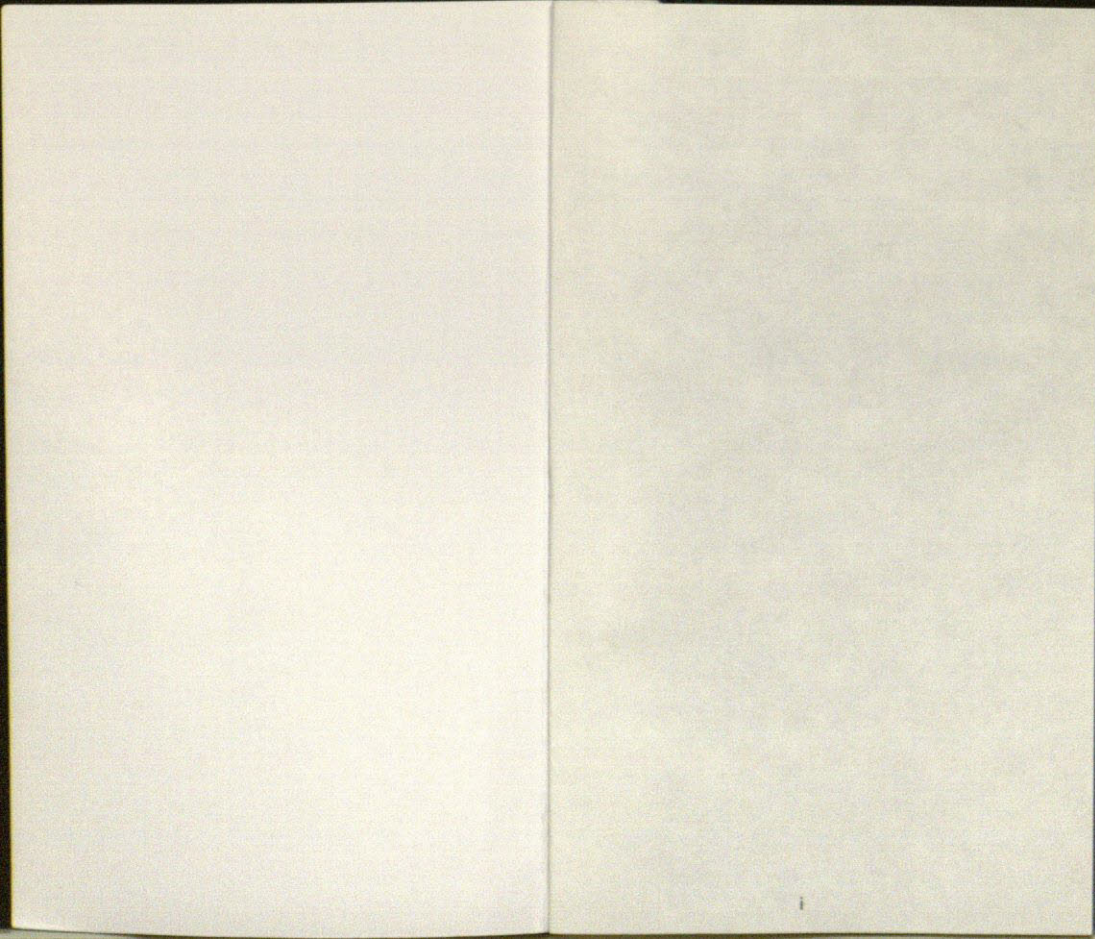


# **Complete, Prosperous and Successful**



**A Guide To Ethics For All People  
by Teo**



## CONTENTS

Introduction .....	1
Part I - I Am Complete. ....	3
Part II - I Am Prosperous. ....	31
Part III - I Am Successful. ....	47
Part IV - Humility and My Ideal .....	59
Diagrams .....	69
Conclusion .....	119

## ACKNOWLEDGEMENT

I would like to thank my teachers, those that have been helpful towards me and those that have shown me kindness. Live, Learn and Be Joyful.

Special thanks to those friends who helped improve this book through their encouragement and suggestions.

I dedicate this book to my family and to the gentleman I was named after, Lieutenant Colonel Ted Harris, USAF (retired).

## INTRODUCTION

Through practice and reflection it is possible to improve our comprehension and utilization of the articles outlined in the following chapters. It behooves us to improve our understanding, development and expressions of these fundamental ethics and eternal immutable realities in order to be more Complete, Prosperous and Successful human beings.

This is your handbook for life, learning and joy.

COMPLETE, PROSPEROUS AND SUCCESSFUL

PART I - I AM COMPLETE

## BETWEEN COMPASSION AND ALTRUISM I FIND LOVE

COMPASSION is empathy toward myself and toward others. Compassion includes the willingness to be helpful. It is the preference that all be allowed to live, grow and find enjoyment. It includes patience, caring, kindness, mercy, nonviolence, not causing distress or pain and not killing. Normally, harm directed toward myself or others is caused by unfounded fear or ignorance. By overcoming fear and ignorance Compassion can be better expressed.

Compassion is concern for the well being of others and myself expressed in thought, word and deed. However, I need not be concerned about how others lead their lives. Compassion includes respect for individual differences and allows for others to make their own evaluations and act according to their personal beliefs.

ALTRUISM promotes behavior that is considerate of others and provides for the most benefit to all. It is based on the concept that all Creation is united or connected. Altruism considers treatment of others as being equally as important as treatment of myself. It includes selfless service and accomplishment of my duty without attachment to the results, without consideration of reward or fame. Duty is fulfilling my responsibilities, helping my neighbor, and making the world a better place by doing what I understand to be proper in any situation that arises.

Accomplishing actions that benefit all without harmful repercussions is a skill that can be learned and practiced. By acting in an Altruistic manner I increase my usefulness to others and contribute improvements to the world. Through Altruistic behavior I can express my inner beauty and enhance the beauty of the world around me. When my actions are dedicated toward using my talents and resources to benefit the world without any expectation for reward, it is easier to experience joy in each and every moment.

## LOVE TOWARD ALL

Compassion and Altruism contain between them the essence of Love for my fellow beings and for myself. It is possible for me to experience and express deeper levels of this universal concern through sincere application of Compassion and Altruism in my life. By unconditionally evaluating my behavior against the standards of Compassion and Altruism I can learn how to increase my expression of Love Toward All and allow for the expression of joy in the world.

Love for my fellow beings can resolve conflict and overcome mistaken perceptions that lead to conflict. Any person or group experiencing disturbances need only seek greater expression of this Love Toward All to resolve their troubles. The cornerstones of Compassion and Altruism provide guidance on how to behave toward others and provide guidance on how to react to the big and small challenges I might face on a daily basis.

Acting with Love Toward All allows for joy in my life and in the lives of others.

Seeking and pursuing the Compassionate and Altruistic way resolves any and all disturbances in my life and cultivates the proper environment for joy to be experienced in my life and in the lives of others.

## COMPLEMENTARY PRINCIPALS OF COMPASSION

There are principals to live by because they allow others and me to enjoy life with the potential to be free from suffering, pain and violence. By adhering to these principals I ensure respect of my individual rights and my responsibilities as part of Creation. These principals are consistent with Compassion. These principals in the order I can apply them are:

**TRUTHFUL** in all things. By being honest with others and myself I maintain my integrity. I do not take credit when it belongs to others, and I provide credit where it is due. I eschew dishonesty, quibbling and misleading acts. Just as I do not wish to be deceived, I do not deceive others.

I seek the Truth in my life. I honestly evaluate my experiences. I seek to learn, enhance my awareness of reality and replace narrow or incorrect beliefs, assumptions and simplifications with greater awareness of the Truth. I unlearn incorrect teachings and break patterns that are based on information that is incorrect or not in accordance with my clearest interpretation of the laws of Creation.

I recognize that my written and spoken words contain potential and power. Being dishonest or insincere with my words dissipates this power. I maintain consistency between my verbal and nonverbal communication. I walk my talk. I live a life of integrity and honor.

**TRUSTWORTHY** at all times. I demonstrate Trustworthiness by not taking what is not mine and by not taking credit for what is not mine. I do not steal. I bestow recognition for what has been provided for me. I remain reliable and consistent. I take responsibility for my actions. My actions are consistent with my beliefs.

When I need to Trust others I release any tension and surrender those things that are not under my responsibility. Mutual Trust and respect is essential for cooperative activities.

I Trust the perfection of Creation. I know if I plant and nurture a flower seed, then a flower will bloom. I know if I allow weeds to grow, then more weeds are likely to spread. If I act with indifference or selfish motives then it is likely these qualities will be increasingly reflected in my life. If I show Love Toward All then I will have more of this Love in my life. Furthermore, I obtain the benefits of Love Toward All only when I pass it on.

I have patience and Trust that the universe will reflect back to me the same qualities I express in my life. I release anxiety and allow the perfectly functioning laws of Creation to operate. I Trust that everything will develop and unfold in the proper manner.

MODERATION. Temperance. Equilibrium. I remain in charge of my senses and my deeds. I seek the middle course, a happy medium or that harmonic point that provides

for a comfortable balance. I follow limitations that I determine are appropriate for me. Integration of all the articles described in this book prevents becoming fixated or having to overcompensate for any single aspect of my development, which might otherwise be subject to neglect.

My attention is balanced between the external universe and my individual life, growth, and joy. I realize that my perspective of the outside world is a reflection of what I understand is true about myself.

I can shift perspectives back and forth between how others might perceive situations and events and how I might perceive situations and events. This allows me to avoid being overly preoccupied with a selfish perspective of the world. I practice tolerance.

The incentive for my emotions, thoughts and actions is neither selfish nor selfless. I will find acceptance and joy will be easier to experience when I find the equilibrium that is correct for me.

I carefully maintain a healthy balance between activity and relaxation. Excessive alertness leads to tension, and excessive relaxation leads to dullness. Adjusting my equilibrium and compensating for pain allows for past injuries to heal and prevents further injury.

Moderation includes not excessively fixating on any objects or sensations. Fixation on objects or sensations is less likely if there is equal attention to my needs and the needs of others. Temperance is assured when I limit myself to satisfying only my true needs. Moderation fosters symmetry, alignment and harmony in my life.

**SIMPLIFY.** I Simplify my life to avoid confusion and disappointment. Simplification enhances my opportunity to experience greater attention to the beauty already within the universe and the peace already within me. I witness the events of the world, but I seek not to become entangled or bound to these events. I avoid generating expectations in order to avoid disappointment and frustration.

The proper solutions to challenges I face tend to be Simple rather than complicated. I seek the straightforward solution to a problem rather than a complicated and potentially confusing way out.

An important realization is that every manifestation in the physical universe has a beginning, an existence and an end. Happiness and sorrow are interconnected and can be triggered when something I would like to permanently possess first manifests and eventually disappears. Fixation on external pleasures and personal gratification is a form of possessiveness and leads to suffering and the eventual realization that possessions do not bring joy. Possessiveness can lead to misidentification of the self with objects or senses, miscalculating self worth in terms of pride or material accumulations, and allows for the manifestation of fear that these accumulations will be lost in some way. Simplicity recognizes that material possessions, riches and positions with status do not necessarily bring joy and allows for the understanding that others might have a greater need or use for these things.

I realize my time on earth is limited. Some unknown day will be my last, and any day could be my last. Therefore, I live fully in the present moment and do those things that truly bring me joy. I avoid the temptation to live in the past or the future. I avoid being overly concerned with the perceptions of others or trying to please others. Through Simplicity I maintain a natural childlike approach and live each day to the fullest.

I continuously work to Simplify my life. Simplicity, non-possessiveness, and non-attachment allows for equanimity in all experiences.

## COMPLEMENTARY ATTITUDES OF ALTRUISM

There are guidelines for my personal conduct that can assist me to see and achieve the most benefit to myself and to others. In order to improve the universe, I must start by improving myself. Each individual can use his own discretion and interpretation to apply

the following attitudes in his life. These attitudes are consistent with Altruism. The following are the personal observances, in the order they are normally applied, from which I can be led to realize the most benefit for both myself and for the group:

PURITY is expressed through cleansing of the environment, the home, the body and the senses. It is a continuous process, which needs to be continued or repeated at regular intervals. Contained within Purification is renewal and unlearning flawed teachings or perceptions that are not in accordance with my clearest interpretation of the laws of Creation.

Purification includes the exercise of disregarding the temptations of excess regarding material pleasures, power over things or intolerance of others in order to quench those hungers. Purification also can be achieved through yielding to these temptations of excess since the hunger is either satisfied or the hunger is burned off through learning the true cost to achieve the pleasure, power or influence.

Purity includes calming the senses and refining their operation. I choose to live in a place with pleasant surroundings. Activities that stress, agitate or upset my body, my mind and my emotions are discontinued.

Through Purification I can more easily discriminate between those outside influences that are beneficial to others and myself and those influences that are not beneficial. I throw off that which is unfavorable, limiting or wasteful. Through Purification I learn what is best and beneficial is whatever allows others and myself to experience and express increased peace in each and every moment.

CONTENTMENT with the perfection of Creation. Contentment is the realization that peace is a state of being within myself. I accept myself as I am, and I accept things as they are. True and lasting Contentment can't come from things or situations outside of myself. Only mistaken perceptions that are allowed to exist can separate me from the joy available in each moment. It is of the utmost importance to recognize the true source of Contentment.

It is possible to be Content with what Creation has brought into my life thus far. Through surrender and submission, the events manifesting in my life become my guide and teacher. I accept what is developing in the present moment. Rather than resist, I remain flexible and open to whatever experiences come to me. It is important to always maintain the attitude that I can learn, develop and improve myself from all of my life experiences. I can enjoy my current state of affairs. It is critically important to participate in those activities that enhance my sense of Contentment.

MOTIVATION toward life, development and joy. This is enthusiasm to express myself as a unique individual, to improve my character and to fulfill my responsibilities as a part of Creation.

I embrace reality, and I do not deny any of my experiences. I accept, and appreciate, the challenges I face as opportunities to learn how to overcome obstacles and continue my development. I apply self-discipline and accept what I perceive as difficult, along with

pleasant experiences, as I develop and grow. Having the attitude of accepting the difficult along with the pleasant usually means I have to open up, evolve and learn from the reality or lessons of life that the difficult situation reveals to me.

STUDY of the ever present universal laws; Study of the interdependence of all of Creation; and Study of myself. I recognize others may have traveled the same or similar paths I travel, and I remain open to learning from their teachings in order to enhance my own development. I benefit from those who have already traveled the paths I travel.

I have a beginner's attitude. I practice critical self-reflection. I observe myself as I carry out my activities and objectively analyze my behavior. I learn through both direct physical experiences and abstract mental reasoning.

Study leads me to increased understanding and internalization of how the immutable laws of Creation operate and manifest themselves in the physical universe. These laws of

Creation are all powerful, and they function at all times and in all locations. I learn how each and every action leads to reactions that impact others and myself.

I Study both suffering and joy in order to learn and grow. Study followed by practice leads to mastery of the laws of Creation and operation of the physical universe. I Study and learn non-attachment and discernment. Study is necessary in order to become a Co-Creator in this universe.

I remain willing to share any newfound knowledge with those who are close to me and with those who express an interest.

## CONTROL OF THE PHYSICAL AND SENSES ENHANCES MY COMPLETENESS

In addition to the benefits coming to me through the application of these principals and attitudes, there are also physical and sensory practices to enhance my Completeness. Orienting my physical and

sensory capabilities toward better understanding the true reality of the world and the universe increases my awareness, enhances my consciousness and improves my ability to determine what is best for myself. This is preferable to directing physical and sensory capabilities toward obtaining material pleasures, power over things, or Control of others. These objectives invariably lead to suffering and distract a person from properly expressing themselves in the present moment. Through Control or discipline the practices described below can heighten my life experiences, my growth, and my enjoyment of all of Creation.

WELL-BEING is maintained by protecting my environment and myself. I recognize that I have Control over my actions. I act responsibly and take care of myself. I seek out a diet that is agreeable to me, and I take in nourishment that is locally grown, fresh and promotes physical health. I rest when I sense my body is tired. I practice a form of exercise that enhances strength and flexibility to maintain powerful muscles and connective tissues, and enhances alignment

and symmetry to maintain equilibrium in the spinal column and the extremities. With power and equilibrium it is possible to reach my maximum potential. The exercise I practice is comfortable for me, promotes circulation of nutrients and energy throughout the organs, tissues and muscles, and promotes elimination of waste products from my body.

Well-being and physical health allows for alertness and proper relaxation, which enable pursuit of the subsequent disciplines. Care of the physical body is equally important as any other guidance provided in this book.

#### BODY AWARENESS and CONTROL.

Various methods exist to ensure my body is operating according to conscious and unconscious directions and to understand the limits of my ability to Control these inputs. The practice of Awareness and Control enhances my understanding of the corresponding physical and sensory functions and limits of the body. Through Awareness and Control I can identify and avoid events and situations that disturb my desired states of Well-being and joy.

The clearest and most advanced single method of exercising Body Awareness and Control is via watchful Control of the breath. Breath is ever present in my life from birth to death. Breath provides a direct connection to a vital life force necessary for physical survival. I practice maintaining Awareness of the breath and learn to Control my inhalation and exhalation. The breath serves as a bridge between my body and my senses. Proper breathing can preserve the maximum vitality of my body and my mind. Control of the breath benefits my development of Body Awareness and Control.

SENSORY CONTROL means being in charge of the operation and direction of my senses, rather than letting them run wild, and balancing the orientation of the senses to achieve both inner awakening and outer attentiveness. Sensory Control enables me to use my senses more efficiently and effectively, and also enables me to provide my senses a rest when appropriate.

The senses include the familiar senses of touch, taste, smell, hearing and sight. With

the assistance of the brain and nervous system, I process my sense perceptions with objective logic to arrive at mental decisions. As a result of the reactions of the endocrine glands I synthesize these sense perceptions with my subjective impressions to arrive at emotional states.

Unfortunately, many people conclude that their mental or emotional constitution is the identity of their being. This is a common error because many people fail to evaluate this view objectively, and most people have not yet achieved a clear perception of their core being. An individual's essential being is fully developed and perfect. The individual's mental or emotional constitution is in the process of growing or developing toward a more evolved state as the person matures and learns from life experiences.

Orienting my senses toward outside attentiveness allows me to benefit from my experiences in the world, to learn about the universe, and to better understand the immutable laws of Creation. Orienting my focus toward inner awakening allows me to

unravel endless layers of my own uniqueness, develop my potentialities and results in increased opportunities to be in contact with the joy that exists within me.

By relying on mental decisions, emotional states and Awareness, I can work to resolve issues in my life. Unresolved issues will continue to be a source of blockage and pain until I improve my understanding and learn to deal with these issues in the proper manner.

Control of the mind and emotions increases a person's ability to live in the present moment. The mind and the emotions are tools that should be used to select a course of action and then carry out the course of action selected. Too often the mind or the emotions can run out of Control and consume a person's attention by daydreaming about the future, reflecting on the past, or becoming stuck on rerunning an emotional event. These practices are dysfunctional and rob a person of experiencing present moment consciousness. The ability to experience the present moment allows for the cultivation of maximum enjoyment of life.

CONCENTRATION depends on the ability to select a single concept or state of being and direct all of my attention on maintaining this point of focus. This article is a natural progression from the previous article of Sensory Control since it requires practice to stop anything from disturbing my focus and reflection on the single point of attention. Depending on the chosen point of focus, multiple senses, a single sense or total sensory quiet might be required. The single pointed attention of Concentration is used to focus my Awareness and Control in order to delve into and comprehend the subject of interest.

A natural reaction may be for me to drift from the starting state of single pointed attention and engage unneeded senses or move on to subsequent subjects of interest. Concentration involves training myself, or exercising Control over myself, to gently yet promptly return to the starting state of single pointed attentiveness rather than let the senses wander.

Concentration requires that I first

develop Body Awareness and Sensory Control. Then I can develop the skill to quiet each of my senses until singular sensory attention can be maintained and all of my remaining senses are silenced. I forget myself, and I forget my practice of Concentration: my attention is focused on a single concept or state of being.

The most advanced state of Concentration is graduating from this state of singular sensory attention to the state of total sensory quiet and silence. Sensory quiet allows me to experience a state of no mind, presence and peacefulness.

Sensory quiet allows me a clear view of who I am and allows my inner organizing intelligence, the perfection at the foundation of my being, to express or reflect itself onto my consciousness without the hindrance of unnecessary physical or sensory distractions. I must be willing to listen to and reflect the state of perfection and peace within myself. My essential being communicates in whispers. I cultivate my ability to contact the still, small voice within myself.

INTEGRATION is incorporating the subject of my Concentration in all aspects of my life. It involves orienting all possible aspects of my body and all of my senses toward the single pointed subject of Concentration. This allows for increased or constant sensory Awareness toward the topic of interest and the constant flow of the subject of interest toward my senses. The subject or topic can be studied and felt, or it can be looked at or photographed, tasted, smelled, listened to, touched, written down, repeated or whatever is necessary to Integrate it further into my life. Integration is the attempt to take the subject and to the best of my ability immerse myself in it, master it or absorb it into my being.

ENLIGHTENMENT is awaking to a non-duality-based consciousness. My perspective likely shifts, and I can perceive the unity that exists within myself, the single pointed subject of interest and all of Creation. Enlightenment is the realization of the connectivity between the individual and the subject of interest in an interdependent universe. I can perceive both the

consciousness of an infinite universal view and the Awareness of the perception of duality that can exist in the finite physical world. This illumination is a natural outcome when Well-being, Sensory Control, Concentration and Integration are practiced.

Enlightenment raises my perceptions to a higher more refined state of consciousness. As I continue to grow and develop, my Awareness expands to a consciousness. I grow from comprehending concrete concepts to understanding more and more abstract concepts. I awaken to the unity of all Creation.

With Enlightenment I am able to recognize the connectivity between myself and any and every topic I choose for Concentration and Integration. Furthermore, I have learned about the subject of interest, and I know that any subject of interest and I are no longer two separate entities but are connected, interdependent or united. Enlightenment includes the realization that I am already Complete. With Enlightenment I can experience increased joy in the present

moment and better express my unique individuality in my life.

These articles pertaining to Completeness are unique in that they can be practiced and explored without repercussions from excess. With the application of these articles I can overcome indifference, selfish orientation and misperceptions of separation to establish greater Love Toward All and interconnectivity with any or all aspects of Creation. Existing Completeness is enhanced. Any misperceptions of incompleteness or separation can be addressed and overcome.

COMPLETE, PROSPEROUS AND SUCCESSFUL

## PART II - I AM PROSPEROUS

## I AM ALREADY PROSPEROUS

I have already obtained the blessing of life. My life force is one form of Prosperity. I have my current level of health, which is also a form of Prosperity. I have my income from my work, or my potential to gain income from work, another form of Prosperity. It is also possible that I have some wealth that I have been able to accumulate due to my Prosperity. I live in a universe full of Prosperous beings and that is overflowing with abundance available to me.

## CHANGES IN ME LEAD TO CHANGES IN MY PROSPERITY

Before anything can materialize it must first be conceived. The same is true for Prosperity. The following articles describe the process of conceiving Prosperity to facilitate its materialization.

**WILL TO TRANSFORM.** In order to allow different forms and different quantities of Prosperity to manifest in my life it is

necessary to replace old patterns with new patterns. This first step requires surrendering limited Prosperity perspectives. I must let go of attachments and habits associated with old patterns of behavior. This allows a void to form. The void allows Transformation, a higher Will, and increased Prosperity to manifest in my life. I prepare myself for opportunities that can lead to greater Prosperity.

PRAYER can be used to express thanks. Prayer is also a method to prepare myself for something new. I use Prayer as a method of shifting my perspective regarding the appearance of particular circumstances. With Prayer I fill all levels of my being with new concepts that I intend to manifest in my life. I recognize that each and every thought is a Prayer, so I take care with the feelings and thoughts I allow in my heart and mind. Prayer includes methods of visualization, which prepares me to accept increased levels of Prosperity. Prayer acknowledges and activates the qualities that are necessary to manifest increased Prosperity in my life.

In addition to making Changes in my life, Prayer is also a method to allow Changes to occur in my life. Prayer includes letting go of my own fixed concepts of how things are or how things should be, and allowing alternative, improved or preferable possibilities to emerge. Prayer is any effort to access or harness the laws of Creation in my life that are higher or more powerful than the laws of Creation that have been manifested in the past.

In addition, Prayer can assist others in making Changes in their lives. Holding in my mind and heart an improved vision of the capabilities and circumstances of others can assist them. My improved vision for others supports and encourages them whenever they themselves conceive it is possible to improve their own capabilities or circumstances.

## RECEIVE PROSPERITY IN HEART AND MIND

THINK Prosperous. I use my mental powers to imagine increased levels of Prosperity for myself. The more vivid and

realistic the imagination is, the more powerful it is. The use of mental powers to visualize increased Prosperity is a method of purging Thoughts that are less Prosperous than I seek to be. Visualization should be as robust as possible, seeing Prosperity as real and accomplished in my life.

FEEL Prosperous. I emulate those Feelings I would have when the increased Prosperity is manifested. I allow myself to Feel Prosperous. Use of emotional powers to Feel increased Prosperity as accomplished in my life is a method of purging Feelings that are less Prosperous than I seek to be. I know in my heart I am worthy of any level of Prosperity I seek. My Feelings of Prosperity are just as important and powerful as my Thoughts of Prosperity described above.

In the section on Completeness the techniques and power associated with Control of the senses and maintaining a single point of focus are reviewed. These abilities to Control the (mental and emotional) senses I have developed in myself can also be used to cultivate Prosperity - Thinking Prosperous

and Feeling Prosperous - in the present moment.

BELIEVE in Prosperity. I sense Prosperity manifesting in all of Creation and in all of the universe and Believe (THINK and FEEL) the same laws of Prosperity can manifest in my life. I deny lack and affirm abundance. I expect Prosperity. I Think and Feel enthusiastic. I experience my ability to manifest Prosperity in my life: I act in a Prosperous manner as the Prosperity begins to manifest.

I affirm my Prosperity in Thoughts, in Feelings and in my speech. Repeat "I am Prosperous.: Repeat "I am Wealthy." Repeat "I am Healthy." Repeat "I am Powerful." I affirm whatever form of increased Prosperity I seek in my life. Because I am Complete and practice authenticity I understand that my words carry increased potential and power for Prosperity to manifest for me.

The more I Believe in my Prosperity, the more I can Receive the Prosperity awaiting me. I sense my Prosperity manifesting.

When my Thoughts, Feelings and Beliefs regarding my Prosperity are so strong that I can visualize, emulate and verbalize my impending Prosperity, then Prosperity can't help but manifest in my life.

To Transform my current level of Prosperity I need to adjust how I Think, Feel, Believe and subsequently act. Increased Prosperity perspectives unavoidably lead to increased receptivity and materialization of Prosperity in my life.

## RECEIVE PROSPERITY THROUGH GIVING

**GIVE.** The ability to Give signifies I have something that can be shared. It signifies I have been a Recipient of Prosperity, experienced abundance, and therefore have the potential to Give. By Giving I can expand my thoughts and emotions beyond concerns about myself to include thoughts and emotions of others and caring for their needs. Charity and generosity are natural expressions of Giving. Immediate benefits of Giving include increased affection,

nobility, reputation and self confidence.

Prosperity must be able to flow into my life and out of my life. Once I understand Prosperity needs to circulate in and out of my life I can expand my understanding to comprehend the possibility of increased levels of Prosperity continuously circulating in and out of my life.

By virtue of being alive I know the life force is flowing in. I need to Give to ensure the necessary circulation continues. Since I have already Received the gift of life, anything and everything I Give can only be a portion, a subset of this original life gift. With this perspective I can understand there is a balance between my Giving and Receiving. My Giving can potentially be endless and does not need to be limited.

Tithing is another way to understand the notion of Giving. By tithing I acknowledge the need to return a portion of what I Receive to the origin from which it came. In this manner of returning some seeds to the ground I continue to experience harvests in the future.

Another person who consumes everything they Receive does not have the seeds necessary to initiate the next harvest.

**FORGIVE.** Forgiving is equally as important and equally as powerful as Giving. The word Forgive can be broken down and understood as "GIVE-FOR," meaning to GIVE the best possible reaction FOR treatment I find disagreeable or clumsy: To respond (GIVE) in a way I understand to be the most Compassionate and Altruistic in response to (FOR) treatment I understand to be less than fully Compassionate and Altruistic.

It is easy, and most everyone understands the principle of being Compassionate and Altruistic when I receive Compassion and Altruism from others. What may be challenging is to realize the importance and have the maturity to be Compassionate and Altruistic when I experience behavior from others that I perceive to contain elements of indifference and selfish orientation.

As described in the previous section, the

articles of Prosperity require me to let the Prosperity flow out so additional and potentially increased Prosperity can flow in. Just so, it is equally important to release that which I do not wish for in my life so that which I would like more of has room to flow in. I let go of experiences or events not to my agreement. I do not hold on to them, but turn them into experiences and events that are consistent with my highest objectives. I use these experiences as an opportunity to enhance my Prosperity.

Rather than propagate planting seeds and harvesting fruit of discontent and selfish behavior, seize the opportunity to plant seeds of Love Toward All. I Visualize and manifest increased levels of Compassion and Altruism where they did not previously exist. Giving (or taking) an eye for an eye, or a tooth for a tooth, keeps me at the same Prosperity level. I release and replace any anger in my life with Forgiveness. I release the past and prepare for the future. The ability to turn the other cheek and respond in a more Compassionate and Altruistic manner alters the flow of Prosperous energy to allow

increased Prosperity to manifest for me.

I Forgive others. Forgiveness allows for individual differences and allows others to reason and act in different ways. I do what I understand to be proper in any situation and do not allow the mistaken behavior of any person to distract me from my duty.

It is also important to apply Forgiveness in my own life. I need to Forgive myself just as I Forgive others. I need to atone for any mistakes I have made in my life. Some amends I can make immediately, others come in time when the opportunity presents itself. What is important is for me to hold the proper state of Forgiveness so errors do not remain errors but can change into something more perfect.

GRATITUDE is important to have in anticipation of Receiving Prosperity. Whatever I Give Thanks for will multiply or manifest in the physical world. Give Thanks, be Grateful before the Prosperity arrives. Also Give Thanks for what I have already Received and what it has allowed me to do,

experience or accomplish. I understand Giving is an important component of Prosperity, and I understand Receiving with Gratitude is equally necessary so that others can have the experience of Giving.

Giving Thanks helps to reinforce my Prosperity and helps me overcome misperceptions of lack. Expressing ever increasing levels of Gratitude raises my responsiveness and makes it less likely to take anything for granted. I remain Grateful for all the blessings in my life. I release and replace any grieving in my life with Gratitude. If I find it challenging to be Grateful for what I have, then I Give Thanks for what I do not have and do not wish for.

I also remain Grateful for opportunities to help others. This is an attribute that corresponds to my Giving. It is an act of Giving Thanks for the increased Prosperity, which comes to me through Giving to others.

GRATITUDE. Be Grateful for the opportunity to help myself. When presented with an opportunity to Forgive, I experience

one of the greatest opportunities this universe can provide to me. I "turn the other cheek" and Forgive another in response to treatment I understand to be less than fully Compassionate and Altruistic. This clears the way for any of my own actions, which may have fallen short of the standard I set for myself, to be Forgiven.

In this universe of action and reaction, my trespasses are Forgiven just as I Forgive those who trespass against me. When someone treats me in a less than model manner I can be Grateful for the opportunity to Forgive. By doing so I demonstrate for the other person (and for myself) a better way to act. For this opportunity I can be GRATEFUL (or FULL of GREATness) and act accordingly.

RECEIVE my Prosperity. I agree to my Prosperity. I affirm I will Receive the Prosperity intended for me. I recognize my Prosperity is a result of my Giving and Gratitude. I remain open to Receive more so I can be more Grateful and Giving.

I practice affirmative self-talk. Repeat "I

am Receiving Prosperity." Repeat "I am Giving and Grateful and Prosperous." Repeat "I am Receiving energy, health, wealth and affection in increasing quantities." Use terms such as "I am, I have, I enjoy." I repeat my affirmative self-talk aloud, repeat it to myself, or even write it down as often as I need to or like. I eliminate disparaging self-talk.

If necessary, I draw on my Thinking and Feeling and Believing attributes described in the previous section to lay claim to my Prosperity. I surrender all anxiety and resistance and Believe I have every right to Receive the Prosperity coming to me because I remain Giving and Grateful. I Believe I am a person who is very Receptive to Prosperity.

COMPLETE, PROSPEROUS AND SUCCESSFUL

PART III - I AM SUCCESSFUL

## SUCCESS IS BUILT UPON THE FOUNDATIONS OF COMPLETENESS AND PROSPERITY

I build upon the foundations of Completeness and Prosperity to achieve Success. As a Complete person I have all the talents necessary to work toward achievement of a situation or role I seek for myself. As a Prosperous person I can generate the abundance that fuels the effort needed. Being Complete and Prosperous, I am prepared to capitalize on opportunities when they arise.

Success is a form of self-realization as it allows me to externally express my uniqueness and the attributes I have internalized. Success also allows me to put to use my Completeness and Prosperity for the benefit of others and myself. Being Successful, I make use of my knowledge of the laws of Creation and how these laws operate in various environments. I break away from artificial limitations. I seek to learn and discriminate between the real world and any distorted illusions.

## CULTIVATE THE RELATIONSHIPS THAT SUPPORT SUCCESS

Success requires interaction with others or undertaking projects that benefit others. Interaction with others requires selectivity and cultivation of the quality Relationships supportive of the Success I seek. Like-minded fellowship and cooperation promotes growth in the direction of my choosing. I show appreciation, respect and friendship toward those with whom I would like to establish a Relationship, those who are compatible and those who are supportive of my Goal. I limit or disregard those Relationships that distract me from my Goal. Although I practice selectivity regarding Relationships, I continue to be Compassionate and Altruistic toward all with whom I interact. This allows me to cultivate equanimity in Relationships.

## AIDING OTHERS PROVIDES A FIRM BASIS FOR SUCCESS

The corresponding attributes of Completeness and Prosperity that provide

support to Success are the attributes of Altruism and Giving. Building on this basis of Aiding Others, or making the world a better place to live, I can prepare myself to be Successful in the area of my choosing. I cultivate and use the following attributes to achieve Success. It is possible for me to use the following attributes for the primary purpose of Aiding Others, and afterward achieve Success for myself. By first focusing on helping others I gain confidence to explore, practice and experiment with these advanced talents. Just as I can help others, I can ask for and obtain help from others in order to achieve my Success. Any failures can be viewed as a typical component of the trial and error process that is normal when cultivating a new skill.

## FAMILIARITY, COMMITMENT AND ZEAL LEAD TO ACHIEVING GOALS

A GOAL is a situation, role or association I envision for myself. The situation, role or association involves interacting and cooperating with others in an organization, community or society. In the process of

achieving my objective and carrying out the responsibilities of my position or role I have the opportunity to learn, improve myself, and grow as a person. My Goal exposes me to new experiences that allow me to develop as an individual. Success allows me to contribute to my community while I realize my dreams.

When I establish a Goal I should be as specific as possible. As I work on my Goal it is possible to make adjustments in accordance with any newfound preferences. The Goal I seek is something I enjoy doing. I find it enjoyable because the subject matter is interesting and challenging to me, or because it allows me to interact with the people to whom I sense an attraction.

I do not sacrifice my joy by seeking Completeness or Prosperity through a position or an affiliation. If I have an interest in increased Completeness or Prosperity I must understand that there are other ways I can cultivate these qualities in my life (as described in Part I and II of this book).

FAMILIARITY requires that I dedicate all available and necessary talents at my disposal toward the intended Goal. My attention is not held back or allocated toward seeking another Goal. Focusing the senses allows the mind to address issues related to the Goal. Familiarity includes learning about the costs and benefits as well as the advantages and disadvantages associated with the selected Goal. Through Familiarity I will learn about the modifications that will come about in my life through association with my chosen Goal.

Familiarity includes being as involved and as intimate as possible with the situation or role I established in order to improve my ability to behave properly and fulfill the responsibilities of my position. If actions are needed, they are planned, practiced and accomplished. I learn to walk, talk, and dress my role.

If information needs to be provided, it is accurate and provided in full. If communication is necessary, it is comprehensive. I ask questions and minimize the assumptions I

need to make. When the Goal involves a cooperative partnership with another person then accurate and open communication must flow in both directions.

COMMITMENT is the capacity to maintain focus on a selected Goal as long as necessary for its realization. An important component of Commitment is selecting a Goal that is a priority for my life. Commitment includes the tenacity to squarely face any issues, persevere and overcome challenges. Necessary actions lead to establishing new habits. Counterproductive actions are discontinued. I remain consistent and dedicated.

Commitment means the Goal is not abandoned. As long as I stay Committed, opportunities will continue to manifest in my life. Commitment also means once the Goal has been realized I practice the necessary forbearance and dedication to ensure it is maintained, to ensure the situation, role or association is not lost.

ZEAL is like a fire, zest or hunger that generates the energy to reach the Goal I set for myself. Dreaming provides the power to get me started. Longing fills me with drive to continue actions. Perseverance keeps me engaged until I achieve completion. The energy level can vary from low (Desire) to high (Passion).

Dreams and Desires provide me the initial indications of the experiences that will or can become part of my life, growth and joy. I respect and act on these signs and signals as they come into my life. I make plans according to my Dreams and Desires. Passion draws me through life toward the Goals I have established for myself. I continuously tend to the needs of the Goal I have established. I remain optimistic in order to cultivate the maximum results.

Zeal is engaged when involved with experiences I consider special, pleasurable, or exciting. Experiences I enjoy are both interesting and challenging. To be Successful my Goal needs to provide me experiences I find interesting and challenging. For this

reason I select a Goal for myself; no one else should be allowed to select my Goal for me.

## INTUITION, CREATIVITY AND COURAGE ARE NECESSARY FOR SUCCESS

INTUITION is the ability to sense subtle influences, perceive insights and elect a course of action based on extremely limited or partial information. I use my judgment to select and follow a course of action based on limited or partial information. When I decide I follow the path that seems appropriate to me.

Intuition involves cultivation of my sensitivity and enhancement of my emotional capabilities. Intuition benefits greatly from the Control of the senses I develop as part of my Completeness.

CREATIVITY is the ability to realize new concepts or solutions and then express these new realizations. I can expand my perspective to perceive the world in a new, more accurate, more comprehensive way.

Creativity enhances my knowledge and wisdom and moves me to a higher level of perception. I realize it is up to me to Create my own Success.

Creativity involves cultivation of my perception and enhancement of my mental capabilities. The experience of generating increasing Prosperity can be of benefit and serves as an example for me to generate increasing Creativity in my life.

COURAGE is the ability to try something new or to take an action that contains the element of risk. To reach a Goal I have never reached before I need the Courage to attempt and accomplish actions I have never accomplished before. Courage allows me to initiate action when I have only partial information and no guarantee of Success. I understand that things will never be perfect, so I make my move when there is sufficient opportunity. I begin with the expectation that the remainder can manifest. Sensations of risk and associated reactions serve to confirm new experiences are underway and my growth is continuous.

Courage contains the elements of self-confidence and self-assurance that empower me to accomplish the same or similar Success others have accomplished. Courage also contains elements of self-confidence and self-assurance to achieve Goals that are beyond what others have accomplished before me. I have the Courage to do what others have not yet done in order to achieve Success others have not yet achieved.

I have the Courage to cooperate with others. I have the Courage to limit my competition to setting more demanding standards for myself.

Even after a Goal is achieved my growth continues. Through fulfilling responsibilities and interacting with others as required by my position I learn how compatible I am with the Goal I have achieved. As long as I remain comfortable with my position I can continue in the same role. If I sense dissatisfaction, I can pursue other Goals as a Complete, Prosperous and Successful person.

#### PART IV - HUMILITY AND MY IDEAL

## HUMILITY IS DEVELOPED THROUGH MINDFULNESS, RECIPROCITY, AND INTENTION

The practice of Mindfulness, Reciprocity and Intention develops Humility, respect for the equality of all beings, and the understanding that I am no better nor more important than any other person in this world. These concepts provide the foundation for a Complete, Prosperous and Successful human being.

MINDFULNESS of the web of life, the interconnectivity and perfect functioning in all of Creation allow me to more readily experience and express the attributes of a Complete, Prosperous and Successful person. If I recognize that all beings are equally important, that the Laws of Creation apply equally to all beings, there will be greater harmony in my world. With Mindfulness comes the discernment to identify disagreeable experiences I understand to contain elements of indifference or selfish behavior that can be minimized or eliminated.

RECIPROCITY instructs me to behave toward others as I would like others to

behave toward me. Adhering to the tenet of Reciprocity, I can identify how I do and do not wish others would behave toward me. I apply and require mutual respect for others and for their beliefs in all my interactions. When interacting with a group or culture I respect their rules and standards of conduct and expect the same standards will be applied to me or any other individual associated with this group. Through continued reflection I can identify the behavior I should and should not direct toward others in order to behave with increased responsibility and respect. I refrain from thoughts, words or deeds performed in private that I would not like to perform or admit to in the presence of family or in public. I honor every being's right to exist, grow and enjoy life.

INTENTION is an equally important component of Humility. A person presented with a situation can select from assorted types of behavior that may occur to them. In the process of learning and developing (including learning Mindfulness and Reciprocity) a person's ability to evaluate and select what he considers to be the best type of behavior

improves. Behavior prompted by empathy or based on the Intention and expectation of benefiting all concerned is Compassionate and Altruistic. Behavior with the Intention of doing harm or for selfish gain is clearly mistaken. Sincere application of all of the attributes of a Complete, Prosperous and Successful person at my highest level of understanding or belief is necessary to demonstrate proper Intention.

## MY IDEAL IS THE CORNERSTONE FOR BEING COMPLETE, PROSPEROUS AND SUCCESSFUL

MY IDEAL is the purpose to which I dedicate my life. It is the objective that directs how I use my talents and energies. My Ideal influences the long-term direction of my life. It serves as the cornerstone that establishes coordination of purpose and alignment between my Completeness, my Prosperity and my Success. Temporary setbacks and momentary upsets cease to trouble me when I recognize I continue to work toward and support my Ideal in all my activities.

## SUMMARY

I am a Complete, Prosperous and Successful person. Incorrect views of being imperfect, lacking or a failure can be discarded. Confusion about how I function in the universe or frustration, misery and anger born out of misunderstanding can be overcome. Furthermore, I realize I undertake responsibility for everything manifesting in my life.

Completeness, Prosperity and Success are a function of the choices I make. I can live with passion, grow with a purpose and enjoy with grace regardless of the actions of other people or the events of the world. I maintain my Awareness of the ever changing realities in the present moment, and I maintain consciousness of the unchanging reality of the infinite. Through fostering my own Completeness, Prosperity and Success I will unavoidably enhance the world and the people with whom I interact.

All articles have a coherent interrelationship that deserve reflection and attention.

If I look back at my past and project forward into my future, the one unifying theme for understanding the direction in my life is my Ideal. By recognizing and being grounded in my Ideal I can be more efficient and effective in applying myself toward developing my Completeness, manifesting my Prosperity and achieving my position of Success.

It is in my own best interest to dedicate the time and energy to determine what is my Ideal. If I start on a journey but I have not clearly identified my destination, it is possible I can lose myself and wander aimlessly during my travels. I risk losing my direction without a clear understanding of my Ideal.

Documenting, verbalizing, or even visualizing my Ideal is very beneficial. I use my free will to purposefully select my Ideal, and I use my talents and energies to actively work toward it. After I set my Ideal I can also practice surrender and allow those aspects of the universe which are naturally attracted to my Ideal to manifest in my life.

Application in the realm of any article(s) unavoidably has collateral effects on the remaining interconnected articles that impact my life. These articles help me consider alternative courses of action when faced with decisions. I realize I am a part of Creation, and I live in accordance with the highest and most powerful Laws of Creation.

Each article represents a fundamental aspect of my life and serves as a mirror to reflect who I am. Application of these articles in my daily activities serves to establish habits. Decisions and habits lead me into the experiences of my life and determine my opportunities for growth. The experiences I have in relation to each article combine to make for the events of my lifetime.

The articles that serve as the building blocks of Completeness, Prosperity and Success can be studied and mastered to enhance any or all aspects of my being. Any articles that are missing or are not being practiced in my life can be recognized, understood and applied. The missing

connection(s) between my objective and myself can be manifested.

Through Completeness I learn to cultivate my essential uniqueness. Through Prosperity I learn to cultivate the vital energies of life. Through Success I learn to cultivate the establishment and operation of a dynamic system.

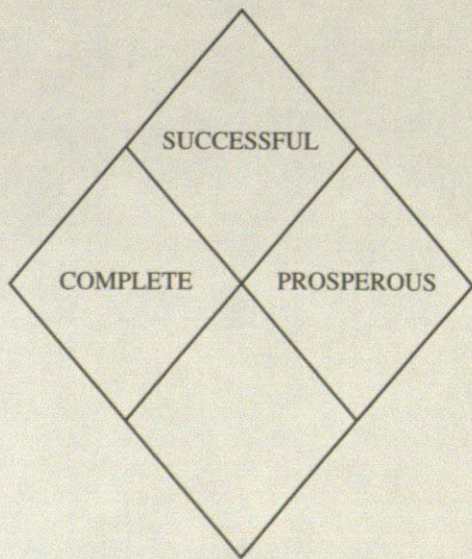
As a Complete, Prosperous and Successful person I have unlimited potential. My ability to recognize and integrate the concepts presented in this book determines my ability to develop my full potential as a human being.

DIAGRAMS

## INTRODUCTION

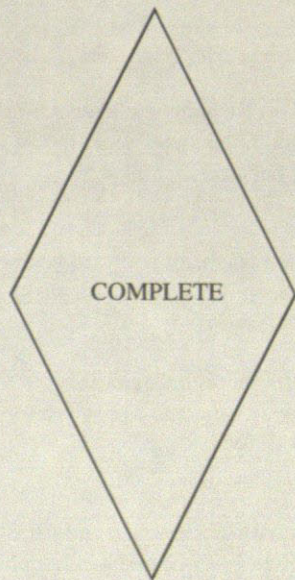
The three qualities of self-fulfillment that every person seeks to understand, to develop and to express are Completeness, Prosperity, and Success.

YOU ARE COMPLETE, PROSPEROUS  
AND SUCCESSFUL



COMPLETE, PROSPEROUS AND SUCCESSFUL

PART I - YOU ARE COMPLETE



The articles of Compassion and Altruism are the first building blocks in our model of a Complete person.

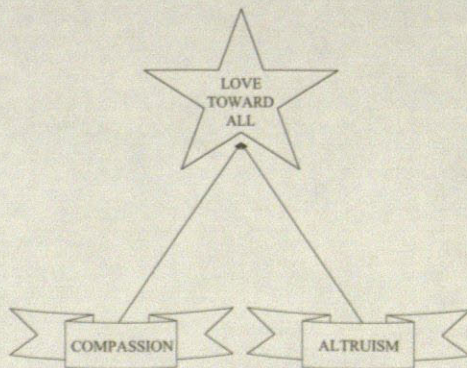
Compassion is empathy toward yourself and toward others.

Altruism promotes behavior that is considerate of others and provides for the most benefit to all.

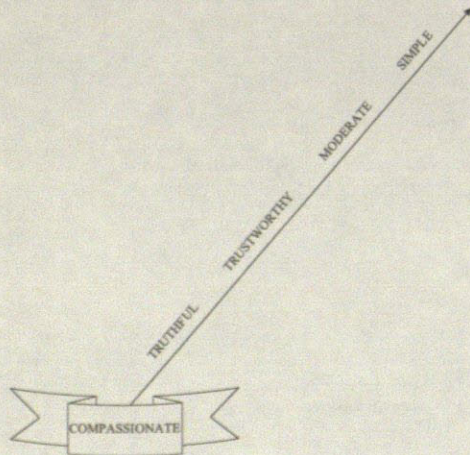
Behaving with Compassion and Altruism allows you to live in a manner that promotes Love Toward All.

## BETWEEN COMPASSION AND ALTRUISM

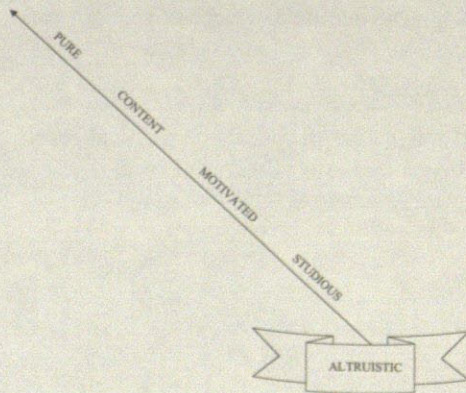
### YOU FIND LOVE



## COMPLIMENTARY PRINCIPALS OF COMPASSION



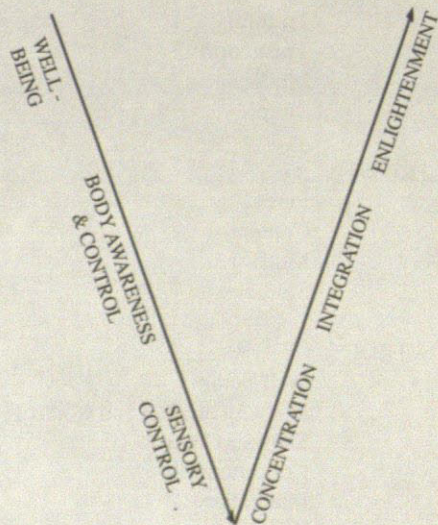
## COMPLIMENTARY ATTITUDES OF ALTRUISM



There are also physical and sensory practices to enhance your Completeness. Through Control or discipline these practices can heighten your life experiences, your growth and your enjoyment of all Creation.

Through Control your existing Completeness is enhanced. Any misperceptions of incompleteness or separation can be addressed and overcome.

## CONTROL OF THE PHYSICAL AND THE SENSES ENHANCES YOUR COMPLETENESS



You are Complete. The building blocks of Completeness are:

LOVE TOWARD ALL

COMPASSIONATE

Truthful  
Trustworthy  
Moderate  
Simple

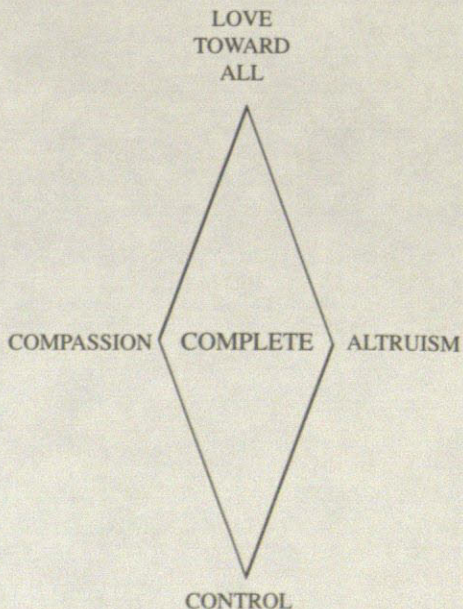
ALTRUISTIC

Pure  
Content  
Motivated  
Studious

CONTROL

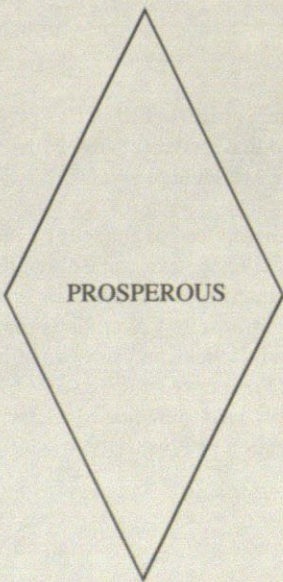
Well-being  
Body Awareness and Control  
Sensory Control  
Concentration  
Integration  
Enlightenment

YOU ARE COMPLETE



COMPLETE, PROSPEROUS AND SUCCESSFUL

## PART II - YOU ARE PROSPEROUS

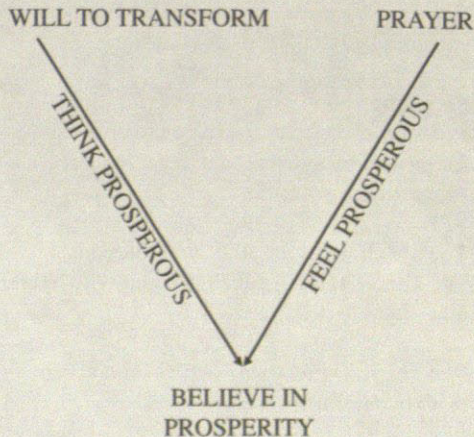


PROSPEROUS

# RECEIVE PROSPERITY IN HEART AND MIND

You live in a universe full of Prosperous beings and that is overflowing with abundance available to you.

Changes in you lead to changes in your Prosperity. Change can come about through Will to Transform and Prayer. These are followed by alterations in how you Think, Feel, Believe and subsequently act. Increased Prosperity perspectives unavoidably lead to increased receptivity and materialization of Prosperity in your life.



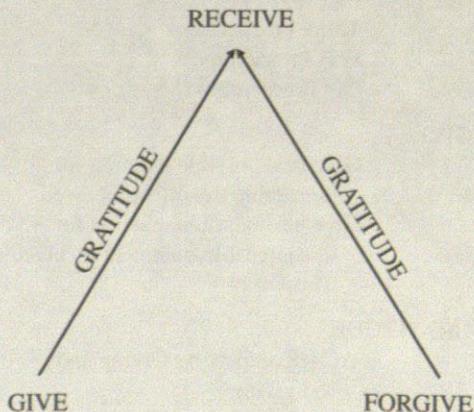
Giving is necessary to ensure that Prosperity can circulate in and out of your life.

Forgiving allows you to release limiting experiences in order to create the opportunity for growth experiences and receive increased Prosperity in your life.

You are Grateful for all of your blessings.  
You Give Thanks for the opportunity to help others and to help yourself.

Receive your Prosperity. Affirm and accept that you are Prosperous.

## RECEIVE PROSPERITY THROUGH GIVING



You are Prosperous. The building blocks of Prosperity are:

## CHANGE

Will to Transform  
Prayer

## BELIEVE IN PROSPERITY

Think Prosperous  
Feel Prosperous  
(act Prosperous)

## GIVE

Give best possible reaction for  
agreeable treatment received  
Give best possible reaction for  
disagreeable treatment received  
(ForGive)

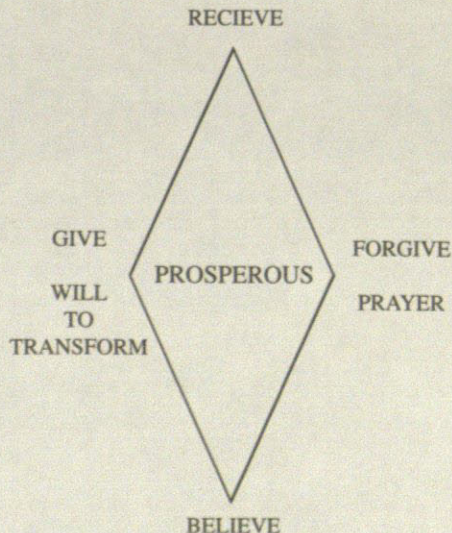
## GRATITUDE

To Help Others by Giving and  
Forgiving  
To Help Ourselves by Giving and  
Forgiving

## RECEIVE

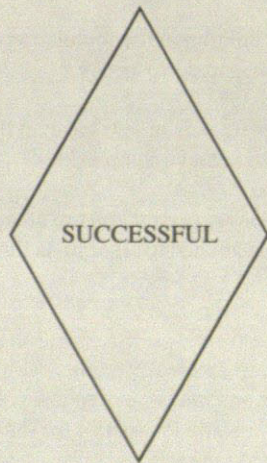
Accept the Prosperity that is  
Coming to You

## YOU ARE PROSPEROUS

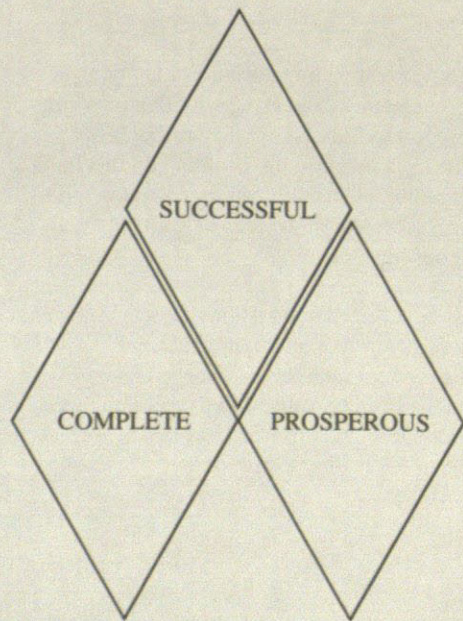


COMPLETE, PROSPEROUS AND SUCCESSFUL

PART III - YOU ARE SUCCESSFUL



# SUCCESS IS BUILT UPON THE FOUNDATIONS OF COMPLETENESS AND PROSPERITY



Success is built upon the foundations of Completeness and Prosperity.

As a Complete person you have all the talents necessary to achieve Success.

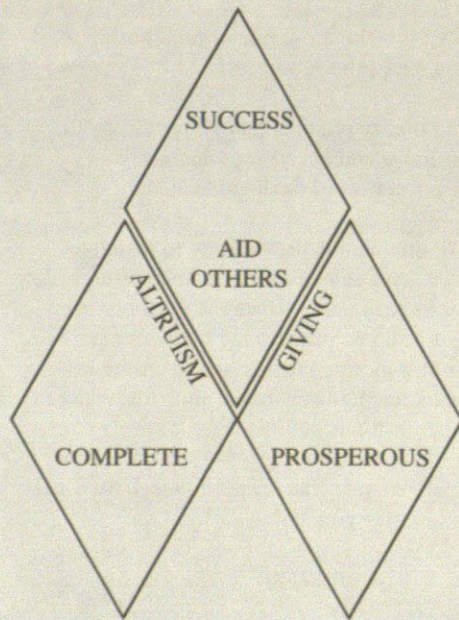
As a Prosperous person you are able to generate the abundance that fuels the effort needed.

Success is a form of self-realization as it allows you to externally express your uniqueness and allows you to use your Completeness and Prosperity for the benefit of others and yourself.

## AIDING OTHERS PROVIDES A FIRM BASIS FOR SUCCESS

The corresponding attributes of Completeness and Prosperity that provide support to Success are the attributes of Altruism and Giving. Building on this basis of aiding others you can prepare yourself to be Successful in the area of your choosing.

By first focusing on Aiding Others you gain confidence to explore, practice and experiment with these advanced talents. Any failures can be viewed as a typical component of the trial and error process that is normal when cultivating a new skill.



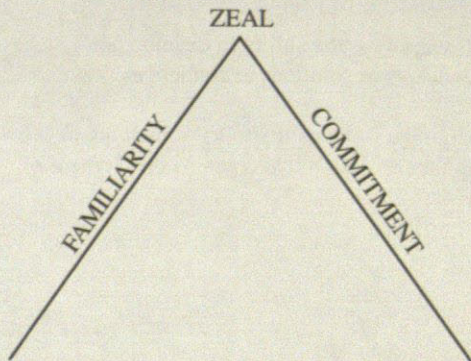
Goal is a situation, role or relationship that you envision for yourself.

Familiarity requires that you dedicate all available and necessary talents at your disposal toward the intended Goal.

Commitment is the capacity to maintain focus on a selected Goal as long as necessary for its realization. Once the Goal has been realized, you practice the necessary forbearance and dedication to ensure it is maintained, to ensure the situation, role or relationship is not lost.

Zeal generates the energy to reach the Goal you set for yourself.

FAMILIARITY, COMMITMENT  
AND ZEAL  
LEAD TO ACHIEVING GOALS

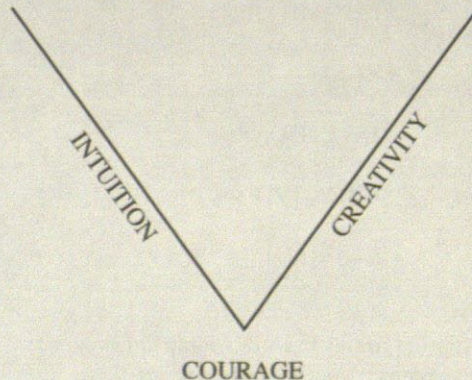


INTUITION CREATIVITY,  
AND COURAGE  
ARE NECESSARY FOR SUCCESS

Intuition is the ability to sense subtle influences, perceive insights and elect a course of action based on extremely limited or partial information.

Creativity is the ability to develop new concepts or solutions to challenges.

Courage is the ability to try something new or to take an action that contains the element of risk.



## YOU ARE SUCCESSFUL

You are Successful. Success is achieving a GOAL using the following building blocks:

FAMILIARITY

COMMITMENT

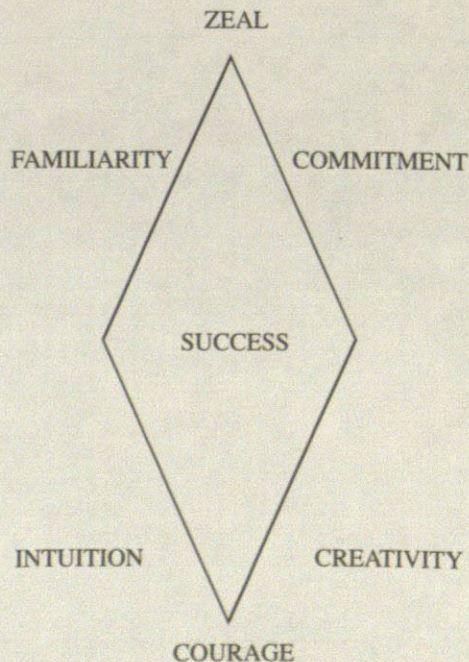
ZEAL

INTUITION

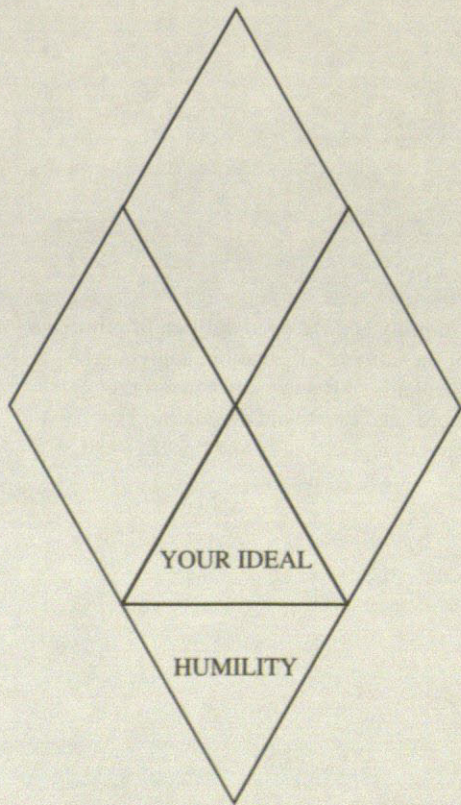
CREATIVITY

COURAGE

Starting from a basis of Aiding Others you can prepare yourself to be Successful in the area of your choosing.

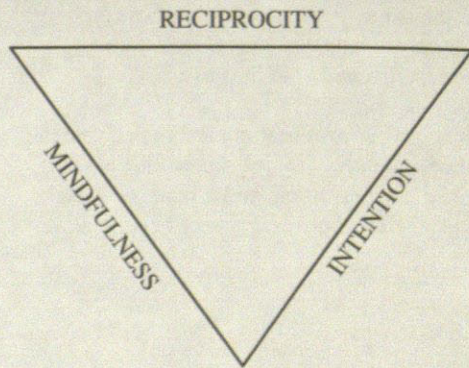


PART IV – HUMILITY AND YOUR IDEAL



HUMILITY IS DEVELOPED THROUGH  
MINDFULNESS, RECIPROCITY,  
AND INTENTION

Humility is developed through Mindfulness of the unity of all creation, applying the standards of Reciprocity to your thoughts, words and deeds and maintaining an Intention of empathy and benefit to all.

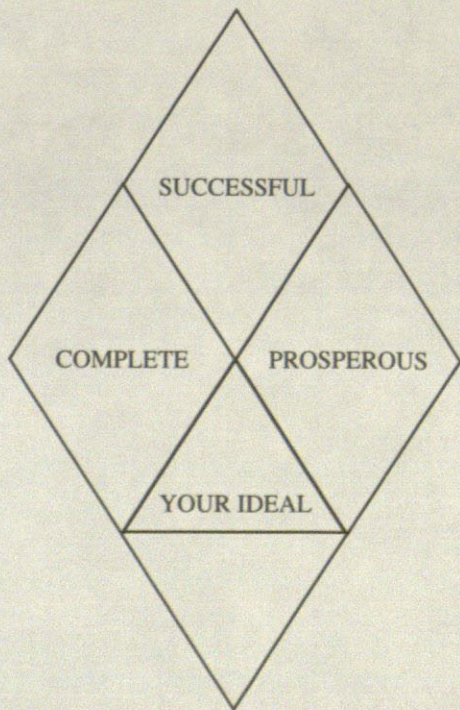


Your Ideal is the purpose to which you dedicate your life.

Your Ideal influences the long term direction of your life. It serves as the cornerstone that establishes coordination of purpose and alignment between your Completeness, your Prosperity, and your Success.

It is in your own best interest to dedicate the time and energy to determine what is your Ideal. Documenting, verbalizing, or even visualizing your Ideal is very beneficial.

YOUR IDEAL IS THE CORNERSTONE  
FOR BEING COMPLETE, PROSPEROUS  
AND SUCCESSFUL



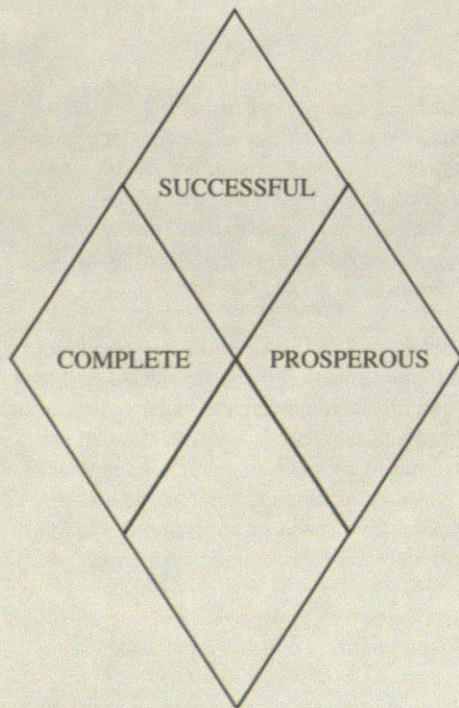
## CONCLUSION

You are a Complete, Prosperous and Successful person. Incorrect views of being imperfect, lacking or a failure can be discarded. Confusion about how you function in the universe or frustration, misery and anger born out of misunderstanding can be overcome.

The articles that serve as the building blocks of Completeness, Prosperity and Success can be studied and mastered to enhance any or all aspects of your being. Any articles that are missing or are not being practiced in your life can be recognized, understood and applied. The missing connection(s) between you and your objective can be manifested.

As a Complete, Prosperous and Successful person you have unlimited potential.

# YOU ARE COMPLETE, PROSPEROUS AND SUCCESSFUL



## COMPLETE, PROSPEROUS AND SUCCESSFUL

### Terms of correlation or levels of comprehension

COMPLETE	PROSPEROUS	SUCCESSFUL
Live	Learn	Enjoy
Experience	Grow	Express
Increased Attentiveness	Greater Potential	Enhanced Cooperation
Body-Senses	Mind	Emotions
Existence	Consciousness	Bliss
Past	Present	Future
Pleasure	Power	Control
(Sense of Lack)	(Fear)	(Delusion)
(Belittle others)	(Take from others)	(Intolerance of others)

**List Of Key Terms\***

Aiding Others	Intention
Altruism	Intuition
Believe	Love Toward All
Body Awareness	Mindfulness
Changes	Moderation
Commitment	Motivation
Compassion	Prayer
Complete	Prosperous
Concentration	Purity
Contentment	Receive
Control	Reciprocity
Courage	Relationships
Creativity	Sensory Control
Enlightenment	Simplify
Familiarity	Study
Feel	Successful
Forgive	Think
Give	Truthful
Goal	Trustworthy
Gratitude	Well-being
Humility	Will To Transform
Ideal	Zeal
Integration	

**Terms Not Used**

Bad  
 Devil  
 God  
 Good  
 Morals  
 Negative  
 Positive  
 Problems  
 Right  
 Soul  
 Spirit  
 Wrong

\* These terms have been capitalized in the text for increased reader awareness

Teo was born into a large family and raised in the Northeastern section of the United States. He has lived and worked in North America, Europe, Asia, the Middle East and South America.

A graduate of the United States Air Force Academy and a former United States Air Force Officer, Teo has spent multiple decades transitioning from a National Security heritage to the Human Security paradigm.

Complete, Prosperous and Successful: A Guide To Ethics For All People was published by Teo in 2003. Life Is Simple was written by Teo in 2013.

A complimentary PDF copy of either book can be obtained by sending a request to the author at [teobooks2@outlook.com](mailto:teobooks2@outlook.com)

and you may follow at  
[www.facebook.com/3GoldenRules](http://www.facebook.com/3GoldenRules)

I give thanks for all caring and kind gestures.

Teo

11 December 2013

