

HOW TO BE REALLY HIGHLY HAPPY:

LEARN THE MEANING OF LIFE

**GET GOOD MENTAL HEALTH & A
SUCCESSFUL LIFE**

A short & simple guide By Nat Nollid



**SPREAD THE WORD: THE DIVINE SECRETS OF YOUR
LIFE & THE UNIVERSE ARE DEEP INSIDE YOU. FEEL
FREE TO CONNECT ANYTIME. NO MONEY NEEDED.**

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44. Selected poetry credits from the charity book: Life, Love, Light & Loss: Mystic Poetry by Nat Nollid.

Dear Reader,

Throughout my life from a toddler onwards: having gone through a variety of emotions, turmoil, deep trauma, challenges, personal doubts, despair, bullying as a teenager, tendencies to wanting to give up on life, family & social ups & downs, I feel it only right that I share my wisdom & experiences with people who may need a nudge or some guidance. I also had some great happy times too; it wasn't all bad! The best thing is to share problems because the worst thing is to keep issues bottled up inside. I have had counselling & therapy too. It was so easy to feel sorry for myself & I did just that for a while. I finally realised only I can make my life what I want it to be. The Universe will give us ALL various challenges. Be in no doubt: we ALL do suffer. The greatest universal truth: There is always light & hope at the end of any dark tunnel. I am still learning. We never stop. Experiences make us tougher. We need to toughen up physically & mentally. Karma sorts out justice, eventually.

I am no more special than the next man. I do feel that so many of us just expect things all the time. We want: ME. We want: NOW. We can't just keep taking from the Universe without giving back. The best things in life indeed are free but we are so consumer mad. Balance is the key. Just like on a see-saw.

I feel so lucky that I have been able to come through so many challenges & I am lucky to still be alive. To me the Universe is the Creator God. We are all an extension of the Creator God. If we were humble & did some introspection, we would see & feel this divine energy. I hope these nuggets of wisdom, poetry, psychology & science help a few people given the mental health epidemic especially since Covid.

I have read a few self-help books over the years. Most are overly complicated. My aim is to simplify & to go deep into our souls when explaining our life & how to try to live it. I have studied most religions too.

Guru Nanak said: What is the best religion? The goodness of action & a thirst for the divine!

I am not good & no-one is bad.

A good philosophy to go by with most people in life.

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Have a Heart, Give a Heart, Share a Heart: To save your Heart
The Miracle of the Oxygenation Pump . Part 1

Have a heart. Go on, have a heart!

Do you have a heart?

Or does it simply just beat?

How will you live apart?
Will our hearts ever truly meet?

**It's the biggest killer
Can we ever be free of heart disease?**

**Yet it's the greatest lover
It's the only true lover
It's the only sustainer
It's the one that lets us all dream**

**Without your healthy heart
Your brain would go insane
Your body will stop and freeze.**

Give a bit of your heart away

**Be generous in spirit
Don't waste it
Don't frit it away**

**Don't hate it any which way Don't keep it away
Don't let it be all alone!
70 beats a minute**

**4000 beats an hour
100,000 beats every day
37 million beats every year 3000 million beats in a lifetime**

So many many, many beats. Every beat is free

**The best thing in life
Is your beating heart beat
How many have you given away?**

How many have you shared? How many have you cared?

Pray tell me, will our hearts ever truly meet with the divine within?

1. Congratulations wonderful people: we are all made up of...nothing, mostly. Yes nothing. Sorry about that.

No need to take things to heart or so seriously: Nothing matters in essence. Short science bit, please bear with me. We are all made up of molecules containing our unique billions of codes of DNA & biological structure but deep down we are atoms, which are made up of protons, electrons & neutrons.

The electrons orbit the protons & electrons in empty space. Yes empty space! It is about 1% matter & 99% empty space. These are then further made up of sub-atomic particles called quarks. These are (finally, we think) made up of vibrating strings. In a nutshell: We are simply vibrating strings of energy. Feel the celestial melody of this divine energy inside of you. It is free. Just open your mind. It is that easy.

I know what you're thinking. The reason we see solids everywhere is that the electrons of each atom repel each other. So matter doesn't merge in this physical domain.

When we say we give off vibes: this is what we mean. The Universe is vibrating constantly. From the grain of sand, to the ant, from the plants to the clouds, from the elephant, to the cluster of galaxies that make up the observable Universe. All vibrating strings of wonder. Marvel in that wonder. We are so insignificant yet we are also the Universe personified.

As a metaphor: our aim in life is to be the 1%. To think like the 1% of humans who are at this high stage of wisdom & spirituality. This is the most difficult task in our lifetimes. We are what we think. Nothing really matters because we come from nothing & we go into nothing, physically. Our soul & consciousness is all that moves into the spiritual realm. I cannot prove that to you. If you search deep within yourself, you will, hopefully, come to realise this reality too. I can only help you to try. The rest is your journey. No promises made.

Welcome to your life, there is no turning back. (We know a song about that don't we?)

We are where we are. Marvel at the wonder of science & nature. The Universe is watching you & me. Let us all string

along...The word "Universe" is made up of "Uni" meaning 1, or one or single or unifying & "verse". As a poet, verse means to me that the Universe started off with the "Word". The Word that the Creator uttered to start the Big Bang is different in many religions but means the same thing. The Universe is poetry in motion. How lucky we are to be part of this magic in our short human life forms...All hail the Timeless Lord...

LIFE IS ?

Life's what you make it
Life's a bed of roses
Life's a breeze
Life's a bitch
Life's a new beginning
Life's without a hitch
Life's all heavenly true
Life's playing a round
Life's me really knowing you
Life's a holiday
Life's love with no sound
Life's knowing your way
Life's a dream
Life's a beach
Life's the heart showing the way
Life's what you mean
Life's a party
Life's plain sailing
Life's swimming the sea, me hearties!
Life's full of surprises
Life's everything you could wish for...
Life's for the wisest
Life's something deep you're longing for
Life's for the highest
Life's nothing you don't really need
Life's for the humbly nicest
Life's it if you don't fake it
Life's everything you should wish for...
Life's what you make it
Life's all heavenly true
Life's you really knowing me
Life's all heavenly true

Life's me really knowing you.

2. How do we survive in todays world?

It is not easy. So many distractions. So many things we feel we must do. The more we have the more we want. We make bad decisions. We need someone to blame. We are like robots. Rushing around. We must do one better. We can't take any criticism. We want to be loved. Compliments only please. We fail too realise the Universe will give back what we put in. We need some bad to appreciate & love the good. We need to control our pride & ego: the root cause of most problems. We are surrounded by angry & super selfish people everywhere. I am using humour, poetry, science, psychology, philosophy & spirituality to try & give some answers to many of today's challenges. Please don't follow the majority sheep.

3. Why do I feel so lonely, sad & empty?

The writer has had these challenges throughout his life. The early deep trauma of losing my mother as a toddler has stayed with me. I now have, mostly, self-healed myself through prayer & meditation. Accepting what has happened no matter how painful is the first thing. This can take a while to achieve. We all have flaws & physical & mental challenges. But these make us better humans in the long run. Realise that you are a miracle made by the wonder of the Universe.

Potentially: you are the most amazing human on earth. You possess the greatest super computer ever made. Scientists still haven't a clue how we function as conscious humans & how our deep sub-conscious keeps us in check. If we used 90% instead of 10% of the brain, we would connect with the Universe & its Creator. Keeping busy & active will stop these

feelings of sadness & loneliness. All things must pass. This includes these feelings. We need some PlanetCommonSense.Com baby!

HEADLESS CHICKENS

Here we go
Running around
Rushing around
Trying to make ends meet
We make a house
Then we want ten more
We have a lover
Then we want ten more
We have a thousand in the bank
Then we want a million more
Rush rush rush
Hush hush hush
Pray don't tell anyone
We think we will live to 100
We want more more more
Headless chickens
Thats all we are
HEADLESS CHICKENS baby!
We all live as headless chickens
Running after
Chasing after
Greeding after
Lusting after
Heading after
Dreaming after
Scheming after

We fail to see
This is all temporary.
We fail to see
This is all just temporary.

4. Why am I so moody? So many highs & lows?

Most of us are bipolar to some extent as well as having some traits of autism or Aspergers or other neuro-divergent behaviours. We have challenges with moods, social interactions & our quirks & habits. We all have meltdowns now & then. It is okay to have a little cry & heal the emotions. Release your sadness. It will help to heal.

Meditation helps. Try it for 5 minutes & build up slowly. Find some quiet moment & space. Close your eyes. Play some meditation music if needed. (The natural sounds of waves or the forest for example). Focus on the moment. Accept everything that has passed: no matter how hard it has been. Dwelling on the past or what could have been will not change the here & now. Time travel is not possible. You will move on & learn from your experiences. The Universe will make you a better person for it. In time, the Universe will reward you for your wisdom. The road ahead may be rocky & long. But that's okay. You will get there. Eventually.

Prayer helps so, so much too! Connecting with our consciousness & our soul is as old as the dawn of man. Patience is required. The Universe knows you inside out. Your thoughts & prayers are being noticed. Don't expect instant results. We are all tested by the Universe.

Serenity Prayer:

God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference, living one day at a time; enjoying one moment at a time; taking this world as it is and not as I would have it; trusting that You will make all things right if I surrender to Your Will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

(<https://www.abebooks.co.uk/9780956362384/Life-Love-Light-Loss-Nat-0956362389/plp>)

LIFE-GUIDE

**Be humble, not too proud
Don't look down, look upwards,
be stable, not too loud
Don't keep a frown, look outwards,
Be balanced in talk & in action
Let others get angry, keep a cool reaction
Find the guide for life,
If you're nine or sixty-nine.**

**You may be born poor,
Let that spur you on
You may be brought up badly
Look around, you will find a cure
Don't let bad people turn you on
Daily prayer will save you being so madly
If the company you keep is the wrong type,
Change your outlook, find the right life-guide.**

**Broaden your horizons,
Narrow minds are the wrong-uns,
Re-educate yourself,
Don't leave it late, never can tell,
Seek inspiration from the wonders around you,
There are no limits to the mind within you,
If the computer is taking over,
The life-guide will one day run it over.**

**Stand on your own two feet,
Before you fall in love,
Don't rely on others to support you,
Love isn't always the first you meet,
Your true self is the higher above,
People will cling on, give them the boot,
The life-guide will reward you,
If hard work is your only rule.**

**It takes two to keep kids
So cover your past with a strong lid
Have as many as you want,
As long as theres money in the bank**

**Don't kid around & play around with them,
Your family tree will be their Godsend,
Your future life-guide can be adopted
But dont just do it to be noticed**

**Be ready to forgive & forget,
The truth will always live on,
Some things are best left never said,
One day we are all here, next all gone,
Stay positive self-assured and cool,
The light will once again shine within you
The life-guide can fill your insecurity,
Then you will feel the beauty that is within thee.**

**Look in the mirror, like the sight?
Then why do you give others the fright?
If you can't hack the city try the country verse,
Know your limits but expand with the Universe
Don't let time beat you into a dead-end,
You have a beginning, you will one day end,
Nature will carry your spirit through the worlds,
Anger & envy, sloth & gluttony, lust & pride
If you resist coveting these, you will be the life guide.**

5. Why do I feel so lost?

The mind has positive & negative thoughts & feelings. The challenge is to develop a Positive Mental Attitude PMA. The mind plays tricks on us at times. We are being tested. Most of us are lonely deep down. Most of us forget the primordial truth: we are all on a spiritual as well as a physical & mental journey, as a human being in this existence. We must try to connect with our spiritual self. It takes time. But it is possible for everyone. 70% of our illnesses start within the mind. We are what we think & do. Mind over matter. Be thankful to the Universe even in despair. This is what I try to do & it helps me get answers to my dilemmas. We are learning till our last breath. The word Sikh means student.

6. No one loves me. My family hate me. I am bullied. I have no one.

Love is a strange emotion. There are many variations. We have family love. We have partner love. We have platonic love between friends. We have lusty love. We have love for pets & nature. The highest form of love is love for the Divine & the spirit within us. Be in no doubt: when you feel your family & friends are not there for you, the Universe is always there for you. You are never alone. Feel the love within through meditation & prayer. If you are being bullied: learn self defence. Loads of free resources online. Do basic physical exercises. The adrenalin & new energy you will feel will transform you. The best thing is: this is all free.

THE BEST RELIGION , THE GREATEST RELIGION

All through the ages
Mankind has sought this question.
The great unanswered question
This has lead to thousands of wars
Killing hundreds of millions.
The answer is so simple
The Best Religion?
The Greatest Religion?
This was answered 500 years ago
By Saint Nanak from the East
But very few were fortunate to have heard it.
THE GOODNESS OF ACTION
AND A THIRST FOR THE DIVINE
Ten simple words...
The Best Religion
The Greatest Religion.
"The Goodness Of Action
And a Thirst For The Divine"
Ten simple words...
Sikh the truth.

7. Why do I feel like giving up?

Never ever give up. The Universe really needs you. It may not seem like it but millions would love to be in your shoes. Half the world is starving. Your life is a golden opportunity to do so much. Just a split second change of attitude can flip your destiny to greatness. Snap your fingers as a moment to do a complete about turn from negative to positive. Patience is the key. These feelings of desperation will pass. Substitute these negative emotions with anything different or random: watch a funny film, go out for a long walk, join a sensible social group online, go for a cuppa, talk with old acquaintances, go to the library, read a book. You will feel refreshed & full of hope. Re-programme your mind. You are a mind with a body. New Positive Mental Attitude instructions will work miracles for you. Please be patient. We all have demons inside of us that we have to deal with. Learn Laughter Yoga. Be silly. Just try it. Nothing will last. Everything is temporary. Everything.

LOVE

You are such a feeling

You are so appealing

You are so revealing

You are so overwhelming

You light up my life

You love me all true

You give me every high

Love is in all that you do

I see you in all

I see you in big things

I see you in small

I see you in every thing

You have a million eyes

You have a million scents

I hear your million cries

I see your heaven sent

We all miss your love

We all want your divine
It's you we all think of
It's you that makes us shine

I see you in the stars
I see you in the cosmos
I see you near and far
I see you when I'm lost

You light up my life
You love me all true
You give me every high
Love is in all that you do

You bring me pure joy
You bring me pure ecstasy
You understand my every ploy
You forgive only with my honesty

You light up my life
You love me all true
You give me every high
Love is in all that you do

I pray everyone can get you
Your love is pure abundance
Most haven't got a clue
All are blind to your radiance

You light up my life
You love me all true
You give me every high
Love is in all that you do

8. Why do I feel so sorry for myself?

Please stop now! Being self-obsessed is not good, look around you: half the country is struggling to pay the bills & feed itself in this cost of living crisis. Slow & steady wins the race. Your journey on this planet is unique. We all give off vibrations & energy. It is either positive or negative. Some of us have positive energy & vibes which others sense soon as

we walk into a room. It is a mindset that we can all achieve if we desired it. You are a small cog in the giant wheel of the Universe. You are as lucky as the stars. You just don't know it yet. You need to have faith in yourself & love yourself. A walk in the fresh air, marvelling at the beauty & wonder around you will freshen the mind 100% guaranteed.

9. Why do I get so many challenges?

In physics: it is called cause & effect. Karma works in similar ways. This may be hard to contemplate. Our previous incarnations need to be balanced in this life. Our childhood & earlier life needs balancing. If we lived in a paradise, believe me: we would soon get bored as we would not have any contrast or challenge. The Universe gives us all challenges. Once we start to do good, think good about others, do some charity, try not to cheat in any way: we will find good things happening to us. It will take time to manifest sometimes. Other times you may find an instant change in your destiny.

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DANCING TO THE TUNE

**Dancing to the tune
We're all dancing to his tune
Whatever he has planned
This is what envelopes
Yes we have free will
But he sets the parameters
Yes we can shape our destiny
But he decides if it fulfils**

**Dancing to the tune
We're all dancing to his tune
And don't we just love it**

**A perfect melody
In perfect harmony**

**Such sweet sweet moves
Dance to the music
Romance to the music**

**Such pangs of separation
Not knowing the full equation
Laughing at the divine
Mocking the true light**

**Dancing to the tune
We're all dancing to his tune
And don't we just love it**

**Dance the day away
From the moment of birth
Dance the night away
Till the last breath**

**When the tune turns sad
When the disaster strikes
When millions go starving
We blame it all on God
We say he has gone mad
We don't have a bite
We say he is not caring
We say he treats us like dogs**

**Dancing to the tune
We're all dancing to his tune
And don't we just love it**

**A perfect melody
In perfect harmony
Such sweet sweet moves
Dance to the music
Romance to the music .**

**Dance the day away
From the moment of birth
Dance the night away
Till the last breath.**

10. Why does everyone else seem to be happy?

Everyone suffers & is suffering. Be in no doubt. Many hide it well. It is good to talk about things. A problem shared is a problem halved. The Beautiful People, the high & mighty: they all have stresses & strains. Happiness is also a state of mind. We can develop it by adjusting our thoughts & actions. Contentment with what we have gives us magical peace of mind. The poor person with little food or shelter is often the one who has the most peace of mind because he has little possessions to worry about!

11. Why does the world & the news seem so depressing?

Most organisations & journalists have their own agenda. Many are not very intelligent. Some are recruited just to follow a hidden plan or tick boxes. The Left & Right play silly games. Many media people are biased or tell porkies, are hypocrites & corrupt to some extent too. Balance is needed. Corruption is the root cause of most issues. Don't fall into their trap. Spend 5 minutes listening to different Points Of View. See what the Left are saying, then what the Right are saying. The Centre Ground is often the best. Move on. Don't dwell on the news or social media. It is an addictive depressing disease.

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THE NINCOMPOOP

**The nincompoop is the fool of fools
The nincompoop loves to hate
The nincompoop loves to be cruel
The nincompoop doesn't know his fate**

**The nincompoop will sell his own mother
The nincompoop thinks its all so funny
The nincompoop is disowned by his own brother
The nincompoop will do anything for money**

The nincompoop is so lazy

The nincompoop takes everything for free
The nincompoop drives us all crazy
The nincompoop will bleed your good deeds.

The nincompoop sits on the throne
The nincompoop thinks he's the boss
The nincompoop is widely known
The nincompoop doesn't give a toss
The nincompoop abuses his power
The nincompoop never leaves his tower.

The nincompoop is cowardly feeble
The nincompoop tells his army to fight
The nincompoop kills the innocent people
The nincompoop stays well out of sight.

The nincompoop is self-obsessed
The nincompoop has a great ego
The nincompoop has been possessed
The nincompoop will stab you as you go.

All hail the nincompoop!
The fool of fools!
Is there something of me and you
In the great nincompoop?

The nincompoop plants his seeds
The nincompoop is a giant phallus
The nincompoop never tends to their needs
The nincompoop makes all the girls jealous
The nincompoop will one day flop
The nincompoop is ready for the chop.

The nincompoop will break your heart
The nincompoop is lusting over you
The nincompoop has it down to a fine art
The nincompoop knows you haven't a clue.

The nincompoop exploits her beauty
The nincompoop will sleep around
The nincompoop will sell her body
The nincompoop is duty-bound
The nincompoop never loves for free
The nincompoop walks all over thee.

**The nincompoop is so crafty
The nincompoop will con you
The nincompoop will get nasty
The nincompoop sells his soul too.**

**The nincompoop will take it all
The nincompoop still wants the earth
The nincompoop is heading for a nasty fall
The nincompoop doesn't know his true worth.**

**The nincompoop is so rude
The nincompoop never looks at himself
The nincompoop thinks he's a cool dude
The nincompoop will talk you to hell
The nincompoop loves to gossip
The nincompoop never knows when to shut it.**

**The nincompoop is so dirty
The nincompoop smells like a rat
The nincompoop's mind is even more mirky
The nincompoop is as blind as a bat.**

**The nincompoop eats all the crap
The nincompoop doesn't know when to stop
The nincompoop is getting too fat
The nincompoop can't close his gob.**

**The nincompoop is drunk as a skunk
The nincompoop turns into the drugged poppy
The nincompoop leaves you all the junk
The nincompoop robs the weak
The nincompoop rapes for free
The nincompoop knows jail is a breeze.**

**All hail the nincompoop!
The fool of fools!
Is there something of me and you
In the great nincompoop?**

**The nincompoop is the hypocrite king
The nincompoop hates people that look like you
The nincompoop has destroyed your wings
The nincompoop will still sleep with sexy you
The nincompoop has plundered your land
The nincompoop has left you with nothing but sand.**

The nincompoop spreads his disease
The nincompoop corrupts the earthly
The nincompoop brings us all down to our knees
The nincompoop poisons all the worthy.

The nincompoop spends all his time on the Net
The nincompoop simulates having sex
The nincompoop fakes his friends
The nincompoop can never make amends

The nincompoop is the banker who's bent
The nincompoop is bailed by the peasant
The nincompoop has bankrupt the government
The nincompoop are the power-crazy unpleasants.

The nincompoop thinks he'll live forever
The nincompoop builds his fortune of billions
The nincompoop brainwashes the God-giver
The nincompoop screws the innocent millions.

The nincompoop is a very clever fellow
The nincompoop can never see the divine
The nincompoop's mind is so narrow
The nincompoop cannot see the obvious sign.

The nincompoop thinks we're the fools
The nincompoop cannot stop
The nincompoop makes up all the rules
The nincompoop finally goes pop!

All hail the nincompoop!
The fool of fools!
Is there something of me and you
In the great nincompoop?

12. Why have I suffered so much?

The Universe has vibrations of all kinds. The way to help overcome is to believe that suffering is a kind of blessing for the future. Without the bad stuff: we would never appreciate the good. If we can control our 5 thieves or vices: anger, lust, ego, attachment & greed, we will suffer very little indeed. The

Universe almost guarantees this. Join a local spiritual church or visit a temple or Gurdwara. You will learn so much from the right people.

13. Why does alcohol & cigarettes & some other illegal intoxicants make me feel better?

If you need to: only drink to relax but not to get drunk. Alcohol is a poison. Balance is the key. Drugs like cigarettes give a placebo effect but damage lungs & far more. Meditation, prayer & a Positive Mental Attitude is the key to beat addiction. So many groups like the AA can help with addiction & it is free. Don't waste your health on temporary fixes. Treat alcohol & drugs like the poison that they are. The writer has had many adventures with alcohol over the years. Moderation is key. Become a hug dealer, not a drug dealer. Do good, it will amaze.

IN PROFOUND CONTEMPLATION

Before the beginning
Before time and space were created
Before the big bang
Before the material Universe
In endless infinity
In endless aeons
The Temporal Lord sat
Within his own self-created Infinity
In Profound Contemplation
The Creator has been and always will be
Timeless
Hateless
Formless
Spaceless
Colourless
Stainless
When he willed it
He wanted to create a Cosmic Drama
To keep himself amused
Within an instant
Started the journey of creation.

Through the Evolution of Time
Universal Laws of Science.
One day this creation will be merged
The end of existence.
The Cosmos will contract
All will be merged once again
He will be in Profound Contemplation
We will never know the true greatness
That is the Universal Creator
We are mere ants in the Cosmos
Trying, dreaming, looking at the stars
We are so foolish
We do not see the Universal Truth
Staring us straight in the face.

14. Why am I so obsessed with celebrity & brands?

It is okay to respect people & learn from their journeys but sports/movie/TV/internet & other celebrities are just like you & me except far richer. Stop making them wealthy by buying expensive branded items unless those celebrities also donate to genuine charities or have a just cause. Mega corporations got rich by subliminal advertising which we soak in. Try to rise above the temptations. It is off course okay to treat yourself now & then. As always, it is about balance.

15. Why am I addicted to social media & the internet?

In moderation: it can be a good thing. Strict limits work: 10 minutes in the morning & evening. Living your life on social media is brain-washing claptrap. Let it go: time is precious, most social media posts are mind-numbing nonsense. Living your whole life in online social media may not cure the underlying issues of wanting to be liked & loved. It may even make it worse. I have all my notifications OFF. I do not want to be told every time some person posts something or sends me a silly message. Getting out into the real world the old

**fashioned way can help. Learn self-defence & basic First Aid.
Meditate & pray. The Universe within you is waiting to love you.**

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THE ANT KNOWS THE SECRET OF GOD-WHY DON'T YOU?

The dog knows this
The pig knows this
The cow knows this
The bird knows this
Why don't you?
Even the cat you worship
She knows it all!

Little ant to mighty elephant
They all know the secrets of this drama,
Why, oh why, do you forget your Maker?
You too have been heaven sent
You can redeem all your Karma
Let the light within shine, you too can make it!

You laugh at the pig
You think he's dirty
You think he's smelly
You think he's stupid
You think he's ugly
The pig is divine
The pig too is made by the divine
Because he knows God
The pig sees the signs
The pig tells the dog

The dog is not just faithful friend of man
The dog's best friend is God
The dog fully understands
His frequency is in tune with God
The dog tells the cat

The cat is not just your furry friend
The cat thinks of God
The cat lends this secret to the mouse
You think none of this is heaven sent
The narrow mind gets the nod

Instead you worship your house

The cow that gives you the milk
The cow who's steak you eat
The cow who's flesh is burgered
The cow is intelligent as silk
The cow knows your the freak
In the end, you'll be buggered.

The birds sing the praises of the Supreme Being
The birds know the secrets behind all the science
The birds contemplate the intelligent design
The birds are all-knowing and all-seeing
The birds know the Infinite Reliance
Having flown from heaven, they have seen the Sign.

Little ant to mighty elephant,
They all know the secrets of this drama,
Why, oh why, do you forget your Maker?
You too have been heaven sent
You can redeem all your Karma
Let the light within shine, you too can make it!

16. Why am I so sensitive to any criticism?

Try this: In one ear & out of the other. If it soaks in, just rinse it out. Let things go over the head. If you remain calm the other person may learn some humility. We need to accept criticism to become better balanced humans. Since the turn of the 21st century, we are being conditioned to get upset & offended over any small thing. Take deep breaths, close your eyes, happily accept the criticism & the other person will be shocked at your wisdom. Feed spiritual food daily to your mind & body.

17. Why does the world seem so sexist & racist & phobic?

In the West, some issues do exist but there is little overt racism these days & contemporary sexism works both ways. Great progress has been made in the past 50 years. In the East & South of the earth, it is up to a hundred times worse. We

need a reality check. Every community has prejudices & it is mostly covert. It is human nature to some extent. Race is an extension of family. We learn from each other by being curious & broadminded. It is how we evolved as humans from Neanderthal times.

The UK has the first Indian origin Prime Minister. A few years after having the first African American President: the USA has the first female Vice President & she's the first African Asian too. No one would have predicted this so soon, even 20 years ago. I have often been asked: so where am I really from? It is good to use a bit of humour & educate people about the huge sacrifices that Commonwealth nations of all creeds made in both World Wars. The legacy of the various historical empires is both good & bad. We need honest broad discussions from both sides.

THE HUMAN PRE-CONDITION

The human condition

Conditioned to follow

Just like sheep

Why are we so shallow?

All our lives We sleep

We think all the same

We copycat habits

Why are we so insane?

Not much better than rabbits

We fight over silly things

Never tell us we're wrong

We never read the sacred hymns

We never realise where we belong

Conditioned to eat

Conditioned to sleep

Conditioned to excrete

Conditioned to die awake

Conditioned to never meet the maker

Conditioned to enjoy worldly pleasures

Conditioned to enjoy fake treasures

Conditioned to waste time

Conditioned to waste life

Conditioned to die awake

Conditioned to never meet the maker

The human condition

Has failed in its mission.

18. Why is there so much pain & suffering in the world?

The Universe has created good & bad. Mankind has challenges it must confront but it is an evolution of civilization & culture that some places are quite good & others are not. Corruption is the root cause of most issues. We all have different journeys in life. There is evil so we contrast, know & appreciate the good. We should do our little bit to help expose & route out corruption & hypocrisy which will help free the masses. Unfortunately, many politicians tell porkies, are hypocrites & corrupt to some extent. We need to connect with the few good ones or become politicians ourselves!

19. What is karma?

Karma in physics is "Every action has an equal & opposite reaction" (Newtons Laws).

The Bible says "You reap what you sow".

"What goes around comes around".

Do good & good will come to you. Sometimes it feels like the world is against you no matter how much good you try to do. This is the Universe testing & challenging us. You will get the just rewards eventually. Treat others how you want to be treated. Rise above the angry bitter fools around you.

We need to balance our karmas & that is why we have tough times. Some of us have it really tough. Some life journeys are short. Some suffer in pain. Others seem to get away with it. Eventually karma catches up with us all. Do unto others as you yourself would want others to do unto you. Be humble: We are all fools. Tell yourself each day you are a fool but learning to be a better human.

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20. But Covid, the Ukraine war & Brexit is making me so depressed?

Mother Nature is giving us a lesson that we need natural space & overcrowding is not good. Most of the world does not have open borders including super wealthy nations like USA/Canada/Australia/New Zealand/Singapore etc. Corruption is the root cause of world inequality be it Europe/Middle-East/Africa/Asia or Latin America. Top secret: England & Holland are the most overcrowded nations in Europe now. https://en.wikipedia.org/wiki/Area_and_population_of_European_countries

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/populationandhouseholdestimatesenglandandwales/census2021unroundeddata>

Population needs to be balanced to solve both the climate crisis & pollution. Solve corruption to solve poverty & economic migration. [https://en.wikipedia.org/wiki/Population_density#:~:text=The%20world's%20population%20is%20around,mi.\)](https://en.wikipedia.org/wiki/Population_density#:~:text=The%20world's%20population%20is%20around,mi.))

Countries like Singapore have little crime & those coming & going are strictly controlled. Click on "rate" tab to get murder rate descending order. Fascinating reading. Again, corruption is root cause of homicides as poverty, culture & lax laws leads to crime & murders.

[https://en.wikipedia.org/wiki/
List_of_countries_by_intentional_homicide_rate](https://en.wikipedia.org/wiki/List_of_countries_by_intentional_homicide_rate)

By keeping quiet on exposing corruption around the world, we are all making things worse for us all. Every human deserves the same rights we enjoy in the West but we don't wish to offend other cultures & governments so corruption carries on. Occasionally the Universe gives us tyrants around the world as we see now. One day, they will be gone & their people will be free. We fail to appreciate how lucky we are to live in the West at times.

All from nothing.

We all came from nothing
Just ask the scientists
The Big Bang created the Universe
But How?
Why?
Just a random act.
Okay so its all random...
We are so obsessed with the physical
To find the answer
We need proof
We need to see the Creator
There is no God
But there are clues everywhere
We are so possessed with the physical
We fail to search & see within.

The Universe was always there
No! It's a multi-verse
No! It just contracts & re starts again
Okay
So it just happens

Right
So evolution just happens
Gotcha
We all came from single cell organisms
Yes?
Our molecules just multiplied
Correct
All from water sun fire & rocks?
Our complex DNA just appeared from that single cell?
Definitely
Trees appeared from tiny seeds
Off course
It just happened. Just random just like our brains.

Trillions of stars in billions of galaxies
All from a tiny moon sized ball
Or was it football sized singularity?
Let's just make it up as we go
Theories & predictions
Astrophysics nuclear physics & quantum mechanics
All through evolution
Natural selection
But how can this just be natural?
Chemistry and biology
All through evolving
Yet we don't even know
How our minds work
We don't even know
About our conscious
The mystery of the Universe & God
Lies within the underworld of the subconscious
The secrets of heaven
The meaning of life
Our karma from previous lives
Lies within the Unconscious Mind.
Seek & ye shall find. Sikh the truth.

21. Why are the Super Rich getting richer & the poor getting poorer?

Over \$32 Trillion is hidden in offshore funds by the worlds billionaires & mega corporations. Enough money to solve most world problems. The Universe challenges Us: the world's 8 billion peasants should campaign, get together & force

Governments to stop tax cheating, corruption & have more fairness. This will gradually happen but it is a long road when it comes to human greed! We forget the eternal truth: We come with nothing into this world & we all leave with nothing.

https://taxjustice.net/take-back-control/#taken_over/taken_over2

THE A TO Z OF LIFE

Life the Ascension
Life the Birth
Life the Childhood
Life the Drug
Life the Earthly
Life the Fulfilment
Life the Greedy
Life the Heaven
Life the Internet
Life the Joker
Life the Killjoy
Life the Lust
Life the Marriage
Life the Nothingness
Life the Observant
Life the Present
Life the Questioning
Life the Relationship
Life the Sanity
Life the Time
Life the Useless
Life the Vanity
Life the Wisely
Life the X-Ray
Life the Yearning
Life the Zodiac

22. Why do I get so angry & rush around so much?

Some people are made to really test you. Some people will wind you up. Some are just a bit too narrow-minded & selfish. They are all around us. Take pity on them. Rise above them by

letting go of anger. Try to keep away from such people & situations. Sometimes a change of scenery & a move away will work wonders.

Take a deep breath. Leave home 10 minutes early: it will work wonders for your health. Once a day turn everything of noise, off! Have some quiet time of reflection, learning & acceptance.

23. There is a cost of living crisis now. I can't afford my rent or mortgage. Even buying food is hard.

Get advice from wise organisations. Prioritise how you spend your money. You will be surprised what you can save by getting sensible help & advice. If you don't ask, you don't get. You can get cheap or free food via apps or food banks. In this cost of living crisis: there is help around. We can economise a little here & there. It all adds up. Small tricks to cut down on our bills. Join clubs & societies. Learn a new skill. We all have hidden talents.

24. If there is a God, why can't he show himself? There is no proof.

So mankind is so clever he doesn't even know what his consciousness is or how it works. Not a clue. Most of us don't believe in a Supreme Being. The proof is inside you. Waiting to be discovered. The 90% of our consciousness & brain that we fail to use is partly the reason we don't connect with the God residing in us. Look around you. All the creatures being sustained by heartbeats. Animals instinctively learning to fend for themselves. Birds flying in harmony for miles. Have you ever wondered why? Look at the stars at night. Did they just appear from nowhere & for no reason? The laws of nature & science often work in perfect harmony. The Power behind all

this is real. We just need to connect with this hidden Power. This Power that is within your consciousness. So near yet so far away...Think of God as being an acronym that stands for Grand Originating Designer or Great Original Designer. Our thoughts come from God in essence. We are created in the image of our Creator, which means that the Universe started as an idea in the mind of the Grand Designer.... so we are creations in the imagination of the Grand Original Designer!

EVERYONE BELIEVES IN A GOD

**You, me and everyone
We all believe in God
Especially the non-believers
The atheists are the biggest believers in God
The agnostics believe in God too
We ALL do
We just don't admit it.**

**Some believe in the God of love
Some believe in the God of sexy gadgets
Some believe in the God of the internet
Some believe in the God of deceit
Some believe in the God of sex
Some believe in the God of porn
Some believe in the God of perverted desires
Some believe in the God of palaces
Some believe in the God of sport
Some believe in the God of science
Some believe in the God of worship
Some believe in the God of earth
Some believe in the God of nature
Some believe in the God of work
Some believe in the God of flesh
Some believe in the God of material
Some believe in the God of pride
Some believe in the God of laziness
Some believe in the God of crime
Some believe in the God of colour
Some believe in the God of happiness.**

We ALL believe in God

**No matter who we are
We don't admit it to ourselves
But we ALL believe in God.**

**Some believe in the God of food
Some believe in the God of drink
Some believe in the God of drugs
Some believe in the God of ego
Some believe in the God of lust
Some believe in the God of heroes
Some believe in the God of power
Some believe in the God of fame
Some believe in the God of control
Some believe in the God of brainwashing
Some believe in the God of war
Some believe in the God of banking
Some believe in the God of possessions
Some believe in the God of celebrity
Some believe in the God of fantasy
Some believe in the God of beauty
Some believe in the God of illusion
Some believe in the God of family
Some believe in the God of the beautiful people
Some believe in the God of delusion.**

**We ALL believe in the greatest God of all
Since cave man times
To the days of bartering the women
We all believe in the God of money.**

**We pray to the God of money
We lust after the God of money
We dream over the God of money
We have orgasms over the God of money
And we never fake them
The God of money will help us to live forever
The money God will make us infinite
The money God will make us immortal
The money God has the biggest following
The money God may be an illusion
But the money God is the greatest God of all
We will take the money God to our graves
The money God will be taken with our ashes
Then we will know it was all an illusion.
Till then, please pray and worship the money God**

With all your heart and love.

**(Don't wish to be frightfully rude,
But do you worship another God too?)**

25. What is the meaning of life & this existence? Is this all real?

We only use 10% of our brain power. 90% of our super computer we fail to use. Imagine what we would know if we could use our brains fully. The mystery of the mind & brain is where the secrets of the Universe lie. We are in this physical realm. There is beyond this the spiritual realm. Our obsession with all things physical means we fail to connect with our spiritual self. Life is real but all things must pass. The Universe has billions of years of energy left. We have about 100 years at the most. Learning our purpose in this existence is the biggest challenge. Most of us can't be bothered but we should open our minds & seek out this greatest thing of all.

My simple theory on the spiritual realm is that is the place where electrons don't repel each other. Matter merges with itself. We can connect with this realm but it takes time.

Each of our unique journeys must one day end. Physical death happens to humans just as it happens to the stars when they run out of energy. All things must end. Our body is a vessel, a costume, a cloak, that houses our spiritual self, our consciousness, our soul. The mystery of who we really are. Meditate & pray & the answers will come to you, eventually. It will take time so patience is the key. Absorb positive energy: be it from people, pets, nature or crystals & gems. Even a placebo works wonders. Keep away from bad, negative people. There are thousands of verifiable stories & documentaries on the after-life, Near Death Experiences & 5 year olds being able to recall their previous lives, places, relatives. Search the Net

on Youtube & other sites or go to a library. It is not a coincidence that most faiths, including parts of Christianity, have reincarnation & karma as central to their faith.

26. Connect with your divine self: Talk with God, by talking with yourself. Yes, really:

This sounds crazy. God isn't up in the heavens. God is you. God is everything in the Universe. You are God. God's spirit is inside every human. God is also the energy or as scientists call Dark Matter or Dark Energy that sustains the cosmos. You are never alone. Your inner most secrets & thoughts & prayers are heard by the Universe. Break physical matter down to protons electrons & neutrons. Then further down to strings & quarks. All this energy was created from nothing by the Creator. There is Intelligence to this accidental Design of the Universe. It is not a random event as many scientists tell us or as we in our minds conveniently tell ourselves in our physical mind-set. I talk with God when I meditate, when I pray, when I go for a walk or asleep. It sounds mad but the Universe is listening to you: if you let it. When you pray you have a divine dialogue with God. He hears you, always but patience, love & contentment is the key to being heard & changing your life for the good.

You can connect with the Creator 24/7. He will listen. Sometimes you need patience. Be humble when you ask for things. The Divine Energy that has created you also cares for you but you must try to connect with it first with love, humility & contentment. Leave as a visitor on this earth with good memories so the next visitor who takes your place, will have a good example to go by.

TOO MUCH OF ANYTHING WILL KILL YOU

Too much salt
Will give you blood pressure
Too much sugar
Will make you fat
Too much fancy foods
Will give you cholesterol
Too much water
Will kill you
Too much sex with any flesh
Will give you disease
Too much hero worship
Will make you insane
Too much ego
Will never let you go
Too much power
Will make you corrupt
Too much money
Will make you sad
Too much of yourself
Will make you bad
Too much of the world
Will make you mad
Too much of anything
Will make you a nothing
Too much of anything
Will kill you.

27. In conclusion:

We are dealt the cards we have for a reason but the Universe always wants us to do well and we can get through the tough times. We need bad to appreciate the good & the bad challenges are there to make us better in our unique journeys. I am only 10% of the way in my personal spiritual journey after all this time but I am getting there, slowly. I am distracted by everyday life just like you. I am learning little golden nuggets each day. Some days I succeed & other days I don't do as well. But I am learning to try & control my anger & greed. I am learning to balance up my lust & attachment & pride too. Ego & selfishness is the big one we all must balance up.

Connect with the temple within you. Your mind is filled with powerful jewels, gems & rubies. The primal sounds from the divine celestial melodies are within the Universe of your divine consciousness. We all need a dawn spiritual exercise.

Go on, its free & powerful: Have dialogue with the Creator within your consciousness. The Universe already knows what will happen with our lives. As gatekeepers of our lives we can help mould our destiny by influencing the ever flowing pen of the Universe.

Have a Heart, Give a Heart, Share a Heart: To save your Heart
The Miracle of the Oxygenation Pump . Part 2

**When it's beating we're so fine
But when it begins to attack
Will you be able to give anything back? Can you make it hold back?**

**The young and the old
The black and the white
They all have the same mould
But all can get the attack
All can get the bad gene
All can get the accident
All can get the injury
We all know what this has meant
You give the heart too much food
You give the heart too much drink
You drug the heart when its not in the mood**

**The miracle of the beating heart
The wonder of the beating heart
Has to be loved to keep it beating
Never grow apart from your heart**

**Give some of the miracle beats away
Multiple beats will then come your way
Worth more than pearls, platinum, gold or diamonds**

**Billions in the bank turn to ashes
Majestic mansions turn to soil**

**The president to the peasant
All have the same beating heart
Without the beating heart
How can we ever live apart?**

**Research for the heart cure
Support the poorly patient
The heart is the greatest lure
Campaign for a better heart
Care for the dear families apart
Inform us all about the love, wondrous heart!**

Those that give free service

Give their hearts for free

Those that remain nameless

They give their all for free

They give their hearts

**So your heart can be saved
So one and all
Don't be shy, have a heart
Don't let pride get in the way,**

Give a heart.

To save your beating, beating, beating heart.

What a beating wonder!

**Have a heart
Go on, have a heart!
Do you have a heart?
Or does it simply just beat?
How will you live apart?
You can never live apart
You have only the one heart
True today, yesterday and for evermore
It's the only true memory that's left behind
But when they look for yours, what will they find?**

Share your beat and care for the beat, your beat

Pray tell me, will our hearts ever truly meet with the divine within?

28. See the YouTube links below for more info.

Please copy & paste links into your browser.

Meditation for beginners:

<https://www.youtube.com/watch?v=KQOAVZew5l8>

<https://www.youtube.com/watch?v=0eKD-mDa3CA>

<https://www.youtube.com/watch?v=U9YKY7fdwyg>

<https://www.youtube.com/watch?v=42TJsdDRhmA>

<https://www.youtube.com/watch?v=LpgF4BXvI1g>

<https://www.youtube.com/watch?v=PqMZfr3wMHE>

Free advice & help:

<https://www.citizensadvice.org.uk/>

<https://www.mentalhealthandmoneyadvice.org>

<https://www.mind.org.uk/>

<https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/>

<https://www.alcoholics-anonymous.org.uk/#>

<https://www.samaritans.org/>

<https://www.sikhhelpline.com/>

<https://www.sikhnet.com/>

This prayer contains most of the basic secrets of the Universe within its words:

<https://www.youtube.com/watch?v=trLiOS0QEIo>

<https://www.youtube.com/watch?v=KXaI8S3h5ZM>

https://www.youtube.com/watch?v=QsUWd_3nMlg

First Aid/Self-Defence/Health training:

<https://www.youtube.com/watch?v=ErxKDbH-iiI>

<https://www.youtube.com/watch?v=59UWCAoqv7c>

<https://www.youtube.com/watch?v=jAh0cU1J5zk>

<https://www.youtube.com/watch?v=KVpxP3ZZtAc>

<https://www.youtube.com/watch?v=YLs-3nbDPgs>

Karma explained. Why is there pain & suffering?

<https://www.youtube.com/watch?v=ObjJafH2JtA>

<https://www.youtube.com/watch?v=nHNOKAHA-Sk>

<https://www.youtube.com/watch?v=ok8NYX1ddM8>

https://www.youtube.com/watch?v=OZcPBeo2_L8

<https://www.youtube.com/watch?v=-xrPEPIzHRs&list=PL2lbLaiYahpVdSgKMCUn2NDIJ2u-BBQ-I>

https://www.youtube.com/watch?v=N2GW_WcgjVo

<https://www.youtube.com/watch?v=XxjbhWzTxUI>

Reality of life:

<https://www.youtube.com/watch?v=AUjnygqh24c>

<https://www.youtube.com/watch?v=zMA80MOuEa0>

Love is my religion:

<https://www.youtube.com/watch?v=GXkSTA3VjQo>

<https://www.youtube.com/watch?v=fUQqsUVYdp4>

<https://www.youtube.com/watch?v=L-1UAORcX4c&t=1061s>

<https://www.youtube.com/watch?v=cQAC00DISB0>

Is your mind on fire?

<https://www.youtube.com/watch?v=JVQwiMb1xe4>

How do I calm my mind:

<https://www.youtube.com/watch?v=4dtIDLrw4zI>

<https://www.basicsofsikhi.com/>

Life: from beginning to old age:

<https://www.youtube.com/watch?v=cMgqwmDngzU>

Europeans find hope in the newest faith:

<https://www.sikhnet.com/news/white-sikhs-foreigners-who-found-faith-sikhism>

<https://www.youtube.com/watch?v=-XHSHW7lou8>

<https://www.youtube.com/watch?v=-fLt-RwwIhM>

<https://www.youtube.com/watch?v=yihfwKsCcx0>

<https://www.youtube.com/watch?v=XafA0MbFcZ8>

<https://www.youtube.com/watch?v=twkJ1pc5BvU>

The tenth gate of your mind:

<https://www.youtube.com/watch?v=3XYPikG5Ixk>

Meditation & the 10th gate:

<https://www.youtube.com/watch?v=9eNjD4SFnVY>

On life, death & the afterlife:

<https://www.youtube.com/watch?v=09iQahewzA0>

<https://www.bbc.co.uk/bitesize/guides/zjq9dxs/revision/2>

https://www.youtube.com/watch?v=pWoG_Bul1cE

<https://www.youtube.com/watch?v=PwT2zf7uy-0>

<https://www.youtube.com/watch?v=aSntDuGkfKg>

<https://www.sikhismguide.net/heaven-after-life/>

<https://www.youtube.com/watch?v=C5pblK3inqY>

<https://www.youtube.com/watch?v=i9sdVqkLx6o>

<https://www.youtube.com/watch?v=qNK6bgQJCIY>

<https://www.gotquestions.org/what-happens-after-death.html>

Science & beyond:

<https://www.youtube.com/watch?v=kypne21A0R4>

<https://interestingengineering.com/science/due-to-the-space-inside-atoms-you-are-mostly-made-up-of-empty-space>

<https://www.youtube.com/watch?v=k2rPV-9DLMw>

<https://www.youtube.com/watch?v=XuUR7v7hkOQ>

29. This book is sponsored by LOVINGTHEGIFT.COM

New age spiritual crystal gemstones shop is open in a new location after a 3+ year gap.

12-6pm Saturday, with other days subject to change

FREE PARKING ON SATURDAYS, IS FIRST RIGHT PAST THE SHOP (from A12 end) In Oak Street bays.

Please message, text or Whatsapp on 07306 31 8883 or mail:

lovingthegift@yahoo.com for details or see website for updated opening

hours. Happy to give free advice where needed. Also rosaries  crucifix communion christening, spiritual items, knick knacks, baby, pet, wedding gifts, vintage, antique collectible comics & interesting collectable books & more!

How to get to the shop: By Bus 252 or 296/66

20 minutes walk from Romford Market, Romford Station (Zone 6) on the new Elizabeth Line on the London Tube.

LOVINGTHEGIFT.COM

123 Mawney Road,

Romford, Essex,

RM7 7BH, UK. (Third Rock from the Sun.)

The Universe is waiting to connect & bless you: let it in & release the wonder stored deep inside of you. Start the journey, now.

30. Selected poetry is from the charity book: Life, Love, Light & Loss: Mystic Poetry by Nat Nollid.

Available from Lovingthegift.com or outlets such as:

<https://www.amazon.co.uk/Life-Love-Light-Loss-Nollid/dp/0956362389>

<https://www.waterstones.com/author/nat-nollid/1884856>

<https://www.shieldcrest.co.uk/product/life-love-light-and-loss-by-nat-nollid/>

(Proceeds to the British Heart Foundation.)

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