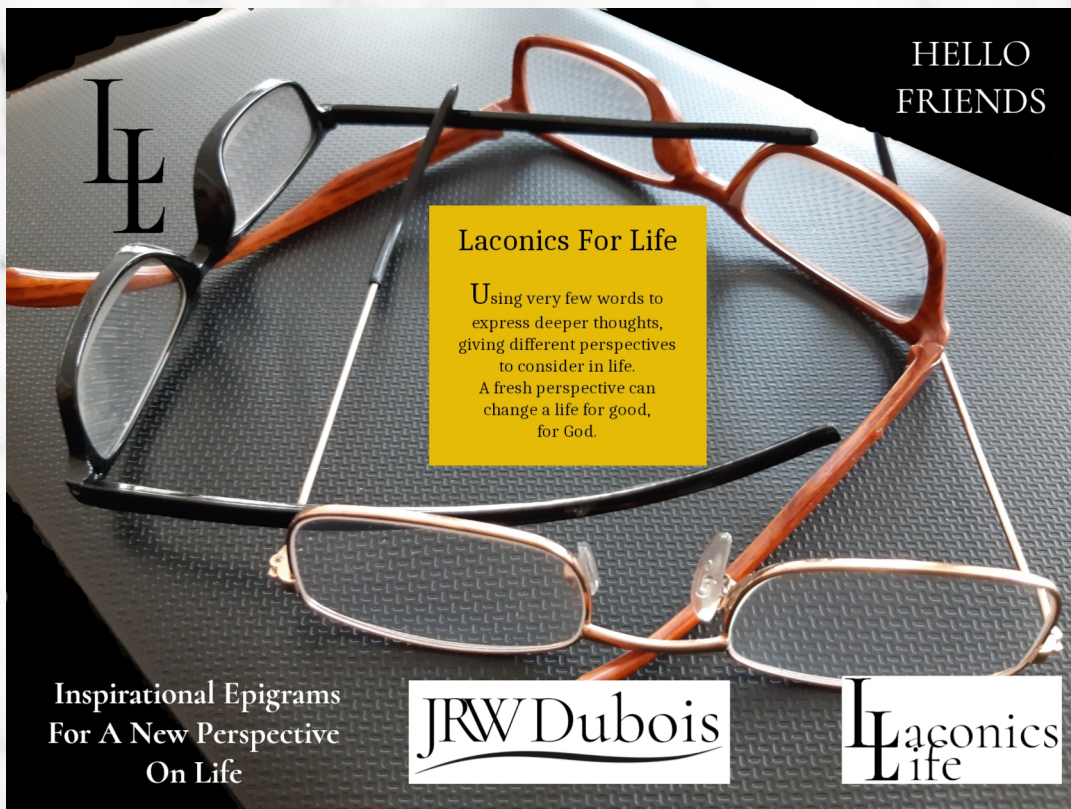


# The “Laconics For Life” Website In A Book

JRW (Robert) Dubois



## Hello Friends!

This “Laconics For Life” book is  
a rendition of the website for

**Laconics For Life**  
Inspirational Epigrams For A  
New Perspective On Life

“From years of darkness, a little light has shone”. Thanks God.

This book is intended for people who don't have any computers, mobile devices, internet service, email or social media accounts.

Some people prefer to hold an old fashioned, easy to carry and read book which doesn't break down or require recharging and you don't need any memberships or email addresses.

I thank my friends, husband and wife, K & E for reminding me that half the people worldwide don't have smartphones, internet service, email or even electricity to power all that stuff.

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I dedicate this book to my late mother, Joyce. Her devotion to God and family and her meekness taught me the value of service to others as a mandate from God.

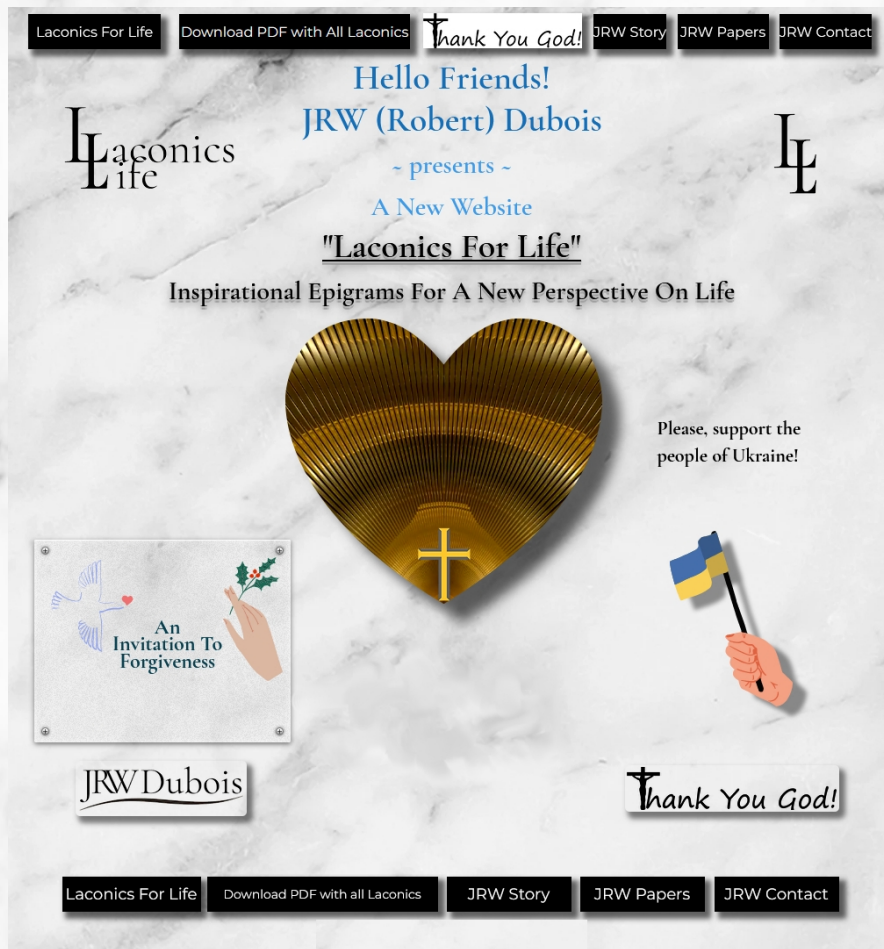
I also dedicate this book to my father, Jacques. His faithfulness and true dependability give me perseverance and strength to get through all of life's challenges.

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The greatest thank you goes to the Holy Spirit who inspired and guided me through the process of creating everything you see, read and experience in this book and on the website.

Thank you God for loving us so much as to give us your only begotten Son as our redeemer and our way to heaven and Yourself.

# LANDING PAGE



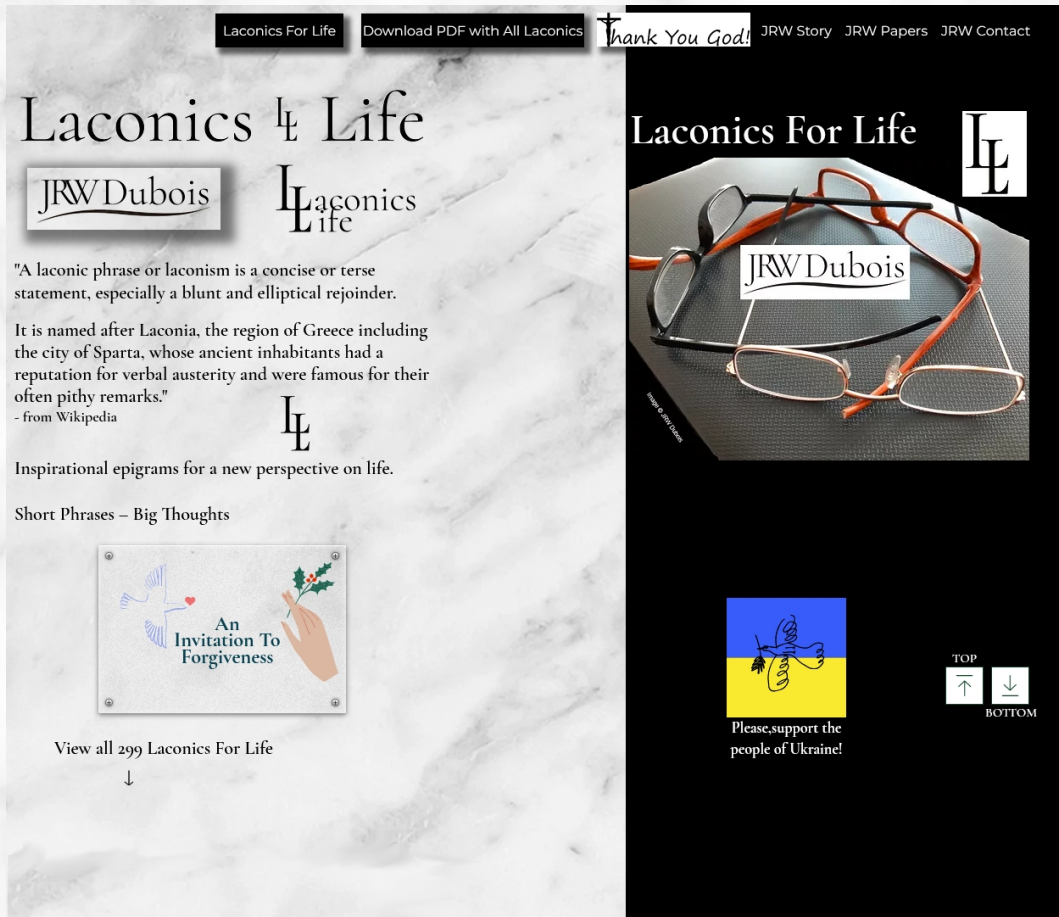
When visitors first arrive at the website address for [laconicsforlife.org](http://laconicsforlife.org) they find this LANDING PAGE.

The main web page, which contains the full list of 'Laconics', takes time to load, so this Landing Page gives a brief description of all there is to be found on the website.

Visitors can scroll down for more information, like copyright, privacy statement, etc., or simply click a link from the buttons at the top or the bottom of the web page.



## Laconics For Life – Button



When a visitor clicks the ‘Laconics For Life’ button it takes some time to load, then the Main Page for all the Laconics is listed with the page seen above.

Visitors to the website simply scroll down to see the full list of Laconics with very colourful backgrounds.

What this image doesn’t show is the full list of Laconics.

Readers of this book can read the full list of Laconics on the next several pages. There may be more Laconics and Papers added to the website after this book was printed.

Also, on this web page you can see two buttons; one for supporting the people of Ukraine, and the other is ‘An Invitation To Forgiveness’.

The web pages for these buttons can be found later in this book.

- 1) Every body dies, but not everybody dies.
- 2) Eternal life is a choice and so is death.
- 3) Might isn't right, Light is right.
- 4) Gardens don't grow in the moonlight.
- 5) Money isn't the root of evil, it's a route to evil.
- 6) Seek happiness and be disappointed, give happiness and be surprised.
- 7) Pleasing our body displeases our Spirit.
- 8) Success in this life is measured by what you collect, success in the afterlife is measured by what you give.
- 9) Whoever dies with the most toys wins... Purgatory.
- 10) What you have is more important than what you want.
- 11) Your presence is more valuable than all presents.
- 12) No good deed goes unpunished, unless they don't know about it.
- 13) Don't make them love you, let them love you.
- 14) Patience is a virtue, best learned as patients.
- 15) Fence-sitters either fall on the wrong side or get impaled.
- 16) No news is good news, until it's profitable.
- 17) Evil doesn't exist anywhere in the universe, but the human heart.
- 18) When God gave us choice, He only gave us one.
- 19) If evil dies when your body dies, then you don't die.
- 20) It's not a stairway to heaven, it's a single step.
- 21) Pious humans become saints. Pious souls become Angels.
- 22) Indifference causes more damage than hatred.

- 23) Only humans know time because only humans know mortality.
- 24) Time ends when afterlife begins.
- 25) Wanting to be perfect is human, being perfect isn't.
- 26) Every human suffers, few do it right.
- 27) Love is not something to hold, it must be given.
- 28) Individuals have faith, congregations have religion.
- 29) Life without love, isn't.
- 30) Kind humans benefit humankind.
- 31) Whoever doesn't know humility, knows humiliation.
- 32) The shadow of death disappears with enough light.
- 33) The goal of life isn't in this life.
- 34) Earthly rewards from human desires – heavenly rewards from divine desires.
- 35) Whoever revels their power, loses it.
- 36) Sustain the individual and sustain society.
- 37) To err is human and we're all human. To forgive is Divine and we're all human.
- 38) Be little, the entrance to heaven is small.
- 39) A moonlit garden is nice. A sunlit garden is spectacular.
- 40) I once met a man with no shoes, so I took mine off.
- 41) Don't wish, pray. The odds are better.
- 42) Our common senses know the temporal being – our Common Sense knows the spiritual being.
- 43) Nobody loves God the way God loves everybody.
- 44) The greater your suffering, the greater your empathy.
- 45) God doesn't forgive us without our consent.
- 46) You can't divorce God's love.
- 47) If you don't stand for anything, you'll fall for anything.
- 48) Humans – individually and collectively – are created and destined for unity.
- 49) Nutritious meals are healthy. Tasty meals aren't.

- 50) We defeat our fears by facing them. Jesus defeats death by facing it.
- 51) Jesus' suffering, death and resurrection set things right.
- 52) God sent Jesus on a rescue mission.
- 53) The opposite of love is death. The opposite of death is heaven.
- 54) Easy is tempting. Not easy is rewarding.
- 55) You can't get into heaven, or hell, without desire and consent.
- 56) How do we know how to pray? Father taught us.
- 57) Jesus will achieve our salvation, with the help of our prayers.
- 58) God's wrath is calmed by our contrition.
- 59) Perfection takes practice. Practice makes perfect.
- 60) The human body matures, then decays. The human Spirit matures, then matures again, and again and again...
- 61) Evil created time and death. Jesus will end all three, in His time.
- 62) You would love a life of love.
- 63) Our entire lives are a glimpse of where we will be one day.
- 64) What we did right and what we did wrong appears in our epitaph, like a report card.
- 65) So what if God's will is total, complete, and systematic infiltration of His love.
- 66) You might get away with a crime, but you can't get away from a crime.
- 67) Say, "No Mercy", and receive no mercy.
- 68) Blame is too often found in the mirror.
- 69) The world's richest people still can't afford a human heart.

- 70) True Love means hate nothing, but evil.
- 71) Even the greatest darkness has seen the Great Light.  
There is no dark side of the moon and the sun is always  
there above the clouds.
- 72) There's no need to hate evil, so long as you hate what  
evil does to people.
- 73) As in the chrysalis; life's struggles, persistence, and  
patience lead to transformation from flite to flight.
- 74) The butterfly faces less prey than the caterpillar.
- 75) We know we can't know – God's plan.
- 76) Your candle ignites those around you.
- 77) Thank God He introduced Himself.
- 78) Don't fear death, fear oblivion.
- 79) If you can't hear Jesus, get closer.
- 80) Since always and in all ways I love His ways.
- 81) Wisdom is using intelligence to choose good.
- 82) Beauty makes us happy. Happiness is beautiful.
- 83) Without unification gestation fails.
- 84) We are temporal Spirits or tempS on Earth.
- 85) Forgive yourself totally and forgive others with total-  
totality because Jesus forgives everybody with complete-  
completeness.
- 86) Our unity is our power.
- 87) In war, nobody wins like the martyrs.
- 88) Denying God is easy, until you're acquainted.
- 89) God wills love.
- 90) The human race is a relay race.
- 91) You can be wholly Holy.
- 92) Our humility is our reconciliation.
- 93) Humility is a path to God's love.
- 94) If poker cards were transparent, you couldn't bluff.



- 95) Pray before everything, because you can't get dishes clean in a dirty sink.
- 96) Unity is contingent – unison is not. The Holy Trinity relies on nothing but itself.
- 97) Jesus lives before and after His incarnation.
- 98) Grandparents are Grand citizens, lest we forget.
- 99) Fruit is food. Leaves are medicine. Everything else is contrived.
- 100) Neither wealth, nor power, nor pleasure, nor honour heed human compassion.
- 101) All stand, Jesus Christ presiding.
- 102) All non-divine discernment is vanity.
- 103) Nobody knows how your life feels, but God.
- 104) The church does not come from the Bible. The Bible comes from the church.
- 105) If you know Jesus, you know good.
- 106) Belief cannot be forced or imposed, it is absorbed.
- 107) "Know Good", comes from God.
- 108) Divisions diminish humankind.
- 109) In the future pills will only exist in museums, private collections, and Wikipedia.
- 110) Everything that we don't know, is known – by God.
- 111) Once we're one, we've won God's love.
- 112) If every man thinks he is smarter than every man, we have a dilemma.
- 113) Jesus frees us – anytime we ask!
- 114) Our sins form an umbrella, blocking God's light. Umbrellas break.
- 115) No human has ever lived like Jesus lived.
- 116) Jesus is not separable from God, nor the love of God. The three are one, they've always been one, and they'll always will be one.

- 117) It's OK to believe!
- 118) Sacrificing saves us.
- 119) We don't deserve Jesus. That's why He is with us.
- 120) It's far easier to manage large amounts of wealth than it is to manage your life with large amounts of wealth.
- 121) Everyone is disabled, but many disabilities can't be seen.
- 122) Our reward is the LORD.
- 123) God doesn't allow suffering, He endures it, for the sake of our freedom.
- 124) Exalt obedience to God.
- 125) God has Faith in us, that we'll have Faith in God, one day.
- 126) Our time with God is timeless.
- 127) You can't turn off the light by covering your eyes.
- 128) In a perfect world you wouldn't repay a loan, you would pay it forward.
- 129) Neither dark of night nor dark of clouds diminish the light, yet they are diminished by the light.
- 130) Christ was born into this world, so that we can be born into His world.
- 131) The key to heaven is in the Eucharist. Eucharist means thanksgiving.
- 132) Divine Mercy leads to life everlasting.
- 133) Be patient, be at peace, trust God.
- 134) The Light of Christ is the Love of God.
- 135) Sometimes it's easier to adjust your life to situations than it is to adjust situations to your life, but sometimes, what's easier isn't what's right.
- 136) God hugs till it hurts, then keeps hugging till the hurt ends.
- 137) Feed your flesh His Flesh, and live!

- 138) The goal of the soul is life without strife.
- 139) I rejoice in my suffering, it proves I'm still alive and awake.
- 140) Your brain will never figure out your heart.
- 141) The family of God is connected by love.
- 142) Your evanescence is unnecessary.
- 143) God delegates His love.
- 144) The author of life is the authority over life.
- 145) The universe promises nothing eternal – God promises Life Eternal.
- 146) The Old Testament is Word of the Christ – the New Testament is Word by the Christ.
- 147) I like the likeness of God.
- 148) We are a part of everything. Everything is a part of God. We are apart from everything when we part from God.
- 149) Everyone knows the timing of the birth. Nobody knows the time of the birth.
- 150) The smallest reward in heaven is greater than the largest reward on earth.
- 151) Think about heaven on earth – now!
- 152) You rarely stumble when you are humble.
- 153) Heaven = Life – time.
- 154) Love to us = us to Love.
- 155) Fear of the Lord changed Saul to Paul.
- 156) Let's not stray from His way any day, OK?
- 157) If we know our place on Earth, we'll inherit our place in heaven.
- 158) The Baptized are asked and tasked to Evangelize.
- 159) If we spent as much time and effort cursing sin and glorifying God, as we spend cursing and glorifying the weather, we would gain so much more.

- 160) Suffering annihilates indifference.
- 161) No wisdom is sought, wrought, bought or taught without the love of God.
- 162) You know God knows You.
- 163) Jesus is God shaking humankind's hand.
- 164) God, the Father, is the authentic author who authorizes the authority of Jesus, the Son.
- 165) In math,  $1+1=2$ . In marriage,  $1+1=1$ . In God,  $1+1+1=1$ . In heaven, billions=1.
- 166) Faith is God's unseen gift which allows us to see Him.
- 167) We're not forgiven because we're good, we're good because we're forgiven.
- 168) Start and keep every relationship in trust, until there is good reason not to.
- 169) Once you know where Jesus is going, you'll follow!
- 170) God's Love is brilliant!
- 171) An eye for an eye doesn't end, until there are no more eyes.
- 172) God loves people who commit sins. God hates sins people commit.
- 173) Nobody is obligated to charity. That's no reason for donations to remain low.
- 174) Rich or poor in life – rich or poor in the Holy Spirit, it's all up to you.
- 175) If sin dies when our bodies die, then we will live, forever.
- 176) As healthy, busy people, we should be grateful that we can be busy and healthy people.
- 177) The only people who won't go to the netherworld are the forgiven.
- 178) Even God cannot forgive people who don't desire forgiveness.



- 179) Never-say-die so you'll never die.
- 180) Unity is destiny.
- 181) Our humility and efforts are our justification for God's forgiveness.
- 182) If only people could be humane together.
- 183) Redemption begets worthiness.
- 184) There are no promises in life like the promise of everlasting life from God.
- 185) We are all disabled, until we are perfect.
- 186) The not-needy know not that they are needy.
- 187) Busyness doesn't excuse us from the love of God, but our blindness to our needy sisters and brothers might.
- 188) There is no wrong time to thank God.
- 189) It's great to be loved, but it's better to love.
- 190) If we want what God gives us, we'll want for nothing.
- 191) The love of God creates, re-creates and never deteriorates.
- 192) Everybody knows God's will in general. Nobody knows God's will precisely.
- 193) Let's plan for God's plan.
- 194) When innocence is lost, evil knocks.
- 195) In truth, time is irrelevant. In time, only truth is relevant.
- 196) It is always prejudice to judge someone before they die.
- 197) Without Jesus we are disgraced. With Jesus Grace returns.
- 198) We don't fear our deaths so much as we fear the time of our deaths.
- 199) All light seen by our eyes will be extinguished. All light seen by our hearts never extinguishes.

- 200) If you don't think before you act, you might not act the way you think.
- 201) Evil hates knowing that love is indestructible.
- 202) There is no truer freedom than holiness.
- 203) The forest lives through the regeneration of trees. The human body lives through the regeneration of cells. The Body of Christ lives through the Regeneration of His Word.
- 204) Time is nothing. Eternal time is everything.
- 205) The purpose of the Mortal life is to learn, to serve, to love. The purpose of the Divine Life is to love, to serve, to teach.
- 206) Open your eyes, open your mind, open your heart, see the light, see the love, leave the darkness behind.
- 207) I utterly cannot tolerate nonsense, unless it's intentional.
- 208) Whatever the greatest human can do, it can be outdone by the greatest humans.
- 209) If every human on the planet loved each other the way Jesus loves us, would all the babies in the world stop crying?
- 210) It's easy to be innocent. It's hard to stop being guilty.
- 211) Humankind can't alter truth, truth alters humankind.
- 212) Jesus became sin who knows no sin, like the gun which never fires.
- 213) Serving oneself is like entering to win a relay race, as an individual.
- 214) Being right is least important. Knowing right is more important. Learning right is most important.
- 215) Think Spirit Thoughts
- 216) The Church is not a building, it's a body. The Church is not a human body, it's a body of humans.

- 217) The Holy Spirit is the Lord in me, Jesus is the Lord I see, and God is the Lord I seek.
- 218) Each is part of the whole, the whole is part of each, when the whole are Holy.
- 219) AOA – Ask, Offer and Accept forgiveness. And it will be done for you.
- 220) Forgiveness; use it or lose it.
- 221) When it seems like no one is to blame, it usually means everyone is to blame.
- 222) Jesus is the love of God bringing the love of God to the children of God.
- 223) Looking for blame is unproductive, looking for reasons isn't.
- 224) Anything that comes to an end isn't good enough.
- 225) Evil is not created by Love but by the absence of Love, which starts out as distance from Love.
- 226) Evil exists for Love to conquer.
- 227) The Lamb is the GOAT.
- 228) Cooking food is unnecessary, except for meat.
- 229) Both nature and God constantly suffer because of humans.
- 230) The world doesn't have good and bad people. The world has people who are being good and bad.
- 231) The only thing holding back perfection is sin.
- 232) A trinity of me, my-self, and I, is estrangement from God.
- 233) Everyone should do everything to get everybody into heaven.
- 234) Sadly, there's still some people who don't love love, yet.
- 235) You can dress it up any way you want, you can use the fanciest of words, but avarice remains palpable.
- 236) Avoiding avarice promotes sainthood.

- 237) The most basic and the ultimate freedom is our freedom to choose God.
- 238) The universe didn't create Love, Love created the universe.
- 239) The good world remains broken as long as good people do nothing to fix it.
- 240) It's not a leap of faith if you're still tethered.
- 241) The Earth is filled with Victors and victims. Heaven is filled with Victors and Angels.
- 242) Why do you think it is that evil hates being called evil?
- 243) May my spirit unite with the Holy Spirit in me so that my body is overwhelmed.
- 244) We can only take so much, but we can give everything and still be rich.
- 245) Thank God, Jesus forgives!
- 246) Faith becomes fallacy run rampant wherever forgiveness is lacking.
- 247) It should never be easier to indict for cruelty against animals than it is for cruelty against humans.
- 248) I doubt that Jesus ever said even one word, in all His time with us, that he wishes he could take back.
- 249) Science does not have a monopoly on truth. Science and religion both pursue truth from different perspectives. The closer to truth, the more they agree.
- 250) You don't need what you want. Just want what you need.
- 251) The world is not an economic opportunity. It is a biological responsibility.
- 252) If you don't like them, don't be like them.
- 253) Mom's can teach the harsh realities of life in gentle ways, if the children can listen.



- 254) Doing everything you have to do isn't working hard.  
You're working hard when you do everything you can do.
- 255) There's no reason to gloat if you don't do what you shouldn't do.
- 256) A writer never stops writing, and some of it even makes it to print.
- 257) Why don't rich people feed hungry children?
- 258) When you're absolutely certain that you're right, just remember all the others in the past who were absolutely certain that they were right.
- 259) Good communication in relationships turns rough gravel roads into superhighways.
- 260) If you wish to be perfect, just ask Jesus.
- 261) Hold on – I didn't know my judgment was today!
- 262) Pursuing vindication eschews forgiveness.
- 263) Nothing is more inevitable than God's plan.
- 264) A world without perpetrators is unimaginable without heaven.
- 265) Let's faith it – humanity is unsustainable, not so divinity.
- 266) A person's character is challenged every time we discover, what we thought was right is wrong.
- 267) It is only when we are made perfect that we will see all the things that made us imperfect.
- 268) Doubting God is like building a mountain separating you from Him. Faith moves mountains.
- 269) True freedom isn't doing what you want to do, it's doing what you're born to do.
- 270) We will become children of the coming age, the age when we won't age.

- 271) Jesus wants us all to become Christ's Christs. Be like Him to everyone.
- 272) Nobody knows what truth is. Everyone will know who truth is.
- 273) Which one is the disciple, ourselves or truth?
- 274) In most human disasters, natural or man-made, there are good people who did nothing.
- 275) We all have candles in our lives, sources of light, warmth, and comfort. Sadly, too many people's candles aren't lit very often.
- 276) Through the power of the Holy Spirit, which is pure and perfect Love, bring us to your Father as one body, Jesus.
- 277) Simply ignoring evil is not enough. It must be subdued.
- 278) Stop all the luxury – feed the starving and house the homeless. You're not only wasting money, you're wasting lives.
- 279) Sinning against God is unnatural and unsustainable. Praying to God is all-natural and renewable.
- 280) Our sins are like weights we carry. If we have too many, how will God raise us up? Forgiveness!
- 281) We're not gods. We're God's.
- 282) The dichotomous once were, and will one day be, the same.
- 283) They are mysteries, not secrets. Secrets don't want to be revealed, mysteries do.
- 284) God's light is not subject to even the greatest black holes. God's light uses a different gravity.
- 285) Our Elder's stories are still as valuable but not as popular. The youth are missing out.

- 286) Not my way, nor your way. Not our way, nor their way.  
No way but His way.
- 287) Evil is nothing more than the wrong choice.
- 288) The light of enlightenment is the Love of the Holy Spirit.
- 289) The odds for Satan winning in the end are not favourable.
- 290) Unrequited Love doesn't exist in Heaven, exists partially in Heaven-on-Earth, and flourishes in Heaven-less Earth.
- 291) Words of wisdom cure everything.
- 292) Once we realize that we don't deserve all those things, others will realize that we do.
- 293) Poor people are Blessed because there's no money in Heaven.
- 294) Sometimes the only thing missing, to forgive each other, is an invitation.
- 295) Because of our imperfections, we're not always good judges – not of others, nor the circumstances, nor ourselves.
- 296) If your agenda isn't ultimately heaven, then it still needs adjustment.
- 297) Jesus didn't conquer the world with Love alone, but with Love and suffering.
- 298) Placing faith in reason is both unreasonable and unfaithful to God.
- 299) Guns don't empower users as much as they empower evil, enslaving users. Guns are not the perpetrators, but the inciters of evil.

Sorry folks.  
That's all there is for now.

The website for "Laconics For Life" will be updated with new Laconics and Papers as I'm inspired, but this book cannot be updated.

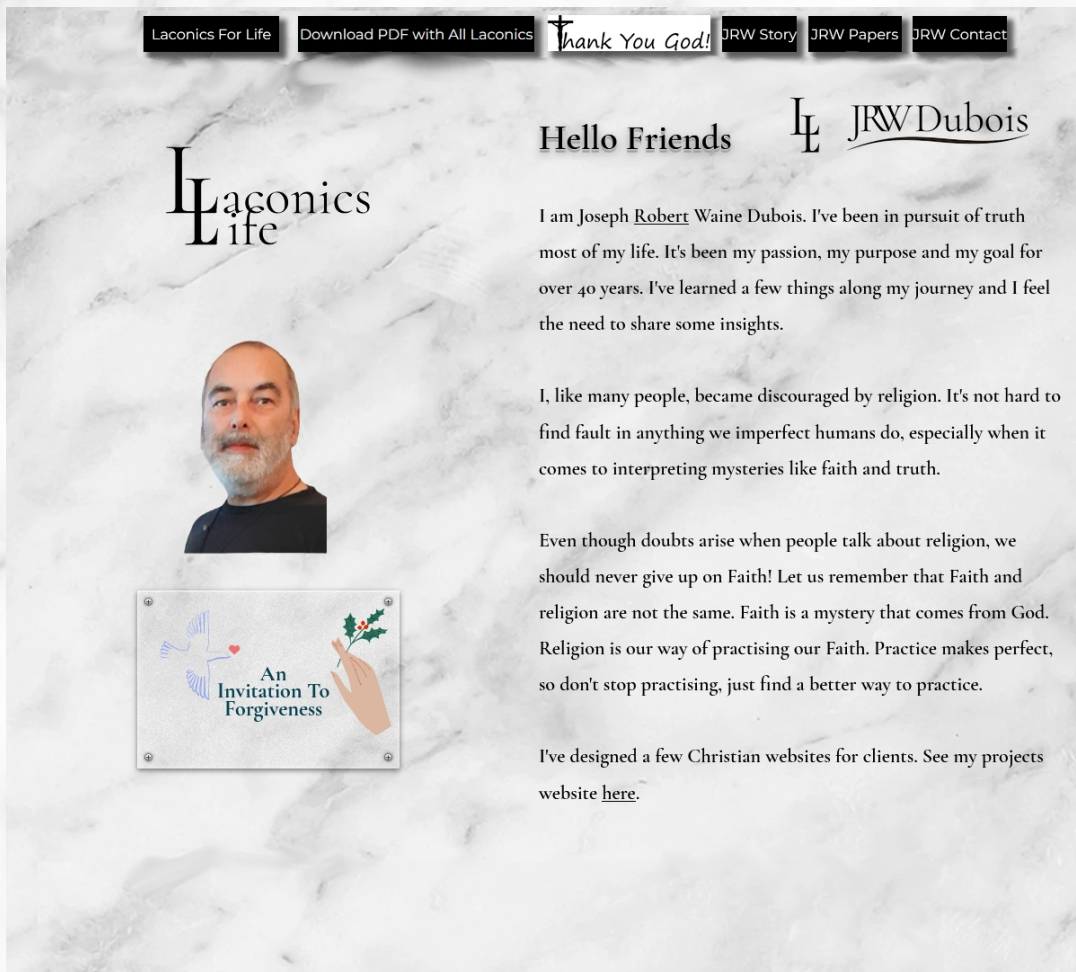
Peace and Blessings to all.

Laconics  $\mathbb{L}$  Life JRW Dubois

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## JRW Story – Button



When visitors click the 'JRW Story' button, a new web page loads as seen above. Visitors can scroll down to learn more about my story. That same story is found on the next few pages.

In the text within the image above, there is a link to my personal website, (last word '[here](#)') which takes visitors to a different website that showcases my portfolio of Christian website design work. That link is not included within this book, as it would require another book.

The 'An Invitation To Forgiveness' link is found later in this book.

## My Story

I am what's called a cradle Catholic. That is, I was baptized at 7 days old and confirmed at age 12. While this was a great start, I started to rebel shortly after. As my independence and invincibility thrived, I ventured out into the world in search of truth.

I was certain that I was destined, maybe even entitled, to become rich! My ego and my bravado were competing for dominance. My friends were the same, hedonists and partyers day and night. All I ended up doing is jumping from job to job, living paycheck to paycheck.

In 1992, I started my own business in the video production industry. This is how I was finally going to get rich. For a start-up company with only two owners, some contract employees and a few part-time workers, it did well for about 9 years.

Through my own mismanagement, the company went bankrupt and all my dreams of wealth vanished – I was 40 then. It felt like it was my last chance to make it or...

That's when life took a shocking, yet pleasant turn. I realized I was no longer in control. I was stuck, wondering and wandering through life still searching for truth. That's when I returned to my Faith.

From then on, I have been on a quest for both truth and God. After all, from my perspective, they're both more than I can comprehend – which satisfies me endlessly. I've written extensively about my journey as a missionary and about my relationship with God in my 'Rob In Peru blog'.

I spent a year working with Father David Johnston doing missionary work in Peru from May 2011 to May 2012. When I got back, I began working for about 6 years, then I became a PWD (Person With a Disability).

In 2018, I had spinal surgery twice on my cervical C3-C5 vertebrae. The surgeries did not relieve my pain. I've lived with spinal injury pain compounded with osteoarthritis from both surgeries and new pain in the C5-C7 vertebrae ever since. The neurosurgeon told me that if I have further surgery, there's only a 25% chance for success in reducing pain. In other words, more surgery means more pain. I must live the rest of my life with pain.

This has gone on for over four years, as of this writing, December 2021. Throughout that time, I've been contemplating and writing. Two books are in the works – one is nearly ready to publish – and thirteen papers, on a variety of PWD (Persons With Disabilities) and faith based topics, are available now. More papers will follow as inspiration allows.

These 'Laconics For Life' epigrams are excerpts from those writings, as well as, from my daily reading and contemplation of the Scriptures and Gospels. I've probably plagiarized a few authors unintentionally, and I apologize if so.

For several years (since long before my disability challenges) I've followed the teachings of, and been inspired by, Bishop Robert Barron who happens to be born the same year as myself. I've been reading the Gospels and Barron's Gospel reflections since 'Father' Robert Barron was still in Chicago. Barron's "Word On Fire" ministry was begun there during the two thousandth year of our Lord.

I still read Bishop Barron's Gospel reflections daily – provided by the Bishop's Word On Fire team – while also reading that day's

Gospel which Bishop Barron is reflecting on. A large portion of the "Laconics For Life" epigrams are inspired by these daily readings and contemplation of them. Thanks be to God and His word on fire. If you would like to read Bishop Barron's reflections in your email daily, you can sign up for free >here. I recommend that readers click the 'Read The Gospel' link each day for quick access to the Gospel readings.

This 'Laconics For Life' list has been a labour of love for several years. How this list, my papers, books, and this website came to be is a story for another time, as I'm still figuring things out myself. Please be aware that none of this could exist without the guidance of the Holy Spirit.

"From years of darkness, a little light has shone."\* Thanks God. Peace and Blessings to you all.

\*Thank you RH at EJ



## JRW Papers – Button



When a visitor clicks the 'JRW Papers' button, a new web page loads as seen above.

Website visitors can scroll down to find my collection of 15 papers, which are found on the next several pages.

The 'An Invitation To Forgiveness' link is found later in this book.

## Correlating Energy and Pain

One of my first papers. I realized that my condition was zapping me of energy, all day and all night. I wondered about what might be happening, so I did research. This paper explains my findings.

## Correlating Energy and Pain

JRW Dubois

Pain is a universal experience for humans. Be it physical, psychological, emotional or spiritual, everybody feels pain.

Pain involves the human immune system, the nervous system, the psyche, the brain and the mind. It's felt in all parts of the body, except the brain, hair, and finger/toe nails.

It's commonly thought that pain is a signal which originates at the site of a bodily injury and travels to the brain through the nervous system. In fact, the pain signal travels back from the brain to the site of the injury after the brain receives the initial signal from the injury.

Sometimes, the brain will send pain signals to parts of the body without receiving a signal that something is wrong, as in people with fibromyalgia. Other times, the pain signal is sent correctly, but fails to stop sending, even though the injury has healed, like people with phantom limb pain.

Sending and receiving these signals throughout the body requires energy, just as our muscles need a small jolt of energy to operate.

When an injury occurs, a signal goes from the site of the injury to the brain which sets off a series of reactions throughout the body. One of those primary reactions is to send a pain signal back to the site of the injury immediately, to alert the person that some form of action is needed right away – which is often fight or flight. This all happens in a tiny fraction of a second, so it feels like the pain originates at the injury site.

In reaction to an injury, and the resulting pain, the body goes into action. The heart rate of the injured person rises immediately to accommodate their higher state of alertness and readiness.

For example; when a person is in a minor automobile accident, the heart will begin to race and the body will immediately start producing adrenaline and endorphins. The adrenaline gives the body extra strength to escape the danger, and the endorphins calm the body to prevent shock and allow the person to think clearly. Both can wear off relatively quickly once the danger has passed.

Once the body is out of danger and is able to calm down again, it's not uncommon for people to have an increased appetite. They have used up a significant amount of energy and need to replenish.

Without further danger or threat, and with time to recover, people can quickly return to normal.

What happens when the pain is chronic?

Some chronic pain has no clearly defined source(s) and, as a result, may not be treatable. Other chronic pain has clearly defined sources, yet still cannot be treated. This is 24/7 pain, lasting six months or more – sometimes decades – which requires

24/7 energy.

Imagine waking up in a state of 'reaction to pain' each day. The body has been using energy to fight pain all throughout the night while sleeping. Waking up, itself, takes further energy.

I normally wake up around 6:30 AM with near zero energy. It takes a huge effort to sit up in bed, then reach down to pick up my track pants, and put them on. Now, I have to sit on the bed and rest for a minute before standing and heading for the washroom. I'm not exaggerating about my exhaustion.

Walking to the toilet is the next huge effort, and I stagger. Then, after going, I remain sitting, resting for a minute or so. The next huge effort goes into lifting myself off the seat and standing up straight. Then I rest while standing for 30 seconds or so, balancing on the towel rack and preparing to walk into the kitchen. Next, I depart for the kitchen, balancing myself on walls, counters and chairs along the way. COFFEE!

I also usually wake between three and 5 AM to take my analgesics. Otherwise, I may not even be capable of getting out of bed at 6:30 AM. Then, once the washroom work is done, I make coffee and smoke some cannabis. In 10 or 15 minutes, I'm able to get on with my day.

Most days, I start with a hot bath, just after coffee and cannabis. This is where I'm able to eliminate the majority of my pain.

It's possible that I could stop taking all analgesics, if only I could float in hot water 24/7 – hardly practical. As I float my head and neck in the hot water, I'm keeping as motionless and relaxed as I can, yet my heart is racing, pulsing refreshed blood throughout

my body.

The energy of the hot water, and the floating position of my head and neck, combined with relaxing my body and mind, are sufficient to reduce my pain from 8 or 9, down to 2 or 3.

Another energy that affects pain levels comes from food. A nutritious diet can provide a surprising amount of clean energy to help battle chronic pain.

Living with chronic pain doesn't allow for a lot of meal preparation time. I've found it best to purchase frozen pre-made dinners, cereals, and fruit. Just be sure the frozen dinners and cereals are as healthy as you can find. I would not advise that you buy the cheapest frozen dinners. Instead, look for companies known for more nutritious foods and read the ingredients before you purchase. This will take practice, but it's well worth it for your overall health. Buy the more simple, basic cereals with whole grains and fibre and add your favourite fresh fruit. The greater the amount of processed flavourings in cereals, the harder they are to digest. Try unsweetened granola or raw grain cereal with almond milk and real maple syrup – wow.

Good food is food that is easy to digest. You can imagine; eating a big, greasy hamburger, with a fried egg, two slices of processed cheese, four pieces of bacon, and all the rest of the regular toppings and condiments, along with fries and gravy, a large soda, and a couple of chocolate chip cookies for dessert – this meal might take some time to digest.

Digesting the burger meal not only takes a lot of time, it also takes a lot of energy. The processed beef patty alone, fried in grease, will take nearly as much energy to digest as it provides. Add the other ingredients and you could end up losing energy



after digestion.

Every morning, for breakfast, I enjoy a protein shake. The product I've used for over fifteen years is 100% plant based, non-GMO, vegan, sweetened with stevia, and provides 100% of the nutrition our bodies need throughout all the food categories. The protein is derived from organic; pea protein, sunflower seed protein, and pumpkin seed protein. Raw, plant based proteins are much easier to digest than processed and fried meat proteins. That means you end up with a much greater energy gain from plant based proteins and the digestive process takes less time as well.

Another bodily benefit to eating plant based proteins is, they help to balance the bodies pH levels. Researchers from the University of California in San Francisco concluded from studies that diets high in acid from red meat and other animal products can influence the risk of chronic kidney disease and kidney failure. They also found that individuals who consume high-acid diets are three times more likely to develop kidney conditions.

The human body is designed to naturally maintain a healthy balance of acidity and alkalinity.

If the body become too acidic, it will re-establish its pH balance automatically, by taking calcium from the bones. If this happens over several years, a person could develop brittle bones and Osteoporosis. Plant based proteins are not acidic, they are more alkaline.

Fresh fruits and raw vegetables work the same way. They're nutritious and pH friendly, with vitamins and natural sweeteners in the right proportions. They're quick clean energy for the body. And, they're easy to prepare.

Frozen fruits are also good to mix into smoothies and cold beverages. Little or no nutrition is lost by freezing fruit and the flavours come through as good as fresh fruit when either is blended.

The protein shake that I drink every morning provides 50% of the daily recommended intake of nutrients, balances my pH, and provides me with the clean energy that my body demands.

Another important factor in restoring our body's energy is sleep. But, people living with chronic pain use up energy while sleeping. Some nights aren't so bad, and I can wake with a bit of energy. Other nights leave me with no energy what-so-ever upon waking. Those are the harsh mornings described earlier.

This is where cannabis helps. The correct blend of cannabis can put me to sleep for several hours, leaving me feeling more refreshed. The cannabis works like endorphins, it calms the body.

The only other analgesics I currently take are extra strength acetaminophen @ 500mg, and extra strength ibuprofen @ 400mg, simultaneously. They can take 40-50 minutes to work. Cannabis fills the gap.

The pills have daily recommended limits which I refuse to go over. So, I'm able take up to four of each of the pills each day and remain below the daily limits. The pills claim to last 4-6 hours, but hardly ever work that long. Again, cannabis fills in for that final hour or so.

If something goes wrong – I forget to take my pills, I'm away from home without my pills, I don't wake up between 3-5 AM to take my pills, I don't eat when I take my pills, I take the wrong pills, I take too many pills, etc., – that's when the pain reaches 8 and 9.

Cannabis relieves the pain within five minutes of inhaling and lasts for 60-90 minutes. With cannabis, there is no wrong dose. Small doses for small pain and large doses for 24/7 chronic pain. Cold is another way to zap the body of energy. Chronic pain sufferers often feel worse when it's raining, cold, and windy as compared to when it's sunny and warm outside. The warmth of the sun provides relief from pain by causing the muscles to relax, as opposed to cold which causes the muscles to tighten.

The sun provides energy to relieve pain, just like the energy of the hot water in the bath, and the energy from nutritious foods, and the energy from good sleep, and the energy which comes from the loving words and selfless support of family and friends too.

Music has a profound effect on levels of energy and pain in the body. The heart rate can be increased and decreased simply by increasing and decreasing the rhythm of music while listening. The volume of music also affects energy levels in the body, as anyone who's attended rock concerts will tell you. We even use loud music/alarms to wake ourselves, and we sure feel that energy.

While floating in the tub, I often listen to relaxing instrumental piano or older rock classics, depending on my mood. If it's relaxing piano music, I remain still. If it's an old favourite rock tune, I'll rock my head back & forth, left & right, up & down – all perfectly timed with the song, of course. This makes for a fun, gentle, neck exercise in the tub. The gentle exercise can be energizing, while loosening the muscles.

Relaxing is important when living with chronic pain. It's very hard to relax when a person is worried, frightened, anxious, angry, confused or depressed. This is another example of being robbed of energy which could be put towards battling chronic pain. It's easy to say, 'oh relax, just stop worrying', but it's not such an easy thing

to do. Finding peace of mind becomes crucial.

Each individual person will have a different way to find peace of mind. I won't go into describing all the ways to find peace, calm your mind, and learn to relax in your life, but I will say, it's really important to find a way that works for you.

Doctors and lab techs may have found a way to numb pain with energy. From the Mayo Clinic website, "A spinal cord stimulator (SCS) device is surgically placed under your skin and sends a mild electric current to your spinal cord. Thin wires carry current from a pulse generator to the nerve fibers of the spinal cord. When turned on, the SCS stimulates the nerves in the area where your pain is felt. Pain is reduced because the electrical pulses modify and mask the pain signal from reaching your brain."

Sounds good, but surgery is required to implant a test device prior to a second surgery to permanently fasten the device. More surgery will be required to replace the batteries. If anything moves out of alignment, becomes detached or damaged, more surgery will be required to repair, replace or remove the device. More surgeries mean more risks.

As mentioned earlier, if a person is in a minor automobile accident, the body will start producing adrenaline. The adrenaline provides a huge boost of energy to the body. A product is available which works the same as adrenaline, called Epinephrine. It's also known as an EpiPen or Epinephrine auto-injector with a chemical that narrows blood vessels and opens airways in the lungs. These effects can reverse severe low blood pressure, wheezing, severe skin itching, hives, and other symptoms of an allergic reaction. Epinephrine is also used to treat exercise-induced anaphylaxis.

I've never heard of any form of adrenaline that can be taken to increase energy for chronic pain Sufferers. Cannabis does the same job as endorphins, so what does the same job as adrenaline? Could we put adrenaline in tablets, liquids, skin patches or sprinkle some in my cannabis?

It takes a lot of energy to battle chronic pain 24/7. Let's remember, there are no weekends off, no vacations, no stat holidays and no time off for good behaviour with chronic pain.

If you're suffering with chronic pain, you will need as much energy as you can muster mister or sister.

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## End Cannabis Stigma

Cannabis is legal in Canada since October of 2018. It's a vital component of my pain management routines.

Without Cannabis, I would have used opioids for over 5 years.

Cannabis is less harmful than fresh, clean water.

Some athletes have died from drinking too much pure water while exerting themselves, which can flush electrolytes and sodium from the body. Now athletes drink water infused with electrolytes and sodium.

Nobody has ever died directly from cannabis use for thousands of years.

But, the Cannabis Stigma is still very prevalent throughout North America, and it's hurting many innocent people.



# End Cannabis Stigma

Are you experiencing Cannabis Stigma?

A stigma is an unjust prejudgment and misunderstanding of a group of people or their beliefs and ways, like deciding to segregate people solely because of skin tone.

The Cannabis Stigma is a result of corporate and governmental campaigns designed to protect their various private agendas. They lied to citizens for over 50 years, so far.

Cannabis Stigma is discrimination and intolerance against a massive group of innocent people worldwide, including millions of people who are suffering.

Cannabis Stigma is associated with:

- ✗ a lack of knowledge about cannabis and it's long history, many uses, proven efficacy, and surprising safety;
- ✗ a need to blame someone;
- ✗ unfounded fears of addiction, drug abuse, insanity and crime;
- ✗ gossip that spreads rumours and myths;
- ✗ segregation and isolation from family, friends and colleagues;
- ✗ false arrests, fines and imprisonment;
- ✗ unwarranted criminal records, often restricting and holding people down for life.

Cannabis Stigma hurts everyone by creating unnecessary fear and anger towards ordinary people, while distracting attention away from the street and prescription drugs that are causing real life problems.

People can fight Cannabis Stigma and help, not hurt, others by providing social, legal and moral support.

Counter Cannabis Stigma by learning and sharing facts and communicating the facts to those in need.

Let's end the injustice. Let's end the Cannabis Stigma.

#### For Your Information

January – 2022, if you search the Internet for “*Study Finds Cannabis Compounds Prevent Infection By Covid-19 Virus*”, you will find, “*Compounds in cannabis can prevent infection from the virus that causes Covid-19 by blocking its entry into cells according to a study published this week by researchers affiliated with Oregon State University.*”

#### For Your Information

Statements from the American Cancer Society website regarding cannabis for cancer include;

*“A few studies have found that inhaled (smoked or vaporized) marijuana can be helpful treatment of neuropathic pain caused by damaged nerves.”*

and

*“More recently, scientists reported that THC and other cannabinoids such as CBD slow growth and/or cause death in certain types of cancer cells growing in lab dishes. Some animal studies also suggest certain cannabinoids may slow growth and reduce spread of some forms of cancer.”*

## Engaging The Christ

Engage is misunderstood word. God's word is also often misunderstood. Read about how we engage in many things, but there is one engagement that is more important than all others.

## Engaging The Christ

JRW Dubois

Engage is a strange word which has evolved it's meaning over time.

If you search the Internet for 'engage' you might see the following: "late Middle English (formerly also as *ingage*): from French *engager*, ultimately from the base of 'gage'. The word originally meant 'to pawn or pledge something', later 'pledge oneself' (to do something), hence 'enter into a contract' (mid 16th century), 'involve oneself in an activity', 'enter into combat' (mid 17th century), giving rise to the notion 'involve someone or something else'."

Today we use the word engage to mean;

- agreeing to, and preparing for marriage,
- attracting, or involving someone's interest or attention,
- causing some person or group to become involved in a conversation or task,
- arranging to employ or hire someone,
- with reference to a part of a machine or engine, moving into position so as to come into operation,
- entering into verbal conflict or physical combat with an enemy.

All these attempts to define the word engage seem to be beating around the bush. What do I mean?

To engage is simply, to bring together for a purpose. You'll see that this definition fits all the attempts at definition listed above. I dare say that this word, engage, is properly used to describe the state of Christianity since before the time of Christ. God is bringing us together for a purpose. Humankind's first engagement with God occurred in the Garden of Eden.

Christian believers are engaged by Jesus' words, which cause them to engage other people regarding Jesus' words, which then causes people to engage Jesus' words in their daily affairs, which even causes people to engage themselves in positions of operation to engage the engines of change, which eventually cause people to engage the enemy in conflict and combat for their belief in Christ.

As believers in Jesus, as our Fiance, we are agreeing to and preparing for our marriage to Him. Our Spouse will be the head of the family, and believers will be members of the family, and this united family will be presented to the Father on the wedding day.

The word engage has many of the same qualities as the word love does. If you love someone, you wish to be engaged with them, as acquaintances initially, then you might engage in intimacy, which may then lead to an engagement to be married.

When you love Jesus you will want to be with Him, as acquaintances initially. Then, when He asks for your hand in marriage, will you say, "*I do*"? Or will you engage Him as the enemy?

The world began with a big bang, scattering everything in all directions. The world will end with a big crush, with God bringing us all together for His purpose. It all began from a singularity and it will all end with a singularity.

That final and everlasting singularity is the unison of God, God's Love, and the people who love God.

Are you engaging the Christ yet?

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## Evil, Suffering, Pain And Love

Some people think that evil, suffering and pain are the same thing. Pain is only one form of suffering and suffering is only one form of evil. Love knows evil, suffering and pain and knows how to deal with them.

### Evil, Suffering, Pain And Love

JRW Dubois

Theodicy is the discussion in defence of God's goodness and omnipotence in view of the existence of evil. This discussion is meant to help us better understand the question, why does God and evil co-exist? Should not one or the other be dominant to the point of eliminating the other? More specifically, we ask; why doesn't God simply eliminate all evil, if He is omnipotent? In truth, He's still working with us, because we still have a ways to go.



Let's begin by declaring what we mean by God and by evil. God is the creator of everything good, everything loving and everything alive. Evil is incomplete good, unrequited love and the renunciation of life. Evil is rejection of God. God rejects evil. So how do they co-exist?

The answer is, Love.

Love is not something God created or thought about one day and then brought into being. God is Love itself and Love is a being, itself. This being of Love is united to God, yet distinct in that it goes out from God and into the hearts of beings. This being of Love is called, the Holy Spirit.

Even though we don't know where the wind comes from nor where it goes, we know it comes and goes. We see, hear and feel the effects of the wind, yet we don't see the wind. The Holy Spirit comes and goes as it wills and we see, hear and feel the effects of the Holy Spirit when we feel Love.

It is the Holy Spirit that co-exists with evil in our hearts, because the Holy Spirit is able to use evil to do good, through Love.

Evil is not created by Love but by the absence of Love, which starts out as distance from Love. This distance from Love allows suffering and pain to be born out of indifference, which is the opposite of Love.

Now, let us distinguish how evil disseminates through suffering and pain. Evil, suffering and pain are often associated, but they are very different. Pain is only one form of suffering, and suffering is only one form of evil.

Pain is the threat of suffering, and suffering is the threat of evil. If you do evil, you go to hell and you'll suffer in pain. Love knows

evil, suffering and pain. Love knows how to turn these things into good for the fulfillment of Love wherever Love is distant or absent.

Love takes what has been broken by distance from Love and re-builds the broken pieces into something more beautiful than the original.



Kintsugi, is the Japanese art of restoring broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum. This makes the new piece more beautiful and unique, thus, more aesthetically pleasing and precious.

What is precious is collected.

Evil exists for Love to conquer, to mend and to re-shape us into what Love demands of us. While evil breaks us apart, Love creates a new being out of all the collected broken beings.

Evil has a destiny to serve Love, through our suffering and pain.

We all have a destiny to serve Love and God, through our suffering and pain.

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## Fear Time Not Death

Evil created time and death. Nature only knows timing, only humans know time. That's because only humans know that we are mortals. We fear our time is coming. Yet, we have a promise of life without time.

## Fear Time Not Death

JRW Dubois

Why should anyone fear death? It's as natural as the rain and inevitable like the sunset. Yet, as our time approaches so do our fears.

As young children playing and exploring the world, we don't think about our mortality any more than we know what mortality means. A child might never know death until a grandparent or a pet passes away. That's when our fears of death begin.

The first thing we learn about death is that all living creatures die, us included. But, initially, that doesn't raise fears so much as awareness and concern. We first learn to fear death when we encounter it with a loved one who has just passed. That's when we come face to face with the inevitability of death and how it makes us feel powerless.

While pondering the inevitability of our own mortality, we cannot know how or when the end will come, we only know that the end is certain. The fact that we are going to die is known to us for most of our lives, yet how much do we do to prepare for our deaths? As far as wealth, property, inheritance and material things go, we prepare well enough. When it come to life, love, loved ones and our memories of them, we sometimes prepare poorly.

We can best prepare ourselves for death by remembering what is most important, both in this life and the next – that is, God's love! Our love for each other!

It's also important to remember that it is not death itself that we fear. What we fear more than death is the time and mystery of our

death. What do I mean?

If I say to you, 'you are going to die', do you start to panic, shake, sweat and tremble? No, you might shrug it off as common knowledge – everybody dies. But, if the doctor said to you, 'you have one month to live', you might start to panic, shake, sweat and tremble. Then, what if the doctor is wrong.

What we fear most is not knowing how or when we will die. It's human nature to fear what we don't understand. We don't truly understand death and we can't predict our own death, so fears arise.

If I was able to predict the future and I told you that on this certain date in the future you will die of natural causes while sleeping and you won't even know that you have died, perhaps then your fears would subside. On the other hand, if I told you that you will die of a heart attack in forty-two years, you might think that you have enough time and that you will change your lifestyle and habits and prevent the heart attack. You would be motivated by a fear of that kind of death, but that could never prevent your death.

Did Jesus fear death? Sort of – a part of Jesus did doubt and fear.

"Father," he prayed, "my Father! All things are possible for you. Take this cup of suffering away from me. Yet not what I want, but what you want.", Mark 14:36

Even though Jesus told the disciples that He would suffer, die and rise again after three days, still, His human part feared His suffering and death.

"At about three o'clock Jesus cried out with a loud shout, "Eli, Eli, lema sabachthani?" which means, "My God, my God, why did you

abandon me?", Mathew 27:46

Was Jesus abandoned by God, His Father? Certainly not! But, Jesus' human part doubted and feared being forsaken.

God didn't abandon Jesus and He doesn't abandon us either. Think about the 'Footprints In The Sand' poem, ending with, "My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you." - authorship is contentious.

The next time someone asks, why do innocent people suffer, or why do bad things happen to good people or why do so many people die in disasters, etc., remember, God has not abandoned any of them.

It is never God who abandons us, it's always us who abandon God. When Jesus prayed to God to let the cup pass, that was Jesus' human part doubting God. When Jesus was on the cross wondering if His Father had forsaken Him, that was Jesus' human part forsaking God.

We know that our time as human beings is limited, that's not too scary. We don't know when our time is up or how it will happen, that's quite scary, but it need not be.

That's why God gave us Faith.

In our death, there's nothing to fear, but our fear. What we should fear is time, because we only have a limited amount of time in this life. Time is a human concept and it will become irrelevant in the everlasting life.



Time wants to kill us all, but really, we need to kill time, for all time. How do we kill time? By praying for God's love and blessings, mercy and forgiveness, at this time and when our time is up.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Evil created time and death. Jesus will end all three, in His time.

Heaven = Life – time.

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## It's All The Same In The End

Since childhood we've had a sense of what seems fair or unfair. We can be quick to judge a situation where someone seems to have an advantage over us. Judging others is not our job, in the end.

### It's All The Same In The End JRW Dubois

Since we were children, we've had a sense of what seems fair and what's seems unfair, in our children's eyes. What seems fair changes as we grow and mature, but the sense of fairness remains.

Let's be honest here. When we say this or that seems fair or unfair, we really mean it seems fair or unfair to us, from our perspective, at this stage of our lives. Other people could easily think something is fair when we know that it is unfair and vice versa.

In the Gospel of Matthew, chapter 20, verses 1-16A, Jesus tells us the parable of the landowner who pays all workers the same day's wage whether they worked one hour or twelve hours in his vineyard. From Jesus' parable, we know that a landowner goes out to hire workers for his vineyard, hiring them at different times during the day. Then, at the close of the workday, he pays each worker the same wage. When those hired earlier in the day complain, the landowner replies, "Am I not free to do as I wish with my own money? Are you envious because I am generous?", from today's Gospel.

Perhaps there is some envy or jealousy, just like in the story of the life-long criminal who wholeheartedly repents on his deathbed to a priest and receives absolution and forgiveness. It just doesn't seem fair – in our children's eyes.

The children don't understand the Father, nor His ways. "As high as the heavens are above the earth, so high are my ways above your ways and my thoughts above your thoughts.", from Isaiah 55-9, today's first reading. What seems fair changes as we grow and mature, so imagine maturing and growing to know everything that God knows. Of course, we can't know all that God knows, so we can't understand why things seem unfair, even if God explains it to us.

In truth, fairness is not the point. The reward is the point. What do I mean? Well, each worker works for a reward, which is called a wage in this instance. The parable uses a wage as an analogy for the reward referred to in the parable. In the parable the vineyard is heaven, the workers are working for heaven and, the reward at the end of their work is heaven.

The reward is not equal to the work done to achieve the reward. It is so much more. The reward is heaven, all of heaven, not just a tiny bit. You can't work too much, or too little, while working for

heaven. Once you're in heaven, you won't care if you had to work one day or one thousand days to get there, you've made it!

It's like winning the lottery. Imagine, you've been buying lottery tickets for several years without winning. Then, one day you win \$500. You might go to your friend to show him your winning ticket. Instead, your friend tells you, he just bought his first lottery ticket ever, and he just won \$50,000. Would you be jealous of him? Would you phone the lottery company to complain?

The Love of God is for everybody, just like the lottery. Anybody can win the lottery, if they have even a single ticket. But, even if you buy thousands of lottery tickets, you might not win anything. Is that fair? Again, it's not about what's fair or unfair to the winners of the lottery. It's all about the beneficiaries and the benefactors of the lottery.

Imagine you're in charge of raising money to build a new children's hospital and you host a lottery. Each lottery ticket costs \$5.00 and the grand prize is \$50,000.00. Now imagine the two winners; one who buys tickets every week for several years and finally wins \$500.00, and the one who buys his first ever lottery ticket and wins \$50,000.00. To you – who needs to build a hospital – the real hero is the one who bought tickets for several years, not the lucky guy who buys one ticket.

The lucky guy took money from the children's hospital while the hero gave money to the children's hospital. Who really wins, in this situation, is the children. That's why the lottery is held in the first place. If you bought a lottery ticket to support the children's hospital and you won \$50,000.00, would you give the money back to the hospital so the children can benefit even more? Of course not. Just as the workers who were 'supposedly' overpaid should not have to give their wages back, because other workers object. Those guys won a bigger prize in the lottery, that's all. Their not

cheating anyone and no one has shortchanged the smaller lottery winners.

You work a little, you work a lot, you buy one lottery ticket or you buy a thousand, you get a small wage or you get a huge wage – none of that matters. Jesus is saying, it's all the same in the end. He's bringing His reward, to all believers in heaven.

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## Life In The Slow Lane

"What makes life better is when people can see, and care for, each other whether their lives are fast paced or slow paced." What do I mean? Read on.

### Life In The Slow Lane

JRW Dubois

"Life in the Fast Lane" is a song written by Joe Walsh, Glenn Frey and Don Henley and recorded by the American rock band the Eagles on their 1976 studio album Hotel California. The song includes lyrics like, "Surely make you lose your mind", "Everything all the time", and "They didn't care, they were just dyin' to get off".

The song depicts the dangerous free-fall into debauchery and destruction that comes from living life, "Eager for action and hot for the game" - even though people know that the game is a race without direction and without an end, "She pretended not to notice she was caught up in the race".

Life in the slow lane is, obviously, much different. But, does that mean life in the slow lane is better than life in the fast lane? Not

quite. Humans are just as good at getting carried away with themselves whether their life is fast paced or slow paced.

What makes life better is when people can see, and care for, each other whether their lives are fast paced or slow paced. What do I mean?

It's normal for people living the fast paced life to 'not see' the people around them who are living a slow paced life. Yet, the people in the slow paced life can easily see all the people living the fast paced life. Again, what do I mean?

Let me provide an example which I witnessed one day sitting by a window. As I looked down towards the sidewalk, just outside my window, I saw a snail crawling along leaving his signature slime trail. Suddenly, not ten feet away, a large crow landed on the lawn adjacent to the sidewalk. He was looking for a meal. Crows are good at scavenging and will eat any small creatures which they can spot. The snail would make a nice little snack. But, the crow cannot see the snail move, even though the snail is moving, but at a snail's pace. If the crow would only stop looking around frantically, and focus his gaze towards the snail for a few seconds, he would see the slow movement. The crow flew away and the snail went on his way. The snail could see the crow, but the crow could not see the snail.

How does that relate to people and life in the fast or slow lane? I feel like the snail when I go shopping. When I walk, I walk very slowly in order to reduce the impact of walking on my spinal condition. The faster I walk the more pain I feel. Most other shoppers are walking faster than I can, yet they maintain a normal pace as compared to the majority of people shopping. If two people are walking at the normal pace and are about to collide, both will slow or stop as they say to each other, "Excuse me". As people walk about and see me, travelling at a slower pace,



they quickly acknowledge to themselves that no collision is imminent, so they can now ignore me as an obstacle – I'm not someone you need to stop for or slow your pace for, or say excuse me to.

This is normal and to be expected, just like the snail and the crow. It's just life in the slow lane.

It's good to stop and smell the roses once in a while. You never know who you will meet.

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## Non-Affliction Guilt

I once met a person who said, 'Being healthy doesn't make me happy', because he saw that I'm disabled. He should be happy about being healthy, but he's feeling odd about something. So what gives? What's a PWD?

### Non-Affliction Guilt

JRW Dubois

As a person with a fully able body, have you ever felt uncomfortable when meeting someone who is not able bodied, a person who may be afflicted with some form of debilitating condition? That would not be rare or even uncommon.

What makes some people uncomfortable when first meeting a person with a disability? One obvious answer is simply that Persons With Disabilities or PWD<sup>1</sup> are not as common as persons without disabilities. Most people don't need to deal with PWD

except for the occasional brief encounter. So, many able body persons are not well practised at meeting PWD.

As a PWD myself, I once noticed a person feeling uncomfortable when we met. I mentioned how I was envious of people as I see them walking briskly, their faces red from the fresh air and heavy breathing. The uncomfortable person said, “It doesn’t make me feel good that I’m healthy.”, and I presumed the person meant, ‘in comparison to being disabled’. Most people feel good about being healthy.

There’s that uncomfortable feeling in his words. His words ring true though – who would feel good about being better off than PWD?

So, why do we feel good about being healthy, until we meet someone who is living with a disability?

Non-affliction guilt.

You may have heard about survivor guilt. It’s how you might feel if your entire neighbourhood burns down, except your house. A far more serious form of survivor guilt might happen from wars. When a group of soldiers train for a long time together, then all but one are killed.

Non-affliction guilt is not the same as survivor guilt, but they are similar. Non-affliction guilt has the same effect as survivor guilt, but to a lesser extent. In either case, you don’t feel ‘lucky’.

But, people are lucky. They just don’t want PWD to feel unlucky, so it becomes uncomfortable to walk the fine line between encouragement and embarrassment, until you’re practised.

People who live and/or work with PWD have practised and are not uncomfortable being with PWD. Non-afflicted people have nothing left to be uncomfortable about, once they realize that PWD are just people.

As a PWD, I have quirks and weird habits, I can be annoying and demanding, I think and talk about myself constantly, I forget how to be considerate to people, even though people are being very kind and generous to me. Then again, I have a lot to offer people in the way of sharing my gifts, experiences and knowledge gained by being a chronic PWD. I'm just a person – who happens to have a disability.

Non-affliction guilt is natural. Just don't let it stop you from getting to know PWD better.

1- PWD – also represents a “Person With a Disability” or a “Person With Disabilities”. The wording, “Persons With Disabilities”, is correctly used to represent the individuals living with a disability or disabilities who are part of a group. Whereas, the wording, “people with disabilities”, represents the group over the individuals. PWD are not disabled people, but persons living with disabilities. PWD have abilities!



All Images © JRW Dubois

## Our Narrow Path

Life takes us on many paths. Getting lost along a path can be very upsetting, even dangerous. People want to move and be moved, but not towards bad stuff. It's so helpful to find someone who know the way.

## Our Narrow Path

JRW Dubois

‘Walk the line’. The internet says this means, to behave in an authorized or socially accepted manner, especially as prescribed by law or morality; to exercise self-control.

‘Walk the straight and narrow path’. Many people believe that this phrase comes from the Bible, describing the path to Heaven. But, it’s a bit of a misquote. Let’s read what the Good News Bible says;

“Go in through the narrow gate, because the gate to hell is wide and the road that leads to it is easy, and there are many who travel it. But the gate to life is narrow and the way that leads to it is hard, and there are few people who find it.” - Matthew 14:13-14

Perhaps, it’s not a highway to heaven but a narrow, difficult and lonely path. In reality, our life journey could be nothing more than a singular journey of discovery ending, who knows where? God knows!

Our life journey is one singular path that we each experience as we age, develop, have offspring, teach that offspring, then age further and die. Our life journey is one singular path experienced in our own minds, and not in the minds of others, at least not to



it's fullest extent.

Our life journeys come together when we congregate; in relationships, families, neighbourhoods and workplaces, in places of worship, centres for education, in our leisure activities and games, as we travel and shop, as we visit hospitals, doctors and dentists, and even when we celebrate. But still, our individual experiences during those times remain subjective.

So, maybe, the narrow path is the individual path that we all live, and the wider paths are the paths we take when we congregate. Perhaps we live our lives one way when we are alone, but another way when we live with a spouse and/or children, and yet another way when we congregate with many others.

After a while the varying paths become merged into a conglomeration of paths overlapping, intersecting, running parallel and perpendicular. Eventually the paths get packed down and organized and form something like a superhighway. Superhighways can be dangerous to humans, animals, the environment and our sanity.

Paths are for moving. Nobody goes on a path unless they wish to move from somewhere to somewhere. We are moved by our paths, both in the world and in our minds. How many paths are there in your mind?

You may have heard of single mindedness or scatterbrains. A single-minded person concentrates their thoughts and efforts towards accomplishing a single task or goal. Whereas, a scatterbrain person will remain unpredictable, to themselves and to others. Both ways are difficult paths.

It may become difficult to decide which path is right at any particular time in our lives. Do I follow my own path and decide

what's right for me alone, or should I do what's right for my spouse and/or family, or should I do what everybody else in the world is doing? Should I do what feels right to me, even though everybody is telling me that I'm wrong? How do we prioritize which path is most important an any given time in our lives?

Maybe, we need directions.

Life can be much easier when we know where we are going. But, there are many paths that we travel without directions and without knowing where those paths will lead. Other paths have directions, but they're too difficult or too far, so people might try to walk this path, but they get run over. Still other paths are clear and easy, but the destination isn't what you thought it would be. Where are we to turn?

We must turn to someone whom we know, knows. It's great to find someone who knows how to get where we're going, especially if we know the person who knows.

With clear, trustworthy and specific directions, we can feel much better as we travel our paths.

Jesus is a great guy, once you get to know Him, plus, He's been to heaven.

When you're feeling lost, ask Jesus for directions. He'll tell you where to go.

## Perfection As One

How would you like to be perfect in every way? Sounds conceited, but, we will be brought to perfection, on the last day. In the meantime we still need to practice being perfect in His way. Practice makes perfect.

## Perfection As One

JRW Dubois

Humans know perfection, to a degree. In many games, people can achieve a perfect score. Once in a while you find clothing which fits perfectly. Folks out for a walk – on the first sunny day after a few weeks – might greet each other and say, ‘what a perfect day’. When a baby is newly born, the parents often will say, ‘she’s perfect’.

So, does this mean that we know perfection? No, it only means that we know about perfection and how to recognize it, sometimes. To know perfection requires perfection. To know of perfection requires humans. As far as I know, there are no other creatures in nature who are able to conceive of perfection, yet those other creatures live in perfect harmony with nature.

Knowledge of perfection has caused many humans to contemplate the fullest limits of what perfection might be. In fact, it seems like humanity is obsessed with perfection, or at least reaching towards it, unceasingly. Regardless of what we make or do or say, we always want to make or do or say it better. We and/or it needs to be; cheaper, stronger, thinner, lighter, faster, easier and more beautiful, longer lasting and personalized, until it is perfect, and it will never be perfect. Nothing we make or do or say will ever be

perfect, until we are perfect.

What is perfection? As Pontius Pilate questions Jesus' claim that He is "witness to the truth" (John 18:37), Pilate asks, 'What is truth?'. Humans do not know the full answer to either question, but they are related.

What is truth, if not perfection of thought. Who has perfection of thought? Only one person has ever lived in perfection of thought, and we killed Him. Thank God, Jesus forgives!

When Pilate asked, 'what is truth', he would have been better off asking, 'who is truth'. When we ask, what is perfection, we should be asking, who is perfection. Jesus says, "I am the way, the truth and the life; no one comes to the Father but through Me..." (John 14:6). Jesus is perfection.

Jesus wants perfection for us as well. This perfection is accomplished through His unification of believers. God gives glory to Jesus, and Jesus gives glory to us, so that we are all as one. God in Jesus, Jesus in us, Love (the Holy Spirit) in our soul, Love to others, Love from others, Love back to Jesus and Love back to God. That is perfect Love.

"And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me.", says Jesus in John 17:22-23.

Jesus will bring us to perfection, on the last day. But, along the way, He would like our help. We need to keep practising perfection, knowing that we cannot achieve it alone. This instruction is from Jesus, "Be perfect, therefore, as your heavenly Father is perfect.." (Matthew 5:48).

How do we practise being perfect? Simple, just follow perfection, just follow Jesus. He is the way!

In a perfect world, we're all one.

Way to go Jesus!

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## The Dynamics Of Faith And Love

Faith and Love are not static like this text. They are dynamic, effective, engaging, promising, fulfilling and everlasting. 'The dynamics of Faith and Love have a way of turning us around from our unworthiness'.

## The Dynamics Of Faith And Love

JRW Dubois

It takes great Faith to realize our unworthiness. It takes great Love to be brave enough to ask Jesus to heal a friend, even though we're not worthy.

So, how does that work? If we are not worthy, what makes us think Jesus will help us or our friend? The answer is found in the first ten verses from Luke's Gospel, chapter 7. This is the story of the centurion who's slave was dying. He heard about Jesus and sent elders of the Jews to Him. The elders of the Jews agree and, approaching Jesus said, "He deserves to have you do this for him, for he loves our nation and he built the synagogue for us."



Jesus agrees and went with them. Then we read the most familiar section of this Gospel, "... but when he was only a short distance from the house, the centurion sent friends to tell him, "Lord, do not trouble yourself, for I am not worthy to have you enter under my roof. Therefore, I did not consider myself worthy to come to you; but say the word and let my servant be healed."

"When Jesus heard this he was amazed at him and, turning, said to the crowd following him, "I tell you, not even in Israel have I found such faith.", and Jesus heals the slave.

The centurion had more faith than anyone in Israel? So, how does that work? Let's look at the dynamics of this Gospel.

The centurion has a slave, but, "... he was valuable to him", which really means that he loved his slave. They must have had good relationship over a long period of time building up trust and affection for each other. That's not a typical dynamic between a centurion and his slave.

The centurion sent elders of the Jews to approach Jesus. That's another atypical dynamic for Romans and Jews, but, the elders of the Jews tell Jesus, "He deserves to have you do this for him, for he loves our nation and he built the synagogue for us."

Now, let's look at the dynamics between Jesus and the centurion. Typically, a Roman would never consider nor be seen working with and especially not working for the Jews. But this centurion loved their nation and built their synagogue and also truly believes that Jesus can heal his slave. This is atypical because, the centurion is, "... a person subject to authority, with soldiers subject to (him)."

This amazes Jesus! Why? Because, it's the atypical dynamics of Faith and Love which drives the centurion to act against the ways

of his people and turn around and help God's people.

John 15:13 says, "The greatest love you can have for your friends is to give your life for them". The centurion isn't giving his life, but he is risking his life by helping the Jewish nation, and he's doing this for his slave.

The centurion avoids even meeting Jesus face-to-face. Is it because he's afraid he'll be caught working for the Jews, or because Jesus will punish him? No, it's because he did not consider himself worthy, not for Jesus to enter his home, nor for him to go to Jesus. Yet, this did not stop the centurion from acting. He found a way. He found Jesus' way.

The dynamics of Faith and Love have a way of turning us around from our unworthiness and our occupations within this world. Are we risking our lives and livelihoods with atypical dynamics to help out a friend?

"When the messengers returned to the house, they found the slave in good health."

When we love with God's Love and turn around in Faith to help a friend, we're being atypical and we're being dynamic. We're being worthy.

## The Pinch Test

Everybody knows pain. It's a way of being sure we're alive and awake. If you think you're dreaming you might pinch yourself. How do we test to see if we're awake in our faith? Read this paper.

## The Pinch Test

JRW Dubois

Have you ever felt like you might be dreaming? Sometimes people will pinch themselves to see if they're awake or not.

How valid do you think this test is? Can it be true that we only feel pain when we're awake, but not when dreaming? I doubt that this test qualifies as any scientific, clinical, documented or vetted procedure. So where does this 'belief' come from?

Experience. It is commonly accepted that if we are alive, we feel pain and vice-versa.

From the moment we are born, pain is used to help the infant experience it's first breath of air. From then on, pain of some sort is what triggers the infant to respond with crying and fussing. From hunger and intestinal pains, to the pain of bright lights and loud noises and even the pain of over-handling – like throwing the baby in the air and catching them, or holding them under the arms and twisting them back and forth while talking like a baby.

As we grow, pain – in the form of punishment – is often used to help guide us to make better decisions, hopefully. From then on, pain is the way we know that something is wrong with our bodies.

We have become reliant on pain as an indicator that something needs our attention. This applies to physical, mental, psychological and spiritual pains. But, is the absence of pain a reliable indicator that we are alive, yet dreaming?

To those people who are suffering paralysis, the answer is clearly, no. So, why do people believe in the pinch test? Because life is pain and suffering. Do you know anybody whose never felt pain? Have you heard about any human whose never suffered?

Is it not painful to bring a child into this world? The pain endured by our mothers brings us to life. Then, we suffer pains throughout our lives to bring us to our deathbeds, and finally, we suffer the death of loved ones.

Life and pain are so intertwined that we tend to believe that if we don't feel pain, we must be dreaming, hence the pinch test.

Jesus lived a life of pain and suffering here with us. Jesus also has the power to end all pain and suffering, but He doesn't. Jesus uses the suffering He endures and the suffering we endure to do good works, to save others, and to bring us all to everlasting life, in heaven.

The pinch test is a test of pain, a test to determine if we are alive, awake and aware of our circumstances and situation.

If you don't feel pain in life you're either dreaming, or your in heaven.

## Weeds To Wheat To Love

Many people believe that at the end of time Jesus will come and separate the weeds from the wheat and the weeds will burn. But, what if a weed could become a wheat, before the harvest?

## Weeds To Wheat To Love

JRW Dubois

In Matthew 13:30 Jesus says, “Let the wheat and the weeds both grow together until harvest. Then I will tell the harvest workers to pull up the weeds first, tie them in bundles and burn them, and then to gather in the wheat and put it in my barn”.

Many people know about this parable of the wheat and the weeds, and how the enemy came and sewed weeds among the wheat in the dark of night.

In the Gospel passage, Jesus will tell the harvest workers, which are His angels, to pull up the weeds first. The angels of the Lord will work long and hard to discern and divide good people from evil people, like manually weeding a large wheat field on a hot day. But, what would happen if the weeds in the field were to turn into wheat on their own?

That may seem absurd, but consider for a moment what Jesus has promised us – mercy, forgiveness, redemption and healing. That means, we can be pretty bad people; committing sins, hurting others, stealing, raping, murdering, exploiting children and trafficking humans, and worse, but still be forgiven for our true repentance.



We are not only forgiven when we repent, but we are also cleansed, blessed and given mission. Just as Saul became Paul, so too can we be changed from a sinner into a blessed evangelical missionary, or some other form of mission and ministry in accord with the Mission and Ministry of Jesus.

Jesus tells us that the weeds are under threat of fire and condemnation. This sounds like hell, and the barn, which Jesus speaks of, is heaven. So, how can a condemned weed become a redeemed wheat?

Jesus says, "Let the wheat and the weeds both grow together until harvest". What if, before the harvest, the weeds started growing a different way, a better way – maybe it's not too late. What if the weed could see that the wheat is good? What if the weed realized it's not good like the wheat, but it could be.

So, a person lives most of their life doing wrong, evil things and hurting others. Then, sees a better way and wants to grow in that better way, how do they do it? The obvious answer is to stop doing evil, wrong things which hurt others. That's easy to suggest, but not so easy to accomplish, by oneself.

The not so obvious answer is – learn about God's Love and Mercy. Bishop Robert Barron tells everyone; Love is willing the good of the other, as other. What does that mean?

Learning the answer to that question will change weeds into wheat. Let's all learn what it means to love the other person as just a person and not a weed.

We're all weeds and we're all wheat at different stages of our lives and in various circumstances. The glory of God is – that we can change through true redemption and His forgiveness. We can learn from the Love and Mercy of God and become better each

day as we grow in our fields.

We can grow from weeds into wheat. Then, when the harvest arrives, we can grow in mercy and love, the Love of God, all gathered together in His barn.

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## The Greatest Influencer Of All

The Internet has a lot of influencers, self-made celebrities, gurus, movers-and-shakers, viral video makers and shock-talk hosts.

Do you know who the world's greatest influencer is?

## The Greatest Influencer Of All

JRW Dubois

He has no computers or mobile devices, no Internet or email, no websites or social media accounts and He follows nobody, but His Father.

Yet, He has 2.5 billion followers worldwide which began with 12 friends over 2,000 years ago. He communicates with his friends wirelessly, instantly, simultaneously and freely, no expensive equipment needed. It's all voice activated with a thought interface.

He listens to all His friends, never spreads fake news, bullies no one, has no secrets, accepts no donations, loves all His fans, lifts those who are down, and richly blesses all His friends, followers

and wanna-bee's.

Everything we need to know about Him is stored and downloadable from His cloud, with no fees, or memberships or emails required and He doesn't sell our private data. His cloud uses the foremost non-artificial-intelligence, understands all languages, is easy to use, available everywhere, and it's updated constantly. No fibre-optics, Internet equipment, WiFi, or back-up systems required.

He's the greatest influencer of all, self-made, a real mover and shaker, the defeater of death, the loving forgiver, adored for millennia, chief character of the Bible, the One, the Only, the Christ.

Let's all give it up for Jesus.

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## Murmurs Of Wisdom

A murmur is a quiet sound which can grow into a warning that something is wrong, something needs to change. Listening to murmurs of the heart can right what is wrong in our life.

### Murmurs Of Wisdom JRW Dubois

In social gatherings it's typical to hear the murmurs of the crowd, but how many people hear the heart murmurs of the crowd?

Doctors know murmurs as the sound of blood flowing, made by turbulent blood in or near your heart. The medical murmur is an extra sound that comes from the heart, beyond the normal thump-thump.

Crowd murmurs are extra sounds you hear at gatherings while mingling and having conversations with people close to you.

Everyone in the crowd has a heart and every heart makes a familiar sound, just as the murmurs of a crowd are familiar. If a heart grows a murmur it can mean trouble. If the murmurs of the crowd grow into a ruckus, it can mean trouble. Growing murmurs can be warning signs.

The human heart is where we also hear our own personal murmurs, the warning signs which nobody else hears. We all feel uneasy when we hear murmurs of, “From within the man, from his heart, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.” - Mk 7:21-23

We feel uneasy because we feel one or more of those things in our heart right now, and throughout our past. We wouldn't feel so uneasy if none of those things ever resided in our heart.

So, just get rid of all those things and we'll be OK, right? Yes, and it's easier than you might think. All it takes is, forgiveness. Forgiveness requires repentance and the will to be forgiven. Once we are forgiven, all those things go away. Of course they return again and again, but those are our personal warning signs. When we feel any of the warning signs, it can mean trouble, for ourselves and those around us.

All growing medical murmurs, crowd murmurs and personal murmurs can be warnings that something is wrong, something need to change. How do we learn what needs to change and how do we change?

Words.

"A word or a smile is often enough to put fresh life in a despondent soul." -St. Therese of Lisieux

Words of wisdom cure everything. Learning the words of wisdom is what we all need to make everything in our lives better. Words of wisdom come from our hearts, just as all those bad things do.

We choose what comes from our hearts. From our hearts come our thoughts. From our thoughts come our words. From our words come our actions. From our actions we are judged, by others and by God. When bad thoughts come out from our hearts, bad things happen, to ourselves and those around us. The opposite is also true.

We can choose to let our hearts be filled with good, but it required emptying first. With an empty, cleansed heart we can practice filling our hearts anew. It takes practice, but practice makes perfect.

Our hearts can also hear the murmurs of virtues like humility, charity, chastity, gratitude, temperance, patience, and diligence.

They're quietly calling to us all. Those are the murmurs of Wisdom.



# The Human Intelligibility Intervention

Many people have difficulty reconciling creationism and evolutionism. After all, science is empirically evident but Faith is as irrefutable as the resurrection of Jesus Christ. Science can't test God's creation and Faith doesn't explain Homo sapiens evolution.

Resolving this dichotomy is vital for common human unity. People divided are more easily conquered.

Re-uniting our thinking will reunite humankind. So, how can creationism and evolutionism co-exist?

Perhaps we had to evolve for a long time until we were ready to be created anew. Maybe we were once one way, then someone intervened, and now we are a better way. Hopefully, someone greater than us gifted us with intelligibility.



Evolucionismo Teísta - from Wikimedia Commons

Read my 17 page paper titled,  
"The Human Intelligibility Intervention"  
next.

# The Human Intelligibility Intervention

JRW Dubois – December 22, 2021

At some point in the evolution of the only remaining human species, Homo sapiens, I've come to believe that an intelligibility intervention occurred involving a being or beings greater than our human species. This intervention transformed intelligent Homo sapiens into contemporary human beings with partial intelligibility.

To any person who studies the human species, it is obvious that we are different than all other species, including all other humanoid species, in so many ways. How did this occur? When did this occur? Why did this occur? Who caused it to occur? What is it, exactly, that occurred?

These unanswered questions have challenged humankind ever since humans have had questions, like where do we come from? To our knowledge, no other species questions anything, aside from their survival. This is why many people believe that something, or someone, or some species greater than ours has intervened. Modern humans have been re-created, but not by ourselves. We seem to have been re-created for a whole new level of survival, eternal survival.

This awareness of our uniqueness also seems to have a starting point late in the evolution of the species, but not one that can be dated. At some point in our evolution, human beings changed very rapidly over a relatively very short period. Around that point in time, we somehow obtained awareness and insight not acquired by any other species, not then nor since.

The age of the Homo-sapiens species is estimated to be roughly 200,000 years. Like many other creatures, humans have sentience,

meaning – the ability to perceive one's environment and experience sensations of those perceptions. From the time of the intelligibility intervention to contemporary humans, we seem to be developing a much higher form of consciousness than mere animal sentience.

Becoming aware of ourselves, in itself, is not unique to humans.

Most animals that look at a mirror reflection of themselves don't show signs of recognizing themselves. Like the cats and dogs that star in many Internet videos, when they see themselves in the mirror, they will think they're seeing another cat or dog. Some cats and dogs become curious about their reflection, while others get upset and lash out at their image.

Other animals show clear indications that they are aware that the image they see in the mirror is themselves. Orcas, dolphins, elephants, chimpanzees, and magpies have all demonstrated that they recognize themselves in the mirror and will sometimes 'pose'. They have self-awareness, but still, none of these animals show levels of awareness like humans possess.

If you conduct an Internet search using the phrase, 'crows pass tests', you will find a litany of samples of brilliant crows passing amazing tests and accomplishing tremendous feats using tools. The crows do well in the tests, but the crows still can't design nor set up the tests, nor type up a paper on their accomplishments.

We've become aware of ourselves as a peculiar species with intelligibility that goes far beyond even our capacity to fully comprehend. That means, we're wiser and more intelligent than we can know. Put another way; we still have no idea what the full potential is for a human, for humans, or for all of humankind, even with our current level of intellect and intelligibility. It's as if

we've been handed a textbook for a university course when we're still six years old – we can read it, but we have a long way to go before fully comprehending it.

This is one fact that compels us to think that something or someone greater than us is involved. Some being(s), greater than humans, seems to have infused humans with the capacity to conceive of beings greater than humans. We've been given unique abilities to reason, to study and develop science, philosophy and math, to discern theologies, to hypothesize and contemplate possibilities, to formulate ideas, art and culture, to experiment and discover, to communicate and educate, to socialize, to cooperate and build communities, and to have faith that it's all part of a grand plan by the greater being(s). Oh yeah, and we wear clothes.

Another compelling fact, which demonstrates a higher knowledge than ours, is how much we don't know, yet. Who is/are the greater being(s)? What is their grand plan for humankind? To what end are we becoming more aware of greater things and beings? Why would the greater being(s) be so mysterious and elusive? Are there greater beings than the greater beings? We can't even be sure if the greater being(s) is/are benevolent and/or malevolent, yet.

The only thing that we know for certain is that humans are still learning, at an alarming rate.

Today, many people living in both developed and developing nations still struggle to figure out all this new technology stuff. Technology, and the big tech companies, scare a lot of people for no other reason except, people don't understand the technology, nor the tech companies. It's human nature to fear what we don't understand. Not to mention; current media stories regarding big tech companies and cryptocurrencies have created further fears and regrets towards technological advances.

A December 6, 2018, article on the ITU News website is titled, “New ITU statistics show more than half the world is now using the Internet”. That means, about half the world’s people still don’t understand that level of technology.

Scientists today still don’t know; how gravity or magnets work, nor what keeps a molecule together, nor why there is abundant life nowhere else but earth, nor how much unknown life there is on our planet, nor all the elements that make up our world and our universe. Scientists don’t know how to cure a common cold, and still can’t tell us why we yawn.

This shows how far mankind has come and how far humankind has to go. It’s also a clear indication that humans were not born to use technologies. We are overwhelmed by our own selves, as a human species.

How can we have some humans that don’t know how or where to get fresh water, while other humans can describe the molecular structure of water, and its boiling and freezing points, and what percentage of our planetary or human body is composed of it, and how to repel or attract it – all using a device that fits in their pocket?

It is possible for technologies and companies to conjure water from the air, but it’s not possible for people, who need the water, to afford to pay the companies for those technologies.

That’s a huge divide without a perceivable bridge. Humanity has a lot to learn.

To many people, learning technology doesn’t come naturally and they constantly struggle with IT (Information Technologies), while other people seem to be logically minded and technology feels innate to them. This is not a typical distinction like one



language, religion, or culture compared to another. This technological distinction divides people in a whole new way, and at an ever-increasing pace. Many people not familiar with technology are feeling left behind, without any hope of, nor desire for, catching up.

How many people do you know who are familiar with all the leading-edge technologies of today? Do we all understand cloning and CRISPR? Will we ever be able to fully control artificial intelligence technologies? Are we ready to let our cars drive us to and from work? Is it good to pay for groceries with your watch? Will we have tiny robots cleaning the inside our bodies and bigger ones cleaning the inside our house? Do we need access to millions of TV shows and movies, if we only watch one at a time?

Is technology running amok? Of course not, it's people running amok with technologies.

It's not likely that humans are learning all this technology just so we can have some cool gadgets and make companies rich. It is more likely that all this technology is meant for us to learn more about ourselves, our environment, our planet, our universe and our creator, and the intelligibility intervention of the higher being(s).

So what is the purpose for all these fast-developing technologies in the near and far future? Perhaps it's to allow mankind to live forever, sort of. If we build big enough computers, we can (in theory) upload our entire consciousness to them in a digital format that can be copied and backed up forever.

Perhaps, all this technology will one day allow us to meet other intelligent, intelligible and technologically advanced life forms spread throughout the universe. Who knows, maybe we can go to other universes too.

So, what are we meant to learn with all this technology and upcoming technologies? Everything!

That's the potential for humankind if we ever master this partial intelligibility we now possess. Already, humans can conceive of possibilities like; interstellar travel with faster-than-light speeds, teleportation of people and cargo, android colleagues, buddies, lovers and dogs, colonies on Mars and passing asteroids, and even, everlasting life.

Once the intellectual speeds and capabilities of artificial intelligence surpass that of humans, then we cannot imagine nor predict future possibilities. We can't know if a higher artificial intelligence will grow to become benevolent or malevolent towards its creators.

Could the greater being(s) who intervened with humans be artificially intelligent beings? Probably not. Artificial means not real. If they're artificial, then they're controlled. The higher being(s) must be real because they have intervened and created a unique species – us.

The partial intelligibility that humans were gifted with seems to be unique and peculiar to humans.

Though Homo sapiens began evolving just like all the rest of the animals, something happened to differentiate and elevate them to modern humans. One most obvious differentiation between humans and other species is our ability to ponder where we come from. But it's not likely that the first Homo sapiens were able to reason and ponder any better than other species.

“Who were the first “people,” who saw and interpreted the world as we do? Studies of genes and fossils agree that Homo sapiens evolved in Africa 200,000 years ago. But although these earliest

humans looked like us, it's not clear they thought like us.”, - from  
A Journey to the Oldest Cave Paintings in the World | History |  
Smithsonian

It seems like a basic human instinct to contemplate beings greater than ourselves, or a greater spiritual force, be it of the land or of the heavens. But, it couldn't have always been this way.

We know that humans first started leaving 'snapshots' on the walls of caves, for whatever reason, circa 35,000 years ago.

“Scattered on the walls (in caves on the island of Sulawesi, in Indonesia) are stencils, human hands outlined against a background of red paint. Though faded, they are stark and evocative, a thrilling message from the distant past.”

“This ghostly babirusa (also called deer-pigs) has been known to locals for decades, but it wasn't until (Maxime) Aubert, a geochemist and archaeologist, used a technique he developed to date the painting that its importance was revealed. He found that it is staggeringly ancient: at least 35,400 years old. That likely makes it the oldest-known example of figurative art anywhere in the world—the world's very first picture.”

These weren't the first art on cave walls, just the first figurative art of humans and human activities. Humans were showing clear signs of spiritual practices in cave paintings for nearly twice as long.

“Clottes (French prehistorian Jean Clottes) has championed the theory that in Europe, where art was hidden deep inside dark chambers, the main function of cave paintings was to communicate with the spirit world. Smith (Benjamin Smith, a rock art scholar at the University of Western Australia) is likewise convinced that in Africa, spiritual beliefs drove the very first art.

He cites Rhino Cave in Botswana, where archaeologists have found that 65,000 to 70,000 years ago people sacrificed carefully made spearheads by burning or smashing them in front of a large rock panel carved with hundreds of circular holes. “We can be sure that in instances like that, they believed in some sort of spiritual force,” says Smith. “And they believed that art, and ritual in relation to art, could affect those spiritual forces for their own benefit. They’re not just doing it to create pretty pictures. They’re doing it because they’re communicating with the spirits of the land.”



Figure 1: Picture of a half-animal half-human in a Paleolithic cave painting in Dordogne, France. Paleoanthropologists Andre Leroi-Gourhan and Annette Michelson take the depiction of such hybrid figures as evidence for early shamanic practices during the Paleolithic. (300,000-50,000 years ago)

If you’re wondering about unproven, speculative or disputed evidence of intentional burial of the dead; 250,000 years ago, there are some indications that *Homo naledi* (an extinct species of hominin) bodies may have been deliberately placed in a chamber of the Rising Star Cave system near the time of their death. And, 300,000 years ago, the site at Atapuerca, in Spain has bones of over 32 individuals in a pit within a cave.

All these facts, artifacts and speculative science prove that humans have shown signs of intelligence, or at the least, demonstrated spiritual awareness, for a very long time, even before the Homo sapiens species.

“The nature and origins of hominid intelligence is a much-studied and much-debated topic, of natural interest to humans as the most successful and intelligent hominid species.

There is no universally accepted definition of intelligence, one definition is "the ability to reason, plan, solve problems, think abstractly, comprehend ideas and language, and learn." The evolution of hominid intelligence can be traced over its course for the past 10 million years, and attributed to specific environmental challenges.

It is a misunderstanding of evolutionary theory, however, to see this as a necessary process, and an even greater misunderstanding to see it as one directed to a particular outcome.

There are primate species which have not evolved any greater degree of intelligence than they had 10 million years ago: this is because their particular environment has not demanded this particular adaptation of them.

Intelligence as an adaptation to the challenge of natural selection is no better or worse than any other adaptation, such as the speed of the cheetah or the venomous bite of the cobra.

It is, however, the only adaptation which has allowed a species to establish complete domination over the rest of the natural world.

Whether our species has yet acquired sufficient intelligence to manage this responsibility is a matter for debate.”



Therefore, while it seems likely that the level of intelligence achieved by the originating human species was a natural adaptation, it's still not the same as the intelligibility achieved by humans in modernity, nor is it part of any typical evolution on this planet. The intelligence of the performing crow doesn't demonstrate that the crow knows that he is intelligent. Modern humans are intelligent and we know it. That's intelligibility.

This unlikely adaptation also demonstrates that human intelligibility was not inevitable, nor evolutionary, nor could it have been happenstance, as no other known species, living or deceased, in the entire vastness and history of the universe, has ever demonstrated intelligibility like humans.

The uniqueness of the human species, and the fact that we did not create intelligibility, means that someone, or something, or some species greater than us has intervened with their intelligibility.

The partial intelligibility of mankind has given us the capacity to consider our evolution and creation. Believing in spirituality and/or spiritual being(s) since ancient times, people have since developed religions and religious practices in an attempt to help us better understand the spiritual being(s). People have generally called the greater being(s) God, the gods or aliens.

This helps people who are trying to understand the intelligibility we've been gifted with. God or the gods or aliens would possess the intelligibility and, through their benevolence, seed their intelligibility to grow within the human consciousnesses, so that we might grow to become more like them. Perhaps this is a form of gestation for the higher being(s). It could be a good way for immortals to reproduce.

Now, as we consider the evolution of humans and the creation of human intelligibility, it becomes obvious that there had to be two creations that led to contemporary humans. The creation of an environment for humans, then the creation of the humans who are to, not only inhabit but, dominate that environment.

The first creation is theorized to be the Big Bang which created everything in the universe, including Homo sapiens and our unique home in the universe. The second big bang is likely the intelligibility intervention that occurred within the minds of sapient beings. Both were required for humans to rise to who we are today.

The first Big Bang was meant to disburse everything outwards from one singularity. The second big bang is meant to gather everyone inwards towards one singularity.

Everything that results from the first Big Bang will, through entropy, disperse and fall into destruction, then oblivion. Everyone that results from the second big bang of human intelligibility, will, through grace, unite and rise up to everlasting life.

Is all this just nature-at-work, so to speak? Not likely, or we'd see more species with human levels of intelligence and intelligibility. All of nature seems to be at our disposal and our will. Human intelligibility is beyond anything the universe or nature has demonstrated to humans, so far.

The intelligibility intervention is something only an advanced intellectual being or beings could accomplish. We were never clever enough to make ourselves this clever.

Humans require intelligibility to conceive of any other being(s) with intelligibility. But, this doesn't mean that humans have been

given full intelligibility. That would require even greater intellectual capabilities than our mortal human minds can muster. Humans have partial intelligibility in comparison to the being(s) which intervened.

Who could the intervening being(s) be?

It may just be that we come from the Garden of Eden where God created Adam and Eve as the first human beings. That's not to say that Adam and Eve were created as the first Homo sapiens, only the first humans with intelligibly. Homo sapiens needed to evolve for a very long time to attain an intellectual capacity sufficient for intervention to be effective.

That's when God revealed Himself to Homo sapiens for the first time and placed Adam and Eve in His Garden of Eden and told them the rules.

I acknowledge that many people may not share in this belief in God's creation and creations, so let us suppose that this is a parable of creation instead. So, this creator gives the power of intelligibility to creatures and tells them, don't eat the fruit. They eat the fruit and all hell breaks loose – so to speak.

In this parable, let's consider what might have happened if the creatures obeyed the rules, always, and never ate the forbidden fruit, never learning about good and evil. What would the world be like for the people in the parable – then, throughout history, and now?

Would that world be perfect and would everybody in that world be perfect? To be honest, how would we know? We've never been perfect and we don't know perfection when we encounter it. That is, how could we distinguish between a being or beings greater than us, and perfection? We fully understand neither.

We don't know perfection, and if we ever entered into a perfect world filled with perfect people, we would likely be so overwhelmed as to faint or even die. Think of ancient Anatomically Modern Humans – what scientists previously called, Cro-Magnon Man. If we were to bring one of them from their era into our modern world, they would likely be so overwhelmed as to faint or even die. They might think that we're perfect gods.

So, is perfection just a matter of perspective? No. There is one and only one perfection. Everyone else is on their way to that singular perfection, like everything that gets drawn into a singularity.

The intelligibility of humans is not inherent, so if it is infused, then perfection itself also becomes infused, or at the very least, aspirations towards perfection are infused. In other words, our awareness of perfection and our aspirations towards it are not found in any other species.

This may prompt the question; is intelligibility what aspires humans to seek out perfection? This seems likely because I don't think we can conceive of perfection without intelligibility.

Doesn't nature cause creatures like us to evolve towards perfection? Sure, but not at the pace that is occurring within the human species. The intelligibility intervention has accelerated a process that may have taken millions of years to occur naturally, if at all.

A seminal, perhaps irreversible change occurred to introduce perfection in our minds and we became and remain restless in our aspirations towards perfection ever since.

Humankind is so enamoured with perfection that we can see our pursuit of it in everything that we have ever invented. Once something has been invented, we tend to find ways to make it; cheaper, better, more efficient, fewer problems, easier to learn and use, more attractive and 'all new'! It's never good enough and there's always room for improvement – until it is perfect.

That's the elusive part, it's never going to be perfect. How will we ever make anything perfect, unless we are perfect? Even if we could make things perfectly, we'd be making them in a universe of entropy. That means everything decays, falls into disorder and chaos, and eventually will become nothing. In our universe, perfection wouldn't last very long.

Where we can experiment with perfection is in our modern human mind, in our thoughts, our contemplations, our imaginings, and our suppositions of what could be and what might be possible. We can conceive of perfection without being perfect – which is perfect for the mind of humankind, still under development.

Our ability to conceive of perfection allows us to move towards that perfection and even have some inkling of whether we're going in the right direction and on track or not. That inkling just might be our conscience at play. Like the image of a tiny angel on one shoulder and a tiny devil on the other, telling us what we should or shouldn't do – if we make the correct decisions, we inch a little closer to perfection each time.

As much as humankind is fascinated with perfection, we're also fascinated with eternity. Again, because we don't fully understand either, they likely go hand-in-hand. That is, perhaps we cannot achieve perfection without eternity.



Let me stop here and remind readers – no other species has ever been able to do this, ever. Your cat doesn't think about perfection and eternity. Only beings with intelligibility think like us. So, let's think about eternity.

Eternity offers us wonderful contemplative exercises. Have you ever tried to imagine an eternal life? I find it endlessly fascinating.

For example, if we live forever, then time means nothing, or it means everything, depending on if you're interested in time. Space also means nothing, in so far as, with eternal time we can reach every corner of the universe, and it can take as much or as little time as we wish. With enough time we could get to know the entire universe and everything in it and store what we've discovered in our eternal, unlimited memories. Then, we don't even have to travel to anywhere in the universe, we simply recall our original trip, in perfect detail, and we're instantaneously there.

Another cool thing to contemplate is watching multiple TVs. If time and space mean nothing anymore, imagine watching two or three TV channels simultaneously and following them, perfectly. How about watching two or three hundred TV channels simultaneously and understanding them all, perfectly? What would that be like?

Here's another favourite eternity contemplation – if we live forever, do we learn everything about everything and learn it perfectly? If we learn everything that there is to learn, perfectly, do we become omniscient?

Then, there's the perspective contemplation. If I can be anywhere in the universe at any time, does that mean I can be in front of you at the same time that I'm behind you, and beside you, and all around you, and hovering over top you? Could I visualize all those

perspectives simultaneously somehow? How would that be any more useful, or beneficial than having a single perspective? We can also contemplate things like; gender, age, reproduction, familial relations, societal connections and responsibilities, money and belongings, etc., with a whole new perspective, not reliant on time constraints, death or ignorance. That changes everything.

In all the universe, with all our human senses, we do not find eternity nor perfection nor any proof that they exist. Perhaps we're unable to recognize perfection which is right before us, right now. Trying to prove that perfection is with us or around us is pointless unless we can recognize it.

The intelligibility intervention opened the door to perfection and eternity, and now our human minds can't get enough of them. Scientists, athletes, engineers, magicians, stock analysts, technology developers, theologians, chefs, jugglers, gamblers, musicians and movie stars, and self-seeking individuals all want to achieve perfection in their fields and be famous for eternity. None will ever do it, without perfect intelligibility.

To be clear, intelligibility is not the same as intelligence. Homo sapiens have been intelligent since the start. The word sapiens in Latin means intelligent. Intelligibility goes beyond intelligence and even works differently. Intelligence must be acquired, but intelligibility is given. Think of it like intelligence-vs-wisdom. We're not born with intelligence, it is learned and we keep learning it for life. Wisdom is inherent as instinct or intuition and remains the same our whole life. Intelligence must be renewed but wisdom lasts lifetimes. Many people are quite intelligent, yet not very wise. Many people are not at all intelligent, yet very wise. If you find yourself needing to choose between intelligence and wisdom, be careful, people can live happily with wisdom and no intelligence, but it's very hard to live

with intelligence and no wisdom. Our gift of partial intelligibility is our inherent partial wisdom.

Perfection is one single concept and eternity is; everyone, everything, everywhere and always, as a concept. Conceptions such as these can only be conceived of with intelligibility, and intelligibility comes from somewhere, thank God.

Just as intelligibility, perfection and eternity are known, yet not fully known, so too are Faith, Love, Truth, Justice, Beauty, Peace, Unity of Humankind, Heaven, and God. None of these things are of any concern to any other species, human or otherwise. There's a reason for that. There's a plan.

How tempting, fascinating, intriguing and satisfying it is to think that we could, one day, learn everything that there is to know about all these things.

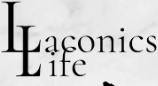
Wouldn't that be perfect?

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# Contact

[JRWDubois](#) 



[jrwdubois-at-gmail.com](mailto:jrwdubois-at-gmail.com)

I'll be pleased to hear from you!

Feel free to get in touch with any questions or comments and I will get back to you as soon as I can.

Please fill out the form below.

Peace and Blessings,  
JRW Dubois  
Salmon Arm,  
British Columbia,  
Canada



### Get In Touch

First Name \*

Last Name \*

Email \*

Message \*

\* These fields are required.

NOTICE: I will not respond to any solicitations nor canvassers nor gratuitous offers.

When a visitor clicks the 'JRW Contact' button, a new web page loads as seen above.

Website visitors and book readers are welcome to contact me for any questions, concerns, compliments or complaints.

The email address is  
[jrwdubois@gmail.com](mailto:jrwdubois@gmail.com)

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## An Invitation To Forgiveness



### Your Invitation To Forgiveness

"If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. But if you do not forgive others, then your Father will not forgive the wrongs you have done." - Matthew 6:14-15

Laconic 294)

"Sometimes the only thing missing, to forgive each other,  
is an invitation"

Let's work towards forgiveness by inviting each other to talk about it.



Download the "Invitation To Forgiveness" greeting card template, print it, fill in the names and present the card to someone to begin the forgiving process.



You Are Invited To Forgive And Be Forgiven.

In our Lord's Prayer, we recite, "Forgive us our trespasses as we forgive those who trespass against us."

Let's be open to Jesus' invitation to;  
ASK, OFFER and ACCEPT  
FORGIVENESS.

For the sake of The Christ, His Mission, His Ministry and His commandment to Love one another as He has Loved us.

For the sake of the Kingdom of Heaven and the promise of eternal life given to us all by Jesus Christ.

Please, lets forgive each other and be forgiven.

Thanks be to God!



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## Contribute To The Cause

“Donate to organizations that support the safety, mental, physical and all-round well being of the people in Ukraine. Let’s support the people of Ukraine, together.”



When visitors click on this button on the website, they are taken to another website offering different ways to support the people of the Ukraine.

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In the “JRW Story” web page it says, “Please be aware that none of this could exist without the guidance of the Holy Spirit.” Also, in the “JRW Papers” web page it says, “I’ve been gifted with talents, so I make gifts of my talents.”

The words ‘Holy Spirit’ and ‘gifted with talents’ are links to another web page on my website that quotes the first letter of St. Paul to the Corinthians, chapter 12, verses 4-11.

When visitors click these links they are taken to a web page saying...

1 Cor 12:4-11

The first letter of St. Paul to the Corinthians, chapter 12, verses 4-11

Brothers and sisters:

There are different kinds of spiritual gifts but the same Spirit;  
there are different forms of service but the same Lord;  
there are different workings but the same God  
who produces all of them in everyone.

To each individual the manifestation of the Spirit  
is given for some benefit.

To one is given through the Spirit the expression of wisdom;  
to another, the expression of knowledge according to the  
same Spirit;

to another, faith by the same Spirit;

to another, gifts of healing by the one Spirit;

to another, mighty deeds;

to another, prophecy;

to another, discernment of spirits;

to another, varieties of tongues;

to another, interpretation of tongues.

But one and the same Spirit produces all of these,  
distributing them individually to each person as he wishes.

This is everything from the Laconics For Life website, aside from details like Privacy Statement, Copyright info and social media stuff.

Thank you to all my book readers and website visitors. Thanks also to the Holy Spirit for His wonderful inspirations and guidance.

May God's love, peace and blessings remain with you all until we're all one with Jesus in paradise.

JRW Dubois