

Rules of THUM is a collection of healthy life exercises.

Rules of THUM, The Human User's Manual

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Rules of THUM
The Human User's Manual
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Chapter 2

Laws

There are so many laws and so many levels to each it is impossible to list and or explain them all. The ones I think will help you are listed in no particular order.

However:

There is a hierarchy to laws. Some laws are man-made, some are provided for us by our universe. I suppose the main difference between the two is if it is man-made you've only broken the law if you get caught.

There is no such thing as not getting caught by a universal law. The moment you break it or adhere to it, you've created the cause and the effect is on its way. Time is a non-applicable descriptor regarding manifestation; try thinking in terms of infinite expectation instead of time. Perhaps the most profound and confusing law that governs us is Cause and Effect.

Cause and Effect:

Science will tell you for every action there is an equal and opposite reaction. Yes this is true, but on the metaphysical or micro-plane sometimes the reaction is not at all equal to the action. Sometimes the action is exactly in proportion to the reaction. Sometimes there is no reaction. It really all depends on the intent of the action and the intent of the reaction. Huh?

Let's compare our physical plane with the metaphysical plane.

The world we can see, touch, smell and taste we know as tangible or the physical plane. It is also called the macro-verse. These are things like dirt, water, stone, wood, planets and bigger stuff.

The world in which we cannot see, touch, smell or taste is often perceived as outside or disconnected from us. This would be the intangible like the metaphysical or micro-verse. Examples are quarks, ions, electrons, spirits and pions. The truth is we are connected to both.

So, physical is to metaphysical as illusion is to reality. Which is which?

Whichever one you picked you're right. And whichever one you didn't pick, you're wrong.

What works on this plane simply doesn't work on another plane. Each plane has its own rules. Each is its own universe with its own set of particular laws. And each set of laws is governed by cause and effect—and not necessarily our cause and effect.

The law of cause and effect is so profound and so far-reaching no human can comprehend its matrix. However, within our matrix we can use this law to enhance our self worth, our stature as human beings and our growth.

Assuming this is true, how we treat others is an indicator of how we either treat or will treat ourselves and how others will treat us. If you steal from someone, expect to have something stolen from you someday. If you send out love to others, expect to have love sent to you. If you practice something, expect to become better at it. If you praise others, expect praise to be given to you. If you waste your money, expect to be poor. If you overeat, expect to have physical problems. If you study, expect to learn. If you murder, expect the unexpected. Get the picture?

The Vacuum:

As an example I want to provoke this image. In a perfect vacuum without the force of gravity or magnetism, the moment a material of greater density than the existing atmosphere is introduced—like smoke or powder—it will move to occupy the empty space until it blends with the space. There is an attraction between the two. It is entropy. It means the space is not empty. There is an unseen energy/attraction; item and space must join to become one.

Pick one spot in your house and clean it free of items and forget about the spot. Pay attention to where you put the moved objects. Eventually, the empty spot is filled and the items may move as well. Maybe you put them back or someone else did or a new item is now in the empty spot.

What's the point? How does this help me? Drilling deeper....

People who cannot balance their checkbook, keep their house or car clean or respect their neighborhood are victims of this law.

People who cannot throw anything away are victims of this law.

People who collect things of little use and place value on having these items become victims of this law. The inability to throw something broken away that can easily be replaced is a symptom of fear. Eclectic or mindless collection of things can bring about a chaotic life. A chaotic life is not a healthy life.

I'm not saying we don't need things, I am saying the more we collect the more complex and cluttered our lives become. We collect art, music, friends and all kinds of things and some of us need more than others. But, it is to our advantage to replace items rather than collect more. I'm not saying replace your friend; sometimes that happens

naturally. But, by replacing items that wear out or no longer bring joy rather than holding on to them, we keep our lives simpler, uncluttered and less fearful.

Fear:

Fear like cause and effect, is a master law as well as an emotion. Some would argue fear is not a law. However, nearly every animal experiences fear. And many times this emotion is activated by forces beyond or seemingly outside our thoughts or control. It's a law and an emotion. It functions as a sense or an alert signal and let's us know something we don't want is coming. But, let's talk about fear as an attraction.

Whatever you fear most you will attract. Oh my!

Fear of letting go is a common example. You may hold on to things because you fear one day you may need them.

Let's say you have a garage or closet full of items you haven't used in years. Let's say one day you are forced or motivated to clean that space. While sorting through the eclectic piles of the past you may find yourself torn between throwing an item away or simply putting it someplace else.

If you are thinking to yourself, *I may need this someday* you are sending a message into the void that you wish to use the item again. So if you toss the item, sooner or later a situation arises that calls for it. And you say to yourself, "I knew I shouldn't have thrown that away." But, if you keep the item, all you've done is fall victim to the law of the vacuum and your efforts to un-clutter your life bow to your fear.

How can you avoid this? Replace the item when needed and laugh it off.

Fear has many faces and affects us all differently. But, suffice to say fear is one of our most important teachers.

As a teacher, fear can paralyze or send streams of energy through us. Each type of fear we experience manifests in accordance with what we need in order to survive.

Often times, intense fear is the result of not listening to our inner voices when we felt this action less intensely in the past.

Pay attention to the signposts of fear and listen to these signals. More often than not, these signals are sending you important information which will keep you safer and happier at a future date.

Vibration:

Basic understandings of vibration are quite old. Children learn about frequency, amplitude and sign-waves on the playground more than in the classroom. We've all played with a pitch-fork in school or ran our moist fingers over the rim of a glass or heard the scream of a little girl up close and covered our ears from the pain.

I am not going to get into the differences between loud and quiet, tone and pitch and how they are measured on an oscilloscope.

Instead, I want to relate how you can use your vibrations to create value and dissuade your malaise.

Let's say you enter a room where there are two people whom you have never met. One makes you feel warm or comfortable; the other puts you off and nervous. Why? Could it be there are two separate vibrations emanating from either?

What a person thinks manifests as vibration long before it becomes visual, hearable, feel-able or perceptual. How this vibration is delivered is a matter of frequency. If the thought is base or aggressive the frequency is low. If the thought is angry or contemptible the frequency is even lower.

In contrast, if the thought is benevolent or happy, the vibration/frequency is high. If the thought is selfless and full of love, the vibration is rapturous.

If we are in tune we can feel both. If we are not in tune, we can usually feel only one; the low one. Moreover, if we can only feel the low frequency we are likely to be attracted to it. Huh?

You won't have to say a word, but if your thoughts reflect the low vibration you will fall to this level. And getting up again will take conscious effort as well as dealing with the resistance from yourself.

I have found it better not to react to the low vibration; even at the cost of being thought a fool. It is far wiser to do nothing at all in a circumstance like this than to act. Non-reaction is being in tune in this case.

So, it becomes important to get in tune and stay in tune.

How do we get in tune? Practice! I will discuss this in more depth later on.

“An amateur practices until he gets it right; a professional practices until he can't get it wrong”. – Anonymous

Everythingisconnectedtoeverythingelse:

Every manifestation is connected to another manifestation. Everything is connected by the fabric of space. Let's talk about this.

Think of space as a circuit. Sometimes it is active (manifestation) and sometimes inactive (latent). Everything is moving—it is either moving toward becoming mass or manifestation via this fabric or toward inactivity or latency.

The fabric of space unfolds and expands in all directions like an enormous multi-dimensional cloth. Our space fabric works in much the same way as a woven material

which holds strands that connect one end to the other except it does not stretch in our three dimensional way of thought; it stretches into and around all dimensions—known and unknown. Entwined in this fabric is manifestation or mass.

We know when mass is introduced into our dimensional fabric it bends or warps. And as this mass travels across the fabric it bows and flexes. For example, if you place a marble on your bed and sit next to it, the marble will roll toward you because of the indention your weight and mass makes. This is a very simplified explanation of how gravity works, but it serves to prelude how gravity is one way in which we are all connected to everything else.

Magnetism:

Science will tell you magnetism is basically a negative attracting a positive or vice versa. It is this simple, but the ramifications of this force play a major role in how our lives play out.

All life is electromagnetic. We all have positive and negative charges which flip back and forth depending on our thoughts. And unlike the function of magnetism in our macro-world, it seeks to combine or is attracted to its kindred on the metaphysical plane; like attracts like.

Do you begin to see why your thoughts have more power than you may have thought? A person dwells in the world of his own thoughts and if these thoughts are hateful, angry, evil or sad, these are the circumstances under which a person will live. And then there's the...

Unknown Force:

I believe it is love; an asymmetric electrostatic charge distribution amongst three or more conductive objects which causes a constant torque to be expressed. A very simple example scenario:

An electrostatic charge is generated by (object one) human by his or her thoughts, and then sent to the recipient (object two) where it is absorbed and it either dies there or is perpetuated to the (third or more objects). The third or more objects are always unseen.

This third or more objects are souls attracted to you both. They send conscious unseen effort (electromagnetic attraction) to you, perpetuating or feeding your electromagnetic attraction. Once born these souls no longer possess that electromagnetic attraction. They are manifest and now subject to a different set of laws. As such, the influence on you fades. But the time it takes to fade is much longer than the normal human has capacity to remember.

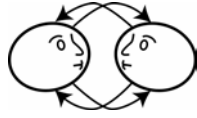
Meanwhile, the natural reaction to the new manifestation of life is in its own, the unknown force or love.

And does not love move freely with ties to none? Does it not fade only to reemerge over and over? It never ends. What cannot stop moving? What cannot die? What is self-regenerating?

Perpetual motion; I believe perpetual motion is love.



Chapter 7



Attraction

You may think if you produce positive thought-energy (especially with your loved ones) you will be met with positive energy. Well, this is not always true. Any parent can tell you this is just wishful thinking for the most part. Then there are people you've never met—at least not that you remember—that find you contemptible if not repulsive. And no matter what you do or say, they insult or reject you. Why?

Consider perhaps that somewhere in your past you set into motion a cause that lingers; it nags and plays heavy on your soul and it will not go away. You can't understand it because you simply don't remember the cause.

Emotion when released as a negative is not filed in your memory the way conscious thought is stored. It is a *release* of thought (subconscious), so how can it be stored and filed? How can you possibly look-up a release? It's like trying to retrieve a deleted file from your computer that's been written over many times over many years; nonetheless, the effect is smacking you in the face. It is causing you pain and you are afraid or resentful. Stop!

This negative effect is nothing more than a reminder to continue your practice toward your goal. You did set a goal right? It's a confirmation that you are on the right track/path. So, take this as a positive, not a negative. You have the ability, the power; the choice to choose. This convergence in space and time is your opportunity to improve your habits, your perception of life and your karma.

Perception is your human choice. How you perceive or think decidedly affects your attractions and in turn determines how you react, act and deal with each circumstance. So, if you look at your virtual mirror (circumstance), polish it (by practicing) and see what is happening around you (paying attention), you now have the opportunity to change your future. Cool huh?

Not so simple. You have to want to. And even then, there are variables you and I do not know about. But, do you want to change? If no, close this book and do something else. If yes, practice wanting to change by wanting to think differently and then practicing the exercises herein; any questions?

The obvious question is why? The valuable question is how?

First of all, you want to be happy, happier, and happiest. Yes, no? If yes do what happy people do. They absorb, they do proactively, they act when needed, they study themselves, they seek a path to give purpose to their lives, they turn a blind-eye to the petty things which distract them from their goals, and they drink in life and enjoy the little things. They remind themselves that it is precisely the little things which make up the whole. Every cause, every effort you make no matter small lends to your overall happiness and your ability to snap-back from sadness or tragedy. Like a bike; get back on right away if you fall.

You are human. Statistically, it is rare to be born human.

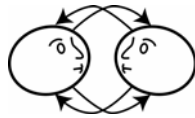
What does it mean to be human? What does being human have to do with attraction? I'm glad you asked.

In the world of animals, action and reaction are mostly based on instinct and survival. Males seek out females or vice versa and eventually mate. They stay or they

leave and the pattern repeats. And while this is true in the human world as well, we have the ability to change our karma, to change our reactive habits more readily than our fellow animals. When we meet an active negative energy the typical response is negative (like attracts like). It is common when yelled at to yell back, when hit, to hit back, when insulted to insult back. You have attracted this energy whether you accept it or not. Pay attention, this is your opportunity to change your pattern of attraction. How?

In the face of adversity there is a basic maneuver to ensure a positive outcome. If it will not threaten your life, resist the urge to vent your anger backward, to hit back, resist the urge to disparage; change your view point of yourself. Remember like attracts like and procreates likewise, so become neutral in the face of negativity. I do not recommend returning equal or greater positive energy directly to negative energy. It is like matter and anti-matter colliding. But, I do recommend sending positive energy into the vapor to influence a negative person or event thereby allowing the natural universe to deliver this signal/communication for you. Do not confuse this as attraction, it is a form of understanding and as such consider it as a personal celestial brownie point in the school of life. The more points you get, the higher your cosmic grade score and the higher your score the happier you become. So...keep trying.

“No wait; don’t tell me....I know this.” – Anonymous



Chapter 13

**Words**

Throughout recorded history words have emotionally slain, informed or inspired us. Words render an effect of formal or informal decision which in turn doom or elevate us to any given level of happiness. Make no mistake words are formidable manifestations of thought; be they written or spoken.

Words render a particular vibration directly related to the intent of the mind from which they sprout. Sometimes it is not so much what is said as in how it is said. This is to say, words for the sake of words ultimately do not cover or shield the true vibration of the intent. This goes to the underlying intent or cause of the conditioned mind. Let's dig a little deeper.

The word Kyo in Sanskrit means sound or vibration. It is part of a mantra from the Lotus Sutra; but, more importantly it is a key word in a vibration which effects a harmonious change in your relationship with the ebb and flow of all things. So, is it just a word? Well, it is a delivery device which cannot communicate anything other than your state of being to the universe.

Conventional words are a little different. They can conceal or hide true intent from people. But, do they conceal or hide the true intent from the universe? If the intent is sarcastic or negative, this is exactly what the universe hears. So, be careful using your words. *"You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time". – Abraham Lincoln.*

Words are often used to create bonds or contracts or promises. An emotional expectation is typically connected to any given set of words when spoken with sincerity or emotion or both. When a bond or contract or promise is made not only you and the other have entered into this debt or responsibility; your circumstance moves to support the deal. If the deal is squelched because of a lament on your part, the reactive energy from the universe dissipates. What energies typically left becomes wasted effort and usually a feeling of betrayal.

However if the deal is kept intact and served, the resulting energy interacts as a bank of experiential positive effects which you can draw upon like cash for future promises, contracts or deals; so, it becomes important to keep your word because the effect of words shape your reputation and your own sense of worth. Sometimes you just can't keep your word because the resulting effect would harm or jeopardize someone or yourself, but you should make every conscious effort to see your word through to its end.

In persevering at all costs to see your word manifest, you lend support to the universe and in doing so the universe is obliged to support you.

Keeping your word is fundamental in completing cycles and lessons. The more lessons you complete, the more treasures you attract. You have my word.



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