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# **OVERCOMING THE ENEMY WITHIN**

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A JOURNEY TO ENLIGHTENMENT

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A Journey to Enlightenment  
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*This book is dedicated to my family, friends, associates and all who read it. May it serve to inspire them to make a decision to contribute to the harmony and beauty of the world by changing their outlook and taking up the challenge to observe the Universal Laws and Commandments in all their undertakings and through them grow in higher consciousness.*



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# Preface

THIS SHORT STORY and characters are fictional, but the particulars expressed are factual observations and consciously practiced examples of higher awareness that all should act upon if we are to grow in insight and do our share to restore harmony to the world.

Our primary duty is to do our best in all our tasks and interactions and to be aware that our purpose in life is to vanquish our ignorance and faulty beliefs that hamper our journey to Higher Consciousness. I am sure that we all know people who do not believe in the effects of our thinking, who without realizing it cause their own misery and dysfunctional life through their ignorance and narrow mindedness.

Ignorance does not mean uneducated, since regardless of their education level, the ignorant are unaware of the universal laws that are responsible for our reality which may be biased or unbiased. The unaware are generally enslaved by the ego, who is a master of justifying its fallacies and an eager observant of the faults in others, but blind to its own.

We need to reflect on our responsibility to increase our awareness and to grow in understanding of the universal unbiased truth. Our primary task and duty is to always do our best in our job requirements, but equally important is the

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underlying spiritual responsibility to help others we interact with by serving as examples of ethical work and treating everyone with respect and dignity.

Our demeanor always reveals whether it is our inner being or our ego that is in control.

We must discipline our thoughts and observe God's Laws and Commandments in everything we do to strengthen our spiritual nature and overcome our ego's control. A return to our spiritual nature and self-sufficiency is obligatory to save our crumbling society. We must work on ourselves first to discipline our thoughts and intentions with ethics and integrity as our guiding principles and serve as examples to others. We have a responsibility to awaken others to the unpleasant reality that we are being manipulated by the collective ego of our governments' policies, laws and budgets that serve the few at the expense of us who pay for their luxuries, wasteful practices and rewarding of incompetence.