

Introspection

By Daniel J Towsey

<http://ca.groups.yahoo.com/group/conspiraciesclub/message/462>

Consider this article as a self help guide. I will now attempt to provide you with a guide as to what it takes to be a good enlightened and mentally healthy human being and how to avoid being a mentally ill person.

You may think that you know these things. But you maybe surprised to find out things about yourself as you read this article. For some it may just be a refresher course. And for others it may just be an exploration of self denial.

“One must understand that the first and most important rule in life is truth. Truth always equals mental health, and deceptions always equal mental illness.”

Life is very much like a mirror. One needs to always look at life as a mirror. What you believe you see in others from day to day experiences are usually a true reflection of yourself. When accusing someone else of something. Always pause and look into that mirror of life. The reflections you truly see well always lead you to enlightenment or denial and self deception. But you can only improve yourself if you actively work at it and have an open mind.

If we all concerned ourselves about the image others see of our selves. We would be taking the first step to making this a better world.

Life is a very simple math equation. You are either always positively doing good, or you are a negative person by doing nothing. Or being good part time for selfish gain. There is no middle ground.

If you are not actively being positive, than you are on a negative path. Being positive is an active constant. The minute you stop it then you become negative.

It is much easier to be negative for it takes no effort. But being good takes a lot of effort. One thing to remember is that positive is rewarding.

Now if you choose to be a positive person than you have to share that with others and give of yourself. This in turn is the only formula for mankind.

If you understand that, when you better yourself than you have something to give. But if you are not bettering yourself than you are a taker and user of others.

Life has many natural rules. One is that "Too much of a good thing is never good" That is why life is full of ups and downs. That's what puts meaning and quality into our lives. Without suffering on can not possess compassion.

We have the ability to reason. Reason tells us that we can control the outcome of most of our needs but by imposing limits to our needs before the laws of nature do it for us. We will avoid negatives.

Humans are now dangerously tampering with the laws of nature , with the very core of existence. We are now uncontrollably playing with biological creation, Molecular structures, and many other fields. These people who are highly educated in human knowledge have foolishly chosen to ignore all natural laws. They have imposed no self limits on their sciences. Without natural limits to our activities we are showing the signs of complete insanity. Which is the result of mental illness caused by avoiding truth.

A person that uses the rule of constantly being positive in face of negatives will be a survivor. Life always has negatives in it.

We have the option to choose our negatives and if we don't than the laws creation will take over.

Due to self deceptions we are on a sure path to destruction. People educated in mans knowledge are just deceiving yourselves. The knowledge of nature is the absolute.

The worse cause of mental illness is self deception. Self deception is a negative. As I said life always has negatives in it. So if you are a negative person you well suffer the rules on natural math. For in natural math two negatives always equals a negative. Even a positive and a negative equals a negative. Meaning that you can not be good just some of the time. Only you can change your equation.

So remember if you are not always and actively replacing your negative qualities with positive ones you well always be a loser.

So here's a list of good qualities to learn and develop into your make up.

With Truth comes;

Love, Compassion, Honesty, Integrity, Sincerity, Generosity, Kindness, An open mind, Understanding, Forgiveness, Hope

But with Deceptions comes;

Lies, Cruelty, Evil, Hate, Selfishness, Egoistic Greed, Hate, A closed mind, Killing

*As they say there is an exception to every rule. Unfortunately there is one exception to all of the above. And that is **DRUGS**. If you use drugs than you are in an illusionary world that few can return from. Drugs poison your mind. So use them at your*

own risk. But anyone that needs to do drugs to be happy is missing out on the positive values that I have mentioned earlier.

We are all living together on this small delicate planet. We only have this planet. The evil forces are destroying this world because there are now more negative people than positive ones.

This modern age and the destruction of our planet has been brought on by an artificial and unjust monetary system known as the 'Federal Reserve System'

This system of money is being run by evil. That does not care about any natural laws.

This system has the ability to produce unlimited money out of thin air. Its just a number in a computer. The Federal Reserve has never been audited. It does not respond to reality or the needs of the people.

Remember how I said that if we want to continue taking care of this planet that we can control our negatives. Well its time to bring this huge world wide negative know as the 'Federal Reserve System' under control.

We need to bring the control and issuance of money back in the control of mankind.

One note. Canada maybe the last democratic country in the world that still has a publicly controlled money system. But now the leaders of North America working with the NOW secret societies are about to take over Canada's currency.

They have already secretly agreed to bring in the 'Amero' which is a Canada, Mexico and USA currency. This is part of the North American Union Plans.

I am afraid that the signs indicate that this transition is going to be brought in by Collapsing the artificial 'Federal Reserve Notes'

I believe they are going to collapse the American currency and create another Great Depression worse than anything the world has ever seen.

This is why George Bush has centralized all authority over the Police and Military and has passed all those martial law provisions.

They have also passed laws in the UN and Congress to reduce the world's population by two thirds.

Are you getting the picture?

Remember only truth will set you free. Join "THE TRUTH REVOLUTION" you do that by spreading the truth.

The Signs are clear to those who live with truth as their guiding light.

God be with use all.