

MIND

WHAT MATTERS

A Pep Talk for Humanity
(Mini-eBook Edition)

Excerpts from the complete book

John Viscount

Creator of the Award-Winning Film for Peace
Admissions

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sample excerpts from my book,

Mind What Matters
A Pep Talk for Humanity

I am very grateful and hope they are helpful to you.

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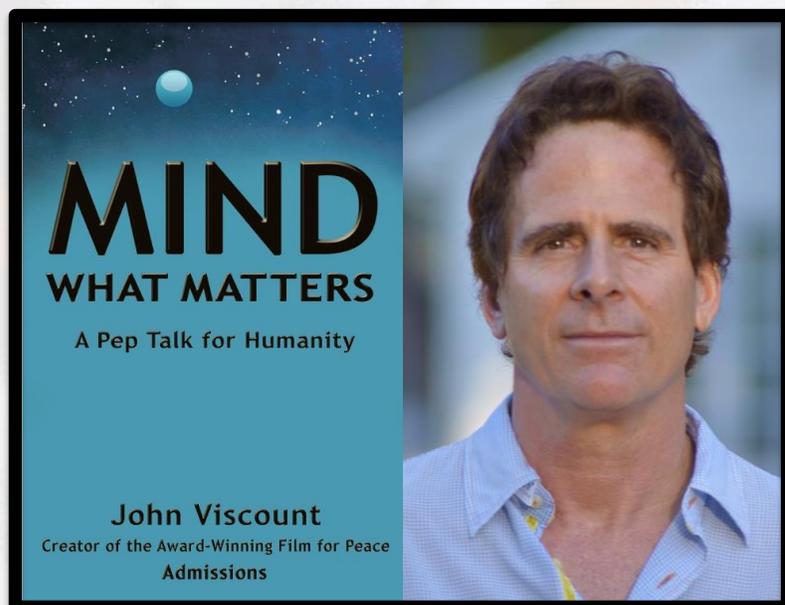
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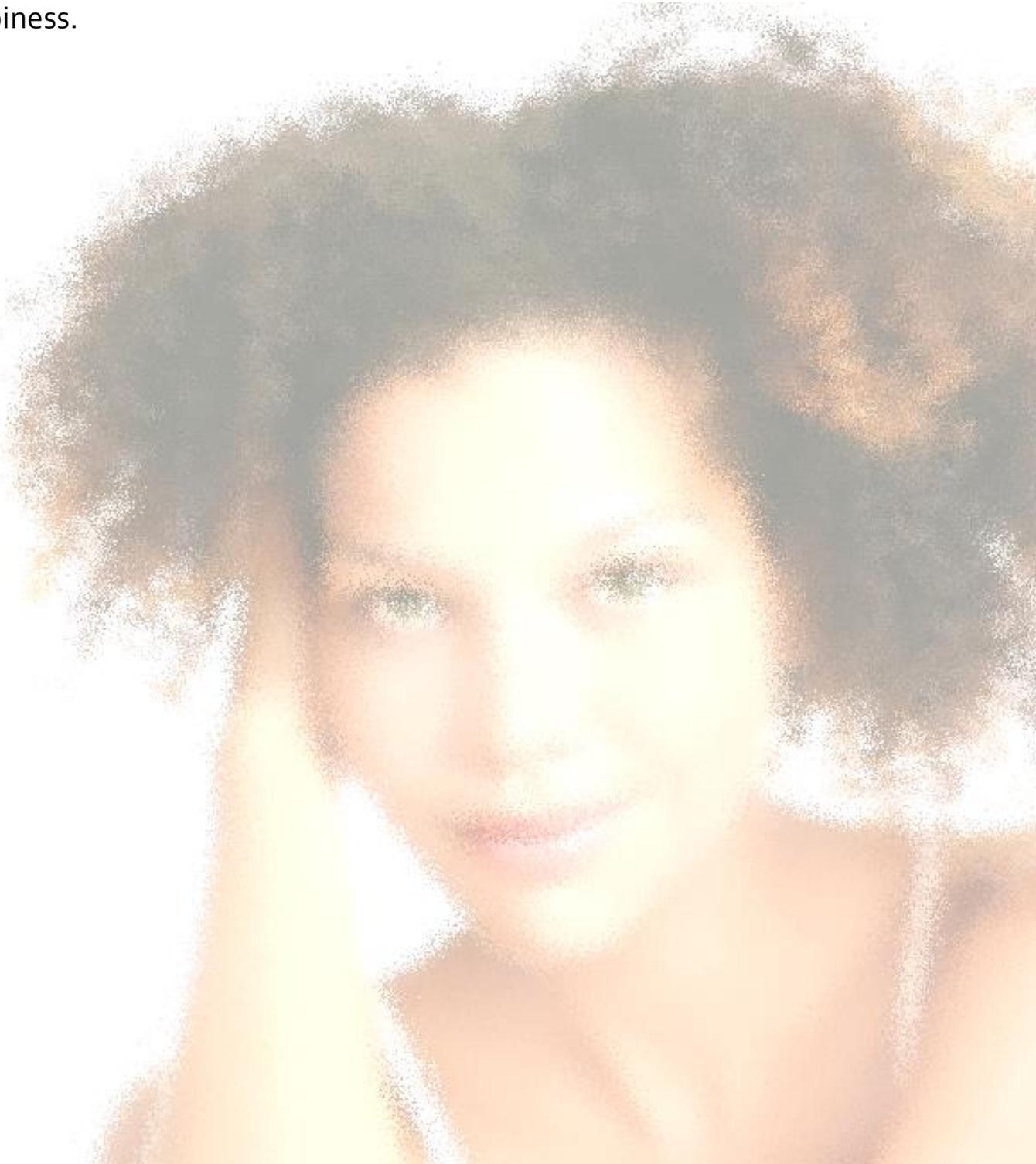
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Interior design by Van Buren Publishing.

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The Endless Joy of the Spiritual Mutt

Fortunately, one of the many advantages of living nowadays is all the wise and compassionate souls who have already been here and done this, and have been kind enough to leave directions. When blended into the hybrid worldview of a spiritual mutt, these wonderfully mixed and varied breeds of wisdom can serve as loyal guides on the path to happiness.



Heart is Mind's Greatest Teacher

The energy we put out into the world creates the world we live in, and to this there is no exception. When we come from the heart and look for the good in everyone, we get to live in a universe filled with folks we love. We will discover that we don't even have to know people personally to love them intensely. It might be a compelling picture on the Internet or a story in the news or a stranger passing on the street. Come from the heart and we will feel compassion for all. A deeper connection to life will be our just reward.

Even when life's more serious challenges come up, it is the heart that will show us the way. As circumstances appear to grow more dire, the heart's power of illumination only gets stronger. You can count on it to shine the brightest, in fact, when things are the darkest.



Laughter Is the Sound of Good Health

Yes, this is an often-absurd realm and being tickled to death by it all is a healthy reaction to the inscrutability of human existence. In a sense, it is no reaction at all. You are not taking the bait and getting pulled into the seriousness of the world. You are exercising detachment, remaining in the bleachers and taking in the entertainment.

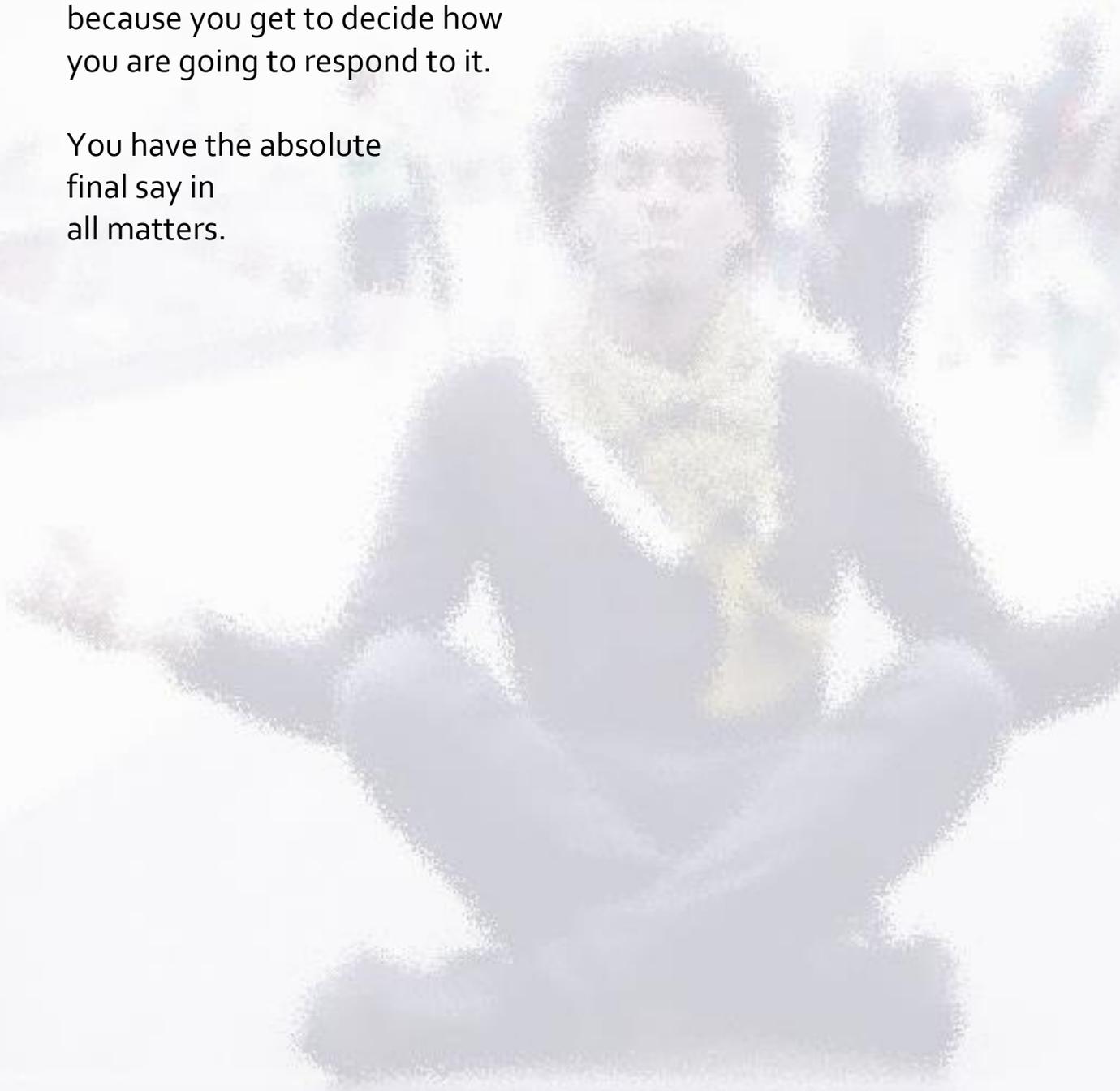
In moments of hysterical laughter, you can see clearly that none of it really matters. How could it if you are laughing that hard? And if nothing matters, that means you are free to view life as a comedy and then enjoy the heck out of playing your part. In fact, when I think about exiting this realm, one of the things I would miss most is cracking up. Laughing hysterically is a sign of sanity. It tells you so much about a person's true well-being, which is the well-being of their mind.

The Greatest Power in the World is the Power to Choose Your Reaction to the World

In life, nothing matters.

That is, unless you let it. This simple fact means you possess the greatest power in the world, the power to create your actual life experience. No matter what happens to you, the experience of it comes down to you because you get to decide how you are going to respond to it.

You have the absolute final say in all matters.



Love Being

Today, try on a new Self-definition, one that connects with all that is transcendent in life. Make love your belief system, and take a loving view on what you think you really are. Start living today as a love being and, from this day forward, you will love being alive.

Even In Great Numbers, We Are All Alone

The universe, after all, means “one verse” or “one song” and when we all sing together, harmony is assured.

Spend this day looking for shared interests and things you have in common with others. Let their individual, bodily traits fall away and envision instead the deeper fabric that ties you together with them. Maybe it is spirit. Maybe it is energy. Maybe it is white light. Maybe it is love. Or maybe it is the mind. Whatever the bridge is that ends up connecting you to others, start building it. For what awaits at the connecting point is true reality.

Nothing in the material world, despite what all the glossy infomercials tell us, can compare with the experience of cosmic consciousness where walls of separation come down, and the unity of all things is revealed.

Humanity Is My Home Team

When the relations between nations seem too complex to sort out, it is wise to keep in mind that national borders are just figments of our imagination. Today, make the decision deep down that “humanity is my home team” and wrap yourself in an invisible flag that bears this message. With this perspective, you will now have the whole world to root for and you can’t imagine how many more victories you will get to celebrate because of this subtle change of mind. In fact, it is the subtle change of mind itself that is the greatest victory of all.

Forgiveness is the World's Most Advanced Technology

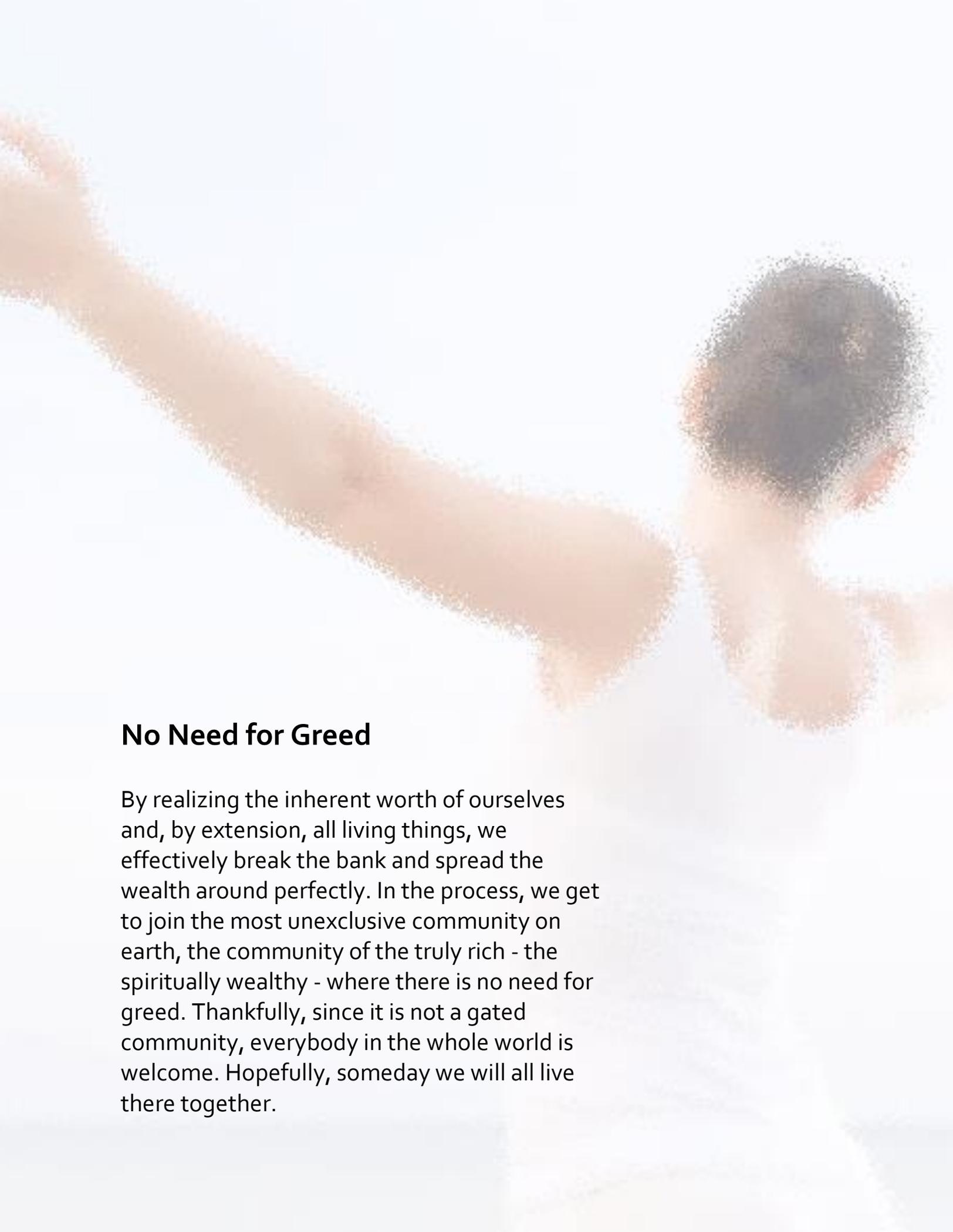
Whoever came up with forgiveness gave us the ability to regain control of our world, by not letting the world take total control of our mind. What other "technologies" can do that? There are none. This makes forgiveness the world's greatest technology. Try it out today and see what the most advanced thinking on the planet can do for you. It doesn't even require instructions.

War Is Never Holy

It is certainly understandable that countries want to share what they believe to be the benefits of their way of life with other countries. These kinds of interchanges contribute to the richness of our world and help us learn about societies that are remote from us.

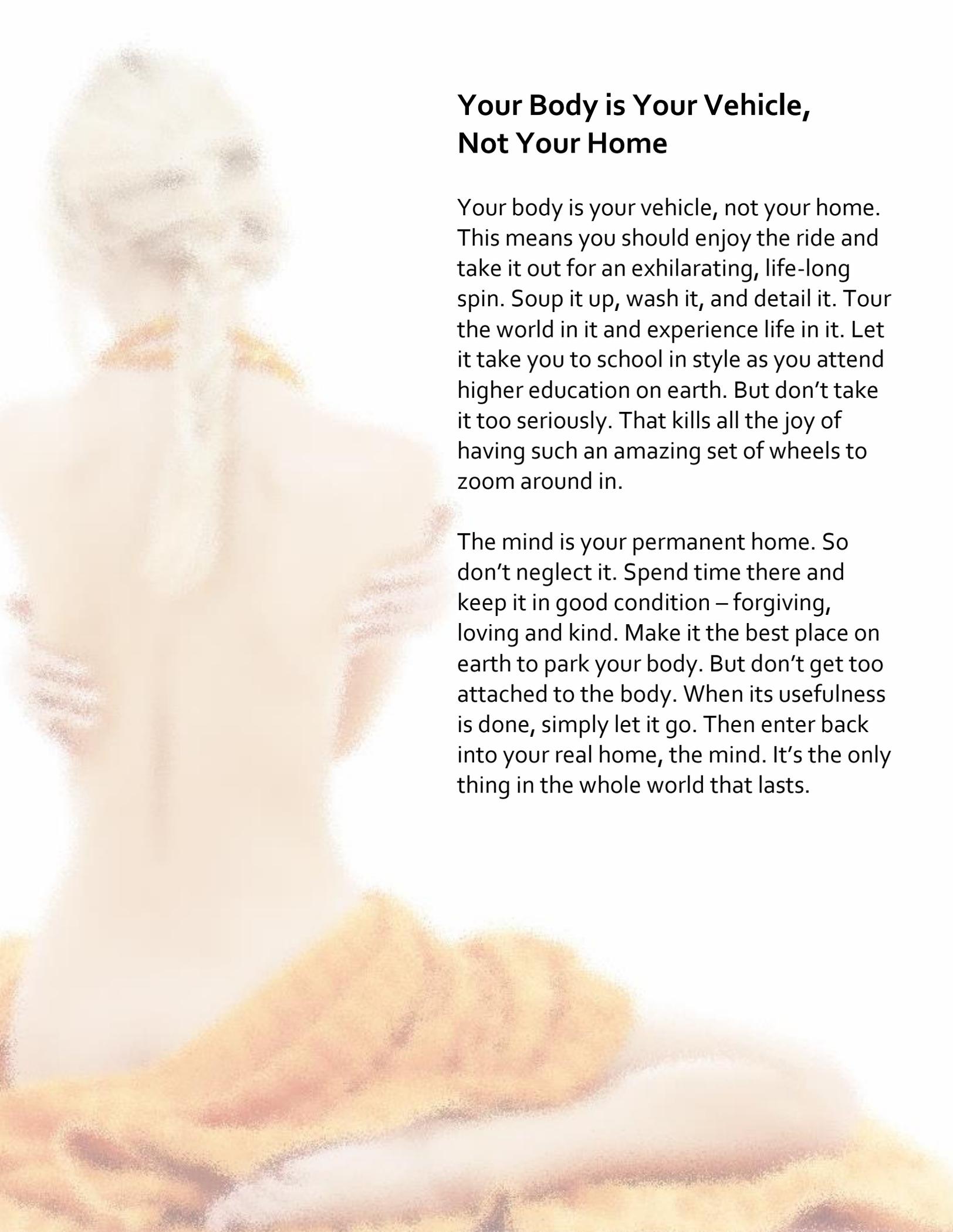
But this exchange is always more effectively accomplished through the peaceful sharing of mind, rather than force of will or body. If it requires physical invasions and violence to make our point, the point simply needs to be rethought.

The worst thing any generation can bequeath to the next generation, besides a ruined environment, is a lower threshold for going to war.



No Need for Greed

By realizing the inherent worth of ourselves and, by extension, all living things, we effectively break the bank and spread the wealth around perfectly. In the process, we get to join the most unexclusive community on earth, the community of the truly rich - the spiritually wealthy - where there is no need for greed. Thankfully, since it is not a gated community, everybody in the whole world is welcome. Hopefully, someday we will all live there together.



Your Body is Your Vehicle, Not Your Home

Your body is your vehicle, not your home. This means you should enjoy the ride and take it out for an exhilarating, life-long spin. Soup it up, wash it, and detail it. Tour the world in it and experience life in it. Let it take you to school in style as you attend higher education on earth. But don't take it too seriously. That kills all the joy of having such an amazing set of wheels to zoom around in.

The mind is your permanent home. So don't neglect it. Spend time there and keep it in good condition – forgiving, loving and kind. Make it the best place on earth to park your body. But don't get too attached to the body. When its usefulness is done, simply let it go. Then enter back into your real home, the mind. It's the only thing in the whole world that lasts.

Be Intolerant of Intolerance

There is no holier spot on earth than where ancient enemies forgive each other and come together as one, and an ancient hatred becomes a present love.

This Time Tomorrow It Will Still Be Now

The boat is our mind, and we are its captain. The sea is the sea of life in which we are immersed. The more we can steer our boat, the faster we will get to where we want to go. Living in the future or the past though, is like subjecting our boat to endless drift. And if we have the misfortune to get permanently stuck on something other than the present moment – like the partially submerged shoals of a painful memory – it can render our boat inoperable or even sink it.

So where are you right now? Are you here? Or are you somewhere else? How much of each day are you absorbed in something other than the present moment? How much of your life have you been truly present and accounted for? If there was ever a time to make amends, now is the time. In fact, now is the only time we can make amends.

Cancer is a Motivational Speaker

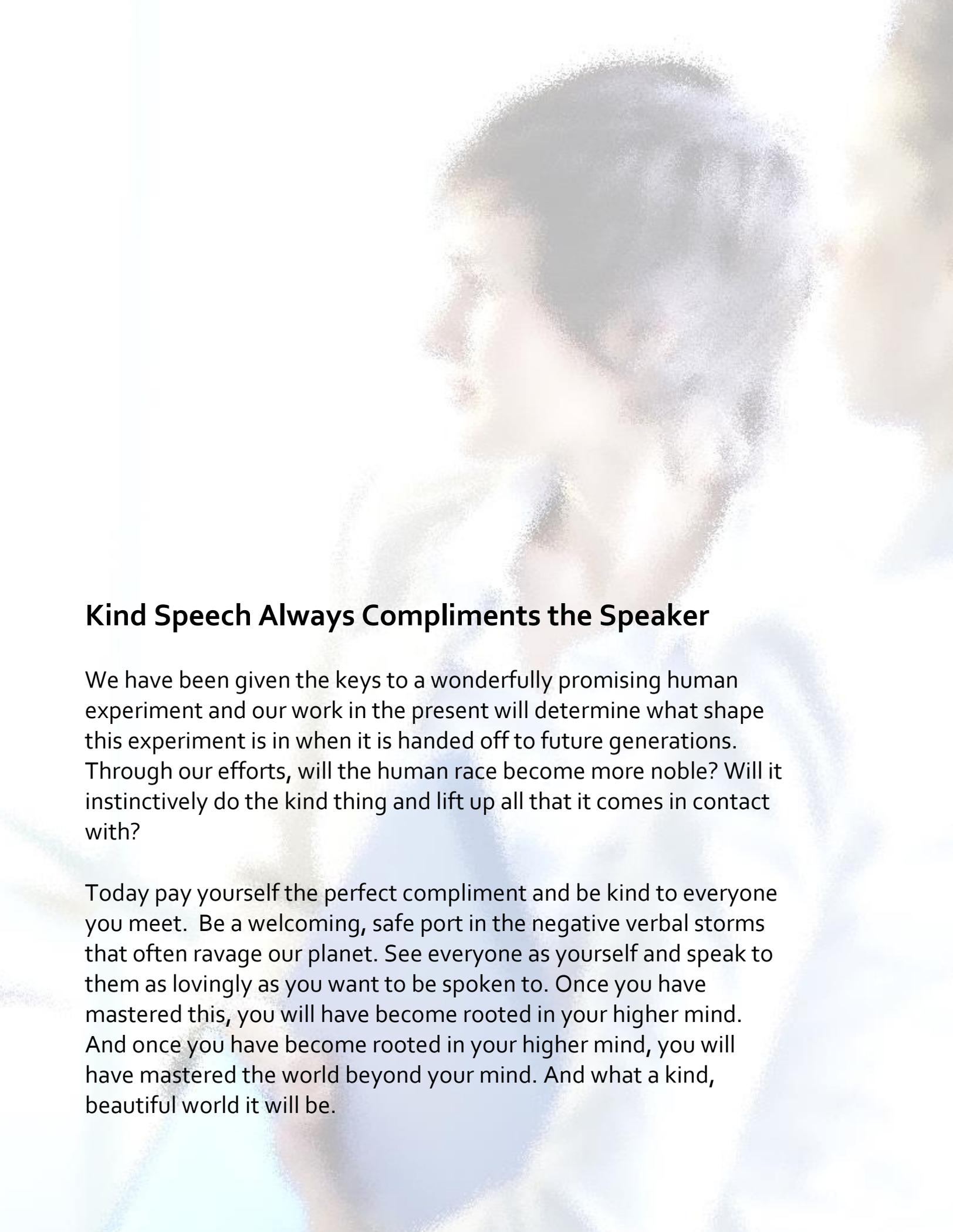
My mother and I had another potentially deep talk about which treatment she was going to undergo. She was sounding very agitated like she thought I was going to tell her what she should do, including making a request for her to quit her 60-year-old habit of cigarette smoking. She has lung cancer, after all. But I had long before decided I wasn't going to tell her what to do. It was her decision and her decision alone. She is a very independent and strong-willed woman, and I didn't want to add to her state of agitation in any way by entering into conflict with her over her choices.

Instead, I decided that I was just going to stay by her side and walk with her, literally and figuratively, wherever her treatment and her life took her. This way she would never feel alone. Whatever she wanted to do was totally fine with me, and she would have my total support no matter what.

So when she very defensively told me that she and only she would decide what her fate would be and what treatment she would undergo, I think she expected me to fight her on it. Instead, I replied, "Mom, whatever you want to do is fine with me. If you want to go in the backyard and have a monkey drop coconuts on your head, I will support that fully." Then we both broke into hysterics. After we calmed down, she asked me if I could please send her a stuffed monkey to always remind her of what I said. I ordered it that same day. She recently told me that whenever she tells other people about our ridiculous exchange, they always bust into laughter. Humor is a powerful ally indeed.

Jesus, Muhammad, Moses and Krishna Are United in Heaven

To me, heaven is not a place. It is a state of grace and a state of mind that derives its transcendence from the awe-inspiring knowledge of perfect oneness. It is a feeling we get when we perceive that, on the deepest level, we are all connected and there are no true differences between us. There are no individual agendas. There are no separate interests. There is nothing to be separate from. There is nothing to fear.



Kind Speech Always Compliments the Speaker

We have been given the keys to a wonderfully promising human experiment and our work in the present will determine what shape this experiment is in when it is handed off to future generations. Through our efforts, will the human race become more noble? Will it instinctively do the kind thing and lift up all that it comes in contact with?

Today pay yourself the perfect compliment and be kind to everyone you meet. Be a welcoming, safe port in the negative verbal storms that often ravage our planet. See everyone as yourself and speak to them as lovingly as you want to be spoken to. Once you have mastered this, you will have become rooted in your higher mind. And once you have become rooted in your higher mind, you will have mastered the world beyond your mind. And what a kind, beautiful world it will be.

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