

# POP QUIZ

HOW TO KNOW (AND BE)  
A GOOD HUMAN



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Laguna Niguel, California

*POP QUIZ*

*How to Know (and Be) a Good Human*

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# **DEDICATION**



*For*

Pat Kendall

## **ACKNOWLEDGMENTS**

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God, without Whom, none of this  
would have been possible

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## 2008

Listen up, folks! We're going to have a quick pop quiz. It'll just take a few years.

You know how I'm always going on about good and evil. Some of you are overthinking this. It's simple: Good people are kind, respectful, and generous (with extra credit for altruism). Bad people are mean, contemptuous, and selfish. It's not rocket science!

When I describe some people as bad or evil, I am not judging or rejecting them. My love for all of you is absolute. I am simply pointing out that they are currently having a destructive impact on themselves and others. Everything is evolving, and this is a temporary state, providing growth opportunities.

Remember that no one is totally good or evil—it's a spectrum. Many people are a mixed bag. The goal is to get as close to 100% good as possible, but 60% is a passing grade, which you'll need in order to pass this course, along with completing the other modules. There's a lot more to being a master creator than goodness, but without it, your creations will not be beautiful. Since we're discussing good and evil, I'm referring to this module

when I mention grades. To keep it simple, let's say that good people score 70% and above, bad people score 30% and below, with the majority in the 30%–70% range—a typical bell curve.

It's easy to recognize those at the extremes, at least for those with eyes to see. It's trickier to accurately perceive the grades of those in the middle. Not liking people isn't a sure sign that they're bad.

It's not important to be able to precisely read other people's grades, although if the scales have fallen from your eyes, you can probably make a pretty good ballpark guess. I suggest, though, that you focus on improving your own—we all have room for improvement, and we're all in this together.

Just to be clear:

- Good isn't saccharine; it's more like organic Grade A maple syrup—full-bodied and richly satisfying.



- Being good isn't a sacrifice; in fact, it's the only path to happiness.
- It's not about repressing your urges; it's about skillfully handling them to create the greatest benefits for yourself and others.
- It's not about conforming to other people's shoulds and shouldn'ts; it's about acting from love, which elevates you because it is the highest energy. So feel free to dance on Sundays or any other time. The more joy, the better.



There's a saying that virtue is its own reward. That's true, as long as you don't equate virtue with being repressed, which I generally don't advocate. There may be times earlier in your development when it's better than the alternative, such as when you want to do violence or say things you will later regret. Once you get the hang of it, though, you'll find ways to be both relaxed and under control.

Virtue doesn't mean being a doormat, either. Everyone needs healthy boundaries. It means being oriented toward the highest good for all, and that includes yourself.

Some of the benefits of virtue include:

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- When you have a clean conscience, you're right with yourself and are likely to sleep well at night.
- As a rule, helping others makes you happier than doing things for yourself, although I also encourage you to be good to yourself: unconditional love includes yourself, and in fact, all beings—that's what unconditional means.
- Service to humanity is a fulfilling purpose, whereas service purely to self is not. It's fine to do well financially, but if that's all your life is about, you will be a hollow shell at the end of the day.
- Practicing gratitude and other positive emotions reduces negative ones such as resentment that drain you and make you bitter.
- For all you incels out there: Altruism correlates with greater success in attracting mates.
- Generosity, such as through volunteering, tends to make for a longer life, less depression, and greater self-esteem.

On the other hand, evil isn't exciting or glamorous. As one writer put it, it's banal. Bullies are weak people who often quickly fold when confronted. It is their very weakness that makes them feel that they

need to bluster and boast. The truly strong have quiet dignity.

Bad people cannot experience happiness. They feel a rush when they get a hit of what they are addicted to, such as power over others, but it's followed by ever lower lows. They continually need more of it to sustain a thrill or at least relief.

In the short run, evil seems easier because evil people don't edit their id—their negative impulses shoot up like geysers. They don't invest in self-examination or consider the ramifications of their choices. However, the greater the evil, the heavier and more limited one feels.

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Evil people act from unwarranted fears, which weigh them down like a ton of bricks. They haven't yet begun the work of outwitting the illusions of the physical plane, which is why those with grades under 40% tend to skip class. I'm counting on you to help them evolve. If they decide that they want to start growing (most eventually do), it can take them a lot of effort at first to overcome their inertia, but if they stay with it, they will gain momentum. Your support can be invaluable.

When they begin to have self-awareness, their experiences of evil can infuse their newly found goodness with valuable understanding, making them especially well-suited for helping others also emerging from darkness. All experiences, in fact, can be compost for the garden of your soul, contributing to your evolution.

It can be difficult to reach them at first, though, because people who do evil usually think that what they're doing is good, or at least necessary.

In fact, most people believe, at least superficially, that they are right most of the time. This is a survival mechanism so that people can function, although those with higher grades tend to have more humility and therefore question themselves more often. Unfortunately, those who most need to question themselves usually don't, and those who least need to can overdo it.

Evil acts are almost always rationalized and defended. It may make things clearer if we substitute the word *violation* or *harm* for *evil*; if it violates or harms, it's evil. No rationalizations for it are valid. Rationalizations hold it in place and keep humanity in misery.

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There are sometimes necessary evils, such as fighting defensive wars to prevent even greater evils, but the people killed are just as dead as they would have been had you been on the side of aggressors. Their loved ones will be just as bereft. It is understandable that you would feel relieved if you are successful in containing aggression, but I suggest that you not be too proud of yourselves. Instead, you might consider how such wars might have been avoided in the first place.

Those who commit extreme evil have usually fallen prey to ideologies that appeal to their deep fears and further cauterize their emotions, allowing them to override the natural human aversion to murder and other egregious acts. On the battleground, a majority of soldiers intentionally miss or don't fire at all. Those with conscience who do kill are usually traumatized. That's why wars are increasingly fought from a distance, such as by drones and bombs, where it's easier to dissociate.

People who harm without conscience are deeply in need of healing but tend to be stuck and therefore don't seek it. They may need to be brought to their knees before they can break through their defenses.

There are many possible motivations for evil in addition to ideologies, such as greed, and more than one can operate at the same time. Sadists, for example, derive actual pleasure from inflicting pain or humiliation on others, whether they do the dirty work themselves or through intermediaries. Motivations can affect the intensity and nature of an act, but the measure of evil is its degree of violation.

Good and evil acts are not the same as good and evil people. Just about everyone does both good and evil things. Obviously, good people do a lot more good things and have a more loving intent (and vice versa for evil).

If you're a good person and you're not trying to ballpark someone's average grade, you might think that it's at least easy to tell the difference between good (helpful) and bad (harmful) acts, but in fact, there's a lot of confusion about this, especially away from the extremes. Clarifying this can help you create a better future.

Therefore, your assignment is to compare and contrast them. Notice actions that you think are good or evil (or a combination). How do they feel to you and how do you think they feel to others? What

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are their results? On the larger stage, how do those affected by a policy, for example, feel, and what are the results in their lives?



Good is harmonious with unconditional love, truth, and beauty. Get to know those qualities as well as you can.



Often, actions “for your own good” are not good. If “it hurts me more than it hurts you,” it’s also probably not good.

A few of you think that some good people are the Antichrist. It’s true that wolves in sheep’s clothing pretend to be good, but wolves are predators. Human predators are jerks much of the time and shouldn’t be too hard to spot if you’re paying attention. Again, don’t overcomplicate it.



It's fine for the time being that some animals are predators. I'm still working on getting lions to lie down with lambs. With a few adorable exceptions (see online videos), it hasn't been going well. Since humans have dominion over the earth, animals in part take their cues from you, so you are going to have to start getting along better before that can happen more. A good step would be to learn to recognize human predators and stop rewarding them.

You might remember this from last semester: You will know them by their fruits; do you gather grapes from thornbushes? Generally, good people improve things and bad people make things worse. If someone claims to be good, you might ask, to

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paraphrase an old commercial, “Where’s the grapes?”

People who help others are not the Antichrist, even if you don’t agree with them. If you’re demonizing people just because they don’t agree with you, you may be the problem. Your judgments of others often reveal more about you than them, so you might want to do some soul-searching before you accuse.

Antichrists (there can be more than one) represent humanity’s worst qualities. They’re mirrors to help you identify and root out those qualities in yourself. Don’t assume that they are smart and calculating; they can be stunted and impulsive. If it doesn’t take them much prowess to recruit people besides a psychopathic willingness to manipulate their fears, it tells you that humanity still has a long way to go. That’s okay. I’m patient—I’ve got eternity, and so do you. But it won’t be pleasant if you make Earth uninhabitable, so proceed with care.

Similarly, Christs (there can also be more than one) represent your best qualities. It’s hard to learn how to love in a pure way without role models. When fortunate enough to have them, many people don’t know what they’re looking at. They may think them

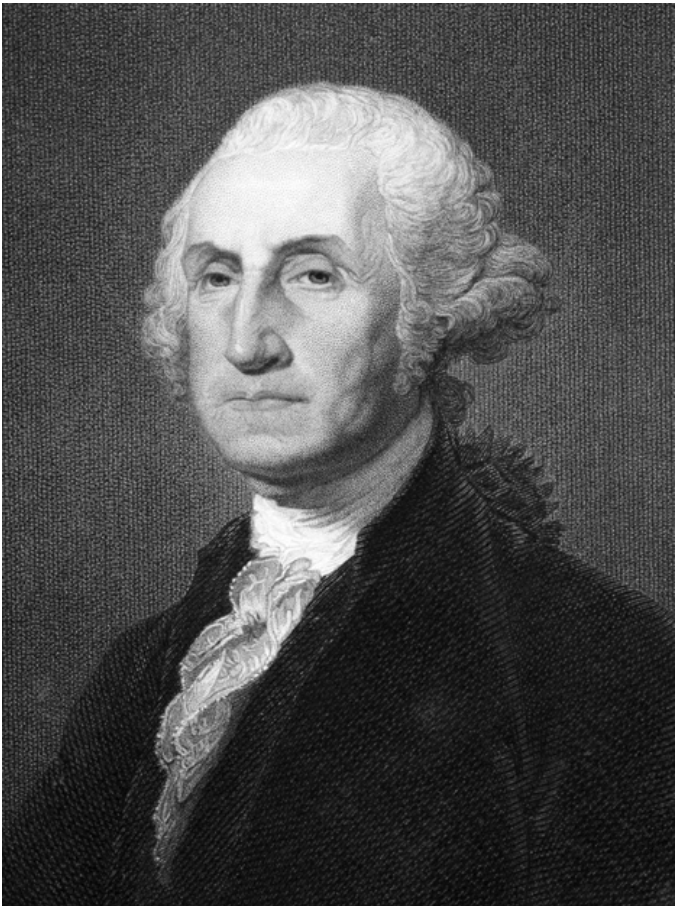
hopelessly naive, or feel threatened. But those of you with open hearts sense something special and respond to them.

Treasure any examples of unconditional love you find and emulate them as best you can. They are your teachers, representing Me. They are not perfect, if you define perfection as having no shortcomings or room for further growth—that doesn't exist. But in any moment, love can be perfect in the sense of being radiant and unlimited. Yours, too.

The availability of Christs and Antichrists offers you an education both in what to do and what not to do, which are equally useful, assuming that you can tell them apart.

Some of you are good people but rather clueless about whether other people are, so we need to do some work here. I'd like to help you avoid being dinner for wolves in sheep drag.

Here's the quiz:



US presidents are very famous and easy to observe, so you're going to have one who, by all objective accounts, is a thoroughly decent guy. He's kind and tries to do the right thing for its own sake, even when no one is watching. You may disagree with many of his policies, and like everyone, he has blind

spots, but you'll be able to tell that he's doing his best. His grade is 91%.

You're also going to have one who, by all objective accounts, is a terrible human being. Since many of you are unclear on the concept, he is someone who is so cartoonishly extreme in that regard that just about any person of goodwill who pays attention should eventually be able to see what kind of person he is: a pathological liar, con man, and bully with no regard for anyone else. In addition, he's erratic and contradicts himself constantly, with no self-awareness. He won't hide who he is under a smooth veneer—he'll even brag about his misdeeds. Most tellingly: He has no real friends and is not a true friend to anyone. You won't be able to miss him; just watch what he does and connect the dots. His grade is 2%.

(0% puts souls in the recycling bin, but we're usually able to eventually redeem them before it comes to that; we're still optimistic about this one, although it might take a few thousand years. Hitler is already up from 1% to 3%. Stalin, however, is hovering at .5%, so that's not looking good. He may flunk. Souls have as much time as they want to pass, but there are a few who refuse to ever face themselves.)

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If you can correctly identify who is who, you'll pass the quiz.

**2025**



Well, that was interesting. Many of you are still having trouble with this. Clearly, there's more work to do here, but no worries! You can still get this. I believe in you guys!

You are in my class partly to learn to make more skillful choices so that you can improve your creations. In a sense, there are no bad or wrong ones, because every choice can teach you something, especially if you examine your motivations and its results. Of course, some lead to more pleasing results, but the point is to learn from all of them. If you do, your results will continue to become more positive.

If you are a good person but vote for people with a low percentage of good, you no doubt have your

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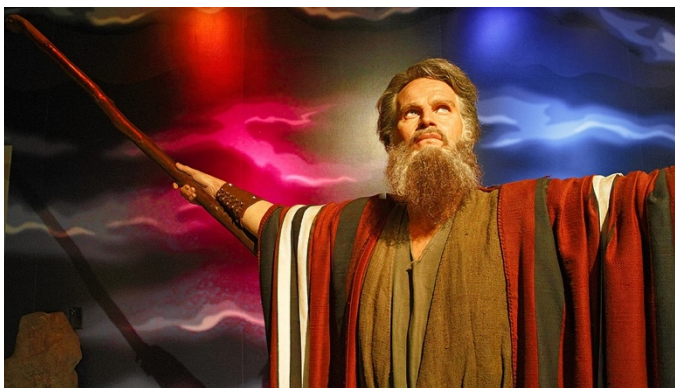
reasons, as one always does. Maybe you like what they say they are going to do and/or are averse to your other options. Maybe they don't seem to be all that bad to you. Maybe you mistake unfiltered bluntness for honesty.

I do not love you any less for anything you choose, and I do not judge your choices, whether they are wise or unwise. It is your right to choose. You are a divine spark who has courageously chosen, by incarnating as a human, this difficult path of evolution. Every further choice you make ultimately gets you closer to Unity, even if it is karmic and therefore temporarily ugly. I only encourage you to fully engage with the results of your actions and keep evolving.

As your teacher, it is my responsibility to point out some things, such as that it's not a good idea to give power to those without integrity. Still, you may need to learn for yourself what integrity looks like and what happens when it's lacking. That can help you reach your goal of becoming a full-fledged creator who both claims your authority and takes full responsibility for your creations.

In light of the current situation, however, there are some topics we need to review. Please turn off your phones and pay attention.

# THE ELEVEN LESSONS



## 1 - THE TRUTH SETS YOU FREE



We have banners in the entrance and elsewhere around the school, such as over the frig in the faculty lounge, with our school motto: “καὶ γνώσεσθε τὴν ἀλήθειαν, καὶ ἡ ἀλήθεια ἐλευθερώσει ὑμᾶς.” It means “You will know the truth, and the truth will set you free.” It works every time, and just about everyone will eventually know the truth, at least in part.

Freedom is the ultimate natural high, and the truth is the only way to be free, so knowing it is in your own self-interest.

It is a gradual process that never ends. As you embrace it each day, you become freer. The goal

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isn't one truth but all truth. Your experience can keep expanding indefinitely.

Everyone, at times, is encased in false beliefs, and that's okay—it's part of the curriculum. You learn a lot by figuring out how to find your way out of them, like Harry Houdini escaping from a crate nailed and roped shut at the bottom of a river. It can be terrifying to face the truth when you have identified with lies, but liberation is well worth it. It mostly takes courage.

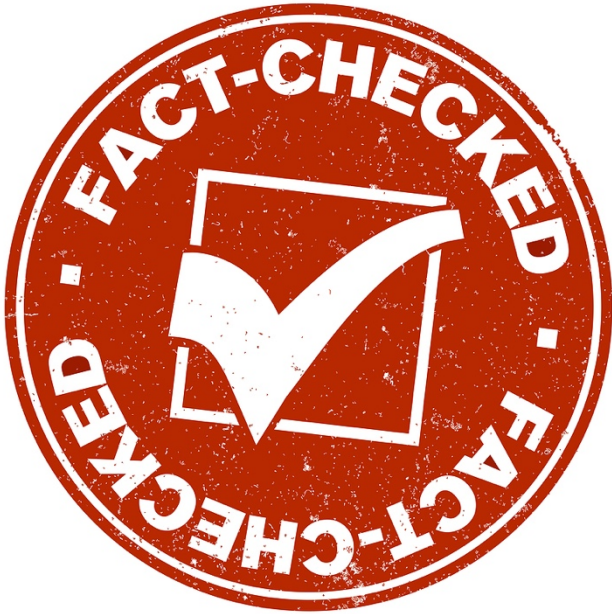
This class is about uppercase Truths, which are eternal principles. You then validate and apply them while doing your homework through lowercase truths—practical insights using accurate facts. I recommend that you continually seek better and more complete knowledge with as much objectivity as you can, and look for the eternal principles shining through them. Above all: be honest with yourself. If you're not, there's not much I can do for you.

This is not a party school. If it were easy, you wouldn't have enrolled—how satisfying would that be? It is challenging but very interesting. I'll do everything I can to help you succeed, but you have

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to do the work. Sure, have fun, too; that helps keep your batteries charged. All work and no play leads to burnout. Just keep things in balance.

## 2 • FACT-CHECK



People lie. People make things up. People can and do say anything without regard to reality. So be a little skeptical. Remember your mother telling you not to believe everything you read?

A famous quote states, “A lie can travel halfway around the world while the truth is still putting on its shoes.” Lies can be titillating and sensationalistic, good fodder for gossip, whereas the truth tends to

be complex and, superficially, less interesting. But it is also said that truth is beauty.

There are many reasons people lie. Often, it is defensive because they fear that the truth would get them in trouble and they lack the courage to face the results of their actions. Some try to make themselves look better than they actually are. Others lie to stir up drama when they are bored because their senses are dulled by the walls they have built around themselves.

Those who want the highest good for all love the truth and have no need to lie because the real facts support the highest good. Those trapped in self-serving ideologies feel the need to lie to rationalize them.

People at 80% or above are meticulous about the truth except maybe in rare instances to spare someone's feelings or protect against harm. The lower the grade, the more people play fast and loose with the truth to get what they want. Some people repeat falsehoods without malice—they sincerely believe them—but that doesn't make them true. Good people value truth above all.

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Before repeating claims, do your homework. Authentic fact-checking is one of humanity's noblest pursuits. People who don't like objective fact-checks don't like the truth. Since you probably don't have time to fact-check everything, use sources that have demonstrated their integrity and have proven to be clearheaded fact-checkers themselves without allegiance to ideology. Since they may miss some things or occasionally draw erroneous conclusions despite their best intentions, use a variety.

Your fact-checking can improve simply by becoming more knowledgeable. Having more real facts helps you recognize those that aren't. I know you're busy, but it's worth your while to become well informed on a wide range of subjects. Look for consensus outside of ideological fences. Granted, the majority can be wrong, too, but beware of the allure of being a member of an exclusive club that believes things that don't hold up to scrutiny.

If something is true, there is likely to be plenty of real evidence from sources that don't have an ax to grind. Some of you continue to believe falsehoods in the face of strong evidence to the contrary. I understand that you think they're true; maybe you want them to be true for emotional reasons, or you

want to believe the people who told you them. Maybe it's just plain stubbornness.

I suggest that you not be certain of anything until you've done an openminded fact-check of your own using a wide variety of sources, not just the ones that confirm what you already believe. Otherwise, you are just hurting yourself and your loved ones. Would you feel good about having an operation or buying a car based on false information? Other choices based on falsehoods, such as political ones, are similarly likely to blow up in your face. Get a second (or third) opinion. No source is infallible. Good information is indispensable no matter what you're doing.

A larger view can help account for apparent contradictions; many things can be true at the same time. For example, it can be true that vaccines are generally safe *and* that some people react badly to them (as with most things) and that these reactions should be acknowledged and studied.

Fact-checking is easier than ever due to search engines, but there's also a lot of false information on them. Knowledge, care, and healthy skepticism can help guide you through the thickets.

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It can be helpful to seek out primary sources. Go directly to the people others are talking about if they seem credible. What do they have to say? Secondary sources sometimes jump to at least partially erroneous conclusions.

Even when being supportive of friends complaining about their experiences with others, you would not be amiss to wonder what the other people might say about it. Are your friends leaving out key details? Don't assume that you're getting the full picture. It would likely be inappropriate to question them about it—they probably just need you to listen—but it might also be unwise to become outraged on their behalf before you know more.

Fact-checking is especially important in the realm of conspiracy theories. Since conspiracies such as cover-ups and false flag operations sometimes do occur, don't automatically assume that they're untrue or that the people who believe them are crackpots. There is much evil and deception in the world, and far stranger things are possible than most imagine. If you are in the habit of immediately dismissing some kinds of ideas, you aren't thinking, and you might miss out on learning something. Keep

an open mind; even a mostly false idea might contain some truth.

However, tread carefully here, because some of you are too quick to embrace conspiracy theories. Maybe you have issues with authority figures or unreasonably fear that others are out to get you. Solid fact-checking can guard against that.

One of the more extreme recent conspiracy theories was that mRNA vaccines have mind-control nanoparticles that can be programmed via 5G. It's easy to check that now by observing whether people's minds are any more controlled or orderly since the vaccines were introduced. It appears not.

Countering the fact that humans don't possess such technology, some claimed (based on channeling) that extraterrestrials provided it to help nefarious humans. I didn't mind some extraterrestrials experimenting on Earth before My team replaced your ancestors' animal souls with sentient (choice-focused) ones. However, they would be in deep karmic doo-doo now if they interfered with human free will, and they generally avoid incurring karmic debts that would be nightmares to repay. That's one reason they keep their distance from you. Those

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who have achieved space travel are not dummies, as a rule.

I don't expect you to know things like that, and I'm glad that some of you have large imaginations because that means that you can imagine new love-based realities that others don't. That's very important, especially now. Still, it's also important to be grounded and to take claims that you can't verify with a grain of salt. Rather than accepting or rejecting them, you might just view them neutrally as theories.

People who do actual destructive things usually do so out of ignorance and blind adherence to ideologies. A few are criminal masterminds, but many are not the sharpest tacks in the box, so don't assume that they are good at planning and keeping secrets. Conspiracies are hard to pull off.

I'm a big fan of many channels, psychics, and shamans, as well as artists, musicians, and other gifted humans who walk between the worlds and desire to be of service. However, they are still imperfect and not everything they say is correct. Channeling is a complex process and it's easy for things to get lost in translation, even before biases

interfere. And not every nonphysical source or channel is of equal quality. In all things, caveat emptor. Validate. Think. It's generally not a good idea to believe things just because someone else said so. This is how false beliefs are passed down through generations. As much as possible, test beliefs for soundness.

Religions are usually formed out of a sincere desire to understand and connect with the eternal, but they tend to become fossilized into dogma, which is someone else's past understanding. That may be a worthwhile starting point, but you're better off assuming that past understandings are, at best, incomplete, and be open to understanding more. If, for instance, there are no solid reasons for rules that still apply today, you might be wise to disregard them.

*How can you tell whether your fact-checking is accurate?*

I'm glad you asked that, because it shows humility. You can never be completely sure, but here's one suggestion:

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Know your biases. That's a key part of knowing yourself, and you have to know yourself before you can know anyone else.

Your conclusions are bound to fit with your preexisting worldview. It would be disorienting if they didn't. But does that worldview need work? Does it feel open and neutral, or contracted and charged? Are you too angry or fearful? Are you harboring resentments? No one is completely free of bias, but it is a worthy goal.

When you make objective self-observation a regular practice, you shine light into your blind spots and gradually have fewer of them. You also become increasingly willing to admit when you were wrong.

As you love truth more than your biases, you develop a truth sense. You gain clarity and learn to recognize the ring of truth, a refined sound above the din of ideology.

That's not the same as going by your gut, although sometimes, that can serve you well. However, it is risky because your gut can be biased, too. It can be influenced by your fears and conditioning. You get the best results when you harmoniously use all your

faculties in tandem, including your gut feelings, emotions, and intelligence using well-researched and verified facts.

Your soul is your core and the part of you that knows your life plan and task. As you stay aligned with it, your choices will be guided to be harmonious with them, and your truth sense will become more refined.

If, instead, you are in the habit of disregarding your inner promptings, you lose touch with your soul and your life gets worse, even if there seem to be good short-term reasons for following your fear-based ego. One example is politicians and newscasters who know they are lying but want to hold onto their positions. It's never worth it, but it can take people a while to learn that.

### **3 - THINK, PEOPLE!**



You can't fact-check well if you're not a clear thinker. Your mind is a muscle; it needs exercise to work

properly. As with your body, a well-exercised mind makes you feel more alive.

Strive to develop all parts of yourself—mind, body, and spirit—in the balance that works best for you. As with athletics, people vary in their natural aptitude for and interest in intellectual pursuits, but everyone can improve their abilities with practice. Genetics are not as big a factor as curiosity.

The greatest thing teachers can do is to support the natural curiosity every child is born with, and to reawaken it when it has been dulled. The world is extraordinary, and the greater your curiosity, the more you enjoy it.

The ability to ask apt, penetrating questions is a sign of an awakening mind. The Socratic Method, in which teachers ask questions that challenge assumptions and explore contradictions, can encourage critical thinking, which is like bringing an image into focus.

Animals are smarter than many of you assume; so are plants and even minerals. Everything in the universe is suffused with intelligence, so don't look down on other beings. It amuses Me that scientists are searching for intelligent life elsewhere in the

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universe. There is nothing *but* intelligent life. Everything is consciousness.

The main difference between you and most of the rest of creation is that you have the ability to reason, to get from point A to point B using logic and conscious understanding. You are one of billions of creatures of reason throughout the cosmos, and not the only one on Earth—dolphins and whales share that trait, and other species are dabbling in it, too.

Animals don't have (or need) that level of intellectual activation. It would be nice if you used it more often. You've only scratched the surface of what you're capable of, and some of you hardly use this capability at all—you've lost many of the advantages of being an animal but haven't yet fully gained those of being human. You'll get there, and that is something to look forward to. A beautiful, awakened mind is part of self-realization.

For now, I don't expect all of you to become intellectuals; in fact, that sometimes leads to even muddier thinking. Just work for ever increasing clarity. Practicing sound logic in your everyday life will help you have more not-so-common good

sense. More looking before leaping can avoid a lot of splats.

Mind you, logic alone is useless if it proceeds from faulty premises. Again, know your biases, keep an open mind, and do your best to get your facts straight.

Don't jump to conclusions, which can also end in splats. It often takes time to reach clarity; it's well worth giving it the time it needs so that your subconscious can process information and reflect.

One of the reasons you enrolled in My Creators in Training course was to expand your consciousness and learn how to make adept choices. That isn't entirely an intellectual exercise, but it's not possible without critical thinking. People who want to control you are invested in dumbing you down. Don't let them.

## 4 • LOSE CONTROL

Good people don't want to control others; they want to free them. Those who feel the need to control others are insecure. If you've been keeping up with your coursework, you should be feeling pretty secure by now. If you aren't, see Me after class.

Taking away someone's inalienable right to choose results in a karmic debt if it has significant impact, and that's not pretty. Don't wail "Why me?" when you reap what you sowed. There's nothing I can do at that point. The system is set up so that you'll probably eventually learn. Learning sooner leaves more time for fun, so I recommend that, but it's completely up to you. You have an inalienable right to choose, too. I offer whatever help I can, but I don't interfere.

A friendly reminder: Even if you gain the whole world, you have nada if you lose your soul, since if you lose yourself, there is no one there to have anything. Logical, right? Only when you let go of trying to gain the world can you receive the universe's riches. Don't you love divine paradoxes?

You can tell when people have lost their souls because there's no one home. They are devouring kids on autopilot. Zombie stories are based on them. They act incoherently. A good time is had by none.

Evil is a Ponzi scheme—it collapses in the end. It's a terrible investment, if an excellent learning experience for those enrolled in the School of Hard Knocks. Good news, though: The School of Joy, housed under the same roof, is now accepting applications.



Trying to control people beyond what is necessary to protect others' rights is the leading cause of evil. One reason it's so serious is that it's harder to learn

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how to make wiser choices and therefore become a more able creator when you don't have the freedom to practice making them.

I leave the details of political systems up to you. Despite their claims to the contrary, I don't select kings and popes (or presidents). However, the freedom to live your own life as you see fit when it doesn't harm anyone else characterizes the best of them (along with caring for those in need and maintaining a level playing field). When your external freedom is curtailed, you still have many choices to make, such as your attitude, and that, too, can bring growth, but maximum freedom is ideal.

Of course, it can be appropriate to control children and others not fully capable of choosing, especially when otherwise, their lives would be endangered. Just keep it to a minimum.

*What makes so many people want to control others?*

Part of it is their worldview. Those who believe that humanity's true nature is bad naturally think that people must be controlled, sometimes leading them to do terrible things that they think are necessary to keep society from descending into chaos. Those who believe that people are basically good can afford to

trust others more and therefore, they tend to attract more trustworthy people. What you believe is very important, and it tends to become a self-fulfilling prophecy.

True, it's important to be an astute judge of character and not to trust people who are untrustworthy. At the same time, people of high character are more likely to bring out the best in others.

Humanity's true nature is something that philosophers have been debating for a long time. I'd like to weigh in:

At your core is Me, and I'm love, so your true nature is good. Your body is an animal that I genetically programmed to try to survive. That's not a bad thing—you wouldn't want everyone casually sauntering off cliffs or into traffic—but that part of you occasionally freaks out when it fears (usually falsely) that its survival is threatened. We've all witnessed some human beings behaving monstrously, not because it's their true nature but because there's no adult supervision in their heads. Their fears are in the driver's seat. Clearly, that's not

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a good idea. The more you reduce your groundless fears, the less that's a problem.

*Why do we have groundless fears? Why don't we just stick with, say, being afraid when angry bears charge us?*

As creatures of reason, you make connections between things. That can be wonderful, such as when writing poetry or telling jokes, but you're still learning how to use the software and sometimes make erroneous connections between, say, someone criticizing you and a bear mauling you. Not the same thing. Eventually, you do learn to keep your survival fears more grounded in reality. You find out from experience and observation that someone criticizing you is not existential.

*What about anger?*

Anger *is* fear, directed outward to try to push away perceived threats, whereas pure fear tries to withdraw from them—same perception, different coping strategy. Sometimes, both manifest simultaneously.

There are circumstances of genuine physical threat when these energies are appropriate to help you

survive, but after the moment has passed, shake them off. If you hang onto and store them, they fester. You may become a person with anger issues and/or get sick because of how tense you are.

Anger at its most extreme is rage. Because it wants to move out but is blocked, pressure builds up. When it explodes, that's rage.

If you really want peace on Earth, learn how to release excess anger and fear. You already have a lot of good techniques for that, including in the therapeutic fields, but you won't release them if you identify with them. Good spiritual teachers instruct you to observe your thoughts and feelings like passing clouds rather than owning them. They're temporal. Whether or not your anger or fear is (or at least was) justified, it's not who you are. If a substantial number of people released their stored anger and fear safely, it would change the course of history. I can't give you peace on Earth, but you can give it to yourselves.



Rage seeking release wants to smash things to let off steam. People with a great deal of stored anger tend to be attracted to authoritarians who seem to be smashing things on their behalf. It may feel like relief at the time but it leaves destruction and unhappiness in its wake. It makes its victims angry, increasing the world's net anger. Don't be part of the problem.

Some people successfully release their anger therapeutically by, for example, pounding pillows or the water in a swimming pool. Others do it through intense exercise or chopping wood. It's also possible to release it with less wear and tear in meditation, simply being present with the energy of the anger, observing it with love as it dissipates. Whatever

technique you use, your intention to release it is the key.

## 5 • AWAKENING



Those of you in the Advanced Placement Program are working on awakening while on the physical plane. Woke is sometimes the awkward but well-intentioned adolescent stage of awakening. Although anything can be taken to an extreme, being woke is mostly about being respectful. Being more respectful yourself will raise your grade; policing other people's behavior will lower it. (See the previous lesson, "Lose Control.")

Passion is great, but it can lead to excesses, especially when one is young and the brain isn't fully developed. Black-and-white thinking is common, but especially in youth. #YouWereYoungOnce

Some of the ideas that provoke the most reaction are indeed extreme and impractical, but to be fair, they are not widely held. If you are dismissing all social justice concerns as woke, you are at the other

extreme. The Buddha wisely taught the Middle Way. Seek to understand what is causing unnecessary pain to others, and help brainstorm sensible solutions that can work for everyone. Good people strive to reduce suffering whenever possible.

Kudos if you try to remember to refer to people the way they would like you to. If Robert doesn't go by Bob, it's proper to call him Robert. Don't assume that every Robert is Bob to his friends. It's not a big deal but it shows that you're listening and that you care about Robert's feelings. Robert, you might want to casually mention it once or twice, but if people forget, maybe you can let it go. You know they're referring to you. And if you're not Robert, don't correct others—it's not your place.

Creation is filled with exuberant variations, including in sexuality and gender. I made it that way for many excellent reasons. For one thing, I try not to be boring. For another, experimentation is essential to creativity. You never know what will work until you try it. The universe is My playground and workshop.

Today, people doing things a little differently are experimenting with various self-descriptions, trying to find terms that fit them best. They're doing some

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interesting thinking, but many of these won't stick as they figure things out. Since not everyone keeps up with the latest trends, give a break to those who don't. Even if they're downright antagonistic, maybe they'll eventually come around. Strive to be more understanding and less easily offended.



When you understand, forgiveness often becomes redundant.



Sharing your pronouns is a nice show of support, but perhaps not necessary when they are what most people would expect.

You probably don't like it when others correct you uninvited. Assuming you're not their school teacher, don't unnecessarily correct others' language, either, whether it's pronouns or grammar. Do unto others as you would have them do unto you. That rule is golden. Seriously, if that's all you take away from this class, I'll be happy. I could replace all Ten Commandments with that one, except beginners often like to have things spelled out. In any case, set a good example but don't preach—it doesn't help, anyway. Meet people where they are. Words are less important than intent.



The highest level of awakening is sometimes referred to as enlightenment. That means different things to different people and can look many different ways, but at its core, it's about becoming light. Truly enlightened people have lightened up and therefore tend to have wonderful senses of humor.

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They laugh easily, not scornfully *at* others but in ways that diffuse tension and help everyone feel better.

I admire how some people find laughter even in the most dire situations. There is a place for seriousness, but if there is no humor, there is no enlightenment. In fact, be careful before you trust someone who doesn't have a warm-hearted sense of humor.



Have you noticed how little Western religious art shows laughter but often shows suffering? Discuss among yourselves.

If targeted with consciousness, humor can help release stored anger/fear and bring healing. Laughter really is the best medicine, along with apples.

This is a little off topic, but some people think that I didn't want Adam and Eve to eat apples and tempted them with poisoned ones, like Snow White's wicked stepmother, ROTFLOL!

I wouldn't put a tree full of fruit in the middle of *anyone's* garden and then tell them not to eat it just to test their obedience. That would be mean. I don't

require obedience (see My earlier comments about choice), I don't punish, and I'm not arbitrary. In fact, I don't test you at all—you test yourselves.

It says right there in black and white (or whatever colors of ink and parchment were used in your version): I didn't want them to eat of the fruit of the tree of knowledge of good and evil, which is not apples or any other delicious fruit—it's being judgmental, which will surely kill you because you squeeze out love when you are judgmental. I get it that Renaissance artists didn't know how to paint that kind of tree, but for the record: I never said anything about apples. In fact, I highly recommend all produce.

*Aren't you trying to teach us the knowledge of good and evil?*

Yes! But don't eat of the *fruit* of that tree. In other words, don't react to the results of others' choices, whether you perceive them as good or evil, and become entangled in them. Don't judge their choices; just make good ones yourself in light of them. To eat of the tree of life, live from the inside out rather than the outside in. Make your choices wisely in the moment rather than having knee-jerk

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reactions to those of others. Act cleanly, with integrity, from your core.

*Please don't strike me down for saying this, but the Ten Commandments do sound kinda bossy.*

*(Thunder and lightning.)*

Just kidding.

The Commandments (maybe not the best translation) were designed to help you live better lives. The basic lesson is that you reap what you sow, not because I said so but because you are a creator. If you don't want to be killed, don't kill. I'm just sayin'.

*What about the other Commandments?*

- Don't have other gods: Respect the oneness of all things.
- Don't make graven images: Seek what is real and don't be fooled by counterfeits.
- Don't take My name in vain: You are a creator; be careful what you create.
- Remember the sabbath day: Take time to remember who you are and to rest and restore.

- Honor your father and mother: Don't waste the life they gave you—live with honor.
- Don't commit adultery: Keep your agreements and act responsibly.
- Don't steal: Would you like it?
- Don't bear false witness: How would that make you feel?
- Don't covet: If you want inner peace, count your blessings and be happy for other people's.

It's understandable that we need this course. You have been told a lot of confusing things about Me. No wonder so many can't tell the difference between good and evil when I've been portrayed as an all-powerful bully. The truth is that *all* those who are good act with kindness and compassion. They are strong but they don't play mind games, manipulate, tempt, trick, or otherwise act like jerks. They follow the Golden Rule.

## **6 • VOTE WISELY**

If you're fortunate enough to be able to, vote. Sure, vote for people whose policies you like, but character is more important. For one thing, if you put dishonest people into office, you can't trust them; evil people do evil things.

The end doesn't justify the means; in fact, the end reflects the means—nasty means are likely to lead to a nasty end. No one is perfect, but a grade over 50% should be the absolute minimum for those who want to govern others. You should be able to make an educated guess as to whether someone's good outweighs the bad—just eyeball it. Especially, don't vote for anyone who feels sleazy; that never ends well.



If you don't vote, you may be helping put bad people into office, which is likely to come back to bite you. Don't make false equivalencies between candidates when there are big differences in character. It matters. That is why I'm trying to teach you to recognize it.

Sometimes, people's public image doesn't match who they really are. Good people can be unfairly smeared and bad people can be marketed as saints. In both cases, you may not initially have enough information to perceive their character. Try to get a rounded view of people including both their strengths and weaknesses.

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Find out what those who know them well say about their character.



Actions speak louder than words.

Of course, competence is also a minimum requirement for any job. Elections are job interviews. Check references and make sure that your BS detector is fully charged.

I equally endorse the higher principles of both conservatism and progressivism. They are not the opposites that many make them out to be. It's not a matter of *either/or* but of *and*. The question is whether one has the discernment to know what is worth conserving and what true progress is. For example, nature and civility are well worth conserving. Greater justice and fairness for all is progress any decent person can get behind. Wisely executing these principles requires deep, fact-based thought. That gives you a lot of opportunities to practice your skills and learn how to work with others.

Left/right is a somewhat artificial division, more about tribal identification and labels than actual

views. When you talk to people about the specific policies they prefer, it gets blurrier. In addition, ideologies are shifting sands. Is one party hawkish or dovish? It depends on the year.

You might think of every vote as a test. As souls, you want to increase your discernment in order to become more adept creators. In fact, every choice you make tests it, whether or not you're paying attention. If you can recognize goodness and other positive traits in others, such as political candidates, you'll have an easier time raising your own grades, so it's worth paying attention.

As I mentioned, it isn't Me testing you—it's you testing yourselves. This is a free school, with a self-directed curriculum. The tests are inherent in what you have collectively created, but it is your choice whether to engage with this pop quiz or any other test.

I didn't send you those presidents; I don't even get to vote. I just saw where your choices were heading and pointed out the quiz you were creating. Some of you like thinking that I'm testing you, but I'm just alert to the clever ways you're testing yourselves, and try to give you a heads-up when I can.

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Tests help you learn, but your grades are not directly determined by specific tests. You choose your own grades through every choice you make, and they show up in your energy. When your choices align with love, truth, and beauty, you raise your vibration and therefore, your grades. I don't grade you or judge you. I just keep the lights on.

Americans consecutively electing such opposite presidents cracked up Lucifer, our gym teacher. He couldn't believe that they would have chosen that on their own, and insisted that I must have done it as a prank. I didn't, I swear to Myself. I keep telling Lucifer, a merry prankster himself, that I don't prank (or interfere at all)—it's not who I Am—but he has trust issues and tends to project. We're working on that.

## **7 • DEFENSIVENESS**

The lower people's grade, the more they immediately deflect criticisms without considering them. You cannot get through to someone who is heavily defended. Good people want to be better; bad people want to be "right." To ace this class, the first thing you should do is root out your own defensiveness. Otherwise, it will keep you stuck.

In psychology, projection refers to defensive people accusing others of unflattering things that are true of themselves but that they don't want to face. When that fails, they may resort to gaslighting, such as trying to make basically good things look bad and bad things look good. Both are common in politics. Don't do it, fall for it, or engage with it.



My son—some of you may know him—had choice words for hypocrites. They really piss him off! Hypocrites usually don't believe they are hypocrites, although they can clearly see hypocrisy in others (or so they think)—again, projection. Deep down, they know they are, but they keep a tight lid on deep down, to their detriment.

## 8 • CULTS

Cults can form when critical thinking is suppressed. To some degree, most religions are cults (don't blame Me). So are most political parties, corporations, and virtually all other entrenched human organizations. People can belong to more than one. Cults are collective defense mechanisms rooted in their members' survival instincts. Learn how to recognize them. A few salient traits (courtesy of Google AI):

- Authoritarianism without accountability.
- Seeking inappropriate loyalty to their leaders.
- No tolerance for questions or critical inquiry.
- Unreasonable fear about the outside world, such as impending catastrophe, evil conspiracies, and persecutions.
- The group/leader is always right.
- The group/leader is the exclusive means of knowing "truth" or receiving validation; no other process of discovery is acceptable or credible.



People who start cults around themselves usually have low self-esteem, in addition to whatever cynical reasons they might have such as money and power; the unquestioning adoration of others seems to validate them. Their followers feel validated because they're part of the "us" in the "us vs. them" group. Please know that you are already valid simply because you exist, and that there is only "us." People with true self-esteem don't need others to validate them, and therefore don't brag.

The human animal's survival instinct leads you to surround yourself with clans of safe people and be suspicious of those outside of them. Large families are sometimes referred to as clans, and cults are another type.

It's not a bad idea to vet new people in your life, but cults don't vet. If the cult leader says that someone is an enemy, the whole cult mindlessly goes along and demonizes that person (or group). Rather than examining the facts objectively, they twist the facts to fit their need to attack. In the absence of real, substantial reasons to criticize, they blow up and distort inconsequential things or make things up. Obviously, this will not help with the Peace on Earth, Goodwill Toward Humanity class project. Quite the contrary.

Since you showed up for class, it probably goes without saying that ethnicity, skin color, religion, gender, sexual orientation, or any other superficial trait has no bearing on someone's goodness, intelligence, gifts, or anything else that matters. If you've been fortunate enough to travel widely or to know people from a broad variety of backgrounds, you've probably already realized that people are just people.

No doubt, you would not want others to judge you or assume anything about you by reason of your gender, skin color, or anything else you were born into. Grant others the same courtesy—that's the Golden Rule. I see each of you as a glorious,

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multifaceted diamond (sometimes in the rough, but a diamond still). Treat everyone as an individual and look for who they are in this moment, not who you thought they were in the past. You might be surprised at how interesting people can be when you take the trouble to know them.

If you tend to judge people by the categories you think they're in, it's likely that your grade is below 50%. Those with higher grades will probably try to love and understand you even if you don't reciprocate. #AmITheAsshole?

A quick way to raise your grade is to get to know people you have judged and discover their humanity. Learn their stories. You might find that to be a revelation. #TwoEarsOneMouth

Work to overcome your hardwired suspicion of the "other" and refuse to be part of any kind of mob. A growth opportunity inherent in merging with a physical form is to assert higher consciousness rather than reverting to its autopilot features. Those reflexes may have helped keep it alive before the merging, but they are blunt instruments that often do more harm than good. With higher conscious-

ness, you have much better tools at your disposal, if you will but use them.

As creators in training, you're constantly creating, both knowingly and unknowingly, skillfully and unskillfully. One thing that humans create collectively are thought forms, which are energetic collections of emotion-based ideas. As more and more people subscribe to them, they take on a life of their own and attract other beings who feed on their energies and strengthen them. Thought forms are one mechanism through which fear-based cults spread.

People may initially resonate with only one aspect of a thought form but be gradually pulled in until the whole thing takes over—they now subscribe to it wholesale. They may assume that they're exercising their free will and that their change of thinking is completely their conscious decision, but this process tends to run more on an unconscious emotional level, with intellect mainly just rationalizing it.

You can see this in the recent spread of authoritarianism and hate speech. Some people who decried it in the beginning or didn't like a leader stuck their toe in the water of a fear-based thought form and

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eventually became sucked in, hook, line, and sinker, getting on board with all of its talking points and losing themselves in the process. Their negative emotions and beliefs took over. Self-awareness, emotional housekeeping, and critical thinking are your best tools to guard against this.

The silver lining is that this is an opportunity to awaken for those who fell prey to negative thought forms. Seeing where it brought them, they may realize what they were carrying in their subconscious all along. Healing their fear-based beliefs can help them free themselves from cults and the clutches of false fears in general.

“Amazing grapes, how sweet the juice, ... 🎵🎵🎵🎵.”  
#DadJokes

It takes courage to leave cults, but it's necessary for your sanity. Everyone needs community, but you will not find the unconditional love you seek in cults, and thinking for yourself is the only way to remain authentic.

Even with people whose actions you find to be largely egregious, try to give credit where credit is due whenever you can. Acknowledge good points made by those you don't like. Give people the

benefit of the doubt when you don't know the whole story. Assume that those whose behavior is generally decent at least mean well, even if you think they are misguided. It takes one to know one, so if you're in the habit of demonizing others, you may be a demon (or be possessed by one). #NotLiterally



## 9 - ALL PEOPLE ARE THE SAME

... and all people are different. That's another divine paradox.



You've no doubt heard it said that everyone wants the same things, especially to love and be loved (which includes the belonging that cults appeal to). Everyone is running the same basic operating system, and is even 99.9% genetically identical. (It's amazing what I've been able to do with just .1% to vary color schemes and otherwise keep it fun.)

On top of that operating system is a wide variety of software, which means that everyone looks at things at least a little differently. That's a feature, not a bug.

When you judge others, you assume that they are just like you, only inferior, because you would never do the things they do, and you would always do the things they don't. But everyone is on a different path.

Granted, everyone makes mistakes, including Yours Truly. (I promise I'll make teeth and knees stronger in 2.0. I didn't anticipate sugar and concrete. And sorry about male pattern baldness. That bug should have been fixed in beta. My bad.)

In addition, many people do harmful things that cannot be excused—but they do not need to be judged, either. Although each path is unique, they are all ultimately paths of learning and growth.

If you are ever to get along, embracing the differences in people is essential. You don't have to like all of them, but it's wise to remember that there is potential value in every experience.

If you disagree with others' beliefs but they seem to be good people and you enjoy their company, it might be useful to remember that opinions, while important, are relatively superficial. Maintaining a warm connection with them might help reduce divisiveness. It's okay, too, to avoid topics that

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cannot be discussed respectfully, but if they can be, maybe you can gain understanding from one another.

People are complicated, often with conflicting impulses. They can be wonderful and awful at the same time. Try to love one another as I love you. If you sometimes fail to do that, I'll still love you. I might flunk you but I'll love you.

## 10 • LOVE YOUR ENEMIES



There's some truth to the joke that you should love your enemies because it will drive them crazy. Bad people don't know how to handle love and empathy—it confuses them. They want you to react in kind to stay engaged with the karmic game they're playing. Don't take the bait.

Don't hate evil; that just makes more evil. You are likelier to be forgiving if you remember that evil is partly caused by faulty belief systems. Work to bring greater understanding, even if that seems futile in the short run. Raising consciousness is a long-term project.

Don't get bent out of shape with every new outrage. Just keep doing the work of building a better world using the building blocks available to you. People who do terrible things are probably in more pain than you are; they're just out of touch with it. It's

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true that hurt people hurt people. (That's a good one—please put that in the next edition of the Bible.)

As mentioned, evil arises from unfounded fears, combined with ignorance and a lack of development. In addition, evil people are often severely damaged and/or mentally ill. Don't excuse their behaviors—they're still responsible for them—but have compassion for them and wish them healing. Ironically, they can teach you much about love and goodness by showing you what their absence looks like and what to avoid. Don't sink to their level by succumbing to destructive emotions such as resentment, suspicion, jealousy, shame, bitterness, hate, rage, envy, etc.

You may feel justified in resenting, for example—maybe someone did something truly unjust to you; it happens, a lot more than I'd prefer. It comes with the territory of free will, and it's particularly extreme at the moment (meaning recent millennia) due to growing pains and some harsh cosmic weather (which should improve soon).

Resentment, however, will not help you make things better. In fact, it disempowers you, and others will

try to prey on it to manipulate you. Do what you can to redress the situation, if there are any sound options; then let it go and move on.

If you find yourself resenting choices that others had the right to make, such as your partner ending your relationship or your boss letting you go, try to find acceptance. Believe in your resilience and ability to create a better future.

If you resent your government, vote for higher quality people if you can. Consider becoming an activist to help educate others about causes you care about, or run for office yourself. Resentment makes you a victim; find your inner power and become a force for good.

If you resent pronouns, get a life. There are real problems in the world.

## **11 • HOW TO BE IN HEAVEN**

Like evil itself, destructive emotions come from false fears, and can feed evil. Everyone feels them from time to time; they're part of the human condition. You can learn much about life by simply observing yourself.

Don't try to suppress destructive emotions—that just pushes them underground. When they arise in you, observe them with love and see them for what they are, working to heal them. If you are controlled by them, others are likely to control you with them, and they will distort your perceptions, preventing you from awakening. Replace them with joy, gratitude, hope, serenity, trust, and all the other constructive emotions. Learning how to do this takes practice, but it is well worth the effort. We'll be covering that next semester.



There's been some confusion on the topic of heaven and hell. These are not places you go (or are sent to); they are states of mind. They are where you are, wherever you are. If you resent, for example, you are in hell, at least to some degree, depending on the intensity of your resentment. When you love, you are in heaven, again, to some degree, depending on the intensity of your love. If you resent and love at the same time, you are in the middle, which is purgatory.

It's not much different in the afterlife. Granted, life in the After is easier and more pleasant. There are far fewer external stresses. For example, since you don't have a physical body, you aren't concerned about survival and related issues such as health and

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finances. Therefore, you are likelier to have a positive state of mind.

Still, there are those who cross over tortured by guilt, shame, etc. and don't let them go despite their easier surroundings. They can be said to be in hell, but it is due to their state of mind, not because they are being punished and judged for their behavior. They are punishing and judging themselves. They are a small minority; most are elated when they cross over, like kids getting out for recess.

The physical plane, being more stressful, is more growthful, since responding to stresses constructively helps you grow. Even if your inner state is fairly well optimized, you sometimes find yourselves in harsh circumstances that tax your ability to maintain a positive state of mind.

Still, your primary experience comes from within. Two people can be in the same circumstance but have very different experiences of it. Some situations, such as war, can be objectively described as hellish, but how scathed you are by them in part depends on your skills. It's not just about attitude, although a positive one is helpful if it doesn't cause you to deny your feelings. It's also in part about

focusing on what you can do to make things better, and holding a larger perspective. It helps if you have built up a reservoir of inner strength and peace going into it. Being able to fully maintain your centering in love when circumstances are hellish is an advanced skill that not many have, but they give you opportunities to practice.

Knowing that you are an eternal soul and that the situation is temporary can be invaluable. One of the great lessons is that no matter what is going on around you, you can always access the eternal and infinite. During spiritual practices such as meditation, prayer, devotion, and mindfulness, you focus on that. Creating art, listening to beautiful music, communing with nature, and any other higher activity you lose yourself in can accomplish much the same thing, helping you to still your mind and expand your awareness. Then, work to maintain that awareness in everyday life, giving you more resources for dealing with its challenges. If you can do that under high stress, it will be relatively easy when life is less stressful. Think of that as spiritual strength training.

*Why is there so much evil and suffering?*

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For one thing, people trapped in their own hell of false beliefs and fears can be incredibly cruel. They know not what they do. As much as possible, use your intuition to stay out of their way, but as the poet said, no one is an island. Occasionally, their actions may affect you or your loved ones no matter what you do. Don't let it sabotage your self-esteem—nobody deserves abuse. Just handle it the best you can as another growth opportunity.

Even without intentional cruelty, human behavior is often irrational and chaotic, which makes life unstable for everyone. If you ask Me, I'll be happy to help you find the centering to navigate that more adeptly, but I can't impose stability on everyone else.

Again, each of you has the inalienable right to choose. I'm not an authoritarian. Some of My overzealous interns have tried to make Me sound scary in order to keep you in line, but that's not how I roll. I've spoken with them about this (numerous times) and so has My son. #HardToGetGoodHelp, #LiliesOfTheField

Some misfortune is karmic repayment. Karma is more or less automatic, like a boomerang—what

you send out comes back to you. It's not punishment, just cause and effect, and I don't control it.

Those with lower grades are less likely to own up to their part in what happens to them—they habitually blame others—but it's not always obvious whether misfortunes are karmic or just bad luck, which is another hazard of the physical plane. I advise that you treat all misfortunes the same: Handle them with grace, sowing seeds of love wherever you can, and use your ingenuity to solve the problems that arise. If you repay a karmic debt, you will feel relief, but either way, you will have done the right thing and grown as a result. #ItsOwnReward

Hellish circumstances can also arise from natural disasters. It might surprise you how much human consciousness and actions such as development and pollution imbalance weather. People sometimes blame disasters on My wrath but in fact, I don't mess with the weather. I'm actually pretty easygoing. I'm not vengeful, or jealous, for that matter—that's human projection. I wasn't made in your image and likeness, LOL.

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Again, I'm love, and love isn't vengeful or jealous. That's one thing that Paul was right about. (Notice that I didn't call him Saul; he prefers Paul now.) Those are fear-based emotions, and fear is the opposite of love—perfect love casts out fear. And when fear isn't in control, either consciously or unconsciously, you will probably default to love, which is your natural state. Happy children demonstrate that.

Another cause of suffering is the frailty of the human body. Those who live long enough will likely experience ill health and pain. Genesis tells of a time when people lived much longer and healthier lives, but this led to complacency. You collectively decided to shorten life spans so as to learn to cherish life and make the most of it. You made the physical plane a more rigorous and difficult school, and that indeed did accelerate your growth.

It's said that the road to hell is paved with good intentions. Far more often, it is paved with bad ones, but it's true that sometimes well-intentioned actions have unintended negative consequences. You can keep them to a minimum by thinking things through and researching what others have already tried. I'm surprised how little people learn from other

people's experiences. As they say, you don't need to keep reinventing the wheel.

However, it is inevitable that you will make mistakes as you move from the known to the unknown. Ideas that seem great don't always pan out. A big reason you incarnated was to find out what would happen if .... It's not really an issue that you make mistakes; you most certainly will. It becomes more of an issue if you don't quickly recognize them and make course corrections.

It is the job of those in public service (of all kinds)—and most of you are—to solve problems. The ability to quickly collect feedback on whether approaches work (and whether they create new problems) should be built into every system so that they can be continually refined. There is a tendency to throw the baby out with the bathwater, when sometimes relatively minor adjustments can make them more successful.

*Why are there such extremes between good and evil if we're all made of love?*

The human animal is challenging for souls. It is relatively aggressive, a little crazy (which is sometimes adorbs), and not all souls have the same

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levels of experience and skill. Sometimes, their early choices on the physical plane lead to traumas that they aren't yet well equipped to handle, or they paint themselves into corners, so to speak. Help is always available, but they don't always take advantage of it. If souls want to be left alone to try to figure it out themselves, that is their prerogative. Most eventually do, to some degree.

My heart goes out to those who suffer and I do all I can to help, but one of my greatest gifts to you is free will. Even if, objectively speaking, you might have made better choices and avoided suffering, sometimes you have your most important growth experiences in intensity. Being stretched to your limits can help you break through your barriers. I always hope that you'll rise to the occasion, band together to help each other, and become more sensitive to the gifts of life. In hindsight, you might realize that your most difficult challenges helped you become more of who you really are, the image and likeness of love. And practically speaking, had you been truly capable of making more skillful choices, you probably would have. You may have needed to make those mistakes in order to learn.

Sometimes, people stop believing in Me because “How could a loving God allow these things to happen?” I understand, and that’s fine. If you call yourself an atheist and are a good person, that’s not a problem. Despite what you may have been told, I don’t need people to believe in Me. In fact, what you think you believe isn’t very important—that’s just on the surface. What’s important is how you treat each other and that you believe in yourselves, especially in your power to create beauty.

But please understand that I cannot grant free will in some instances and not in others. If I were a helicopter parent, you wouldn’t have the opportunity to learn to choose and you would never grow up. Being able to experience the results of your actions, individually and collectively, is an essential part of your education.

Lucifer thinks I should be flattered that people blame Me for every bad thing that happens 🤔. When there’s little understanding of free will or cause and effect, that’s inevitable. But I hope you are coming to realize that you are each a creator in your own right, an indivisible part of Me.

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No one is born without at least one spirit guide, and there are many angels working with Me behind the scenes. Sometimes you call in one of us to bring special assistance. You are always welcome to ask for help, and we will do whatever we can, but again, we cannot violate other people's right to choose, although we may be able to help you cleverly navigate around their choices.

The self-actualized person lives from the inside out. No one becomes self-actualized without putting in the work. Again, this is not a party school, although I do throw some awesome parties.

Try to learn from every experience. That's the best way to turn something bad into something good.

Even if you are not enrolled in the Advanced Placement Program, any spiritual work you do can pay off in increased happiness. Happiness comes more easily for some people than others, depending on factors such as health, temperament, background, and circumstances, but anyone can become happier. Being happy is a skill, like any other.

In the long run, raising your grade is the biggest thing you can do to make the world better. You are part of the world, and raising your vibration raises

the world's. You can't control others—that never works—but you can inspire them and show the way. You may think that people don't notice your selfless acts of love, but they do. Sometimes, they recall them long after you've forgotten them. Love is eternal and no loving act or thought is wasted.

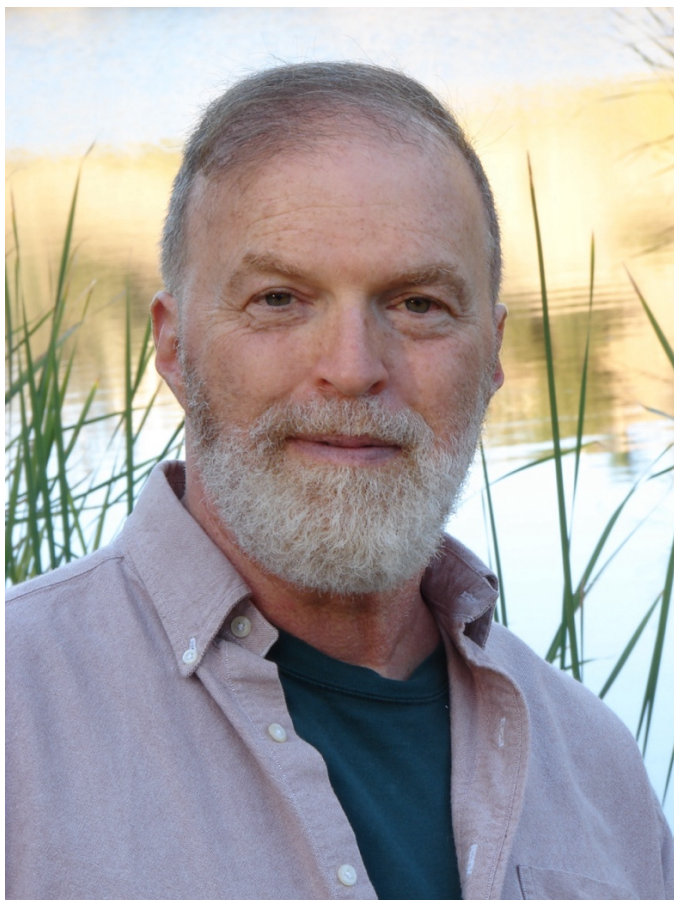
## **CONCLUSION**

Okay, that's about it for today. If you didn't grok what good and bad people look like earlier, maybe you will now. Let's meet again after the next quiz and see how you did.



Class dismissed.

## ABOUT THE AUTHOR



SHEPHERD HOODWIN has been channeling since 1986. He also does intuitive readings, mediumship, past-life regression, healing, counseling, and channeling coaching (teaching others to channel). He has

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## **OTHER BOOKS BY SHEPHERD HOODWIN**

<https://shepherdhoodwin.com/book/>

### ***All Is Choice***

Few realize how profound, multi-faceted, and far-reaching the concept of choice is in our spiritual growth. This short book explores topics such as what is and is not our right to choose, our power as creators and the limits of our reality creation, how consciousness expands, and much more.

### ***Being in the World***

This insightful book explores practical spirituality. Topics include aging, karma, time, and religion.

### ***Compassion for Evil***

*A Metaphysical View*

*Compassion for Evil* explores the nature of evil from the soul's point of view, and how we can skillfully deal with it as lightworkers.

### ***Embracing What Is***

*Spiritual Keys to Happiness*

This book is an abridged version of *Happiness and the Michael Teachings*, without technical Michael teachings terminology. A free version is available at [Smashwords.com](http://Smashwords.com).

***Energy Literacy***

*How to Perceive and Take Charge of Your Spiritual Well-Being*

Energy Literacy is an introduction to how to perceive your energy field and release negativity. Topics include chakras, contracts, vows, cording, entities, implants, psychic attack, earthbound souls, soul retrieval, and more.

***Enlightenment for Nitwits***

*The Complete Guide*

This hilarious metaphysical/self-help humor collection will appeal to Oprah and Dave Barry fans as well as those with more esoteric interests. In a style reminiscent of comedian Steven Wright, it's full of wry one-liners along with longer, hilariously mind-bending pieces on a wide range of subjects, tied together by the idea of clueless humans trying to find enlightenment.

"I love *Enlightenment for Nitwits*! It is the funniest book I have read in several decades. If laughter leads to enlightenment, it will certainly do it. Nothing—thank God—is sacred in this delightful spoof on life in general."

—C. Norman Shealy, M.D., author of *Life Beyond 100*

### ***Growing Through Joy***

This thought-provoking book explores the nature of personal growth.

### ***Happiness and the Michael Teachings***

*Learning to Embrace What Is*

Happiness is the ultimate goal of every spiritual teaching. Here we explore several principles of what the Michael teachings refer to as growing through joy.

### ***Healing the Gut***

*A Crib Sheet for Eliminating SIBO*

This short book offers tips for those with digestive problems and related diseases, focusing on the Specific Carbohydrate Diet.

### ***Holistic Health for Smarties***

*Idiosyncratic Tips and Musings on Improving Your Well-Being*

Whether you're dealing with a major health challenge or simply want to improve your diet and have more well-being, *Holistic Health for Smarties* offers a fun and conversational overview to help you get started with a healthier lifestyle or refine your healing path. It's chock-full of tips, both original and those that distill the best of holistic teachings. Shepherd presents a sensible, balanced approach to

diet and healing that emphasizes what works best for you, avoiding dogma and simplistic thinking.

***Journey of Your Soul***

*A Channel Explores the Michael Teachings*

This is the most in-depth discussion of the Michael teachings to date. It may also be the first analytical study of channeling written by a channel. It has forewords by John Friedlander, co-author of *Psychic Psychology*, and Jon Klimo, author of *Channeling: Investigations on Receiving Information from Paranormal Sources*. Klimo writes, “*Journey of Your Soul* may well be the best (Michael) book of them all due to its clarity, thoroughness, and detail, and thanks to the fact that the author, an exceptionally clear-headed Michael channel himself, brings real integrity and authenticity to our understanding of Michael in particular and to the channeling process in general.”

***Loving from Your Soul***

*Creating Powerful Relationships*

This inspiring, transformative book explores the nature of love itself as well as practical matters of relationships. One reader wrote, “There are phrases that are so inspiring that I wrote them down to refer to when I need them. I am looking forward to reading this book again and again.”

### ***Meditations for Self-Discovery***

*Guided Journeys for Communicating with Your Inner Self*

This is a beautiful collection of forty-five vivid, often pastoral, guided imagery meditations channeled from Shepherd's essence. There are many meditation recordings available, but this is one of the first collections of meditations in book form that can be read to oneself or others. Teachers and group leaders would find it particularly useful.

### ***Opening to Healing***

This uplifting book explores the spiritual aspect of healing.

### ***Unconditional Love in Politics***

*Or Have You Hugged a Republican/Democrat Today?*

Is unconditional love in politics an oxymoron? Thus far, it's been a rare commodity if it's ever been there. This book explores what you can do about it, as well as why both right and left have useful parts to play in our evolution, the factors that influence a person's tilt to the right or left, and what unconditional love might look like in this sphere.

### ***Why We're Attracted***

*Spiritual, Psychological and Physical Elements That Draw Us to Others*

Just why are we attracted to some people and not to others? This book explores a multitude of factors on three levels: spiritual, psychological, and physical. Topics include agreements, life path, soul chemistry, male/female energy ratio, celibacy, body-type attraction, sexual orientation, monogamy, and polyfidelity.

## REVIEWS

I read *Pop Quiz* from cover to cover upon receiving it and had so much fun! I laughed my head off. How I love its wisdom, humor, and sweetness. The way they are all woven together makes the writing endearing. And efficient! I can't wait for next semester 😊.

I love how *Pop Quiz* makes difficult subjects light and fun.

Beautifully written.

*Pop Quiz* shines!

Great work in troubled times, done in a grand way that includes even younger souls in giving words of comfort and assurance.

I truly appreciate the clarity, depth, and warmth that shine through every page.

*Pop Quiz* is delightful. What a fun, playful, and engaging read!

*Pop Quiz* is absolutely charming. A great way to dispense deep wisdom in an easy-to-consume and reflective way.

## REVIEWS

This wonderful book is filled with humor and inspiration as well as down-to-earth tips on how to recognize and BE a good human. Highly recommended!!