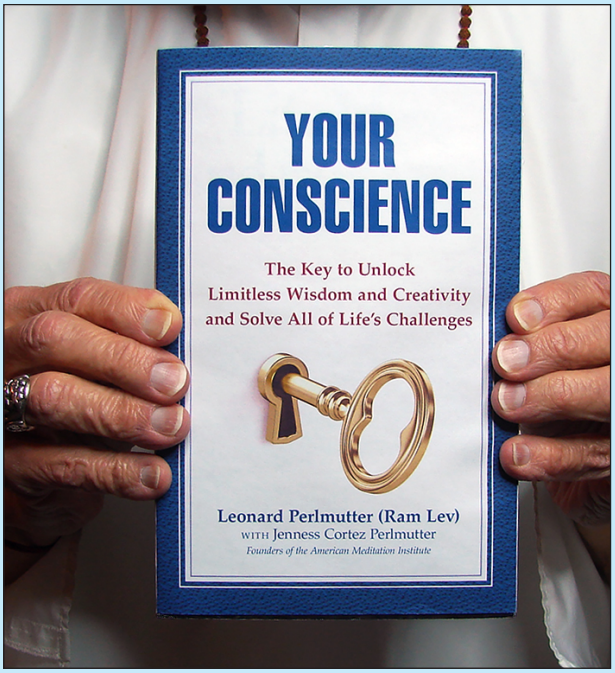

Three Excerpts

A Call to Humanity (463 words)
First-Aid Kit for Worries (645 words)
Top 10 List of Experiments with the Conscience (709 words)

If you are interested in reproducing any of these Three Excerpts please send your request to: ami@amipublishers.org, or call (518) 674-8713

YOUR CONSCIENCE

The Key to Unlock
Limitless Wisdom and Creativity
and Solve All of Life's Challenges

Leonard Perlmutter (Ram Lev)
With Jenness Cortez Perlmutter
Founders of The American Meditation Institute

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A Call to Humanity

"Dare to know!
Have the courage to use your own intelligence."

Immanuel Kant

"A bit of advice given to a young
Native American at the time of his initiation:
As you go the way of life, you will see a great chasm.
Jump! It's not as wide as you think."

Joseph Campbell

I wrote this book to address a crisis in education.

Many of us, no matter when we graduated from high school, were only educated to memorize and recite information. Perhaps a truly skilled teacher taught us critical thinking skills. *But it is highly unlikely that we learned to develop the practical and creative tools that reliance on the Conscience can provide.* As a result, we are ignorant of our own innate, brilliant human capacity to make the wise and kind decision in every circumstance. The Conscience gives us the confidence to know what's to be done and what's not to be done, no matter what challenge we face. But our ignorance of the power of the Conscience blinds us and leads to suffering.

The relentless onslaught of information from our mobile devices, cable outlets, emails, and social media feeds adds yet another layer of stress and anxiety we are not equipped to manage. At an alarming rate, bits of new data challenge our security and titillate the pleasure centers in our brains, driving us to make snap decisions that lead to fear, anger, disease and even death. Technology may have changed how we were taught and how we stay connected to one another, but it has not addressed this serious deficit in our collective education.

At this auspicious moment, an openness to embracing new (and old) ideas from beyond our present cultural matrix can bring us the sustenance and growth we desperately need and desire. Our modern American culture now faces a golden opportunity to go beyond its impoverished rigidity, superstition, blind customs and dogma to attain the spiritual and philosophical wealth necessary to solve *all* life's challenges.

Today, a new reliance on our Conscience as our guide can make it possible for each of us to access and integrate intuitive wisdom, and to establish greater personal security, creativity and peace of mind. As we experiment with the profound gifts of the Conscience to determine our thoughts, words and actions, we are destined to become both prophets and beneficiaries of our own Super Conscious Wisdom. For this noble endeavor, learning how to use the infinite resources of the Conscience is not simply a good idea, it is a dire necessity.

With love and respect,
Leonard Perlmutter (Ram Lev)

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First Aid Kit for Worries

Worry is neither genuine concern nor creative problem solving. Worry is our animal nature's insistence that some unexamined fear will lead to loss. Compulsive worrying is the misuse of our sacred energy. Yet to one extent or another, we all worry about what the future might or might not hold. How alluring is that unending train of hypothetical "what ifs!" What if this should happen? What if that should happen? And what if neither happens? Far too often, our concerns even prevent us from getting a good night's sleep. And the more attention we give our worries, the worse we feel—physically, mentally, emotionally and spiritually. This need not be the case.

Why? Because if you are a person who worries a great deal, it means that you are a very wealthy individual. Your worries and fears represent a powerful natural resource, if you learn how to use your Conscience as a mechanism for transformation. Imagine for a moment that you've discovered a vast deposit of gold ore in your backyard. Without employing a mining operation and processing plant, you'd never benefit from your potential wealth. Similarly, without an understanding of your own mind, you'd never be able to turn your worries into usable energy, will power and creativity. Leonard Perlmutter's new book, YOUR CONSCIENCE, explains the Four Functions of the Mind and teaches you to coordinate them to listen to the wisdom of the Conscience—thereby transforming that energy of worry and helping you reach your highest potential.

With this understanding, you can employ the *First-Aid Kit for Worries* as a plan of action whenever you get hijacked by worry. You have the power to transform those worrisome thoughts into reserves of energy, willpower and creativity by basing your outer actions on your perfect, inner wisdom.

First-Aid Kit for Worries

1. Before you address your anxiety, pause and ask yourself the question, "Who am I?" Through this form of quiet contemplation, your attention becomes centered in the peace and fullness of your Higher Self, created in God's own image, your Perfect Inner Wisdom.

2. To calm the mind, attend to the inhalation and exhalation of your breath at the bridge between the two nostrils (where the nostrils meet the upper lip) for 60 seconds.

3. As you remain centered in your Higher Self, practice detachment and dispassionately welcome, witness and honor your concerns—allowing yourself to be present with these thoughts, desires and emotions without being controlled by them.

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4. Listening to the inner wisdom of your Conscience, willingly surrender the worrisome thought back to its Origin—the Origin of every person, every thing, and every thought. "Thank you, I have no need for this worry."

5. Try to recognize an opportunity (it's probably in front of you right now) to engage in some selfless service. It might be as simple as washing the dishes, or you could call or visit an elderly relative. Selfless action will transform the energy of worry into the energy of love, fearlessness and strength.

6. If it's possible, go for a brisk 15-20 minute walk, gently swinging your arms and focusing attention on your breath as you inhale and exhale.

7. Repeat steps one through six as necessary whenever you recognize that you are being plagued by worry.

Throughout history, the profound insights of Yoga Science and philosophy (such as this "*First-Aid Kit for Worries*") have been taught and re-experienced within the culture and idioms of changing times, so that their healing and nurturing effects can be embraced anew by each successive generation. Whenever their inner wisdom has been realized and relied upon, individuals have experienced the greatest freedom of all: the freedom from worry and fear. When you learn to embrace this freedom through a daily practice of Yoga Science, your life will become a great and meaningful adventure. On that journey, you naturally blossom to your fullest potential.

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Top 10 List of Experiments with the Conscience

I am convinced that each one of us is intimately familiar with the function of the mind we know as the Conscience. I believe we know when we are following its wisdom. When we make a skillful choice regarding what we eat, we know. When we are kind to another human being, we know. When we spread love rather than fear or anger, we know. And when we do the opposite, we also know.

One of the ways we know we have acted skillfully is that we feel better—whether it is physically, mentally, emotionally, or spiritually. How do you feel after you eat a fresh, wholesome lunch? How about after a double hamburger, fries and a soda? How do you feel when you volunteer your time in service to others? How about after a Saturday afternoon spent channel surfing while lying on the sofa? You know. We all know.

Here are a few suggestions from my new book YOUR CONSCIENCE for those who genuinely want to make a change, but are not sure how to begin. Try one of these experiments for a day, then decide if you want to extend the period to a week. After a week, you can decide if you want to try another experiment. Don't think of it as a New Year's resolution; it's just a simple experiment. It might even be fun! You're just indulging your curiosity.

Each time you experiment with making a wise choice by listening to the Conscience, you are building strength and resolve that will help you make other skillful choices about issues that might not be quite as obvious. You're in training. We all are. The important thing is to start somewhere. Let your Conscience be your guide!

1. Eat and drink less of the stuff you already know is not nourishing. If you can't give up a whole cookie today, try giving up half a cookie—just for the sake of the experiment.

2. Make your bed every day. This small act has a surprisingly positive impact that lasts all day, all the way up to and including when we go to bed.

3. Drink hot water instead of coffee, tea, or soda. You can microwave it or heat it on the stove or use an electric kettle. Try to drink at least one more cup of hot water a day than you are drinking right now.

4. Experiment with stepping away from your phone for an hour each day. You could try this while you are working or eating. Is there a difference if you can still see the phone (even if it is not within reach) compared to when it's in another room?

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5. Try to stop interrupting people so often. We all do it, often because we're excited to express our enthusiastic agreement. Practice listening patiently while family members or colleagues attempt to communicate. Notice the impact this has on people. When you catch yourself interrupting, stop and apologize, then let them finish expressing their thought.

6. Before you engage in a difficult conversation, pause and take five deep breaths. If you don't have time for this because the person is standing right in front of you, take one deep breath before speaking. Notice how that one breath changes the energy between you and the other person.

7. Choose one small daily chore, like brushing your teeth, and when you perform that chore, give it your full attention. When you notice your mind has wandered away from what you are doing, gently bring it back.

8. When you recognize that you are worrying about something, simply notice. Take note of the fact that you are worrying, and just consider the possibility that you could do something different with that energy.

9. Whatever that one thing is you do that you should stop—try stopping it, just for today. And whatever that one thing is you don't do that you should start—try starting it, just for today. Take one small step today, without concern for what will happen tomorrow.

10. Practice smiling. The sages tell us that cheerfulness is the most powerful mantra. Look for one extra opportunity to smile every day, even if you are just smiling to yourself in the mirror.

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