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FOUR RULES

AND
THE SPIRIT OF

THE BEAR

John (Po) Barrow

Genesis 1 & 2

**In the beginning GODS, it said,
Were believed to make everything known**

**Until so many died in the absence of rain
That the folly of worship was shown**

Those who claim their god's authority as absolute insist this plural represents a fantastic singular. Many people have died as a direct result of this lie.

Which is a shame because the original story, that of a man whose wife dies in childbirth during a drought and who saves his twins' lives by walking away from his religion to where rain falls but who lies to them their origin rather than admit his past foolishness, is perfectly plausible and encourages no one to waste their life.

**“You’re a dragon,” said the baby buffalo
To the dragon who obviously was,
“Why is it always, Just because?”**

**The dragon laughed,
Sending wrinkle nosed smoke stars
Into the baby buffalo sky,**

**“Of a mythical beast a buffalo asks Why?
Why! Just because”**

There is an enormously lucrative industry dedicated to maintaining the mystery of religious texts and promoting particular interpretations of them

Do not expect any who enjoy an income or elevated status from religion to agree worship is worthless and prayer is pointless. Just notice their best advice to anyone.

**Sing an old song,
Read an old book,
Hope for the best,
And pay the preacher
Who pays the church
To spread the word
Among desperate people
That the way forward
Out of poverty and
Out of oppression
Is to sing old songs,
Read an old book,
Hope for the best
And pay the preacher
Until death overcomes
The usefulness of
Food, clothes and shelter.**

A more logical route to happiness is free.

Follow four rules and your personal guide inside you to find happiness.

Do not lie

Do not cheat

Do not steal

These eliminate worry about discovery.

Do not harm

This eliminates worry about revenge.

Anything else is just stuff happening
If it bumps into your life deal with it
and if it doesn't don't worry about it.

Which leaves you free to notice the spirit of the bear inside you that will help you the rest of the way.

Picture a Happy Bear here

Your bear lives in your heart. It cannot tell you what to do. It can only “growl” to warn you when you are going wrong.

**Step One -
Stop believing it can't be done.**

Within the bounds of only four rules and guided by your bear it is easy to surprise yourself at what you can achieve. Be aware of local law and its local consequence.

**Step Two -
Don't try to be anyone else but you.**

Paths may cross from time to time and destinations may be shared but you will not find your happiness by following the path to someone else's. Just as others will not find theirs by following you on your path to yours.

**Step Three -
Be the best you you can be**

We all have different combinations of ability. The more of your time you spend doing what you are good at the more success you enjoy and the happier you feel.

**Step Four - Remember
No one has ever been you before.
There is no book of instructions.**

As long as the spirit of the bear inside *you* is happy with you its courage is there for you whenever you need it.
Use it wisely, with love.

If you choose to look

If you chose to look, you will find there really was a plural at the very beginning of what became the Book of Genesis.

If you choose to look, you will find worship clubs amass huge amounts of money by doing nothing beyond pretending their own importance.

If you choose to look, you will find impressionable people all over the world being told their deaths will be even less comfortable than their lives unless they accept they deserve to suffer and give as much as they can to their self-appointed “advisors” for the rest of their lives.

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Caution - Loose Page

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**We are all of us enlightened
Until we let somebody
Convince us otherwise.**

Have confidence in your self to have been born with all you need to get through life quite happily without spiritual guidance from anyone else.

The Four Rules are common sense. The imaginary bear is just a tool to make it easier to understand what to listen for inside yourself.

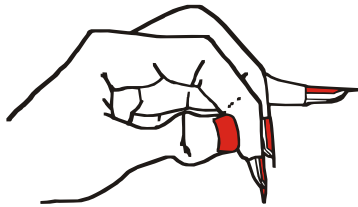
If you cannot detect your “bear” run a check against the four rules. You may have become used to your bear growling and think it is normal.

If symptoms persist see a surgeon.

I chanced upon an information and
reasoned the cause and effect of it.

It is what I do well. My bear is fine.

Po.



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