

Introduction

In ancient times, the spiritual part of life was abundant. The world's great religions were seeded by the spiritual deeds of that time. In the past 1,000 years or so, however, many religious institutions shifted away from spiritual wisdom toward unwavering dogma. The vestiges of older spiritual ways, now locked away in monasteries, secret societies, and indigenous lineages, are barely intact.

We are now in a time when much of humanity is either rejecting or clinging to religious dogma. For some, religion, as practiced today, has been bled dry of spiritual meaning by greed and politics. Others hold onto their beliefs to the exclusion of any alternative. How can this book help?

Those who cling with hope to historic narratives shrouded in mystery, diluted by time, and transformed by special interests can learn to use their steadfast willpower to allow universal truths to guide them. Those who have been disillusioned by obscure references, priestly decadence, and otherworldly hypotheses can find the peace they long for in the refuge of their own inner wisdom. And many who don't believe in the doctrines they've been exposed to can start to believe in their own divine nature.

We can all open to the eternal spirit everyone shares and, as a result, see the truth of non-separation in each other. As a united people of Earth, we will stop the wars and heal the sick. *The Third Part* offers a small push down a long road for a humanity destined for enlightenment.

This collection of short essays is intended for you to have a better relationship with your true self, not by following some prescribed dogma but by uncovering your deepest motivations. The process described in these essays led me to an inconceivably different life than I had ever imagined.

I present this book because I believe our media and our culture support the idea that, as human beings, we are primarily a body and a mind. I am certain everyone believes there is another part of our being—a Third Part. Every day, in each waking hour, we are subjected to messages that see us only as a two-part being—physical and mental. This brainwashing has seeped into our deepest motivations. Many are confused, disillusioned, or distracted. As a counterbalance to this two-part perception of humans, this book is a cheerleader for the Third Part of our being—the spiritual self, the Soul, the True Self—to move us toward experiencing the wholeness of our divine nature.

I don't believe the Third Part within us is far away or difficult to find. I believe it is always present and active. We just don't recognize it because we've not been

taught how to do that. People ask, “How can I tell if the voice inside my head is a message from my Third Part or mere fantasy?” I hope that something in this book will help you answer that question with certainty.

There are many dissatisfied people on this planet, and the consciousness of our culture reflects that. While our physical and mental evolution has affected this consciousness, our intentions, beliefs, thoughts, and actions substantially impact world affairs and foster or lessen our dissatisfaction with it. As more individuals on this planet find the truth inside themselves, new opportunities for solving our world’s problems will emerge from this more awake and aware human collective. It’s up to you, me, and everyone to bring about positive change in the world, in every moment, through our thoughts, beliefs, and actions that are aligned with the Third Part.

The power of this spiritual awakening is not reaching a larger audience who find themselves put off by mysticism and some of the New Age jargon. My intention is to bridge that divide and awaken the connection with the Third Part in simple and practical ways.



It doesn't matter what you believe in;
it matters how often you act on those beliefs.

The philosophy of this book is based on two ideas: enlightenment is not that far away, and it's only our resistance to change that keeps us from it.

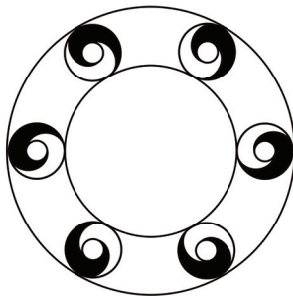
There are many books and practices to aid the pursuit of bettering one's life. But while a specific practice or belief can provide instruction, the motivation and perseverance for betterment must come from within.

The promise of an eternal reward for following a belief system is a sufficient motivation for some. But for others, the confusion of the belief systems' commands and rituals, coupled with its departure from one's daily trials, leads to half-hearted observance and may result in the complete denial of any extraordinary life at all.

Whatever path you are on for connecting with inner knowing, my objective is to motivate you to pursue your best self amid the trials of daily life by offering calmness, support, recognition, and a bit of wisdom. But mostly, I want to inspire a belief in your innate ability to progress on the path to enlightenment, even when you don't notice that you're making progress.

The moment-by-moment daily interactions of life are where your practice and your beliefs matter. Inner peace will arrive when you are spontaneously guided by your beliefs instead of trying to live up to them. This is a different kind of belief.

It's not about believing who you're supposed to be; it's about believing who you really are.

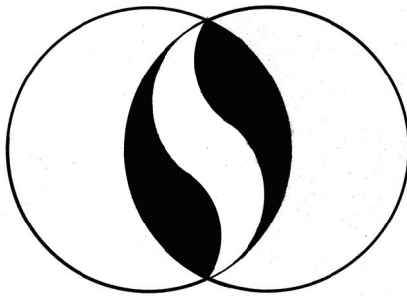


One cannot know enlightenment;
one can only be enlightenment.

Here's some truth. No one can describe what enlightenment is. Not the clergy, monks, or shamans. Words are never going to be able to describe a state of consciousness. Wanting to know or realize the True Self and enlightenment is not the same as having already decided what this means or how to get there.

Being open to what enlightenment might be is a key point of my philosophical exploration in this book. To me, the only piece of honest information we have to guide us on our journey is that we don't know exactly what the goal is.

We will be enlightened when we get there by the absence of the longing.



**Acknowledge emotions.
Stop blaming; start feeling.**

A basic step of becoming enlightened is a continuous practice of accurately determining and acknowledging emotions.

The difficulty of this approach is the mind's habit of distracting us from the true emotion and confusing it with blame. Many of our fear-based emotions, like abandonment or injustice, are too painful to admit. Blame is much less self-threatening. We miss out on so many opportunities for self-examination while we are focusing on the mistakes of others.

Don't confuse admitting we have anger with the idea of not getting angry. Stopping emotional responses is not possible, and suppressing awareness of unfavorable emotions is the source of many Soul problems. We cannot control how or when an emotional reaction of anger is triggered. But we do have a choice to dwell in that anger or not.

The Third Part knows the way.

It is not true that you need to look for or to find God. What God is for you is already within you.

We have been on this path for a while. Do not confuse your present dissatisfactions with your past performance. Each of us has overcome many obstacles through the centuries and lives we have witnessed. Our growth is real, and our achievements are too numerous to list.

I am on a hunt for the distractions that keep me from my goal of unity consciousness. These distractions are caused by confusion, not evil. Once I admit to the distraction, I trust that the Third Part can more easily guide my purposes without the need for persuasion.

Enlightenment is not something we need to look for in hopes of finding it; it is something the Third Part knows we cannot avoid.

