



A Letter of Love

By Ken Jablonski

**Read more about Ken Jablonski's experiences at his site,
A Letter of Love:**

<http://www.aletteroflove.com/>

Copyright 2007. Ken Jablonski. All rights reserved

On 9/11 2001, I was scheduled to be at the World Trade center. The meeting was canceled and my life was saved. This experience was an inspiration to write a "letter to my daughters." In this letter I share my faith, hope, love and experiences. My loving intent is to remind everyone to do the same.

People worry about material things by leaving "Wills" but our hopes, faith and love are left to memories. Why not write a letter or make a video for your loved ones. If everyone just took the time to reflect our world would immediately grow in love and peace.

My Message Summary:

We are eternal spiritual beings connected to each other and the Divine Source of all life. Accept and treasure every day and experience, serve others in kindness and Love, share your gifts, gratefully stay in the present moment and replace fear with Faith and Love. Happiness, Joy, Peace and "true Spiritual" growth will follow.

A Letter of Love

First and foremost know that I love you and will always be with you. There is no death, only new life in a changed form!

Please take some time to reflect after each topic. Now to begin:

1) GOD: There is only one God/Universal Power. Religions have named Him/Her as Buddha/Jesus/Muhammad/... etc. But they are just different names for the SAME ONE. All religions teach the same truths that were given to people by Great Prophets/Messengers. Jesus and The Buddha claimed that God is within each of us and exists everywhere. Jesus said "lift a rock and I am there." We all have the opportunity or choice to reach true Enlightenment and become "like" Jesus. Jesus also said "you too can do these things and more," as we are all children of God. I am not saying that we can be Jesus/Buddha but we can be "like" Him. All religions carry the same teaching, Goals and potential. Mankind has manipulated many of the core teachings in order to further their own questionable causes. No single religion is the pathway to Heaven as I believe that all that are "kind/loving toward others" will find Heaven Here as well as the after life. God is never angry or judgmental; he/she truly LOVES Unconditionally.

2) LOVE: All there really is LOVE. Love is God's life force. Fear cannot coexist with Love. Try to choose a Love-based life without fear. There is abundance and enough for all to share. God's Love can be channeled into you through Reiki and other energy tapping practices. There are many names for feeling God's love... Hands on Healing (many

religions), Tia Chi/Reiki (Japanese origin), Chi Gong (Chinese origin), Pranic Healing (Indian origin), or names for the same activity of reaching out for God's love/energy/life force and acting as a channel for others. Love is the strongest "force" in the universe. It transcends time and all physical existence. God's love is constant and with you always.

3) KARMA: What you give in your life will be returned to you. If you come from a place of Love and Kindness eventually it will be returned to you. But the same is true for negative or destructive behavior. There is true balance in the physical universe. A Ying and Yang. Do not think of what others do or have, you never really know what is going on inside each person. The way you live your life will be carried with your soul for eternity. DO good - feel good. God provides you with what your soul needs to develop in order for you to reach your true destiny on earth. This does not necessarily mean that you get what your human mind wants.

4) SELF-CONFIDENCE: This is one of the most important things in life: to truly believe in yourself. Each of us has a special gift and is capable of anything that we imagine. We are only limited by our self-made restraints. Perception and thoughts eventually become our own reality. Be careful to add Humility with your confidence to avoid arrogance or ego based behavior. EGO really stands for "Edging God Out." Try to understand the special Gifts that God has given you and most importantly, SHARE them with the world. Every child was born with at least one special gift that no-one else in this world has. Know that you are gifted and prepare yourself to share it with the world.

5) LIFE AFTER DEATH: There is no death, there is only new life or beginning, a change of form. No matter what happens or if one of us should die, we will always be with each other. I am 100% sure that our soul is eternal that we will live beyond this time on earth. Our body is only a capsule for our true self - THE SOUL - OUR SPIRIT - OUR LIFE ENERGY. The Soul takes all of the human experiences with it for eternity. We are eternal spiritual beings having a temporary physical experience. There is only everlasting life for your essence/soul. Nothing ever dies, matter/energy cannot be destroyed, it only changes form. Another shocker, there is no hell. I believe every soul will experience the hurt or joy they caused others but this is only to help you learn/evolve. It is self-made. You can experience a hell or heaven on Earth, just depends on your perceptions, which ties into the next topic.

6) HAPPINESS: Happiness is a state of mind. The question is how do we achieve that state of mind in the face of adversity or difficult life

situations. Always remember this: We are all on a sacred journey; there are no coincidences, even BAD things happen for a reason. Pain is truly the beginning of all spiritual progress. Without difficult times it is hard for our soul to learn and evolve. It is important to learn from every experience and try not to judge it based on Man's perceptions. BUT do not stay in an unhealthy relationship or situation. There is a spiritual solution to every perceived problem. Sometimes you will need to make hard decisions. No matter what the circumstances you always have a CHOICE. Even when you do nothing you are making a choice. Explore all of your options. YOU CAN ONLY LEARN SO MUCH AND THEN IT IS TIME TO MAKE A CHOICE AND MOVE ON FROM A DIFFICULT RELATIONSHIP/JOB/LIFE SITUATION. These situations can deplete you of your natural energy/life force so DO NOT BE AFRAID. When in doubt follow your heart and intuition. God can move mountains but you have to bring the shovel. God has given us Free Will to impact our degree of peace and happiness on Earth. Happiness is the true goal for many but it is usually obtained by giving to others - not by material wealth. Give and you will receive. 90% - 95% of life is our perceptions/attitudes, only 5-10% of your happiness comes from life situations/experiences. Remember there are no coincidences, everything happens for the greater good. Even "so called" bad things may long term be for the betterment and lead you closer to your soul's /this life's purpose. Your joy is directly related to your perceptions. So choose to believe that all experiences have a divine purpose. Refrain from immediate judgment of your experiences and people. Believe all as it should be and happiness will follow.

7) CAREERS: follow your heart or your gut instinct. Do what you enjoy NOT what others think you should do. Whatever you do give it your best or a 100% effort. If you enjoy what you do, success in your chosen career will naturally come. Success is not tied into titles or material wealth. Follow your passions and then happiness and joy in your career will be yours. Money will flow naturally as you enjoy your work life. Ideally you should not realize when your work life ends or your free time begins; they should be interchangeable offering the same opportunities for joy and learning. You spend 80% - 90% of your life at "work" so choose "work" that allows you to share your special gifts. You really do not need many material things in this life. If you have enough to eat, clothes on your back and a roof over your head, you are physically better off than 50% of the world population. Remember, no matter what your chosen career, you will have challenging days but practicing the principles described here will lessen any potential negative impact. The number 1 and 2 qualities for success in your chosen career is persistency and passion. In my

experience, less than 1% of people truly enjoy their work. Strive to be in this minority.

8) TEACHERS: Our greatest teachers are the difficult people and problems that we encounter. With an open mind, we learn from every interaction. We may not recognize them at first but they teach us tolerance, patience, kindness, forgiveness and compassion in the face of adversity. Many times we will not recognize our "best" teachers as they come in many odd forms (can be an obnoxious neighbor or roommate, etc). A "difficult" experience or person has much to teach us. It is difficult to know great joy without first experiencing sadness. Recognize this when seemingly "bad" people are near you. Besides difficult people, teachers and advisors can also be positive people. Keep an open mind with every new personal interaction. Today, there are only a few enlightened beings on this planet but the numbers are growing. When the student is ready, the teacher will appear. Most will re-enforce the basic truths of your soul's true journey. Follow your heart. We all learn from each other.

9) FAILURE/SUCCESS: There is no such concept as failure as defined by our culture. Every so called mistake is an opportunity to learn. The stones in our path of progress are there for a reason. No-one is a failure as long as they take the time to learn and grow. A truly successful day is one where things are not going according to your plan but are following your divine GOD purpose. I read the other day that a Zen master's life is defined as one continuous mistake. It may not have been for the greater good of your soul to "get that job" or "get an A on your report card." I define True Success as being happy and enjoying your life as you help others. It is not related to title, ego, or material wealth.

10) TIME: One foot in yesterday and one foot in tomorrow and we pee all over today (Ha Ha). Please do not regret the past. Just reflect on how much you have learned. Remember everything in your life is happening for a reason. The past is history, the future is a mystery. Please live and enjoy the present moment. Stop and smell the flowers. It is OK to plan but please do not worry or fear anything in the future. Also NEVER regret or have remorse over the past. Stay in today and Have Fun. If you're having a bad day, remember you can start it over at anytime. Truly happy people have learned to live in the "NOW," appreciating every moment of this divine life. This present moment is all we have.

11) PRAYER AND MEDITATION: It is important to quiet your mind. Please take a few minutes or hours each day in silence and learn how to meditate. This is a true pathway for the essential inner peace where

genuine serenity lies. It is said that prayer is talking to God and meditation is listening. God is also within you and accessible through meditation. I suggest trying this for at least 15 minutes a day. There are many different forms, do your research and find the style that suits you best. I suggest not praying for things but pray for acceptance of God's will for you. It may be contrary to what you desire but in the long run it will serve your soul's purpose well. God's will - not mine - be done. Many times, practicing acceptance is a pathway toward peace. You cannot change people, places or things but you can change your attitude toward them. Also when you pray, offer a prayer of GRATITUDE, no matter how bad you perceive your current life situation. Thank God every morning and each evening for the gift of this life. A simple daily prayer is "Thank You God." Also the best way to deal with a difficult person is to pray for that individual. Most "bad" people are struggling more than we can imagine, as what you give to the world so you will receive. Praying for others is a form of giving, where you become the recipient of great things. So please form the habit of saying "Thank you" to God.

12) FAITH: Many of the principles described have been beaten into me but yet I still struggle practicing. But I am, and you are, exactly where we are supposed to be at this moment in our life. Have faith that God has a master plan for you and everything in this universe. All things that happen in your life in the long run will be OK - and you will grow/, learn and find Happiness and Love. Try not to dwell on the negatives (especially try not to judge negative people) but see the true LIGHT in every human being and experience. Practicing FAITH will give you a positive attitude toward everything. Your positive attitude and thoughts translate to a positive reality. Fear can never exist where there is faith. After your prayer/meditation have faith in your choices. Long term things happen for the best and with this knowledge there can be no fear, as nothing happens by mistake. KEEP THE FAITH!

13) HEALTH: Your body's natural state is one of pure health. It is a perfect machine capable of beating any illness or combating any germ. Physical health usually deteriorates when your spirit, mental health or emotional health is out of balance. Physical illness is sometimes a manifestation of a spiritual or emotional issue. Always strive to be at peace with yourself, your situation or others. Please try to eat a healthy diet, stay away from processed foods and sugar. When in doubt eat organically fresh fruits and vegetables. It is worth the extra few bucks. Wild salmon - nothing farm raised. If you succumb to a physical illness please try alternative healing first - acupuncture, Reiki, homeopathy, herbs and vitamins, an organic diet, etc. Also, remember to exercise; your body was built for motion so never stop being active.

Stay with a sport or routine that you like. It could be as simple as running or doing push ups. As you exercise your body, please practice exercising your mind with meditation. Remember to get back to nature such as the ocean, fresh air, etc. God's energy is abundant in nature and it can replenish yours.

14) RELATIONSHIPS: When in doubt try unconditional love. BUT do not accept unacceptable behavior. Communicate openly your thoughts and feelings but do it after the anger subsides. There is no such thing as a perfect person, we all have many faults, but I believe people are basically GOOD. So try to accept people for the way they are. You cannot force people to change; they have to want to change from the inside out. After all, the only thing you really have control over is your own attitude and behaviors. Do not think in terms of a fairy tale Prince Charming infatuation. Your closest significant other may be your best friend first. Try not to pre-judge; great people come in all shapes and sizes from all cultures and religions. Sometimes your life is defined by relationships. If you are in a destructive, energy-sapping relationship than a change may be in order. You always have choices!! Do not stay in an unhealthy relationship (best described as lacking love, mutual respect and trust). You cannot love others until you learn to Love and respect yourself! Do not be afraid of changing and starting over. Try to surround yourself with like-minded, positive people. The most important relationship is with God and yourself. If that is solid than the rest will be OK.

15) QUESTIONS: I am certain you still have many and so do I. But do not accept anything at face value. DO NOT JUDGE, sometimes the answers come to us in God's time, not our own. Try your best not to judge others or any situation. Challenge the status quo. Wisdom and enlightenment is not necessarily related to one's age or experience. Please try not to put all your eggs in one basket or put anyone on a pedestal. We are imperfect humans and everyone may make mistakes. Take the whip off your back. Be easy on yourself. Do not carry the world's or anyone else's problems on your shoulders. Just try treating everyone in your path with kindness, love and respect. That path will lead you to a fulfilled and a happy life. Try reading books , exploring the Internet or renting a movie on any topic that you find interesting. There are many answers, we just need to know where and how to find them. Be persistent and your personal truth will be known. Between those sources many questions will be answered but the real answers may not come until we leave our physical bodies. You are exactly where you are supposed to be so please do not put pressure on yourself. Avoid "could have," "should have," "if only," "what if"

scenarios as these type of question only lead to regret and negative thinking.

16) MEANING OF LIFE - OUR PURPOSE: The Soul has many journeys as it develops and grows with each life. We are the Soul having a human experience. In the Spiritual plane, the Soul has an awareness of all things, joy and sadness... every emotion. When the Soul has a physical experience, we gain a "KNOWING" or "deeper understanding" through the totality of our experiences. For example, let's take a human illness like cancer. Specifically, the experience we had with my brother or your Uncle Doug. Before I saw the pain and torment of the disease first hand, I had limited knowledge. I knew that it was horrible but never experienced it to the degree that I did with Uncle Doug. It was like reading a book, a news article or watching TV about the illness BUT never having a true KNOWING of its effects or PAIN at a much deeper level. I feel this is true about all basic knowledge, feelings or truths. The Soul needs to experience things (including hardships) to gain a true Knowing. So we are here to gain wisdom and a true KNOWING based on all of our human experiences. Through our experiences we will grow and evolve. There is a second part; we are also here to ENJOY LIFE. To enjoy the Miracle of the physical world and our limited time in the human body. So begin living your life with great JOY today. Do not waste another precious moment. See the beauty and the joy in every experience. Make a list of the things you want to do and DO THEM. Eat, swim, dance, love, play, learn, take risks, and so on - for time will go by quickly. Take advantage of your health and consciousness. Follow your passions and live the JOY that is Divinely Yours.

17) DESTINY: We all have a certain destiny in this lifetime. I believe the date we will pass over to the other side is predetermined. However you never know when your time in this great life will cease. Live every day like it was your last and someday you will be right. 50% of what happens to you is destiny, the rest is impacted by our free will - and please remember you ALWAYS have choices. By practicing the basic principles described here, the remaining percentage of your free will and your perceptions will only add joy to your life. Believe there is a grand purpose for your existence; your life and actions have a ripple effect on many others. Embrace this knowledge and enjoy every moment. When in doubt of any choice, please try to come from a place of Kindness, Gratitude, Compassion and Forgiveness. It is better to be kind than right.

18) FORGIVENESS: Why forgive, especially when someone ELSE was at fault and they mistreated you? You forgive for your own personal spiritual growth -- period. Lack of forgiveness leads to anger and the

horrible cycle of resentments. Being in a resentful or angry state PREVENTS further personal or spiritual growth. Barriers to forgiving others are always directly related to Ego. You would rather stand your ground, be right and not forgive. This is your Ego or lower self talking NOT your true Higher Self. Your heart and soul will always direct you toward the beautiful gift of forgiving. As you forgive and even pray for the other person, YOU will be liberated and regain your lost personal spiritual strength. There is nothing that any individual can do to you that cannot be forgiven, as our physical life is but a blink of an eye. All the great Messengers/Prophets taught the value and power of forgiveness. "Eye for eye makes the whole world blind to their true self of a loving spiritual being" (Gandhi quote).

19) ADDICTIONS: Ah, my specialty. 12 years of alcohol abuse and 18 years of sobriety should have taught me something on this subject. An addiction is a constant fascination with seemingly an activity that will bring you "instant gratification." Addictions can take the form of working too much, eating, alcohol, drugs, sex, TV, video games, exercise, smoking, caffeine, gambling, etc. Every addiction keeps you from finding your special gifts, your true self and experiencing personal or spiritual growth. An addiction distracts you from the gifts of life. Balance and moderation are necessary for any activity that brings you pleasure. I personally think you should to abstain from any mind-altering drug 100%. If you want to alter your mind try meditation. True gratification and joy in life comes from within, as you serve others in order to truly be your Higher Self. Today, I am grateful for my alcoholism as it led me to recovery and the beginning of my spiritual journey.

20) CONNECTIVITY: Sounds like a weird topic but it is important. The sooner you see the soul of another person as connected to your own soul, all resentment/anger/jealousy, etc will be gone. To quote Bruce: "We are all riders on this train." We are connected to the divine source of all life. Not one person is better than another as we are all here on a spiritual, joyful journey. Some come to this realization faster than others. As everyone becomes aware then judging outside appearances/backgrounds/religions/culture will cease. At the core we are the same. Simply described, we are all spiritual beings of pure light and love that are here for a divine purpose. Everyone, no matter what their race/creed/color/faith, etc., is your sister or brother. In essence, as you do to others you do to yourself, as we are ONE.

21) SPIRITUAL AWAKENINGS: Just what do I mean by a Spiritual Awakening? Well, any event/person/experience that brings you closer to knowing your true self and your destiny, as you grow closer to the divine source of all life. This will be a long topic as I need to share my

personal experiences. I had four major life events that fall into this category of being a catalyst for an awakening:

- A- My alcoholism/addiction
- B- Someone's deep depression and wanting to die
- C- My sister's suicide
- D- My brother's battle and eventual passing from cancer.

These do not sound like fun/positive things and believe me, I wish I learned life's great lessons without the pain associated with each event. Sometimes we learn the hard way and painful life situations become the cornerstone for true spiritual growth. I now look back on these painful experiences with much love and gratitude. Lets take one at a time...

A- My Alcoholism - Year 1989:

I Thank God everyday that I am a recovering alcoholic as without this difficult experience, I would not have started my spiritual journey. I am not suggesting that people take on an addiction BUT everyone can benefit from the recovery process that is described within the 12 steps of AA. I am convinced that the 12 steps were divinely inspired as they teach many of the principles described in this letter. They are truly the foundation of my spiritual beliefs of a higher power and service to others. I would not have discovered this magnificent program without the torment of an alcohol addiction. This was the first of my spiritual awakenings and allowed me to begin the journey. My higher power came into development as the words GOD and LOVE became interchangeable.

B- Someone's deep depression - Year 1999:

I was so desperate that I gave up on all western medicine to help heal this individual. I went on a silent Catholic retreat and prayed for 3 days straight. Someone and/or God heard of my difficulty and suggested that I contact a Reiki master and try alternative healing. Well as you know, I became fascinated by energy healing and began practicing one of the greatest modern day miracles known to mankind - Reiki/Chi Gong/Hands-on healing. This was huge as I felt for the first time that there was more to life than the physical. A true spiritual awakening.

C- My sister's suicide - Year 2001:

At the time I thought there is no way anything good can come from this horrible event. But through my sister's death, I discovered that we are truly eternal/spiritual beings having a physical experience. I discovered this through my sister "Sue" introducing Arlene to me. I was a skeptic of any psychic/medium.

No way was I going to believe any of that BS. Well, God had other plans. Arlene and many others share their gifts BUT only when they have the humility and understanding that all love and healing comes from the divine source. After 4 hours with Arlene, I was convinced that life continued after the physical death of the body. I began to believe there are special people that are channels working through God in order to awaken the spirit. I became interested in the hereafter and understanding why we are. I NOW had faith that everything happens for a reason and we are destined to live an eternal life when we return to our true Home.

D- My brother's passing from Cancer - Year 2006:

Wow, this one was tough. BUT through my brother's suffering I discovered the meaning of life and my own personal destiny. How? I described the how in the 'meaning of life' section. But my brother taught me much more. I was reminded of the brief time we are on this planet and the importance of being full of gratitude for every moment. No-one enjoyed life more than my brother. He taught me how to truly live in the NOW and to fear nothing. I am certain that he is alive and with me daily in the spirit form. He became my biggest fan of energy healing as I was blessed with easing his pain on many days. This spiritual awakening also took the form of understanding my destiny. More than once, when my brother was close to leaving the physical form, he told me that I need to help heal others through words, actions and energy. My life's purpose is now clear because of my brother. I will remain eternally grateful for his presence. On his last night we also talked for hours about faith in the afterlife and that it was OK to let go of the physical world. It was in the early morning hours that he thanked me for saving his life. After reflecting on those words, I realized that I was only a messenger and nothing happens without God's direction. I feel we all need to help as many people as we can while we ride "the roller coaster" of life together. We are all here to help and serve each other as we all can make a difference by reaching out and spreading the word of love. My destiny can also be yours as "through the grace of God" we chose to help heal ourselves and the world.

22) CHANGE: The only thing constant in life is change, yet the only person that usually welcomes change is a wet baby. Everything is in a state of flux, even our own body changes moment to moment. There is impermanence to all things. The only constant in every existence is LOVE. Everything else is temporary... our life on earth, emotions, jobs, environment, etc. I am not speaking of the romantic love but the unconditional Love from God to all beings. Try not to get too attached

to anything. I am reminded of Tibetan monks at a university that spent 6 days building a castle of sand one grain at a time, then on the seventh day they destroyed their work. This is actually a GREAT lesson; we need to embrace the concept of impermanence as this is one of the keys to having gratitude as you live in the present moment. Never assume that any experience can be repeated the same way. If you are experiencing great joy then be totally in that moment, notice every nuance of the experience. We cannot grow unless we embrace and understand the changes within and around us. Do not allow fear of change to interfere. In the final analysis this topic leads us back to faith that all change is for our greater good. What about the changes you would like to see in the world? Please try to begin with yourself. BE the change that you would like to see in the world. For instance, if you would like to see more peace in the world, begin with finding peace within yourself.

23) THOUGHT AND INTENT: We are the total sum of our thoughts. Or, as you think/believe, you will become. Please know that thought/consciousness precedes all matter. That means that we can have an impact on everything around us. Therefore try to always be positive. This goes back to what we really have control over: our thoughts and attitude. There is a snowball positive effect when our thoughts are of kindness, love, gratitude and forgiveness. No matter how grim the circumstances may seem, embrace the concept that your thoughts and intent will aid you in having a positive outcome and in turn help you see the greater good of all experiences. There have been numerous scientific studies of the power of thought on plain water crystals. When water was subject to positive thoughts/prayer, the water crystals that were frozen became beautiful perfectly formed crystals. When negative thoughts/energy were sent out it had the opposite effect on the water crystals. Imagine what your thoughts can do for your body that is 80% water. We touched on Reiki and energy healing. At the source, all modalities of healing come from Loving Intent/Thought.

24) DUALITY: Another seemingly strange topic but it is important. In God's "physical" world everything has an opposite and nothing happens by mistake. We cannot know true LIGHT without first seeing the darkness. This is true for everything, including all the topics in this letter. WHY is this necessary? This ties in to the meaning of life. It is hard to know and have gratitude for great joy without ever experiencing sadness. My brother's battle with cancer taught this difficult lesson. Your Soul needs to experience this physical reality in its totality (not just the good stuff). So embrace and learn from it all. Try not to judge the so called "bad" people or experience as they have

a place in God's Divine plan for your greater good. There is always a positive side to every experience and person.

25) SCIENCE/SPIRITUALITY: Seemingly separate topics but they are connected and intersecting (beginning to say the same thing). One of the major issues facing our modern world is that technology is out-pacing spiritual growth. On the positive side of this development science, through equations and theories, is proving many of the spiritual principles presented here. Quantum physicists have discovered that there are 11 dimensions and most likely a parallel universe (sounds crazy but true). This is an extension of the string theory now called the M theory. (If you are interested, you can check it out on the Internet). Science now has proven that matter and energy are interchangeable (the same) and exist forever as energy cannot be destroyed, it only changes form. It is also known that all matter has a "tendency" to exist and many electrons seemingly disappear and re-appear. Many of the most renowned physicists are claiming that the more they discover the less they understand, as most new revelations lead them toward the spiritual nature of our existence.

So why is this big deal? Science is now beginning to prove the existence of something that mystics and prophets have been teaching for years!

- 1) There is a divine force behind all matter/creation.
- 2) We are all connected to each other, the Earth, and ALL Life.
- 3) There is another dimension of reality that cannot be seen by Our 5 senses.
- 4) There are energies around us that we cannot see, hear, touch or feel.

Or said in a different way:

- 1) There is a God/Divine intelligence.
- 2) There is a Heaven/Spiritual unseen dimension.
- 3) We are Eternal/Spirit /Energy/Souls connected to each other.

When these concepts are understood, the Human Spirit will evolve and leap frog past any technological advancements!

26) MIRACULOUS EVENTS :

a) Reiki Healing - July 2006:

My neighbor's son "Andrew," at the age of 48 (same age as my brother Doug), suffered three strokes and was confined to a wheelchair. Andrew was being cared for by his parents while staying in the "handicapped ready" basement apartment. I felt that I should at least offer some help. I explained to my friend

that I practiced energy healing and that it was similar to "laying on of hands." I also mentioned that any healing is God's work as I am just a channel/messenger. On Sunday morning July 30th, I spent an hour doing a Reiki treatment for Andrew. That evening, I returned home to a doorbell ring. My neighbor was patiently waiting for my arrival. He immediately screamed, "Mr Ken, Mr. Ken a miracle has occurred. My son is walking; right now he is with his sister across the street." I was amazed and shocked over these words. I did not believe that Andrew could walk until I saw him walk home that evening. I frequently visit Andrew and his family as I need a constant reminder that this actually happened.

Before I began the treatment, a thunderous noise/loud crackling came from the television. The television was turned off and unplugged. I believe that I was not alone when this miracle occurred.

b) The Beach - November 2006:

I was unemployed and feeling sorry for myself. I decided to visit my daughter "Emily" at Salisbury University and stayed at a room overlooking the Atlantic Ocean. One morning I went for a jog on the beach. Before I began the "run" I asked God for a sign. I thought God can work through animals so I began looking for a seagull to stay with me. Much to my dismay all the seagulls flew away, so I gave up on the notion. On the return leg of my one mile jog, I noticed 3 birds flying directly over my hotel room. As I finished the jog and was parallel with my room, the birds flew directly over my head. They were 3 red-tailed hawks. I could almost touch them. I thanked God for the sign and one by one they flew back to their natural habitat "the forest." I asked a surfer dude if he has ever seen a hawk over the ocean and he said in 20 years it never happened, as they stay west of the ocean (in the woods).

My brother was enamored with red-tailed hawks. He had pictures and statues of them all around his home. Before his passing, he promised that he would send a message via the re-tailed hawk.

c) Car Alarm - November '06:

Before my brother passed over, he promised that he would send me a sign that he was OK. The day after he died and for 9 months ALL of my electrical equipment crackled (white noise). I mean cell phone, work phone, car radio, television. It wasn't constant, just a 'buzz" every few minutes. I thought something was wrong with the equipment and had it all checked out but there was nothing mechanically wrong. Then one day in early November, again I was

feeling down, and my car alarm went off. It was not constant it just "rang" for approx 5 seconds every few minutes. Finally it dawned on me, maybe it is a sign? I promised to sleep well and cheer up and miraculously at that moment the car alarm shut off. BUT the other noises continued.

Then on Thanksgiving '06 I was home alone in my apartment (feeling depressed). It was 1am in the morning. I again asked for a sign but I thought the only thing that would make me believe is my car alarm. At that very moment my car alarm went off. The neighbors woke up. But instead of panicking I thanked my brother for the sign and said that it was OK to shut the alarm now. The car alarm stopped at that instant. In fact all the other crackling from my electronic gear also stopped for I acknowledged they were all signs that life continues after death of the body and that my brother would forever be OK

There have been redundant themes throughout these pages, as every topic is connected and leads us back to the basic truths of our life.

We are eternal spiritual beings connected to each other and the Divine Source of all life. Accept and treasure every day and experience, serve others in kindness and Love, share your gifts, gratefully stay in the present moment and replace fear with Faith. Happiness, Joy, Peace and "True Spiritual" Growth will follow.

Please start believing today and when you are 40 you will feel true NIRVANA. Heaven on Earth. True enlightenment is yours for free and available NOW.

Oh and please do not forget to have a sense of humor. When in doubt, learn to laugh. Keep an open mind but don't take anything too seriously.

With all my Love Always,

Your Dad

Side note:

Life is a roller coaster ride. You probably heard that already but read on... As you know, I love roller coasters. It dawned on me recently that roller coasters are a great metaphor for life. Like life, roller coasters have many ups and downs. The ride is also very brief, similar to our time on earth. A coaster ride lasts a few minutes; similarly in the eternal journey of the soul, our life on this planet lasts only a short time and then we are back home. Our loved ones that have passed over are just like the people waiting for us at the exit ramp. When we

get off the ride or "physical experience on earth," They will ask, "How was your experience? Did you enjoy the ride?" Now, our response really depends on what attitude we chose to have during our short time on earth. If we stayed in a fear-based life then most likely our experience was just that - full of fear and doubt, without any knowledge of the divine and our Soul's purpose. We hung on the bar for dear life and had little faith that all will be "OK." If we chose faith and love, then we put up our hands, turned our will over to the care of God and had one of the most amazing experiences of our Soul's total journey. The great thing is that we can choose. We make the choice every day to live in fear or faith. Our joy or lack of it is directly related to our level of fear or faith while we are on the "Ride." Yes, destiny and some life situations are predetermined but a life based on faith will yield a truly magnificent experience that will be shared with many, both in this life and the many to follow.

So Let Go and enjoy, while you laugh out loud on the Roller Coaster of Life!

Distributed with permission by

Tools for Transformation

<http://www.trans4mind.com>