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The Turtle Book

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PREFACE

This book represents the current state of my so-called wisdom, which is actually nothing more than the accumulation of internal and external wisdom gleaned from one source or another.

The basic premise is that you are much more than you appear to be, that you are an Immortal Energy Being, that you can prove that idea to yourself and that you can then make a connection to your “bigger self” to get yourself a better life if you want one.

To be very clear, this isn't a book about philosophy. We have one very firm core tenet: if we can't apply a principle to improving our daily lives then that principle isn't worth squat. We live, we learn, we understand better, we test that new understanding with real-world decisions and we go for the same thing again.

In many cultures, including Hawaiian, turtles represent the bridge between worlds. Those worlds can be within you or outside of you. Hopefully the ideas in here help you connect in a better way to both. In the end, no book can do the work you want to do to be your own bridge. But maybe it can help you find the

path or identify how to overcome the obstacles that have appeared in the path you're on.

In advance let me say that to truly enjoy following this path, it is possible you may have to re-think some of what you think you know.

For example according to *Science Daily*, as of March, 2017, there is now as much actual scientific evidence that we live *inside a hologram* as there is that we came from a Big Bang (whose cause we still don't know even if it did happen).

Being inside a hologram isn't what life here looks like to the casual observer, is it?

And that may not be the only thing you find that isn't quite what it looks like! Relax, take a deep breath (whenever you need one) and enjoy the ride into you.

That Path of Enlightenment can be described as the quest to clearly understand three simple words: *What Am I?*

Let's see if we can find out.

*“You must unlearn
what you have learned.”*

*– Yoda, Master and Teacher of the Force
(Star Wars, Episode V – The Empire Strikes Back)*

The Turtle Book

THE LOGIC

Common Sense and Science

PASCAL'S WAGER

Should a man wager with his life that God does exist, or that God does not exist? – Blaise Pascal

Do you have a soul? Does it continue after you die? If it does, will you still know you're you?

That is a pretty simple question, and the answers also simple and clear. Either yes, you do continue more or less as is, or no you don't. As important as that question is, it really is a simple yes or no question.

If the answer is no, you'll never know about it, will you? You'll be gone. And that's that.

Think about that for a minute. You can believe in nothing beyond the you that you can see in the mirror, you can see yourself as a body of chemicals and electric fields and particles and nothing more and if you are *correct* then you will never ever know it. There would be no you left to know.

Putting all questions of “faith” aside, from the standpoint of pure logic, it makes no sense to approach life that way. Even if you’re right, you’ll never find out. So how does that idea help you live your life right now?

That’s why, to a great mathematician named Blaise Pascal (who, as the creator of probability theory in math some five hundred years ago, was genuinely one of the great thinkers of history) it all made much more sense to dive in *the other way*. To hold onto the idea that you are a soul, that you do continue, and that you will know and remember that you are you when you die.

Again, this puts aside the idea of faith. It’s a simple logic puzzle. If I think all day that am just a body and I am right, after death I will never know that I am right. If on the other hand I see myself as more than meets the eye, and I try to tap into that *while I am still alive* there might be untold benefits. Maybe even both before and after death, there are a lot of possibilities.

And oh by the way, if you make that bet and you’re *wrong*, you’ll never know that either! You’ll be gone. So you can be right or you can be wrong and never know you’re wrong. It’s a

no lose bet. So what should a person bet when they cannot lose? EVERYTHING! Why not?

If that idea turns out to be correct, that there is more to you than you can touch or see in the mirror, that you are not just a collection of chemicals and electric forces, but instead a being of consciousness who happens to be in or using a physical body, that might lead to other questions. What am I really? What do I as a soul really care about? Would it be possible to consciously connect to that soul me?

If you did connect, what would your soul say? What would be so important in the life of your soul that you would come to Earth this way? Would there be a way to find out? Would it matter to you now? Could you do anything about it if it did?

And if you actually are a being of light and consciousness, that would imply that you are in reality a much more powerful being than you seem to be as you look in that mirror and see yourself. Is it possible to tap into that power? If you did, could you use it to change your life for the better?

These are just a few of the simple questions that will frankly never occur to you if you

simply brush off the idea that you are more than you look like. Taking the idea *seriously* that you are a soul and not just a body could open doors in your mind that you don't even realize are closed. One step at a time, one idea at a time, is how you open those doors one by one.

SPOOKY ACTION AT A DISTANCE

For some help with the keys to those doors, let's go back five hundred years again to a close friend of that Frenchman Pascal, a man who today is known as the Father of Modern Thinking - Renee Descartes. Descartes was the first to embrace all of the tools of his time including both philosophy and scientific study in his attempt to explain the Universe around us. He was willing to step out of his past way of thinking and seek the truth beyond any specific dogma of either science or spirituality.

From the spirituality side, he was aware that the great mystics all throughout history have stated without hesitation that the Universe is nothing more, or less, than a unified field of conscious living *light*. People the world over claim they do see light when they die. Buddhist and Hindu teachings, among others, include the idea that we should all learn to see

our bodies as pools of light made of all of the colors of the rainbow. These pools are called *chakras* and can be seen during meditation. Some Aboriginal people can control their body temperature using them.

Then consider from the scientific side that we have split the atom, and then split the pieces of atom, and then split the pieces of the pieces until nothing remains but *light*.

So it does appear as if you really are made up of the tiniest subatomic particles, all woven together somehow. And it is also now accepted, within the scientific field of particle physics and beyond, that the behavior of subatomic particles *changes when you look at them*. Think about how weird that is! The “solid” you isn’t solid at all. To science it seems to be made of almost nothing but perspective!

Space and time can be altered. Time, in fact, isn’t even consistent on Earth. Take a very sensitive clock with you to the top of a very tall building and then come back down. If you compare that clock to a clock you left on the ground floor of the same building, you’ll find out time went *slower* for you upstairs. Not by much, but by enough to prove a difference. (GPS satellites much higher up, in orbit, have

to adjust for this difference several times every hour, if they didn't the whole system would fail in less than thirty minutes. Scientists *build in* compensation for the real world we actually live in, not the one we common people think we live in.)

And then there is *entanglement*.

If you want to know how bizarre our Universe really is, ask Albert Einstein. Yes, the same man who gave us, well, just about all we know of modern physics, also gave us the phrase "spooky action at a distance". And he was talking about a *scientific* idea, entanglement, when he said it!

Why? Because the whole idea broke his own laws! In fact it broke possibly his most critical one, the law that says that nothing in the Universe can ever move faster than the speed of light.

Math rules say that for an object to move faster than the speed of light (186,000 miles per second) it would need literally *infinite* mass. Even without knowing what that means exactly, you can sure understand that nothing in our Universe could ever be truly infinitely *anything*. Infinity is not something you can "do" or "be". Any idea that leads a scientist to

“infinity” as the answer is obviously wrong and all scientists know it.

But in the 1960s, a man named JS Bell came up with a thought experiment to prove that entanglement had to be true, no matter what Einstein’s Laws said. And then in the 1980s, after Bell’s death, other scientists came up with real experiments to prove it was, in fact, true. And now, we build modern devices that you use and depend on every single day using this entanglement rule of the Universe, *even though we still don’t understand it!*

In a nutshell, the problem for science with the whole idea of *entanglement* goes like this:

As you can see plainly all around you, it is natural for things in the Universe to *spin*. The Earth and the Moon and even the Sun all do it, if you don’t believe it flush your toilet. Most of what we know about, big or small, spins in some way or another.

There is something science uses called the Law of Angular Momentum, and that Law states that the *total spin* of the Universe must be *zero* at all times. In other words, for every object that spins clockwise (right), there must be an object that spins equally counter-clockwise

(left). Why this rule exists is not important, but it is always true.

But JS Bell supposed that you have two particles, particle **A** and particle **B**. Particle A spins to the *left*, Particle B spins to the *right*. Then you use some process to *change* A from left spin to right spin. What happens to the other particle, Particle B, when you suddenly change Particle A?

For the Law of Angular Momentum to hold firm, it meant that if you change the spin of A to the right, then no matter where B is at that moment in the Universe, it *must* change its spin to the left instantly or else the Law of Angular Momentum is broken. Total spin of right and left always has to be exactly zero. So okay, big deal, here is A and here is B and you do your thing and they change. So?

Well, that might (or might not) make sense if A and B are right next to each other. But what if they are a million light years apart? (a light year is how long it takes for light to travel in a year at 186,000 miles per second – it's a very long way!) Or a billion?

Here's the point: The distance between the two particles A and B would always be *irrelevant* – no matter where B is relative to A, it

must change when A's spin changes. Even at a distance of over a billion light years!

That *instantaneous* change passing from one particle to another at *any distance* could only mean one of two things: 1) faster than light communication exists in our Universe, something that is strictly forbidden by Einstein's physics as mentioned earlier, or else 2) there is an *underlying wholeness* to the Universe we live in, a unity in which, on a level we cannot see, *all* things are joined, endlessly and at all times.

Before his death in the 1980s, Bell was asked which one he thought it was. He said he believed in underlying wholeness.

If that's hard to grasp right now, don't forget that this whole concept freaked out Albert Einstein himself even though he could see it as being true, and that was fifty years before JS Bell.

As I mentioned, these days scientists that we call "engineers" build products that *rely* on entanglement. So it's not a secret that the Universe isn't what it looks like. We couldn't have the modern world we know and love if lots of people didn't know all of this already.

PROOF POSITIVE

So why does any of that scientific detail like particle physics and light waves matter to your personal development?

Because in order for your modern western mind to be open to new ideas, those new ideas have to make some kind of sense to your ego-mind, even as it expands. If you can't tell yourself some good story for why your mind can accept those new ideas, you won't accept them.

Culturally, you've been trained to discern truth from fiction in a particular way. Science is the most respected and accepted school of modern thought, so if I show you examples of how the latest science actually supports these mystical ideas, you do accept them more readily than if I just say "Trust me."

You can learn something about yourself from this observation.

So that is the very first lesson of observing yourself. Understand that from the very beginning, *you only need to prove things to yourself*. What someone else says or does, or what someone else believes is important, or

what someone else considers to be enough to see things one way or another, is not guaranteed to be enough for you. We all have our own standards in terms of what is or isn't proof enough to make some point or other.

One favorite personal life metaphor for this happened back in 1996, before I became a software programmer, when I was pretty down and out. I was living in a small town in southern Oregon and cutting grass for a living, the owner of the business was a serious political conservative.

We were in his house watching an old conservative politician named Bob Dole, the late Senator from Kansas, giving his acceptance speech at the Republican Convention. Even in his speech, Dole was acknowledging he got the nomination more or less because it was his turn in the pecking order. He was a pretty good guy with an acerbic side and wit, but he had been in Congress for about forty years, so it was hard for him to say anything new ever.

Stifling a yawn, I turned to my pal and said, "So what do you think of 'ol Bob there?"

And he turned to me with tears streaming down his face and said, "Powerful stuff."

As another one of my favorite examples, this one about trusting science as a final arbiter of fact, we've all heard of the famous escape from Alcatraz Prison in the 1960s when three guys supposedly drowned trying to leave the island. Their bodies were never found, the F-B-I and everyone else just decided to have the story be that they died trying to escape. Any evidence that didn't match this story was more or less discounted.

In the years that followed, the family would get mysterious Christmas Cards that sure looked to them like the signatures of their former inmate family members. The family had even been given pictures that seemed to show their not-very-drowned relatives living in another country. But the family couldn't be *sure*, they just had belief and hope.

And then in 2018, they hired an investigator whose image expert analyzed the pictures, compared them to old past mug shots, and concluded *scientifically* that yes, those were the same people that were in the prison. They had really and truly escaped Alcatraz, the only ones ever to do it. At last, the family was free to believe the truth. And with that scientific proof, even the F-B-I had to accept that the official drowning story, now fifty years old, was just plain wishful thinking by them.

So remember that proof is only proof, or proof enough, for you. When it's enough, go with it. And then don't stop that process! Continue to verify everything you can as often as you can, every way that you can.

OUR VEIL

As a part of almost all of the teaching and writing that we have about mysticism or the True Nature of our Universe is a reference to something called *The Veil*. In the physical world a veil is a very thin piece of material. Typically it has been imprinted with a beautiful design. It is so thin that if you hold a veil up to your eye you can see through it. You can't see completely clearly, but you can see.

And that is the way that our Universe appears to most of the people who follow the Path of Self-Discovery, sometimes also called the Path of Enlightenment. Despite what you may read or hear, we as human beings are not in fact totally blocked from understanding the True Nature of ourselves or of the Universe or of God.

It is true that from our current point of view we rarely if ever see those things fully or

clearly. But we can absolutely get glimpses and general ideas and principles. Even just that can be enough to take you a very, very long way into peace and understanding.

So for our discussion here, if your soul is pure conscious energy, then *The Veil* is an energy field that shapes your pure energy into the experiences of the 3D world that we live in.

It is not a simple thing, this veil of you. It works both for you as an individual and it joins with *The Veils* of others to create the most general rules for the world of physical experience that we have, things like gravity (all the Rules of Physics as I mentioned in the previous section), the forward motion of time, physical bodies and so on. Some of those Rules by which we make that shared experience are still being discovered and what they reveal is fascinating.

In the summer of 2012, concluding a search that lasted over 30 years, a new particle was discovered within the realm of quantum physics. This particle, known as the *Higgs Boson*, is considered to be the final and missing piece of the model currently used by science to define our physical Universe. A boson is a type of subatomic particle, and the Higgs Boson is thus considered to be a very small

piece of what is now being called the *Higgs Field*.

And what does the Higgs Field do? It gives pure energy *mass*.

In other words, the Higgs Field is the *field of energy that defines what a particle is*. It is energy that acts on other deeper layers of energy to create and shape the physical Universe that we see all around us. A proton is a proton because the pure core energy composition of *what it is*, on its deepest level, has been *defined* as a proton by the Higgs Field. The same is true for electrons, neutrons and all the rest of the particles that make up our physical Universe.

From the standpoint of mysticism, modern science is describing *The Veil*. It is energy that defines our physical Universe. Or, if you believe the latest science, energy that shapes the hologram we live in! (a hologram, such as the one on your credit card, is a projection of light that is not actually physical . . . but it can appear to be)

Keep in mind that the Higgs Boson is so hidden within our physical world that in order to see it we had to build atom-smashers that could collide atoms together at nearly the speed of light. And even after we do all that,

the evidence of that Higgs Boson disappears almost instantaneously, so to actually find it we have to take our knowledge into the tiniest fractions of the first second of the existence of the Universe. As human beings with a current lifespan of about a hundred years, we are peering into the first few microscopically small milliseconds of the birth of space and time.

Incredibly, given this knowledge and power, we still underestimate what we are!

Don't make the same mistake. Take in all aspects of what you see and what we know as broader humanity and what others have done. Find confidence in the evidence that supports your experience in personal growth and in the directions it takes you. If you really want to see yourself clearly, you have to be a grown up and stop pretending not to understand what you really do understand.

And if that higher understanding leads you to questions that you need answered, then go in after them. No matter how hidden things appear to be at the moment, it may very well be possible to reveal them with the right tools in your hands.

Pascal and Descartes would both agree that is a science experiment worth doing. Do you?