



## PEACEFUL MIND

"...The lifelong search for inner peace challenges us to learn more about ourselves while allowing us to evolve with the seasons — peace requires a journey beginning with you."

Overthinking = Anxiety + Tension = Fear + Uncertainty + Doubt

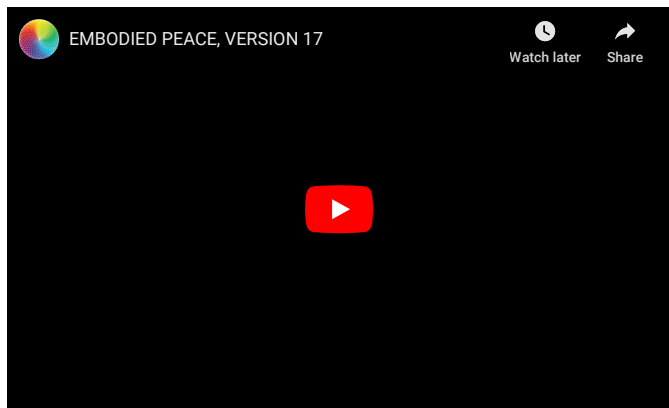
Reduced Thinking = Present Moment = Peace of Mind

Thinking = Brain □ Processing = Disconnection

Thoughts as Clouds ● Floating Through Pure Awareness =

Higher Thinking Processing = Increased Connection

[EMBODIED PEACE blog post](#)



## EMBODIED PEACE

You can use this invocation as a prayer or a mantra to help ground and center yourself, connect with your breath and the present moment, and tap into your inner strength and wisdom. You can say it to yourself silently or out loud, or write it down and read it as a reminder to stay focused and aligned with your highest self. You can also adapt it to suit your own needs and intention.

 is text enables pauses when it's read by the natural voice

### On YouTube:

<https://youtu.be/pamgs4mffa4>

### As Blog Post:

<https://www.wholehuman.emanatepresence.com/blog/emb>

*He awoke, and rebuked the wind, and said to the sea, 'Peace! Be still!'  
The wind ceased, and there was a great calm. - Mark 4:39, World English Bible*

*Peace I leave with you; My [perfect] peace I give to you;  
not as the world gives do I give to you. Do not let your heart be troubled,  
nor let it be afraid. [Let My perfect peace calm you in every circumstance  
and give you courage and strength for every challenge.] - John 14:27, Amplified Bible*

REPRINTED FROM [BIBLE HUB](#)

### RELATED LINKS

[WHOLE HUMAN GEOMETRY  
ELEMENTS](#)

### Note from Gary:

After years of interpreting the Bible literally, as the infallible word of God, my awareness and perspective have expanded. I had God in a box, but He got out. Relationship with God varies according to one's concept of who/what God is. There are many ways of understanding and relating with God, as I've learned. 'A New New Testament' was one of the helps to rounding my views on the Bible.

God and the Lord in scripture are higher self aspects of the One Being. There is only apparent, not real, separation between us, on the earth plane due to human neurology. Relationship with God, my Godself, is a daily practice.

<https://youtu.be/pamgs4mffa4>



HOME

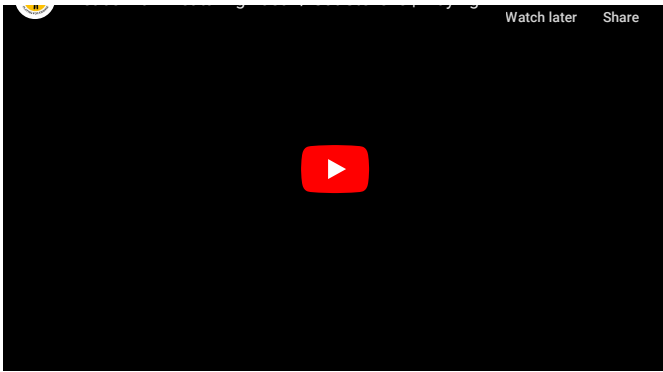
ABOUT

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CARDANO

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BLOG



Cat Stevens and musical artists around the world!  
**Peace Train!**

Peace is a concept of societal friendship and harmony in the absence of hostility and violence. In a social sense, peace is commonly used to mean a lack of conflict and freedom from fear of violence between individuals or groups. - [Wikipedia](#)

*Active peace* is my term for something more than the absence of war. It is a self-existent innate quality of nature, one of the fundamental frequencies of the waves and particles which compose the song of existence. See the book, '[A New Science of Heaven](#)'.

The barriers which prevent the human experience of peace include stored trauma, inner tension, and over-thinking. Finding effective means of dissolving the barriers becomes an individual process and journey.

REPRINTED from the Good Housekeeping website.

#### **Quotes About Peace That Will Inspire Tranquility in Your Life**

*Calm your mind, body and spirit with these serene thoughts.*

Further below, articles on how to reduce overthinking

"...The lifelong search for inner peace challenges us to learn more about ourselves while allowing us to evolve with the seasons — peace requires a journey beginning with you."

#### **Inner Peace Quotes:**

- "Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset." --Saint Francis de Sales
- "The life of inner peace, being harmonious and without stress, is the easiest type of existence." --Norman Vincent Peale
- "Do not let the behavior of others destroy your inner peace." --Dalai Lama
- "Nobody can bring you peace but yourself." --Ralph Waldo Emerson
- "If you are depressed you are living in the past if you are anxious you are living in the future, if you are at peace, you are living in the present." --Lao Tzu
- "When things change inside you, things change around you." --Unknown

In the slideshow at the bottom, two screenshots are from the book, '[A New Science of Heaven](#)'.

#### **COMMENT FROM THE TRUST TECHNIQUE GROUP**

Hi Gary,

I wanted to share my experiences with mindfulness, meditation, numbness, and the Trust Technique. I used to do a lot of meditation, and my main practise was Vipassana. I would do one or two 10-day retreats per year and spend two hours a day in silent meditation most days.

I didn't feel much in my body for the majority of the time. Yes, a lot of numbness, and I would get really sleepy and even fall asleep more often than not.

One of my goals was to spend a longer period at a Vipassana centre to deepen my practice. I got the opportunity to go to a very quiet centre in New Zealand for two months.

After a month, I realised that this type of practise would not get me anywhere. I have gotten myself into a loop that just repeated itself. I felt lost for a while and began to learn other types of practices. Movement seems to be the key for me.

Later on, I learned that I have a strong tendency to dissociate. And that's what used to happen to me in meditation, and I thought that was my mind quieting down. Dissociation is quite the opposite of being here and now, even though it can be a thoughtless state.

Dissociation occurred initially with the Trust Technique as well. By then, I had learned to come back to here and now and focus on my surroundings. In the Trust Technique, it would mean returning to Mindful Regard. So, when I regard the animal (or my environment, if I am practising on my own or writing down my thoughts, as in the Trust Technique for people), I am actually strengthening my present moment. As mindful regard means being aware of what is happening here and now. I had to learn to try less of being in the Present Moment and more Mindful Regard to actually get present. I hope this makes sense!

Warm wishes,

Riikka

#### **REPRINTED**

<https://www.omaritani.com/blog/stop-overthinking>

## 8 Steps to Help You Stop Overthinking Everything

### Overthinking is exhausting.

When you overthink, thoughts run circles around your head and you find yourself stuck in reverse unable to move forward. More so, you start coming up with bizarre ideas that totally contradict each other.

"I'm so excited for this job interview" transforms into "I wonder if they liked me" and then morphs into "oh, I'm so stupid! I shouldn't have said that! I'm definitely not getting an offer."

You start blaming yourself for things you didn't do and worrying about scenarios that may or may not happen.

Overthinking is simply the act of "thinking about something too much or for too long."

I know the feeling, and it's energy-draining. In fact, [studies](#) have shown that overthinking elevates your stress levels, reduces your creativity, clouds your judgment and strips you of your power to make decisions.

Fortunately, there are a few ways to handle overthinking.

These don't happen overnight—some will take time to develop and some can be implemented immediately. But all of them require conscious work from your side.

### Here are 8 steps to help you stop overthinking.

1. Change The Story You Tell Yourself I always used to say out loud: "I can never be on time. I'm not a morning person. I can't commit to anything." Well, guess what? I was never on time to meetings, I was always grumpy in the mornings and I couldn't commit to anything—a job, a relationship or a side project.

*That's because we are [the stories we tell ourselves](#).*

What you repeatedly say to yourself—and how you repeatedly describe yourself—is what you come to believe and be. Everything we do and experience stems from our [identity](#) and underlying set of beliefs.

The question is then, does the story you tell yourself empower you or hold you back?

Thoughts like "I'm an over-thinker" or "I always worry because I have so much on my mind" or "I'm not really good with making decisions and I overthink everything" do you more harm than good.

If this is the story you tell yourself, you need to stop immediately because it's stripping away your power.

#### Instead, do this:

Identify those limiting beliefs and make it a conscious effort to stop yourself whenever you catch yourself voicing them. Immediately replace those negative narratives with positive, empowering thoughts: "I am in charge of my emotions", "I think clearly" and, "I'm a decision-maker."

This is how you change your self-perception and begin to win back your power.

### 2. Let Go of The Past Overthinkers often ruminate about the past.

When they do so, they're exerting energy on the "what if" and "I wish" and "I should have"... But that energy is removing them from the present moment.

The past cannot be changed—but you can [change the lessons, meanings and perspectives you extract from it](#).

When you accept the past for what it was, you relieve yourself from its weight. You will then free your mind from the burdens, mistakes or grudges of the past that stop you from taking action in the present.

Learning to let go of the past is something we must constantly work on because it's so easy to slip back into the habit of rumination. This is essential as it clears up the mental space that was occupied by overthinking it.

### 3. Stop Your Thoughts in The Moment and Practice Being Present

In the heat of overthinking, stop and say:

*"No. I'm not going to have these thoughts right now. I'm not going to give in."*

#### Bring your attention to where you are here and now.

Breathe. Focus. Where are you? What do you feel? What's on your mind? What's stressing you out?

Open your journal and write down your thoughts. [Research](#) shows that the habit of writing what we feel helps us with metacognitive thinking.

Metacognition is "thinking about one's thinking", or in simpler terms, it's our "awareness of our own thoughts." That's why you become more aware of your thoughts and what they're trying to tell you when you write them down.

The goal is to become more aware and remove yourself from the "being" of your thoughts. You want to observe your thoughts so you can understand what they are and *why* you're feeling them.

Being present isn't easy. It requires practice. But whenever you notice your mind ruminating about the past or wandering into the future, try to bring it back to this moment and think:

*"The past doesn't matter. The future is out of my reach. All I have in my control is this present moment. So I will stop thinking about the past or the present. I will only think about the here and now."*

Daily rituals like [journaling](#), [meditation](#), or writing [one line per day](#) help you retain control over

your mind so that you can stay in the present and practice living in the moment. They also reduce stress, improve focus, and increase self-awareness.

This practice will be difficult in the beginning, but as with anything, in due time, it will begin to transform your life and come more naturally. Above all, higher awareness will help you reduce your overthinking.

#### 4. Focus on What You Can Control

Author [Amy Morin](#) says: "When you find yourself worrying, take a minute to examine the things you have control over."

First, acknowledge what's on your mind. Second, take a step back and broaden your perspective. Ask yourself: "What can I control?"

*"Focusing exclusively on what is in our power magnifies and enhances our power."—Ryan Holiday*

If you're struggling financially and ruminating about how you're going to pay the bills—that doesn't help. What helps is looking at your expenses and thinking 'what can I cut or eliminate from my bills?' Then ask 'what other revenue streams can I create?' This is how you shift your attention from what you can't control, to what you can.

#### 5. Identify Your Fears

Very often, it's the **irrational fears** that arise in our minds that lead to overthinking.

We fear what others might think, we fear to make a mistake, we fear not being good enough to succeed. And living in that fear will tangle us in a well of indecision.

Roman Stoic and Philosopher Seneca said:

*"We suffer more often in imagination than in reality."*

Fear, which often stems from the imagination of "what might be", contributes to your overthinking. And one of the best strategies to beat fear is to simply take action. Take a small step in the direction of your fear and see what happens. The moment you take action is the moment you win a battle with your overthinking. Win more battles with more action.

As Napoleon Hill, author of *Think and Grow Rich*, writes:

*"Fear can be effectively cured by forced repetition of acts of courage."  
[Courage, however, still carries fear. - Gary]*

When I'm overwhelmed within indecision, I usually ask myself: "what's the worse that could happen?"

And when I've figured out what that would be, I spend some time thinking of a contingency plan. This gives me the confidence to take the action I need and not be afraid of it.

#### 6. Write Down (or Openly Share) Solutions (Not Problems)

High-performance expert Tony Robbins says:

*"Energy flows where attention goes."*

To stop overthinking, you must address the problems at hand. When you feel overwhelmed, take some time to write down all your thoughts in your head, but then shift your attention to the solutions.

#### Give your power and energy to solutions.

The problems and thoughts you list are the weeds creating stress and anxiety. After surfacing them on paper, or voicing them to a friend, now's the time to brainstorm solutions.

Is your work causing you stress? Okay good. Now, what changes can you make to reduce it? Is your stagnation in life causing you anxiety? Ok good. What steps can you take to get more clarity on the goals you need to pursue?

Being open and honest about your thoughts and sharing them with someone you trust can offer a new "out of the box" perspective. Sometimes, we just need to "vent"—but don't make this a habitual go to escape.

I always say to friends:

*"I'm here if you need me. But come to me with solutions, not problems."*

If you arrive with (at least) one solution, that means you've taken the time to think and swim through your thoughts. Coming with problems means you're at square zero.

Learn to manage and regulate your emotions, thoughts, and mind. You can build the mental strength for it.

Get your thoughts out of your head so you can raise your awareness of them and observe them. Then shift your attention to the solutions you can create to relieve them.

#### 7. Make The Decision to Become a Person of Action

There are two ideas at play here: making a decision and taking action.

One of the challenges of overthinking is that you get lost in the circus inside your head—which then leads you to indecision. This is the worst place to be in. Because if you get stuck in the same place, spinning around in the carousel of your thoughts, forward movement eludes you.

What you need to do is practice making decisions and sticking with them.

Point the arrow and pull the trigger.

And do this for the smallest of decisions.

Chocolate or vanilla? 3-2-1 Choose!

Order in or cook dinner? 3-2-1 Choose!

Through the practice of being decisive, you automatically become a person of action. Because action stems from a decision—and the latter comes from you.

#### 8. Manage Your Stress: Move, Unplug, Spend Time in Nature

A 2008 study that was published in Psychological Science revealed that the brain becomes both calmer and sharper after a person spends time in a quiet setting close to nature. Other research also concludes that walking in green spaces puts the brain in a meditative state.

Even a walk in a 5-minute walk in the park can have an immediate calming effect on the mind. Whenever you feel overwhelmed with thoughts, one of these three things can help you clear your head:

1. A walk in nature (or a nearby park).
2. Exercise. It is scientifically proven to be an instant mood booster and stress-reducer. Sweating out your thoughts helps you think clearly.
3. Unplugging from all digital devices for a few hours.

Silence and solitude are most often the keys.

Learn to manage your stress rather than have it manage you.

#### REPRINTED

<https://www.verywellmind.com/how-to-know-when-youre-overthinking-5077069>

#### How to Stop Overthinking Here's how to recognize the signs that you're overthinking

Amy Morin, LCSW

Medically reviewed by David Susman, PhD

#### Table of Contents

- Definition
- Signs
- Causes
- Types
- Effects

Overthinking can be a hard habit to break. You might even convince yourself that thinking about something for a really long time is the key to developing the best solution. But that's usually not the case.

In fact, the longer you think about something, the less time and energy you have to take productive action. Plus, thinking about all the things you could have done differently, second-guessing your decisions, and continuously imagining worst-case scenarios can be exhausting.

Learn what overthinking is, some signs you may be an overthinker, and a few reasons some people think too much. Also, explore different types of overthinking, the effects on your mental health and relationships, and how to stop overthinking things in your life.

#### What Is Overthinking?

Overthinking involves thinking about a certain topic or situation excessively, analyzing it for long periods of time. When you overthink, you have a hard time getting your mind to focus on anything else. It becomes consumed by the one thing you are thinking about.

#### Overthinking Definition

Overthinking is defined as "a loop of unproductive thoughts" or "an excessive amount of thoughts that are unnecessary."<sup>1</sup>

While some people believe that overthinking may be helpful since it involves looking at an issue or problem from nearly every viewpoint possible and anticipating future events, the opposite is true. Research suggests that overthinking is associated with feelings of depression, anxiety, and post-traumatic stress disorder (PTSD).<sup>2</sup>

Everyone overthinks sometimes. Maybe you keep thinking about all the things that could go wrong when you give your presentation next week, or you've wasted countless hours trying to decide what to wear to your upcoming job interview.

Finding ways to put an end to overthinking can help you take action in your life versus simply thinking about things that are bothering you. Instead of going over something in your mind again and again, you can start to take the steps necessary to resolve the situation.

#### Signs You're Overthinking

If you're wondering whether you are overthinking a particular situation or concern, there are a few things you can look for. Signs of overthinking include:

- An inability to think about anything else
- Being unable to relax
- Constantly feeling worried or anxious
- Fixating on things outside of your control
- Feeling mentally exhausted
- Having a lot of negative thoughts
- Replaying a situation or experience in your mind
- Second-guessing your decisions
- Thinking of all the worst-case scenarios

#### Causes of Overthinking

Overthinking can happen for several reasons. Here are a few to consider.

##### Not Being Solution-Focused

Overthinking is different from problem-solving. Overthinking is about dwelling on the problem, while problem-solving involves looking for a solution.

Imagine a storm is coming. Here's the difference between overthinking and problem-solving:

- **Overthinking:** "I wish the storm wouldn't come. It's going to be awful. I hope the house doesn't get damaged. Why do these things always have to happen to me? I can't handle this."
- **Problem-solving:** "I will go outside and pick up everything that might blow away. I'll put sandbags against the garage door to prevent flooding. If we get a lot of rain I'll go to the store to buy plywood so I can board up the windows."

Problem-solving can lead to productive action. Overthinking, on the other hand, fuels uncomfortable emotions and doesn't look for solutions.

Experiencing Repetitive Thoughts **Ruminating**—or rehashing the same things over and over again—isn't helpful. But, when you're overthinking, you might find yourself replaying a conversation in your head repeatedly or imagining something bad happening many times.

Dwelling on your problems, mistakes, and shortcomings, increases your risk of mental health problems, according to a 2013 study published in the *Journal of Abnormal Psychology*.<sup>3</sup>

As your mental health declines, you are more likely you are to ruminate on your thoughts. It's a repetitive cycle that can be tough to break.

#### **Your Brain Won't Shut Off**

When you're overthinking you might feel like your brain won't shut off. When you try to sleep, you might even feel as though your brain is on overdrive as it replays scenarios in your head and causes you to imagine bad things happening.

Research confirms what you likely already know—rumination interferes with sleep. Overthinking makes it harder to fall asleep.

Overthinking impairs the quality of your sleep too. So it's harder to fall into a deep slumber when your brain is busy overthinking everything.<sup>4</sup>

Difficulty falling asleep may contribute to more worrisome thoughts. For example, when you don't fall asleep right away, you might imagine that you'll be overtired the following day. That may cause you to feel anxious—which may make it even harder to fall asleep.

#### **Making Decisions Is a Struggle**

You might try to convince yourself that thinking longer and harder helps you. After all, you're looking at a problem from every possible angle. But, overanalyzing and obsessing actually becomes a barrier. Research shows thinking too much makes it tough to make decisions.<sup>5</sup>

If you're indecisive about everything from what to eat for dinner to which hotel you should book, you might be overthinking things.

It's very likely that you are wasting a lot of time looking for second opinions and researching your options, when ultimately, those little choices might not matter so much.

[Rumination: Why Do People Obsess Over Things?](#)

#### **Decisions are Second-Guessed**

Overthinking sometimes involves beating yourself up for the decisions you already made.

You could waste a lot of time thinking your life would be better if you'd only taken that other job or not started a business. Or maybe you get upset with yourself for not seeing red flags sooner—because you believe they should have been obvious!

And while a little healthy self-reflection can help you learn from your mistakes, rehashing and second-guessing is a form of mental torture.

Overthinking can take a toll on your mood and may make it even more difficult to make decisions in the future.

Types of Overthinking There are also different types of overthinking that a person might engage in. Many of these are caused by **cognitive distortions**, which are negative or distorted ways of thinking.

#### **All-or-Nothing Thinking**

This type of over thinking involves only seeing situations in black or white. Instead of looking at both the good and the bad, you might analyze an event only in terms of it being a total success or a total failure.

#### **Catastrophizing**

This type of overthinking involves thinking things are worse than they are. For example, you might fear that you will fail an exam. This then leads to worry that you will fail the class, which will then lead to failing school, not getting a degree, and not being able to find a job. This type of overthinking sets you up to worry about unrealistic worst-case scenarios.

#### **Overgeneralizing**

This form of overthinking happens when you base a rule or expectation for the future on a single or random event from the past.<sup>6</sup> Instead of accepting that different outcomes are possible, you might assume that certain things will "always" or "never" happen. In this case, overgeneralizing one event from the past to every event in the future often leads to overthinking and worrying about things that might never occur.

#### **Effects of Overthinking**

Overthinking is not a mental illness, and while overthinking can make you anxious, it is not necessarily the same thing as anxiety. However, it can often play a role in the development and maintenance of several mental health conditions. Some disorders that are associated with

overthinking include:

- Depression
- Generalized anxiety disorder (GAD)
- Obsessive-compulsive disorder (OCD)
- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Social anxiety disorder (SAD)

Overthinking can have a bidirectional relationship with mental health issues. Stressful events, depression, and anxiety can make people more prone to overthinking, and then this overthinking contributes to worse stress, anxiety, and depression.<sup>7</sup>

Finding a way to break out of this cycle can often help relieve some symptoms of these conditions.

Overthinking can also take a serious toll on relationships. Assuming the worst and jumping to incorrect conclusions can lead to arguments and conflicts with other people. Obsessing about every little thing other people do and say can also mean that you misunderstand what they are trying to convey.

It can also lead to [relationship anxiety](#), and behaviors like constantly needing reassurance or attempting to control other people. Such behavior can harm your relationships with others.

### How to Stop Overthinking

Research shows thinking less about a problem might actually be the key to developing better solutions. Here are a few ways to [stop overthinking](#).

#### Distract Yourself

Rather than sit and think about a problem for endless amounts of time, you can distract yourself for a bit.<sup>5</sup>

Your brain may find better ways to work out a solution in the background while you're distracted with another task—like working in the garden. Or, you might “sleep on it” and discover that your brain solves the problem for you while you're sleeping.

A brief distraction can give you a break. And it may get your mind focused on something more productive. And, your brain might even develop a solution for you when you stop thinking about the problem.

#### Challenge Negative Thoughts

Remind yourself that your thoughts are not facts. Every thought you have will not be truthful, accurate, or even realistic. Learning how to reframe them in a more positive way can help relieve the tendency to overthink.

When you find yourself overthinking, challenge these thoughts. Ask yourself if they are realistic. Consider alternative scenarios. It can be difficult at first, but learning to call out your own overthinking can help you learn to replace negative thoughts with more helpful ones.

This episode of [The Verywell Mind Podcast](#) shares how you can stop dwelling in a negative mindset.

#### Work on Your Interpersonal Skills

Studies have found that improving your interpersonal skills can help stop you from overthinking since these skills have a large effect on this particular habit.<sup>8</sup> Ways to develop stronger interpersonal skills include:

- Increasing your [self-awareness](#)
- Boosting your [self-confidence](#)
- Practicing [self-control](#)

#### Meditate

[Meditation](#) can be an excellent tool for redirecting your thoughts more positively. As you meditate, work on focusing on your breath. The goal is not to clear your mind, but rather to focus it on something and practice redirecting your focus whenever your thoughts wander.

With practice, you will find it much easier to halt overthinking in its tracks before it becomes a more serious problem. Research has found that a 10-minute meditation can be an effective way to stop intrusive thoughts and worry.<sup>9</sup>

#### Practice Self-Acceptance

Overthinking often stems from dwelling on past mistakes or worrying about things that you cannot change. Instead of berating yourself for things you might [regret](#), try working toward being more accepting and compassionate of yourself.

Research suggests that people who extend themselves such compassion are more likely to use adaptive coping strategies.<sup>10</sup>

Strategies that may help you become more self-accepting include:

- Practicing [gratitude](#) and thinking about the aspects of yourself that you appreciate
- Cultivating a strong support system made up of people who can provide encouragement and love
- [Forgive yourself](#) for things you regret

#### Get Therapy

If you can't break free from overthinking, consider getting professional help. Overthinking may be a symptom of a mental health issue, like depression or anxiety. On the flip side, it may also increase your susceptibility to developing mental health problems.

A mental health professional may teach you skills that will help you stop obsessing, ruminating, and dwelling on things that aren't helpful. They may also help you identify coping strategies that work for you, such as mindfulness or physical exercise.

If you feel like your brain is on overdrive, talk to your physician. Your doctor may be able to refer you to a therapist who can help you put an end to overthinking.

#### A Word From Verywell

Overthinking can create an endless cycle of stress and worry, which can ultimately cause you to feel less prepared, motivated, and confident. It can also play a role in mental health issues like anxiety and depression, so it is important to find ways to break out of such destructive thought patterns.


Self-help strategies like distracting yourself and challenging your thoughts can help. If overthinking is taking a toll on your well-being, consider talking to a mental health professional. They can help you develop the mental tools and coping skills you need to prevent overthinking.

#### 6 Ways to Help You Stop Worrying So Much

##### By Amy Morin, LCSW

Amy Morin, LCSW, is the Editor-in-Chief of Verywell Mind. She's also a licensed clinical social worker, psychotherapist, and international bestselling author. Her books, including "13 Things Mentally Strong People Don't Do," have been translated into more than 40 languages. Her TEDx talk, "The Secret of Becoming Mentally Strong," is one of the most viewed talks of all time.

#### NOTE FROM GARY:

A Google search  on 'Overthinking' brings up an abundance of resources. A simple reminder for me is:

Lower Thinking Levels.

↓

Reduce Emotions to Zero.

↓

Find Active Peace of Mind.


↓ ↓

Feel the Present Moment.

↓ ↓

Be Pure Awareness.

<https://youtu.be/x6s1GoHxF50> (V10)

In the slideshow below , two screenshots are from the book, 'A New Science of Heaven'.

