and truthful, the whole will be free, expansive, balanced, and right. If the center is deceptive and impure, the whole that follows will be similarly the same—distorted, destructive, and plagued with strong imbalances. What's the color and character of your center?

In Part Two we focus on packing the various centers of our lives with the greatest things possible so that all we create shines brightly.

And more than just filling our lives with finer and greater things, as an added benefit, pure and powerful centers effortlessly make life easier. For the stronger and more formed centers are, the more forcefully they influence their surroundings—both attracting more of the things we want but also naturally generating balanced and symmetric relationships—so you don't have to work as hard to get more out of life provided the various cores of your life are strong!

# CHAPTER FIVE

## Be the Universe

What if you were given the ability to create a universe of your own making? An entirely new realm of being, you could fully shape, and control. What would be its character and content? How would you design it? What would you hope it to be like, and aspire to?

To facilitate this effort, let us establish a measuring stick from which to gauge the virtues of our new universe. Let's first consider the quality of the cosmos in which we currently reside. Imagine yourself at its center. Look out about you, what do you see? An enduring, gentle, silent, mighty, and grand universe? Symmetry, beauty, balance, and harmony abounding throughout?

Our universe contains these extraordinary qualities, because, at its core; resides the ultimate heart of gold. A pure essence radiating love into all things. Infinitely perfect and powerful; shaping all its creations into an image of, the great creator at its core.

Now imagine yourself at, the heart of your own little universe. Your life. What would you like it to look like? A universe filled with beauty, balance, and harmony? A life filled with truth, goodness, rightness, compassion, caring, and kindness?

Now, more than ever, you have a real means toward raising your life to an elevated plane. A charmed existence filled with richness and magic. That by emulating the great universal way; through nurturing, enhancing, and giving your full attention to your life's various points of inception, you can raise your experience to the same elevated condition, as is the case with the rest of the cosmos.

Imitate the universe, and elevate your life to shades of the divine. As the Great Creator does, and gave you the opportunity to know and experience.

# CHAPTER SIX

## Begin All Right!

It's astonishing finding just how much of our existence is created from what are nothing more than small, tiny instances of change. Fluctuations, thoughts, and interactions forming the seeds of something much larger to follow. It's this unique dynamic causing seedlings to grow into mighty oaks, single molecules to evolve into intricate snowflakes, and how the flapping of a single butterfly's wings can change weather patterns half way around the world. It's the way of the universe and the way of our lives.

Cognizant of this condition, we'd do ourselves great favors ensuring the various inception points of our lives are comprised of the greatest things possible.

What are these key moments of inception? They are our thoughts, reactions, interactions, choices, words and actions. Little moments of glory planting the seeds for ever more glorious things to follow. Thus as you go about the business of life, you can best ensure all things you ultimately create—the strength and quality of your relationships, the impressions and lasting memories you leave in others, your reputation, and the characters of your children; will be great if you begin all things with great intentions, virtuously, and with a golden heart.

Each time you think, act, plan, choose, speak, and dream do so with sincerity, passion, purity, and compassion. From such beginnings all that results will ultimately grow and flower into something beautiful, meaningful, and enduring. Practiced routinely, setting the stage for a life of enchantment.

# CHAPTER SEVEN

## Everything Comes Back to You



*All Things Return to Their Source so Begin All With a Heart*

-Jin Nua

Real joy accompanies discovering just how closely our lives are linked to nature's designs. For me one such stirring discovery was realizing how deeply nature's cycle of 'returning things to their source' was embedded in my life.

Thus when finding how much my life approximated nature's—for example: how the same forces driving plants to produce seedlings, proteins to migrate to their originating DNA, salmon to journey thousands of miles to their spawning grounds, and stars to collapse back to the same gravitational center where they began—were also the same forces molding my life (for instance—why rituals unfolded toward originating purposes, conflicts only resolved themselves when the instigating event was confronted, and we're inexplicably drawn to be buried in our hometown); I gained great insights toward how my life fit into nature's jigsaw puzzle of being.

Nature's trick towards implementing this rhythm in her day-to-day business is once again linked to its creative process. Specifically, it's linked to the relationship of the parts making up a larger creation, to their originating center. You'll remember from *Heart of the Universe*, centers create fields and fields generate well shapes. In addition, we found anything caught in the grips of the well will become aligned and attracted to the center.

In cases where the well's walls are steep enough, the parts will fall in and downwards towards their originating center. In this condition, the parts may even come into contact with the center. In its full cycle expression, the universe's creative process impels things to contact their originator; in other words to return to their source!

To maintain a perfect harmony, nature keeps all things true to their roots, forever linking and ultimately drawing them back to their source. All things do meet their Maker.

The ramifications are profound. The conditions surrounding the points of inception of our lives are paramount. They're always present in current time and will always come back to us. In other words, all creations never escape their roots; they're forever linked to and a whole byproduct of the place where they began. We are indeed accountable for everything we do.

Thus as you go about the various acts of your life—thoughts, a conversation, new initiatives, relationships, and/or new hopes desires, and dreams—always strive to make them as fine and balanced as possible. Approach, interact with, and begin all things with only the highest order qualities of truth, love, kindness, and compassion. By doing so you'll have given all things their best possible start, and best chance to return to you in similarly beautiful form and something you can be proud of. Overtime defining you the person and how you'll be remembered.

# CHAPTER EIGHT

## Begin with the End in Mind

Because all things return to their source, thinking ‘in reverse’ highlights the importance of beginning all things with the end in mind. Why? Endings inherit the quality of their beginnings so, by visualizing the end result, we gain a wider and broader; start-to-finish perspective from which we can make better decisions today.

Thus, before embarking on a new career, hobby, project, or a family; visualize and define the end first. Think about it; sketch it out, talk to a trusted soul. What do you see? Do you see something beautiful and virtuous awaiting you at the end of the journey? Is it full of goodness, kindness, beauty, and compassion—does it have a glowing heart and therefore, worth pursuing?

Having visualized the end result, work your way back to its starting point and list what it’ll take to build your glowing city. Lay out its core themes and guiding principles such that when you arrive at its grand finale it will be inspired and great.

There’s also a message for our generation. When we look forward 50 years and consider what we leave behind, what do we see? A thriving and sustainable planet? A result of our treating every field, valley, meadow and mountain with the utmost care and respect? Or do we see a polluted, scorched, and overly consumed landscape with the potential loss of species, eco-system collapses, and global calamity? If the latter outcome is likely, its makings lie in our on-going greed-based, consumptive mindset, actions, and national policies. Are we brave enough to face the future and make new choices in the way we do business as individuals and nations such that the end of our era is something magnificent, enduring, and worthy of our children’s consideration?

# CHAPTER NINE

## Choose Your Centers Wisely

*Choose your centers wisely*

-Jin Nua

We should be careful with the choices we make. They ultimately become very real. Choices become the steadfast centers from which our lives grow from and forever reflect.

Invariably, well-considered, positive, and mutually beneficial choices lead to positive, meaningful, and enduring things. Bad choices rooted in greed, selfishness, and destructive intent generate worlds of imbalance, harm, and dead ends.

Through a case in point, let's examine just how significant choices can be, and how bad they can turn out when the initial choice is not well considered.

Over breakfast a few years back, a friend related how her relative had become increasingly infatuated with a direct marketing scheme. For purposes of discussion let's name the relative Sue and the direct marketing scheme Unfair Pyramids.

Issues arose when Sue began pushing more-and-more family and friends (and their friends and family) to sign up for Unfair Pyramids. "It's easy and fun. We're all making money." To prove her bullishness, Sue quit her job and purchased thousands of dollars' worth of product in hopes of what she believed, inevitable sales.

But what was the actual condition? Sue's life had become a mess. Her house filled up with unsold products. Her relationships with family and friends became strained. She and everyone about her were unhappy. Ultimately, and as is the case with most mass marketing ploys, she ended her Unfair Pyramids account, lost money, and placed her life in great turmoil.

So even while I empathized with Sue's plight of falling prey to get rich quick predators; I also took advantage of the opportunity her predicament offered toward illuminating just how much a single and powerful center can control the whole of a life. For having become her prime purpose, Unfair Pyramids resided at the core of her being and as with all centers, the bigger they are, the more powerful they are. They exert a greater influence on their surroundings and the larger creation evolving about it (in this case Sue's existence).

In terms of Sue; Unfair Pyramids at the core of her existence came to control all aspects of her life —creating a massive rotating whirlpool sucking in all her thoughts, actions, words, time, and money. All revolving about Unfair Pyramids' promise of riches at the end of her journey. The system stays alive until the person either achieves the success they so crave (a very unlikely outcome and an awful price to pay in terms of stress to your friends and family) or the vortex dissipates when either the money disappears or the pain of not succeeding becomes too great.

The lessons are many. We see how centers anchor our being and establish the basins of attraction about which our lives circulate and are drawn to. Making good choices—indeed choosing your centers wisely, will lead you down favorable and enduring paths. Likewise poor choices lead us to dead ends and undesirable things.

Recognize the prime centers of your life—which are largely the choices you've made—and you'll come face-to-face with what you value and what's important to you. Set your targets on meaningful and purposeful things —nurture and care for them with heart and soul. In such a condition the outcome of your choices will always be strong and bright.

# CHAPTER TEN

## Choose Paths with a Heart



*"A path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you . . . Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself alone, one question . . . Does this path have a heart? If it does, the path is good; if it doesn't it is of no use."*

- Carlos Castaneda

Our lives are comprised of hosts of journeys. Kaleidoscopic and interwoven paths of education, adventure, evening plans, careers, vacations, projects, relationships, lifetimes, and destinies. Some are short and direct while the paths of others are convoluted and challenging. Others lead to places known while some travel roads less certain.

The journeys we undertake all vary in specifics; however, all share something very essential in common. They all include starts, pathways, and destinations. Of the three, the most significant element is the destination.

Destinations are most important because they define the outcome—quite literally where we end up. Little known is their choice also defines the character of the entire activity. Wouldn't it be great if our choices always steered us to magnificent vistas and spectacular views along the way?

You can develop the ability to select superior pathways. To do so, you'll just need a deeper understanding of how journeys are structured. Let me explain.

All creations are comprised of two distinct phases. The first phase forms an originating center and associated basin-of-attraction (formed by the center's field). The second includes the inward motion of things (effected by the field) about and inward toward the originating center.

In the case of journeys, the originating center is the initial choice which is also the destination. The terrain you traverse toward the destination is the field. The parts 'falling inward' toward the destination are you, and the things and resources you commit to the journey.

You can see the importance of the initial choice. Once you choose the destination, the end point of the journey is defined. Because destinations also establish a fixed point in space, the path's terrain (or terrain-field) is also largely defined. The choice of destination largely defines all aspects of your travels!

Let's look at some examples. Consider a trip to destination A and one to destination B. Path A leads to a beautiful mountaintop which invariably includes a beautiful accompanying drive. The kind of journey we all desire. Now consider Path B—the top of a landfill. Besides a terrible initial choice, our experience is marred with a featureless landscape and one reeking of foul and toxic fumes. The choice of destination is paramount so choose your destinations wisely!

To ensure your destinations steer you to the greatest summits possible, set your compass in the direction of things with a golden heart. Choose fun, uplifting, inspiring, good, right, and meaningful destinations—so your journeys and arrivals are as great, enjoyable, and memorable as can be.

# CHAPTER ELEVEN

## Create a Great Life

In recent chapters we focused on sharpening the beginning points of our lives to ultimately create more gold. Such points of initiation generally emerge spontaneously as we traverse our days and interact with others.

In this chapter we instead focus on the various control centers of our minds which, like airport control towers, guide us toward the things we need, want, and desire; which ultimately direct large portions of our lives. Such centers include our primal needs such as air, food, shelter, and wellbeing as well as our emotional needs for companionship, family, bonding, and love. They also include our limitless wants and desires which, while often unessential to our survival—things such as hobbies, trinkets, and new IT gadgets, nevertheless drive large portions of our day-to-day routines (especially in this, the age of consumerism).

The goal remains the same with centers of mind—we should strive to fill them with the highest quality things possible—gold, such that the subsequent, larger elements of our being are equally wholesome, enjoyable, and filled with the finest things life has to offer.

So pack the various centers of your life with the purest and best things possible. Clean the air you breathe. Buy organic foods and take the time to prepare them freshly at home instead of buying frozen, canned, and the preservative laden.

Clean up, tidy, and unclutter your home and fill it with themes of the heart instead. Things such as light pastel colors, soothing plants, warm wood floors, cushiony and oversized couches and beds, and lightly decorated shelves, walls, and cabinets.

Place the greatest values of all—love, trust, understanding, and wisdom—at the core of your relationships. When you meet and interact with others be kind, thoughtful, gentle, compassionate, and a good listener. All of the larger relationships that develop from such

foundations will be equally well formed and positive.

Build a great family—your greatest ‘work’ and surely the most enduring creation of your life. The seeds of thought we plant in our children will grow and shape their lives forever in profound and potentially the most beautiful ways. Thus as a parent at the core of your family, make sure that you fill all you create with greatness and love. Through the food you prepare, the things you define as important, the examples you set, your teachings, loving, listening, and holding—always set into motion the purest, most beautiful, and loving things. You will have given the greatest possible gift to those closest to you; and those whom will carry on your legacy.

You’ll need to work at being happy. If your expectations are unrealistic, and your wants and desires never ending, you will never be happy or fulfilled—you will never feel well. Get rooted instead. Take a yearlong sabbatical from the newspaper, Internet, television, and the competition culture and fill your time with walks in nature, and time with your kids and family instead. Begin studying and learning again. Buy a book on biology, nature, the cosmos, and spirituality.

Get control of your emotions. Seek to understand your feelings and those of others. Better monitor your surroundings and become more familiar with the powerful impulses driving so many of the worlds’ interactions and happenings. Examine yourself with the idea of gaining deeper perspectives and at the same time exerting more control over the sometimes virulent sea of emotions in which we often find ourselves adrift. You will be better prepared when emotional volatility—whether you’re own or that of others—emerges. You should also strive to fill your life with good people. In this way you will have less a chance of being adversely affected by negativity.

Every time you have a new experience, you create something new and unique. Experiences are seedlings that grow into something larger; it’s

a quality of the universe we can't escape. Thus seek out and surround yourself with the best: good people, good food, good conversations, nature, and things of the spirit. By surrounding yourself with only good and uplifted things, your experiences have a better chance of growing into something great.

Feed your mind. Fill your life with the 'best of the best' to ensure your experiences are as wide and wholesome as can be. Often far removed from mainstream culture, seek out those things that are great and have endured the test of time. They will open countless passageways to wonder, knowledge, and pleasurable experiences—things such as creative passion, music, philosophy, poetry, literature, good science, art, great ideas, religion, and mysticism. They are the heart and soul of man's greatest creations and some of the highest things this universe holds.

Sometimes we forget to enjoy the pleasures of life. Sweets, ice cream, rest, recreation, entertainment, friendship, excitement, love, physical contact, food, coffee, etc.—all are enjoyable. Why shouldn't we relish in them from time-to-time? Of course we shouldn't be gluttons however it does mean after completing life's hard work—cooking, cleaning, parenting, eating well, exercising, working, etc.—we should allow some time to guiltlessly indulge. So make pleasure a regular part of your routine—be it a picnic, bottle of wine, a hearty meal, a banana split, a good book in a hammock, or a long holiday.

Be a good member of society. Join into good causes. Ensure the organizations you join have a golden heart at their core. And just as importantly, when you are at the core of such groupings, set the tone by being proper, mindful, spirited, and collaborative; from there all else will work out for the best.

Help your fellow man. Compassion is the highest form of human grace, increase your contribution to society. Give and donate your time and money to those in need and you will receive universal returns far greater

than any investment fund could ever hope to provide.

Spend more time alone to explore yourself and the natural world. Sure—social interactions are natural and good; however, they can easily take up all our time and prevent us from a wider range of experience and knowledge.

Choose an occupation you love and your job satisfaction and career will naturally fall into place and flourish. The direct relationship between doing what you love and it spilling over into your life is easy to recognize. When we do something we love we put our best into it; our true care, pride, and passion. Having such heartfelt sentiments at the core of our productive drive ensures everything we produce is naturally more of the same. Such passion is contagious and causes others to respond positively. As more passion streams into your efforts your creations will appear larger than life, like flowers sprouting across a forest floor, all about you, centered at the golden heart of its great machinery.

Watch what you wish for. Definitely reach for the stars and strive to achieve greatness however, be sure what you desire is rooted in something beautiful and right such that when it blossoms, you will have a large degree of confidence what you ultimately achieve (i.e. create) is as beautiful as humanly possible.

Don't be afraid to give thanks—to food, bountifulness, existence, nature, good fortune, loved ones, success, and career—frequently and copiously. By doing so you will have shaken the tree of good fortune and helped release its bountiful harvest in both seen and unseen ways. Giving thanks also keeps us connected to those things that are most important to us. Things in our immediate environment such as family and the resources we consume. It also returns us to the spirit at the heart of our existence. When we remain close to the source, we recognize its undeniable significance and, begin looking at the wonderful world it provides to us, in different and more respectful and meaningful ways.

# CHAPTER TWELVE

## Mindful Is as Mindful Does



We've extensively studied the overriding importance of starting points to the character and quality of our larger lives. Little known is how much these starting points are colored by our core disposition.

It follows—to ensure the beginning points of our lives are as wholesome as possible, we need to get under them—quite literally gain better control of our minds to create an optimum internal environment. Dig deeply inward toward our core disposition and shape it to be as pure and righteous as possible so that everything they effect, will grow into something similarly awe-inspiring and possibly even divine.

Going deeper and straight to the point—the character of our thoughts—and thereby our larger reality, are generated from our core disposition. In order to best boost our lives' overall wellness it's essential we get our internal, mental landscape in order because it's from our habits of thought and basic mindset that practically all our conscious thoughts are generated.

The best way to achieve this is to cultivate a greater mindfulness much like what Buddha preached over 3,000 years ago. The goal being to foster an elevated state of being, so that when life throws its volatility at us, we're best positioned to approach 'what happens next' in the most balanced and rightful means possible.

The most practical methods to attain an optimum mindset are through meditation and mindfulness. It's no wonder they've survived the test of time. In fact even modern science has come to acknowledge the benefits!

The goal of each is the same—to create an elevated state of thought—a strong and centered point of control at the root of our being (a heart of gold to be sure) such that anytime the world calls us into action, what comes out is as good, right, and balanced as possible.

Thus if you want to elevate the quality of your life and its relationships,

you'll need to begin from within. You'll need to work at being more mindful—think good and proper thoughts such that all the words, actions, and therefore the ever larger relationships of your life are similarly good and proper. Learning to stop, look, and listen so that you can craft the best possible path forward before speaking and acting. Helping build your larger world into a grand reflection of your focused and glowingly pure heart at your core.

# CHAPTER THIRTEEN

## Listen to Your Heart

*Dive deep, O mind, in the ocean of God's beauty! If you descend to the utmost depths, there you will find the gem of love.*

-Bengali Hymn

Deep at the heart of each of us a gentle voice speaks from the core of our being. Tender and kind, forever urging us toward things real, good, and beautiful. This is the voice of your heart speaking to you.

Today, it seems most can't recognize this voice any longer, drowned out by the deafening battle cry streaming from our media outlets. A destructive message coveting only greed and conquering, and caring nothing for matters of the heart. Keeping us nervous and on guard, eventually we're no longer able to distinguish between the routine and the divine.

After a lifetime of such exposure, our little heart becomes buried—overrun by emboldened segments of mind seeking advantage and unable to tolerate the pain of a weakened social posture. The one sure thing in our lives is silenced. Eventually we lose our bearing and are lost.

But our heart never left us. She's still there like a lifelong friend, loyal to the end. You'll recognize her gentle ways whenever kind thoughts emerge. She's talking when you experience initial reactions, first impressions, and gut feelings. You also recognize her when you're at your best, being truly sincere, selfless, and treating others with grace and compassion.

You can restore your essential bond with your heart—slowly at first—by loosening ties to 'hard' society and its swirling agendas. Progressively tread away from the swift undercurrents distracting us from our true mission in life. As you begin returning to her, you will listen more-and-more to what her timeless melody is trying to tell you. Listening to

your heart and allowing it to once again be your source of simplicity, spontaneity, spirit, and confidence—a sure and steady core from which you can guide all of your being.

# CHAPTER FOURTEEN

## Heart of Gold

In this life and in every moment fill your heart, mind, body, and soul with gold—copious, brimming streams of bullion.

Bathe every breath, thought, plan, action, interaction, 'design', want, hope, dream, desire, decision, and choice in its fountain of goodness. Sprinkle gold dust over all the spaces and places of your life; your home, family, career, and relationships.

Create a heart of gold deep at the core of your being. It's radiating golden rays of love will create universes of beauty, balance, and harmony about you. Put little hearts of gold in all you create and thereby give all the larger associations of your life the best possible start. Each creation perfect and loving, resonating within and throughout all things. Pots of gold at the end of all your rainbows. Becoming more wholesome, well-formed, and living life blissfully; a heart filled with love and happiness is indeed an existence filled with more of the same enchanted things.

Fill the hearts of others, the world, and the universe with its greatest gift. Become a shining beacon, a perfect fixture of love and goodness glowing brightly throughout eternity. Give all you can and be the best you can, and by so doing, doing the work God intended of you.







...the phenomenal world shows us a universe of balance, beauty, goodness, and harmony.

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- Learn how important 'beginnings' are to all things that follow.
- Learn how nature instills 'purity' into all her creations.
- Discover how cultivating pure 'centers' in your life also directly translates to a more wholesome and balanced life.
- Discover the universe's geometry-of-choice (and how distorting it can throw your life into chaos).

Learn how through reconnecting with the divine you can live a more enchanted and meaningful life.

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