



A Journey into the Unknown

Book Sixteen
Proverbs for the New Age

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Chapter One: Keith Moon

Wednesday, June 23, 2021 9:00am

As presented by (the spirit of) Keith (Moon)

1. It is better to be called a fool than to live an inauthentic life.
2. Happiness is not measured by how much you have pleased others. Rather, it is measured by how much you have pleased your true Self.
3. The circle of life is ongoing and never-ending. It includes you, me, everyone, and everything.
4. You don't have to forgive me but I have to forgive myself before I can flourish again.
5. Trust in your inner knowing. It will never lead you astray.

End Time: 9:09 am

Chapter Two: Mary Wells

Thursday, June 24, 2021 8:51am

As presented by (the spirit of) Mary (Wells)

6. Trust in your knowing. The rest is just gobbledygook.
7. Your essence is your soul singing your song
8. Your inner beauty is all that matters. The exterior is highly over-rated.

End Time: 8:56 am

Chapter Three: Michael Jackson

Friday, June 25, 2021 6:47am

As presented by (the spirit of) Michael (Jackson)

9. Whatever people say about you, whether it is good or bad, doesn't really mean a thing. It's what you say about yourself that really matters.
10. At the end of the day, you are responsible for your own thoughts and actions, not anyone else's.
11. Always see the good in yourself and in others. It is the only thing that is true.

End Time: 6:55 am

Chapter Four: Toni Morrison

Saturday, June 26, 2021 7:12am

As presented by (the spirit of) Toni (Morrison)

12. No matter what you see when you look in the mirror, know that words and concepts cannot truly describe your beauty.
13. Your face and your hair and your smile are all perfect because they reflect God.
14. If words have the power to hurt you, know that only you can take away that power.
15. Use your words to edify others, not to tear them down.
16. Be courteous when using criticism. It never feels good to either the receiver or the giver.

End Time: 7:20 am

Chapter Five: Frank Sinatra

Saturday, June 26, 2021 7:22am

As presented by (the spirit of) Frank (Sinatra)

17. You have to wake up each morning and live with yourself, so be smart about it.
18. Don't say or do things you're going to regret tomorrow morning after the anger has subsided and/or the alcohol has worn off!

End Time: 7:26 am

Chapter Six: Dean Martin

Sunday, June 27, 2021 8:53am

As presented by (the spirit of) Dean (Martin)

19. You hold all the cards. If life is a poker game, just walk away from the table and refuse to play. Why take unnecessary risks?
20. Smile at least once a day for no reason. It's good for you.
21. Life has been moving you around this whole time. Now it's time to finally admit it and stop being in the way.
22. Instead of saying "What can you do for me?", say "How can I help you?"
23. Lay off the smoking and drinking but find ways to celebrate where you've been and where you are now. Put some fun in your life.

End Time: 9:03 am

Chapter Seven: Maya Angelou

Monday, June 28, 2021 7:42am

As presented by (the spirit of) Maya (Angelou)

24. When you are your best self, God shines through you to touch everyone and everything around you
25. The victor is the one who says “I made it” when leaving this world, knowing that each and every experience, both good and bad, helped shape them.
26. Love is in a tear, shed from a magnificent eye.
27. If I stand corrected, I hear your input and I am ready to reconsider.
28. The little children are as wise as the elders. It’s those in the middle that need their loving guidance.
29. Start each day by forgetting yesterday. Wipe the slate clean and begin afresh.
30. When I was on the earth, people looked at me as if I was separate from them. This was just an illusion of circumstance, for I Am you and you are me. Together, we are whole.

End Time: 7:54 am

Chapter Eight: John Lennon

Monday, June 28, 2021 7:56am

As presented by (the spirit of) John (Lennon)

31. We knew what love was and we knew what love wasn't. Our songs helped people to find love within themselves.
32. A good song is like going to church, except that it's over in three minutes instead of two hours.
33. Now is the time to make that change and to do that thing you have put off for so long. You never know how much time you have left.

End Time: 8:02 am

Chapter Nine: George Harrison

Tuesday, June 29, 2021 6:38am

As presented by (the spirit of) George (Harrison)

34. Let life play you as its guitar. It's a better guitarist than I was.
35. Other people's perceptions of you are probably at least somewhat distorted. Don't be afraid to show them the real deal, despite the possible consequences.
36. In the end, peace is all that matters.

End Time: 6:46 am

Chapter Ten: Ella Fitzgerald

Tuesday, June 29, 2021 6:48am

As presented by (the spirit of) Ella (Fitzgerald)

37. Sing your song throughout your day. No one else can sing it as well as you can.

38. Teach others by being your truth. Show them what you're all about. They may not like you but you will learn to like yourself.

End Time: 6:54 am

Chapter Eleven

Tuesday, June 29, 2021 7:14pm

As presented by (the spirit of) Cass (Elliot)

39. Sing your song, even if you're tone deaf. If you won't do it, who will?
40. Tell people you love them and that they matter to you. If you leave the scene a little early, it's what they will remember about you.
41. You decide what's best for you, not your manager, not your boss, you.
42. Be patient with yourself. If you can do this, you can be patient with others.
43. There's always going to be someone thinner, someone younger, someone better looking, but there's never going to be another you. Trust me on this one folks! God broke the mold on each and everyone of us, hands down.

End Time: 7:24pm

Chapter Twelve

Tuesday, June 29, 2021 7:26pm

As presented by (the spirit of) Janis (Joplin)

44. A little whisky never hurt nobody.
45. Live like there's no tomorrow because there may not be one. Make today count.
46. Get out of your own way. Stop being your worst critic and start being your biggest fan. Love all of the things that are loveable about you and trust me, there are plenty. More than you realize. Take this from a girl from Texas, one who has 20:20 vision now, buster.

End Time: 7:33pm

Chapter Thirteen

Wednesday, June 30, 2021 8:59am

As presented by (the spirit of) Tupac (Shakur)

47. You don't get to do anything over again. What's done is done. Try to understand why it happened the way it did and then let it go.
48. Instead of saying "look at me", say "what can I do for you?" It's not about me. It's about us, each and every one of us.
49. Don't cringe when you look back at old photos of yourself. That was the best version of you that you could have possibly been at that time, even if it was hard and self-serving. We all have to start somewhere.

End Time: 9:07am

Chapter Fourteen

Wednesday, June 30, 2021 9:08am

As presented by (the spirit of) Whitney (Houston)

50. So I can sing. What's the big deal? Don't focus on strengths and talents others have. Focus on your own strengths.
51. Family and friends are everything. Take care of them. Don't burn any bridges. Just keep building them.
52. When you say you're sorry, really mean it by doing better next time.
53. If you ever get an award or even a compliment, be sure to give it to yourself or it won't mean a damn thing.
54. Don't buy those magazines at the checkout counter. They only make people like me, think that what others think of you, matters. This message is the opposite of what we need.

End Time: 9:18am

Chapter Fifteen

Wednesday, June 30, 2021 2:12pm

As presented by (the spirit of) Selena (Quintanilla)

55. You don't have to be on a stage. Give to whoever is standing nearby.
56. Singers can channel their own divine energy but so can anyone. In fact, it's easier if you aren't a singer. It doesn't have to be a big production number.
57. People like to see others who look like them, succeed. We need to stop seeing ourselves in only ones who look like us, and start to see ourselves in people who don't.
58. Don't wait until the funeral. Pick up the phone right now.
59. Beauty is in the eye of the beholder, but what is truly beautiful about each of us cannot be seen, but it can be felt.
60. Having money isn't a bad thing. It's better than not having it. If you have any, spread it around generously. It's to share.
61. Invest some time and energy in getting to know those from different backgrounds and cultures. It's always a good thing for all involved.

End Time: 2:26pm

Chapter Sixteen

Wednesday, June 30, 2021 2:28pm

As presented by (the spirit of) John (Bonham)

62. Fame isn't all it is cracked up to be.
63. Money is a double edged sword. It can't buy you any friends and if you use it on drugs and alcohol, it will lead to your own demise, one way or another.
64. Enjoy the simple things in life. There are the things you will miss the most, not the jets and the limousines.
65. Tell people in your life how much they mean to you. Don't let them wonder about it after you're gone.
66. Eat your ice cream now and enjoy every bit of it.

End Time: 2:36pm

Chapter Seventeen

Thursday, July 1, 2021 8:50am

As presented by (the spirit of) Tom (Petty)

67. No matter how many people listen to your songs or come to one of your concerts, at the end of the day it's just you and God.
68. I didn't see God much when I was there, but my advice to whoever is reading this, is to find God everywhere you look. It will make your journey easier and truer.
69. I liked making people happy with my music. I still do. Music is the great healer of all time.

End Time: 8:55am

Chapter Eighteen

Thursday, July 1, 2021 8:56am

As presented by (the spirit of) Roy (Orbison)

70. You don't get to go back and do it over but you do get to make amends now.
71. Enjoy the way the wind brushes against your skin. It's God's way of saying hello.

End Time: 8:58am

Chapter Nineteen

Thursday, July 1, 2021 9:00am

As presented by (the spirit of) Anonymous

72. The least among you are the biggest presence and presents the earth has to offer. They are the 24ct diamonds that often go ignored and are maligned and unrecognized. Don't despair. We see you in your light, even if your fellow travelers don't.

End Time: 9:04am

Chapter Twenty

Thursday, July 1, 2021 1:00pm

As presented by (the spirit of) B.B. (King)

73. This is to all of the young people out there. Listen to your elders. They may not know much about computers, but they know about what's important in the big scheme of things.
74. Stay in tune. Be an instrument that God can make beautiful music through.
75. Respect where others are on their journeys. They may not make the same choices that you make, but that's okay. All roads lead to God, even the disastrously rocky ones.

End Time: 1:04pm

Chapter Twenty One

Thursday, July 1, 2021 1:05pm

As presented by (the spirit of) Nina (Simone)

76. The problem with being human is that everything is so loud. No wonder we can't hear God's whispers.
77. When you're dressed up, you really reflect God's razzle dazzle.
78. When you're dressed in rags, you reflect the humbleness of God.

End Time: 1:10pm

Chapter Twenty Two

Thursday, July 1, 2021 1:12pm

As presented by (the spirit of) David (Bowie)

79. Wear whatever makes you feel good about yourself and your accomplishments, not for attention, but as a way of honoring what is within.
80. If you haven't already started to do so, question everything, absolutely everything. It's the questioning that will get you where you need to be.
81. My music was recorded and sold for money. Sell your music by simply being it and then give it away. You will be the richest one around.
82. I changed my appearance frequently and adopted different personas through decades, but people still didn't really know who I was in the end. Save yourself the time and effort and be your true self today.
83. Make a difference in someone else's life by being real, by being flawed, and by being honest.

End Time: 1:23pm

Chapter Twenty Three

Friday, July 2, 2021 8:26am

As presented by (the spirit of) Jack (John F. Kennedy)

84. As long as we believe that we have to have laws that govern our relations with one another, let's aim to make them include forgiveness as a way to wipe away any penalties.
85. Before any new law is passed, it should be evaluated for any shred of fear. And if any is found, the law should go back to the drawing board. This will ensure that no new laws are passed. The same standard can be used to eliminate virtually all existing laws.

End Time: 8:32am

Chapter Twenty Four

Friday, July 2, 2021 8:34am

As presented by (the spirit of) Mahatma (Mohandas K. Gandhi)

86. No one should live in a mansion or wear designer clothes until everyone is fed.
87. Humanitarian efforts are truly the only thing that matters here. They encourage cooperation and relationship building. To help those born into poverty and difficult situations, to at least have a fighting chance.
88. Look in the mirror. You should see everyone looking back at you asking “What will you do for us today”?

End Time: 8:40am

Chapter Twenty Five

Friday, July 2, 2021 8:42am

As presented by (the spirit of) Margaret (Thatcher)

89. Humans haven't learned to break the cycles of fear that govern their behavior.
Nothing has really changed since I was there.

End Time: 8:44am

Chapter Twenty Six

Friday, July 2, 2021 8:45am

As presented by (the spirit of) Ronald (Reagan)

90. The problem in the world is that everyone is defined by which piece of real estate they belong to.
91. There really aren't political parties, agendas, support for some ideas, and opposition to others. None of this really gets to the heart of the matter. Which is that each and every one of us is made in the image of God, and we are all larger than silly little ideas anyway.

End Time: 8:51am

Chapter Twenty Seven

Friday, July 2, 2021 1:08pm

As presented by Jesus

92. Stop nailing yourself to a cross. Stop carrying around the burdens that the past brings.
93. Admit it. Forgiveness implies that you didn't really understand what transpired. You are really forgiving your own ignorance.
94. It's too easy to look at others and see special things that you don't think you have. It's dishonest.
95. Tell the truth in all things, even if it may be considered unflattering. Ugliness in any fashion is better than dishonesty.
96. Don't worry about what your brother or sister is doing until you have taken care of cleaning your own house first.

End Time: 1:17pm

Chapter Twenty Eight

Friday, July 2, 2021 1:19pm

As presented by St. John the Apostle

97. Apply truth to yourself. Ask, what does this say about me?
98. Friends support one another. Even if Jesus had not been teaching the truth, I would have still been his friend. Friendship transcends everything.
99. The world is a bastion of shame and guilt. Love simply does not support these things.

End Time: 1:24pm

Chapter Twenty Nine

Friday, July 2, 2021 1:25pm

As presented by Mother Mary

100. Ask “Can I help you? What can I do?”
101. Bless everyone on your path. Your gifts will wait until they are ready to receive them.
102. You don’t have to know all of the details. Just embrace knowing that only love is real. Everything else is a work in progress.
103. Treat every woman, man, and child as the treasure that they are, even when they aren’t acting like a treasure.
104. Make sure your needs are met and then give away part of what is left over. This is very appropriate for this day and age, as it was in the past.
105. Try not to forget the truth of your true identity. Remind yourself at least once every morning, afternoon, and evening.
106. Remember that you are an aspect of God. What a beautiful reality that is!

End Time: 1:35pm

Chapter Thirty

Friday, July 2, 2021 1:37pm

As presented by Moses

107. You aren't really in charge of your reputation, so you may as well stop worrying about it.
108. Do the best you can with what you've got. That's all that is expected of you.
109. Pay attention to even the little things. Sometimes they are more important than the big things.

End Time: 1:40pm

Chapter Thirty One

Friday, July 2, 2021 7:16pm

As presented by (the spirit of) Mary (Tyler Moore)

110. It's fun to be a role model and make people see the humor in everyday life situations. Just don't take yourself too seriously.
111. We're all here for a specified period of time. Make the most of it.
112. Be smart with your choices. The dumb ones tend to have a long shelf life.
113. I love animals. Do what you can for them. If you can't be a pet owner, give a little money to a local shelter to support their efforts to find forever homes for all of the fur babies.

End Time: 7:20pm

Chapter Thirty Two

Friday, July 2, 2021 7:22pm

As presented by (the spirit of) Ruth (Bader Ginsburg)

114. I see now that there is no justice there. No matter how hard we attempted to make it happen, there just isn't space in the human world for true justice. There are only minute degrees of it.
115. Minority rights vs. majority rights. Why are we still talking about these things in the twenty-first century?
116. Being open minded is always a good thing. It means that new ideas have some breathing room and won't be immediately shut out.

End Time: 7:26pm

Chapter Thirty Three

Friday, July 2, 2021 7:29pm

As presented by (the spirit of) Sally (Ride)

117. Space exploration is important because it lets mankind know how insignificant it is.
118. Women can accomplish whatever they set out to accomplish, with or without the help and approval of men.

End Time: 7:32pm

Chapter Thirty Four

Friday, July 2, 2021 7:34pm

As presented by (the spirit of) Julia (Child)

119. If you enjoy creating through cooking and baking, more power to you. If I inspired you, now you can inspire those you know. What's the worst thing that could happen? A little burned crust of bread never killed anyone.

End Time: 7:37pm

Chapter Thirty Five

Saturday, July 3, 2021 6:32am

As presented by (the spirit of) Lucille (Ball)

120. Being able to offer yourself up as something to laugh at is fine, as long as you're laughing with them.
121. My comedy was all about relationships, the ones I had with the other actors, and the ones I have with the audience. I say 'I have', because my shows are still shown all across the world, even to this day.
122. It is my greatest blessing to be able to come into people's homes, and get them to focus on something that isn't their own set of problems.
123. Everyone is part of your family. It doesn't matter where you are or what language you speak. We're all in this together.

End Time: 6:40am

Chapter Thirty Six

Saturday, July 3, 2021 6:42am

As presented by (the spirit of) George (Burns)

124. My, how times have changed. In my day, a loaf of bread cost 10 cents, not 5 dollars.

125. Do what you love doing and be kind while you're doing it.

End Time: 6:44am

Chapter Thirty Seven

Saturday, July 3, 2021 6:45am

As presented by (the spirit of) Amy (Winehouse)

126. Don't get overwhelmed by the world. If you do, bad things can happen.
127. Being the focus of attention all of the time is not a good thing.
128. Know what you're getting into. If it doesn't feel right, turn around and walk in the opposite direction. Change your phone number if you must. Just know that sometimes, other people do not have your best interests at heart. They may not know what's best for you, or even care what's best for you. Remember this please.

End Time: 6:50am

Chapter Thirty Eight

Saturday, July 3, 2021 6:52am

As presented by (the spirit of) Gerald (Ford)

129. Cleaning up your own mess isn't always an easy job, but cleaning up someone else's is another thing all together.
130. Sometimes being that bland guy who is rather clumsy can be a good thing. it takes people's minds off of their bigger problems.

End Time: 6:55am

Chapter Thirty Nine

Saturday, July 3, 2021 6:56m

As presented by (the spirit of) Richard (Nixon)

131. Lies are like spider webs. They become so tightly weaved that you can't escape from them.

End Time: 6:58am

Chapter Forty

Saturday, July 3, 2021 1:51pm

As presented by (the spirit of) Elvis (Presley)

132. People think I sang all of those songs. I know now that this wasn't true. My soul was singing through me. It wasn't 'my' talent that was doing it. It was the great Divine Spirit.

End Time: 1:54pm

Chapter Forty One

Saturday, July 3, 2021 1:56pm

As presented by (the spirit of) Dick (Clark)

133. I introduced so many musical artists to the world. Each and every one of them was nothing more than an imposter taking credit for God's handiwork.

134. A company that sold acne medication used to be one of the major sponsors on 'American Bandstand'. All products that have anything truly helpful in them at all, are made thorough people and companies. That's all. They just facilitate what God wants to do.

135. "Smile. You're on camera." I used to say that all the time. Now I will say it to you. Show the world what is really inside of you.

End Time: 2:03pm

Chapter Forty Two

Saturday, July 3, 2021 2:04pm

As presented by (the spirit of) Shirley (Temple Black)

136. Let children be. Help them. Facilitate what they want to do but don't use them for your own devices. They aren't ATMs.

137. Have as many careers as you want. Sample everything there is to sample. Just because you were good at one thing doesn't mean you can't be good at something else too.

End Time: 2:09pm

Chapter Forty Three

Saturday, July 3, 2021 2:11pm

As presented by (the spirit of) Ted (Knight)

138. I used to think I was really lucky to be in the right place at the right time. Now I know that luck had nothing to do with it. I was always where I was supposed to be.

139. The best thing about being on TV every week is that you get to model friendship, and in some ways, you become like a friend to the viewers.

End Time: 2:13pm

Chapter Forty Four

Saturday, July 3, 2021 2:15pm

As presented by (the spirit of) Neil (Peart)

140. I liked to explore how heavy music could sound. It doesn't appeal to everyone but it speaks to some. God always wants to speak to all parts of itself.

141. Being a popular musician was great, but the celebrity aspect was the pits. I wanted to shake people and tell them, "I'm not the one doing this. Leave me alone." I knew.

142. It's fun to challenge people, even scare them. It's a chance for them to question why they're afraid of sounds or imagery.

End Time: 2:22pm

Chapter Forty Five

Saturday, July 3, 2021 7:02pm

As presented by (the spirit of) Ryan (White)

143. Dying young seems tragic. Look at all of the wasted years of potential suffering there could have been.
144. I've talked to so many souls who died much younger than me, and not one of them thinks their life wasn't complete in some way. You can always learn how to skateboard next time.

End Time: 7:07pm

Chapter Forty Six

Saturday, July 3, 2021 7:08pm

As presented by (the spirit of) Jackie (Collins)

145. People are very interested in crap, and I gave it to them. Glad to be of service.

146. Some lives are all about the superfluous. Some want it, and some want to give it to them. I probably wasn't a spiritual titan, but who said you have to be?

End Time: 7:12pm

Chapter Forty Seven

Saturday, July 3, 2021 7:13pm

As presented by (the spirit of) Kurt (Cobain)

147. I'm not sure what I learned from this experience. Can I say I learned nothing?
148. Life is messy, and messy people make it even messier.
149. I can have all the time I need to ponder these questions. When I have it all figured out, I'll be sure to let you know, OK?

End Time: 7:15pm

Chapter Forty Eight

Saturday, July 3, 2021 7:17pm

As presented by (the spirit of) Richard (Burton)

150. Aim high, and then aim higher next time.

151. You are the only one standing in your way, kid.

End Time: 7:18pm

Chapter Forty Nine

Saturday, July 3, 2021 7:19pm

As presented by (the spirit of) Elizabeth (Taylor)

152. I was beautiful, marginally talented, and very rich. This didn't stop me from making bad decisions. I thought I was this famous movie star. I didn't yet know who I really was.

153. Either we are all celebrities, or none of us are. It can't really work any other way.

154. My marriages were short lived because I wanted my many husbands to tell me what I wanted to hear. The truth is that I was free to tell myself what I wanted to hear. No one else has the power to do this for me.

End Time: 7:26pm

Chapter Fifty

Monday, July 5, 2021 7:45am

As presented by (the spirit of) Gianni (Versace)

155. No matter how creative you are, your artistic talents are wasted if you're just invested in the temporary promotion of image.
156. I dressed rich people and kept their own illusions of specialness going. So why was I a revered figure, and a common man collecting cans on the street was not?
157. Money, fame, and power are all tools to promote yourself, and they will lead to your downfall. Everything that goes up must come down.

End Time: 7:52am

Chapter Fifty One

Monday, July 5, 2021 7:54am

As presented by (the spirit of) George (Michael)

158. If you can get out of here without any kind of an addiction, pat yourself on the back.

159. Life here can be like a funhouse of mirrors at a carnival if you're not careful. Its so easy to feel trapped.

End Time: 7:56am

Chapter Fifty Two

Monday, July 5, 2021 7:58am

As presented by (the spirit of) Virginia (Woolf)

160. Nothingness can be quite delicious.

161. Books can be an escape from the ordinary. Although the ordinary wishes you weren't trying to escape from it. It just wants your attention too.

End Time: 8:01am

Chapter Fifty Three

Monday, July 5, 2021 8:02am

As presented by (the spirit of) Freddie (Mercury)

162. There's nothing wrong with creating a spectacle, but why do you want to create one?
163. Creating a circus is great, but what happens to the circus performers over time? Even the best ones become part of the act, and lose themselves in the process. Losing yourself can be a good thing, or it can be a bad thing.

End Time: 8:07am

Chapter Fifty Four

Monday, July 5, 2021 8:09am

As presented by (the spirit of) Dusty (Springfield)

164. I look forward to the day when no one feels that there is something about themselves that they cannot share with others.
165. Seeing women creating families with other women, and men creating families with other men, is a beautiful thing. It doesn't take anything away from the traditional dynamic.
166. Be who you want to be, and then be willing to change your mind, and be who you were always meant to be.

End Time: 8:16am

Chapter Fifty Five

Monday, July 5, 2021 11:33am

As presented by (the spirit of) Julius (Caesar)

167. Throwing people to the lions or having them fight to the death for my amusement, just goes to show you that sometimes there are very sick and depraved people in power.
168. Karmic law set the stage for these same things to happen to me the next go-around. Try not to learn the hard way. It can be very unpleasant.
169. What can I say? Treat others the way you want to be treated. If you don't, you may not like the consequences.

End Time: 11:40am

Chapter Fifty Six

Monday, July 5, 2021 11:41am

As presented by (the spirit of) Delilah

170. We each have plenty going on. We don't need to be concerned about what may or may not be going on in others' lives.
171. When you judge someone and they find out about it, you've just made their life harder. From someone who has been there, thank you very much.

End Time: 11:44am

Chapter Fifty Seven

Monday, July 5, 2021 11:46am

As presented by (the spirit of) Patty (Duke)

172. One time, I played someone with different personalities. Although fictional, she was the most honest person I knew. Because we all have different personalities, and just fail to recognize them.
173. Playing the 'girl next door' was weird, because I also played another character on the same show. It was a preview about what living with mental illness was like.
174. We all look forward to creating a place where mental illness is simply not an issue, because it just will not exist. Only mental health will exist.

End Time: 11:53am

Chapter Fifty Eight

Monday, July 5, 2021 11:55am

As presented by (the spirit of) Eleanor (Roosevelt)

175. Allow yourself to be complicated. People say I was “really a lesbian”. I was a lot of things, OK? Why does everyone have to fit neatly in a box?

176. I love the fact that Eleanor was not a glamorous model, and yet she was a first lady of the United States. The world needs more Eleanors in it – plain, simple, come as you are, types of women.

End Time: 12:02pm

Chapter Fifty Nine

Monday, July 5, 2021 12:04pm

As presented by (the spirit of) Bob (Fosse)

177. Dance anyway you want to. Dance wherever you want to. Dance alone or with anyone you want to. Just dance, either outwardly, inwardly, or both ways.

End Time: 12:06pm

Chapter Sixty

Monday, July 5, 2021 4:16pm

As presented by (the spirit of) Gypsy Rose (Lee)

178. Yes, I was tawdry. I didn't care if the men who came to see me were married or not. I just gave them something to fantasize about. I wasn't trying to break up any marriages or hurt any of my sisters in any way. If I can speak for all exotic dancers, please forgive us.

End Time: 4:20pm

Chapter Sixty One

Monday, July 5, 2021 4:49pm

As presented by (the spirit of) Bonnie (Parker)

179. Don't shoot anybody. Get a grip if you even think about it. You know you're starting to lose it if you entertain thoughts of hurting someone else. Do anything to ask for help. Yell from the rooftop if you have to. Don't go down the path of destruction like I did.

End Time: 4:53pm

Chapter Sixty Two

Monday, July 5, 2021 4:54pm

As presented by (the spirit of) Clyde (Barrow)

180. I killed people, robbed banks, and paid the price for it – the ultimate price. I didn't go to hell, but when I woke up and realized I wasn't there anymore, I just stopped growing. It was a long time before I would accept any help. I lingered between worlds and gravitated towards other criminal types. I tried to warn others who lingered, but they aren't very sociable. Eventually, I accepted the offer to join Bonnie and the others in the light. That was my best decision. That was in 2013 in earth years. I Am doing fine now by the way.

End Time: 5:00pm

Chapter Sixty Three

Monday, July 5, 2021 5:02pm

As presented by (the spirit of) Biggie (Smalls)

181. I rapped about all of the meaningless stuff in life, as if it had any meaning. It was a way to become notorious and make a name for myself. Little kids looked up to me as if I was really something. They couldn't see and I couldn't see that I was really nothing. I completely missed the point of life. Next time, I strive to do better.

End Time: 5:07pm

Chapter Sixty Four

Monday, July 5, 2021 5:08pm

As presented by (the spirit of) 'I would rather not say'

182. There is a cure for all sick perversion, and I can say that I Am cured now.

End Time: 5:10pm

Chapter Sixty Five

Monday, July 5, 2021 7:43pm

As presented by (the spirit of) John (Wayne)

183. There really aren't any tough guys around. It's all fabricated. If you think you are a tough guy, my advice is to think again.

184. I look forward to coming back and being the opposite of John Wayne, whatever that may look like. I hope it will be much less rigid and much more freeing.

End Time: 7:47pm

Chapter Sixty Six

Monday, July 5, 2021 7:48pm

As presented by (the spirit of) Bette (Davis)

185. We try to not feel embarrassment here, but I do struggle with that as I look back at my own behavior there. I haven't completely accepted that my manifestation as Bette was perfect and was what it needed to be. I'm still learning to accept it all, the good and the bad.

End Time: 7:52pm

Chapter Sixty Seven

Tuesday, July 6, 2021 8:00am

As presented by (the spirit of) Sandra (Day O'Connor)

186. The complexities of human laws and how they are interpreted in place to place and in situation by situation, makes then quite dangerous.

187. If a relationship between two entities goes south, they may need help to see where love can prevail. That's all. The justice system has done far more harm than good.

188. Are broken adult relationships that different than two children who fight over a toy?

End Time: 8:07am

Chapter Sixty Eight

Tuesday, July 6, 2021 8:08am

As presented by (the spirit of) Nancy (Reagan)

189. They used to make fun of me for believing in this stuff.

190. Dealing with someone whose mental prowess is in decline forces you to see their unchanged spirit.

End Time: 8:11am

Chapter Sixty Nine

Tuesday, July 6, 2021 8:12am

As presented by (the spirit of) Eddie (Van Halen)

191. Playing guitar in a rock band in front of thousands of adoring fans is one thing, but its whether you feel comfortable when you are by yourself that really matters.
192. In the end saying goodbye is really hard. You know that your time is short and you don't want to let go and leave.

End Time: 8:18am

Chapter Seventy

Tuesday, July 6, 2021 8:20am

As presented by (the spirit of) Barbara (Bush)

193. I was a strong woman with a strong family. I enjoyed my life and have no regrets. By the way, it's true that you get to spend time with all of your old friends and family members when you cross over. George and I are still inseparable.

End Time: 8:23am

Chapter Seventy One

Tuesday, July 6, 2021 8:24am

As presented by (the spirit of) Daryl (Abbott)

194. I liked playing guitar like it had never been played before. It was my legacy to challenge everyone who came after me to raise the bar.
195. They say that you go to your own funeral. It's true. I went to mine. People grieve not so much for you, but for the fact that something in them has ended. That's why it's so painful. It hits really close to home.

End Time: 8:30am

Chapter Seventy Two

Tuesday, July 6, 2021 2:43pm

As presented by (the spirit of) Karl (Marx)

196. You are free to think of any idea, any concept, and yet in the end, it may prove to be quite unreliable.
197. It does seem like we are here by ourselves, doesn't it? God is really good at playing hide and go seek.
198. Marxism is a dirty word to many, but it was just an attempt to share what we believed were limited resources, fairly amongst the masses.

End Time: 2:48pm

Chapter Seventy Three

Tuesday, July 6, 2021 2:50pm

As presented by (the spirit of) Ike (Turner)

199. You are responsible for every act, every word, and every thought. You cannot hide, so choose wisely.

End Time: 2:52pm

Chapter Seventy Four

Tuesday, July 6, 2021 2:45pm

As presented by (the spirit of) Agatha (Christie)

200. Writing mysteries was a fun way to earn a living. In reality, we are all stars in our own mysteries.
201. Just trying to figure out life is a huge mystery in and of itself.
202. In real life, mysteries aren't so clean cut. It's much harder to figure out the answer to the question "Why did this show up in your life?"

End Time: 3:00pm

Chapter Seventy Five

Tuesday, July 6, 2021 3:01pm

As presented by (the spirit of) Daniel (Boone)

203. Most people today cannot imagine life before Amazon.

204. Life was hard during my time, but a little hard work never hurt anybody.

End Time: 3:03pm

Chapter Seventy Six

Tuesday, July 6, 2021 3:04pm

As presented by (the spirit of) Jonas (Salk)

205. The polio vaccine saved lives and prevented great hardship that would have come with paralysis.
206. Modern science can be trusted to help solve problems that don't have easy answers.
207. Figuring out why humans create disease in the first place can be the vaccine of the future.
208. Doctors and nurses heal symptoms but they don't have the ability to get at the root causes.
209. Working in the medical field is a noble calling, but if there won't be much disease in the future, then it will become an opportunity to retrain as just health promotion workers.
210. There's probably a lot of truth in the old adage, 'An apple a day keeps the doctor away'.
211. It is absolutely profane to charge money for people to receive the care that they need. It should be entirely free and will be in the future.

End Time: 3:15pm

Chapter Seventy Seven

Tuesday, July 6, 2021 7:29pm

As presented by (the spirit of) Jerry (Garcia)

- 212. The hippies had a very simplistic view of the world, but they were right.
- 213. Music cures whatever ails you.
- 214. Having a brand of ice cream named after you is almost as good as leaving a body of music. I just wish I could taste it.

End Time: 7:33pm

Chapter Seventy Eight

Tuesday, July 6, 2021 7:34pm

As presented by (the spirit of) Sid (Vicious)

215. I was an immature brat who gave other immature brats permission to be immature brats.
216. Punk rock wasn't very good but it was exciting. The audience got to get in on the act.
217. I want to experience being a father who has a few kids. If I find any Sex Pistols songs on their phones, they're going to be in big trouble.

End Time: 7:39pm

Chapter Seventy Nine

Tuesday, July 6, 2021 7:40pm

As presented by (the spirit of) Nancy (Spungen)

218. Being murdered by your boyfriend sucks. I am alive and well though, and next time I will definitely avoid the likes of anyone even remotely like Sid was.

End Time: 7:43pm

Chapter Eighty

Wednesday, July 7, 2021 8:09am

As presented by (the spirit of) Unknown

219. What do shoes represent? I had multiple pairs to match every conceivable outfit, but why? I'm still trying to figure it out.
220. Being barefoot is simpler and is unpretentious. I know that much now.

End Time: 8:13pm

Chapter Eighty One

Wednesday, July 7, 2021 8:14am

As presented by (the spirit of) Diana (Spencer)

221. People honestly thought I had something they didn't. They thought I had some special qualities that were elusive to the common man. Of course, this couldn't have been further from the truth.
222. Being a part of England's royal family was a blessing and a curse. I hope I served the office well, as the people's princess. There was and still is so much need out there in the world. I didn't like the intrusive attention, but I can see now that it served its purpose.

End Time: 8:21am

Chapter Eighty Two

Wednesday, July 7, 2021 8:23am

As presented by (the spirit of) Caesar (Chavez)

223. Food doesn't come as manna from heaven. You have to grow it and this is a lot of work. Treat your farm workers well. They are feeding you.
224. Wearing fancy clothes to an air-conditioned office is better than working in the hot sun? Are you sure about that?
225. No matter how processed the food gets, it always starts as real food. That bag of greasy potato chips started out as a real potato, harvested from the ground. Be grateful for it.
226. Going back to 224, why is it that there is such a pay gap between the two workers? Why don't we value the work of farm laborers?
227. How you take care of or fail to take care of those who toil in the fields, says a lot about a society.

End Time: 8:33am

Chapter Eighty Three

Wednesday, July 7, 2021 8:35am

As presented by (the spirit of) Bruce (Lee)

228. There isn't anything wrong with a little exercise, but too much of it just inflates your ego. It's better to be chubby and humble.

End Time: 8:36am

Chapter Eighty Four

Wednesday, July 7, 2021 8:35am

As presented by (the spirit of) Billy (Graham)

229. I preached what I knew to be true. Now that I have a fresh perspective, I see that I was honestly trying to help those who were searching for truth. We were close. If it was a snake, it would have bitten us.

230. I talked frequently about turning away from sin. I don't think turning away from negative things is a bad thing.

231. I preached about Jesus every time I spoke. Now that I've finally met him, I can say that he is everything you could have possibly hoped he would be. He is compassionate, understanding, and wise in his ways. I Am pleased to be in his company and at his service.

End Time: 8:46am

Chapter Eighty Five

Wednesday, July 7, 2021 1:41pm

As presented by (the spirit of) Hank (Aaron)

232. Hitting a ball ain't no big deal. It's when you aren't hitting a ball that's the big deal. How do you live your day-to-day life? Now, that's what's important.

End Time: 1:43pm

Chapter Eighty Six

Wednesday, July 7, 2021 1:44pm

As presented by (the spirit of) Jackie (Robinson)

- 233. It was my honor to challenge my lighter-skinned brothers and sisters to open up their minds and accept a black man in the game of baseball.
- 234. As long as you're doing good, no one cares what you look like.

End Time: 1:48pm

Chapter Eighty Seven

Wednesday, July 7, 2021 1:44pm

As presented by (the spirit of) Steve (Jobs)

- 235. I'll let you in on a little secret. I came here specifically to further advance technology to the point here it's now in everyone's pocket. This was my life's mission.
- 236. We had good and bad before computers, and we have it with computers.
- 237. If we aren't careful, computers will be the downfall of civilization.

End Time: 1:54pm

Chapter Eighty Eight

Wednesday, July 7, 2021 1:55pm

As presented by (the spirit of) Prince Phillip

238. When you cross over, as I recently did, you regain your clarity again and can see the whole picture for the first time, in what was in my case a very long time.
239. Are the days of tradition finally over? Can we let old traditions go, and start new ones more in line with today's society?
240. Now I can dye my hair a crazy color, and no one will think it is conduct unbecoming in a prince.

End Time: 2:01pm

Chapter Eighty Nine

Wednesday, July 7, 2021 2:03pm

As presented by (the spirit of) Andy (Warhol)

241. The world is even crazier now than when I was there. Celebrity has gone from a novelty to a disease.

End Time: 2:05pm

Chapter Ninety

Wednesday, July 7, 2021 2:06pm

As presented by (the spirit of) Steven (Hawking)

- 242. Living there with significant disabilities was a great gift to my soul. It kept me humble. Otherwise, I would have been a piece of work.
- 243. Science is truth, however limited it may be. We still don't know very much scientifically. There is so much more to discover.
- 244. Scientists balk at religion. Now I see why.

End Time: 2:12pm

Chapter Ninety One

Thursday, July 8, 2021 9:05am

As presented by (the spirit of) Indira (Gandhi)

245. Being a female head of state meant that I brought compassion front and center, each and every day.
246. Female leaders don't lead with bravado, although we know a little is available when needed. It should be like salt and used sparingly.
247. Not every woman in a position of authority in today's world allows her feminine energy to lead her. Some check it at the door, thinking it won't be accepted or appreciated, but in truth the feminine energy is exactly what is needed, not more of the same.

End Time: 9:14am

Chapter Ninety Two

Thursday, July 8, 2021 9:16am

As presented by (the spirit of) Geraldine (Ferraro)

- 248. Women can be just as obnoxious as men. The temptation is always there.
- 249. Behind closed doors, most political leaders step out of the character and relax. It's when the cameras and the press are around that they all turn into these crazy maniacs.

End Time: 9:20am

Chapter Ninety Three

Thursday, July 8, 2021 9:22am

As presented by (the spirit of) Walter (Mondale)

- 250. It pains me to see what has transpired in America's politics. We've forgotten who we are as a people.
- 251. When compromising is considered a sign of weakness, you know that things are deteriorating.
- 252. Democracy itself is becoming a dirty word in some circles. It means that people you don't like or value have a voice to be heard. You can't have a democracy if you don't like or value your neighbors.

End Time: 9:28am

Chapter Ninety Four

Thursday, July 8, 2021 9:30am

As presented by (the spirit of) Mary (Wilson)

- 253. Relationships cannot be restored if both or all parties aren't willing to meet in the middle and talk about the really hard stuff.
- 254. When things were good, they were good. That's what I choose to remember.

End Time: 9:33am

Chapter Ninety Five

Thursday, July 8, 2021 9:35am

As presented by (the spirit of) Muhammed (Ali)

255. Ego and self-promotion led to my downfall. In the sport I participated in I wanted to hurt, so I could look good and be on the front page the next day. This is no way to live.

End Time: 9:38am

Chapter Ninety Six

Thursday, July 8, 2021 1:07pm

As presented by (the spirit of) Jerry (Falwell)

256. If we didn't talk about how evil other people are during Sunday church services, would you still go?
257. I guess you could say that the fire and brimstone of the Old Testament appealed to me more than Jesus' messages of forgiveness did.

End Time: 1:10pm

Chapter Ninety Seven

Thursday, July 8, 2021 1:07pm

As presented by (the spirit of) Tammy (Faye Messner)

- 258. I was a little too honest for many in the Christian community.
- 259. I didn't really find God, but God found me after I was banished from the church. The church imprisoned me away from God.
- 260. My advice is to try to discover the church in your own heart. Don't look for it anywhere else because you won't find it in a building or even a group of people. It's inside of you.

End Time: 1:16pm

Chapter Ninety Eight

Thursday, July 8, 2021 1:19pm

As presented by (the spirit of) Kitty (Wells)

261. Being a country star was better than being a nobody, but now I don't feel that way anymore. Being a nobody is definitely better.
262. People relate to music because it reflects back to them things they are going through.
263. The thing I remember most is going town to town and just seeing lots of smiles on people's faces. That made it all worthwhile to me.
264. Country music is all about turning the lemons life gives you into lemonade.
265. No one saw the real me. I made sure they didn't. It's how I stayed sane.

End Time: 1:26pm

Chapter Ninety Nine

Thursday, July 8, 2021 1:29pm

As presented by (the spirit of) Tammy (Wynette)

266. There's something to say about the lyrics to 'Stand by Your Man', up to a point. After that, it's goodbye.
267. You don't really have to be pretty anymore to be a star. Prettiness is overrated anyway.
268. All the big wigs in Nashville loved me but I didn't really love myself.

End Time: 1:33pm

Chapter One Hundred

Thursday, July 8, 2021 1:35pm

As presented by (the spirit of) Conway (Twitty)

269. Making music for my fans was my offering. It was my way of saying, "We're in this together".
270. Cheating on your husband or wife was a big theme in my music. It made everything more dramatic, like a soap opera.
271. Having a mansion and lots of money in the bank don't mean a thing. It's what's in your heart that matters. It's all of the stuff no one can see.

End Time: 1:40pm

Chapter One Hundred One

Thursday, July 8, 2021 1:42pm

As presented by (the spirit of) Jim (Morrison)

- 272. Music is magical. It has special powers to capture the times it was created in.
- 273. I used sexual energy in my performances. There's nothing wrong with it. It helps get the point across.
- 274. I'm proud to have been a part of the devil's music. It was about time that the devil had a place at the table.

End Time: 1:46pm

Chapter One Hundred Two

Thursday, July 8, 2021 7:24pm

As presented by (the spirit of) Barbara (Jordan)

275. I was a well-educated Black woman who was elected to the U.S. Congress from the state of Texas. I was the first one and am still proud of this accomplishment.
276. I believe in education, hard work, discipline, and determination. These are values that all people can share.
277. You don't have to be elected to office to make a difference. Every single one of us can make a difference in just our daily lives. Each new moment is an opportunity to make a difference.

End Time: 7:30pm

Chapter One Hundred Three

Thursday, July 8, 2021 7:33pm

As presented by (the spirit of) Ann (Richards)

278. People loved me and people hated me. Proud to be of service.

End Time: 7:34pm

Chapter One Hundred Four

Thursday, July 8, 2021 7:35pm

As presented by (the spirit of) Al (Capone)

279. I was taught by the best of the worst, so it's no wonder I turned out like I did.

280. Respect for human life has to be nurtured.

End Time: 7:39pm

Chapter One Hundred Five

Friday, July 9, 2021 8:22am

As presented by (the spirit of) Daniel (The Book of Daniel)

281. Don't underestimate the value of hard work.
282. When involved in a trade or negotiation, give a little more than you originally agreed to.
283. When the sun beats down upon your back, know that this is how God creates the virtuous.

End Time: 8:28am

Chapter One Hundred Six

Friday, July 9, 2021 8:30am

As presented by (the spirit of) St. Matthew the Apostle

284. I couldn't see Jesus' qualities in myself until after he was gone. Then I realized that this is what Jesus was doing. He was showing us ourselves.
285. The Last Supper wasn't a joyful occasion, as memorialized in the painting. There was a pending sense of doom.

End Time: 8:35am

Chapter One Hundred Seven

Friday, July 9, 2021 8:37am

As presented by (the spirit of) Ruth

286. Teach your children (or those you encounter) to love those who don't love them back.
This is the greatest problem in the world today.

End Time: 8:38am

Chapter One Hundred Eight

Friday, July 9, 2021 8:40am

As presented by (the spirit of) St. Mark the Evangelist

- 287. Yes, children should be taught to respect their elders but the elders should also respect children too. It goes both ways.
- 288. Children should never be harmed in any way, shape, or form.
- 289. Children will never like consequences for their behavior, but those consequences should only encourage better choices next time. Eventually a child who receives consequences will be grateful for them.

End Time: 8:46am

Chapter One Hundred Nine

Friday, July 9, 2021 8:49am

As presented by (the spirit of) St. Luke the Evangelist

- 290. The problem with humanity is that humans don't really know what they are. They just make assumptions.
- 291. Go outside and look up to the sky. It's free. Humans haven't figured out a way to charge for it yet.

End Time: 8:53am

Chapter One Hundred Ten

Friday, July 9, 2021 1:06pm

As presented by (the spirit of) Mother Theresa of Calcutta/St. Theresa

292. Help guide and shape children in your life by being a good example to them. Show them what to do, not what not to do.
293. Children look up to adults. Be someone whom they can look up to and not down upon.
294. Teach children early on to follow love at all times. If they can do this, they will never experience hardship.

End Time: 1:12pm

Chapter One Hundred Eleven

Friday, July 9, 2021 1:13pm

As presented by (the spirit of) Mary Magdalene

295. It's difficult to change adult behavior. While they are still impressionable, teach children to value their differences and not to fear them.
296. Try to find the common thread within the complexity of the human tapestry.
297. Let the sun set on everything. Let yesterday go and embrace the new day's possibilities.

End Time: 1:18pm

Chapter One Hundred Twelve

Friday, July 9, 2021 1:20pm

As presented by (the spirit of) Ronnie (James Dio)

298. God is everywhere. Stop denying it. There are good things everywhere and there will be more good things over time. It's a process.
299. Don't take yourself too seriously. You're just a cog in the wheel. Relax, the powers that be have this.
300. Let yourself be a 'Rainbow in the Dark'. It's a cool way to live.

End Time: 1:25pm

End of Book Sixteen: Proverbs for the New Age
July 9, 2021