

long since forgotten they had. They were able to create anything they wanted by just thinking of it. There were no factories there and there were new innovations being thought of everyday. No one there really had to work. My mission was to unravel their secret to this power and report back to earth with my results so that they could be analyzed.

My flight was boarding at 12:00 PM and I had a little time left before we took off. The other passengers were just as excited as I was to be going to another planet, one they had never been to before. They ranged in age from 12 to 60 because there was an age restriction on flights to this planet. It had something to do with the length of the flight. I was 57 at the time and had just come in under the wire as far as the age restrictions go. We all wanted to know what it would be like on Xellon.

We boarded the flight at 12:00 PM and it took off promptly. We went into hyper drive within an hour and we were on our way to Xellon. We would have to spend quite a lot of time in the cabin of this spaceship and it was designed with our comfort in mind. It had all the amenities. I'm

glad that the paper was picking up the tab for this flight. The cost was \$ 2,000,000.00 round trip and I surely didn't have that kind of money. My salary at the paper was only \$ 1,000,000.00 per year and I had a wife and children to feed. \$ 1,000,000.00 didn't go far in this day and age.

I settled into a routine on the flight there. I would awaken early in the morning and do exercise, then take a shower, eat breakfast, watch the news from earth on the TV and then write in my journal until lunch time. After lunch, I would talk with the other passengers to get a feel about what they were thinking and then I would retire to my room and meditate for a half hour, then came dinner. I would fall asleep around 10:00 PM every evening.

We were lucky. The flight we were booked on was an express shuttle to Xellon. It would take only a month to get there. That month went by rather quickly and we were approaching the planet rapidly. As we got closer to Xellon, we could make out the peculiar color of the planet. It

was violet. Sort of like the color of the sun setting as seen through violet sunglasses. The closer we got the more violet it looked. Even the surface of the planet was richly hued. It had every color in the rainbow on it. It was magnificent.

The landing gear was down and the approach to the surface of Xellon was imminent. We would be landing in ten minutes. As I looked out the window upon the multi colored surface of Xellon, the excitement I felt started to mount. What would the people of Xellon be like? Could they talk English? How would I communicate what I wanted from them to them? Would they let me write a story about them? Would that story be interesting enough for the viewers of the Daily Chronicle to read? Would I win the Pulitzer Prize for my story? I would find out the answer to all these questions shortly.

My description of the planet thus far was from a distance. Upon landing, my view of the planet was radically changed. It was beyond description. There was nothing on earth to compare this planet with.

The beauty of it was beyond description. The beauty of its people was also beyond description. Everyone upon the planet Xellon was beautiful. Their skin color had a greenish tinge to it and everyone there looked to be no more than thirty years old. They all looked pretty much like we do but they had none of the imperfections that the people on earth had. There was no disease on Xellon. It didn't exist.

Our ground transportation from the docking terminal to our hotel room was not ground transportation at all. We were whisked away in a vehicle that seemed to float four or five inches above the ground. It was propelled by a system that we had yet to discover on earth. It was fully automatic and never required any assistance from anyone. All you had to do was speak your destination into the universal translator and it would take you to your destination, our destination being the Xellon Hilton. Commercialization of this planet couldn't be far behind.

Once I settled into my hotel room, I was introduced to the Xellon who would be my guide and mentor on this planet. She was beautiful beyond

words. How did we communicate? All I can tell you is that there were no spoken words. It all happened mentally. Whatever I was thinking about to ask her was instantly transmitted to her. Somehow I was also able to hear what she was thinking. I wanted to know how this was possible since I had never been trained in this sort of communication. I would find the answer to this question and everything else that I wanted to know shortly.

Chapter 2

Universal Communication

My guide, on this journey to discover the secrets of Xellon, was called Hela. Her name was handed down to her from her ancestors who inhabited Xellon over 10,000 years ago. The life expectancy on Xellon was over 500 earth years and upon passing away, the body went into what the Xellonites call Transition. No one actually died. They were transformed from one form to another. In fact, the purest form of life on Xellon had no form at all. This transition phase had something to do

with the violet color of the atmosphere. It was said to contribute to everything and everyone on the planet.

Hela was 300 years old and looked no older than thirty. She had many children but all of her children were at least 100 years old. They were considered to be young adults by then. We took one of the transportation vehicles to a small rural setting outside of the main town of Ilos. It was about 400 miles away. We got there in less than an hour.

There I would learn about the inhabitants of Xellon and how they lived.

The first thing I wanted to know, from Hela, was how we were able to communicate. She had never spoken English before and I had no clue as to what their language was about.

Hela explained the way we were communicating as follows. In the entire Universe, was their an unspoken language that everyone knew? Of course there was. We called it intuition. The Xellonites took intuition one step further. They used it to communicate to one another and to communicate with anyone else that they came in contact with. This

feeling or intuition could be used to do all sorts of things. If you knew how to use it, you could both send and receive messages to another person, even someone that didn't know how to use it himself. I would learn later on how to use this secret to acquire what I wanted out of life but for now, I learned how to communicate with the Xellonites.

It was really quite easy once you got the hang of it. Since I already knew how to meditate, I was halfway there. You just had to take meditation one step further. All anyone had to do is get into a meditative state, and then project your thoughts and feelings to whoever you wanted to. This projection was pretty automatic once you got the hang of it. They would pick up on your thoughts and feelings then they would send their thoughts and feelings back to you. It was much more efficient than talking because communication was almost instantaneous. Nothing was ever left out and you knew exactly how the other person felt. In fact, it was impossible to hide your true feelings. It was like mind reading only better.

I communicated with Hela for hours in this fashion. She told me that everyone on her planet was a vegetarian. They only ate what they could grow and harvest. There was an overabundance of plant life on the planet and no one ever went hungry. The Xellonites only ate once a day. Their one meal consisted of a variety of plants and vegetables and was consumed in the early afternoon. They all drank the juice of this one plant that tasted surprisingly like orange juice. In fact, it was the same color as orange juice only tastier. I had grown to love this juice in just one day.

As I mentioned earlier, no one on Xellon really had to work. Everyone had an assigned task to do and that task was voluntary. It depended on how one felt on the day that the task was assigned. One day you might be asked to harvest the plants for next months food allotment or you might be asked to be transport supervisor for a day. Since all knowledge on Xellon was universal, that is everyone knew everything about any subject you can imagine, each task was relatively easy to complete. In

the lifespan of the Xellonites, each one had done every task. Nothing was a mystery.

As far as food preparation went, it was all natural, never cooked. They had beverages such as tea and coffee but again, the consumption of those beverages was up to the individual. It depended on what state of mind you wanted to be in.

The day was drawing to a close and Hela took me back to my hotel room so I could get some rest and record my findings for the day in my journal. I had a lot to think about and I wanted to be refreshed for my next excursion tomorrow.

Chapter 3

Spiritual Law

I had traveled to another galaxy to report on the people of Xellon and their culture. Their culture was similar to ours in that they believed in a higher power than themselves. This power governed their every movement and thought. They found a way to tap into this power and

use it for their greater good. They had certain Spiritual Laws that were strictly adhered to and followed. I asked Hela about those laws on our next excursion out. Here's what she had to tell me.

There was only one power in the Universe. We called that power God.

They called that power Om. Through Om, everything could be

accomplished. They had a direct link to Om. Om had given them certain

laws to follow and as long as those laws were followed the Xellonites

would live in harmony. Here are the laws laid down by Om.

1. There is only one power and that power is Om.

2. Meditation is the way to access that power.

3. Visualization while in mediation can transform what you visualize

into reality.

4. Think only good and pure thoughts and only good will be

manifested.

5. Hold no thought in your mind about want, lack or envy. They will

destroy the good you seek.

6. Think only healthy thoughts and you will be healthy. There will be no disease.

7. Eat only what you can grow.

8. Never destroy life.

9. Life is everlasting.

These were the laws laid down by Om and everyone on the planet believed in these laws. These laws cover everything that means anything to the people of Xellon. They all lived by these laws. Even though these laws looked simple on the surface, they were very powerful laws when applied to the Xellonites. In fact, if these laws were applied to the people of Earth, how different our life would be. I would immediately apply these laws to myself and see what effects they would have.

Chapter 4

The Test

I've been on Xellon now for about a week. Time goes by here quickly. In fact, time goes by quickly everywhere. There is no moment of time

where time stands still. It is always in constant movement. You cannot stop time and you cannot reverse time. It's another constant that cannot be changed.

It was now time for me to put to the test what I had learned. The test was a simple one just like the laws were. I would go through each law and apply it to my life and the surroundings that I might find myself in to see if these laws really worked. To prove a theory you have to put it to a test. Once proven, then these laws would be immutable.

On earth there are many religions. According to whichever religion you believe in, you would practice that religion according to the laws of that particular religion. Even though there are many various religions on earth, they all have one underlying premise. That premise being that there is a supreme being that created the laws that govern religion and that being is all powerful. Thus the proof of law number one is at hand.

There is only one power and that power is OM.

To prove the second law, I would set aside time everyday to meditate

and get in contact with the higher power and see where that meditation leads me. First I would choose a quiet place to do my meditation. One where there would be no distractions such as television, radios, outside noise, voices or other things that would tend to distract. I would sit in a comfortable position and then concentrate on my breathing. This would give my meditation focus. I would focus on my breathe going in and out and watch my thoughts as they would go flying by. Eventually, the watching of my breathe going in and out would have a calming effect on my mind. Thoughts would start to go by slower and eventually all thought would disappear. I would reach a state of total calm and once in this state, everything in life and about life became crystal clear.

This thoughtless state where the only sound in your mind and thoughts are your breath is where you can directly come in contact with that higher being that controls everything in everyone's life. It's not your day to day activity that counts in life. It's how you program your unconscious mind. It's your unconscious mind that controls what you

do and what outcomes manifest in your life. To prove this theory, while in my meditative state, I would program my mind to write another chapter in my book and that chapter would flow from my fingers like water. I didn't have to worry about the outcome. Since I programmed my mind to believe that my book would become successful, that is what it will become. Once this book is successful, I will have proven the second law. Meditation is the way to access the power of the OM and once that power is accessed, you can use it to manifest and create whatever it is you want out of life, as long as it doesn't conflict with the other laws.

Once proven, these laws are immutable.

Chapter 5

What You Think

As voiced in the last chapter of this book, meditation is the key to accessing that higher power that controls everything that manifests in your life. Visualization while in meditation can transform what you

visualize into reality. If you constantly think about all that's bad in your life and you don't focus on the good, then only bad things will manifest in you life. If however, you think about how good life is and all that you have and can have in life, then only good things will manifest in your life. You can transform your life into whatever it is you hold uppermost in your mind. This is how all things were invented and how life itself progresses. Without a clear vision of where you want to go in life, your trip in life will become just like a ship without a ruder. You will have no clear cut direction to sail trough life's storms. You will be blown wherever life feels like taking you. Unless you take control and steer your life in the direction that you want it to go, how can you expect any other outcome but confusion.

The third test in my series of tests is to take a subject that is dear to me and manifest that desire into reality. Just like space flight my mind must take wings and fly wherever I want it to go.

I've always wanted to teach others what I have learned about

manifestation and how the mind works to create what you really want in life. My goal then is to transform this story into a lesson for all to learn from. At the end of the story, I want everyone who reads it to come away with a clear understanding of how to make their life a thing of beauty and wonderment. How to create whatever it is they may want to manifest in their lives.

Let's take money for instance. Everyone needs and wants to have enough money to purchase or buy whatever it is they want. Not everyone has that amount of money. How do you get it? How can you make it a reality for yourself? How?

Start off by reaching a meditative state. Once there, imagine how your life would be changed if you had all the money you could ask for. What things would you have in your life? Actually visualize those things and your life the way it would be if you didn't have to worry about money.

See and feel how happy you would be. See and feel where you would live and how you would live. Don't leave out any detail. Hold this picture in

your minds eye until you can actually feel the emotion that this feeling will bring.

Do this everyday and what you want cannot fail to materialize in your life. It must come about. This is the law of manifestation.

Chapter 6

Think Healthy Thoughts

On Xellon, as I explained earlier, there is no disease. No one gets sick so they don't have a need for doctors. Medicines don't exist there. What's their secret? How can you benefit from what they know? How can you conquer disease and sickness in your life? Think only healthy thoughts.

Our bodies are made up of the same substance that permeates the universe. That substance cannot be destroyed. That substance has no disease. It is only when the mind and the body are out of sync that we experience disease or sickness. If your mind and body are in sync with one another, there can be no sickness.

If you get the proper sleep and rest and if you exercise your body and

your mind on a regular basis, your body and mind will be in sync with each other. What constitutes proper rest? Enough sleep, six to eight hours, per night so your body can awaken refreshed. What constitutes proper exercise? A total body workout, such as Yoga or Aerobics, at least thirty minutes a day, that's done five days a week.

Meditation is what puts your body and mind into perfect harmony. If you meditate every day for at least ten minutes a day, and think only healthy thoughts, you will never be sick. What are healthy thoughts?

Thoughts about how you want your body to look and feel. Think about vibrant health. Think about the body you have dreamed of. No fat. No disease. Perfectly molded to the shape you want. Keep these thoughts in mind and you will achieve that perfect body you have dreamed of having. One that never gets sick.

Chapter 7

Write It Down

Like everyone else, my mind tends to forget things that are important to

me. It's not that I forget, it's that I cannot focus on those things all the time. There are too many distractions that occur in my day to day life.

How can you focus on what's important to you and not get distracted by things that are not? Write down those things that are important to you and read what you have written down several times a day. One you find yourself getting out of focus and drifting wherever life takes you, look at what you have written down and it will bring you back into focus. Let me give you a few examples.

Let's say one of your most precious desires was to purchase that new house that you've always wanted. You don't have the money now to purchase it but you know in your heart that you want it. It's been uppermost in your mind for a long time now. To manifest this house and bring it into being in your life, you would go into meditation and focus on how you want your house to look and feel. Once out of meditation, you would have a written statement of how your house would look and feel. You would even have a picture of a house similar to

yours to look at along with your statement. You would review your statement and the picture everyday until your house became a reality.

If you follow the above step and apply it to whatever it is you may desire in your life, it will come to past. This is one of the most powerful steps that you can ever take. It makes your meditation and focus even more powerful. You can use this step to create whatever it is you want.

If you want an million dollars, write it down. Say you want to be a millionaire in writing and repeat what you have written to yourself several times a day. Keep what you have written in a prominent place where you can see it always. This step works for everyone. Believe it and it will become part of your daily routine that you look forward to doing everyday.

Chapter 8

Help Yourself by Helping Others

Once you have achieved almost everything that you desire in life by following the directions set out in this book, help others to become as

aware as you are. Imagine a world where no one gets sick. Imagine a world where there is no disease. Imagine a world where everyone is happy. Imagine a world just like Xellon. It's possible to attain. All you have to do is to help others become just like you. Once they have learned the things that you have and they apply them to their own lives, this will change the world you live in.

There was a great man that lived over two thousand years ago. He taught the world a way to live but the world soon forgot his teachings.

They didn't actually forget. They just never applied those teachings to themselves. Since they forgot how to apply those teachings to

themselves, countless wars broke out. Sickness was rampant throughout

the world. No one had a clear path to follow except a countless few. Who

was that man? Jesus Christ. He taught the world a better way to live,

yet few followed his teachings. They forgot the most important parts.

At the beginning of this book, I told you that the earth had long since

forgotten the power that the Xellonites took for granted. It's the same

