

## Spiritual Partnership Chapter Summaries

### Prologue

**The Gift** - a greater perception of the world into more than what the five senses can perceive. Heavily related to intuition, connection to others or the universe beyond what is immediately around you eg. Thinking about calling someone and then they call you. This allows you to experience yourself as more than your mind and body. You gain a new perspective and understand that all experiences are an opportunity to serve spiritual development. This is also referred to as multisensory perception. This is the start of greater awareness.

**The Work** - this is the action taken from experiencing the Gift or multisensory perception, this is creating authentic power. The Work is a gradual process as you work to change the internal part of you that causes you to respond with painful emotions such as anger, have obsessive thoughts or engage in compulsive and addictive behaviours. You are now striving to act through love and joy. Now you are aware, you can choose to act consciously and create different outcomes.

**Spiritual partnership** – a partnership between equals for the purpose of spiritual growth. Each partner is responsible for their own spiritual growth but the other partner(s) support them and hold them accountable for continuing this.

Five sensory individuals evolve by surviving. Multisensory people evolve by growing spiritually. People who are evolving spiritually seek spiritual partnerships to grow together. Spiritual partnerships allow you to cocreate with other people who are also committed to their spiritual growth.

The ranch environment of living and working with positive, supportive people 24/7 means a spiritual partnership is the only relationship that is effective, as long as each partner is ready to commit to this.

As with the Work, creating authentic power is a graduated process, not a single event. It is your purpose, it is the journey not the destination.

At the ranch, everything is a graduated process and everything is done with purpose. We know personal transformation and spiritual growth is a life long process.

## Introduction

**Spirituality** – not about conforming to traditions or commandments or accepting the authority of another. It is about appreciating the holy in everything and living to implement this. It means no judging of yourself or others, only discovering and transforming your interior causes for painful and destructive experiences and behaviours. It involves creating joyful experiences and constructive behaviours.

Gary Zukav describes five sensory humans as a dying species. Multisensory humans are evolving as they develop spiritual partnerships. Spiritual partnerships are more than what has previously been understood as spiritual.

The process of spiritual transformation is irreversible – you can't go back.

At the ranch, once you've grown you can never go back to who you were before. Once you've learned something, you can never unlearn it. You have a responsibility to grow from your experiences and share them with others.

Old type relationships were based on a shared goal – when the goal was achieved, the relationship ended. Eg. Employer and employee, making a wage to survive to retirement. Eg. Car mechanic and client, pay to fix car. Eg. Friends, have fun together and offer sympathy, no longer fun, relationship ends. These relationships can be difficult and painful as people work ruthlessly for a shared goals (such as a political campaign).

At the ranch we have the shared goal of nature connection, conservation and spiritual development, but for those of us who are ready for spiritual partnerships, the connection is deeper than that. We have the desire and the commitment to be part of something bigger.

At the centre of old relationships is the desire to manipulate or control circumstances (including people) to achieve the goal). People do not act in a way that challenges their shared goal or expectations of the relationship. If they do, this is often poorly tolerated by the other person in the relationship and it may soon end.

At the ranch, we are able to challenge others on their actions and hold them accountable on their obligations or responsibilities. We can do this as each person knows the role they play and that all interactions are opportunities to grow and evolve. All interactions are positive and are not created from a desire to manipulate, put someone else down or make themselves seem better.

As people grow spiritually, these old type relationships are no longer enough. Survival is no longer the only goal. We need more to feel fulfilled. In the past, people searching for spiritual growth did so by retreating into hermitages or monasteries. Multisensory humans recognize spiritual growth cannot be achieved effectively in isolation, to evolve as a human, you need human connection. Harmony and cooperation are attractive to multisensory humans. Multisensory humans are increasingly interested in self-awareness. People are seeking meaning and purpose in their lives, seeking to live with love and joy and contributing to Life. This is more important than money and other motivators of old relationships. This is how we live at the ranch. Although there are many things we have to work out for ourselves, being able to talk openly about everything with our spiritual partners means we can gain new perspectives and learn more about ourselves and others.

It is less satisfying to blame others for painful experiences. We are starting to recognize the importance of our emotions and intentions in and on our behaviours. We are now looking for connection between action and consequence and therefore change the action. We want to create the environment we want to live in, not change others to create this.

This is true at the ranch. We have to take responsibility for our actions otherwise we cannot grow from them.

## Chapter 1

**Consciousness** - this is like a bowl that is always full. It can be full of flowers or weapons (positive emotions and intentions or negative intentions and emotions), it can contain all kinds of things but it is always full and it is always the same bowl. Therefore, the more positive emotions, intentions and experiences you fill it with, the less room there is for negatives.

European settlers to North America came to achieve their goals – find new land, make money, escape oppression. Their actions almost destroyed native culture and the environment. They didn't consider the consequences of their actions and if they did, they didn't choose to act differently to change them. They thought only about achieving their goals with the intention to control and dominate. This is the story of human history.

At the ranch, we are conscious of our impact on the world around us. Our goals cannot only be fulfilled for us, they have to benefit the bigger picture too. This not only benefits on a greater level, it creates a greater sense of accomplishment too.

Some people are seen as friends, others as enemies. But five senses alone can't tell you if a person is a friend or enemy. Only experiences can tell you this. Whether you perceive a person as a friend or enemy will determine if you experience loving or painful emotions when you think about or see them. This is a part of consciousness.

Being aware of emotions and intentions is an important part of life at the ranch. This is developed through encouraging each other to reflect on our experiences, our successes and struggles and what we learn from every event, including our reactions to it.

Essential human experiences are in the bowl of consciousness but they tell us about the bowl, not the content of it. These are the five sensory experiences that all humans have. In this way, humans can only perceive life through the five senses, even concepts bigger than the five senses such as "forever" are understood in terms of the five senses. However, once we experience multisensory perception, the shape of the bowl changes and everything is new. Five sensory experiences are understood through intellect. But intellect cannot help with multisensory perception as it wasn't designed to understand this.

These experiences are on a much larger scale. People start to experience these through unlikely coincidences (someone calls you as you think about calling them). The more you become comfortable with multisensory perception, the more you find these experiences natural, not frightening. Evolutionarily speaking, this is happening very fast. In a few generations, people won't be able to imagine life without multisensory perception.

We see this at the ranch. Things that seemed impossible or crazy become common place. After a few months of this, it is very difficult to return to the "ordinary" world as perception has changed so dramatically.

The five senses detect the physical. Multisensory perception detects wisdom, compassion, intelligence and design, purpose and existence beyond the physical. These give the five sense *more*, they don't replace them.

Hunches become more potent, even five sensory individuals experience these and regret not paying attention to them or are glad you did. Coincidences feel normal. Things happen the same as before but how we perceive them is different. Life becomes meaningful, not random. We experience the consciousness of and a connection to the universe, it is wise, living and compassionate. We are not separate from other humans or any part of the universe. We realize when we treat others with kindness and compassion, everything is better.

At the ranch, multisensory perception allows us to connect on a deeper level to the people, animals and

nature around us. We live with purpose and understand every event is an opportunity to learn and grow.

Five sensory people see their lives as only one event, like one character played by an actor. Multisensory people experience their lives as just one character of many they have previously played and will play. They don't confuse people with the role they play.

At the ranch, we understand others sometimes have frightened parts of their personalities active and understand they are still committed to creating authentic power and can help them to recognize this when frightened parts are active.

When writing a book, this involves entering a deeper consciousness where it seems the ideas and story flow through you as if you aren't writing the book alone, or maybe even at all. The more multisensory we become, the better and easier we can access this deeper consciousness. We meet guides and teachers we wouldn't have found otherwise. They assist us to grow spiritually.

First discovering the enormity of the universe is like standing on a beach and looking out to the ocean. Even all the way to the horizon is only a small part of the ocean you can't fully imagine the rest of the ocean, how big it is, what it's like. As such, more life is becoming visible to humans as we discover new values and goals and contribute gifts we didn't know we had.

This is thrilling and challenging new ground to explore and has high potential for reward.

At the ranch, we are learning what entering a deeper consciousness means. Ideas flow quicker, content is created that matches exactly to our philosophy. Everyday our imaginations are stretched more by what we discover is possible.

## Chapter 2

**Universal Law of Creation** – We create our experiences through the choices we make. Five sensory people believe they are characters in a play someone else has written. These people cannot see the connections between seemingly unconnected things, like two mountains joined underground. Five sensory humans believe actions create consequences. But multisensory humans know it is really the intention behind the action that creates the consequences.

**Intention** - part of consciousness, the reason and motivation for acting. An intention can create constructive or destructive consequences. The same information can be given, but the intention affects the outcome.

**The Universal Law of Cause and Effect** - every cause produces an effect. Every effect has a cause. Foundation of five sensory science. Non-physical causes such as intentions are also part of multisensory understanding. Multisensory humans can then see that seemingly unintended consequences are in fact not. Being aware of intentions helps you predict effect.

**The Universal Law of Attraction** - energy attracts energy. Fearful energy attracts others who are fearful. Loving energy attracts others who are loving.

**Intuition** – the voice of the non-physical world. Direct access to non-physical sources of wisdom and compassion.

Zukav gives the analogy of mountain range that is almost exclusively underground. It is multisensory perception that makes visible that which is usually hidden.

At the ranch, we understand this as the tip of the iceberg, there is always more than what you first see.

Choosing to act with good intentions creates love and joy. Being aware of intentions allows you to understand past intentions you were unaware of at the time.

On our transformational journeys at the ranch, we seek to understand the intentions behind our actions and strive to work from loving intentions, not fearful ones.

Five-sensory people believe the world determines their beliefs. Multisensory people believe they can shape the world. If you believe the world is negative, you become negative and create a negative world. If you believe the world is positive, you act on that to create a positive and loving world. We experience ourselves as part of something bigger and so our values shift.

Five sensory think “I’ll believe it when I see it.”

Multisensory think “I’ll see it when I believe it.”

At the ranch, we write our own story and know we have the power to shape the world. Here, we know you see what you expect to see.

Five sensory people believe “bad things happened to good people” etc. Multisensory people believe “appropriate things happen to all people all the time.” Nothing is random. There is no fate. Internal processes are more significant than external (when you have your interior aligned, it doesn’t matter what is happening outside – Eckhart Tolle).

At the ranch, this mentality helps us respond instead of react to circumstances. We know we are in control of and responsible for our own emotions and responses/ reactions to external circumstances

Five sensory perception is looking through a window and not being aware of what you see. Multisensory

perception is looking into a mirror and becoming attracted to new goals. Cooperation, sharing, harmony and reverence become more attractive than competition, hoarding, discord and exploitation. This changes the reflection in your personal mirror.

This is the value shift from competition to cooperation that we experience at the ranch. Individual successes are a group success.

Multisensory perception doesn't make people kinder, happier etc, it just makes people more aware. But with awareness, we can choose to be kinder and happier. Five sensory humans change circumstances or wait to be rescued. Multisensory humans change themselves.

This allows us to take control of our own lives and accept responsibility for ourselves. Greater emotional and environmental awareness allows us to make more responsible choices.

Everything is a learning opportunity and multisensory people know they are in the Earth School. As such, all experiences have purpose and meaning and the opportunity to grow spiritually.

Living in the wilderness, these lessons in the Earth School are learned faster and the meaning of them more clear.

### Chapter 3

**Love** – the engine of our evolution. Love is. It can't be conditional and it is the same as Consciousness, Light and the Universe. It is impossible not to be loved and not to belong. But we must learn to love.

**Powerlessness** – experience of feeling defective and valueless. The fear others wouldn't want to be with you if they saw you as they really are. Self-hatred, not feeling worthy of your life.

Our evolution is to learn to Love and do this by healing the parts of our personality that do not love. The ultimate pain of every human is needing to be loved and feeling incapable of loving. Learning to Love brings you face to face with the parts of your personality that do not want to love. Searching for value and self-worth is related to the pain of wanting to be loved. This is the pain of powerlessness.

At the ranch, we are a loving and supportive community. Learning to Love is easily facilitated at the ranch through a supportive community and untainted wilderness.

Love and need shouldn't be confused. Love has no expectations and so can't be disappointed. Need is painful, there are conditions and more is always demanded. Eg. If you acquire something you "need" like a car, you then become worried about losing it, both not having the car and then the experience once you get the car are painful. Attachment is also need and not Love.

Living in the wilderness removes many aspects of need, with few belongings, no cell service and limited internet access, we are able to focus on what really matters such as creating strong and meaningful relationships, conserving the environment we benefit from and learning from nature.

If you look below every moment of thinking "this is just who I am" you will see many layers of painful experiences. These are important for what you can learn about yourself from them. The bottom layer of these experiences is always powerlessness. We feel this pain when Life isn't what we want it to be eg. A relationship ends. We mask the pain by becoming angry, withdrawn, jealous etc. This is a way of blaming external circumstances or other people instead of facing the frightened parts inside us that have been activated.

At the ranch, we practice emotional awareness to see the real intention behind all our actions and understand why we are experiencing certain emotions, especially if these emotions are always triggered in a certain situation.

To avoid the pain of powerlessness, people use other people to create their own sense of security and value. Using manipulation or control is only a way to mask the pain of powerlessness. This is the pursuit of external power and this is only temporary, it is won and lost. Safety and comfort is generated from manipulation and control, danger and distress comes in its absence. Competition is used to obtain external power. External power is everywhere because everybody has the need to feel loved and safe.

Creating authentic power at the ranch within a supportive community reduces the pain of powerlessness. Using manipulation or control ceases to be a meaningful strategy to obtain anything because we are all working together towards a common goal and as such we are interdependent of each other.

Death is the greatest loss of external power and so the greatest fear for five sensory people. The potential for a five-sensory world was one without need but this hasn't happened and the time for it has passed. The five-sensory world accomplished a lot but also created destruction and exploitation.

At the ranch, we see this through over-tourism in the wilderness and are committed to conserving the environment we benefit from.

Love without reverence and the pursuit of external power without reverence is what has distorted

something that could have been successful.

At the ranch, we have great reverence for life as we are constantly exposed to the power of nature.

Multisensory individuals see that pursuing external power is a flight from the pain of powerlessness. The time has come for us to pursue authentic power.

At the ranch, we are committed to creating authentic power, this is the only way our community will grow and evolve.

## Chapter 4

**The Butterfly Effect** - how a large impact can be created from a small and seemingly insignificant action.

Influence in the world is not only created through wealth or recognition. Everybody has an impact on the world even if they aren't aware of it or don't want to.

When pursuing external power, people only think they have influence if they have some form of "status" – money, a good car, expensive clothing. Your decisions affect future actions. If you act in anger, you push people away. This leads to feeling lonely and so you become angry again, further pushing people away. You might not be aware of the affect your actions are having, but the affect is there.

At the ranch, we are constantly practicing being aware of our environment and assessing the impact of our actions and the actions of others.

If you judge a person, even without telling them, they will sense this and experience a disconnection. This will affect all interactions between you and them. Alternatively, when you care about others, they will be drawn to this by the Law of Attraction.

We understand at the ranch that positivity breeds positivity and negativity draws others into negativity. Emotional contagion plays an important part in this. In this way, we know we can contribute to the ranch environment simply by creating authentic power ourselves, even when those around us may not.

Multisensory perception puts our choices, creative power and the butterfly effect into a new context. Instead of feeling powerless and insignificant in a seemingly random and unloving world, you feel powerful, creating, loving and compassionate. When you experience these loving parts of your personality, you realize you have been acting powerless and as such creating painful consequences. Needing to dominate or be submissive or express addictive behaviours create painful experiences and you understand this.

Understanding our infinite connection to the world around us shows we have the ability to influence others both at the ranch and around the world and so we choose to act from the loving parts of our personality to create a positive impact.

Intentions are a huge part of the butterfly effect. They determine experience even if you're unaware of them. Being unaware of intentions creates painful consequences.

Five sensory intention – "Get a new job."

Multisensory intention – "Get a new job to support a growing family."

For multisensory individuals, this is the "Why beneath the Why", something they will keep searching for until they find it.

Sometimes there can be another level of the Why beneath the Why eg. You take on a new job to support your family so you can send your children to college. But why do you want to send your children to college? Because society expects you to? To show you're a better parent than your neighbour whose children didn't go to college? Or to give your children the opportunity for greater education and experience. The first two options are motivated by fear, the third by love.

All these intentions start the Law of Cause and Effect and the Law of Attraction and create different consequences based on their intentions.

Being aware of all levels of intention is an important part of life at the ranch. In the wilderness with limited resources, often we need positive reasons and intentions before we can or should act.

If you are unaware of your intentions, you create consequences. You don't know what you've created but you are responsible for it. You are travelling but you don't know where. You end up in the wrong

place to where you wanted to go.

Although we seek to create authentic power, it is possible to return to Old World habits when we act unconsciously. This is okay as long as we recognize this, take responsibility for it and act to change this.

There is a common misconception the healthiest intention is to “feel good”. Pursuing external power isn’t healthy even if it feels good. In the long-term it won’t achieve us the goals we wanted from it. But a life of less pain, more joy, less fear and more love is the potential for multisensory people who understand the influence of intentions.

In the wilderness, we know the easiest route isn’t always the one we should take. It is challenges and maintaining our standards and principles that allow us to grow and create authentic power.

Everybody is responsible for the well-being of everything. The greater our sense of powerlessness and insignificance, the more we will create painful consequences, blame others, become angry. Multisensory perception is an awareness of initial conditions that will create authentic power.

At the ranch, we understand our responsibility to the world around us, both to our human and physical environment. As greatly empowered individuals, this is a responsibility we have the strength to take on.

## Chapter 5

Plato tells the story of people in a cave. People are chained in a cave so they can only see shadows cast on the walls by models. One of these people gets free and escapes the cave. For the first time he sees the real world, not shadows. The real world is available to everybody who is willing to get themselves out of the darkness.

Love is the light and fear is the darkness. Fear is a prison and love is freedom. Religions share this philosophy though they argue about how to get out of the cave. Breaking free of the cave takes intention and courage. We have mental chains that stop us escaping from familiar (painful) experiences until we have the courage and intention to break them.

At the ranch, we are striving to break free of our Old World habits by creating authentic power and committing to our spiritual growth. We understand this is a difficult journey but the rewards are worth the struggle.

Often we are chained to negative reactions but we can't see the chains. Eg. We always become angry when we don't feel listened to. If we recall each experience of this, we realize the person is different who angers us, but our reaction is the same. Five sensory individuals can track their feelings of anger by measuring hormone levels or using intellect to recognize that they become angry. Multisensory people are able to feel the chains. Physical sensations occur in their bodies under certain conditions. The more you recognize the location and type of physical sensation, the more you can assess what is happening in yourself.

The same painful sensations from a past similar situation return. You react the same way to the situation each time. Your behaviour is predictable. This is the chain. It is not the situation that causes the reaction or sensation because you've already experienced this many times before. As such, you cannot blame circumstances for your reaction. To change your experiences, you must turn your attention inwards and discover what has been triggered (the painful reaction) rather than the trigger (the external circumstance). Looking inside shows you what you need to change. If you can't change that, you cannot break the chain and will continue to react as you always have. Once you know your chains, you know what you need to change.

It is less painful to become angry etc than it is to feel the physical sensations of feeling defective. Blaming circumstances is a way to temporarily escape the pain of powerlessness. Focusing on the physical sensations allows you to go deeply into the cause of your pain, something you have always been running from and has created destructive consequences. Now your life is about the choices you make with your new awareness. If you are no longer controlled by the need to flee from the pain of powerlessness, you can fill your life with joy, love and Light.

Breaking chains requires breaking old habits. It requires looking at the internal causes of unloving reactions. You can choose to change these reactions instead of assuming they are just a part of you. You need courage to experience what you are feeling as you feel it.

Each time you respond instead of react while you experience painful sensations, your chains weaken. If you keep doing this, eventually the chains will break. This requires conscious choice, courage and commitment.

By becoming more emotionally aware, we seek to change our Old World reactions into opportunities to create authentic power. It takes a lot of practice to break these chains, but each time we challenge them they weaken.

## Chapter 6

**Coach of a team** – your emotions are like players on a team in a game called “Life”. You are the coach but you have to learn how to choose which player is on the court at a time. You can only play one player at a time and whichever player is on the court will be the one who your actions flow through. If Anger is on the court, you will react angrily. If Love is on the court, you will respond with loving intentions. Learning how to determine which player is active is an important part of changing yourself, growing spiritually and creating authentic power.

Learning to choose which players play is your responsibility. This is a habit that will take lots of practice to create. The more you practice, the stronger the control of your emotions will become. Initially, you might not be able to remove Anger from the court until an external event changes your emotions. As you practice, you will learn to remove Anger by yourself and the time it takes you to do this will decrease until you can remove Anger from your court the moment you feel it surfacing.

At the ranch, we strive to create a positive, supportive, loving environment where we accept each other’s mistakes as a learning experience. We practice playing positive emotions and shutting down negative reactions.

The more you try to remove a player from the court, the more violently it will fight to be expressed. It is tempting to give into the emotion and not feel it so strongly, but this will only create more painful consequences in the future.

This is known as the “extinction burst” in animal training, an animal will express a negative behaviour more strongly as you work to eliminate it. If you give into this behaviour, it will return. If you continue through the “extinction burst” you can eliminate this behaviour.

At the ranch, living in a wilderness environment provides us plenty of opportunity to challenge these negative emotions but our sense of empowerment and self-confidence allows us to overcome these challenging parts of our own personalities.

When you can choose which player is on your court and sideline the negative emotions you are gaining experience in the game. All negative emotions are frightened parts of your personality. They are painful to experience and create painful consequences. But they are essential to spiritual development as they require healing.

At the ranch, we have the emotional awareness to see frightened parts of our personality surface in specific situations. Understanding this pattern is an essential part of overcoming them.

A loving part of your personality can’t be expressed at the same time as a frightened part. Playing Love sidelines Hate. The more the loving parts are played, the more the frightened parts are weakened. This leads to them being displayed less frequently and with less intensity. Eventually, this part of the personality becomes too weak to influence you. Learning more about the parts of your personality can be a challenging experience as you discover frightened parts that act in contradiction to the person you want to be.

At the ranch, we know the more we fill ourselves with positive thoughts, emotions and intentions the less room there is for negatives. Living in the wilderness is the ideal opportunity to learn about all parts of our personality and challenge those we don’t want to express.

An unaware coach may catch glimpses of parts of their personality they don’t like and then refuse to look at them again. This doesn’t allow them to challenge and overcome them. They will become worse. Instead of being proactive, they will wait until the frightened part of their personality becomes overwhelming.

At the ranch, by talking about everything up front and facing those frightened parts of our personality, no matter how painful it is, gives us the opportunity to create authentic power and grow spiritually.

## Chapter 7

**Joy** - knowing you are alive and being grateful for it, fulfillment in the present moment. This depends on what's inside you, is permanent and involves changing yourself.

**Happiness** – dependent on what happens outside you and as such you have to exert control and external power to maintain it. This is created through external circumstances, is temporary and involves changing circumstances as well as trying to control others.

Light isn't created by removing obstructions. It is always there, you only need to access it. Letting in Light is the journey from fear into Love. Even through an eclipse, you can still see the sun. The sun continues to shine but when the eclipse ends, you can see it again.

At the ranch, we understand this is part of the journey to authentic power. Even if someone is acting from frightened parts of their personality, the Light is still in them and they will see it again once they have challenged their fear.

It is impossible and unnecessary to attempt to create joy, as much as it is to attempt to create Light. You don't need to create joy or Light, you need only to remove the obstacles to them ie. The frightened parts of your personality.

At the ranch, we know that the more positivity we have, the less room there is for negatives. Once all the negatives are gone, only positivity remains.

You can identify frightened parts of your personality by the personality traits of others that cause you irritation. If you become irritated by another person's need to defer or submissive and deny that you act inferior yourself. If you didn't act this way yourself, you wouldn't react to another person doing so. But their actions trigger the frightened parts of your personality that act the same way.

Learning from each other is a vital part of life at the ranch. From others, we learn a lot about ourselves.

Everybody has impulses that seem impossible to resist, to the extent that you believe they are "Just who I am". They are so familiar to you that you might not even fully recognize them, but when they are frightened parts of your personality, they create destructive consequences. You have the choice to give into the frightened parts of your personalities or choose authentic power. By choosing not to react through frightened parts of your personality, you are removing the obstacles to the Light.

At the ranch, we believe in changing ourselves to create a positive ranch environment. We do this by choosing not to react from frightened parts of our personality and so can express joy.

Happiness occurs from temporary relief from the pain of powerlessness ie. You buy a new house and feel safe and secure inside it. But this happiness doesn't last. If a flood damages your house, it is no longer a safe and secure place to live and the pain of powerlessness returns. You used external sources to reduce the pain of powerlessness instead of removing the obstacles to Light and joy and so could only ever be a temporary relief. Using external sources to remove the pain of powerless means you are forever trying to control the situation around you, this is creating external power.

At the ranch, we know that the only person that can stop us achieving our goals is ourselves. As such, we are also the only ones who can remove the obstacles to creating Light and joy within ourselves.

The more you experience loving parts of your personality such as appreciation, awe of nature, contentment and patience, the more you experience joy. The Universe is full of joy.

At the ranch, we share three things we are grateful for with the community each day, sharing appreciation

is a great way to create joy. The untainted wilderness is the perfect place to experience joy of the moment.