

The KeysNews

A Publication of The Keys To Reality® Foundation

July - August 2001

Keeping Current

We hope that you all have had a wonderful Summer Season. Here's to hoping that you had a safe and liberating Fourth of July. Once again, I am sorry for the delay in getting this Newsletter out to you. We have been focused on a lot of different things lately. Here's to Perfect Works for getting the newsletters out to you more consistently throughout the year, and for creating an expansion of The Keys To Reality® Foundation in God's Most Perfect Way over time as well. So be it.

As a public foundation, we are supported by the donations of our friends and sponsors. There is never a charge for the spiritual information that we share and never a charge for our prayer services. We thank everyone who is currently pledging and donating money to our Foundation for you are the ones who are helping us help others. We encourage everyone to send us prayer requests by snail mail, by e-mail at: amo81@hotmail.com, and on our relatively new 24hr voice mail message line at 702-878-0427. Please feel free to share our Keys newsletters and/or refer all of your interested friends to us for placement on our mailing list at: The Keys To Reality Foundation, 800 Lacy Lane, Las Vegas, NV. 89107. It's free.

PRAYERS FOR THE PLANET E-MAILING

LIST: The Keys To Reality® Prayers For The Planet E-Mailing List is very popular. If you would like current events prayer suggestions e-mailed to you practically every day, please let us know by subscribing to our list. You can do so by sending an e-mail to us at: amo81@hotmail.com, subject: "subscribe planet prayers."

WEDNESDAY EVENING PRAYERS FOR THE PLANET AROUND THE WORLD: We have relatively recently completed the updating of our Prayers For The Planet. We encourage you to use it as an important and tangible way to make a differ-

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Stop Energy Drain!

In previous newsletter articles, we have discussed various processes that a Spiritual Student could use to get closer to God, to become able to feel His Presence, and to become more positive, God Inspired and Impersonal while dealing with daily life. In those articles, we have pointed out the fact that unless a Spiritual Student applies the Spiritual Upliftment processes and practices that he has been taught on a consistent, regular basis, that he will not make any real, lasting spiritual progress over time.

Most Spiritual Students acknowledge that they should be doing much more by the way of spiritual application. Most of those who are not applying themselves generally cite the fact that they most often find themselves too busy at work to focus on spiritual upliftment there and then; and they also most often find themselves too distracted and/or fatigued (*energy drained*) at home to focus on spiritual upliftment there and then either.

I first addressed this subject a few years ago in The KeysNews through the article entitled "*Divine Centering*." In that article I talked about using prayers and affirmations during your busy day to pull yourself back to center and back to being focused on receiving God's Healing, Upliftment and Direction at the time. In that article, I also talked about the fact that placing yourself under God's Healing, Upliftment and Direction during a

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God I Am Divine Energy Flow

God I Am Divine Energy Flow. God I Am Able to maintain My Divine Perspective because I am consciously connected to the Creator Source of all life, at all times and in all situations and circumstances. God I Am Crystal Clear Receptivity of the Will and Truth of Our Infinite Creator Source at all times. I Treasure My Conscious Connection to the Creator and I do all that I can to maintain and expand that connection in the Most Perfect Way of Our Infinite Creator Source over time. God I Am Divine Light, Life and Aliveness. God I Am Divine Strength, Stamina and Endurance. God I Am Able to get everything in my life accomplished in the Most Perfect Way and Time of Our Infinite Creator Source over time. God I Am Precise Accountability. God I Am Precise Application of the Will and Plan of Our Infinite Creator Source for my life and for all life. God I Am Divine Right Action and in such I can draw upon the Unlimited Divine Support and Direction of Our Infinite Creator Source at all times and in all relationships. God I Am Divine Abundant Health and Radiant Aliveness. God I Am Divine Energy Flow.

God I Am Continually Nurtured by the Loving Intervention of the Creator because I am always receptive to all the more of Every God Good Thing that the Creator Desires to bestow unto me and the allness of my beingness. God I Am Divine Receptivity to the Loving Intervention of the Creator at all times. And as I Receive the Creator's Direction, so do I Receive His Healing, Uplifting, Refreshing, Rejuvenating Life Force Energy, more and more, with each breathe that I take over time. God I Am Divine Flexibility. God I Am Divine Spontaneity. God I Am Able to do as I am directed in the now because I am always focused upon God within me for His Direction and Enlightenment. God I Am Divine Love, Service and Unity because I Devote all of My Life Force Energy to the Service of the Creator and to the implementation of His Will and Plan for me, the allness of my beingness, for all mankind, and for all life Universally and the allness of the beingness. God I Am Divine Flow of Every God Good Thing into My Life, because God I Am Divine Spiritual Surrender and Application in all that I do and say in my life, no matter what is or is not occurring. God I Am Divine Energy Flow. So be it. Thank you God!

Stop Energy Drain! continued:

busy day was a great way of diminishing the stress and energy drain that modern life can often create for a person over time.

In this article, I am going to address the specific causes and effects of energy drain, and how a spiritual student can help himself maintain as high a level of physical life force energy as is possible in general over time. The more life-force-energy that a Spiritual Student attains and maintains for himself in general, the more he will have to spend on his Spiritual Upliftment practices, and the more successful he will be in his Spiritual Development over time.

Efficient Muscles Get Less Tired

Anyone who does physical, manual labor will cause his muscles, and therefore his body, to tire over time. This is an obvious fact. The more physical energy a person expends, the more physically tired he will become over time. People with great endurance can do the same intensity of physical labor for a longer period of time, while feeling less fatigue, than people who are without such great endurance, all other things being the same.

People who are stronger will experience less physical fatigue than those who are weaker when doing the same amount of work. People who have mastered the technique of lifting without too much stress and strain

(and who therefore work more efficiently) will experience less physical fatigue than those who have not mastered the correct lifting techniques (and who therefore work less efficiently), all other things being the same, when doing the same amount of work.

All of the above proves that it is not the physical work alone that a person does that creates his physical fatigue. It's the person's ability or lack of ability to handle that work without physical stress and strain that truly makes a person either more tired than he should be, or less tired than others would be, after doing the same amount of work. Stronger and better-trained people will always be able to do the same amount of physical labor while getting less fatigued than those who are weaker and not as well trained.

All of the above is easy to see and understand when comparing people who are doing physical labor. But, the physical energy level equation becomes a bit more complex when you think about the fact that some people can become quite physically tired and fatigued when not doing any physical labor at all. In fact, most people do actually become tangibly physically tired and fatigued, at least to some degree, when working mentally, when doing paperwork, when doing office work, when brainstorming, when performing, and even when just facing their every day life challenges in general.

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ence on the planet. We would also like to remind you that we are using these new Prayers for the Planet in our "Wednesday Evening Prayers For The Planet Around The World" Program. To participate, all you would have to do is read the new, updated Prayers for the Planet at home, from around 7:00 pm to 8:00 pm Pacific Time, on every Wednesday night. Where many are joined, there is the Power, everywhere in the World!

KEYSNEWS BY E-MAIL: If you have a Windows 95/98/2000 computer, and you would like to receive The KeysNews by e-mail attachment, just let us know by e-mail at: amo81@hotmail.com. We will send you a viewer and instructions. You will be able to view it and print as many copies as you like for family and friends. Save your office space, Foundation money and everyone's trees along the way. Macintosh users can download the required eFax viewer at www.efax.com.

PRAYERS FOR THE PLANET CLASS MEETINGS:

We are presently holding our Prayers for the Planet Class Meetings in various locations around the planet. To find out whether there is a meeting in your area, or for help starting one, call us at 702-878-0427 and leave a message, or, e-mail us at: amo81@hotmail.com. All prayers received by the Foundation will be submitted to the Prayers for the Planet Class Meetings for their continued prayer support over time, unless those sending the prayer requests indicate otherwise.

PERFECT HEALING FOR: Ada Bloom, Albert Kasden, Al Lenz, Alex Delgado, Allison Hauser, Anita Moser, Ann Beauchamp, Anne Borle, Arnold Harriet, Barbara Hake, Barbra McMillan, Bentley Asplund, Betty Delgado, Betty Joyce, Bill Conkle, Bill Craven, Bill Fereshetian, Bill Fisher, Bob Evangelista, Bobby Vickers, Bonnie Brill, Bridget Kubiak, Candace Caraway, Candace Rowland, Carol Belleci, Charles Savitt, Charles Williams, Clare Christiansen, Corbin Gonzalez, Dan Carlucci, Dan Stakich, David Davis, David Friedman, David Turner, David Trudrung, Diane Bodenstein, Debbie Stakich, Dirk Reed, Don Gray, Donna Thagard, Ed Henderson, Elizabeth Forrest, Ena Gross, Ernst Halpern, Ethyl Gormer, Floyd Wagner, Gemma Halpern, George Goshen, Gladys Alder, Gunmarie Rosqvist, Gwendolyn Nixon and Hettie Lou Dowling.

Hiram Kendall, Hobart Johnson, Hope Johnson, Jack Tagg, Jane Bellasorti, Janet Davis and Jeanie Gitlin, Jeanne Drexel, Jeannine Sieforth, Jed Williams, Jeff Nigel, Jenny Braunstein, Jo Mikeworth, Joan Nevolo, Joanne Tyler, Joey Delgado, John Considine, John Delgado, John Pirillo, John Raffle, Josephine Turner, Joyce Flowerdew, Juan Perez, Judy Thorburne, June

Poland, Justin Barwick, Kathy Potestio, Kim Hydal, Kristen Stanton, Kyle Anixter, Larry Calof, Leah Caraway, Lee Davidson, Leona Patton, Lupe Pacheco, Lynn Delgado, Marguerite Fereshetian, Margaret Stortz, Marge Cohan, Marilyn Asplund and Marilyn Pierce.

Marjorie Raike, Mark Sklar, Martha Baird, Melody Miller, Michael Lynch, Michelle Levinson, Mona Rowland, Monroe Brown, Mort Klein, Moto Nohmura, Myrna Bloom, Nancy Lofstedt, Nathan Segarini, Nick Tuttle, Nina Diamond, Norma Kovacs, Patricia Garrett, Rae Caplan, Rex Lewis, Rhonda Bowman, Rick Mike-worth, Rob Tagliaferri, Roberta Johnson, Ron Beard, Rosalyn Harriet, Roscoe Asplund, Rosemary Lambie, Rosie DiGulio, Ruth Chu, Ruth Pierce, Sara McCloud, Sara Newman, Shari Nigel, Shellie Reade, Sheri Young, Sonny Pacheco, Sophie Power, Sophie Seigman, Steve Halpern, Sue Dann, Sue Hahn, Sue Rutter, Susan Calof, Susan Maxfield, Susan Shelton, Tanna Belie, Todd Roberts, Toni Roberts, Wendy Adams, Wes Madden and Yvonne Turner.

MERCY BANDS ASSIST: Carol O'Connor, Evan Burke, Floyd Wagner, George Stylianos, Jack Lemmon, John Cola, Michael Gordon, Ryan Craft, Teddy Lee and all those who've crossed over recently.

PERFECT WORKS FOR: 1. The elimination of Global Warming in God's Most Perfect Way and Time 2. Peace in all areas of the planet, especially in the Middle East 3. The US and World Economies and Stock Markets 4. The US decision on whether to deploy an anti-ballistic missile shield 5. The US passing the proper Patient's Bill of Rights 6. The US decision on whether to fund stem-cell research 7. Air Traffic Safety and Regulation throughout the world 8. The victims of the flood crisis in India 9. The safety and protection of all hazardous materials during transportation throughout the US and the world over time 10. The decisions on where and how to store nuclear waste over time

IN CLOSING, I would like to say thank you for everyone who has supported The Keys To Reality® Foundation and its programs and services throughout the year. You are truly the ones who have helped us help others in God's Most Perfect Way over time. Here's to our continued ability to provide Divine Enlightenment for ourselves and for all mankind in the Most Perfect Way of Our Infinite Creator Source over time.

Perfect Works for all mankind coming into an appreciation for the Creator Source of all life and of all Physical Life Force Energy. In expanding Spiritual Application on the planet, so shall mankind eliminate fatigue and frustration in the Most Perfect Way of Our Infinite Creator Source over time. So be it. Thank you God.

Stop Energy Drain! continued:

What Me Worry?

Most people can get very tired when having to perform for employers, clients and/or customers (*audiences*), and especially when the job requires intense thinking, planning, figuring, designing, writing etc. The potential for energy drain is amplified within a person when the mental work that he is doing is going to be reviewed by other people who have the authority to accept or reject it, and thereby have the authority to accept or reject him.

In some cases, a person can get as tired and sleepy from doing mental work as he can from doing physical work. In fact, it is almost as easy to get a sore back from sitting at a desk and talking to clients all day as it is from lifting boxes and doing construction. It all depends upon how prepared to work, and how efficient at working, the particular desk worker, and the particular construction worker, is at the time.

Of course, a person who feels more confident will always experience less stress when doing any kind of work than someone who is worried about his ability to perform. It is not the work alone that is tiring. It is the worker's mental and/or emotional responses to what he is being called upon to do (*his fears, doubts etc.*) that determines how tired he will get in practically every case, whether the work itself is physical or mental.

Confident, prepared, focused, positive people are always able to do more with less stress, fatigue and tiredness (*with less energy drain*) than those who are less confident, prepared, focused and positive people, all other things being the same. People who want to be doing what they are doing will also experience less stress and fatigue than those who don't, all other things being the same.

Theoretically...

Theoretically, since God is all energy and never gets tired, and if everyone on the planet is God in a body, as we have discussed in a number of previous newsletter articles, then it would seem that no one on the planet should ever become physically tired at all, no matter what. Theoretically, this should be so. In reality, it isn't. People do get tired from using their bodies to move things. People also get tired when using their minds to handle their life responsibilities.

The only way for a person to not be tired at all by doing manual labor would be if that person didn't use his physical muscles to do the work. The only way to move things without using your physical muscles would be to move things by thought alone. This ability has been lost

to almost everyone on the physical planet for reasons that I have outlined in various previous KeysNews articles, and in *The Keys To Reality®* Home Study lesson entitled, "*The Creative Delay.*" If you want more information, please refer to those discourses, as I will not be going into that information in this article.

The purpose of this article is not to teach people to move things by thought alone, thereby without getting tired. The purpose of this article is to teach Spiritual Students how to handle their lives without creating any more physical and/or mental fatigue and energy drain for themselves than is absolutely necessary over time.

Stay Connected To The Source

Since God is the Creator Source of all energy in all of its forms, one way to make sure that you have as much life-force-energy as is possible would be to keep your mind and your body (*and your spirit*) as closely connected to God within you as is possible. The way to create more mental and physical energy is to place your mind and body under the Control and Direction of the Creator, so that He can not only enlighten and direct you, but so that He can bestow you with more of His Unlimited Supply of Physical Energy at the time, and over time, as well.

In a previous newsletter article from a couple of years ago entitled, "*God's Unseen Intervention,*" we talked about the fact that the way that the Creator Intervenes in a person's life is by amplifying His Presence within that person, in response to the asking accordingly. Since God is within each and everyone of us already (*God is all there is*), the way that this amplification actually occurs is through His Projection of His Presence coming to the surface from deep within that person.

The way that the Creator comes to the surface of a person's consciousness is as an amplification of that person's intuitive abilities, and specifically as Divine Inspiration and Clarity of Thought. The way that the Creator comes to the surface of a person's physical body is through coming as an amplification of the rejuvenating life-force-energy (*ki or chi*), strength and stamina that is available to, and pouring through, that particular individual at the time, from the Divine Unlimited Creator Source of All Life Force Energy.

All of the above is why a person can help himself create more mental and physical energy simply by sitting in meditation with the motivation of surrendering control of his time, mind and body to the Creator. If you want the Creator to refresh, revitalize and rejuvenate you, you must allow Him to take full and complete charge of your body, mind and spirit, at a given time, and in general

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over time, and for all time. Surrender Meditation not only provides a person with an amplification of the Creator's physical and mental life-force-energy, but it also provides that individual with a more tangible and complete conscious connection to the Creator over time.

Many of my students have reported feeling mentally refreshed, physically rejuvenated and more tangibly connected to the Creator, after meditating. In fact, I have had the greatest reports of increased energy from those meditators who began to meditate (*at that particular time*) as a way of surrendering a specific situation that they had been intensely focused upon at the time.

The need to control, and the worry that it brings, creates energy drain. Surrender to God stops it. The more completely that a person surrenders control of his time, mind, body and spirit to the Creator at a given time, and in general, the more energized and intuitive he will become at the time, and in general, over time.

Re-At-One-Ment

The state of Re-At-One-Ment in the physical is the state in which a person has successfully drawn the Creator out from deep within him to his outer physical conscious awareness at all times, and no matter what is or is not happening in his life. It is the state of Spiritual Surrender in which the individual remains in complete, Crystal-Clear, conscious contact with the Creator, and with his outer physical world surroundings, at the same time, all the time.

Re-At-One-Ment is being One with God in the physical, as well as in all realms. It is being God in a body, literally as well as figuratively. *"I and My Father Are One."* To have the most energy possible while living on this planet, a person has to become One with God. Two people are one when they would affect the Universe in exactly the same way at all times. You can't be one in physical-life-force-energy, if you are not one in consciousness in the physical.

The only real way to become One with the Creator in consciousness is to affect the Universe in exactly the same way as He would, at all times. To do this, a person would have to think, speak and act as he is so directed to think, speak and act by the Creator, at all times and no matter what is or isn't happening in his life. To become able to think, speak and act as directed by the Creator, a person would have to open himself up to all that the Creator desires to project to and through him, at any and all times, in thought, feeling, attitude and behavior. Our Infinite Creator Source is always reaching out to all of His Creations on this planet through the intuition.

Blocks and Limitations

In essence, if a person is not allowing the Creator's Voice to guide him through his own intuition at all times, that person is actually limiting the life-force-energy that can be bestowed unto him from the Creator in the physical over time. All of the above is why anyone wanting to bring the Creator to the surface of his consciousness (*and thereby develop the ability to manifest Unlimited Divine Life-Force-Energy in the physical*) needs to remove any and all blocks that he may have to receiving the Creator's Guidance and Direction in the physical. You cannot expect to receive God's Healing and Rejuvenation, if you are not also willing and able to receive His Guidance and Direction.

The blocks that a person has to receiving the Creator's Guidance and Direction consist of any and all of the lesser god influences that may be anywhere in his consciousness at any and all given times. They most especially include the mental beliefs and memories that have the greatest controlling effect on how such an individual runs his life, on how he feels about himself and others, and on how he approaches Spiritual Development and Spiritual Application in general.

Personal Self Will Control

The lesser god influence that most separates a person from God within him, and that therefore most drains him of his Physical Life-Force-Energy over time, is the desire to be in personal self will control, in and of itself. After all, to make all of your own decisions yourself, you have to block out the Creator's Voice from within you. That is why people who have become accustomed to running their lives according to personal self will control (*which is practically everyone on the planet*) generally have trouble hearing the Creator's Voice when first calling upon Him for direction.

Personal self will control is separation from God, in and of itself. It is separation from God's Voice, and it is especially separation from God's Healing, Uplifting, Refreshing, Revitalizing and Rejuvenating Life-Force-Energy over time as well. If you tend to block most of God's Intuitive Projections, you also tend to block most of his extra Life-Force-Energy projections as well. You can't choose to accept one without the other. Until a person overcomes the desire and the need to make all the decisions in his life, himself, personally, and without God's Guidance and Direction, that individual will always be limited in physical life-force-energy at all given times. That is why Prayer and Healing Power is directly proportional to the level of Spiritual Surrender that a person manifests at a given time and over time.

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Trespass and Fatigue

Another reason that personal self will control drains life-force-energy is because it is trespass, in and of itself, by it's very nature. When you conduct your life in personal self will control, you are making your decisions no matter how it affects other people, and you therefore are trespassing upon those other people by every action you take. And this would be the case no matter how often you remain well meaning in most of the directions that you take in life.

Since like attracts like, everyone who runs his life according to his own personal self will control is spending all of his time attracting and allowing trespass from everyone else in the Universe who is also in personal self will control, at all times. That is why people in personal self will control can be so quickly drained of energy, sometimes even without warning. They are not only being fatigued by all the lesser god influences that are within themselves, but by all of the lesser god influences that are within all those that each encounters in his life, who are also in personal self will control at the time (*which is practically everybody for most people, all the time*).

Stress and Control

In actuality, all of the common mental causes for physical fatigue that modern life has made obvious to most people are related to personal self will control through cause and effect. Stress, fear, worry, irritation, anger, withdrawal, avoidance, self pity, depression, disillusionment, inability to cope, etc., are all control issues. This is so because a person who doesn't need to personally control his world and being doesn't generally feel or express any of those feelings or motivations.

To be more specific, stress is only experienced by a person when he is not satisfied and comfortable with what he is experiencing now (*when he is irritated, upset and martyred by not being in control*); when he is not satisfied and comfortable with what he has experienced in the past (*when he is unforgiving and/or regretful for past misfortune or mistakes*); and/or when he is not satisfied and comfortable with what he expects to experience in the future (*when he is fearful and worried that he won't be able to maintain control over time*).

A person without the need to control cannot really become dissatisfied and uncomfortable about anything that does or does not happen in his life (*other than extreme abuse*). A person without the need to control cannot become stressed, irritable, angry, upset or martyred by anything that anyone does or doesn't do in

his life. Such a person cannot become fatigued by anything but hard, physical labor, because such a person is not pulled from center by the opinions or choices of other people in his life at a given time or over time.

Explosions Of Personal Self Will Control

Expressions of anger, upset, martyrism, fearfulness, worry, etc., are all explosions (*flare-ups*) of personal self will control at a given time. As such, they all tend to drain life-force-energy from a person at that given time, as well as in general over time. Explosions of personal self will control also tend to open a person up to more trespass from other people, which is another reason they drain life-force-energy from him at the given time, as well as in his life in general, over time.

All of the above is why a person should spend as much energy as he can now on mastering all of his personal self will control habit patterns of attitude and behavior as soon as possible. If he doesn't, it won't get any easier to muster up the energy to do so later on in his life. For the longer you spend in your own little personal-self-will-controlled life, and the longer you continue to allow yourself to be martyred, irritated, angry, judgmental and/or immobilized, the stronger those habits become, and the further away from the Creator you will distance yourself, and the less overall physical life-force-energy you will possess and be able to draw upon over time.

In summary, personal self will control is the reason why most people today tend to go about daily life continually sapping themselves of physical life force energy. And, this consistent, every day physical life force energy drain is especially significant for those who do not go to God at all, for at least some refreshment, rejuvenation, upliftment, guidance and direction through prayer, meditation and Receivership (*or through any act of Spiritual Surrender*) over time.

Spiritual Surrender Is The Magic Pill

Conversely, every time a person does go to God for refreshment, rejuvenation, upliftment, guidance and direction through prayer, meditation and Receivership (*or through any act of Spiritual Surrender*), he is adding to the life-force-energy that he will be able to draw upon, now and in the future, at the time and over time. There is no quicker way to stop energy drain, and to start energy build-up, in the physical, than to pursue Spiritual Surrender, Development and Application as a goal, in and of itself, on a consistent, regular basis.

The real reason that most people on the planet today need to sleep is so that they can literally stop themselves from constantly draining their bodies of physical-life-

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force-energy, at least for a while. When a person is sleeping, he is not fatiguing himself as much as he does when he is awake, not only because he has stopped using his muscles to move things, but especially because he has stopped using his mind (*and his personal self will control*) to handle his life situations and circumstances, at least not as intensely as he does when he is awake.

All of the above is why sleep (*in most cases*) allows a person's natural process of physical rejuvenation to eventually rebuild his physical energy levels enough for him to be able to function (*relatively well enough*) during the next business day of his life on the planet. The more relaxed that a person can cause his mind and body to be during sleep, the more he surrenders his mental (*and personal self will*) control over his physical body at the time, the more rejuvenated his physical body and his mind will become during that sleep.

Also, the more under the Control and Intervention of the Creator that a person's mind and body are during his sleep, the more refreshed and rejuvenated his mind and body will be upon waking, all other things being the same. The Creator cannot score a touchdown for you, He cannot heal, uplift and rejuvenate your mind and body during sleep (*or during daily life and meditation*), if you don't give Him the ball, if you don't place your mind and body under His Control and Direction through prayer and Spiritual Surrender just before going to sleep (*as well as during daily life and meditation*).

All of the above is why The Keys To Reality® Teachings specifically recommends that a student does the Rededication Prayer before going to bed, as well as upon waking up in the morning (*and as often as possible*). The more completely a person surrenders to God during life, meditation and sleep, the more of God's Healing, Uplifting, Refreshing and Rejuvenating mental and physical life force energy he will receive and maintain at those times, and in general, over time.

Discarnates Drain Energy

One more important point to make about energy drain is that discarnate passenger personalities have no physical-biological life force energy other than what they can drain from their hosts. That is why discarnate passenger personalities take a constant and consistent energy toll on their hosts at all times.

It is because so many people on the planet run their lives according to each's personal self will control, that so many people are literally subject to trespass by discarnate passenger personalities. And, it is this trespass that amplifies the general levels of fatigue

within most people today on the planet, as it is this trespass that amplifies the personal self will control within each individual as well. Catch 22.

It is when a particular discarnate passenger personality wants to live through his host more completely, it is when that individual wants to literally take over his host's mind and body more constantly and directly, that he literally comes to the surface of his host's consciousness. He does this in order to insure that his thought projections take their greatest affect upon his host at the time. And, it is when a discarnate passenger personality has come to the surface of his host's consciousness, that he most drains his host of physical-life-force-energy.

Don't Fall Asleep Too Automatically

When a person finds himself getting tired and sleepy, it could be being caused by any number of things, including because: he has actually done a great deal of physical labor; he is feeling stressed by his job situation; he is running certain negative personality habits at the time; or he is experiencing a particular discarnate passenger personality coming to the surface, and who is therefore affecting him and his energy levels more so than usual.

The correct response to recognizing that you have suddenly fallen into a lower level of physical life force energy at a given time is to not automatically assume that you need to sleep. In fact, it is important to resist falling asleep until you identify (*through Crystal Clear Receivership*) why you are feeling such a sudden amplification of tiredness and fatigue at the time. Unconsciously allowing yourself to be overshadowed further by the discarnate passenger personalities within you because you are tired is certainly extremely counterproductive for your continued future spiritual development; as well as for the maintenance of your physical life force energy levels over time.

All of this is not to say that the Creator will never tell you to go to sleep when you are tired. But, it is to say that unless you at least check yourself out with God before allowing yourself to just automatically fall asleep, you may very well be falling asleep due to lesser god influences that will continue to affect you (*more and more*) throughout your sleep, and then over time. Even just asking God for direction and/or just doing some prayers before nodding out is a great deal better for you (*and for your Spiritual Development and life-force-energy levels*) than just automatically allowing yourself to fall asleep without doing anything spiritual at the time.

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Stop Energy Drain! continued:

Karmic Debts Drain Life Force Energy

When a person is born with a physical affliction that makes him unable to maintain what most people would consider normal energy levels, it is the result of a karmic debt being rebalanced as part of Divine Plan. Just because a person seems to be held back by the physical circumstances of his birth, it does not mean that he cannot benefit physically from applying Spiritual Surrender, Development and Application over time.

Such individuals may not become long-distance runners through the Prayers and Receiverships that they do, but they will make themselves more able to overcome their physical life force energy limitations over time. For the Creator comes to the surface of anyone who applies himself spiritually, whether physically afflicted or not. Doing as God directs unto all life rebalances karma. It also rebuilds the Physical Life Force Energy, and therefore the health and healing potential, within all of God's Children over time, as well.

Energizing Practices

There are many things that a spiritual student can do to bring out the Presence of the Creator to his outer physical conscious awareness, and thereby amplify the Physical Life Force Energy within him over time. They include spending some time every day on:

- surrendering control of his mind and body through prayer directed relaxation and meditation practices
- asking God to take charge of him and the allness of his beingness (*doing Keys prayers*)
- working to recognize, identify and requalify the lesser god influences that define his personal self will control habits (*working Clearing and Mastery Lists*)
- asking God to specifically enlighten him and direct him on all things during his daily life (*utilizing and expanding Crystal Clear Receivership from Our Infinite Creator Source*)
- watching out for, talking to and then specifically working to ascend and free the discarnate passenger personalities within him (*working Ascension and Freedom Lists*)

Anyone truly wanting to develop the highest possible physical life force energy levels on the planet must work to become a Spiritual Master in the physical. The more consistent you are in the work that you do toward that goal, the more physical life force energy you will attain and maintain for yourself on your way and over time.

Do Spiritual Masters Get Tired?

By the way, there are only two reasons why a true Spiritual Master could actually need to sleep at a given time. One reason would be if he were helping others spiritually through carrying them through their masteries, and/or through transmuting (*purifying*) the negative energy within and around them per the Grace and Intervention of the Creator at the time. The second reason would be if he spent all day using his muscles to help a friend move to a new home location in the physical.

When a Spiritual Master needs to rise above his normal physical energy levels (*as determined by the kind of daily life work that the Creator has him performing at the moment*), the Creator simply lightens the load of all that the particular Master is carrying for others at the time. That is how certain Spiritual Masters can one day seem to experience energy levels like so many others on the planet (*limited, fatigued at times, etc.*), and the next day demonstrate the ability to do so much more with less time and less fatigue than practically everyone else around him.

Of course, true Spiritual Masters could move boxes by thought alone, if it was the Will of the Creator for them to do so at a given time. But, most Spiritual Masters participate in not only the Integrated Supply System on the planet (*see the most recent KeysNews article that is entitled: 'Precipitation Through Channels'*), but they also participate in the Integrated Transportation System presently on the planet as well. They do so as an example of spiritual mastery, perfect relating and karmic rebalancing for all mankind on the planet over time.

In one aspect, Inner Peace is freedom from being irritated by life. There is no stress or fatigue for the person who can accept all things with the affirmation of knowing that "*with God, I can understand and get through anything and everything.*" Inner Peace through Spiritual Surrender is the quickest way to gather the Unlimited, Boundless Divine Physical Life Force Energy of the Creator within you, to be expressed, experienced and enjoyed with all life, in the Most Perfect Way of Our Infinite Creator Source, for all time.

Inner Peace and Unlimited Physical Life Force Energy is achieved by he who has completely let go of all forms of personal self will control in the physical, including letting go of how long it takes to achieve such worthy goals through Spiritual Development application. The path is clear. If you never give up, you will never run out of life-force-energy, not in the physical, not anywhere in the Universe, at any time. So be it in God's Most Perfect Way for all mankind over time.