
A NEW PLAN OF ACTION

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INTRODUCTION

We are all responsible and empowered to co-create our shared future. We have the power to make our world better and the power to make our individual lives better.

What price do we pay for not taking healthy action? What price do we pay for remaining silent while governments and businesses use mass media to turn people into passive, obedient, ignorant sheeple?

Many allow themselves to be divided and conquered. They blindly accept the lie that they are superior based on their religion, race, and nationality. The masses are kept ignorant and arrogant—so they are easily divided and conquered. *“If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be.”* (Thomas Jefferson)

The world spends over \$1.3 trillion a year on military. At the same time, governments approve billions in business with the same nations that they spend billions preparing to fight. They get the poor to kill the poor. In the last century, governments organized the killing of over 100 million people through war and genocide. Hundreds of millions more were injured and impoverished. At the same time, personal fortunes were made in every war. International bankers and arms dealers helped all sides—as they still do. *“War is a racket. The few profit, and the many pay.”* (U.S. Major General Butler)

Today, half of the world’s people struggle to live on less than \$2 per day—while the handful of super rich keeps growing. The middle class that remains in some countries is being squeezed out of existence. Around the world, class extremism is growing—and the police state that it needs for protection is growing along with it. Clever excuses are made for slowly stripping away people’s rights. The ignorant masses believe the lies that mass media feeds them. They are being obediently programmed by TV and radio news and entertainment. And they are losing their rights to privacy and self-protection.

Democracies are being eroded into business-controlled empires, where the laws place profit first and people second. *“Fascism should more properly be called corporatism, because it is the merger of*

state and corporate power.” (Mussolini, the father of fascism)

Today’s richest global businesses are in oil, banking, and medicine. At the same time, more people are struggling to afford fuel, to pay debts, and to buy medicine. People are working more, but they have less. Where is the reward of their effort going? Why don’t governments protect the people? Do governments of so-called democracies even represent the people?

How much more will people pay before they finally take healthy action? And when they take action, what will they do? New politicians and new parties do not work. Communism does not work. Democracy with easily corrupted elections does not work. Religion-controlled government does not work. What will restore people’s power to govern and protect themselves? Finding answers is the focus of what you are about to read.

PART I

MAKING OUR WORLD BETTER

A NEW PLAN OF ACTION

Most people agree that world problems are getting worse. Most of us know much about them. We see them in our daily lives. And we hear about them in the constant chatter of mass media. But how much do we hear about solutions? Common sense says that if we spend more time on solutions, we'll have fewer problems. So, turn off the TV for a while.

It seems that most solutions given by many leaders are self-serving. Many are quick fixes, distractions, or simply bad ideas. And some make people feel good but don't solve much. How bad will things have to get before people wake up, think for themselves, find new solutions, and take healthy action?

When you learn about solutions, you learn about who gains and who loses. And you see why some people want to keep us distracted from thinking about them. In many places, mass media constantly entertains us with small-minded fun and games. And it floods us with news about problems. We need to remember that we have freedom to control this—by pressing the off button.

Some tell us we should simply trust that others will make things better for us. They tell us that new politicians and new political parties will finally fix things. But many of the world's systems for selecting government officials remain wide open to corruption by money and mass media. At the same time, some leaders of religious groups tell us we shouldn't do anything but hope and wait—for years, centuries, or longer.

So from all sides, we're kept distracted and told that the combination of blind trust and little action is a good plan of action. It's good even if it doesn't work and things keep getting worse. Oddly, many people praise past plans for major change—like those for expanding democracy in the 1700s.

What is your plan of action? More TV? More news? More complaining? How about a new politician or a new political party? Has any of these ever reduced corruption in a big and lasting way? Will any of these prevent class extremism, police states, wars, and mass murders?

We need a plan of action that offers new ways to select government officials. We need a plan that also offers new ways for individuals to improve themselves—because societies and governments are made of individuals.

In February of 2004, we published a new plan of action. And we invited people to share their thoughts. Since then, we've heard from people around the world. Thank you.

PROBLEMS

The following are some of the world's biggest problems.

Ignorance and Arrogance. Over 80% of adults in the world can read. But many stay ignorant. Many have stopped using their freedoms to question, reason, invent, speak out, think for themselves, and act on their own healthy thoughts to make things better. Some have become so overly proud they've become arrogant. Some have become so ignorant and arrogant they harm themselves and others. (See page 14 for details.)

Extreme Greed. People need healthy concern about themselves to survive. Having too much of this is greed. Having too much of anything usually harms the person having it. And it harms others.

Since the early 1900s, ignorance, weak governments, and inventions helped make the modern power of extreme greed. This power is felt at city to world levels. It's led by corrupt leaders of big businesses, governments, and religious groups. It harms more people and things every day. It even harms those who'll be born hundreds of years from now. In a reckless way, it makes as much money—as fast as it can—for a few people. It makes the following lasting problems as it does this. It consumes earth's resources without having things to replace them. It uses them in ways that pollute land, water, and air. It

treats animals with cruelty. It makes unsafe working conditions. And in some places, it treats people worse than animals. It starts wars and mass murders. It sells weapons to dangerous rulers and groups. And it uses money and mass media to take away people's power to govern and protect themselves. (See page 15 for details.)

Growing Populations. The world had 4 billion people in 1974, 5 billion in 1988, and 6 billion in 2000. If it keeps growing like this, there'll be 9 billion in 2050. When there are too many people, the following things start to happen. Wages get lower for many people. Prices rise for limited supplies of things needed to live—like food, fuel, housing, and so on. In some places, resources run out. Land, water, and air get badly damaged. Crowding gets worse. And the following things people pay taxes for and share get overloaded. Roads. Schools. Public hospitals. Police and fire protection. Water, sewer, and garbage services. And so on.

The number of people in poor countries is growing the fastest. And in almost all countries, the poor are having more children than any other group. Many of them are having more children than they are able to care for. Some of them are getting sick, starving, and dying. It appears that the number of people in the world will keep growing until *many* get sick, starve, and die. (See page 18 for details.)

Limited Resources. The earth's resources are limited. And they are being consumed more quickly as world population grows—and as more people in industrializing countries can afford to consume more. Today, China and India are using many more energy-consuming machines as they industrialize and become wealthier. Together, they have over one third of the world's population. Smaller countries are also starting to industrialize. Also, the number of poor in the world is growing very fast. And in fully industrialized countries, people with extra money are using more comforts and luxuries. All of these things are consuming earth's resources—like oil, coal, farm land, clean water, metals, and so on. Because of this, it's getting more difficult and costly to find and take earth's remaining resources—and change them into things people use.

Many see the fast rising prices of the following. Gasoline. Heating oil. Electric power. Food. Housing.

Medical care. Medicine. Education. And transportation. They see the fast rising prices of almost everything they buy. And in many places, the costs of things are rising faster than wages. As this happens, many get poorer. Usually when many are poor, there's more crime, more violent public protest, and more war. In many places, people already see more fighting over resources. (See page 19 for details.)

War and Mass Murder. Wars and border fights are growing—mainly because of two reasons. Earth's resources are limited. And more people are consuming them. Today, the world's limited supply of cheap fuel is ending. This is why there's war over oil. Many think there'll be increasing conflict over clean water and farm land. And many think that as the gap grows between the super rich and others, class war will grow.

Some wars are needed. For example, World War II was needed to stop mass murder and the violent spread of fascism. But many wars are fought to make a few people richer and more powerful.

Many of the world's poor are being asked to fight in today's wars. They want a better life. And many of them feel they don't have much to lose. In every war, some of the super rich get more money. And some of those with much power get more power. But most others get poorer, weaker, badly hurt, and killed. (See page 20 for details.)

Growing Poverty. People are getting poorer. This is happening first to the following people. The young. Minorities. The less educated. And people living on fixed incomes—like many old people. In some places, more people are going hungry. More are getting ill and spreading disease. People are working more just to buy basic things needed to live. More have to borrow money. And many money lenders are charging higher interest on loans. In some places, the number of people going bankrupt and losing their homes is rising.

Growing Monopolies. Small businesses are being forced to quit. Some are selling their businesses to much bigger ones. Some are closing. And others are going bankrupt. This is happening to all kinds of small businesses. As competition is reduced, prices of goods and services are more easily increased to make a few people richer.

Falling Wages. Many jobs are paying less money. And the value of this money is falling. The few high paying jobs are going away. And many of the high paying jobs that remain are with the military. Many jobs are offering fewer work hours. Many jobs that once gave bonuses and other benefits are reducing them—and some have stopped giving them.

Rising Taxes. Taxes are rising. In some places, taxes are being raised in ways that are less noticed—such as by making new fees. In many places, more tax money is being spent on increasing police and military forces. More is being spent on caring for the growing number of poor people. More is being spent on giving tax breaks to very wealthy businesses. And more is being spent on the rising operating costs of governments—as the costs of fuel and other basic things increase.

Growing Gap between Rich and Poor. The gap between the super rich and others is growing. Many of the super rich are working less and having more comforts and luxuries. Most others are working more just to buy basic things needed to live. In some places, this gap is so big that some of the rich live like royalty while others live like peasants. This is happening first in countries where people are kept ignorant and afraid. As the cost of basic things rises, the growing gap between rich and poor becomes more visible.

Growing Drug Abuse. More people are using illegal drugs. Some do it to numb their pain. Some do it to work more hours. Some do it for fun. Some people make very bad decisions when they use drugs. Some steal to buy drugs. Some harm and murder others. When more people use drugs, more make and sell drugs. The world's drug business is getting more organized and more violent.

Increasing Crime. As poverty grows, more people are committing crimes. And crimes are becoming more violent. Because of these things, people are spending more on protecting themselves and their property. And this is using money that could be spent on things that help others.

Growing Public Anger. More people are showing anger about problems that are worsening. More are showing less respect for laws and police—and some are showing hate toward them. And in more places, public protests are becoming violent.

SOLUTIONS

The following are some solutions. We invite you to share your thoughts on them.

Selecting Your Thoughts. Be careful about the thoughts you let into your life. Keep out unhealthy thoughts that are spread through the following forms of mass media in many places. TV. Radio. Movies. Video games. Newspapers. Magazines. Books. And recordings of music and other things. At times, stay away from all forms of mass media for a couple weeks or more. Tune in to your own thoughts and feelings.

You choose the thoughts you have. Thoughts are things you can screen. And thoughts change things. So if you want a more peaceful world, don't have thoughts about the opposite. Don't see or hear violent things. Have healthy thoughts and feelings that you choose.

Growing. Be brave about the following. Ask many questions. Think for yourself. Learn from many sources. Be open to new and different thoughts. Learn something new every day. Imagine. And exchange thoughts with others. Help others do the same.

Golden Rule. Follow the golden rule. And display it in homes, schools, workplaces, and so on.

Legal and Peaceful Actions. Only use legal and peaceful ways to make things better.

Democracy. Continuously improve democracy. Invent better ways to choose government officials. And see which ones work best. First try them in a few cities. Then try the best of these in a few counties. And so on. (See page 5 for details.)

World Morals. Make morals that most of the world's people agree on. And use them to help people and groups do better. (See page 11 for details.)

World Second Language. Make English the world's official second language. And teach it everywhere. This will reduce bigotry, hatred, mistakes, confusion, fights, wasted money, and other problems. Why choose English? Because more countries use it as a second language than any other language. Over one billion people around the world use simple English.

Censoring Violence. Limit censorship to stopping people from exchanging thoughts on killing and harming others. Do this for all forms of mass media.

Spending Your Money. Be careful about what you spend your money on. Don't spend it on things that harm you or others. So if you don't like businesses and governments that harm people, don't buy from them. And don't invest money in them.

Tax Savings. After there's more security and peace, spend less tax money on military and police forces. Spend some of the saved money on the following.

- Spend more on education. Make all kinds of education free—or at very low cost—to all people. At the very least, make 16 years of free, basic education available to people around the world. If there isn't enough money for this, help women receive a basic education before men. Do this because women are usually the first ones to teach the very young.
- Buy more mass media and have government officials of a renewed democracy manage it. Spend more to make access to the Internet free—or at very low cost—to all people.
- Make traveling and exchanging thoughts faster and less expensive. Transportation and communication should be affordable and available to all people.

RENEWED DEMOCRACY

One of many ways to make our world better is the following. Continuously improve democracy. Invent better ways to choose government officials. And see which ones work best. First try them in a few cities. Then try the best of these in a few counties. And try the best of these in a few states. Finally use the very best for the nation. Residents of places trying the new ways vote on the results. And their vote becomes part of the government record open to all.

Most of these ideas aren't new. They're from the first democracy. They make sense. They worked for people in the past. And they can work for us today.

Democracy comes from the ancient Greek word *démo-kratía* for *people-power*.

Democracy also means the following.

- When the largest number of people in a group agrees on something, it's as if the whole group agrees on it. This is also called *majority rule*.
- People and their laws have equal respect for each person's rights.
- People govern themselves. They do this in one of two ways. The first is *direct democracy*, where each person helps make and enforce laws. The second is *indirect democracy*, where people choose representatives to help make and enforce laws.

Today, almost two thirds of the world's people are governed by some kind of democracy. But many of these democracies are being corrupted by new powers. These are the powers of extreme greed and mass media.

Democracy is also in danger of being corrupted by the growing number of ignorant and arrogant people. Many of them don't care enough to vote. Some don't learn enough about things they vote for. Some vote for people who keep making promises they don't keep. And some of the ignorant and arrogant get voted into office and then harm others.

In today's democracies, people only use voting to choose their officials. This is wide open to corruption by money and mass media. In many places, this is harming more people every day. Today, many governments mainly work for some of the super rich. They don't work for ordinary people.

Many are starting to see we must do a better job protecting democracy around the world. We must protect it at all levels. We need to begin with councils of local governments (e.g., cities, towns, municipalities, and communes).

Most people agree that some of the super rich run many of the world's local government councils. Most people don't have enough time or money to campaign for government office. So they don't try. Usually the cost to campaign is based on the size of the city. So only a very few can afford to campaign in the largest cities. The ones who can are super rich or those with super rich friends.

Some of the super rich want power over cities. But they don't want to serve in a local government council. Some don't have the time. Some don't want others learning about their private lives or businesses. Some don't want to do the hard work of campaigning. So some of the super rich simply buy power by giving money to campaigns of certain candidates. If their candidates win, they tell them how to vote. It's that simple. And it happens all the time. It happens in small to big cities around the world.

Some local government councils have members who appear to represent the variety of society. They have men and women with different skin colors, religions, and national backgrounds. But most have to collect money for expensive campaigns. And this puts them at risk of owing favors to the people who give them money. So it doesn't matter how much a council seems to represent variety. Using only elections is wide open to corruption.

In many city to national governments, the few take power away from the many. In most places, government is not democracy. It's not *démo-kratía*. It's not *people-power*.

THE FIRST DEMOCRACY

History's first recorded democracies started in the cities of Greece around 600 B.C. The people of Greece tried many ways to have democracy. They saw which ones worked best. And they tried the best in bigger cities.

The first democracy that used representatives started in Greece's largest city, Athens. It lasted from around 600 B.C. to 300 B.C. In Athens' democracy, people used lotteries to choose almost all of their government officials. They also used lotteries to choose

jurors for public trials. Public voting was used to choose very few officials. Voting was mainly used to choose ten equal ranking generals. A general couldn't make or change laws. He couldn't interpret or judge laws. And he couldn't start wars. He could only obey orders. The only people who could propose laws were officials chosen by lotteries. And the people of Athens were the ones who accepted or rejected these proposed laws—by public vote.

People didn't have much trust in using public voting to choose officials. They felt it gave too much of the people's power away to some of the super rich and those who could spread messages to the public.

People of Athens used lotteries to choose official members of their Council of 500, which made proposed laws. Only men could become Council members. And they had to be at least 30 years old and citizens of Athens. These things meant much to people at that time in history. In other democracies, officials had to be men of a certain race. And they had to own land. It was like this for some of the other early Greek democracies. And it was this way for the early American democracy.

The Council of 500 had members who represented ten districts. Each district used lotteries to choose 50 men from its people to represent the district.

The Council used lotteries to choose presiding officers from current Council members. It chose a new Council presiding officer every day. Each month, it would choose presiding officers from one district's group of Council members. The Greek calendar had ten months in a year. So every district was represented in the position of presiding officer for one full month each year. A person could only be presiding officer up to two times in their life.

Athens used an Assembly of citizens to vote on accepting laws proposed by the Council. Almost any citizen could come to Assembly meetings. But only men—who were at least 18 years old—could vote. At one time, the Assembly had room for up to 6,000 citizens. During Assembly meetings, only Council members could introduce laws for acceptance by Assembly vote. But all citizens could suggest ideas for laws to Council members.

People of Athens used lotteries much more than public voting. They did this because they knew lotteries protected democracy from corruption by some of the super rich and those who spread messages to the public. And using lotteries helped people know

what democracy means. Lotteries gave more people the chance to govern and be governed. A wider variety of people were represented in government.

Thousands of years ago, some of the world's smartest people knew lotteries protected democracy. One of them was Aristotle. He lived from 384 B.C. to 322 B.C. And he wrote an encyclopedia of almost all knowledge of his time. He also taught people how to use logic, reason, and laws. Because of these things, many say he made much of the way we think.

Aristotle encouraged people to keep democracy safe by using lotteries to choose officials. Today, democracy is much more at risk of being harmed.

Today, things are very different from Aristotle's time. The super rich are many times richer. Some businesses are richer than countries. And election campaigns cost much more. Modern campaigns use TV, radio, and other mass media. Long ago, they used town criers, leaflets, and posters. Today, messages are spread much faster and to many more people. In only a few minutes, mass media can easily change the thoughts of millions. But some things haven't changed much. People can still spread lies and rumors. And they can still spread unfair news that makes others look good or bad.

LOTTERIES TODAY

Long ago, people of Athens used lotteries to choose government officials and trial jurors. But today, people only use them to choose jurors. Why? Some think this is to make sure the super rich can have fair trials.

Lotteries aren't used for justice in government, because some of the super rich would lose power. And they don't think they'd get anything in return. Some know they'd get a more secure and peaceful world for themselves and their children. But to most of them, much money and power are worth more than these things.

By seeing how jurors are screened and selected for trials, we can learn how to have more justice in government. In most democracies, here's how they're chosen.

First, government workers make a list of candidates. These candidates must be at least a certain age. They must be citizens of the country and residents of the area. And they must be free of ever committing a felony crime. The workers use public records to screen for these candidates.

Next, the workers use lotteries to choose people from the first list. The people who are chosen must come to a government office for testing. Laws force them to do this. Government workers test them for mental problems. And they test them for problems with the language used at trials. The workers put the names of people who pass these tests on a second list.

People on the second list must visit another office for more testing. High ranking government workers and private lawyers test them by asking questions. They make notes on the answers. Then they compare the notes in private. If they like peoples' answers, they put their names on a third list. People on the third list are forced to be jurors. People are paid very little for their time spent being screened and being jurors. Almost always, the people doing the final testing are much richer and more educated than the people being tested.

Some think there are problems with all of this. They think many of the rich find ways to not be jurors. They think that many of the poor value how much jurors are paid, because it's more than what they earn.

Some think the final testing is unfair, because it doesn't have to use the same questions with everyone. And it's unfair because rich people decide which answers are good and bad. All of this lets them choose jurors who favor the rich.

Some think we should choose jurors using a fairer way. They think we can find a new way to choose honest people who use facts and reason. They think the same way should be used to choose both government officials and jurors. And some think that jurors should serve terms of office and get paid much more.

The following are a few more thoughts and questions. Some think if we use lotteries to choose jurors and officials, then we should not screen them in any way. They think doing this will force society to fix its problems. They think that if people with problems sit next to others in councils, society will be forced to help people get better.

Others think that if lotteries are used, some kind of screening is needed. They don't want criminals—or the crazy and ignorant—in government and trial juries.

Another question about screening is the following. If we use screening, what's the best way to do it? If we use written tests, there's a risk they'll be changed over time to choose selfish, dishonest people. If we

only choose people with things like college degrees, then this can be unfair. There are smart, honest people without degrees. And there are selfish, dishonest people with them. So how can we screen in a way that is wise and difficult to corrupt?

RENEWED DEMOCRACY

Here's what a renewed democracy could be like.

People use public voting, government council voting, and lotteries to choose their representatives. They use public voting to choose candidates for local government council. And they use lotteries to choose council members from the candidates. Government councils vote to choose candidates for higher offices and higher councils. Then the public votes to accept or reject the council's choices of candidates. These last two steps are used to choose representatives for government councils of counties (e.g., districts, shires, and prefectures), states (e.g., provinces, territories, and regions), and nations. These last two steps are also used to choose chief executive officers (e.g., governors of states—and presidents and prime ministers of nations).

When people vote to accept or reject officials, they can also have referendums on other things. A referendum is a public vote to accept or reject something proposed by the government or a group.

Officials can serve only two terms in county, state, and national levels. They're paid well and guaranteed good jobs when they leave. Compared to the high cost of corruption, this is a bargain.

All of this gives people more power to govern themselves.

Local Government Council

The public votes for people to be in a group of candidates for local government council. Then lotteries are used to choose council members from this group. People can campaign and spend as much as they want.

To be a candidate, a person must be at least 18 years old. The person must be a citizen of the country and a resident of the city. The person must be free of ever committing a felony crime.

In a city with more than 100,000 residents, the person must get at least 1,000 votes. In a city with 50,000 to 100,000, the person must get votes from at least one percent of the residents. In cities with 10,000 to 50,000, the person must get at least 500

votes. Cities with less than 10,000 don't use lotteries. In these cities, people who get the most votes become council members.

Chief Executive Officer of
Local Government and Members of
County Government Council

After serving a full term together and learning about each other's fitness for higher office, the local government council does the following. It elects a candidate for mayor to serve in the next term. And it elects candidates to be the city's representatives in the county government council. It elects volunteer candidates from the current local council.

Next, there's a public vote where local residents accept or reject the candidates. If they reject the candidates, then the council votes for other current council members. And there's another public vote, where residents accept or reject the new candidates.

Chief Executive Officer of
County Government and Members of
State Government Council

After serving a full term together and learning about each other's fitness for higher office, the county government council does the following. It elects a candidate for chief executive officer of the county government council to serve in the next term. And it elects candidates to be the county's representatives in state government council. It elects volunteer candidates from the current county council.

Next, there's a public vote where county residents accept or reject the candidates. If they reject the candidates, then the council elects other current council members. And there's another public vote, where residents accept or reject the new candidates.

Council of Chief Executive Officers of
State Government and Members of
National Government Council

After serving a full term together and learning about each other's fitness for higher office, the state government council does the following. It elects candidates for a council of chief executive officers of the state government to serve in the next term. And it elects candidates to be the state's representatives in the national government council. It elects volunteer candidates from the current state council.

Next, there's a public vote where state residents accept or reject the candidates. If they reject the candidates, then the council elects other current state council members. And there's another public vote, where residents accept or reject the new candidates.

Council of Chief Executive Officers of National Government

After serving a full term together and learning about each other's fitness for higher office, the national government council does the following. It elects candidates for a council of chief executive officers of the national government to serve in the next term. And it elects candidates to be the nation's representatives in a world morals council. It elects volunteer candidates from the current national council.

Next, there's a public vote where the nation's residents accept or reject the candidates. If they reject the candidates, then the council votes for other current national council members. And there's another public vote, where residents accept or reject the new candidates.

Chief Executive Officers of State and National Governments

Modern inventions ended the need to have only one person as chief executive officer of state and national governments. These inventions made it easy for groups of people to make big decisions and handle emergencies. These inventions include wireless telephones, computers, satellites, and airplanes. People in many nations already trust groups to make big decisions in their justice systems. These groups are their supreme courts. Usually they have nine members. And each member has an equal vote.

In this renewed democracy, having only one chief executive officer of state and national governments is replaced by having a council of chief executive officers. This lowers the chance for corruption. It's more difficult to bribe and corrupt a group of people than only one person.

The chief executive officer of a state is replaced by a council of chief executive officers. And the chief executive officer of a nation is replaced by a council of chief executive officers. Each council has at least nine members. And each member has an equal vote. Council members are approved by a public vote. Each council has a presiding officer. And each council member is presiding officer for equal

time during a year. The order of being presiding officer is chosen by lottery.

WHAT TO EXPECT

The following are some of the things we can expect from this renewed democracy.

Government is less corrupt, because public voting is only used for the following. It's used to choose candidates for local government councils. It's used for referendums. And it's used to accept or reject government council choices of candidates for higher offices. This careful use of public voting makes it more difficult for money and mass media to corrupt government. It also reduces the need for political parties. All of this helps people save money in the following ways.

- There are fewer officials making poor decisions that waste public taxes and private money.
- Political parties have much less power. So people don't need to spend much money on them or expensive campaigns. And people don't need to spend money on fixing problems from the distrust, anger, and division that parties make in society.

In this renewed democracy, more people have a chance to serve in all levels of government. This helps people in the following ways.

- There's more variety of people in government. There's more variety of women and men, skin colors, beliefs, national backgrounds, jobs, income levels, and so on. More people can clearly see they're represented in their government.
- More people can know what democracy means, because more can govern and be governed.
- More people respect one another and the laws they make, because more people take part in government.
- There's more respect for police, judges, and others who enforce the people's laws.

In this renewed democracy, local government councils have much more meaning. Serving in a local government council is the first step a person must take to advance in government. Because of this, more people go to local government council meetings. More try to get voted to local government council. And more people vote.

Top officials are voted into government by people who know them and trust them. Big campaigns are

no longer the main way to get into government. And top officials must first prove they can do a good job for their neighbors. They must first serve in local government council for at least a year. And if they do a good job, their council member peers—and the public—vote to promote them to higher office. This is different from today, where people can become chief executive officers of states—and nations—without first proving they're trusted by their neighbors and other peers who personally know them.

In this renewed democracy, officials must progress through every level of government. This makes them better experienced in governing. And it helps them know more about problems at every level of society.

In this renewed democracy, it's more difficult to corrupt the chief executive offices of states and nations, because they're replaced by executive councils.

NUMBER OF REPRESENTATIVES

In most democracies, the number of representatives from a governed area is based on the area's number of people. This renewed democracy keeps doing this. But it uses a rough logarithm to not reward fast growing numbers of people and crowding. Here's an example of how the number of county government council members is chosen.

- As one group, cities with more than 1,000 and up to 10,000 have three county council members. These cities choose a group of candidates, and use lotteries to choose the three from this group.
- A city with more than 10,000 and up to 100,000 has one.
- A city with more than 100,000 and up to 1 million has two.
- A city of more than 1 million has three. These cities are divided into districts with councils that are chosen like local government councils. At the end of a term, each district council elects a few of its members to be candidates for the county government council. District residents vote to accept or reject them. Those who are accepted enter a citywide group of candidates. And the city uses a lottery to choose its candidates for the county council from this group. Finally, city residents vote to accept or reject the candidates.

RULES

This renewed democracy could use the following rules.

Lotteries. Lottery drawings must be watched in person by at least 100 volunteers who are chosen by lottery. Their names become part of the government record open to all. A live view showing all 100 people and the drawing must be televised. Drawings must use machines that choose from marked objects having the same size, shape, weight, and so on.

Public Voting. Public voting uses secret voting and paper ballots. Ballots are stored for at least five years, in case a recount is needed. Voting is held in places where most of the public usually goes each week, such as shopping centers.

Collecting and Counting Votes. People who collect and count voting ballots can only do this up to four years. Government councils choose candidates to collect and count ballots. And the public votes to accept or reject the candidates.

Getting Listed on a Voting Ballot. To be listed on a voting ballot for local government council, people must be at least a certain age. They must be a citizen of the country. They must be a resident of the city. They must be free of ever committing a felony crime. They must make a list of people who plan to vote for them. A minimum number of people's names and signatures must be on the list. They must give the list to the local government. And the list becomes part of the government record open to all.

News about Candidates and Officials. News about candidates for office—and people already in office—could be shared in the following ways.

- Candidates for local government council must write a summary of their fitness for office. The government publishes these summaries in newspapers. Equal newspaper space is given to each candidate.
- If needed, the government holds public debates. The same questions are given to each candidate. And there's equal time for answers. Live public broadcasts of debates should be made through TV and radio. And all of the debate questions and

answers become part of the government record open to all.

- In any democracy, candidates for office—and people already in office—are at risk of being harmed by the abuse of mass media’s power. At times, corrupt people use this power to invade privacy. They use it to broadcast private things that aren’t related to how well a person performs in office. In any democracy, laws are needed to limit this power. Laws are needed to limit the kinds of private things mass media can broadcast.

Council Meetings. In many places, government council meetings are open to the public. And each council member’s vote is open. Recordings, minutes, and notes of these meetings become part of the government record open to all. This renewed democracy keeps all these things open to the public. This includes council meetings to choose candidates for higher councils and offices.

Attendance. Serving in a council means attending at least 80% of its meetings.

Term Limits. To reduce chances for corruption, people can only serve two terms in each office.

WORLD MORALS

One of many ways to make our world better is the following. Make morals that most of the world’s people agree on. And use them to help people and groups do better.

QUESTIONS AND CHALLENGES

What things like world morals have people tried to make in the past?

- In 1948, the United Nations made a Universal Declaration of Human Rights.
- In 1993, the Council for a Parliament of the World’s Religions made a Declaration of a Global Ethic.
- In 2001, the Unrepresented Nations and Peoples Organization made a Universal Declaration of the Rights of Peoples.

Why don’t more people know—and use—the above things? Is it because they don’t feel they’re part of making them?

How do we make morals that more people agree on? Do we use a council of representatives to make world morals? Do we combine ideas from many religions and philosophies? Or do we choose them from only one religion? If we choose them from only one, will they lose support from the others? The following chart shows the percent of people in the world that belong to the largest religions.

	1900	2000	2007
Christians	34.5%	33.4%	33.3%
Muslims	12.4	18.5	21.0
Hindus	12.5	13.4	13.3
Buddhists	7.8	5.9	5.8
Sikhs	0.2	0.3	0.4
Jews	0.8	0.3	0.2

WHAT TO EXPECT

If world morals were made by a council of democratically selected representatives, they’d be a sign of people’s power to govern themselves. They’d be a symbol of democracy around the world.

World morals could help people and groups do better.

People could use world morals as a general guide to make detailed laws. They could do this in governments of cities to nations. This would reduce fighting between governments and religious groups over which laws are good.

People could use the morals to guide children as they become adults. They could teach classes on how the morals make everyone’s lives better. Students could have the choice to go—or not go—to the classes. And no one could punish them for not going.

COUNCIL MEMBERS

If representatives are needed for a world morals council, what’s the best way to choose them?

Should we use the ideas given for a renewed democracy? Should each nation use lotteries to choose its world morals council members from its national council of chief executive officers? Or should each nation’s council of chief executive officers choose

world council candidates from themselves, and have a nationwide vote to accept or reject them?

People could start making a world morals council today by using national lotteries to choose from candidates who served in local government councils. To be a candidate, a person must be at least 30 years old. The person must be free of ever committing a felony crime. And the person must have served at least two full terms as a local government council member—voted into office by the public. Later this could be changed if a large majority of all world morals council members vote to change it. They could change it so that a candidate must have served at least one term as a chief executive officer of a local, county, state, or national government. These are some of the many ways representatives can be chosen for a world morals council.

Choosing the number of representatives from each country is a challenge. This is because there's a big difference between the number of people in each country. And the number of people in countries is changing. The following are a few ideas on how to do this.

The number of representatives from each country could stay the same for 50 years after representatives from most of the world's countries first meet in the council. Each country's number of representatives could be chosen by using its number of people and a rough logarithm. This would help to not reward fast growing numbers of people and crowding. The following is an example of how this would work.

- As one group, countries with more than 100,000 and up to 1 million have three representatives.
- A country with more than 1 million and up to 20 million has one.
- A country with more than 20 million and up to 45 million has two.
- A country with more than 45 million has three.

After the end of the 50 year wait, each country's number of representatives could be more directly based on its number of people. This number of representatives could only be changed if a large majority of all council members vote for it.

COUNCIL DUTIES

After making world morals, a council could do the following.

It makes the morals better as people get better. It learns about problems from comments by people around the world. These comments become part of the government record open to all.

The council checks each country's new laws. It checks for any big changes the laws make to people and the earth. It also checks if the laws agree with the world morals. It makes reports on what it finds. These reports become part of the government record open to all. It never has power to force anyone to obey the morals or the council's decisions.

Council meetings are open to all. The council can only make decisions at its meetings. And recordings of these meetings are part of the government record open to all.

RULES FOR MAKING WORLD MORALS

A council could use the following kinds of rules for making world morals.

The morals must not have any beliefs about God or Founders of religions. This is because people don't have the same beliefs. And many fight over who has the right ones.

The morals should agree with the good teachings of the world's religions. But they must go against any teachings that harm people. They must go against any teachings that say the following things are alright.

- First strike that harms peoples' bodies, minds, or feelings.
- Being ruled by dictators.
- Making people live in fear or terror.
- Encouraging people to think only those who are the same are good, and all others are bad.
- Encouraging people to have children they aren't able to care for.
- Stopping people from exchanging thoughts that are new or different.
- Stopping people from learning by themselves and from many sources.
- Stopping people from asking questions about all leaders, traditions, and old beliefs.
- Treating people unfairly because of their sex, skin color, age, religion, opinions, national background, language, sexual orientation, wealth, living conditions, job, and other harmless things.

- Using promises of rewards and punishments after death that aren't proven yet.

THE GOLDEN RULE

The first world moral could be to follow the golden rule at all times. People help themselves and others by following this rule. Its main moral is to respect all life. This is the way to security, peace, and happiness. Many people say it like this: Treat others the way you want to be treated.

If you belong to a religion, follow its golden rule today. Don't delay doing this until after its Founder returns. This may not happen for thousands of years. The Holy Books of religions say no one knows when it will happen. And most people who say they know do this to get money and power. They've fooled people this way for thousands of years. Some have even fooled people into torturing and killing. So if you belong to a religion, follow its golden rule today. And stay away from people who encourage you to do the opposite.

The following are some of the ways people know the golden rule around the world.

Aristippus

Cherish mutual goodwill, so that you want another person's well-being as your own.

Aristotle

Conduct ourselves toward others as we want them to conduct themselves toward us.

Bahá'u'lláh

Choose thou for thy neighbor that which thou choos-est for thyself.

Buddha

Seek for others the happiness you want for yourself. Treat not others in ways that you would find hurtful.

Confucius

Do to others what you would want them do to you. And do not do to others what you would not want them do to you. This is the only law you need. It is the foundation of all laws.

Reciprocity is the one word that can serve as a principle of conduct for life.

Hinduism

Do not do to others what would cause pain if done to you.

Humanism

Do not do things you would not want to have done to you.

Islam

No one of you is a believer until he desires for his brother that which he desires for himself.

Jainism

A man should go through life treating all creatures as he himself would be treated.

Jesus Christ

And as ye would that men should do to you, do ye also to them likewise.

Lao Tzu

Regard your neighbor's gain as your gain. And regard your neighbor's loss as your loss.

Mithra

The law imprinted on the hearts of all men is to love the members of society as themselves.

Moses

Thou shalt love thy neighbor as thyself.

Shawnee

Respect for all life is the foundation.

Do not harm your neighbor, because it is not him that you harm. You harm yourself. So, do good to him. Add to his days of happiness, as you add to your own. Love him because the Supreme Spirit of the Universe loves him also, as the Spirit loves you.

Shintoism

The heart of the person in front of you is like a mirror. See yourself in it.

Sikhism

Do not create hatred with anyone, because God is within everyone.

No one is my enemy. None a stranger. And everyone is my friend.

S o c r a t e s

Do not do to others that which would anger you if others did it to you.

S u f i s m

If you do not want to gladden someone's heart, then at least be careful to not hurt their heart. No sin exists but this.

T h a l e s

Avoid doing what you would blame others for doing.

U n i t a r i a n

We affirm and promote respect for the interdependent web of all existence, of which we are a part.

Z o r o a s t e r

The nature of being good is to not do anything to another that is not good for itself.

Whatever others do that bothers you, do not do to others.

IGNORANCE AND ARROGANCE

Over 80% of adults in the world can read. But many stay ignorant. Many have stopped using their freedoms to question, reason, invent, speak out, think for themselves, and act on their own healthy thoughts to make things better. Some have become so overly proud they've become arrogant. Some have become so ignorant and arrogant they harm themselves and others.

Many don't try to make things better. They think others will do this for them. They're encouraged to believe the following. They don't have power to help themselves. Others will do a better job for them. They don't need to learn more, because they already are very smart. They should be afraid. And they're safer when they do these things. They're encouraged to be ignorant.

They're also encouraged to believe the following. They already have the very best. And they're much better than others. They're encouraged to be arrogant.

Some ignorant people let themselves and their families stay filled with harmful thoughts. Many of

these thoughts are from today's mass media. Some of these thoughts are from speeches by corrupt leaders and some of the super rich. The ignorant don't stop listening to these lies. They don't try to legally silence those who lie. They don't stop giving money to them. They don't vote against them. They don't find courage to learn through many sources. They stay busy with small-minded fun and games of every kind. They stay busy doing things that don't make their lives better. They stay busy doing things that don't make them ask questions or use reason. Some even stay busy doing things that harm themselves and others.

Many decide to be ignorant and stay ignorant. By doing this, they no longer truly live. They trade truly living for lies and cheap short term comforts offered by corrupt leaders and some of the super rich.

Corrupt leaders and some of the super rich want people to be ignorant, so they can gain more money and power. At times, schools, religious groups, and families want people to be ignorant. They fool people into doing the following. Giving unearned trust. Being afraid. Being weak inside. Being filled with too much pride. And blindly obeying.

Many free themselves from being ignorant by doing the following.

- They become humble and curious like a child.
- They learn and grow from everything.
- They learn from many sources.
- They learn from thoughts that are new and different.
- They question what they're told. They see life through their own eyes. They hear life through their own ears. And they know life through their own knowledge of things.
- They use their powers to reason and imagine. And they make these powers stronger and better.
- They make decisions based mainly on facts and reason. And they don't make decisions based mainly on guesses and emotions.

Many stay ignorant by doing the following.

- They accept the thoughts of others without question.
- They watch people give dramatic and shocking news reports.
- They watch people make dramatic and scary guesses about the future.
- They listen to rumors and lies. And they believe them.

- They mainly see life through the eyes and cameras of others. And they mainly hear life through the ears and microphones of others.
- They mainly know life through the thoughts and words of others.
- They receive many repeated, harmful thoughts of others through the following forms of mass media. TV. Radio. Movies. Video games. Recordings of music, talks, and books. Newspapers. Magazines. Books. The Internet. And so on.

Many think life is easier when others tell them what to think and do. Many don't like leaders who want them to ask questions and think for themselves. Many are too lazy or uncaring to do these things. And some are afraid. They're afraid of not looking smart. They're afraid of others shaming them. They're afraid they might find they've been wrong or ignorant for a long time. Going through life like this isn't truly living. It's more like being a robot.

Some schools and religious groups make people afraid to ask questions and learn by themselves. They encourage people to not ask too many questions. They encourage them to blindly accept what they're told. And they encourage them to believe it isn't easy for people to learn by themselves.

Many don't question unproven ideas passed on to them by their families. They accept these ideas. They even blindly accept things that aren't based on reason. They accept superstitions. They fail to use their sense of reason and their power to learn and grow.

Some give their time, money, health, and lives to people who want to keep them ignorant and arrogant. They give these things to people who make money from passing on superstitions. They give to people who encourage others to believe it's wrong to question all things.

TV and radio *programming* is an honest way to say what most of today's mass media does. Many of today's programs don't encourage people to question things or use reason. People watching—and listening to—these programs use only the part of their brain that accepts things without question. This is called *passive viewing* and *passive listening*. And their thoughts and feelings are changed without them knowing it. When people fall asleep with the TV or radio on, this change happens much faster. And it's much stronger and lasts longer.

When people free themselves from ignorance, they make their sense of right and wrong stronger. And when they do this, they govern themselves better. They make their lives better by themselves. They need fewer police, judges, lawyers, jailers, and so on. They need fewer government workers to make and enforce laws.

People can become so ignorant that it's easy for others to take freedoms away from them. Many are still learning that they can't be ignorant and free at the same time.

Most of us must pay to fix problems made by the ignorant and arrogant. We pay with public taxes. And we pay in other ways. So we should help others learn and grow. We should help them be free of ignorance and arrogance. When we do this, we'll have much more money to use on other things.

EXTREME GREED

People need healthy concern about themselves to survive. Having too much of this is greed. Having too much of anything usually harms the person having it. And it harms others.

Since the early 1900s, ignorance, weak governments, and inventions helped make the modern power of extreme greed. This power is felt at city to world levels. It's led by corrupt leaders of big businesses, governments, and religious groups. It harms more people and things every day. It even harms those who'll be born hundreds of years from now.

In a reckless way, it makes as much money—as fast as it can—for a few people. And it makes the following lasting problems as it does this. It uses up earth's resources without having things to replace them. It uses them in ways that pollute land, water, and air. It treats animals with cruelty. It makes unsafe working conditions. And in some places, it treats people worse than animals. It starts wars and mass murders. It sells weapons to dangerous rulers and groups. And it uses money and mass media to take away people's power to govern and protect themselves. The good news is that people can get their power back in peaceful, legal ways.

Extreme greed in big business is harming democracy around the world. It bribes and scares government officials. And it corrupts systems for choosing

them. It does this by giving money to candidates for their campaigns to get votes. Extreme greed gets favors from them after they're voted into office.

This means many officials get chosen if they're dishonest enough to ignore the needs of regular people and mainly help some of the super rich. And it means many are selfish enough to want power at any cost. For many years, they also had to have a certain sex, skin color, religion, and national background. But now, they mainly need to be dishonest and selfish.

In many countries, this power buys up mass media to take away the public's power to protest. This has happened in countries including those with histories of brave fights for freedom of speech. For example, Americans bravely fought for freedom of speech. But today, almost all of their mass media is owned by about five big businesses. This is described in the book *The Media Monopoly*.

In many countries, some people still think they have freedom of speech. They're free to speak, but they're not heard—because mass media has so much power. It has power over the thoughts of many more people than one person's voice. Owners of mass media can even silence a loud protest march with thousands of people. They do this by having little to no news about it in TV, radio, newspapers, and so on.

Inventions helped a few people get much more power over the thoughts and feelings of others. This started in the 1400s when inventions made the printing press much faster. And this helped people spread thoughts faster through things like flyers, pamphlets, newspapers, books, and so on. Then in the late 1800s, sound recordings and radio were invented. Together, these were used to quickly spread repeated messages to millions of people.

The first time repeated messages were used to start war between nations was around 2700 B.C. Leaders of Iraq's government had religious groups spread messages that Iran was making dangerous weapons and getting ready to attack. After enough people believed this, Iraq invaded Iran and stole many things. This first war between nations is described in the 1992 research paper *Evolution of Warfare and Weapons* by the Strategic Studies Institute of the United States Army War College.

In the early 1900s, the dictators Mussolini and Hitler used the new power of mass media to spread fascism. They were both very skilled in using propaganda.

Mussolini was called the father of fascism. And many say he said this about it: "Fascism should more properly be called *corporatism*, because it is the merger of state and corporate power."

In most countries, mass media is controlled by only a few businesses. In others, it's controlled by governments. So today, a few people have power over the thoughts of billions of others. This is how extreme greed uses mass media to harm democracy around the world.

Extreme greed gets richer from human misery. It does this by doing the following. It encourages people to be ignorant and arrogant. It encourages them to have more children than they're able to care for. It takes and sells earth's resources in an ignorant and selfish way. It encourages people to buy more things and borrow more money. And it starts wars to steal things.

When did extreme greed get so much power? Since the early 1900s, big businesses grew very fast around the world. As they grew, they took power away from people and their governments. Almost all big businesses are corporations. And a growing number of them have more money and power than countries. By 1999, 51 of the world's 100 largest economies were those of corporations—the rest were those of countries.

Multinational corporations have factories, offices, and market places in many countries. Because of this, many don't have to obey laws of any one country. Some of them use much money and power to control governments. Some are openly arrogant about how they disrespect and harm people around the world.

How did extreme greed get so much power? Several things happened. Starting in the early 1900s, there were more inventions every day. These helped many things move faster. There was plenty of cheap oil and coal. And some inventions made it easier and cheaper to get these fuels out of the earth. More money—and more power to spread messages—made it easier to corrupt governments.

Inventions helped the following things move faster.

- They helped people, raw materials, and products move faster through world networks of travel ways for cars, trucks, trains, ships, and airplanes.
- They helped oil and natural gas move faster through networks of pipes—and electric power move faster through networks of wires.

- They helped thoughts and information move faster through networks of telegraph and telephone wires. Later, inventions helped them move faster through wireless networks of radios, TVs, and computers.
- Inventions helped spread messages faster and farther. And mass media's power over the thoughts and feelings of people grew. Today, it has power over what billions think, feel, and do.

Corrupt leaders of some big businesses helped selfish, dishonest people become government officials. They used bribes and mass media to do this. Then the corrupt leaders of some big businesses *and* governments used mass media to make people weak. They encouraged people to be ignorant, arrogant, selfish, and uncaring. Many people started to feel more distant from their governments. The corrupt kept doing these things until they took away most people's power to govern and protect themselves. Many people who tried fighting this became tired or afraid. Many finally stopped trying. This is how extreme greed got so much power.

How does a business become a corporation? People make a legal paper to do this. The paper is called a *corporate charter*. It defines the rights and duties of a business. And it keeps investors safe. Investors are people who put their money in a corporation to make more money. They do this by buying parts of a corporation. These parts are called *shares*, *stocks*, and *shares of stock*.

Modern incorporating started in the mid 1800s. It started when some of the super rich wanted to make very big businesses. And they wanted to protect money they invested in them. So they had their governments make laws about the legal body of a business. This isn't like the body of a person. It's more like the moving body of a dead person. It's like a living corpse with special powers. Making this kind of body is called *incorporating*. And the body is called a *corporation*.

Back in the 1800s, the first duty in corporate charters was to protect the public. Their second was to protect investors. And only a congress could give power to charters. Then during the early 1900s, big businesses grew in size and power. And they used this power to make many governments change their laws on charters. Soon the first duty in most charters was for corporations to protect investors. And charters could get their power simply by being filed

at government offices. Soon people around the world lost power to govern and protect themselves.

Problems started to happen right away for the public, investors, and the earth. This is because the first duty in charters is for corporations to make money for investors. And usually they must do this forever. But they can't. Earth's resources are limited. So it gets more difficult and costly to find and take earth's remaining resources—and change them into things people use. Also corporations compete by using earth's resources in ways that make the most money. Some do this in ways that harm people, animals, and the earth. Others must then do the same to compete and stay in business. All of these problems are getting worse as earth's resources are consumed.

Most charters also give corporations the powers of people to do some of the following things.

- Sue and be sued.
- Own property—and other things—in their name.
- Hire and fire people.
- Make and sign contracts.
- Make laws that govern actions inside the corporation.
- Keep going after their makers leave or die.

But many charters don't give corporations the following good things people have.

- A sense of shame when they harm people, animals, and the earth.
- A sense of right and wrong.
- A sense of unselfish concern for the health and happiness of others.

Charters protect investors in corporations. They protect them from being forced to pay for the problems corporations make. Charters do this in the following ways.

- If a corporation owes much money—or goes bankrupt—investors don't have to pay the debts.
- If a corporation commits a crime, investors don't have to pay fines or go to jail.
- If a corporation harms people, investors can't be sued or arrested.

Many charters give the legal bodies of corporations the powers of living corpses. They give them powers of Frankenstein monsters to do the following.

- Power to take from others, so they can give to their makers and investors.

- Power to consume and damage earth’s limited resources without care. And power to do this without having things to replace the resources.
- Power to harm people, animals, and the earth with almost no worry or shame.
- Power to protect their makers and investors from the people they harm.
- Power to live forever.

Every day, extreme greed takes away the freedom, health, and lives of more people. And it harms animals and the earth. It does this at city to world levels. It does this the most in countries where people have lost most of their freedom of speech. And extreme greed keeps growing. But over time, things will change. And people will regain their power to govern and protect themselves.

GROWING POPULATIONS

The world had 4 billion people in 1974, 5 billion in 1988, and 6 billion in 2000. If it keeps growing like this, there’ll be 9 billion in 2050. When there are too many people, the following things start to happen. Wages get lower for many people. Prices rise for limited supplies of things needed to live—like food, fuel, housing, and so on. In some places, resources run out. Land, water, and air get badly damaged. Crowding gets worse. And the following things people pay taxes for and share get overloaded. Roads. Schools. Public hospitals. Police and fire protection. Water, sewer, and garbage services. And so on.

The number of people in poor countries is growing the fastest. And in almost all countries, the poor are having more children than any other group. Many of them are having more children than they are able to care for. Some of them are getting sick, starving, and dying. It appears that the number of people in the world will keep growing until *many* get sick, starve, and die.

At times, corrupt leaders—and some of the super rich—encourage fast growing populations. They do this for the following selfish reasons.

- They get more people to rule over.
- They get more people to be in their religious groups and give them money.

- They get more people to give them money for things they sell.
- They get more people to work for very low wages.
- They get more people to be so poor that they’ll do very bad things to themselves and others for money.

The following chart shows how fast the number of people in the world has grown.

Year	World Population
1	200,000,000
1000	310,000,000
1750	790,000,000
1820	1,000,000,000
1930	2,000,000,000
1960	3,000,000,000
1975	4,000,000,000
1988	5,000,000,000
2000	6,000,000,000

The number of people in the world grows faster every day. In 2007, it grew by over 200,000 per day. In 2008, it grew by over 233,000. And in 2009, by over 272,000.

The fast growing number of people makes the following problems get worse.

- Every day, over 840 million people go hungry.
- Over one billion people live in severe poverty. This means they struggle to live on less than €0.70 Euro per day (\$1.00 U.S. dollar).
- Over three billion people are poor. This means they struggle to live on about €1.40 per day (\$2.00).
- The world’s farm land divided by its population averages about 0.4 hectare (1.0 acre) per person. This isn’t enough for a person’s basic needs of life.

Around the world, there’s a growing gap between the rich and poor. The following are some examples.

- Since the early 1900s, the gap between the world’s poorest 20% and the richest 20% grew almost three times bigger. Today, the world’s poorest 20% use less than 2% of the world’s goods. And the world’s richest 20% use over 80%.

- Minimum wages start at about €0.17 per hour (\$0.24) in poor countries—and they go up to about €6.00 (\$8.50) in rich countries. Even though these wages are 35 times higher, their buying power is falling. Each day, more people in rich countries can't afford the rising costs of housing, food, fuel, and other things needed to live. Poverty is growing. But the super rich keep getting richer.
- The world's seven richest countries (America, Germany, Japan, Canada, France, Italy, and England) have less than 12% of the world's population. But they use more than 40% of the world's oil, coal, and other fuels.
- Poverty is growing the fastest in the poorest countries. Most rich countries are investing less in them. And they're giving less free aid to them. This is because they're spending more to fight war, crime, and public unrest.
- The middle class of most rich countries is shrinking. Their way of life needs good paying jobs and cheap oil. But their elected officials let these jobs move to poor countries. And the cost of oil keeps rising. At the same time, they're encouraged to spend more and have larger debt. And their elected officials let lenders raise the cost of borrowing. So each day, more of them go bankrupt, become homeless, and fall into poverty.

LIMITED RESOURCES

The earth's resources are limited. And more people are using them as world population grows—and as people in industrializing countries can afford to consume more. Today, China and India are using many more energy-consuming machines as they industrialize and become wealthier. Together, they have over one third of the world's population. Smaller countries are also starting to industrialize. Also, the number of poor in the world is growing very fast. And in fully industrialized countries, people with extra money are using more comforts and luxuries. All of these things are consuming earth's resources—like oil, coal, farm land, clean water, metals, and so on. Because of this, it's getting more difficult and costly

to find and take earth's remaining resources—and change them into things people use.

Many see rising prices of the following. Gasoline. Heating oil. Electric power. Food. Housing. Medical care. Medicine. Education. And transportation. They see rising prices of almost everything they buy. And in many places, the costs of things are rising faster than wages. As prices keep rising, many get poorer. Usually when many are poor, there's more crime, more violent public protest, and more war. In many places, people already see more fighting over resources.

In some parts of the world, entire countries are starting to use resources much faster. They're doing this for many reasons.

Some countries with many poor people are using many more machines that use oil, coal, and other fuels. This is called *industrializing*. Today, it's happening in the world's largest countries—China and India. Together, these two countries have over eight times as many people as America. China has over 1.3 billion and India has over 1.1 billion people. Most of their people are poor. And they want better lives.

Some countries with many poor people aren't yet industrializing. But they're using more oil. This is because the number of people in them is growing. So they need more food, housing, clothing, and other things needed to live. And they need oil and other fuels to make these things.

Countries with people living in great comfort are already industrialized. Their comforts consume much fuel. And they've consumed most of their own. At the same time, many more people around the world are starting to earn enough to buy comforts and luxuries. All of these things are consuming earth's limited resources. So prices are rising everywhere.

Since the early 1900s, the number of people in the world has grown very fast. And the demand for things has grown even faster. To meet this demand, extreme greed has taken and sold the earth's resources as fast as it could.

Extreme greed takes and sells earth's resources in a very selfish way. It does this without much planning for what to do when resources run out. For example, it takes and sells earth's limited resources of energy like oil. It does this without making other fuels ready to take its place. It does the same with natural gas and coal. It does this with all kinds of earth's resources.

Because of this poor planning, people around the world see rising prices of fuel and electric power. And they see rising prices of almost everything they buy. This includes all things that are made, moved, or stored using energy—like food. Only a few countries planned ahead to have new kinds of energy to replace the old ones. They get much of their electric power cheap and almost pollution free. They get it from sources like sun, wind, geothermal, and water wave energy.

Each day, it gets more difficult to find, take, and change earth's resources into things to sell. So the world's fastest possible speed of taking and selling resources is starting to slow down. And prices are going up. Some believe this problem started with oil in 2004.

For many years before 2004, more and more oil was taken and sold almost every year. After 2004, the amount taken and sold each year stayed about the same. From 2004 to 2007, many more people saw rising prices of gasoline, heating oil, and electric power. From 2004 to 2007, the price of gasoline more than doubled in many places. Each year, the world's demand for oil grows.

Oil isn't only used to make fuel burned by cars. It's also burned in power plants to make electricity. And it's turned into things like plastics, weed poisons, and fabrics. In some ways, oil is used in making, moving, and storing most of the things for sale. Extreme greed did a poor job managing the world's fuel resources.

Extreme greed also poorly manages how it makes our food. It does things as cheap as it can to make the most profit. It uses chemical poisons to make unnaturally huge amounts of food. It fertilizes crops with chemicals. In some places, it uses sewage water as fertilizer—and this spreads disease at times. Extreme greed also uses chemical poisons to kill insects and weeds. And it uses large amounts of antibiotics and hormones to make unnaturally huge amounts of meat and milk. All these things become part of the food we eat. And most people can only afford to buy this kind of food. Some places sell "organic" food without poisons. But only a few can afford to buy it. Some of it costs up to twice as much as poisoned food.

Extreme greed also destroys farm land. It does this by farming in ways that speed up how fast soil is eroded by wind and water. And it does this by

building poorly planned cities and roadways that sprawl over more farm land each day.

Many times, extreme greed pollutes air, water, and land when it makes things in the cheapest way. It does this when it takes raw materials out of the earth and makes them into products. And it does this when it makes electricity by burning coal and oil, and by using radioactive materials.

The following are more examples of how extreme greed poorly managed earth's limited resources.

- Almost one fourth of the earth's land is in danger of turning into desert.
- Every year, over 25 billion metric tons (28 billion U.S. tons) of topsoil are lost to erosion and pollution.
- Every year, over 200,000 square kilometers (100,000 square miles) of earth's forests are cut down.
- Air and water pollution are very big problems. They're the worst in places like Eastern Europe, the former Russian Empire (Soviet Union), and China.
- 15 of the world's 17 largest fishing areas are over-fished or have other big problems.

WAR AND MASS MURDER

Wars and border fights are growing—mainly because of two reasons. Earth's resources are limited. And more people are consuming them. Today, the world's limited supply of cheap fuel is ending. This is why there's war over oil. Many think there'll be increasing conflict over clean water and farm land. And many think that as the gap grows between the super rich and others, class war will grow.

Some wars are needed. For example, World War II was needed to stop mass murder and the violent spread of fascism. But many wars are fought to make a few people richer and more powerful.

Today, a war is being fought in countries around the world. Some call it a world war. Some call it a global war on terror. Some call it the fourth world war, because the Cold War was the third worldwide war.

The Cold War was fought from the mid 1940s to the early 1990s. It was fought between countries using different ways to do business. Some used capitalism and others used communism. Now many of these same countries are trading partners. For example, America and countries in Europe now trade with big communist countries like China and smaller ones like Vietnam.

The Cold War was mainly between Russia, China, and America. But it was fought in places like Korea, Vietnam, Cambodia, Laos, Cuba, Nicaragua, Afghanistan, and other poor countries. Many millions of poor people died and got hurt in this war. But now, almost all of these countries do business with each other. And they make much money.

Today's worldwide war is mainly being fought between people of certain religions. Christians, Muslims, and Jews are fighting. It's mainly a war over the earth's limited resources of oil and natural gas.

Oil is worth the most to countries that use the U.S. dollar. The dollar has oil as its unofficial backing. Almost all the world's oil can only be bought using the dollar when it's first traded. This gives the dollar its worth and backing. Because of this, some businesspeople call it the *petrodollar*. In the past, gold—and then silver—were the dollar's official backing. But the big businesses and government of America changed the backing to oil in 1963. Some of the super rich got richer from this.

Some people are fighting because they're angry at governments and big businesses. Some blame them for making people poor. They do this regardless if people got poor from having children they weren't able to care for. Some blame governments and big businesses for taking away their freedom of speech and other basic freedoms.

On all sides, some people are fighting simply because they're ignorant and arrogant. They hate people who belong to religions that are different from theirs.

In today's world war, some people formed violent groups at city to world levels. Usually these groups share the same religion and use violence to solve problems. They don't have tanks, warplanes, or warships. So they use small weapons like bombs, guns, and knives. And some trick their members into being human guided bombs. They use surprise attacks to make widespread fear and terror. They use this fear and terror as their biggest weapon.

At times, mass media is selfish and reckless. It increases fear and terror. It does this by having news and other programs do more than report facts. It has them talk about terror attacks many times and for many hours. It has them make scary guesses about things that might happen in the future. And it has them give dramatic and shocking news reports.

Today, violent terror groups are growing around the world. They're gaining members, money, and weapons because of worsening problems like the following. Many poor people are having children they aren't able to care for. There's more crowding. There are more shortages. People don't have things needed to live. Some are going hungry. There's growing religious arrogance and hatred. And corruption in governments and businesses is growing.

Members of these violent terror groups are being hunted, imprisoned, and killed. But these groups are still gaining members, money, and weapons.

On all sides, many of the world's poor are fighting in this war. They want a better life. And many of them feel they don't have much to lose. So they're willing to take bigger risks with their lives. Some are even willing to kill themselves while they fight. Even in rich countries, some of the poor volunteer to fight because they want better lives. Many times, they help kill people who are even poorer. History has many examples of some of the super rich encouraging the poor to kill the poor. Today, the number of poor in almost every country is growing very fast. And the number of people in many poor countries is growing much faster than in rich ones.

In many countries, there's growing worry about how big today's wars will get. More people are getting poor. Poor people are having many children. And earth's limited resources are being consumed. Today, war is being fought between rich and poor countries. On all sides, most of the people killing, dying, and getting hurt are poor. Today's wars may turn into growing class wars between rich and poor. These wars may be fought in many countries. Today's wars are being fought between people of different religions, classes, races, and cultures.

There's also growing fear that one day violent groups will build and use bombs that kill many people. These bombs are usually called weapons of mass destruction. Some countries already have many of these bombs. For example, nine countries have a total of more than 22,000 atom bombs. The following

is a list of how many atom bombs countries have. Russia has about 7,000 to 16,000. America has about 10,000. China has about 100 to 2,000. France has about 350. England has about 200. Israel has about 200 to 1,000. India has about 100. Pakistan has about 50. North Korea has about 10. And South Africa had about five in the 1990s, but it took them apart.

Around the world, members of some religions expect that the end of the world will happen soon. Some want it to happen. They think it will bring the return of their religions' Messiahs. Christians call it *Armageddon* and *Judgment Day*. Muslims call it the *Day of Resurrection*. Some call it a misused and worn out reason for fighting over earth's resources—to make some of the super rich richer. And others call it a way to keep people's attention away from problems like rising costs and growing poverty.

Most people know that if any group or country makes a first strike that kills many people, others will likely fight back. And they'll use the same kind of bombs—or bombs with even more power. If this happens, many millions will be killed by fire and poison. And much of the world's air, water, and land will be poisoned for many years. It will be an apocalypse.

Some countries are trying to stop the spread of powerful bombs around the world. This is a big challenge. Each day, more people learn how to build them. In 2004, the United Nations International Atomic Energy Agency said that 40 more countries were able to build atom bombs. The good news is that the number of atom bombs in the world went down from a high of about 65,000 in 1986 to about 22,000 today.

Each year, governments of the world spend over €915 billion (\$1,300 billion) on military forces. Many say they must spend so much money because they're afraid of each other. But at the same time, they do much business with each other.

Most governments get their military money by taxing people. In countries with the largest military budgets, if each adult and child paid an equal share of the budget, each would pay the following amount per year.

America	€985 (\$1,400)
England	€580 (\$820)
France	€550 (\$780)
Italy	€365 (\$520)

Russia	€350 (\$500)
Germany	€345 (\$490)
Japan	€220 (\$315)
Canada	€210 (\$300)
China	€50 (\$70)

Some governments also get their military money in the following ways. Taking and selling earth's limited resources from other countries. Selling illegal drugs. Borrowing. And selling all kinds of weapons.

The following countries sell the most weapons around the world. The list is from S.I.P.R.I. and is in order of highest to lowest sales in 2006. America, Russia, Germany, France, Netherlands, England, Italy, Spain, China, Sweden, Israel, Canada, Poland, Switzerland, Ukraine, South Africa, South Korea, Austria, Czech Republic, and Belgium.

Countries that spend the most on their military forces are listed below, along with the amount they spend each year.

America	€295 (\$420) billion
China	€63 (\$90) billion
Russia	€50 (\$70) billion
England	€35 (\$50) billion
France	€35 (\$50) billion
Germany	€28 (\$40) billion
Japan	€28 (\$40) billion
Italy	€21 (\$30) billion
Canada	€7 (\$10) billion

People in some of the countries listed above also have the most comforts in the world. For example—as talked about earlier—the world's seven richest countries (America, Germany, Japan, Canada, France, Italy, and England) total less than 12% of the world's population. But they use more than 40% of its oil, coal, and other fuels. As another example, America has less than 5% of the world's population. But it uses about 25% of the world's oil.

Governments make most of the world's wars. They get many of their countries' poor to do the killing. And at times, they hire the poor from other countries to help with the killing. They usually have them kill using weapons. At times, they have them kill by starving people and spreading disease. Some of the super rich and people with power get more money and power from wars.

Some wars killed more than 30 million people. The first of these was the Three Kingdoms War in

China. Then there were the following. The An Shi Rebellion in China. The Mongol Conquests in Asia and Europe. World War I. And World War II. These wars are shown in italics in the list below.

Wars that killed more than one million people are listed below in order of when they ended.

- Second Congo War (1998 to 2003)
- Second Sudanese Civil War (1983 to 2002)
- Russia's War in Afghanistan (1979 to 1989)
- Iraq-Iran War (1980 to 1988)
- Vietnam War in Southeast Asia (1945 to 1975)
- Nigerian Civil War (1967 to 1970)
- Korean War (1950 to 1953)
- Chinese Civil War (1928 to 1949)
- *World War II in Asia, Europe, Africa, and the Pacific (1937 to 1945)*
- Second Chinese-Japanese War (1931 to 1945)
- Russian Civil War (1917 to 1921)
- *World War I in Europe (1914 to 1918)*
- Taiping Rebellion in China (1851 to 1864)
- Shaka's Wars in Africa (1816 to 1828)
- Napoleon's Wars in Europe (1804 to 1815)
- Christian Extremists' Crusades (1095 to the late 1600s)
- Muslim Extremists' Conquests (632 to the late 1600s)
- Thirty Years' War in Germany (1618 to 1648)
- Manchu Conquests in China (1616 to 1644)
- French Wars of Religion in Europe (1562 to 1598)
- Timur-e Lang's Wars in the Middle East, India, Asia, and Russia (1370 to 1405)
- *Mongol Conquests in Asia, Europe, and the Middle East (1207 to 1279)*
- *An Shi Rebellion in China (755 to 763)*
- *Three Kingdoms War in China (184 to 280)*
- Warring States Era in China (475 to 221 B.C.)

Governments do most of the world's mass murdering. And some of the super rich and people with power get more money and power from it.

Mass murder of people with certain skin colors or religious beliefs is called *genocide*. At times, it's called *ethnic cleansing*. And mass murder of people with certain beliefs on how governments should act is called *political mass murder*.

Governments get money for mass murdering by taxing people. At times, they get this money by killing people and then taking their things. And similar to wars, most governments get many of their countries' poor to do the killing. At times, they hire the

poor from other countries to help with the killing. They usually have them kill using weapons. At times, they have them kill by starving people and spreading disease.

Some mass murders killed more than 15 million people. The first of these was the Arab trade of slaves taken from Africa. Then there were the following. The European mass murder of the native people in North, Central, and South America. Stalin's mass murder in Russia and countries around it. Japan's mass murder in Asia. Hitler's mass murder of Jews and others in Germany and countries around it. And Mao Zedong's mass murder in China. These mass murders are shown in italics in the list below.

Mass murders of more than one million people are listed below in order of when they ended.

- Saddam Hussein's mass murder in Iraq (1980 to 2003)
- Khmer Rouge's mass murder in Cambodia (1975 to 1979)
- *Mao Zedong's mass murder in China (1949 to 1975)*
- *Joseph Stalin's (a.k.a. Joseph Dzhugashvili) mass murder in Russia and countries around it (1932 to 1953)*
- British mass murder in India (1857 to 1948)
- *Adolf Hitler's (a.k.a. Joseph Schicklgruber Hiedler) mass murder of Jews and others in Germany and countries around it (1933 to 1945)*
- *Japan's mass murder in Asia (the 1930s to 1945)*
- Joseph Stalin's (Russian) mass murder in the Ukraine (1932 to 1933)
- Turkey's mass murder of Armenians, Assyrians, and Greeks in Europe, the Middle East, and Africa (1914 to 1923)
- *Arab mass murder of Africans in slave trading to the Middle East and other places (600s to the early 1900s)*
- Leopold II's (Belgian) mass murder of Africans during slavery in the Congo (1877 to 1908)
- *European mass murder of the native people of North, Central, and South America (1500s to the late 1800s)*
- European mass murder of Africans in slave trading to North, Central, and South America (1600s to the late 1800s)
- Chinese mass murder of Muslims in China (1856 to 1873)
- British mass murder in Ireland (1845 to 1852)

Today, leaders of many countries are getting their people ready to fight more wars. Some fear these wars may turn into mass murders.

For war and mass murder, young men and women must become soldiers. Taxpayers must pay. People must be more willing to harm and kill without question, pause, or shame. Some leaders get their countries to do these things by changing people's thoughts and feelings.

They encourage people to have the following thoughts. It's good to be ignorant and arrogant. Others aren't worth as much. Others are less human. Small human differences are bad and dangerous. People are in great danger. People should feel much fear. People should act on their fear. Asking many questions is bad. Having new—or different—thoughts and opinions is bad. Violence is good, and it's needed. Violence can be funny, sexy, admired, noble, and glorified—and even loved by God. Young people are super strong. They rarely get killed or hurt. Mainly their enemies get killed and hurt. People who question these things are bad.

Corrupt leaders encourage people to be ignorant and arrogant. This makes people stop wanting to learn and grow. These leaders know that ignorant people react to dangers mainly with the feeling of fear. And then these people keep making decisions based on those feelings. They act this way because they don't think first. They're ignorant. And they're encouraged to stay ignorant and arrogant, so they can be fooled again and again.

Corrupt leaders get people to feel their lives are worth much more than other people's lives. They fool people into feeling this way by sending repeated messages about how much others are different from them. They send messages about differences in the following things. Religion. Skin color. Language. And national background. These things are almost always harmless. But sometimes people send messages that make them seem very bad and dangerous. They also send messages that it's funny—or good—to call others bad names. They do this to make others seem less human.

Today—on all sides—many leaders are fooling people into feeling they're much better than others based on beliefs about religion. At city to world levels, some of their religion's leaders teach them that God thinks their religion's members are more blessed, more saved, or more chosen than non-

members. Since God doesn't value non-members as much, they're less human. And it's alright to kill things that aren't human. People kill animals all the time. Some of their religion's leaders even go further. They live in comfort and safety while they encourage their members to give up their money and lives for rewards they'll get after they die. None of these leaders ever proves with facts that this happens. Corrupt leaders of Jewish, Christian, Islamic, and other religions have all done this at times. Some still do it today.

Corrupt leaders get people to feel afraid. There are many ways to do this. They can say that the once harmless differences between people are now dangerous. They can say that an enemy is about to attack. They can talk about all the weapons an enemy has—and not talk about their own weapons. They can talk about past attacks. They can make scary guesses about the future. There are many ways to scare people.

Corrupt leaders get people to feel violence is a good way to solve problems. They get people to feel this is normal. They get people to feel less upset over it. They get people to feel less shocked when they see—or hear about—people being beaten, stabbed, cut, shot, tortured, killed, and blown up. They get people to feel numb about these things. In today's world, they use mass media to make violence look good, funny, and sexy—and even blessed by God.

Corrupt leaders encourage young people to feel they're super strong and can't get hurt or killed. They also get them to think that only enemies get hurt and killed. Many of today's video games, movies, and TV programs show this over and over. In video games, players never get badly hurt or killed *forever*. They get many lives in each game. And when the game ends, they hit the reset button to live again—and fight some more. In movies and TV programs, heroes have many deadly fights and never get badly hurt or killed. This even happens in children's cartoons and so-called funny shows. And in many of these, there's a soundtrack of laughter when people get hurt and killed. From the time people are children, they're brainwashed into thinking and feeling that violence and killing are funny and acceptable.

Today, corrupt leaders quickly make people have thoughts and feelings they want them to have. They do this by using mass media to send many repeated messages. And these messages have much more

power than in the past. This is because they use life-like images and sounds in TV programs, movies, and video games. And many more people see and hear these things.

In the past, corrupt leaders were limited to using messages people could hear through radio programs and recordings. Before that, they were limited to things people could read—like posters, flyers, newspapers, magazines, and books. And long before that, they were limited to things people could hear in person—like speeches, sermons, songs, and stories.

History has many examples of how all these things were used to lead people into hatred, violence, torture, slavery, war, and mass murder. Since around 2,700 B.C., governments have made wars. At times, they were for ending very bad things. And at other times, they were for very selfish things.

Most people know wars are needed for ending the following kinds of things. Attacks on their country. Attacks on others who are too weak to defend themselves. Mass murder. And slavery.

Most people know wars aren't needed for the following kinds of things. Stealing things to get more money for some of the super rich. Stealing things to get more power for those with power. And taking attention away from problems like people getting poor. Leaders get people ready for these types of wars by repeating the following kinds of messages.

- Their people are the very best. They already have the very best. They don't need to question things. They don't need to learn new things or grow. They already are the strongest, smartest, and best in the world.
- Their people are much better than others. They're special. God values them much more than others. Others aren't worth as much. Others are less human. Others are like animals and can be killed like animals.
- Their people are in great danger. They should live in fear. It's alright to live in fear. It's alright to make decisions using feelings like fear. It's better to make decisions using feelings than to use facts and reason.
- Violence is good, funny, and sexy. And it's valued by God.
- Their young people are super strong. They rarely get hurt or killed, because their young are special—and favored by God. Mainly their enemies get hurt and killed.

In every war, some of the super rich get more money. And some of those with much power get more power. But most others get poorer, weaker, hurt, and killed.

BAD NEWS AND GOOD NEWS

The bad news is that the world has many problems that are getting worse. The good news is that we can solve many of them using things like democracy. But this can only happen when we make ourselves better. Better people make a better world. Part II gives some ideas on making our lives better.

PART II

MAKING YOUR LIFE BETTER

POWER OF THOUGHT

You can make your life better, because you can change the following.

- Your thoughts.
- Your view of things.
- Things about you like your feelings, actions, and body.
- Things around you.

You can erase any past unhealthy thoughts. And you can make new healthy thoughts. You can make them into commands to yourself. Some people call these kinds of thoughts *affirmations* and *self-suggestions*. To keep things simple, we call them *thought sets*.

A thought set is like a computer program. And your brain is like a computer. Your body is like a machine run by this computer. Your brain has more power than any computer. And your body is more complex than any machine.

You have the power to choose the thoughts you have. Your thoughts send signals—through your brain—to every cell of your body. Your brain sends chemical signals through your veins. And it sends electric signals through your nerves. Science has proven that every part of your body is changed by your thoughts. Your feelings are also changed by your thoughts.

Mass media has power to change the thoughts of billions of people around the world. And by changing thoughts, it changes people's feelings and actions. It does this in ways that feel very personal. It does this in homes around the world. It sends out thoughts through the following. TV. Radio. Movies. Newspapers. Magazines. Books. Internet. Videogames. Recordings of music, talks, and books. And so on. Mass media has power to program your thoughts through these things. And this power is even stronger when you listen to things while you sleep. It's almost funny that TV and radio shows are called *programs*.

When people have the same thought at the same time, they increase its power. They can do this for good or bad. The following are some examples. Some use loving thoughts of group prayer to help heal people. Some use angry thoughts of mob mentality to harm others. And corrupt leaders spread violent thoughts to make large groups do violent things. They do this through mass media. Millions of people watching violent shows—and playing violent games—make the world more violent.

Be careful in choosing things you watch, listen to, and read. And be careful in choosing video games you play. At times, you can simply stop accepting thoughts from others. And you can make and use your own thoughts. You can have thoughts that are most healthy for you.

MAKING HEALTHY THOUGHTS

You can make strong thought sets you enjoy reading. The following are some ways to do this.

Use words you say in your daily life. Try to keep things simple. And try to keep sentences shorter than about 14 words.

Use thoughts about things happening right now. So use thoughts that start with words like *I am*, *I do*, or *I feel*. And avoid thoughts about things happening later on. So avoid thoughts that start with

words like *I could*, *I look forward to*, *I might*, *I ought to*, *I should*, *I will*, and *I would*.

Use thoughts that focus on good things you want. And avoid thoughts that focus on what you don't want. So use words like *avoid*, *free*, *reject*, and *stop* as little as possible. You can do this by saying the same thing in a positive way. The following are some examples. *I avoid fear* becomes *I am brave*. *I am free from weakness* becomes *I am strong*. *I reject confusion* becomes *I am clear*. *I stop a harmful habit* becomes *I am healthy and protected from harm*.

Avoid thoughts about working to make things happen. Use thoughts about things happening right now. So avoid thoughts that start with words like *I achieve*, *I acquire*, *I push away*, *I reject*, and *I seek*. Instead, use thoughts that start with words like *I am*, *I have*, or *I receive*.

Avoid thoughts that sound unsure about things. So avoid thoughts that start with words like *I could* and *I might*.

Your mind usually overlooks small things that reverse the meaning of bigger things. So avoid using the following.

- Words like *no* or *not*.
- Words that begin with *dis*, *non*, or *un*.
- Words that end in *less*, *free*, or *out* (e.g., *without*).

If you must use these things, make them easy to see and hear. Try using italic or capital letters.

Three examples of positive and concise thought sets are at the end of Part II.

USING HEALTHY THOUGHTS

To get better using healthy thoughts, you must make new lasting electric paths in your brain. To make a new path, you must repeat a thought around 130 times. Try doing this in ways that keep your attention. You might try repeating the same thought using different words.

Making a lasting electric path in your brain is like making muscle memory. When you repeat a body motion enough times, you finally do it without thinking about it. When you want to walk, you don't think about which muscles to use. But when you want to do new things, you must think and then repeat new movements many times. The same happens when you want to change what you think. You need to repeat healthy thoughts many times.

The fastest way to make a lasting electric path is the following. Send your thought energy through as many parts of your brain and body as you can. You can do this by reading, speaking, hearing, writing, and recalling thoughts. Doing these things with others can help even more. Try different ways to see which ones work best for you.

All things are made of an electric kind of energy. Every thing we now know—or can imagine—is made of this energy. The mass of solids, liquids, and gases is made of it. Thoughts are made of it. Even outer space is made of it. This is how radio waves travel between spacecraft and earth. They travel through the electric energy of outer space. They do this like water waves travel through the liquid mass energy of the ocean.

Please don't use only thoughts instead of getting help from a doctor. There's a time and a place for everything. Get help from a doctor if you think you need it. And get this help if others think you need it. It's better to be safe than sorry.

T H O U G H T A N D E N E R G Y

Science has proven energy isn't made or destroyed. It only changes form. The following are two examples. We store energy in a flashlight battery in the form of solid chemical energy. And it's changed into light and heat energy. We store energy in a car's fuel, in the form of liquid chemical energy. And it's changed into motion, heat, and electric energy.

Thoughts are made of an energy that changes into electric energy. And this energy travels through billions of cells in your brain. Each thought becomes electric energy that moves between parts of your brain. These electric changes are called brainwaves. And they can be measured like all other energy waves. These brainwaves are changed into electric signals that travel through your body.

In some ways, you receive and send energy waves. You receive light energy waves through your eyes. And you receive sound energy waves through your ears. Your brain turns these waves into images and sounds. And you understand them in the form of thought energy waves. And you send out energy waves in the following ways. Your thought energy waves change into waves of electric signals. These signals make your body send out sound waves, with encoded things called spoken words. And your thought energy waves make your hands move in wave pat-

terns. These patterns send out encoded things called written words.

Science has proven the following about thought and energy.

- Thoughts, mass, and space are made of an electric kind of energy. Every thing is made of this energy. And this energy is always changing.
- Every thing is connected in one energy field.
- Every thing is always changing and always stays connected. And no one knows what any thing is made of. "Solid" things are made of atoms. And atoms are made of 99.999...% space and some type of unknown, vibrating bundles of energy strings. Things appear to break apart into ever smaller things. And they appear to join together into ever larger things. The smallest might be parts of an atom. The largest might be the expanding universe or other dimensions scientists are talking about. No one knows what the smallest or largest things are. And no one knows what they're made of. Our knowledge of them keeps changing. So we can only imagine what we'll know about them in the future. It's as if today's science fiction becomes tomorrow's reality.
- Our world is made of thoughts, actions, space, and other forms of energy. Every thing is part of one connected—and always changing—energy field. This includes your view of things. Your thoughts and body change this energy field. And this field changes your body and every thing around you. It Is. And we're all part of It.

You are a form of energy that can view and change other forms of energy (i.e., things). We know you view and change them in the here and now. But no one knows the exact point that you view them from. When you close your eyes and daydream, where do you view things from? Where's the exact place of your viewpoint? No one knows.

Your energy to view and change other forms of energy may live on after your body dies. In support of this idea, we know that energy isn't made or destroyed. It only changes form.

The above means you're not the following. Your material things (forms of energy that you've collected or believe you "own"). Your body. Your parents. Your children. Your partner. Your name. Your sex. Your race. Your age. Your national background. Your sexual orientation. Your job. Your education. Your degrees. Your achievements. Your religion. Your

opinions. Your beliefs. Your thoughts or feelings—of the past, present, or future. None of these things define who you are. Defining yourself by them can limit your freedom to experience life and grow.

Many people find it most difficult to understand that they're not their thoughts and feelings. If you are these things, which ones are you? All those of the past, present, and future—including the ones you've changed and outgrown? Or are you only some of them? If you are your thoughts and feelings, will you disappear when you forget them? You experience thoughts and feelings in a temporary way. But you're not these things. You're not these forms of energy. So, you're not any of the things (action energy) that happened to you—and you're not trapped by memories (thought energy) of them. You live in the here and now. And you experience the thoughts you allow yourself to have in the here and now.

If you're not the things listed above, then what are you? As talked about earlier, you're a form of energy having the power to view (experience, understand, and know) things *and* to change your view, thoughts, feelings, actions, and many things. The view and thoughts you have—and the things you change—are your choices.

To summarize your powers, you can do the following things. And you do them in the here and now, in one connected—and always changing—energy field.

- Choose and change your view of thoughts and other things.
- Choose and change your thoughts. By doing this, you choose and change things about you—and things around you.
- Change things about you like your feelings, actions, and body.
- Change many things around you.
- Recall old thoughts from memory and from symbols (e.g., letters, figures) imprinted on things.
- Receive new thoughts from imagination.
- Receive new thoughts from inspiration.
- Receive new thoughts from All That Is.
- Exchange thoughts to change what others know, feel, and do.
- Have no thought.

Your thoughts change your life and things around you. They do this in small and big ways. And they do this in slow and fast ways. The thought energy from you—and everyone who ever lived—has slowly changed our world in a big way. Over thousands

of years, this collective thought energy has changed the energy of every thing around us. It's made many of our thoughts. This thought energy shaped our past. Thoughts from imagination and inspiration shape our future.

A FEW MORE THOUGHTS

If you've learned something new about thoughts, your view of things has changed.

What can you do to have a better life? Be careful about the thoughts you let into your life. Reject unhealthy thoughts that are spread through mass media in many places. At times, stay away from all forms of mass media for a couple weeks or more. Tune in to your own thoughts and feelings. Have healthy thoughts and feelings that you choose.

You can make your life better. And you can make our world better. These things start with your thoughts.

EXAMPLES OF THOUGHT SETS

I Control My Thoughts

I am aware of my thoughts, feelings, and actions. I control my thoughts, feelings, and actions. I control my thoughts to control my feelings and actions. I control my thoughts.

I make my thoughts better to make my life better. I make my thoughts better to make my feelings and actions better. I make my thoughts better to make my body better. I make my thoughts better. I make my life better. I make my feelings and actions better. I make my body better.

I choose the thoughts I have. I have healthy thoughts. I have healthy feelings and actions. I have a healthy body.

I am attracted to good thoughts. I allow good thoughts into my life. Good thoughts fill my life. I have good thoughts.

I make my life good by choosing good thoughts and a good view of all things.

I make my thoughts good by carefully choosing them.

- I choose all my thoughts.
- I choose each thought in my life.
- I choose thoughts I have in the here and now.
- I choose thoughts I have in memory.

- I choose thoughts I move from memory into the here and now.
- I choose thoughts I move from the here and now into memory.
- I choose thoughts I erase from the here and now.
- I choose thoughts I erase from memory.

I choose all my thoughts. I choose good thoughts. My thoughts are good.

I make my view good by carefully choosing it.

- I choose my view of all things.
- I choose my view of each thing.
- I choose my view of past, present, and future things.
- I choose my view of All That Is.

I choose my view of all things. I choose a good view of all things. My view of all things is good.

I control my view of all things. I decide how I view all things in my life. I view all things in healthy ways. I view all things as ways to grow. I direct my view. I can direct my view to the following.

- I can direct my view to old thoughts I keep in memory and from symbols imprinted on things.
- I can direct my view to thoughts I have in the here and now.
- I can direct my view to letting in new thoughts when I learn, when I imagine, when I am inspired, and when I am open to All That Is.

I control my thoughts. And I make my thoughts better. I control my view of all things. I make my view of all things better. I control my thoughts.

I Respond in Healthy Ways

I am clear in my thinking and feeling. Because I am clear, I make wise choices and responses. I make wise choices and responses, regardless if extremes are around me. I respond to things in healthy ways.

I know which things I can change. I know which things I lack power to change. I know some problems can not be solved. I can be happy without solving every problem.

I have healthy concern about things I can change. I limit my concern to things I can change. I choose how much thought and energy I give things. I spend a healthy amount of concern, energy, and thought on things.

I can respond to things in many healthy ways. I control my responses. I respond to things in ways that are most healthy for others and me.

I choose to respond to things in any of the following ways.

- I delay responding to things of concern.
- I become free from things of concern.
- I remain engaged with things of concern.
- I think before I do things, when there's time. I become calm and focused about making healthy responses. I slow down and become quiet. I make a plan of healthy responses by doing the following. I gather facts. I learn about things I want to change. I learn about things through the views of others. I learn about many sides of things. I learn about how I can change things. I exchange thoughts. I receive help from others. I reason. I imagine. I receive inspiration. I have new thoughts, new views, and new understandings. I use my plan of healthy responses. I change things in the here and now.
- I quickly use my healthy instincts when there is little time to respond to great danger.
- I stay calm by doing any of the following. I have healthy thoughts. I have thoughts about good things in life. I think about the good things I have, and I become thankful for them. I become busy doing healthy things. I do happy and fun things. I listen to happy music. I watch funny shows. I laugh. I do healthy activities. I exercise. I do slow deep breathing.

I control my thoughts, words, and actions. I am in charge of my thoughts, words, and actions. I control how I respond to things. I respond to things in healthy ways.

I Live in the Here and Now

Living happens in the here and now. The here and now is for me to know and treasure. I make best use of the here and now. I do this because it is where and when I live. I live in the here and now.

I have rights to do the following because I am in the here and now. I have the right to be here now. I have the right to be happy. I have the right to live. And I have the right to grow.

I receive things needed to live and grow in the here and now.

I have healthy concern about things that may happen in the future. I do not guess too much about the future. I do not worry too much about the future.

I am as happy as I allow myself to be in the here and now. I remain happy even when I must do

difficult things. I am happy in the here and now. I am happy in life. I am happy.

I am at peace with the here and now. I live in the here and now.

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