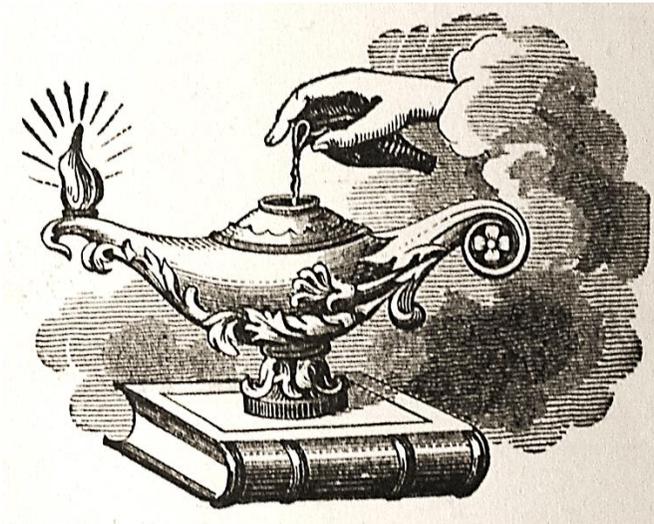


REGARDING HUMANS



By

Matthew D. Johnson

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This book is dedicated to my sweet wife Debra and my three beloved children.

A large number of people today call themselves “spiritual but not religious”. When one describes himself or herself this way, the general understanding is that he or she has rejected traditional, mainstream religion for various reasons (teachings in conflict with science, homophobia, sex abuse scandals, sexism, holy books that are full of errors or outdated modes of thinking), but still is not an atheist at all. These individuals will not only claim to believe in God, but also many believe in Jesus, angels, Heaven, Hell, reincarnation, horoscopes, Buddha, karma, ghosts, psychics, mediums and many other things.

I subscribe to a belief that I call “Universalism”. I believe there is truth in all religions. It is obvious to me that all holy books are written by men. Anyone who goes to cross reference things such as prophecies will quickly find they are no more than cherry picked phrases taken out of context. This is especially true in the Bible.

However, if one reads between the lines, there is a universal truth in all holy books whether it be the Bible, the Quran, the Gita or any other book. The esoteric traditions of all these religions (Kabbalah, Gnosticism, yoga, etc.) all agree with each other. This is the universal truth. In this way, I believe Christianity is true and I respect it. I treasure the Bible and I follow Jesus in my own way. I also feel the same way about the Quran of Islam, the Upanishads of Hinduism and so on. There is a simple truth underlying all of these books and stories.

The simple truth is: there is an Infinite Intelligence of some kind that permeates everything...God. There is a Golden Rule...do unto others as you would have them do unto you...which is in all religions and is true. There is an afterlife and it can be better or not better based on our actions in this life.

Those are the basic truths of what I call “Universalism” which is a faith that I see as very satisfying and, I believe, science friendly. It provides the comfort and wisdom of all religions without insulting my intelligence, spreading hate or violating the rights of others.

“Regarding Humans” was written for the modern age. It is my understanding and practice of Universalism. I am not saying my way is the only way or the best way, but it is a way. I think my approach to faith will be very helpful to those who are seeking guidance in life. I will cover all the things I have found to be true.

This book has been written as a guide for living. You can incorporate it into any religion you already practice or you can just use it alone and be a Universalist. Universalists respect the traditions and holidays of all religions and enjoy them. One organization, that I heartily endorse, if one needs the community and comfort of a church, is the Unitarian Universalists. This book was also written to be something I wish I had when I was younger. I have heard it said...if you can't find the book you want, you will have to write it yourself.

This is the book I wish I had when I was younger. It is my hope everyone reads this, but especially teenagers just starting out in life. It is short and has no chapters. It is straight forward and easy to understand. It is meant to be read in one sitting.

When I was young, I became very much obsessed with fear based religion and it dominated my life. While I did see amazing things (actual healings and predictions) that made it so I could never be an atheist...what some people call “the gifts of the Spirit” in charismatic Christian churches.. I also found that believing blindly in one book was foolish. In my study of the Bible, I found dozens and dozens of errors and false prophecies. If anyone doubts this, check out skepticsannotatedbible.com. Or read “The Age of Reason” by Thomas Paine. Or just cross reference New Testament prophecies with their original mention in the Old Testament and read them in context. You will find they are all cherry picked phrases and taken out of context on purpose to make the reader believe they are prophecies when it is plainly obvious they were never meant to be.

That blew my mind and I went on a search among all the religions of the world. I read all the major and minor holy books of all religions. I found the same problems.

I also found something interesting. I found that each one of these religions had inner traditions that were remarkably similar. They all were saying roughly the same thing about

God and also mention powers that some humans have developed. It went by different names (gifts of the Holy Spirit, siddhis, psychics, mediums, etc) but they were all the same thing in practice and result.

I also found them to be just as real as the gifts of the Holy Spirit I had experienced myself. I met psychics and mediums who were able to heal, make accurate predictions and talk to spirits of the deceased. I met yogis and New Agers who were able to astrally project through meditation.

I slowly came to realize that everyone is right. Christians are totally right, but so are Muslims, Jews, Buddhists, Hindus and your local New Age bookstore. They might call it different things and debate about different man made rules and traditions, but the basic truth...the universal truth...is there in them all. I began to call myself a Universalist and my faith, Universalism. In this way, I could be just as comfortable praying with a charismatic Christian or a Muslim, going to a Catholic Mass, consulting a psychic medium in a New Age bookstore or meditating in a yoga class. It is all the same energy. Different paths, same mountain.

I also discovered the study of near death experiences and mediums which I found to be quite compelling. This was powerful to me. One did not have to have blind faith to believe. The study of near death experiences and meeting real mediums who brought back information no one could know otherwise was something I found to be very believable and comforting.

Why should anyone believe in God? Or Universalism? Or any other religion for that matter? For me, the biggest evidence comes from the study of near death experiences and mediums.

All of us will lose someone sooner or later. The pain is overwhelming. We miss them. Often, religion can be far from comforting. I do not believe death is the end and I believe one does not have to be religious to believe that. There is hope. Research on near death experiences has been going on for decades now. The results are compelling. They tell us, over and over, that all of us, no matter what our religion is or lack of religion, do not cease to exist when our bodies die.

I did find, in the study of near death experiences, some amazing parallels with what I had been taught as a Christian and what I would later find in the study of other religions.

The survivors of near death experiences seem to come back with some very common and familiar experiences. They tell us there is a God who will hear our prayers. This God wants us to evolve and to commune with him. He/she has given us all free will. How we use the light we have been given in this life will affect how much more light we get in the next. If we reject light, we get darkness. Since God is light and the source of all life, rejection of light is death or Hell. That what happens down here affects what happens “up there”.

That sounds like Hermeticism 101 when you read the teachings of Hermeticism. Whether Christians want to admit it or not, there is a LOT of crossover between Hermeticism and Christianity in ideas and verbiage. The accounts of near death experiences remind me of a mix between what is found in Christianity and Hinduism. The balance between those two religions being Hermeticism.

Most people seem to see a type of Heaven and Hell in their NDE experiences. They meet enlightened people who are what we would call angels. They also meet ugly, bitter, hateful souls that we would call demons. Many people who have this hellish experience cry out to Jesus or a loved one and he rescues them and teaches them to live according to love from then on. (My Descent into Death by Howard Storm and Evidence of the Afterlife by Jeffrey Long). If you read the writings of Howard Storm, Jeffrey Long or Kevin Williams (near-death.com), you will find Christianity there. Not the Christianity of the literalist or the fundamentalist, but you will find that time and time again, many people come back with a point of view that I would roughly describe as "Universalist". They meet Jesus or some other being of light, there is a type of Heaven and Hell, there are a type of angels and demons, there are consequences for our actions and God is love.

The survivors of near death experiences are told your religion or lack of religion does not matter. They are told that all you need is love. The Beatles were right.

Hell seems to be more like Purgatory in the NDE experience. God will forgive anyone, but justice must be satisfied. Apparently, evil people cannot escape justice no matter how much they repent. They might eventually go to Heaven, but first they must deal with their darkness. Evil is out there as a byproduct of free will.

The NDE survivors also come back with ideas about reincarnation and karma as well, but the primary “ingredient” in what they describe seems to be decidedly Christian/Hindu (with a few other views and/or religions thrown in). This reminds me of the beliefs of Hermeticists that I have encountered in my studies. What do Hermeticists believe?

According to the Hermetic Fellowship, the short answer is:

“Hermeticism: Considers humanity to be on a spiritual journey to return to a state of unity with the Divine; this is the Great Work of humankind, holds that if we would attain to the Divine, we must aspire to the Divine; spiritual growth cannot be achieved without human effort, is polytheistic, yet ultimately monotheistic (*i.e.*, posits a multiplicity of Manifestations of the Divine Which emanate from an ultimate Divine Unity), holds that the Divine is both immanent and transcendent, urges those who seek the Divine to also seek balance in embracing all things and holds that the Universe is Divine and basically good”.

These teachings are in all the esoteric teachings of all world religions if one takes the time to dig a little. With the help

of the Internet...you can search out all that has ever been written on religion and philosophy, both esoteric and exoteric. I see Hermeticism and Universalism as being one and the same.

We can pursue truth using reason and logic. The study of near death experiences exposes a common religious experience that reflects many Christian truths, but also frustrates fundamentalist Christians with its stories of reincarnation and other eastern religious concepts more akin to Hinduism.

Dr. Jeffrey Long, the author of "Evidence of the Afterlife" gives nine lines of evidence for near death experiences. He describes how survivors have "crystal-clear consciousness" even though they are clinically dead with no brainwaves, how they can accurately observe things out-of-body that they could not have known about otherwise.

He reports patients with heightened senses including "several people who have been totally blind since birth have reported highly visual near-death experiences. This is medically inexplicable."

He reports "consciousness during anesthesia" showing strong evidence that NDEs are occurring completely independently from the functioning of the physical brain, perfect recall, reunions with family members in the afterlife who died years before they were born, the experiences of children too young to have been culturally conditioned, worldwide consistency even among people of different

cultures and religions and dramatically changed lives after the experience.

Survivors of near death experiences believe their experiences are very real. One survivor, who had ample experience with LSD and other substances, was adamant that this was nothing like those experiences at all.

This is not to denigrate or deny the usefulness of entheogens (mushrooms, LSD, DMT, peyote, ayuhasca, etc) as a form of spirituality. One of the most outstanding books I have ever read is "Magic and Mushrooms in Alchemy" by Clark Heinrich. It is only to say that the reports of near death experiences are far more lucid and coherent much like real life than say an experience you might have on mushrooms seeing fractals and colors.

There are other "proofs" of life after death such as eerily accurate past life regressions and the work of some mediums. While many past life regressions and mediums are nonsense, there are many more mediums who are very honest and quite good and past life regressions that are impossible to have been faked and lead me to the conclusion that there is life after death. I support the work of mediums, but please be careful and find one who has a good reputation if you decide to use one. To find a good certified medium, I would go to a local Spiritualist church (NSAC) or a respected medium. Kim Moore (readingsbykim.com) and Carol Nicholson

(imaginespirit.com) are examples of legitimate and trustworthy mediums. I am not too shabby myself!

What does a Universalist believe and how does a Universalist live? I believe the following to be true and I hope you find it to be helpful. Take what works for you and feel free to ignore the parts that do not. Always keep an open mind and an open heart.

There is much truth in all the religions of the world as well as the less common paths such as magic and yoga. Many seekers spend thousands of dollars on books and organizations and years of experimentation searching for "The Truth". "Regarding Humans" contains "the truth behind all truths" found in all religions. It is simple and yet answers the hard questions. It lays a straight path for all. Our time demands it. It is the balance between the violent madness of religion and the sterile hopelessness of atheism. I hope you use it to better your life and the lives of others.

God is "The All" or the "Universal Mind". We are part of God. We are not separate from God. We are thoughts in the mind of God or as some call it, the Universal Subconscious Mind or the Infinite Intelligence.

We are part of it and all of it all at once. We are semi-autonomous entities. We are cells in the body of God. Universalism is a hopeful, thoughtful and natural belief system. Our purpose is God's purpose...to create things and

function in harmony with all of creation. Find something you like to do and do it to the best of your abilities. It may be your job or it may be your hobby. No matter. Just do it. Be thankful and content with what you have and focus on becoming wise.

Some get lost in the fact that all is one. They start to lose hope...they become lazy or even suicidal. They stop seeing the point if everything is a hologram or an illusion or a dream in the mind of God. Nothing is real...so nothing matters...right? WRONG. Do not fall into this trap. This reality is very real and you need to snap yourself out of that mental trap if you have fallen into it or you will miss out on all the glorious possibilities and experiences available to you as a human being. Yes, you are at one with all living things. However, we need you on Earth. You still have to pay your bills. If your spiritual pursuits do not translate into real action that helps yourself and others....then you have wasted your time and learned nothing.

We live many lives through reincarnation. It never ends. We keep getting more and more advanced. We can choose to maintain our individuality or merge with the Universe. We can become like angels or masters who guide others on the path if we so desire. We are immortals. This truth can be found in the study of near death experiences, past life regressions, biocentrism, mediumship, quantum physics and other related fields.

No matter what your religion is or lack of religion, you do not cease to exist when your body dies.... there is a life after

death to look forward to. Most people have a pleasant experience. Everything is vibration. All forms are simply vibrating at different rates...rocks, plants, people, etc. Emotions and thoughts are also vibrations. Those who are at a higher vibration have a more pleasant afterlife experience. Those who do not, have a less than pleasant experience. This would seem to be where the concepts of different levels of heavens and hells come from. Vibration is the reason why prayer works.

When many people pray together on the same subject, it effects change. Therefore, it is good to ask people to pray for you. It is also good to pray for thanks. Thanksgiving or gratitude has been proven to have positive results in the lives of those who practice it.

Human personalities are accumulations of data gathered over the course of a lifetime. When the body dies, this personality remains in the Universal Mind. It is never forgotten and is immortal. My personal opinion is that some personalities stay there forever in the Universal Mind and some do not. Some choose to reincarnate and some do not. No one knows exactly why.

This reminds me of Samuel in the Bible who was called forth by a medium, the Witch of Endor (1 Samuel 28). He had chosen to remain in the Universal Mind of God. A medium, at any time, can call forth that personality, whether it has chosen to reincarnate or not. It is always there forever. No one is ever lost even if they merge with

the Universal Mind. They can always be called back and even choose to reincarnate later.

For those who choose to reincarnate, as a new body becomes available on our present plane, that disembodied personality will attach to it if it has a matching vibration. This is where the concept of reincarnation and karma came from. A personality with a low, negative vibration will attach to a human or a creature with a low vibration and the reverse is true.

Therefore, murder and rape are at very low vibrations and come with very unpleasant consequences no one ever escapes. Sex with a child or an animal is always rape because they have not developed free will yet. This seems to be a universal truth among most cultures that strive to be good and kind.

To raise your vibration as high as you can, love people, think only positive thoughts, pray and meditate the AUM. Do good deeds. Follow the Golden Rule. A few people raise their vibrations so high in life that when they detach from their bodies, they no longer return. Unless they want to. Some have returned to guide humanity over the course of history. Jesus and Buddha are prime examples. They come at pivotal points in history when we are ready for the next level or to rescue us from periods of extreme darkness. Humans usually mess up the message, write inaccurate books and religions are born.

The proof of God is everywhere. We see ants create ant hills, bees building bee hives, beavers creating dams and humans creating entire civilizations, stories, religions, works of art, spaceships and music. Humans have pondered the deepest and most profound concepts imaginable. Humans have learned to tinker with DNA and have found everything to have a “code” to it. The Universe is a work of geometry. One can use logic and reason to deduce that there is a Creator who uses geometry to order and create the Universe (who also is the Universe). Everything has a code to it so that must mean there is a coder: God.

We know there is a vast difference between the creative imagination of an ant as compared to a human. It is only logical to assume there is an intelligence as far beyond that of humans as humans are from ants (or farther) in the Universe.

God is in everything...me, you, your cat, the chair you are sitting in. It doesn't care about your opinion, tastes or preferences. It just is...like gravity, evolution, physics, sunshine, water, earthquakes and the flu. Stop asking why bad things happen and why God has not done anything about it. There is nothing wrong with the Universe/God. It functions as it is supposed to and sometimes that can seem cruel and impersonal...because it is. It can also be wonderful. God does things when YOU do things. You are the love of God reaching out to save people in need. If you want God to do something...the only way it will happen...is if you do it. This world is a glorious and beautiful place, but it is also a school and a test that is sometimes very

difficult. God is not Santa Claus nor is God a cosmic dictator. God is like "The Force" in Star Wars of which we are a part.

The Universe is ever seeking equilibrium between light and dark. Our job is to create and bring order out of the chaos of darkness through our good actions. Your purpose in life is to create and do whatever it is you want to do in harmony with the Universe. Life seems to work better when you are constructive instead of destructive. There is no need to fear death because if all is one...then all consciousness is one. All life is one. Which means you are God or a thought in the mind of God...and you will never forget you. You will go on and on forever and have the power to do anything you can imagine within the laws of nature. Realizing this gives you the "power of positive thinking". The most successful people in the world realize this truth and use it to do amazing things. Tesla and Einstein are examples. The easiest way to learn how to think positively, in my opinion, is by reading and practicing what is taught in "The Strangest Secret" by Earl Nightingale. It is free online.

Some songs are classics and everyone knows them. They are amazing masterpieces. Some come and go. Some are rare gems almost no one knows about. Your song is your song. It is yours to sing. When we die, we can choose to reincarnate over and over or merge with the Universe. The choice is yours. Life is amazing!

Where did God/the Universe come from? What came before it? I don't think it knows any more than we do. We

are part of it and its attempt to find the answer to this riddle. Part of the reason for our existence is to experience things and discover things. In this respect, science is one of the holiest callings there is. We are here to love, create, discover, experience and decipher the mysteries of the Universe. Those who violate the Golden Rule or work out of harmony (not loving, hurting the environment) are the "Dark Side". Things are much better when you serve the Light.

Humans need community beyond their families. Find something that fits you. Join it and be dedicated to it. Do not be a hermit. You will fall out of balance. Humans need other humans.

If you marry, be faithful. If you can't be faithful, stay single. Do no harm. Always refer to the Golden Rule. Very few people have a soulmate. These people can't live apart. They must be together. Their love helps the world even though most do not understand it. Support these rare couples. We need them to exist. The love they generate helps to push back the darkness for us all. The soulmate couple is rare. However, everyone can find true love and should. There are many theories on why soulmates exist and no one knows the real answer for sure.

Here is the good news: All you need to know about this life, you can learn from science. We, like all other life forms, evolved from lower life forms and we are still evolving. Our evolution never ends, both in the material

plane and in the spiritual realms. If you want to see your loved ones again, simply live the best life you can and do no harm. Your religion or lack of religion does not matter. You will see your loved ones again. It is just that simple. We are all energy and energy never dies. It is never lost. Neither are your loved ones. Neither are you. All you need is love. Enjoy life. Read everything. Learn as much as you can. Work hard. Be kind to animals. Do not be wasteful with anything. Be moderate. Forgive. Keep a light touch and do not worry. Everything works out in the end. Let us focus on science, democracy and peace. Let us live in harmony and explore the stars.

The Universe is mental and in the mind of The All. Everything is in the mind of The All or God....you, your pets, the tree in your yard, your loved ones both now and those who have passed away, all you ever wanted, all you did not want, EVERYTHING. Therefore, YOU have the ability to tap into that power for ANYTHING! Positive or negative! Past, present or future! This is how real mediums, healers and psychics work, how successful people use the Law of Attraction, how artists and inventors create amazing things, etc. Learn the power and truth behind all religions. You can learn how to use it for yourself and for others by reading books on Law of Attraction and meditating daily.

I believe Universalism as described here is, ultimately, the best future for human spirituality as it meets the spiritual needs of humans without conflicting with mainstream, hard science and progress. What we believe is a simple,

reasonable, natural, hopeful, individual and scientific faith in God. I would hope that all religions would acknowledge that they are all the same truth with different traditions.

That is another path forward so that the religions of the world can pass on their unique traditions and cultures in a way that is loving, kind and in harmony with science. All religions can be beautiful in their own way. They are all “Universalism” in their core, mystical teachings whether they realize it or not if one reads their holy books allegorically instead of literally.

All religions, ceremonies, rituals, different types of oracle or tarot cards, astrology, divinations of all kinds, prayer, meditationare ways to make contact with the Divine or the All or God or the Universal Mind or whatever you want to call it. One is no better or worse than the other.

Literalists in all religions fail when they insist that their holy book is the only right one and without error. Not only are they wrong, they ruin the faiths of those who take time to read and actually find the multiple errors and contradictions present in all holy books.

Christianity and Islam, which are FULL of much truth, are being destroyed and divested of their power for goodness and wisdom by literalists and narrow minded people.

Once you realize they are all just tools to commune with the Divine, you can pick whichever one works for you because it DOES NOT MATTER. It is all the same. With this freedom, you can pick a path that is loving and kind, science friendly and more believable than what you may

have had pushed on you as a child. Universalism is such a path. One of the first steps on the way to becoming a good Universalist is learning to live in peace with people of all religions or no religion.

We all have a choice: to believe the worst about others, ourselves and the future or to choose to believe the best!

Most of us have been told and sold a great big LIE. The lie is that humans of different races, religions, etc cannot get along. Our differences are far too great for there to ever be peace. THIS IS A LIE. There IS a way to peace.

When life gets stressful, when you feel hateful...get away from everyone and meditate or pray.

Find a middle way when a dispute comes up. Everyone wants to live in peace. Ask yourself...how do you know you are 100% right? Analyze what you have been taught using critical thinking skills and logic, not emotion. Ask yourself, what is real? And then move forward. You may find a different and better approach that is agreeable to both sides.

As an individual, do you get upset with people because they don't agree with you, are a different race or religion, a different nationality or citizenship, another age group, a different level of education, a different political party, speak a different language, are male or female, are of a different sexual preference, have a different income, have a different style of clothing or hair, have tattoos or piercings, drive slow, are loud, get irritable with you or any number of things? We all do. Here is a different approach. When you

get triggered and you feel your insides starting to boil, choose to believe the best. See the humor in it. Take a time out, ask yourself why you are angry and go meditate or pray for peace. Say to yourself "there but for the grace of God, go I". It sounds simple, but try it. I think you will be happier and more relaxed.

Listen to other points of view...especially sources you totally disagree with...and carefully consider them. They may be right. They may be partially right. They may be wrong, but think it through using critical thinking skills. Challenge your own beliefs before you insist on others adopting them. If your beliefs are true, you will be validated. If they are not true, you will be set free. Either way, you win.

Do not assume when you see someone doing or believing something you would not do or believe that they are unhappy or unfulfilled just because you would not be happy or fulfilled doing or believing it. Instead, help others to find out what makes them happy and fulfilled (as long as it does not violate the Golden Rule) and how to achieve their goals.

You have heard the expression "no pain, no gain" right? Google your point of view with the words "refuted" or "debunked" and read what you find. Then do the same with the words "defended" or "proof". By doing such things, you are avoiding the vile practice of "confirmation bias" and your mind will expand. You will form your own opinion on

such matters, not one handed to you. If you are afraid to do such things, ask yourself...why?

Does your mind race constantly? Stop to meditate the AUM when this happens. Sit down, close your eyes, close your mouth with your tongue on the roof of your mouth and breathe slowly in through your nose and then out through your mouth. Long slow deep inhalations and exhalations using the AUM as your mantra. Focus on the sound of your breathing only. If you get distracted, just refocus on your breath and try to push out all other thoughts. Try this for 20 minutes a day if you can. Even a few minutes can make a huge difference. You can learn more about meditating the AUM by googling Anmol Mehta or reading my other book "The Hermeticron" which gives in depth training on meditation and other subjects.

We need to live in the present moment. That is all we ever had in the past, all we will have in the future and all we have now. Forgive yourself and others. Live only in the present moment. If you fall back into anxious thinking, repeat what I just told you. Over time, you will become a more relaxed and balanced person or what some people call "enlightened".

Before you email or say something you may regret, wait a full day and consider it first. You may completely change your mind. Never speak in anger. Sometimes the best response is no response at all.

Conflict often arises from poor communication. Actively listen to people. This is done by not thinking of anything but what they are saying, repeating it back to them and then thinking of a response. If you are thinking of what you will say while they are speaking, this will lead to problems.

Listen, repeat back, think a bit and then respond. This can save friendships, marriages, jobs and maybe even lives.

Do not hate any group of humans for any reason. We are all one race. Everyone has good qualities. Do not believe the bad things you hear or read on crazy websites. Find out what confirmation bias means and do not do it. We can move this world closer and closer to the grand vision of Star Trek or to the hell of Mad Max. I am hoping for Star Trek.

Do not push your beliefs on other people like some religionists do. Know it through study, dare to practice it, will it into existence with your mind and keep silent about it. To Know, To Dare, To Will, To Be Silent...this is a way of life that is familiar to all people in the Western Esoteric Tradition. It will keep you on the straight path and keep you from being persecuted by ignorant people.

Much of what you learn in this book, I believe, will eventually be vindicated by mainstream science in the future. We are already seeing such things with the study of bio-centrism, quantum physics, the concept of a holographic universe, consciousness studies, near death

experiences, the study of DMT, sound and vibration and many others.

YOU, as a human being with Internet access, have an obligation to protect it. The Internet MUST remain free and uncensored. Barbarians and tyrants would love to see it destroyed as they always have done to the great libraries of the world. Defend it. Use it. The Internet gives you access to the total sum of human knowledge. Use it to become wise and educated. You can learn the wisdom of the ages without ever going to college if you have Internet access and use it for something besides video games and porn.

Use it to STOP WAR. War is a racket except in very rare cases such as the fight against Hitler to preserve western democracy and stop evil.

I am not anti-military by a long shot. A democratic country must have a strong military to protect itself from barbarians and those who serve, even in misguided wars, are heroic and honorable people worthy of our support and care.

However, the people who lose the most and gain nothing in war are....the people! Politicians use the media to stir up war for their own purposes and the people follow along like dumb animals. They will claim there is some sort of threat and anyone who dares to oppose them is accused of being unpatriotic. This is an old trick that has been used in all countries in all times by liberals and conservatives. DO NOT FALL FOR IT. We the people in all countries now have a weapon to fight back against this. The Internet. We can use social media to sway the public in all countries

toward peace and peaceful solutions. Do not believe THE LIE. We can figure it out. We can coexist. Use memes, videos, social media, etc. We CAN win the peace. War is becoming less and less likely due to global economic interdependence. Do not be too quick to criticize international business. It has its flaws, but it is also creating a situation where war is far less lucrative than peace. This is a good thing. It should, however, be practiced in an ethical and environmentally safe manner.

Work to get food, clothing, shelter, medical care and Internet access. Do not concern yourself with becoming overly wealthy. Live below your means. Having spare time to focus on your dreams and other people is far more important. You can become rich one of two ways: make more money or need less stuff. The second way is far easier. I have noticed couples usually break up over problems with money and/or sex. Read up on both subjects. You won't regret it. Always save a tenth or more of your income for emergencies and old age. Be wise like the ant. Enjoy your days, but plan for the future. Avoid credit as much as possible. It can be a trap and a form of slavery.

Sex is incredibly important and healthy. Find out what works for you and your partner and what does not. There is no wrong way to do it as long as you are not harming someone (rape, pedophilia, bestiality, cheating) or being dishonest. We live in a great time for sex where women have access to birth control so they no longer have to fear the dangers of pregnancy and men have erectile

dysfunction medications they can use so they can enjoy sex whenever they want to without problems well into old age. All groups have condoms, lubricants and all kinds of toys, videos and books to help make the experience more enjoyable. Take advantage of it all and enjoy life. Why not? I personally believe sex should be between two people who care about each other, but this is my opinion. Use wisdom.

A true Universalist supports sex, love, marriage and adoption for people of all sexual orientations. We are not bound by man-made rules only by the rule of love. We value marriage and demand the married stay faithful, but we also realize some people do not feel the need to marry or be with just one person. And sometimes couples need to be honest that their lives have changed and get a divorce. That is totally acceptable. The main rule is do no harm.

Don't break someone's heart if you can help it. Do not judge someone on how many people they have had sex with, be it a lot, a little or none at all. Do not shame others in such ways.

As far as abortions are concerned, I am of the opinion that it is the woman's choice and that the human soul enters the body upon birth and not before.

To perform a wedding, I suggest using the ordination package from the Universal Life Church which can be found online. Or you can go to a justice of the peace. Or you can find a minister at a Unitarian Universalist church. Do whatever feels best to you.

I celebrate all holidays because I see Universalism as the “truth behind all truths”. I have no problem celebrating Christmas, Easter, Halloween, Hanukkah, Ramadan, Kwanzaa, birthdays, anniversaries, New Years, etc. I think

Thanksgiving is probably the closest thing I see as being a truly universal holiday and I thoroughly enjoy it, but do whatever seems best to you. Celebrate with whoever you are with and do not argue or be sour about it. Be happy and have fun!

Aesthetics do dramatically affect the way we feel. Even a very poor neighborhood can look pleasant and nice if it is well maintained. Do your part by mowing your lawn, picking up trash, pulling your weeds and painting your house. ANYONE can afford this. Think of all the dumb things you spend money on and then make aesthetics a priority. Keep yourself in shape as best you can and well-groomed. Apply the same logic to your vehicles, the inside of your house and your work space. You will feel better and those around you will feel better, too. Try to speak properly and smile at everyone you meet. This kind of thing can be contagious over time.

If someone has a grumpy face, do not assume the worst. Believe the best! Perhaps that is just their face, they might have an upset stomach or are thinking of someone or something else. It most likely has NOTHING to do with you and does not make them a bad person. We all make funny faces. Choose to believe the best! Ask them if you can help them with anything and smile.

If you are a parent, learn the difference between punishment and discipline. The root word of discipline is disciple. Think Jesus. Punishment is for criminals. Your child is not a criminal. Disciple a child, do not punish.

Be kind to animals. Respect the Earth. Do not disdain those who are less enlightened than you are for you were once as they. Speak in a peaceful manner and walk away from conflict if you can. However, I see no sin in self-defense, owning a weapon of some kind or defending those too weak to do so. After all, Kung Fu was not invented by violent men. It was invented by Buddhist monks. Ponder that.

Universalists are able to live well in all nations, whether those countries are democratic, fascist, communist, theocratic, socialist or a dictatorship. However, make no mistake...all Universalists are staunch advocates of democracy and human rights and will work to defend it when it is truly threatened. They will always stand on the side of democracy over all other forms of government.

A Universalist realizes everyone is evolving at different rates. He/she knows that if he/she and all his/her peers and students are killed, what we believe or something like it will eventually emerge again. Because it is The Truth, whether it is called Universalism or any other name. All religions contain the same truth when one pulls back the veil of allegory.

A true Universalist will pray with anyone of any religion and agree with whatever their religious views are while conversing with them if they are dogmatic. There is no point in debating a dogmatist. Simply smile, nod and even agree. Offer no contest. If they are family or as a matter of business, if they desire that you join them for a religious service, go along with it. It does not matter. Pray with Christians, Muslims, Jews, Hindus, etc. Do it wholeheartedly. It is all part of the same energy. Do not explain this to them for they will be shocked and might persecute you. They are like children and should be humored as such. Do not be angry with them or revile them anymore than you would a child. This is not to say that members of other religions are all children. It is simply to say that all who believe their religion is the only one true religion are childish. There are many Christians, Muslims, Jews, Hindus, Buddhists, etc who are just as wise as a seasoned Universalist. Unfortunately, the world is full of mostly children...and children can be very cruel. Be careful my friend.

The same is true of living among atheists. Agree with them if pushed. Always in all situations if at all possible, offer no opinion at all. Only be truthful with those truly seeking light who have proven they can be trusted. Many Universalists and those of similar belief and practice have been murdered over the centuries. Silence or even white lies may be necessary and are certainly not wrong when faced with persecution or death. You must live to pass on

what you have learned to other men and women so that our discoveries and way of life is not lost.

Every movement needs a symbol. I have chosen the “lamp of learning” as the symbol for Universalists who follow “Regarding Humans”. It's meaning really needs no explanation. We pursue knowledge and wisdom. I suggest wearing it in some form...jewelry, tattoo, bumper sticker, whatever. It comes in a variety of styles. Let other Universalists know you are one of them through the wearing of the “lamp of learning” symbol so as to meet new friends and kindred spirits. I have it as a tattoo.

Psychic powers are no different than the “gifts of the Holy Spirit” of a Christian or the siddhis of the Yogis. It is all the same thing under different names. When a Christian gets a “word of wisdom” or a “word of knowledge”, it is no different than a psychic giving you a reading. Even the concept of having the Holy Spirit within you, talking to you and guiding you is the same as what a New Ager or a Hermeticist would say when referring to being at one with God or hearing from a spirit guide or “as above so below”.

There are psychic powers I believe everyone can develop if they want to. You can develop psychic senses that correspond to your regular senses of sight, hearing, feeling, smelling and tasting. I have written another book, called “The Hermeticron”, which can help you if you are interested in developing your psychic abilities.

For those who are “spiritual but not religious”, I have provided you with a book, a name and a symbol...”Regarding Humans”, Universalism and the lamp of learning symbol. I think having things of this nature is a good thing. Use it for yourselves and your families.

CONCLUSION

We live in a time of great change. I believe that if the human race can avoid a major world war for another 50 or more years, we will avoid war forever. I believe the Internet is making this possible.

The Internet is allowing all people all over the world to question everything they were ever taught. This is causing old ways of thinking to die, evolve or mix with other ideas.

I have great hope for the young people of the world. I see the major religions becoming less dogmatic. Overtime, I see the bulk of the world's population falling into three basic groups: atheists, agnostics and spiritual but not religious.

I respect atheists and agnostics. I appreciate their contributions to science. However, I am like the majority of the human race. I want more. I believe there is more and more that can be known. I see a great future for Universalism as I have presented it in this book or something like it.

I do not wish that any religious tradition would die out only that they evolve to realize their way is not the only way, to pursue the path of peaceful coexistence and to step aside when modern science has a better answer. Universalism, as

I have taught it in this book, is very flexible and I believe it will survive long into the future.

I hope this book has blessed you and that you use it to bless others. Please do not make it the only book in your personal library. Peace!

About the author

Matthew D. Johnson has a B.A. in History with a minor in Political Science and an MBA. He is a very active Freemason. He is also the author of “The Hermeticron”.

Be sure to join him at

<https://www.facebook.com/universalismpage>.