



Keith David Henry was born in 1962 in Philadelphia, Pennsylvania. By trade he is a Certified Systems Engineer, a Certified Trainer, and a published author. He has been an Information Technology professional for over thirty years, and has been an adult educator since 1986.

Having previously been an ordained Pentecostal Minister for a church in Philadelphia he later turned his sights to more esoteric pursuits, becoming conscientiously involved in the study and practice of various metaphysical disciplines. His reevaluation of mainstream religion coupled with his trademark sense of curiosity and propensity toward research opened up a whole new venue of expression for him. He prides himself on his wide range of general knowledge within this venue and has over the years become a Theoretical Metaphysicist.

Keith is the author of several books on Metaphysics and Philosophy and has recently published his first science fiction adventure novel. He is also an accomplished artist.

Keith is the host of the Internet talk radio program "Progressions of Consciousness" which airs weekly on the Community Listening Network station (CLNradio.com), the number one rated Internet Radio station in its genre today. Topics of discussion include metaphysics, philosophy, and other esoteric subjects of interest. His broadcast may be accessed by visiting his web site: www.CLNradio.com. Click on the "listen now" link at the scheduled times.

"The mind, once expanded to the dimensions of larger ideas, never returns to its original size." - Oliver Wendell Holmes



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Inner Potential Study Series



Lesson **One**

Is your life the sum total of the thoughts and actions upon which you have decided, or is there more to the story than meets the eye?

Who Is In Control?

Introduction

One of the most difficult ideas for people to take seriously is that they themselves are ultimately in control of their own lives. *Responsible*, we can grasp. But *in control*? That seems like a stretch. That's not to say that there aren't other influences at play. But a common mistake that people make when they are trying to make sense out of their current circumstances is to blame someone else for their lot in life. It's a perennial dynamic.

It's easy to understand the "blame game" because in life things seldom seem fair. In many instances not only are things not fair but some people find themselves in a situation where the cards seem stacked against them. Sometimes we extend our best efforts only to find that we still lack the peace of mind or the state of being that we really desire. Try as we may sometimes things just seem to not work out. It would be a lot easier not to blame others for certain states of being if it weren't for the fact that, many times, there are clear indications that others have consciously or unconsciously expended tremendous energy and resources into putting themselves out front at our expense.

The secret that many of us miss is that the way we tend to look at life as a species, as a society, and as individuals is largely conditioned into us. We gain our perspective in life from a very early age based upon our childhood environment, our education, our social interactions with others, the general climate of our neighborhood, city, state, country, and the world, along with ongoing daily experiences. Then there are the more hidden elements of conditioning behind the scenes that few of us are ever consciously exposed to. Our choices are our own, but what about the thoughts and feelings that guide our choices?

The Age Old Con Game

For instance, over the years I have researched many areas commonly referred to as "conspiracy theories" that blame *this*

group or *that* group for a conscious effort to keep other groups down. After going through these things with a fine-tooth comb I have discovered a most insidious dynamic that is ignored by many because it is often intentionally camouflaged.

The key to getting someone to give something valuable away is not to take it by force, but to get that person to give it up freely. In this way the "con man" doesn't need to expend a lot of effort stealing, but instead puts his effort into *conning*. For the most part I have found that many people live in "con mode" simply looking for an opportunity to have their own needs fulfilled without considering the cost to their target. They seem to feel that if the other person is stupid enough to give up their valuables then they are justified in taking them without a fair exchange. In the same way many of us seem to willingly give up our power over our own destinies to someone else and then complain, often without even realizing that we've been conned.

CONVERSATION TOPICS:

- 1) Why do some people seem predisposed to defrauding other people out of something they need or want rather than working with them to reach a fair exchange?
- 2) Why do some people always seem willing to give – seemingly never getting anything in exchange for it – then seem bitter at the result?
- 3) How common do you think the sentiment, "*do unto others before they do unto you*" is in the world today?

Who Is The Real Enemy?

During the course of my research I have discovered a very disturbing pattern of control that falls into the category of

voluntary submission. I call it the *Misnomer of Labels*. This is the “con game” where the con artists use labels to separate people and keep them at odds with each other as a tool of distraction. While the subjects of the distraction fight each other the clandestine agenda of the con men proceeds unimpeded (divide and conquer).

The way it works is that the effort being used to fight the “opponent” causes the combatants to waste energy that would better be used on self-development, thereby rendering both sides powerless in the face of the great deception. That great deception is that some external enemy is more relevant than one’s own inner potential. Once we begin to realize that the age-old methodology of distracting us from our own inner potential is still being played today by the power brokers of the world we are in a position to change our personal estate and become, ourselves, co-creators of our own reality.

Below is a list of “enemies” that has been commonly propagated throughout history. Do any of these sound familiar?

The Government
The Corrupt Politician
The Democrats or Republicans
The Police
The Rich Man
The White Man
The Jews
The Religious Right Wing
The Boss or Co-worker
The Communists or Terrorists

CONVERSATION TOPICS:

- 1) What does each of the above labeled groups have in common?

- 2) Whoever the perceived enemy is, what weapons, tools, and strategies have been historically effective at fighting and defeating them?
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The problem with labels is that they are often too general to take into consideration the associated grey areas. They are overgeneralizations, and therefore shadows. Fighting a shadow is extremely time consuming and ineffectual. Eventually the conflict itself becomes the goal and the source of inspiration. This is problematic because no substantive change or meaningful progress can ever result from fighting a shadow. Instead valuable investments of inner potential are wasted on a losing battle while the true enemy flourishes.

The Bottom Line

Few people will ever come to the realization that their deepest feelings of prejudice and/or acceptance, their most treasured beliefs about what is real and what is not, their sense of impotence in the face of what they feel is a hopelessly corrupt system, and their general feelings about their power to create the world they want are largely products of conditioning that have come from outside of themselves. Some may never realize that these limiting feelings have nothing to do with the infinite potential they possess within, the truth of which has been intentionally hidden from them in some cases, and that these ingrained sentiments may have been intentionally planted in furtherance of an oligarchic agenda – the few ruling the many. It’s when we change our focus from external enmity to internal development that we reach a position where we can both detect and overcome the real enemies of ignorance and conditioning that we have often unwittingly identified and accepted as friends.

If the thoughts and feelings that guide our decisions come from outside of us, then who is the *true* creator of the final result?