

# BEING

SUPER  
MAN



CHRISTIAN  
CASSARLY

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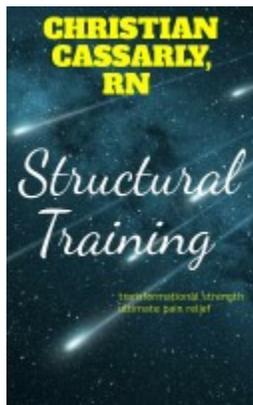
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**To all the sons hoping for God's  
embrace.**

*ALSO BY THIS AUTHOR*







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# CHAPTER ONE

## READING AND WRITING

Superman is highly proficient at reading and writing. He can pick up a book and read it instantaneously! We've seen this in the superman movies and in the comics. His eyes light up golden, and he just reads through the book in a second. Within Milliseconds, he can read full encyclopedias, dictionaries and textbooks. Even the thickest book in the world would only take him a matter of seconds to fully read.

The other thing about Superman is, he's very gifted at writing. Let's think about it, he is with Lois Lane writing and journaling all day. He and his lover are writers. These are two main skills of superman.

We can start being particularly proficient at reading and writing. Obviously, we will not read a book in the matter of seconds. Obviously, we will not write like the journalist, Superman in Clark Kent form. We can ask why superman loved to write. We can improve our reading and our

writing by continuing our education or running to the library or take up classes. These are all things we can do to emulate his abilities.

Now the question is, why does Superman need to read so fast and why did he be a journalist? Out of all people, he was Clark Kent in his planetary disguise. The reason is intelligence. For him to be the most intelligent, he would have been able to take in our knowledge the quickest way possible. He would have to be ready to write with the absolutely best people.

Where are the truly best writers? Where he works. No one reads anything more in Metropolis than the news. Once again, we see him functioning at his finest. Superman taking on the best alter ego to be in the position. Clark Kent fit perfectly the position of the ultimate superhero of the entire universe. Superman.

We could pledge allegiance to the Superman within us and write and read only the best material. The act of being the finest reader and writer on the planet was an ability for Superman to really balance the level of being human with Clark. He also had the capability of Omni-language, so he could read and write in any language. Even Chinese. So this linked perfectly with his humanity. The perfect connection to this intelligence was reading and writing. It was easy for him to not only be the highest of mortal knowledge as the greatest superhero alive, but to identify the deepest with our species.

Later in this book, you will read a chapter called intelligence which touches upon this great aspect of how we also can become Superman in

our way of life by studying the truly best and creating the very best. The fruit of learning and writing the very finest is creating perfection in our world. What we read and write is what we say. We know Superman was reading lots of books on Freedom and Justice. What we say is what we live. Superman and the Kryptonians knew this and were the most efficient at reading and writing.

# CHAPTER TWO

## SPECIAL ABILITIES

*Patiently and gently, I share with others the way to scatter the seeds a few at a time, evenly between the rows so that each one will have enough space. I tell them not every seed will make it - but all of them deserve the chance to grow.~ Superman*

Superman is somebody who has a lot of special abilities and it's the main aspect of him being the greatest superhero in the world. His extraordinary abilities allow him to be the strongest and the fastest. He uses these abilities as tools. Combining them and mastering them for perfect attacks. He combines his Super breath with his heat vision to

create whirlwinds and storms. He can blend his invulnerable skin layers with his speed to be a human sized bullet. He can combine his Super Intelligence with his omni-language to be the greatest leader in the world. These skills allow him to be the smartest and the most courageous. We can, with our special abilities become the strongest, fastest, smartest and most courageous in our field. We can develop into a Superman or a superhuman in a particular avenue of our life when we discover this.

Superman's abilities allowed him to be the best at bringing justice to all humanity. Bringing safety and security to the world. We too should find a space where we can serve truth, freedom and protection. We can follow the guidelines of what Superman was working for and bring it to the area we wish to improve. This can be work, school or our life purpose. We will be the best in that endeavor. A person using their talent in a particular field of interest to consciously increase the security for all is God Like. People acting for the preservation for all is far and few in between.

The rarity of discovering this type of person is like uncovering a precious pearl in an oyster. You can become the superman in your life by making the choice to use your special abilities to help individuals who need strength. This can be in your work, study, community, family or if you're an athlete, to your team. This decision is most important at home. You will automatically become Superman at your job, school or in your family. That energy of the superhero will be available to you and the characters at these places. They might not say it, but they'll know that your Superman.

When Superman came to the planet, he was just an infant. He didn't have his parents to teach him about his extraordinary abilities. He developed with human parents and worked on a farm. This was the opposite of anything he would do when he matured. It took a lot of concentration and focus for him to not only be able to identify these unique abilities but to drive them the best they can be. This is how he fulfilled His purpose. We too can work to find our special abilities because this world can drive us in the opposite direction. When we find these special abilities, we increase them and make them stronger and utilize them to fulfill our purpose. When we do this then we automatically are being Superman of this world.

What is it that you can do that no one else that you know can? This is a special ability of yours. Cultivate it until you become masterly. We each have 100's of these special abilities and we can locate them and improve them. It is one of the greatest feelings in the world when we are using a special ability. Remember that we are all supermen. There was a reason Superman chose to live on this planet to protect it.

Everybody in this world has special abilities because everyone in this world is Superman in his own life. There's no one greater, other than our universal Creator.

We have plenty of special abilities and talents given to us to guide us and lead us in our life so that we can fulfill our purpose. We also have them to help others. A person who has found their special abilities and talents can practice them constantly to optimize these skills. When they do, they can easily be classified as superhuman. They are not going to be

able to push the moon back into orbit or deflect asteroids with their mass and strength but they can change the world. These are the people of our world that change it. The Bruce Lee's, Michael Jordan's, Michael Phelps's, Albert Einstein's and Thomas Edison's of our day. Artists like Michelangelo and Leonardo da Vinci can be defined as superhuman because of this truth. Our greatest leaders like Martin Luther King and JF Kennedy had this developing ability.

These people in their field have become Superman. Even Superman himself could not paint like Leonardo Da Vinci. They might be able to work together and make a beautiful piece of art. Superman could use his laser vision to help sculpt with Michelangelo. He could help JFK with super fast reading abilities to create new laws but he's not anywhere near as powerful as these legends in their purposes.

They are the Superman of their purpose with even more concentrated strength. Even though Superman can lift the book of infinity (A universal book with an infinite number of pages) and we can only pick up a couple of text books at most, our purpose lifts us to superman potential.

Our special abilities will help us and the heroes in our life. If Superman had my special abilities, he would be writing books about himself and all his superheroes. He would be getting other heroes to be writing textbooks and teaching them how to write the best. You would have all these superheroes writing textbooks and teaching the world how to use their special abilities. The most amazing aspect of Superman is that

we don't know what's Superman's best ability is because he is in a constant process of becoming better. He is constantly evolving.

What would it be like if Superman's best ability was your best ability at its highest potential? What would he be doing? It is true for every individual that he would be one of the greatest superheroes if his gift was at its highest potential.

It's Superman's gifts that really set him apart from the rest. Jesus said it best. You can't hide a candle under a bed. The gifts that we have on this world is light. You can't really hide it. The only thing that you can do is use it for yourself or others. What leaders do is they use it for others. The gifts that people have are universal and glorious emanations of light filled with enormous energy. When we see people who have mastered their talents they are really shining on the highest stage possible in this life. They have become light itself.

When we watch a prodigy and listen to him on the piano, we can sometimes feel his light. This is a gift given to him. Superman was a person who discovered himself and took his powers to a whole new level. I know that the gift of Jesus was his gift to resurrect people. He can lay his hands on people and they could be fully healed. Gandhi's gift was he was able to reach everybody in his country, he was able to reach them all in their heart. This is why everyone loved Gandhi. The legacy of MLK was his dream, his vision. His point of view that he had in his mind liberated all blacks in America, until eventually we had Barrack Obama who was our president. This vision was superhuman and very close to superman intensity. These gifts are so super powerful that you can even say that

these people are superheroes. They're more than superheroes. Superman cannot liberate a country. Superman cannot liberate our people and free everyone's people.

Superman cannot resurrect people from the dead. People build religions around people who become the light. This is how you become the light. We can learn this from superman's growth. Special abilities take time. When we discover a special ability, we could nurture it and build upon it, day after day. One of the greatest things to do is to envision yourself being the best with that special ability. For example, what's the highest possible thought that your mind can produce with that special ability? That's a great way to start building here. You'll start following suit.

Another good way to build on your talents and gifts is to mentally affirm all the times you've used the skill. Now in the present moment while acting with the ability, affirm that you are once again getting stronger in the capability. Every time you exercise your talent, you can declare you just improved the ability. For example, if I am meditating, I can affirm that I am developing this ability opposed to just meditating. Declare, "I am meditating and all of the meditation I ever practiced is now improving with this meditation." This is every meditation you practiced plus one. Keep doing that over and over. The more that you do it the more your mind will perfect your talent.

# **CHAPTER THREE**

MERCY

One of the greatest superpowers that Superman is his mercy. Superman has never killed another man. Throughout all the depictions of superman, he has maintained his grace. He has destroyed super arch villains but there was never a mortal human being that he killed. This was mercy because with all that power he could have very well been authoritarian centered. He could have gone the route of Lex Luthor who is a Kryptonian. He could have used his powers to take over the world. This enormous volume of forgiveness that superman possessed didn't allow him to use it for domination.

Mercy was superman's greatest superpower in my eyes. We can give mercy to other people if we employ this book. Without mastering mercy, we're actually going the opposite direction. Superman has fought the most vicious humans, but he just binds them up and lets the other humans deal with how they will punish them. He makes sure that they stop doing anything that would hurt others. We don't want to hurt other humans because this is in the realm of being a villain. Humans are delicate creatures that do not know how to take care of themselves or their planet efficiently yet. We are to apply mercy and help humans to gain hero

status. If we are in a fight, we could aim to do the least amount of damage that we can. Those who harm other humans are the enemies of Superman. We have to ask ourselves an important question. Who is the person we are becoming?

Even though many superheroes have a load more powers than Superman like Dr. Manhattan, they were never as great as him. We need to master mercy to be the legend that is as powerful as Superman. Eventually all of these villains got destroyed but Superman lives on.

The mercy that Superman has allows all men to trust him. These acts that come from grace are not just heroic they are super heroic. Superman was a person that loved to give blessings to humanity. If we look at all his comics, he has beaten everyone. Thousands of superhuman villains. These arch villains mastered super diabolical powers. The truth that is not so much talked about is that he only destroyed 15 of the thousands and thousands of arch criminals he defeated. This is the symbol is mercy. I believe that it's because of this that he has become the most popular superhero in the world.

Everyone on the earth knows who Superman is, but if we look at ourselves, I think it's the same. People with the most mercy are the ones that are the most known and respected. It's a truth, and it's not something most spoken about. This is something you do naturally. It is a gift. A super power you could harness. Those who are reading this manual must possess a specific amount of tolerance because you have attracted this book. Superman will never say "I am Merciful" but you just know it. That's why he's Superman, and the rest of the heroes are well, just the

other superheroes. The Mercy is in direct proportion to the fullness of that certain superhero. Likewise, the less mercy you have, the more of a villain you become.

The villain and nemesis of Superman who is Lex Luthor was eventually killed by Superman. Lex Luthor had a higher intelligence than superman but no leniency. This led to his death. Lex Luthor was a Kryptonian and a universal genius. He used his powers for evil which led him to become a sociopath. Lex eventually became the president because he was so smart.

Even though Lex Luther had the whole government and military behind his schemes, superman was destined to defeat him. The merciless versus the ones with mercy is a human archetype called superhero vs. villain. The superpowers they hold are really the secondary powers compared to their individual superheromercy. When we ask who had the most mercy as a hero, I would undoubtedly say that it would be Superman. So, how do we get superhuman Superman mercy?

We practice studying from the greatest people who exercised forgiveness. Leaders like Jesus, MLK and Gandhi are people who had a lot of mercy. People like Buddha, Nelson Mandela and the Spiritual Masters are also great examples. Superman studied these people when he was young and mastered their teachings. The real question of a person's grace is answered after he has defeated his adversary. How does he treat his adversary after he has won?

This is how you will know his mercy. This is why Mercy is so powerful. In order for it to even be shown, there must have been a fight and a defeated opponent. Everything before and during the fight is on the way towards the ultimate goal which is mercy or non-mercy. Simply said, a battle must be fought for mercy to be witnessed. This is one of the most important chapters in the book because of the energy of mercy. How many fights has Superman had in his life? How many times has he applied mercy? How many conflicts do we apply mercy in the outcome?

Whether they be a small quarrel with our spouse or an argument with our family, forgiveness is just as important. Maybe you have disagreements at work with an employee or you are even battling yourself. If we win these arguments or if we overcome our differences due to our abilities then the true test of our Superman is the mercy after the feud has been won.

A lot of men who win fights set up very harsh standards for the people they defeat. Let's recognize that Superman could have slayed and destroyed all the opponent's he defeated but 99.9% of them were spared their life to see another day. I'm not saying you have superman DNA! We are not perfect, but we could exercise mercy to wear our cape in our life. This in my opinion is the beauty of Superman. It's the red in his cape, the S on his chest and the size of his boots. We might not be able to fill his shoes but remember when we utilize our unique abilities in the ways shown in this book, he likewise cannot fill ours.

What we find out through the coalition of the Justice League is that they have a brotherly pact to do no harm to humans. No one in the Justice

League will ever destroy anyone. They've all agreed to be merciful to their enemies. They have opened a new door to battle. Forgiveness to their foes. This new precedence makes them superheroes and us mortals.

We've seen many times when these villains are shown forgiveness, they decide to work for the side of good. This is an example of the influence I am writing about. Superheroes like Superman will embrace them and work with them. This ideology of Mercy doesn't make sense to a lot of people. Why doesn't Superman just destroy his arch enemy? The reason is because of the quality of Superman's morality, which makes him an ultimate leader. We have to remember that Superman is a universal character who has deep knowledge from the universe. This is a large part why he acts in ways we might not understand. If Superman or any superhero of these highest accords, like the coalition of the Justice League, decided to become unmerciful then they would compromise their integrity and would no longer be called Justice. This is true Supreme Justice. When one of these superheroes decide to be unmerciful then they'll lose the power of the coalition of superheroes around them.

I believe that mercy is the glue that holds these coalition's together. Julius Caesar once said "He conquers twice, who shows mercy to the conquered." All of the greatest warriors know this. Coalitions like the Avengers, the Fantastic Four, the X men, and the Justice League fight and train together all the time. These type of coalitions are built upon a deeper morality and ethics of mercy and justice. They are not built upon super powers. It's not easy to show mercy, especially if we have the upper hand. This is an essential quality and characteristic of the highest level of

superhuman superhero. On the surface it looks like we're going against ourselves when we show mercy but when we practice it, we feel our superman force. We are strong enough to take this path towards our best self when we realize that it's a more powerful place to be. It provides us with this superhero spirit that makes us feel the greatest. Overpowering others feels great just for a bit but exercising mercy feels perfect forever. Showing somebody mercy if you have power over them feels good for your entire existence. It feeds you and your family positive vitality. It brings you closer to your goals. Therefore, superheroes like Superman will be with us our entire life.

# CHAPTER FOUR

## HUMBLE

Superman was humblest because he had the strongest powers without ever exposing his real identity. The only one who knew his true identity was you and me, the reader. Only us and God. We can study his humility and start emulating this gift in order to be Superman. Other superheroes have far less humility when we look at the other greatest heroes of our time like Batman, the X men, Spider Man, Iron Man and The Incredible Hulk.

Bruce Wayne was a multi billionaire. In today's market, he would be close to a trillionaire. Iron Man also used his superpower abilities to

obtain massive amounts of wealth. We watch many superheroes live an ego fulfilled life. Superheroes like the X men for example, end up fighting each other sometimes. We see Cyclops and Wolverine, the two strongest X men fighting over their woman. We see them living in a huge decadent mansion named Xavier Institute for Higher Learning. Yet Superman's financial status was being a journalist who was getting paid to write articles for the local news. This not a flashy career, but he was the greatest person in the world. Superheroes across the universe idolized this man. Back at home, he had a boss and worked for a very simple wage living in a tiny apartment. Clark Kent is an example we can emulate to be humble.

Superman could have chosen to be the opposite. You will never hear superman say "I am God" after he saves the planet. He remains gentle in form as Clark and proceeds to his next ultimate action steps. He could have had as much money as he wanted. He could have been the greatest leader in the world with the most power. If he chose this route then he wouldn't be Superman. When we are considering the art of humility, we are looking at others who are teaching others through merciful action. We can learn from people who have very strong abilities but also exercise humility. We choose to live a humble life for the sake of other people.

If we understand Superman correctly, if people were to know his identity, there would have been a promotion for Clark Kent at his Job. Yet he chooses to work with Lois Lane and have the same boss as hers. He does this in order to save time and energy by not constantly being

Superman on earth. Humility saves time. It saves energy. This also allowed him to overcome governmental affairs and be politically correct.

Let's look at one of his most popular acts of Humility. Superman stopping what he was doing to figure out a way to isolate himself and get changed from a business suit into his super suit. In a public telephone booth! Yes, this might have been easy for him because of his speed and his natural abilities but it's still a huge symbol of him communicating with us his humility.

For our personal lives, it can be an endeavor to be humble and it is something that we can improve. Many people are cocky just because they want approval. **We want to disguise our superman with a false Clark Kent, not disguise our Clark Kent with a false Superman.**

This is an underlying feeling of not being able to perform in the future as well as we did in the past. I am also guilty of this. The question we can ask is what approval does Superman need if he's the strongest person in the world? When we understand his humility, we find out he has nothing to prove and this is what made him so great. He could have chosen to marry Wonder Woman or Superwoman or any of those beautiful superheroes. It wasn't Miss Universe but Lois Lane he married. The girl who loved to wear no makeup. A female human journalist, making a middle-class income. Barely.

Lois Lane is also a symbol of Superman's humility and Superman's love. The point I'm trying to establish to you is we live in this country called America. It's natural for us to not be humble because of whom we're

learning from. Is our president acting like superman? We have to protect ourselves from what's on TV and what's in the news. We also can consider that what our friends are telling us in school or work might not be true all the time. Even our family might not always be a credible source. The question we can ask is, "How can I best set a superman example." The type of people in our life is usually who we become in life.

We do have the super option to choose who we want to learn from. This is called Super study. Learning from people who are the best and longest lasting. Who is the longest lasting leader that is still respected today? Let's learn from him and start there! We repeatedly could come back to learning from the greatest. Learning from the finest, no matter who is advising us or who is our superior. That's why I created this book for you. We together can learn from this superhero. Everyone in this world adores superman. Deep down we know that when we utilize our special purpose in life and become the truest expression of ourselves, we become Superman.

Following the principles in this book will give you superpowers or even more power and talent than you already have. When this occurs, we could be humble. The knowledge that you are superman and supreme of your own life can feed the ego.

Think about Superman being cocky in our world. Driving fancy sports cars, showing off his money and going to clubs to party. Does this sound like something Clark Kent would even do? Seems silly right? When we master humility, we put ourselves in the position to put S's on our chest. When we look at our heart deep enough it's already there. We

just need to accentuate these latent abilities of ours that needs to surface. We can do this by being humble. This allegiance to humility is something that we see through his personality as Clark.

Things that magnify humility are the core principles that superman is centered around. He's fighting for world peace, freedom and justice. This is the allegiance to good. You cannot be Superman and go around town showing off your abilities. You can only exercise your talents when using them for the highest good.

This differentiates the ultimate superhero from the rest. We never have felt any of his powers, but we resonate with superman in life because he is fighting for the greatest good. This is also another aspect of superman's soul that is fully accentuated. This Mastership is a timeless quality that puts him at the ultimate peak of the Superhero class. Clark's identity was the ultimate practice for Superman to be the ultimate hero. This was his spiritual path of humility. Superman Once said "I am home in Clark Kent." Clark always had a superman suit underneath his everyday work attire. You do too! He was in the mind state of being humble all the time. When he did step into the role as Superman, he was in a high state of humility and ready to spring into action. Full of Vigor like being reborn once again every time he made the transition from Clark Kent to Superman.

Think about getting yelled at by your boss and he doesn't know you are the immortal Superman. You have a superhero costume underneath your suit and tie. You are waiting in eager anticipation for a disaster or crisis to arise so you can re-metamorphose once again.

Therefore when you compare Superman to any other superhero, no other can compare. None had Superman's experiential power of humility.

## **CHAPTER FIVE**

### **DRESS THE PART**

We see that Clark Kent is always dressed to the nines. When he's in the Superman suit, we have designer perfection. He is constantly perfectly dressed and pressed. This is also how we could dress. I'm not saying that we could always be in a nice suit or in perfect business attire but we can always dress our best. Even when Superman is just dressing in regular clothes as Clark Kent, he is always the cleanest cut.

He's always looking his best. He shaves his face with heat ray vision. Clark washes his body with super speed and strength. He cuts his hair with super vision precision and can count every strand and calculate its length for his desired style. He automatically optimizes his appearance, keeping in mind how he can best present himself to the world. He's a super genius. All the clothes in his closet are folded with superman calculations. He selects his clothing from the finest fabrics and tailors. With his intelligence designs most of his attire. If you look at the tags inside Clarks clothing, you see the superman logo. The attention he put into his superman suit he puts into his dress up as effectively.

Clark is always looking the sharpest. Let's face it, he can crush diamonds to dust with his bare hands. Superman has the greatest suit in the world. It is made from Kryptonian technology as well as all his other amazing suits. At this current time, Superman has a wardrobe of superman suits that he can choose from. All of them are the most optimal superhero suits in the universe. No one has a better suit than Superman because of this technology. The suit is symbiotic to his powers and physiological body. They function in unison on a biological level. This can make other superheroes almost jealous. Even Batman, who was

somebody who had billions of dollars to put towards his suit couldn't create a suit like Superman. It was perfectly aerodynamic. He could fly as fast as he wanted in it without wind resistance. It fitted to his skin perfectly. His boots (size 10 and a half) were completely geared to the millimeter to the size of his feet. The inside of his boots had super mesh for super comfort and breathability. The outside of his boots were strong enough to walk and travel anywhere in the universe.

His suit was optimized for universal exploration that could endure the highest heat and the lowest temperature that exist. This was the same optimization Clark Kent was using. Wherever he would go whether it was to work or out with Lois, he dressed to the nines. In fact, when Clark would go dancing or out to eat he dressed using the same Kryptonian intelligence his species used to help develop his suits and armor.

Now we know, no one dresses better than Clark. If you think about it, nobody even to this day can dress better than Clark Kent. People just can't dress that good. Even the Clark Kent from the 1930s and 40s superman Golden era until now in the 2000s. Even in 2020, no one can dress as good as Clark. I'm just being honest. This is all because of his advancement of Kryptonian intelligence and technology.

How do we dress the part? We dress the part by making sure the clothes fit us. They contour to our body. They are able to show people our physique, which is always in peak condition. We wear closed clothing that is respectable. Some type of T-shirts that have vulgarity or crude saying Superman just wouldn't wear. If it's not respectable Clark wouldn't wear it. I too am aspiring to dress as best as I can. This is something that

is a life long effort. We could always be focusing on how to dress better and better. Even if I have on a suit and I look great, I'm always going to try to beat how I looked. Even if I'm dressed to the kill.

Superman to this day is still maximizing his suit. This doesn't necessarily have to be an expensive endeavor. It's a person who is visualizing himself looking the best. What will people think when they see our clothing? Clark Kent does give a perfect depiction of how a man should dress. When we go to wear our best, we can glance at the way Clark dresses and this is effortless to mirror. Let's fill our closet with Clark Kent like attire. Lets dress our part. There's many clothing stores that are available that focus on this style for the man. Just like there's a lot of clothing stores for people who are going the other direction. Using clothes to devalue themselves.

I'm not saying you can't have fun and wear a tank top and shorts to the beach but just keep in mind, we could try to look the best in that tank top and shorts. Let it pronounce your musculature. Let it fit as perfectly as it can to your body to represent yourself. Represent yourself as the Superman that you are. When we dress like Clark Kent and emulate him, we step into our superhero role even if it's as simple as his all famous red flannel collared shirt with blue jeans and black belt.

If we apply this book and study Clark's wardrobe even deeper, we can put together beautiful layers of clothing like a collared shirt and tie with a nice sweater vest to put over it. Then we can focus on accessories. His hair is perfectly combed. He's got a nice watch on. He is obviously very fit. It looks like he has a manicure. He might be wearing the new line

of Dockers with a nice leather belt and Clark's shoes are the best of the line. If we have perfect vision, we can also understand Superman's role and wear glasses anyway. Maybe getting a pair of sunglasses or a pair of glasses just for style with transparent frames. We noticed that he's very clean cut. He doesn't have any gold necklaces on or anything flashy. His main accessory is just his watch. A very nice time piece that complimented his mild-mannered business suits. He wasn't big on accessories because he uses everything he wears. All his attire serves a purpose.

People still ask about Superman's cape. Some say it serves no purpose. To this day, no one really knows why Superman wore this red cape not needed to fly. I'll tell you the reason. Superman wore it the same way the Kings used to don one. The best way to explain it is to look at a bullfighter. Bullfighters would use a red blanket to psych out the opposing bull. Sometimes Superman had to fight much bigger opponents than himself. His cape not only made him seem much larger than he really was but he was able to use the cape as a distraction so that he can easily confuse and attack the opponent. While using the cape to either lead the opponent in a certain direction or to psych him out, Superman would attack from the opposite side. Much like a bullfighter would subdue the bodacious bull.

Dressing the part means wherever you're going, you are wearing the very best. We understand that Superman's costume was the most colorful. It came from his planet. It was woven with the finest fabrics from Krypton. The blue and the yellow and the S on his chest were the

most brightest. Many believed the S symbol on his chest was made from pure gold to help him synthesis light.

The symbol was so intense that frequently it would shine light when he arrived back to earth from solar absorption. If the body suit entered into contact with certain elements and other minerals of different planets and ours, it would sometimes glow and light up. The cape was the brightest red located in this earth. It was brighter than rubies. The suit was so bright that when he was fully charged up, you could see him in the sky. He looked like a miniature star flying. He was able to access the brightest colors in this world through his suit and this gave him an advantage over his enemies. Especially villains of extreme darkness.

We too should dress the part wherever we go. If we are going out to eat, on a job interview, out with our relatives or out on recreation, we could be dressing as if we are putting on our superman costume. When we do this, we automatically become the superman in that place we are going. Your cape can be your handkerchief. Your S on your chest can be your tie.

The main point is that we use everything we wear. When we do this enough it becomes a super power habit! This superman superpower habit will let others know we are the strongest of the strongest. For example, if your out for a interview, you will be taking on this superman mentality. Your wearing the brightest shirt located on earth. The brightest tie. The nicest fitting pants. And the classiest footwear. Dressing like this will make us feel the best. Imagine how superman would have felt when he put on that superman suit and he's flying around in the most colorful attire in the world. We have to find clothes that are this colorful and fine.

A lot of the superman comics stress the suit because the suit is timeless. This suit was created in the 1900s. Even today we still use it in the latest movies and costumes. We even wear it today! This is because of the timeless aspect of the suit. We also should dress with this intention of timelessness.

We can ask ourselves if this was worn by me 50 years from now would I be impressed? You can ask that question wherever you go. Whether it's out to the movies, dinner, recreating with your family or vacation. We see in today's modern society that we have trends. People wear clothing due to a trend that might not last for that long. When they look back they say, "wow I'm not impressed with how I was dressing back then."

We can alleviate all this by coming back into our power and asking ourselves the question when we dress before we go out. "Will I be impressed if I saw myself 50 years from now wearing this?" Examples of the timeless wardrobe are the suit and tie with colored shirt and dress shoes. Another example is nice fitting jeans and a pressed collared shirt with nice sneakers. Remember to be clean cut and trim. The wardrobe of a short trend include certain genres of musicians that we try to emulate. Their clothing styles are a flash in the pan. Also, celebrities wear very trendy clothing. It is safe and wise to remain in the timeless realm of dressing the part.

If you were to dress like Frank Sinatra today and go to a show 50 years from now you would still look sharp. You would probably be the superman in that house because this is the timeless dimension of dress.

This might not be true if you emulated Prince, the musician. Remember it's not the amount of cash we are using to dress the part, it is the timeless aspect of the kinds of clothes. This might not cost that much cash at all. When we link in this timeless aspect of dressing the part, keep in mind superman's suit. It is the shining Polaris of perfection. Let's always keep in fashion by being the most colorful and strongest. I suggest applying this chapter with the later chapter called good shape. Then we will be the superman in our life when it comes to our appearance.

## **CHAPTER SIX**

## DEEPER IDENTITY

Superman's real Identity is who he is on his planet. They don't call him Superman. That was the highest we could name him due to our intelligence. His name was Kal-el. That name meant more then our intelligence can comprehend. His deeper identity was him in his prime on his own planet. To understand Superman's role on his world is to understand his family and his race. His race were solar beings that would absorb solar light from their sun and they absorb that light to gain power and build the race.

They were so good at harnessing this light that they developed superpowers eventually. He wasn't really the Man of Steel or the Last son of Krypton. He was deeply more distinctive and unique in character. Superman on his planet was very different because all of his race had the same basic superpowers. Superman was so powerful that his race held him as sacrosanct and holy. They viewed him as a spiritual Lord to be likened unto a Angel because of his qualities. There were others that were held in such a high regard, such as "Supergirl." Her name was Coined by our race but her real identity was Kara-zor El. They also honored a

character called Rao. Although Clark Kent was a Christian, we still do not know Superman's deepest spiritual identity.

We do know that Superman's Father, Jor-El was a Super inventor and so was Superman when he was at his peak. All of Superman's inventions are still unknown. Although there were different fluctuations of powers from each unique individual of Krypton, they were all free to choose their own distinct purpose. If a Kryptonian had a purpose on Krypton, then that certain Kryptonian would possibly have different powers. The elite Kryptonians such as Superman had very distinct and unique powers. When we understand that Superman without the costume and without the glasses was really a Kryptonian and had a much different way of life on his planet then we can also start to understand our way because we also have a species.

We have a race called mankind. Like Kryptonians, we all have very similar superpowers. For example, Superman and all Kryptonians can fly. Superman can use light rays and X-ray vision as all Kryptonians had this power. Kryptonians identified with each other through their abilities. They all shared super breath and they all had supervision. They all had super speed. In the eyes of a Kryptonian, super really stands for Sun. On his world he would be identified as "Sun Man." He was a Star Master. They would call the abilities Sun Powers not super powers. Sun flight and Sun vision. Solar breath and Solar Intelligence. This is because they were collecting all the intensity from the stars kind of like batteries collecting energy in their cells. Then they would center the energy into their superpower like a laser. This was all energized by their star. Kryptonians

were “Star Men.” We likewise possess the same ability to harness energy from our sun. As science progresses, the possibility to harness it to the intensity of superman is achievable although still only imaginable today.

Our deeper Identity comes from courage. Superman will fly in the darkest evil villains house at the gloomiest time of night and his strength will glow in his eyes while being as calm as he can be. He will clear it out gently. With humans he can break bones with the slightest exertion of force. This Sun we have on earth was strong enough to make Superman a superhero here. Our Sun’s real name is Sol. To Kryptonians, our sun is a super Sun. We all have the same superpowers as a race like Kryptonian although it's not going to be called super strength or super speed. To them, humans are super because of our light intensity but we see this passively. We too must know that most of our abilities are not there just to enjoy but to achieve a deeper identity. To obtain our purpose in life. We need to identify as a race.

The abilities we have together as a race need to be discovered so we can find our deeper identity. We can come together and identify the abilities that we have. When we do that our individual superpowers will increase. It is chief knowledge to know that we could first come together as a race, and then we can be our own Superman. These beings called Kryptonians knew this, achieved this and then became star beings with elite individuals constantly being birthed like superman. Before the destruction of his planet there were countless other Kryptonians as strong as him. There were many Supermen. Some even Stronger than Kal-El.

So how do we do this? Let's look again to superman for the answer. They were collected as a race through their special abilities. This is the only way that humanity can come together. It's by realizing the powers and abilities given to us. All of these same powers and abilities as expressions of the light. Our sun.

Right now, we're in a situation where we want to be different. I don't want to be a human being. I want to be a musician or don't want to be a human being I want to be an entrepreneur. I don't want to be a human being. I want to be a more powerful person than this person, so I'll be an author or spiritual guide or something like that. This isn't how Superman's race works.

We need to understand that we don't necessarily need to be in a world that has this ideology as of yet but if we were to understand this chief knowledge then we can go deeper into our own unique special talents and abilities and we won't be stepping off our life's path. I'm concerned about telling you the truth. When we understand the power of the unity of a race at this junction, we can understand the superpowers that we have as an individual. If we're not coming together as a race to know every body's special abilities as a race, then there's no way we're going to know our special abilities as an individual. Although we may obtain glimpses. Would you agree that if we were united with common purpose and were courageous enough to settle our difference globally that our lifespan would increase? Then why don't we?

We are living in a unique time in history called the technological age where we are connecting globally to let everyone know how different

we each are. It's about "I need to be me", and "I'm special." I'm all for that. That's fine. Uniqueness and authenticity is something that should be edified in this world, but you could also have knowingness of our interconnectedness. We are linked to every single person in this race. On a deeper lever we all have the same special abilities. This is on a race level. Not a color, gender or social Level. I'll give you an example.

If you look at the birds in our planet. They are the best musicians in the world, maybe in the universe. If you were to go into nature and to listen to the birds then you would understand that every bird has the ability to sing. That's their special ability. Every bird also has the ability to fly and has the ability to make the most intricate natural art in the world. The Nest.

We can balance focusing on other people and what's different about them by focusing on the things that unite us. The special abilities that we all have. Just like every bird knows every bird can sing, every bird knows every bird can fly. There is a respect and grace there. When this knowingness arises, there's a level of hatred that automatically gets dissolved, there's a level of judgment that automatically gets dissolved. This gets replaced by our superpowers. You can come together as a race. I would say the majority of hatred when we find out this deeper identity will be dissolved.

Another example is dolphins. All dolphins have this special ability to eco-relocate. This eco relocation is a special ability that only they have as a race. They live very peaceful because when they get into

confrontations whether it's through sexual domination or maybe a survival program, they can eco-locate and relocate.

These confrontational behaviors are embedded in their brain system for pro survival in the ocean. They also have embedded within them this amazing capacity of aquatic relocation. This ability allows them to be copacetic and to live among themselves. Their Sonar is a symbol of their unity. Their race has a super power. I trust that every species on this planet has an expertise that symbolizes their unity except humanity at the moment. That's why superman came to fight for us and to show us our path.

This unity we have as a race is extreme raw power. I believe it can pierce through the concept of impossibility. Let's be receptive to superman's ideology of coming together and understanding our special abilities and powers that we all have instead of being Mr. different or Mrs. different.

This book is about being the Superman in our own world. Please be open to this chief knowledge. We gain this knowledge when we gain this understanding, and we apply it on the practical front. The experiential side. This is yet another key of how we ourselves can become Superman of our own life.

Let's remember that even if we were best friends with Superman, Superman is not as powerful as our self in our life. For example, Superman can't care for you the way you can care for yourself. Superman can't have the same thoughts that you have about existence. He will not

have the same feelings. Yes, he's going to be able to protect you, you will be strong friends and you guys will have a great time. However, the main thing to understand is he will never be as powerful as us in our own life, no matter how much superpower he has.

Let's explore our best-case scenario. In your world you became Superman, you become that superhero; you have applied this knowledge which I'm giving to you. Congratulations. You defeated the greatest villain in your life. You. On the opposite side of the scale, there is only yourself that can be the biggest arch nemesis. Only ourselves can put each other down as much as we do. Only ourselves can be as hateful as ourselves. This is true for everyone in their life. I hope I am clear about the importance of the book.

There is no one that is more of a perfectionist in my life than me. There is no one who's harder on me than myself. That is something that I desire to work on. I desire to be the superhero that Superman is and now I can. The man that is bringing goodness and focusing on the things that are going to increase my special abilities. Using my powers that are working to increase these tools to bring me to my purpose. Bringing myself to supreme destinations and start accomplishing my goals. When life gets hard, I need to tell myself, everything is going to be fine. "Be calm and relax, I will handle this."

Like I told you before, Superman does not stop. There is no stopping. There is no lunch recess. There is no dinner. He does not stop until the job is complete. There's no "okay we need to take a break." This

deeper identity is the foundation of building ourselves up and becoming the strongest person that's exist. Ourselves.

There was a person who had told me that when we go to sleep and we dream, our own mind constructs vast amounts of land and matter and substance, it sets up a planet for you to walk on and to exist and to mobilize. It produces other people, realistic enough to believe so you don't go lucid or wake up. It can make us believe on this high level of human intellect that the dream is real. In order for you not to go lucid in that dream, you would have to believe that it's real and this creation of our very own minds has that ability!

I believe that if I were to teach about this unification of all of our power that we have as a race it would be this super power. This deeper identity of what the mind can create and the power of the mind. We don't just have the capability to be a Michelangelo and illustrate art, but we can create realities. Proposing this unified ability of all of us in our race to use our mind for this type of creative power. **I propose we can be the Superman of the mind.** Superman is in a body, Being a superhero. We can be using our mind as the superhero. **That's what this book is all about.** What if we can transform our mind into Superman?

The only way we can do this is if we're focusing on the virtues and the principles that all superheroes share. We also will need to be fixating on the choicest or greatest possibilities and solutions. The one principle that superman has that makes him the absolute is he is always focused on the best in all he does.

Think about how superman can celebrate Christmas with his super powers. He can light up the biggest tree on earth. He can celebrate with his friends and family on a masterly level. We could not just use our great abilities to gain victory but to celebrate the life we already have. This is deeper identity. For example, did you know how well superman sings? With his super breath and solar force, he can create vibrations that can destroy any evil through the power of his most beautiful voice. One time he defeated a near immortal opponent called Darkseid with one of his strongest songs. He just dissolved because of the difference of vibration. Could you imagine his loveliest songs to Lois and his mother?

Let's use this beautiful mind given to us as a universal tool. Here's another secret. I believe Superman at the deepest level of his mind would be the same level of our mind which can be achieved through meditation or stillness. I suppose that any being in this universe would end up in the same identity as a human being in his or her deepest meditation. I believe in this oneness of all life. Maybe superman came here not only to protect himself and us but to show us how much we are like him. How strong is superman? Once superman destroyed an entire solar system with his super sneeze...

Just like superman gets stronger in certain parts of the cosmos we too get greater the deeper we reach inside ourselves. We need this meditation and thoughtless state to fly deep. Whether we go there through the gaps of our thoughts or holding on to our super mantra or maybe efforting to not to think at all for brief periods.

# **CHAPTER SEVEN**

## **THE PERFECT WOMAN**

Superman has the ultimate love on this planet because he's the strongest man. He could have been with any woman he wants although he chose Lois Lane. She could compliment his character in every way. Lois Lane was a very outgoing reporter who sometimes was so eager to get the scoop that she would find Superman sometimes! She would be speedy enough to see where he's going and what's going on! She was the best reporter.

She complements Superman's personality because they both were very spontaneous and do things more from a natural place of non-thinking. They both acted with fluidity and effortlessness. Lois was a woman who was extremely outgoing. She was a hard worker. Let's think about it. Other than Superwoman and Wonder Woman, Lois Lane is one of the most famous women in comic book history. This is because of her character. She had the perfect character to complement Superman's personality. She was bright, she was excited.

She would be speedy enough to see where he's working and what's going on! She was the best reporter. She complements Superman's personality because they both were very spontaneous and do things more from a natural place of non-thinking. She was also very courageous. Lois would put herself in danger's way to get to scoop. She even caught

Superman in action many times! There is a lot of thought put into their relationship because Superman was the most prominent person on the news and controlled the papers, tabloids and all the media because he was Superman.

Lois Lane, being the best news writer was a precise fit for our Kryptonian. As a matter of fact, Superman's decision to be with this writer, if you think about it, was one of the perfect measures to protect Superman's singularity. Lois Lane was infamous in being the greatest innabbing the hottest scoop because she would step in dangers way to obtain the lead story. All reporters in the city jabbed for the Superman scoops but Lois would lay herself out there the furthest. In the Metropolis city, Superman was always the hottest press. This is why she always fantasized about making love to Superman.

The level of courageousness Lois Lane harnessed was enough to eventually come very close to discovering Superman's ultimate identity. She was one of the few humans to have felt the heat of Superman's battles. She might be the only reporter that was strong enough to finally figure out who Superman was! This alone might have been Superman's decision to be with her as Clark Kent. Considering that her dream was to be with Superman, this was an attraction of super proportions.

The woman perfect for you is the one that desires you as much as Lois desired superman. The beautiful thing was that she was with Superman, her deepest fantasy, and never knew it. Clark Kent and Lois found passion and this love was protected by the strongest being in the Universe. The love between Lois Lane and Clark Kent also in turn

protected Superman. It preserved Superman's identity. Clark Kent was in love with the strongest reporter in the city who always had the front page scoop written with her name on it. This is how he learned everything about us and how to protect himself from exposure. Lois was his ultimate shield against propaganda. We can almost imagine how thankful superman was for Lois.

It wasn't just that he loved to read and write because obviously he had super intelligence. The truth was Superman's identity was getting squeezed in on the opposite side through T.V, Radio and Media. With phone technology and Social Media on the rise he had to know how to move precisely as Superman without having to expose his identity.

In the same sense, we want to choose a woman that will defend us in our deeper identity. This is something that helps us become Superman of our own life. For example, if I am a photographer and I love to take pictures then it would be great to have a woman who's into art. When you find mutuality and harmony with your lover then your identity is secured. This is how superheroes protect themselves in relationships. If I have a woman who doesn't have any of my interests this is going to be a blow to my self-esteem and can damage my integrity. This is a key to choosing the right wife under our sun. If you're courageous like Superman then you will desire a woman who's outgoing. If your more relaxed, link with a female that's laid back. If you're more of an intellectual, you might want a woman who is a student or maybe a professional. Medical professionals find other healers and magnify this energy through intimacy.

If you look at Superman and Lois Lane, this is one of the most beautiful romantic relationships in the history of any artistic endeavor because you have such a high frequency being who has fallen in love with a regular girl. This might even be the reason Superman created Clark Kent's occupation as an editor. For Lois. Also, For Lois, Clark Kent is ideal. She always realizes that she is in a perfect relationship with a perfect man. She just never realized how perfect her man really was. She thinks it's because of the passion that they have. Superman gave Lois his ultimate superpower, which was his love. His energy that he condenses into the form of Clark Kent distributed love to this woman in such powerful ways that they transformed her. He also transformed into a more loving super hero.

Eventually she received so much of his energy through love making and romance that she became a Superhero herself. Eventually, in a Series of Superman Comics she develops into a Woman with superpowers and becomes Super Woman Like. This is the Power of Love. When we're in relationships, what we can do is focus on our special abilities and our superpowers we have and integrate them into our relationship. For example, I love to create. When I'm talking to my companion, I love to send her poetry or write her something that's creative. I might even sing her one of my poems. This is how I'm able to use my Superman power for love. To give our powers to each other is the definition of true romance. Clark Kent eventually had a son with Lois Lane and his name was Jonathan.

Eventually, when we're together with our perfect mate this woman is going to want seeing their man in their highest form. We learn through the stories of Superman that Lois Lane because of her courage, could identify who Clark Kent was. Superman loved Lois so much that he risked his life and freedom to tell her who he really was. This was Lois's ultimate desire that was fulfilled. This is what woman want. To know who we truly are. We see this in the comics where Lois Lane is flying in Superman's arms. So, we could strive to be the finest version of ourselves for our lover and our families. Woman expects us to be the strongest version of ourselves and this is good because it helps us grow and become stronger.

Applying these techniques in this book and my other books can help you be the best person you can be. Sometimes when Lois was talking to Superman, they would be talking as if they were friends because Lois didn't know Superman was Clark Kent. In the same way your woman might not recognize your superpowers. She might not perceive the finest parts about you. This might be a good thing. Share these things at the right moment. Maybe when you're decided this is the woman that you will be with forever and invest in marriage then you might wish to disclose certain details about yourself as your biggest assets and greatest shortcomings. Clark Kent would never tell Lois Lane that he was Superman and that he could perish from Kryptonite. Clark Kent couldn't die from any green crystals! Once he realized Lois Lane was his life partner, he did open up and expose his identity, his strengths and his weaknesses. When he did open his heart to her, he fulfilled Lois's dreams that every woman has. To be with the grandest man in the world. **This is a universal desire.**

When Clark Kent and Lois Lane met, they were in their teens. They were childhood lovers. She had a lot of impact on why he became Superman when he grew up. They had such a close and loving childhood friendship that he had a very fond love for humanity and their freedom when he advanced into his power.

What we know from all comic book characters is that these individuals have much deeper storylines. As we continue to read, we learn that Lois Lane had received Superman's love and power even as a child, and she eventually matured to harness super courage as she completed her missions as a heroine. In certain comics she became superhero resistance fighter. Superman's soulmate was ideal because Superman needed to have a human identity. He also wanted to be with a woman that would make him feel fulfilled and be with a woman that could match his characteristics. They were two peas in a pod. Lois Lane always had the scoop. Superman always had the scoop. They were a perfect pair in heaven. Our goal for you is to have a relationship this powerful so you too can compliment your time with someone that will make you feel your superheroness.

We know Lois Lane was courageous enough to put her life on the line to get the best story ever. She didn't notice that her love life with Clark was the greatest story ever told. This is the power of the relationship they had together.

Even though Superman had to cloak himself as Clark Kent, when he was with Lois Lane, he still felt like Superman. He was putting his abilities into the love for her. Centering and focusing those superpowers

into kisses and caresses, romance and love. Maybe the tension of not being able to express his super powerful self at all times was sometimes eased by their love because this is how complimentary they were. Let's follow the greatest superhero to exist in our love life. Let's find a woman that will make us feel like a hero. Even when we are in a role that's not us when we're at work or when we're performing the job role. When we get out of work, we look within and become ourselves. We rise again.

Hopefully, you remember when we were talking about how we act our highest by following our gifts and talents. We really can build this superhero type of lifestyle. This idea is very similar. Even at work when playing that role if you were to talk to your girl, she's still making you appear like you're not working. As if you're still dwelling in your deeper identity. Even when you don't feel powerful, your perfect woman makes you still feel like who you truly are. The Superman of your life.

What's the secret about finding the perfect woman? Well, I'll tell you the key. This is a great thing to know. You'll be prepared to get any girl that you want to have. You will be able to have plenty of options to finally find this woman that you belong with. I'll tell you what it is right now.

Most guys, when they're courting a woman, or being with a woman, are very flashy and very prideful. Not only do they show their toughest, or try to do their toughest, but often they mislead these women to believe that they're better than what they really are. We see this a lot, with men that are fearful that they're not able to support a girl or keep performing or whatever the situation may be.

Now here's the secret. Are You ready? Was it Superman who made Lois Lane fall in love with him? No, it was Clark Kent. It was Superman in his most humble form that made Lois Lane fall in love. Clark would not show off to Lois Lane by saying, "Watch what I could do, I could lift this building. I can burn holes through anything I want." He was more humble. He gained Lois through his intellectual abilities. He showed her how creative he was, how great of a worker he was, how good he could dress. How romantic he was. He indicated to her how interested he was in her, how he thought about her and would help her. He wasn't flexing his muscles, taking off his shirt asking Lois Lane to look at the S on his chest. As a matter of fact, if he did that then I don't think Lois Lane would have stayed with him. She fell in love at this deeper level that Clark Kent was operating from. Extreme Humility.

Remember that the true woman loves you for whom you are as an ordinary person. She didn't get married to Superman in a church built by the smartest and strongest superheroes. They weren't celebrating a wedding party where all the super heroes were using their magnificent powers to create the perfect loving celebration with fireworks and waterfalls. It was just regular old Clark and Lois. This is the secret.

Be prepared for the meeting of this woman that might be the woman that you want to spend the rest of your life with. You can be previously prepared for this time. You've already mastered your special abilities.

Don't show them off. You are more humble and are able to make her happy with other aspects of yourself without showing off your superpowers and God-given gifts. She might not even know you have

them. This is what will make her trust you. You're more concerned about being attentive in helping her do what she wants instead of showing off. It is more important to you to have an honest relationship instead of you being with her to flash. You let her recognize how great you are by not letting her know. You let her learn how great you are by telling her she is great. You are not going to try being somebody or pretend to be someone greater than whom you are. We accept that we have weaknesses. When we do this, then this woman is more likely to stay and you can build a more fruitful exchange.

This girl is your Superwoman. The last thing you want to do is cause her to think your non-genuine. This can be easy because a man's greatest woman is making him feel fulfilled even when he's not exercising his greatness and his special abilities. Even on your worst days she can make you recognize you are Superman. Remember, just like Clark, you are Superman in your soul even when you just be with her and just focus on her and doing nothing else. You still appear like Superman of your life because she is making you understand the love that you deserve when you're with her. If she's not making you seem like Superman when you're not being Superman, she might not be the one under the sun. This is essential to know. Keep continuing to look.

We also have to follow Superman by not settling. He could have had any lady in the world if he wanted. Even if Superman chose to just be Clark Kent forever, he's nevertheless the most intelligent, and he still has all the superpowers. The same thing is true with you. You can have any girl in the business if you are using your talents and you're following the

guidelines of this book. It's always significant to find a girl that's perfect for you. Not perfect. But perfect for you. **Even Superman was not perfect, but he was perfect when he was Clark Kent with Lois Lane.** Lois Lane was perfect for him. The number of things that Lois Lane did to be the greatest make her the most outstanding woman in Superman's life.

What we know about Lois Lane and Clark Kent is that there's a constant similarity of Clark Kent with Superman and Lois is always in the state of trying to figure out who Superman is. It's humorous sometimes but this is a very dark and dramatic experience for both characters.

Because of Superman's super intellect, he could easily hide his identity as Superman, even though he looks just like Clark Kent in body build and face. Due to his intelligence though, he could use myriads of particular facial tissues to be an absolutely different individual. He could communicate in certain ways that only Clark Kent can convey. When she was with Superman, He would use the different type of superficial tissues to talk to Lois showing to her a perfectly different character. He would calibrate his voice to higher pitch. He would also count every hair on his head and would adjust his hairstyle in just the precise way to keep his identity protected.

**Superman is right in front of Lois lane kissing her as Clark Kent and she is the best news discoverer and reporter of the world! She is actively looking to find the Superman while making love to him! I think this was one of Superman's greatest intellectual abilities.**

When Superman flies down from the sunset sky and the warm spirit and force of that superman air and energy wraps his cape around him and Lois, and they kiss, she knows the power of man at that moment. This should be the same for all men with all women. She should know from our existence that Superman has arrived because you are the only one who can love her the most in your world.

## **CHAPTER EIGHT**

### **HIGHER POWER**

Does Superman believe in a higher power? I think Superman definitely believes in a higher power. We know that Superman believes in himself completely. There's a DC comic where Superman's Son Jonathan asks, "do you believe in God?" Superman's response was, "I've seen too much, not to believe in anything." Then he replied, "Something is not everything."

This doesn't depict the God that Superman believes in, but it is saying that he respects all values and all beliefs that exist. He is saying that he respects all of existence. That all existence combined is the everything he believes in.

We learn through the comics that there was a God called Rao who was the deity of Superman's planet Krypton. All Kryptonians honored this God. We don't know if Superman worshiped this deity but he respected Rao. What we do know is that Superman was led by the light even if he didn't say the God that he believes in. We notice that as far as his actions are concerned, they were animated by the light because he absorbs the power from our yellow star of our solar system here on earth. He's able to store it in his body and convert it to massive raw energy that he could hone in his superpowers. His flying skills. All his X-ray vision. His light beam visions, his genius capabilities, his super breath, and countless other intelligences that he learned and applies are all energized by the sunlight of our solar system. All of us, no matter how dark we seem are dependent on the light.

We know that on his planet he had a crimson star. These red suns weren't as powerful as our yellow sun. They could still give off enough energy to have life on Krypton.

Clark Kent's Parents were devout Christians, and we could say that even though Superman might not have been talking about Jesus and proclaiming the gospel that he had a faith in the light. He was very Christ-like in his love for the planet and all of its inhabitants.

What we do know is that Stellar light rays animated his actions. This is good to appreciate because we also are enlivened by Stellar life rays. We have the same super energy.

In my world, we don't live, act and speak as this is true. We don't honor or proclaim our light and that we are energized by the bright heat. We walk through this space called Earth and through the energy of light that animates us sometimes almost as though it doesn't exist or that we are not completely dependent on it.. Superman's energizing force for his works was the same animating force for our lives. He was like our big brother. The thing about Superman was his goal to use his source perfectly. He would practice for hours and days and seek the art of absorbing energy and focusing it for his powers, speed and strength. He didn't just absorb light like us, he was crafting it. Ultimately, he didn't just craft the light he was using, he was being transformed by it.

We see that Superman eventually turns into Superman prime which was a very compelling form of Superman that he transformed into. Prime is millions of times stronger than the normal Superman. He had perfected his superhuman capacities and was given millions of more super powers. Thus, they gave him the nickname superman one million. He had banks of super powerful types of abilities because he had become a perfect extension of the sun. Therefore, the full expressions of himself as the extension of the sun was called Superman prime. He was rewarded with this metamorphosis because he was expressing the light perfectly while he was Superman in Faith. He never in his wildest dreams would have imagined what his powers would have manifested into for his future.

This is what happens when we transform into a more suitable expression of what we believe in. We are at this very moment transforming into what our desires are and our purposes are. Superman was acting upon goodness, light, energy and protecting the globe. Just like the sun does by giving all life to the world. He became the further expression of his source. We have to be wise of the sources that we're expressing because this is what we will grow into a better expression of. We will become a perfect expression of our activity because they are all animated by the light.

For example, there's certain individuals that express themselves not in the best way. They take pride and enjoy expressing themselves in negativity. Whether they're bullies, or people that prefer to hurt other people. These are people who love the dark view of life. They watch things like horror films and find some enjoyment in watching other humans suffer. This is their source. And so, they will become a better expression of that. For us who are reading this book, we will perfect our expression toward the light.

This prime energy of our transformation is the same. Just like Clark Kent went through a double metamorphism. He transformed into Superman and Superman re-metamorphosed into Superman prime. **We will grow to be men and then transform into the one we choose to be as a Man.**

This the highest degree of authority that we have on an individual level. This is one of the best things we can do to express our higher intensity. The Mind can concentrate thoughts for so long until they metamorphose into a loftier power. Whether that energy be of light or of

darkness. Jesus said it best in the bible. He said *“If then the light within you is darkness, how great is that darkness!”*

It's as easy as deciding just as Superman did. If people are saying that goodness are their greater power, suddenly they're going to become better expressions of that. If men say that they adopt non-love they will transform into that.

Also, it is important to know whom to devote time with. Superman will not be spending quality time with Magneto. He will be with other super heroes. Be mindful of this when choosing your friends and communities you put in time with. People who listen to dirty music and dirty movies and obscene vulgar lifestyle invite this to be their larger authority and that's what they're expressing. It's difficult to take another side. So choose wisely.

I believe there's an even higher creator. The being created all songs and souls through eternal architecture and that when we're talking about the highest level of creativity, it's a continuous event that goes on for infinity.

I don't like to put a name on a higher power that is more intelligent than myself but the closest to me would be infinity or infinitude. That's the nickname I enjoy because even joy can be boundless. The universe has created endless amounts of stars, planets and lifeforms.

The most outstanding fighters, most successful musicians, most successful athletes, most successful leaders and champions share the same

sunlight absorption as us. All these characters also have a common denominator. It's that they believe in a higher power.

When we look at the superhero inventors like Thomas Edison, Michelangelo, Tesla and Einstein, they constantly erased the thin line between science and our creator. Who in your life said there was something vaster than men? These individuals are worth studying and you can very well spend the time finding who was their inspiration and teachers. People like this find what is grander than what is on the earth and it inspires. It motivates them and helps them feel connected to an energy of infinite abundance that helps them create.

If legends like Albert Einstein, Isaac Newton, MLK, Gandhi, Michael Jordan, Michael Phelps, Michael Jackson, Mozart, Michelangelo and Leonardo Da Vinci were to spend their life together, they would all find a common denominator. This common quality is that they are all animated by this superman prime energy. Our Sun. It is all possible that all of their higher powers are also the same. This common denominator allowed them to make such a mind-blowing difference.

Next, I want to share with you a secret. You're going to love this key. In the English vocabulary we call a tree, a tree but in a different language like Spanish for example is spelled ARBOL, in Dutch a tree is called a BOOM.

This same beautiful wood may look completely different when seen throughout the world because of language. The tree remains the same. There might be a discussion or debate, or maybe even an argument

over what this object really is but it is the same tree. Many people call our higher power many different names which make our higher power seem strange. Just like this tree, it may be possible the higher power is the same. What we know is that all energy in all activity is the same. The light in all life. We have difference in this light because of special names and labels. Whatever name we call a being or object, the same light is within it. Our limitations of language creates this illusion. Say to yourself, "I am the light." This will ground us to the force that we can all agree we hold in this world.

## **CHAPTER NINE**

### **CHOOSE YOUR BATTLES**

Choosing your battles wisely is one of the greatest tools that you can have in life. As you move forward in life, there will be many areas where you will have to choose to handle situations in the best ways. We see that Superman has battled many opponents. We also see these opponents all have the same quality. They're the biggest threat in the world. He's not just fighting anyone who calls him out. We too have to put to rest a lot of the arguments we have that may not be of importance compared to the threats in our life that are the hugest. For example, if our diet is not in line, it is a much more serious and dangerous threat than what others are thinking or saying about you. We have to conserve our energy. We're not going to see Superman fighting a bunch of goons while Lex Luthor is devising a new plan to take over the world.

The reason for this is that Superman is courageous. He has the fortitude to challenge his biggest enemies compared to those who take on those smaller than them to gain clout. The one who has not worked on his bravery will not have the ability to do this. We have to really find the heroism that is within us and I promise you; the bravery is within you. When you find it, you'll also choose your own battles. A person who battles those less strong than himself instead of fighting who he's supposed to be fighting is only a lack of courage.

When we choose the battle, we single out that which is the highest battle for our safety. Then we are becoming a super hero. Then we are being Superman in our life. Superman will not be fearful to attack the strongest person or arch villain in the world. He could very well say “let me pick on this villain because I know I can beat him, He has less power.” We are talking about Superman. His heroism will score against the strongest arch villain and he will destroy the opponent because arch villains don't have the courage to fight their strongest foes. Villains trick and fool heroes by taking advantage of the weak.

The fact is that Superman has done this over and over again so it's like second hand nature for him to go against the heaviest. We too must choose our battles wisely. Every time we win or lose a battle, we gain courage. We're not terrified to lose. We're also not scared to win. All the legends that exists had this ability.

The greatest boxers always choose the strongest opponents. Athletes always choose the strongest opponents. We even have some people that existed that went up against entire communities or states consciously! Ultimately we have Jesus, who defeated Satan of his realm. There are many victorious Legends we can learn from. I believe that the biggest nemesis is ourselves. When we choose to improve ourselves rather than attack others, then we are at the top of our game.

**When we have courageous people that we look up to who always choose the wisest battle then we can learn this art of choice.**  
The wiser the battle, the stronger the opponent. Stay tuned into yourself for your greatest safety and freedom.

It's usually at this point that we say to ourselves, I don't want to be Superman in my life anymore. Remember that win or lose you gain courage. When we look back on the past, we always want to see ourselves as a person who was making our future better. This is the best thing you can do to have those memories. Choose your battles wisely.

Let me give you a couple of secrets of Superman that will help you in battle. One of the greatest secrets is that Superman is not scared to get hurt. One thing that really holds us back is pain. We bottle up pain, we push it down within us, we avoid it. We walk around life, acting as if we were impervious to it. Superman is the opposite. He welcomes pain. He expresses it. He pushes it out on his enemies. He embraces it. He welcomes it. Everybody knows how much pain Superman has endured to defeat evil. For us to live in goodness, we could embrace the pain that we have in life.

Fortunately for you, myself and others have figured out ways to use pain as a catalyst for change, growth and strength. When you step into a battle you've already embraced the worst possible outcomes and accept the pain that you might endure. All the while you also know that your future will benefit from it. Then you too will defeat your largest enemies.

You might say to yourself, "Well, I'm not a superhero. This doesn't apply to me." Look deeper within yourself. I'm not talking about what you're thinking but a place deeper than thought. You'll find a prime version of Superman there. This being must be protected. This being will protect you. Humans all have the condition to avoid pain.

There is good news. As a scientific fact, pain is just a stimulus to tell your body that it's producing healing. For example, when you feel something hot, this gets registered to the brain and your body produces a reviving effect in the body because of the pain. Pain also activates the immune system. Pain is an external neurological reaction to produce an internal biological repair. We all carry this similar avoidance of pain. This pain must be accepted so we can designate our battles carefully. With that being said, we can take a breath of relief.

I will tell you that most of your largest battles aren't going to be an arch villain like Doomsday or Lex Luthor. They will be the resistance to your actions needed to achieve your goals. To choose your battles is always to focus on the biggest action steps towards your biggest goals. When we focus on these battles instead of facts that don't matter or pertain to our highest potential or happiness, we are stepping into a superhero role. This is just like Superman focusing on the arch villain who is threatening the planet opposed to just fighting a goon or savage on the street.

There is a very powerful energy behind these type of choices and everyone will notice even if they do not verbalize it. Notice the events in your life that might not matter when put face to face with your potential and bigger objectives. For example, someone flips you off in the turning lane while your driving your car. Someone catches an attitude with you online. Somebody gets snippy with you at work and makes you angry. Now compare that to a family member who isn't giving your respect or your child or spouse that needs help. Compared to these higher battles,

you could overlook these lower battles and let them go. By doing these you release enormous amounts of your super energy to help your allegiance.

Focusing on the goals that are the biggest in your life and the obstacles to overcome them, are you defeating your Lex Luthers. You're going to have to know your goals just like Superman is going to have to know these arch villains. If Superman doesn't know who he has to fight then he's not going to be able to achieve his superhero destiny. If you don't know the action steps and battles you could fight to achieve your goals, you're not going to be able to achieve your Superman destiny.

This also takes work on our part. Only us in our life can figure this out. Remember, there will be many people that will try to pick fights with you. They might just want to get you in trouble or to bring you down because they know you are Superman of your life. Choose your battles wisely always. Use that energy to break down the resistance, standing against you and your intentions.

Superman is one of the finest depictions of ourselves in our body when we are living our strongest. We could study how he fights and apply these techniques to our goal achievement. He is fast, economical and legendary in strength. He moves with fluidity and ease and fights authentically. He knows no limits and is not bound by a particular method to fighting. He embraces all arts and methodology to his fighting to bring his opponents down properly.

He keeps his distance and moves in with precision, explosiveness and snap quickness. He is not flashy or a showoff. He only uses the attacks and defense necessary for victory. He is economical. He knows his strengths and weakness and his lead punch is devastating. He doesn't hit his adversary but rather drives his strikes through his opposition. Apply this style to your highest goals today.

One of the biggest secrets to choosing battles is the option to choose non-violence. We can apply this on those people that matter little in your life who effort to bring you down. This frees up enormous amounts of potential and can be implemented toward goal achievement. You now can use your energy to fight who and what you want, when the time comes. If your antagonist is attacking and you offer no fight whatsoever then the foe will lose power fast. Then you can strike while the villain is energyless or choose to use that force for your friends, family and goals.

Martial artists have perfected this art to drain their opponents and when the enemy becomes weak and powerless, through non-resistance and defense then the force is returned to deliver crippling blows. For example, let's say someone's bullying and you don't show any resistance to this bludgeon. Simultaneously, you're using your energy potential you saved to expose this bully. One day, all of a sudden, the bully approaches you to all of your complete acceptance and non-resistance and has no more authority. You go for a take down. You take the bully by surprise because of his anticipation to non-resistance and you get this villain down easily and effortlessly. After you win your battle, this bully never speaks to you

again. You can feel the newfound respect you have gained. This villain now realizes that you can choose your battles. **You can resist when you choose!** You can be completely non-resistant when you choose. This makes you powerful and difficult to predict.

Most battles are fought by two people constantly resisting each other. If you have an opponent who knows this art of non-resistance or complete acceptance to his opponent, then you have a fighter who is in a different realm of combat. Choose your battles wisely my friend.

There will be plenty of men that resist you, but you don't have to defy them back. That's your choice. If you have two individuals that are confronting you simultaneously, you can be accepting to one of them, while using that freed up energy for defense. Now fight the other opponent with full force. Then you can take the second opponent down much more easily. This will be far more efficient than maintaining and fighting both at the time. If the alternative opponent comes and puts you in danger, then you stop resisting the opposite enemy furthest to you and start fighting the one that's closest to you. You do this until both enemies are defeated or exhausted. Use this technique if you have more than one enemy. I call this the art of “violence, non-violence.”

# CHAPTER TEN

## SAVE THE PLANET

Superman's main aim is to look after the planet. He is very successful at this. He saves the world over and over again. How many times has superman saved the world? It wouldn't even matter if the whole universe is shaking, Superman's goal is to preserve Earth. The fact that he's done it over and over again makes him a professional planetary savior. He could very well be called a guardian of the earth. When it comes to Saving the globe, he can be likened to that of an Archangel or someone who vibrates and resonates at the highest level of greatness. Every superhero knows Superman because of the number of times he took care of the planet Earth. We see other superheroes that may have saved Earth,

but no one has undertaken it as many times as Superman. It's almost like a nine to five for him. It is something he has become attuned to.

I could only imagine how it feels to save the world. This is a concept that few human beings can understand. Unless it's in a superhero comic or a story line of a movie, we rarely witness planetary saviors. Planetary saviors like superman like to broadcast their victories to as many people as they can. In one superman comic scene, he was lifting killer whales to safety with super girl. Wrapping them in marine life transfer nets and flying them to safer waters. They flew over the coastal waters for all cargo boats to witness. This was an act that showed Superman's friendship for animals and life on earth. We can act by supporting our sea and being clean when we are at the ocean. We can exude our love for the planet, and we can effort to gain as many witnesses as we can to our superhero savior energy.

Being Superman in our way of life, there's no greater time for us to step into our role as superhero now. We can do this by simplifying our outer circumstances to expand our inner magnitudes. Fuel production and gas manufacture in our commercialized society over the past 35 years has called us to take control of our lives. We too can start following directives from the strongest and smartest people that can allow us to be the greatest superhero. **This benefit will not only be for us but for our globe so that our families can live here comfortably.**

We can feel this quality of saving the world just like Superman does when he saves the earth. The most beautiful truth is that there's so many ways that we can save the planet. Our challenge is unique and

authentic. It's a genuine challenge. It's not in fighting an arch enemy or an alien race. It's about deciding to make the right choices on a permanent level. Each decision that we establish for the light and the benefit of its creation is a monumental defeat to the detractors of our life. Superman would step up and fight these great enemies. We too have huge rivals in our minds that alter our thoughts and feeling, so we do not produce the right judgments. We could apply our finest selves to establish the strongest permanent decisions. For example, once I decided to go vegan, I preserved a part of this planet "In my life." All slaughtering stopped in my life and it completely restored respect to all animals through me.

Another illustration is the determination to comply with the beauty of the world. Once I agreed to honor this planet as a parent, like a mother, I recovered a part of my life. These decisions reap the supreme rewards.

Once I decided to learn how to garden and see how nature grows, I saved part of the planet in my life. I learned the time spans, the reproduction and beauty patterns of these plants that we eat on a day-to-day basis. These victories will not be in the tabloids like Superman, yet it's more powerful because it's a connection to all life.

I hope you get this concept of being Superman of our life because I would like you to step into the role as the strongest person that exists in your life. I am going to drive this idea home in this book. When we make these decisions, it's just as powerful as Superman grabbing the spikes of Doomsday and bringing him down.

The reason that we were called into this life is so we can see the world in its current state and provide help. The earth has never had to deal with plastic, oil spills, nuclear devastation or pollution on the land or in the water at this scale. It is greater than any dark age. These type of fumes that are going into the air, the disrespect of the animals and the contempt of the trees and the plants are the highest. We can through clear conscious and common-sense experience the call of this planet to take control of ourselves and make the decisions that will benefit us, our family, our neighbors and all life surrounding us.

There are many humans that say certain trees or plants are invasive and dangerous. A lot of these invasive plants and meadows are edible and medicinal. They say we need to protect ourselves from these farms and grasses but the truth is they are the connection to life.

We need to understand that Mother Earth is protecting itself from us right now. One of the main reasons I wrote this book is to help give you an opportunity. Just like Superman had an option to use his powers for good. We can create the opportunity to use our power as a human being.

Let's be supermen and love Mother Earth. Let's learn how to garden, how to plant trees and to see how Earth grows. This is a superpower. This gives us the feeling that we are saving the world. We make this determination that we're reaching to respect animals and no longer breed them and cage them and slaughter them. We can never be superheroes doing this. Even though it's a tough fight, when the fight is over, and we get our victory, we will feel like we saved the world.

Now you can start with one simple resolution. An example is, “I’m not going to throw plastic on the floor.” Then that settlement might metamorphosis into “I’m not going to throw plastic in the garbage, I will recycle.” If you were to carry out this choice, you’re leading the future of your family to create those compromises. You’re saving the planet by having respect.

These choices are more potent than defeating Doomsday, Bizarro or any arch nemesis because it will take a lot of willpower for you to decide what will fulfill you. Decisions like vegetarianism, gardening or recycling are compromises that make you more complete and powerful.

Let’s start with the most important choice that I think we could all start after reading this book. The first permanent decision that we can form is that we will become the Superman in our life and not the villain. This is a Golden rule and knowing the benefits makes it easy.

We can ask ourselves the question, how many plants and animals had to perish for us to live and to exist right now? If you’re reading this book, then there was a certain amount of plants and animals that had to die for you to be right here to read my words.

Fortunately for you, these choices that I’m provoking you to make are going to change your life. You will fly toward your authentic present self into that of your future natural inherit personality. You will be an unlimited, fully expanded, omnipresent, angelic, creator, super hero. You will literally think like you’re saving the planet and you will feel like Superman. We’ve learned from previous parts of this book that discipline

is important, so we can be relaxed in our new decisions. We have to practice and prepare because of the current state of the world.

If somebody or a group of humans are telling you it's cool to destroy your body and to smoke and drink, then you will have to exercise this decision power to say no and then to say yes to the superhero lifestyle. You need to know that these drug and alcohol companies, no matter how good they seem, are your Nemesis.

This adversary is coming to distort your mind, your future and to destroy you and your world. What you could do is you could use a special ability at that moment to decide. You've been preparing for battle. You have been training your super intelligence with the knowledge of the legends. Eventually, these battles will become effortless for you to possess. When it comes to protecting and preserving the planet, these nemeses pop up naturally because now you are harmonizing with the universe and what it created. Villains don't like that.

Sometimes you will go down this direction alone. It's a road we walk alone because no one can wear our cape even if they tried. Not even Superman. Saving the world is the hardest thing to do, and it will take the most courage. The reason it is so difficult that most of the people you see out there today will not be talking about taking care of the planet or being heroic. They will be talking about other things that have nothing to do with using their abilities on a universal scale. Remember that when you get your feet on that soil, that's the universal scale.

Our soil is infinite wealth. Without it, there is no gold or diamonds or any precious metals or stones. It is more precious than that. It is what these wealth factors depend on for survival. Look what we do. We put as much concrete over it as we can and defy the reality of how much life relies on our natural perfection of our land. This is a tough fight and indeed the littlest contributions are a victory for you.

When your hands touch the earth and you're putting seeds in the ground and you watch it grow, before your eyes unfolds the brightest colors of the universe. These seeds develop into perfect edible shapes and designs and when you taste its fruit, you can start to understand and love this planet on a global scale. You don't have to go to Ancient Egypt or write a book about it. All you have to do is dig a hole in the earth and put in a flower. This will activate a certain power grid that's in the earth that will connect to you. You'll be linked to nature! This is a deeper experience of life than what our society is leading us too. They are taking our powers away from us as a people.

We all know how happy gardeners are! They're successful because they're united by a certain power, greater than money. It's an energy that we just don't understand yet fully.

Right now our kids are learning very little about this aspect of a human being's ability to take care of his or her world. So, these decisions can come easy to us when we are acting on the individual level. It is a tremendous feat however to bring men together to conserve the globe in communities. These beings growing up are getting skilled at signing up for a new Google account, building their credit and becoming tech savvy

and it is turning them from the innate purpose man has as a being, to protect his planet. We as a people understand how to technologically advance and drill for oil yet still don't know how to connect to these invisible forces within the earth and respect life.

There are huge power grids that are right under us that we can join to for increased super abundance and health. This power grid comes from the source of connecting to nature. When you're a gardener and you're planting trees, flowers and plants, you're linking into this energy. This is how you join on a universal scale to the planetary energy. It's right in front of your house and in the backyard. The secret is that you're attaching to this planetary power because this precious soil of Earth doesn't know borders or boundaries. It's global. When you step on a road, or a sidewalk, or a parking lot, that's a boundary. Boundary is not in the universe's dictionary. It is borderless. On a cosmic scale the world knows no boundaries. It's connecting to the energy that's all throughout the galaxy and can expand us. This is how we exercise our power to save the planet. We go back to our global consciousness. We get our hands dirty, and we put seeds in the dirt. We could be masters at this. To the majority of people in our community this is alien.

**It takes a man of average strength to cut down a tree but it takes a man of superhuman courage to raise one.** The first year I started growing seeds, I grew a tomato garden. Tomato plants were the most exotic plant that I could grow where I was living in New York at the time. I wanted the greatest challenge because I knew that with the highest challenge, I would learn the most even if I fail to produce fruit. It was only

my first year and I had nobody around me to teach me. I was self-learning. I would learn the most from accepting the challenge to possibly fail to harvest. I made the decision. This is how I learned the magnificence about gardening. This was a great way I made the connect to this global energy that I'm talking about. It's in any area that you put your feet on, in this earth!

It's earth ground that we discover all cures and all wealth. I connected to nature on a deep level with those tomato plants. I realized how difficult it was to produce these fruits we buy every day. Now I understood how much care it took to advance one of these plants from seed. I talked to two gardeners who became friends of mine about my experience and my journey the initial year. They were amazed that I could grow tomato plants in my environment on my initial attempt. What they didn't know is that I loved these plants. I would feed them the finest. I would even use fine tomato sauce and mix it with rain water and feed the plants to make them healthy and happy. I took the challenge and was experiencing victory with these exotic tomato plants my first year. They were growing! That year I did get fruit. Not much, only about 5 or 6 tomatoes, but those 6 tomatoes symbolized a special moment in my life. A moment when I too was growing with the plants. I developed in my understanding, the royalty and beauty of our wonderful planet.

I learned a lot about putting a seed into the ground until one of these earth forms grew into something that could give us something to nourish us on a deep level. Here is the important part. I believed in myself because I was practicing my special abilities. I was practicing my

superpowers. I knew I am very strong so I relied on my super strength when digging up the dirt. Transferring plants one place to another in that garden was simple when I used the same super intelligence I adopted to author this book. I used super patience to research and find the best nutrients for the plants and to make sure they were in the finest place. The plants ended up with the most light possible because I applied my intelligence to learn as quickly as I can. I called upon my super mental absorption and reading abilities.

I used my super speed to increase how fast I transferred one plant from a container when it was a seedling into the garden. By the conclusion of the year, I was so in love with my garden that I used large canned good cans and I poked holes in them. I put them on branches in the trees and the tomato plants would hang down from the trees through this metal which was grounding the tree to the exotic tomato plant. By the end of using my super abilities my garden transformed into something magical. The tomato plant was becoming the tree and it was bearing fruit from that tree as if that sapling was yielding fruit. The roots of the transplant and the branches of the tree were becoming one. This was my super creativity at work.

You might not want to connect to nature on this level. The importance is where I'm saying your superpowers are. They are already there, all you have to do is make great decisions and dig them up. Start practicing them and connect them to the most extraordinary purpose. Your being Superman in your soul by helping save the planet and protecting the earth. If you implement this chapter in your life and you make it relevant

enough to teach the people in your life like your friends, family, and children, then you will hear your cape flapping in the sky. This will improve any communication that you may have or will have. It's imperative to know that we want to be acting with the same purpose of this superhero called Superman. This is what he would ask for us to do. At this critical time of our relationship with our planet, he would expect us to take part to support him.

I hope you're asking yourself, "well how do I help?" I will tell you. I'm going to give you many ways that you can heal the planet and help the planet. You will learn how to contribute to your world which is a superman skill and you will literally be saving it because of the current time that we're in.

I will give you a huge key here that will encourage you on your superhero journey. **The key is to rely on your own creative source.** Everyone might teach us how to save the planet and even I, who am directing this creative idea of becoming something special in your behavior cannot come close to the precious ideas in your heart and in your mind. It's your heart and creativity that the earth needs. It doesn't need me or anyone in your life for you to step into your superman initiation. This is the ultimate contribution to saving the planet.

When I was penning this chapter, I was also very relaxed. I like to relax deeply. While I'm writing these chapters, I feel the depth of calmness that many authors own. After your first book, you realize the more calm you are, the more you will express. I realized that by the date I press the book, it reaches the bookshelves and hits the reader, this energy of

tranquility is the catalyst of delivering the theme most vividly. It is a fusion between the writer and his degree of calmness during the space of creating and the composure of the reader during the stage of reading where the knowledge can illuminate its colors. This peace of the reader and how good they will receive the information is important to me. I effort creating every chapter in a very calm state. I'm in that quiet state right now building this chapter. It's a level of the mind some scientists and physicians call the alpha wave. I enjoy the idea of entering these ethereal alpha wave states to create.

One of the creative ideas that came to me was that to save the world, we have to find out the true connection of the planet, which is the ocean and land. We can start taking in most our electricity from this intersection. When we're talking about power, it could be waves. It could be the level of the tides. It can be the life of the plants and greenery. It might even be the sand.

Eventually, when we can master and respect our energies here on earth, we can go out into the universals and gain energies there and distribute them uniformly throughout the sphere. The closest thing to this I believe is the mastership of energy distribution from ocean to our land. In order to do this, we could save the aquatic world. Every living form is the earth in individuated form. The aquatic life need support from the supermen of this world. We desire to protect them from the compassionless villains that are harming them for profit.

Instead of using these areas for state preservation and flashy lifestyles for wealthy land owners, we can use this private property to help

heal the planet. The supermen will actually open to all of us this compassion, so we can benefit from this energetic exchange that's naturally there.

We can support these people that are saving the planet by following the blueprint laid out for you at the end of this chapter. We can also help our heroes optimize until we too have our wings. This is just one creative thought. The point I'm trying to drive to you is that no one can give me these ideas, not even Superman. These are the gifts that come from within us when we are in our peace and our calmness. These are the qualities that will help contribute to the globe and make it a better place when we get this idea that we may all be different, but we could stick together. All of us.

One of the most beautiful things about Superman is how connected he is with all the superheroes! Superheroes have the deepest connections. They fight and risk their lives for each other. Some of them die for each other. This is why they receive the finest experiences. They have the best stories to tell, they live the most integrity and trust each other the most. They also participate in the greatest purpose. This purpose is the protection of good and preserving the Earth. Superman has a great time sharing experiences of amazing super abilities with his friends. They are all pleased and fulfilled because they all have a unified purpose. We too can unify by making this resolution to help save this world. When we join groups that promote health and truth, we're going to meet amazing new individuals that will brighten our life. If we prefer to garden, we will meet gardeners. If we recycle, we're going to meet men and woman that might

have a recycling community. If we help homeless people or the animals that need help then we will find other kind folk and this goes a long way.

There will be communities that we can join where we will make allies and master new things. Only the universe knows all the ways we can help. I will list a few in this book. At the end of this chapter you can learn 100 different simple ways that you can get started at taking care of your planet. Don't stop there! There're hundreds or thousands of ways that you can help the planet right now! This choice of saving the world, your life and your personal world is the most noble decision you can carry out in the current times. These new friends that you will gain are superheroes. You could learn about their super abilities that they're applying to get the job done. Don't forget to show them yours.

We have to understand that most of the individuals on this globe will not be interested in this chapter, this book or these communities. They might not even have the ability to absorb the ideas read in this book. Don't let that keep you down. Keep this book close to you. If you are around people like this, don't show anyone this book! When you have knowledge like this, people tend to mock you, say you're silly, or you're different. I don't want that for you. I prefer you get the very finest of the book that you can. Many men that are not on the path of being the best they can be will say something about it, whether it's about me personally, about you, about Superman, or whatever. The point that needs to be understood is that it's you that's helping the world, and the earth knows that and the one that created the earth knows that. That's where the energy

is coming from, not from the characters that are talking about others and doing nothing.

With that being said, another way that we can help on this very high level of becoming the Superman in our life is teaching others how to save the planet. If I help someone build a garden, if I show someone how to fish or how to get their food then I helped preserve this world and this living planet will reward me. If I helped somebody learn how to recycle or pointed out to someone how to treat the world and revealed to them the benefits of this treatment, I am getting the job done. If we can encourage people to understand the effects of eating healthy and practicing exercise and doing the things I'm showing you in this book, we are also saving the planet. I'm not asking you to be a nurse, doctor or scientist but we can remember that we are the planet. Our body and our brain and our organs are all made from the minerals that are the earth. We are the living moving earth. With this chief knowledge, you will know when we help others, we're helping the planet.

It's a wonderful thing to realize this! When you look at somebody else in their eyes, you know that you're looking at the planet. The colors of the ocean, the sky, the gemstones are all there. People that don't have this chief knowledge destroy the world by hurting others. If they don't learn this knowledge and material, then they might not be a good spokesperson for the earth.

You have this knowledge now. While everybody else out there is doing the opposite, when the sun goes down, we will be Supermen at the end of the night. This is the reward. It is part of your superman

intelligence to know that every person is the planet. We are all the spokespersons for the earth. Look at the individuals in your life! How are they speaking or helping the earth with their words and deeds? If you see men that are hurting their body because of substances or unintelligent actions it's like everyone in the earth turning to the same channel to hear this individual bash the planet. On a planetary level this is what it's like. Imagine how damaging this is. A part of the earth gets bashed because they are an extension of the planet, literally. Giving them this book or teaching them about honoring the sphere is the key.

If individuals are damaging themselves, it's impossible for them to support the earth outwardly. First, we will help ourselves in the world through purification, and then we are flying toward being the best person we can be. Then we strive to be as healthy as we can be. We can work together at this. When we complete these steps, then we can be a spokesperson for the world.

It's kind of like an initiation, where first you prove to the earth by how you're treating yourself. Then a door will be open to help the world on an outward level. You may be given bigger levels of responsibility. The main thing is to serve others and to teach them how to save the planet. The proliferation of planetary wisdom is chief knowledge. The love of life in this book is the golden key.

It's not something that we're picking up in school at all. We're not understanding how to prepare these children for the future state of our climate or world affairs. We are not showing them how to watch over the planet at all. We're teaching them how to go to gym, and how to learn

mathematics and history. They are spending a lot of time here in these schools. From my personal experience, I traveled to school for 12 years, and then I left to college for another 6 years. I learned superman knowledge not once.

The greatest thing I learned was my 6th grade teacher, Mr. Daviti, taking us on recreation and he doubled or even tripled the amount of our recreation time. This was more time than any other teacher would give in the elementary school. He did this because of his love for baseball. We would take turns pitching him the ball and he would hit homerun after homerun and he would just lose track of time. I learned more in that 6th grade class than what I learned in college. Us as a class felt more prominent because of the extra freedom he gave us. He enjoyed teaching us how to play baseball more than the curriculum in the classroom. I learned that he gained the love and trust of class by giving us more freedom.

It's amazing how much energy is taken from us as kids and how much energy we have to exert to end up learning nothing about how to save our earth. Are you noticing the results? We could desire to teach others to care for their planet or how to help themselves first. If we could teach others, especially the younger generation by starting with the methods stated below then I believe we can come closer to the place where our cape is lying, waiting for us to put it on and fly. We can make this world a great place to live. Here are a 100 ways to save the planet advised from the brightest minds of Cabrillo College! Enjoy!

## ENDANGERED PLANTS AND ANIMALS

Learn about the incredible treasures of the rainforest. If the last of an endangered species dies, that kind of plant or animal becomes extinct. It is gone from the earth forever.

Learn about the illegal trade in wild life. Be aware and realize that trade in exotic and endangered species is illegal and devastating to the wildlife as most animals and birds and plants die during capture or transit. Also exotic species trade has been linked to organized crime. Learn what “Bush Meat” is and if you ever hear of it on any menu report it to one of our organizations. Learn about the FUR trade and how many millions of animals are slaughtered each year for their fur. Not just for coats but for toys and gadgets.

## SPREAD THE WORD

Once you have become aware of the treasures we are losing each day, tell others.

Convert them by example – encourage your family, friends, and neighbors to save resources too.

Learn about conservation issues in your community or state. Write your legislators and let them know you do not tolerate practices that destroy the rainforest...

Teach children to respect nature and the environment. Take them on hikes, or camping. Help them plant a tree or build a birdhouse. Help restore damaged ecosystems by planting trees on land where forests have been cut down.

Support companies who operate in ways that minimize damage to the

environment.

Join a conservation organization and volunteer your time to conservation projects

Donate money to conservation projects

Support human rights of indigenous peoples in the rainforests.

**BECOME MORE CONSCIOUS OF SUSTAINABLE LIVING.** What are simple ways to live more sustainably?

Look at your life style; make changes toward a less impactful, sustaining lifestyle. When you shop, shop intelligently. Your buying decisions have an impact on the health and survival of the planet. Don't buy products that cause destruction of the rainforests but buy those that encourage sustainability and fair equity to those living in or near them.

Really think about where things come from and where they go when you are done with them.

**RECYCLE EVERYTHING YOU CAN**

Try to reduce the amount of waste you produce. Are you recycling everything you can?

Newspapers, cans, glass bottles and jars, aluminum foil, motor oil, scrap metal, etc. Aluminum cans are doubly important because of the bauxite mining used to produce them

**INVESTIGATE LOCAL RECYCLING CENTERS THAT TAKE ITEMS YOUR GARBAGE HAULER DOES NOT.**

Don't throw away items that are toxic. Recycle batteries, paints, fertilizers. A computer monitor has up to 9 pounds of lead and mercury etc.

Are you using chemicals to kill a weed instead of pulling it? Be very careful of any toxic items in your garden. The birds, cats and other animals may be at risk

Reducing chemical use is important. Think about where things go when you use them. Straight into the ground water.....and then often out to sea.

## LAUNDRY

Cloth diapers are the best idea...our landfills are full of disposable diapers

Use dish towels and cloth napkins instead of paper towels and wash them

Use cold water in your washing machine whenever possible

Try to use phosphate-free laundry and dish soaps.

**AVOID BRINGING HOME EXCESS WASTE** so that you don't have to dispose of it later.

Bring your own canvas bag with you to the market.

Avoid buying household products or food in plastic or Styrofoam containers whenever possible. (They can't be recycled and don't break down in the environment).

You can return your plastic bags to most grocery stores to be re-used.

Buy paper products instead of plastic if you could buy "disposables" They break down better in the environment and don't deplete the ozone layer as

much.

Save wire coat hangers and return them to the dry cleaners.

Take unwanted, re-usable items to a charitable organization or thrift shop.

Use rechargeable batteries

Store food in re-usable containers, instead of plastic wrap or aluminum foil.

Save the Styrofoam peanuts and noodles that come in shipments and return them to Mailboxes etc. They will re-use them

Kitty Litter: Use wheat or pine, a biodegradable source that can be composted. Cat litter is strip mined, then land filled and it will never go away there. When it goes into the local landfill, waste from it is often washed out to sea in the ground water and diseases are transferred to otters and other sea creatures.

**WATER** is precious

Do you know that we are one of the few nations on this earth who can count on our water being clean and safe yet we are extravagant with our water and wasteful.

Turn off water when brushing your teeth; only water your garden early in the am or late in the pm to waste less

Install a water-saving shower head

Set your water heater at 130 degrees

Are you using water to clean your driveway instead of a broom?

**HOUSEHOLD ENERGY SAVINGS:** It is not hard. It just takes

awareness.

Whenever possible, use and buy efficient appliances. Check the energy ratings.

Use Compact florescent lighting

A timer on your thermostat helps a great deal and shuts off the heat or air when you are not around to use it

Make sure you have good insulation on your water heater, around your doors and windows and in your house

Turn out lights when you leave a room

Burn only seasoned wood in your woodstove or fireplace

## YOUR YARD

Start a compost pile

Put up birdfeeders, birdhouses and birdbaths

Pull weeds instead of using herbicides

Use only organic fertilizers – they are still the best

Compost your leaves and yard debris, or take them to a yard debris recycler. (Burning them creates air pollution and putting them out with the trash wastes landfill space)

Use mulch to conserve water in your garden

Take extra plastic and rubber pots back to the nursery

## YOUR OFFICE

Recycle office and computer paper, cardboard, etc. whenever possible

Buy recycled paper at the office store. Use your scrap paper for notes etc.

Re-use manila envelopes and file folders

Re-cycle your print cartridges (to Orangutan Conservancy)

### IS YOUR CAR EFFICIENT?

Keep it tuned up

Keep tires inflated (Tires properly inflated save gas)

Buy a more fuel efficient model when you are ready for a new car.

Keep wheels properly aligned to save your tires. (It's safer too)

Can you use it less? Can you carpool?

On weekends, ride a bike or walk

### JOIN THE CELL PHONE RECYCLING PROGRAM.

On February 9, 2006 a new law took effect in California making it illegal to toss electronic waste, including used cell phones into the garbage.

Nearly 40,000 million phones are replaced by newer models each year in the US. In 2005 Eco Cell estimated that more than 700 million phones remained unused, many stashed away in homes and offices. By recycling your old phone, this helps prevent mining of coltan an ore found in the middle of the gorilla and elephant habitat in the Congo. If they are discarded into landfills, they leak persistent bio-accumulative and toxic chemicals or PBT's into the environment.

It is a win, win situation because these phones are recycled and donated to the elderly or individuals who are victims of domestic violence who can use the phone to call for help. Also they are sold as an alternative to new

phones in South America.

The Orangutan Conservancy collects these phones.

## **CHAPTER ELEVEN**

Weakness

From mental breakdown, disease, getting lost in space, lost in time, losing his powers repeatedly, near-death experiences, Kryptonite and almost losing his life countless amounts of times under the bone crushing blows of his enemies, we see that Superman has weakness. Luckily, Superman always survives, and he lives on to save the day. When we admire Superman for his special abilities, we also have to take his vulnerabilities into account as the complete superhero that he is. After all, it's because of his weaknesses and defeats that makes him the strongest legend on the planet.

Superman went through so much. When we reflect on everything that Superman went through, then we can better comprehend his level of superhero strength. It's an underlying theme for superheroes to have a great weakness. Professor X is in a wheelchair. The Hulk has no control over himself. Iron Man has no heart. This archetype is constant in the lineup of superhero legends. Superman was an alien whose home planet and parents were destroyed. He had to hide himself at all times and to top it off, a little green stone could cripple him. You can only imagine how humiliating and painful this must have been for him.

How much experience he has in pain made him the ultimate superhero. Superman overcame everything that he's been through. How many times has Superman survived low life bad guys trying to throw kryptonite at him?!

Kryptonite shifted Superman's biological system by reducing the electron pattern in Superman's electronic structure. It created an instantaneous auto immune reaction that perpetuated an anatomic shift in the deepest layers of Kryptonian biology making it impossible for Superman to synthesis and distribute sun light through his heart, brain and blood. Superman had a cellular system that synthesized light just like photosynthesis in a tree. The volume of solar energy Superman needed was a massive amount. This mineral which used to be a benefit to his race was now the most lethal radioactive substance known to Kryptonians!

Superman and Kryptonian physiology was so advanced that they had muscles and bone structures that could lift more than a human mind could conceive. Their DNA were multi-layer stranded. The neurological network of their brain was millions of times more complex than ours. These biological advancements were in place for this race to absorb as much sun possible and be true expressions of the light. If you look at a cell of Superman's, it is bioluminescent. His cellular network has successfully become more light than dark dense matter.

The evil forces knew this and attacked this race at an organic level. The evil forces of darkness could penetrate Superman's planet core and excite a global reaction to destroy it and its inhabitants. This evil scheme was so perfectly devised that after the planet was destroyed, it

chemically shifted certain crystals on the planet and shot them into space at all directions to eradicate any Kryptonians that might have tried to escape the planet through space and time travel. This planetary autoimmune action initiated by the evil forces of the universe were successful at killing off Superman's entire race attempting to flee. This included his parents. Only a bare few like Superwoman, Lex Luther and Superman survived.

On this beautiful day, it's good for us to notice our weaknesses so we can afford to alter our thought processes and strengthen ourselves. These thoughts that don't serve us or our fellow humans are just like mini Kryptonite crystals. Just like Superman, when we shift our thought processes, we can shift the electron pattern in our biology to receive more light.

When we focus on getting deeper into the mind and the heart of our Superman self, we too understand how Kal-El was feeling this strain on a cellular level. We might not all be able to fly like Superman but we all feel the same pain as Superman.

We can find inner super control when our weakness comes up. When we focus within and accept our emotions, this is how we cultivate our superman fiery fire focus. **Even accepting an uncomfortable emotion the least, will transform your life.** We realize that our emotional and mental weaknesses affect us on a nuclear level. This is our Kryptonite, and we could learn how to respond to it as effectively as Superman. The emotion might come as a big sphere in a certain part of our body, whether it's our lower body, mid body or upper body. This is an

inward expression of what we are experiencing in our life's outward expression and it prevents light absorption and synthesis at a deeper cellular level.

We need techniques, so we can fly out of the area where this Kryptonite is lying in our minds. Here is a super speed recovery for negative thoughts that might shine Kryptonite green. This technique is called thought reversal. This technique was given to me by an American Master called Lester Levenson.

Whenever a negative thought arises with a highly negative charge, you can use your creativity and intelligence to locate its opposite thought on the positive spectrum of your mind. For example, if I feel fatigued, I can reverse the logic and shine an image of me being energized in my mind. The thought can be a sound or an image. The reversal technique helps find your positive opposite and is a great alternative to fly out of Kryptonite's radius. It is a good way to restructure yourself, and to regain balance. This also brings neutrality.

To further add to this technique, you can switch back and forth from your original negative thought and emotion and then switch to your positive opposite thought and emotion. Go back and forth between these two thought-emotions until you can draw them both together. This will neutralize the energies and deliver you superman benefits for your future. It's like bringing lead to the area of the Kryptonite in your Supermind. Don't forget to accept both your originating negative thought-emotion and your good thought-emotion. Switching back and forth, maybe four or five times until you enter a state of neutrality. I call this the super holistic

neutralizing of mental conditioning. You can do this for all your negative thoughts until your entire mind is free from Kryptonite and is shining with Superman light.

I am not the most courageous of heights. I can embrace and accept this fear, and then I can convert to thinking of myself being a courageous pilot. Maybe doing a barrel in the sky with my helmet unstrapped! I can go back and forth from me being uncomfortable and contracted at a high level and then switch to that mental visualization of the positive opposite which was my potential. (Remember that the positive opposite is your potential that you can reach.) Then I would switch back and forth as many times as I wanted until I became neutral.

Also, try to stay around other people who are positive. Superman at many times relied on other superheroes to help him escape the lethal radiation of the green furious Kryptonite. Batman, Wonder Woman and the entire Justice League helped him and shielded him at his moments of vulnerability. Let's surround ourselves around individuals that love us, care about us and will protect us and accept us for our weaknesses.

Another thing to understand is that our weakness helps us find other people. Fearing heights can help me identify with millions and millions of people that might have the same nervousness. I could make friends with tons of people just by our common weakness or shortcoming. Superman could identify with every Kryptonian on his planet through this shortcoming. He could also identify with every human on our world because of the flaw. He was not invincible just like us and this is why we loved him so much.

This aspect of having an object that makes us weak enough to potentially die is something we all share. We all have to embrace this gap. This weakness is something that we can humble ourselves and identify with. If we were truthful and humble enough, we could be buddies with everyone on the planet through this fragility and vulnerability. We would become allies with each other because there is a positive side to our human weaknesses that can bring us all to an extreme degree of God Like acceptance. This God like acceptance is the positive opposite of our negative relationship with others that we face now.

If Superman was just resisting Kryptonite and was using all that frustration to beat up all the villains, he would have never had the clear mind to build the lead suit which made him impervious to the radiation of the green Krypto stone. This suit was stronger than Iron Man's suit and was more intelligently made.

If he did not accept his weakness, he would have never come up with a solution, which was his suit. Likewise, you are being given tools to discover the solution. He found out the Kryptonite did not defeat him. Millions of techniques are out there that we have access to now because of the internet to help us overcome our deficiencies.

I'm going to give you a warning. Human beings are prone to using other people's shortcomings against them. Even though they have their own. We call this "I pretend to be perfect." This is what our adversaries do. Every individual has weakness, and we could be prepared to locate our opponents weaknesses. Superman has X-ray vision, not to look at what underwear you are wearing. He's able to detect injuries from his

opponents previous fights or any broken bones they have incurred in the past. This is where he can immobilize his foe the easiest and fastest. Superman can deliver devastating blows while his enemy has no idea he is scaling his skeletal framework. He can also locate concealed weaponry

We have to protect ourselves as soon as we can with this mindset that I'm showing in this chapter. We will be impenetrable and enemies will think twice knowing how strong of a hero they are running up against. Animals won't hurt us. The planet won't inconvenience us. The Galaxy won't damage us and the universe will accept us fully. We still have one opponent that will attack our vulnerability. Ourselves.

We have to transcend certain aspects of ourselves to become the Superman in our life. Now, I'm not saying that you will fly out the window. You will, however form a habit of a continual pattern of growth. You will always be progressing. We need our frailty to improve and grow. This improvement potential is superman energy. Superman is constantly improving. One of the biggest ways that we can handle all lack is to know our limits and then expand our limitations. Just like there are contrasting colors of Kryptonite with different types of Kryptonite crystals, we too have various weaknesses in our mind.

This thought reversal procedure is like the lead suit. It is one of the strongest types of techniques that you can use to protect yourself from your weakness. You challenge yourself by asking “what is the positive opposite of this weakness that I have?” Keep challenging yourself with this question until you really have a very clear visualization. Sometimes resistance will arise to block your positive opposite from surfacing in your

mind. This is ok and perfectly normal. After you get comfortable with this technique, go to your biggest flaw and ask yourself what is the highest positive antithesis of this weakness. Like I said, I'm scared of heights. The opposite positive contrary of this weakness I have is me piloting a plane. I can continue challenging myself and this positive opposite will continue getting stronger. I'll think of myself in many compelling planes flying and these thoughts might metamorphosis into spaceships, jetpacks etc.

The greatest way that I overcame my dread of heights was to run up to a high place and except the dread of death. When I went up there I spent all my courage just to embrace the worry of dying. Welcoming it and loving the emotion. Eventually, I could accept it. I ended up just getting comfortable with the emotion after some while and the fear dissolved and a lot of my dread of perishing dissolved with it. There was one time that I got so high up in that building and I continued to go as close to the window as I could to release this fear by embracing and accepting. At first the feeling felt like an elephant that was bigger than me. After a time, the elephant became lighter and slighter and I became fuller and bigger. I would just stay there at the window and continue to get more relaxed with the emotion.

Then I went to the bridge in my city. I welcomed that I could fall and after a while the feeling was tolerable. I became strong enough to accept this emotion. I became so expansive I felt like I could take on everything. This is when I overcame my fear.

Your weakness maybe something that could lead you to some awesome energies if you inquire the right question. What's the positive

opposite of that instability? Ask yourself again and again until you have a plain understanding of your potential as a human being. We learn that Superman was illustrious for his strength, but we know that his biggest shortcoming was of this radioactive green sodium lithium boron silicate hydroxide, also known as Kryptonite.

We can understand Superman from his weakness, and we can apply how he dealt with his vulnerability to all of our shortcomings in life. Let's look at how Superman and his league of legends handled weakness. Let's also ask ourselves, are there any rocks like this holding us back?

Some of these weaknesses we could turn into strengths. Just like if you're right-handed, you can practice strengthening your left. Superman was right-handed but because of his skill level and intelligence he could use both sides equally.

Supergirl purified Kryptonite into a certain condensed form of Kryptonite through molecular repolarization. She called her creation Kryptonite X. Her scientific intention was to find Superman a cure, and she was close. Kryptonite X made Superman more powerful and it also gave humans superhuman abilities. The reason I bring this up is that we need not handle things ourselves.

Other people who love and care about us want to help us. We see in our life that our weaknesses are strengthened, thanks to others we love. What did Superman do when coming into contact with Kryptonite? Usually another superhero would help him out. Let's follow this model with all shortcomings and try to reach out to people that can aid us.

Superman wasn't afraid to let everyone know that he could die from Kryptonite. All of his allies knew about it and protected him fiercely. One of Batman's goals for Superman was to get rid of all the Kryptonite in the world. This is how much he loved Superman. He protected superman by locating all the crystals that existed because he was immune to it. It is ok to be scared or embarrassed about our weakness. We could reach out to people that understand, so we can have assistants. Let's find friends immune to our weaknesses to support us!. Even Superman needed guidance.

Another way that we can protect ourselves is by doing what Superman did at all times, avoid the Kryptonite. We can include this method with our thought reversals as we discover the antithesis to our Kryptonite. Superman's main tactic was simple. Just stay away from it. Let's stay away from our weakness as best as we can until we can find our protection or lead suit, so to speak.

Let's talk more about the antithesis of the Kryptonite. Superman's lead suit. Superman would design these state-of-the-art lead suits that he could wear. He could even be able to fight amid Kryptonite radiation. The suit was so technologically advanced that he could still maneuver with his superman abilities, but he would be in the suit that would protect him. It resembled the Iron Man suit but instead of it being iron it was lead. It was much more advanced than the Iron Man suit because it housed Superman instead of a human. Superman had built the suit with his intelligence and Bruce Wayne would help him with financial assistance and updates. The technology that Batman was using to build his newest mobiles and devices

was also in the design of the Superman lead suit. Kryptonian technology combined with Bruce Wayne's assistance helped Superman come together with the ultimate suit ever created for any superhero. This suit succeeded in completely protecting him from Kryptonite!

Ask yourself wherever you are right now. How much time do I spend watching T.V? How many Sweets do I eat? How much time do I spend playing video games? How much life do I spend on social media and non-productive websites? We might be able to protect ourselves from these lapses we are all beginning to develop. We can build armor for our weaknesses just like Superman. One of my armors protecting me from the weakness of spending too much time watching T.V was creative performance. Creative action became the lead suit to my Kryptonite of television. My armor that I built around this negative technology was my book publications and my music.

If I was watching T.V the way that I used to, I wouldn't be printing this book right now. I'd be on the couch eating potato chips, watching movies. Day by day, I developed my lead shield by creating music, listening to music and producing books and reading books. Now I have conditioned myself and saved so much life. I can now use my conserved energies on the most advantageous aspects of my existence that make me happy and fulfilled. You too can discover your lead suit. Find your antithesis to your Kryptonite. Find your Kryptonite X!

If your nemesis finds out your weakness, then they will make sure that they can destroy you with it. General Zod continuously circled Superman with the threat like it was fire. When Lex Luthor knew the

power of Kryptonite against Superman, he spent billions of dollars to advance its technology. When Lex became President of the United States, he altered the import laws to gain mass quantities of the rare stone from around the world. He continually could weaken Superman to near death because he identified his vulnerability. Every villain in the world knew Superman's weakness and Kryptonite was not that hard to acquire on the black market. This is how vulnerable Superman was. Superman knew this and trained harder and prepared longer.

Be very mindful about who knows you. We remember that Lex Luthor used to be Superman's best friend when he was a kid. Lex Luthor knew everything about Superman's childhood and because of all this observation he was able to become Superman's arch nemesis. I am completely protected now by myself and my strongest friends that exist because I have the ultimate knowledge available. The wisdom to conceal my weaknesses and improve them until the day of battle. Be careful as to be transparent to your loved ones as you can be and be as opaque to your enemies as possible.

Another excellent method to correct your vulnerability is to stop speaking about it. Instead of communicating to people about it, you can work on your armor and your immunity to the instability. We could hold hope until we can say "Kryptonite, never more!" "You have no more power over me and my loved ones!" The only way we could figure out the sheer volume of light Superman could harness was for us to empathize with him.

His vulnerable point was how we could identify with a superhero of such magnitude. Only if he had this flaw could a human trust such a glorious being. It was an opportunity for him to connect with every being in the entire race because every being in the entire race has weakness. The aspect about Superman, which is great, is that he could conceal his identity as Clark Kent. This shielded him from his weakness from most of his adversaries and rivals. Most of the characters, as far as villains that he fought, really weren't even aware of his existence because he could just disappear as Clark.

Only his nemesis came close to exposing him. If Clark Kent, his absolute protection, ever were to be exposed, he would be in extreme trouble because of the amount of Kryptonite available. With Clark, Superman could just vanish.

We understand that when our opponent knows our vulnerability, and uses it against us, then they become a nemesis, which is our ultimate enemy. When we have an opponent who doesn't know our weaknesses then they're just an enemy. It's much easier to fight and defeat an enemy opposed to a nemesis.

We can usually exhaust our opponents through emotional control and proper distance. If an opponent or an enemy knows our frailty or our biggest weaknesses then they become our nemesis or greatest Nemesis. Superman is very cautious to create any more of these type of enemies. Clark Kent is Superman's superhero. A human, his safety, his refuge. We never talk about our vulnerability with characters that haven't demonstrated to us they respect us or that we can depend on them. Many

times, because of our passion for love, or our thirst for friendship, we might just be loose with our speech and distribute too much info with other individuals.

**Effort as frequent as possible to seem as strong as possible when with acquaintances and strangers.** When people gain that information, they can use it against us. You could be conscious, just like Superman was with this awareness. We can relate to Clark Kent consciousness. In order to share our weakness or shortcomings with others, they must have proven their faith and friendship by a long list of requirements of trust. Here is a couple of examples of what is on my list.

1. Will they take care of us when we're in need?
2. Will they support us when we're down?
3. Will they fight for us?
4. How do they treat others?
5. Do they speak good or bad about others.
6. Are they consistent with treating everyone in their life with integrity?

To the extent that an individual hates any person in their life is to the extent they can love anyone else. Even their closest partners. This is something working. I am constantly improving my love for all beings that exist. Becoming Superman is knowing who are our real friends in life. It is also making ourselves the best friend of our life. We could know this if we had nothing and everything was taken away from us. **Who would help us back up on our feet?** We need to know who would give us shelter and who would feed us. When going through this critical process of life, it can really help toward realizations. You might even realize you only have a very few people in your life that you can share your weaknesses with.

It's also a great way to discover a potential Nemesis if you were to share your vulnerabilities with them and you end up losing power.

## **CHAPTER TWELVE**

### **INTELLIGENCE**

We are always learning and this is where our intelligence is birthed. Our thoughts mature and create our reality. The birthing of our genius is invariably through learning. Learning is not easy all the time. If you learn the finest then learning will be more difficult. The process of learning is a birthing process. This process needs to come with courage. We could be strong enough to go through this process of learning. If we know this, then we can increase our intelligence.

I think we could always get the finest grades. Superman when he was a child, was not learning anything about what he was learning for his destiny. Even as Superboy, he would effort to make his human parents happy and do the best he could by getting the best grades in school. If we are learning at whatever stage we are, we could effort to give the best and win the best grades even if the curriculum doesn't sit well or match our loftiest aspirations. We will have our time to shine. I agree that our colleges and schools could have a better super curriculum to accelerate our careers, but we could also understand that our schooling is career based. We can learn how to absorb information there, no matter what the study is. Then we can apply that learning ability to our individual abilities and be our own coach.

Superman was teaching himself his own special abilities through curriculum he architected for himself. He had no other choice because the

richest institution in the world could not teach him how to fly or use his innate gifts. This is very similar with us. There is no university in the world who could have taught Thomas Edison how to craft light or teach Michelangelo how to paint.

This is likewise true with you. When you find your uniqueness and greatness within yourself, there is no academy in the world that could even come close to teaching you your skills. **You will have to teach yourself.** The greatest thing about our schooling in America is to pick up how to master the art of learning. This is because our literacy is career based, not individual based. I think it would be a great idea to create some education that is tailored to individuals special talents and gifts. I feel this would complete the educational process. The students could not fail at this school. If you are reading this book and you are not from America and you are from a different part of the world, then you can learn how to master the art of study at the school in your country.

When we fully grasp our ability to learn, then we can take up our grandest curriculum. The curriculum we choose that makes us happy. The curriculum we study on our own time as our very own selves as teacher. This is one of the highest states of intelligence available.

We call this self-learning, and I am pointing out to self-study in its most powerful and genuine form. This was what Superman was doing. He mastered the art of self-training. When we do this, we can reach outside the realms of our career-based institutions through our libraries and global internet activity. We can set up learning intervals that do not have to be timed. When they are not timed, they fall into the timeless

realm. For example, you could learn for 30 minutes or 5 minutes and it would be equally acceptable. **We usually can absorb information at unlimited intervals when we are learning what makes us truly happy.**

The greatest teaching of this world are not in any classroom. They are located in books of legends and quotes of our ultimate champions. These are where the highest teachings are. We are not learning about Ghandi in school. There are no courses on Albert Einstein, or Nikola Tesla, Elon Musk, Jeff Bezos or Bill Gates. You cannot learn from what the greatest people in the world are doing right now. The greatest lessons are not from textbooks, they are from individuals.

We do not have to pay for any classes for their teachings. It is our birthright as a species of the universe given the gift of intelligence and thought. They have become light bearers so that humanity can gain from them forever. We have to motivate ourselves to study this chief knowledge which is outside the universities yet inside the mind of the universe.

The moment we accept this decision to self-learn and make our living more important than our careers than on a very real universal scale, we become more powerful than the institutions. The ultimate empowerment is self-learning. You can start at any age. When you learn the instructions of invention from the brilliant words of Nikola Tesla or you learn art by meditating upon the curves and shapes of inside Michelangelo's churches you have surpassed the knowledge available in the classroom. This is Superman intelligence.

You can better your life through self-learning as much as you can better your career through conventional school and college. Let's think about it. Let's take the example of learning how to think abstractly. We have myriads of teachings from Leonardo Da Vinci that would speed up your learning and knowledge by hundreds of years compared to paying for a class in a university. A university might teach you from a textbook from a person you don't even know and who doesn't have any global success at all.

Now you're gaining from these legends, who will increase your brilliance and bring you to the level that you deserve to be at. The highest. This learning example is a great representation of Superman and his way. Even as a child, he could have been studying from the smartest beings in the universe to prepare him for his journey as Superman. Yet he was in school, learning human science and human history. After High school, he could have taken over the world, yet he enrolled in Metropolis University. He studied advanced education under Professor Thaddeus V. Maxwell and took courses in biology, astronomy, art, music, and other subjects. Let's be aware with this in our academic exploration.

Let's always accept our school and do the best we can. Let's also reflect the intellect of Superman and supplement our schooling with the greatest knowledge for our special abilities and well-being. When we find this ultimate knowledge outside the institutional and educational walls and still take advantage of our curriculum, then we have a completed form of education. Let's stay in this super sphere of intelligence and continue to learn and grow.

Superman's battles with his fiercest opponents were no where near as deadly to the duals with his most intelligent enemies. These opponents like Lex Luther, Braniac, Dr. Doom and General Zod were the most dangerous because they were the most intelligent. They didn't call Dr. Doom a doctor for nothing.

Our greatest adversaries in life will not be the size of the Incredible Hulk, Sabertooth or Doomsday. They often will be the men in our world that try to insult our intelligence and force us to think in the most intelligent ways. We will not be battling the Brainiac to save the planet. Our arch nemesis might be our job manager or school professor who is taking space up in our mind by being difficult thus altering our perception to a lower vibration. This is how people begin taking our peace, forcing us to look within to find strength. To conquer the battle, we can choose our highest thoughts amid emotions. We might be at work or school and our teacher gets under our skin because he or she has it out for us. Sometimes when we take things personally, we can absorb the negative energy of these people and this leaves them with more territory to continue this negative pattern. We can gain flight in battle by asking ourselves this question. **Superman take his opponents opinions of him personally?**

We realize that we will never beat our arch nemesis through brute strength or force. Superman and all the superhero legends know a basic secret. We could defeat our foes through intelligence.

Where is your highest intelligence? You can declare your God given intellect through the daily affirmation, "I am the greatest intelligence of my highest Self." If you repeat this once every day, your thoughts will

metamorphose into bigger and bigger spheres of light. Eventually, we recognize that we have to follow the strongest heroes like Superman and identify what they all have in common. Goodness and Truth. We could embrace these qualities to become Superman in our life. We have to apply goodness. **When we decide to strive for the levels of intellect that hold the richest energy then we will become smarter.** These potentials are the dynamisms of love, peace, courageousness, creativity, optimization, acceptance, meditation, and freedom.

Let's say, for example, that we're in school, and were doing our best and our teacher is not grading us or treating us fairly. This will turn into a mental battle, which we could overcome through our life force. These battles can make us Superman, or they can destroy us. We could be more creative and prepare to study a half an hour more for this class. We can give extra effort for that class and also employ this toward growing in our self-learning. We can apply this extra energy toward this teacher's tests. Let's use these complex people to become stronger with our self-learning knowledge. We can put in an extra night effort in the homework that's due next week in our Brainiacs class. We can ask ourselves, "how can I absorb the finest learning from this experience?" If it's at work, instead of directing our spirit toward our nemesis, we can move it through our superhero strength. We can do this by asking, 'What is the best way I can redirect this negative energy for my greatest benefit?' This is how we intelligently take back our energy and utilize it for our time instead of someone else's. **We could have faith in the truth that all the individuals in our world that are difficult or negative will only defeat themselves if they were to be left alone.**

With this chief knowledge, you can be kinder to the customers at your job. You can be more inventive when dealing with any authority in your life that is abusing their power. You can rise above them by using this prime knowledge. You can redirect the energy with practice. Instead of fueling your boss, you can be dealing with the clients more with abundant love. This will make you look better than your manager because of how much stronger you treat the consumers. This solution is creative. There are infinite means to use our intelligence for good to defeat the arch nemesis. This makes our life completely creative.

Another one of the greatest ways to supplemental our mental agility is through our emotional intelligence. It's like putting a turbo engine in a vehicle. I think the grandest thing about Superman's intelligence is the synergy between his intellect and his emotional IQ. Superman's emotions were golden because he applied his super intelligence toward emotional mastery. No matter what the circumstance, Superman stays cool. He moves with emotions of hope and refined peace and courage. We noticed that his villains don't have this ability. He could take them down easily and effortlessly like this.

Usually when experiencing his strength and quickness, his opponents immediately become completely angry and throw violet tantrums. In these cases, Superman won the fight even when the combat was not over. These tantrums make people blind and unwise in battle. Have we ever seen Superman emotionally out of control? We too should be untouchable with regard to dealing with others emotionally.

Even if our enemy devises rebellious and vengeful tactics, our feet will always be above them if we have more emotional control than them. How can we be the most emotionally superior to our foes in battle? The answer lies in what we realize about the uniqueness of emotion. Just as rare as a person's facial design is as exclusive as their emotional composition. Likewise, when we consider how people are dealing with their negative emotions in different ways, then we can clearly understand they all have the same origin. Fear.

We know that all fights have a foundation on the emotional status of both parties. When we look at Superman, even in the heat of battle, he successfully had his fear under discipline. Even when he is in the most danger, he nevertheless is emotionally intact and emotionally intelligent. He is moving and fighting for purpose and principles instead of worry. This is how we can keep our fear in control. This is the ultimate reason all villains fall to defeat. This knowledge about the emotional battle underlying the physical battle is key.

Emotional Intelligence is a fairly new concept that is being developed through authors like Daniel Goldman, Dale Carnegie, Jennifer Brauer and a tremendous amount of other writers and doctors. The book written by Daniel Goldman is a major work that explains the anatomy of Emotional I.Q. He calls it E.Q. There are many books on emotional intelligence which shines light on this intellect that's stronger than our learned intellect because of its evolutionary sediment. It's the brain that's responsible for emotions and thoughts, and they should be working in harmony. When we are harmonious with our emotions and thoughts then

what results is a clear mind. With this mental clarity we can take action and fight more expansively.

We look to Superman at being the best hero, and we can also depend on him for being wisest and intelligent on an emotional level. During a confrontation and crisis this is the decisive factor. This emotional intelligence is one of the biggest ways we can expand and boost our intelligence. We can act more, learn more and defeat our foes and make them fall harder. This is a great way to live Superman strong. Now that we have additional power for our super intelligence called emotional intelligence, lets ask a Super question. “What is the greatest emotional intelligence I can form in my mind?” It's a beautiful question to answer because we now have books written on emotional intelligence accredited by the smartest doctors in the world.

You can go online and pick up a dozen books on this area of knowledge and practice and improve your emotional intelligence now. I'll give you a superhero secret. Whoever's the most emotionally intelligent will be the biggest superhero. If you're able to handle your emotions at work better than all others, you will be Superman there. If you have the most emotional mastery at school, then you are Superman there. Even if you live at home with your parents, this same formula applies. Let's move intelligently at all times. Be the most emotionally sound person in your Life! Be your own superhero!

Isn't intelligence the main catalyst behind all superhero stories? Isn't it how the super hero thinks and feels in the midst of pressure that differentiates him from the villains? The most remarkable energy that

Superman has is his intellect. He can calculate any equation in the universe in any language immediately. With his intelligence, he can count the number of stars in all the universes combined instantaneously with his super vision. He can do this with no supervision. Could you imagine his thoughts and his dreams?

We can stand in the midst of the ideation of Superman character by following these guidelines. The aspect of Kal-El that most people admire the most is that he is the smartest being in the world. He has special abilities and his strength is the greatest but the main component of Superman's power is in his smarts.

The only one that possesses a common level of intelligence that lived on earth was his arch adversary, Lex Luthor. We see that many battles Superman fought were the way of this world itself. He used his intelligence to maximize his strength. When he would punch with his right fist, he could calculate with perfect precision, all the muscles needed for the ultimate attack. He could balance perfectly by leaning slightly to the left for the perfect straight strike. He could keep all other muscles perfectly still except the muscles needed for his strikes to maximize his power. **His arch nemesis was not operating his intelligence to make himself stronger, he was applying his intelligence to make others weaker, and therefore Superman had the upper hand.**

When Superman was younger, he went to school with human students and his intellect was yearning for expression. He was studying the human ideology of things which is a very lower intelligence compared to

Kryptonian intelligence. This must have been difficult because even Kryptonians respected Superman as a universal genius.

Kryptonian's respect Superman very much because they know he was learning as a human when he was a child when meanwhile he was one of the smartest beings in the universe. God only knows how intelligent Superman would have become if he stayed on his planet. He did gain one of the greatest benefits of his life from our knowledge. He gained the empathy for humanity. He grew up having a very deeper compassion and understanding for people than other superheroes because of his intelligence. This is one of the reason's he is the ultimate protector. If Superman were to be learning from Kryptonian intelligence and knowledge, he might have had even higher intellect but he would not have as much compassion. He would have most likely have had the same intelligence of Brainiac and Lex Luthor but he would not have been Superman with humanity. It was humanity that made him Superman.

To know our true nemesis we could be prepared to not only fight with our fist but have a sharp mind. Lex Luthor was constantly in the position to dominate people's minds and would also attempt to control Superman's mind. Therefore, he was Superman's arch nemesis. Not because he was the strongest but because he was going after Superman's mind. If Lex Luthor could just beat Superman up then that would be a lesser power than being able to control Superman's mind. We have to understand that if we desire to take control of our life by living this superhero type of lifestyle that eventually these Nemesis will rise against

us. They all have the same distinct trait. Wanting control and power at the expense of others.

We may even eventually find out that we don't have to fight our opponents physically at all. **We can win through taking action and focusing on our goals instead of them.** We have to be able to control our mind and be wise enough to defeat those who want to harm us. When those who rise against us take their shot, we will be fully trained and strong enough to overtake the enemy. The strong fighter will usually be taken down by the intelligent fighter. For example, most strong fighter's lunge for their opponent and apply force with constant approach toward their target. An intelligent fighter strikes fast and proficiently, then shifts back to his guard position for freedom of movement. This intelligence difference usually moves the second fighter to higher ground. Superman was constantly improving his intellect, intuition and creativity. He would apply this advancement toward his fighting skills and power.

We too can practice expanding our intelligence, create from intelligence and apply this toward our ease and flow in combat. Even if we have grown into a promising career, family and hope, we can remain sharp by constantly learning, renewing and refreshing our mind. We can explore new areas, learn from the teachings of others and teach our knowledge to others. This will develop our intellect and protect it. When our arch nemesis comes to claim our life, we will be prepared so they won't be capable to control us or imprison us. Once again, an enemy who can fight us and defeat us on a physical level is nowhere near the power of an enemy whose competent to overpower us on a mental level. A person who

can defeat us on a mental level and is aiming to do that is our highest nemesis.

We learned from Superman that our true rival is not the strongest. Lex Luthor was skinny! He was not a bulky villain with a bunch of amazing superpowers. He was a brilliant man who made the choice of using his intelligence to hurt people instead of helping humans.

This also poses the question of what true intelligence is. Some people debate that Lex Luthor was smarter than Superman yet Superman defeats Lex Luthor over and over again. Superman's biggest triumph was defeating the smartest enemies not the strongest. When superman fought the Incredible Hulk, he was fighting a physical battle only. Superman focused his mind and body during that battle. He was able to ablaze with solar strength and radiate this super abundant energy to defeat the massive colossus titan. The Hulk took a beating by exhausting himself trying to penetrate and pierce through Superman's skin. The physical might of the Hulk was drained through his emotional instability and Superman took the authority. Superman focused on the highest place he could lure the green giant and took him down through superior order. Superman could not do this with Lex Luther.

Lex Luthor had a 12th level intellect whereas Superman only had a 10th level intelligence. Lex Luthor was two levels higher yet Superman was smart enough to choose the side of good. This is helpful to notice because we can apply this to our superhero journey. Even if people tell us we're not intelligent, or we're not as perfect as them, or we're not equal to them, we can take peace in the abilities of our Kryptonian teacher. These

people who say these things and treat us this way are the Lex Luthor's in our life. When we effort to be the superman in our life these people ultimately get defeated. The key is that we take the side of good, and we continue to help others.

A person might be real smart, he might calculate many formulas but if he's not choosing the hand of good, then he can't be happy. There is a famous saying that states " hard work beats talent when talent fails to work hard." We could work hard toward goodness and stand for victory.

True intelligence is the ability to make ourselves happy. Let's work hard for this happiness. If you're not happy or if you're not joyful then are you intelligent? This is an important question. In my opinion, Superman chose the side of good and was happy because of this. He was a youthful spirit of joy and ambition who became forever more the ultimate superhero. Superman is known throughout the universe as one of best hearted superheroes. He was bubbling with wonder and courage even during battle.

Superman even with 10th level intellect was smarter than Lex Luthor because of his choices and decisions. These choices and decisions were easy because of his allegiance to good. Because of this devotion he was much happier, plenty more joyful and often more respected than his nemesis.

The Superman symbol or Superman's S on his chest is symbolic of hope and how good-hearted he was. He had a big heart. I mean this literally! Superman had the capacity of super breath. He could expand his

lungs and take in condensed forms of air in volumes impossible to calculate. Because of this, Superman possessed a heart capable of pumping blood and distributing it to any area of his body at super speed. His heart could speed up or slow down to any speed without any strain. The extreme universal strength and health was not only a compensation for his super breath ability and cardiopulmonary system but it also assisted him in rejuvenation from his massive amounts of light dispersion. He could bench press the weight of the entire planet for several days. He was Christ-Like, stronger than the entire world combined! His intelligence was also coming from his heart.

We know scientifically that the brilliance that's in our myocardial cellular biology holds action potential that is five times more dominant than the electrical impulses in the brain. Obviously, they're working together, but some individual's use heart energy and regular intelligence to become super powerful and smart. Lex Luthor was only applying his brain intelligence, where Superman was employing both his heart intelligence and his intellect.

Everyone has super intelligence in some territory of their life. If you were to ask somebody about what they know the most about, they could immediately give elite expertise information in this sector. Everyone has a specific range of intelligence that is Superman powerful. We can access this super power intelligence in other people by asking them the right questions like, 'What do you love?' 'What are you best at?' **If you ruled the world, what would you be doing on your leisure time?** You

can pick up great knowledge from others by finding out where they perform best and where their heart is truly at.

We all also have access to Superman intelligence. This is knowledge beyond our level of our thinking we learned from humans. We all have this intelligence within us and is accessible through meditation. This is a gift to all human beings and is one of our greatest life expressions. I think this is one of the best abilities of the human mind that we can use. It unifies us all because this intelligence is with all of us. It doesn't matter who people say you are or what you have done; you have gifts from life that no one can take away. Some people call it the gap between our thoughts and others hail it the silence of meditation. It is the space where thought can move freely and is often overlooked by thought itself. When we approach this energy of peace, all of our thoughts shine brighter. Every aspect of ourselves shine brighter, and we can dispel darkness.

You can also access super intelligence by asking the right questions like, what is your favorite thing to do? What do you know most about? If you had all the money in the world, what would you do with it? What is my highest thought? What is my deepest thought? How can my mind produce the most happiness and intelligence? You could keep asking questions like these until you become really focused. This will give you super intelligence thought patterns and increase your vibration. There are no absolute answers but there are absolute questions.

What most people are saying vs. what their super intelligence wants to say is different. Your Super intelligence will say things like, "I

know my super intelligence is in the creative field of music. When I start creating music and coming up with new ideas, I am unlimited.” Or “figuring out where the rhythms are, the tempos are, what instruments to use, what songs, what tone of voice, what page, which note, and having all of these things to come together. This brings about super intelligence within me and a certain musical inspiration.”

Many individuals are fighting themselves and their true super intelligence. If it is a good thought and brings truth and discovery, it is your super intelligence expressing itself. Everybody has the same super intelligence that gets expressed in very different and unique ways. For example, my grandmother had a super intelligence for Christianity and cooking. She just knew how to cook the perfect recipes and would light up when she would talk about Christ. When it came to cooking, she just had something that couldn't be picked up in the textbooks. It was not something that she studied. She obtained no culinary education. It was just something that she did, that she was effortlessly acting from in the realm of this intelligence. Some people meditate in order to act better but for some individuals, their actions become meditations. Grandma would invite all the neighborhood over and feed everybody. Even in her older years, she had an open door and cooked for everyone on Sunday. People from all over would come over for her special Italian pasta and sauce. This is how she expressed her life expression. I think we all have this. I'm not saying we will be Mozart at music but if your super intelligence is expressing through your music then certain aspects of your music are not emulable. Even by Mozart. You can say to yourself “no one can do what

I do.” This is a true statement and truth always activates our super intelligence.

Again, we can locate these areas of brilliance through meditation and then immediately ask optimal questions. Questions that can help you enter into your superman level 10 intelligence are, “If I were to have any job in the world, what would I love to get paid to do?” “What is the best option?” “Where can I help the most right now?” “When is the best time for achieving my highest goal today.” “What is my highest goal today?” Remember that whenever you evoke a question that resistance is created. Meditate or be mentally prepared for this before asking optimal questions. Resistance is best handled through love, courage, acceptance and peace. Asking these type of distinctive questions, not only will improve your intelligence but it will also improve your life. Specify what you most enjoy and love. Formulate optimal questions around these activities. The love that you have for life is the super intelligence that animates your life expression.

We might not have the super intelligence of Superman as an individual when it comes to reading and writing. We do however, have the super intelligence of living in today's technological age. Everything is advancing at a rate that is the speed of Superman. I was able to give you this book thanks to technology. I wrote this complete book on my android cellphone.

We have the internet if we need to figure something out. We have technologies to advance ourselves. There are so many layers of information that we could learn through the internet, where we could

acquire free books online to download and read. We can now talk to people anywhere in the world through our technological devices and learn from them by asking them the right questions. This is a sense of super intelligence that we can tap into. Learning technology and utilizing it for the side of good can provide us an additional super power and ability. I'm sure Superman and the Justice League would not be on social media but with our technology, they could lead a global distribution of their teachings and instructions to the entire planet.

Let's apply our technology to figure out the best that's out there. For example, on Google search, instead of just typing in inquiries we can always include superlative words. Words like greatest, best, finest, nicest, most, best in the world, fanciest, strongest, etc. Place one of these words into Google at the beginning or end of your search. What is the greatest \_\_\_\_\_ available or \_\_\_\_\_ (best). This will advance your searches and your images and turn your technology intelligence into super intelligence. This will help elevate you to super solutions.

You can manipulate the internet and this technology to assist you toward your Superman identity. Just like there are certain people online using our technology to hurt others, we can be the superheroes online and provide positive energy. Always give 5 stars, invariably say the finest things and constantly say things that "The Man of Steel" would say online. Also draw the most productive energy from technology because you have this option.

Computer connectivity is intelligence that will transform into what we are applying it for. Let's take the individualistic approach and operate

these systems for our benefit and purpose. By taking this attitude, we can help technology translate into something better that helps free us. For example, technology can provide everyone a job through data placement, updates, teaching and learning. We can direct the machinery to deliver everyone jobs on a global level.

For now, let's use the best of these energies on an individual level. We have access to this super intelligence, and we could run it the way Superman would, to the best of our abilities. Remember, we are not perfect but even a little action toward empowerment goes a long way.

The last thing I will talk about in this book that will boost our intelligence is the actions toward improvement. Superman is constantly improving. We learn that in his current state, he's Superman prime, a universal version of himself also known as Superman One Million. Now if you look at the consequence, he has even new powers and abilities. His intelligence became so high that he had to move to a different dimension that was higher than this universe.

He would advance his super abilities tirelessly. Just recently, he developed a fresh ability called " The Solar Flare", where he's able to draw his anger and infuse it with cosmic light thus condensing atomic arrangement and filling his ions with ultra-violet gamma light. His electrons transform into miniature nano-suns and his entire being flares out solar particles in all directions. This unique ability can melt down Kryptonite crystals and disengage their radiation by separating the crystals molecular structure. It likewise can take down any of his opponents with

ease. Anyone around him during his flare will get scorched with no traceable evidence of existence.

We see as Superman evolves, he gets wiser and wiser. We, too, need to continue improving our skills to consciously increase our intelligence. We call this neuroplasticity. It is a scientifically proven method that states that when we learn new things and develop ourselves, we can generate new fresh neurons that connect with our older ones. This can make us smarter and more healthy.

What ability can you improve? Can you think of your greatest new ability? I just learned how to cast net fish. It's a very advanced skill that takes time. I can throw a cast net into the water and catch dozens of fish at once. I advanced from just being capable to capture one fish with a pole into being a great cast net fisher. Do you have any new abilities you recently gained? It might not be Superman's solar flare but no matter how big or small it is, this development has boosted your intelligence.

After painting the Sistine chapel, Michelangelo was asked what he was doing to be able to perform such incredible art. He replied, "I am still learning". Improvement is synonymous with learning. We see that the greatest people are always training. The greater we learn, the more legendary we become. We could never stop because it keeps our mind young and also makes us happy. When we learn something, the mind expands, and we have more space to fit in the information. Let's have as much room as we can in our minds. We can build massive amounts of capacity in our mind by dropping old things that are no longer necessary to us.

This will leave us with a feeling of expansiveness and space that will make us powerful and more intelligent. We can keep doing this. Whatever does not serve us that is taking up territory, replace with new things and new abilities. So here you have it, another new ability that Superman has and now you do too!

# CHAPTER THIRTEEN

## SECRET ABILITIES

Superman had not only the abilities we know. He was amazing and strong and powerful and able to defeat his enemies, but he also had an even deeper layer of superpowers called his secret superpowers. There was a place that Superman used to retreat called the Fortress of Solitude. It looked much like the cave of crystals in Chihuahua, Mexico. This was one of Superman's places he would go to get away from human activity and be by himself to meditate, rest and relax. This is where Superman would be himself in his deeper identity. He could exercise all of his power

because of the quietude, and he developed secret powers. Some of these forces were super molecular weaving, super-mathematics, super flare, microscopic vision, super creativity, super imagination, and shapeshifting, to list a few. Superman could dive deep into himself through stillness and pull up and surface even more abilities that were located in his subconscious mind. This is what a true man does to prepare not only for his companions but his opponents.

We also should become like Superman and have talents and abilities that are unknown to others. Even Superman's closest superhero friends from the Justice League did not know what he was truly capable of.

Everyone knows that I can write, but not everybody knows that I can create poetry. When I'm writing books, I always try to be the greatest in my writing skills and make some excerpts poetic to express my secret abilities. This enhances my work.

Whatever abilities you have, enhance them with your secret abilities. Many men know nothing about their abilities, and so they're fixated on other people. Doing this blocks us from ever discovering our strongest abilities let alone the secret ones we could dive deep and search for. If we're concentrated on other people, we have to continue to effort to put the focus back on ourselves.

When I was in my 20s, I understood abilities that I had but I was primarily focused on other people. As a result, I didn't know the amount of abilities that I had. It was only by taking this inward direction and

looking into myself and who I am, that I realized I could author books and sing. I also discovered that one of my greatest abilities as a human being is my natural state of peacefulness when I was alone. If I stayed by myself for more than 24 hours, I would drop into a deep state of peace that I did not have to effort for. I just had to be alone and unbothered. **I revealed I am the most peaceful person in my life.**

Nowadays, I can spend one day, two days or even three days alone. Before I discovered this secret ability of peace, I could not be alone at all. Now I have to fight to be alone! I found that the most peaceful place in this world is myself when I am alone and it was the greatest gift in the world to be able to discover this ability. I never would have dreamed I could give that amount of peace to myself. This is a secret intelligence of the entire humanity. We all have this secret ability to obtain massive chunks of peace by isolating for measures of time in nature. I am still discovering great new abilities within myself and I hope you will do the same. Let's celebrate our abilities like superheroes instead of finding fault in others like villains.

# **CHAPTER FOURTEEN**

## **CLARITY AND PURITY OF MIND**

We talked a little about Superman's intelligence in the previous chapter. Now, I want to go even deeper into the mind of Superman and talk about what is beyond his super intelligence. The clarity and purity of his mind.

I think as a superhero, Superman has the clearest and purest mind. This is the most major thing to discuss. As a matter of fact, it's such an important topic that I wrote a whole chapter on it. The intellect of Superman is one of the highest in the universe. We know that within this 10th level intellect, Superman had the clearest and purest intelligence because of the way he was directing his thoughts.

In order for individuals to learn the clearest and purest type of things, they usually have to study for extremely long time periods to integrate the divine teachings. In order for Christians to become priests or Buddhist to develop into high order monks they must carry many precepts and study for years. In order to become good-hearted and noble, these students have to study for as long as physicians in the physical realm of knowledge. This is the celestial path for most. Superman was different. His goodness and uprightness of character came naturally for him.

There are four levels of competency. Unconscious incompetence, conscious incompetence, conscious competence and unconscious competence. The highest level of competency in any field is unconscious competence. This means that you are productive and successful in your actions without you even knowing it. Superman's purity and clarity was on the level of unconscious competence. Maybe it was predestined for

him to use this power of his for good. Superman's super intelligence, clarity and purity interconnected.

The goodness of his principles directing him into the most amazing battles where the greatness of his courage that was directly linked to the pureness of his thoughts. His pure mind was allowing his thoughts to move, flow freely and expand. Therefore, whenever we read the words of Superman speaking in the comics, we are inspired and compelled because we understand this purity and courage that we are reading. We can learn from his words. We are referring to one of the greatest minds of good will to have ever existed. He gives us inspiration because we know his capabilities.

Here is a great question. "How do we gain the clearest and purest mind so our way of life can be super in all aspects?" You can also ask yourself the question, "What is the clearest and purest thoughts in my mind and how can I generate more of these images in my mind?" When we do this, it should bring about answers eventually. Even if we don't get answers, soon or later, they will come up without effort. The answer for me, is to become to know who I am more. This brings extreme degrees of courage, acceptance and tranquility. When you are acting more authentically, you gain more approval, control and security in your life. Our authentic identity is really a super and extraordinary being! When we know these answers, it will generate very high levels of peace.

You'll notice that when you're not around other individuals and you're focused on yourself, your true self will want to surface and express itself. This is because you don't have to suppress yourself for other people

or society standards. Superman did this all the time at his citadel, The Fortress of Solitude. If you continue to do this, you will start to understand who you are, which is a very expansive being of peace. This is the golden secret of bringing about clarity of mind and pureness of mind. Superman used to fly to his super temple called the Fortress of Solitude for extensive amounts of time, and he would go intending to clear his mind. He did this by just being alone. Once he went to his fortress for 15,000 years! This was his secondary way to charge up his super powers aside from solar absorption.

We don't have to spend that long with ourselves but let's shoot for a day or two. Then we can graduate to longer periods of time. This is even more powerful than a spiritual retreat for clarity and pureness of mind.

Have you noticed that all the great legends do this? They take time to be alone, so they can be with themselves. They do this more often than the rest of us because they have found who they are! I'll tell you, the greatest peaceful person who's in our reality is yourself. This is something we have to encounter for ourselves. There's no other man in our life that's more peaceful than ourselves and when we get to know this, we graduate to legendary and superhero status. This secret will naturally bring about this clarity of mind.

Another valuable point is to understand that Superman was challenging the greatest available enemies. This also naturally cleared his mind and made it pure. When you're fighting evil for good and for the safety of others, this naturally purifies the mind making it the clearest. It expands the mind to new levels and brings your heart closer to your

highest potential. Superman had the clearest and purest mind because of the magnitude of the battles he was fighting. This is the second superhero secret to the clearer, purer mind. We can follow this example when we choose our battles in our life. When you need courage to fight, then likewise know that you are developing a clarity and purity of mind if the fight is for good.

There's no greater enemy than the ones we are fighting now. In the same sense, there's no greater superhero in our life than ourselves in any battle. We are superheroes anytime we fight for goodness. Many people don't have the bravery to do this. The reason men don't have these skills to fight is because they don't have the knowledge. With the technology advancements of our age and the knowledge I'm giving, you can now teach yourself how to fight your opponents.

When you focus on fighting your adversaries, choose the opponents you recognize are evil in your life. Your goal is to crush them and to live a lifestyle where they are put under your feet and you are a victor. This will make your mind clearer. Much clearer. Every enemy you defeat is the clearer your mind will become. Ultimately, you will defeat your nemesis for your ultimate good and your mind becomes the clearest. Some people might even call this the purpose of life.

Many communities don't have victorious knowledge, so they can't even be courageous. People may lack courage and knowledge and when evil comes to take their life they say "I'm not going to fight". This evil can come in forms of addictions and negative people, unhealthy habits and people who victimize you and your name. This makes the mind less clear

and less pure. The wonderful news is we can constantly move toward courageousness. A person can move to a place that is warmer and sunnier if they have the courage to move from a cold climate. The fights you have endured for good in your past have opened your mind, leading you closer to stepping into your ultimate direction, authenticity and goodness. This is the path of the superhero lifestyle. Every battle that we win is a door that opens towards our basic goodness.

Our life is a life of subtlety. We will not be fighting full-fledged caped arch villains. We are, however, fighting subtle forces that are called principalities that manipulate the minds of the humans in our world. The fights in our life will not be like Superman's. Even something as simple as hearing somebody telling a fib about another person is a fight. We know evil is working. The true enemy in our life is not a person or group of people but principalities and subtle forces that control all people to some degree or another. However we choose to fight these forces is up to us.

The main weapon that kept these enemies falling in superman's life was his clarity and purity of mind. These super powerful enemies dropped one after another in rapid succession. Maybe there is somebody who you know who is hurting your friend. You love both parties but don't want to get involved. You feel guilty about not helping and unconsciously you sabotage your day in a subtle way to appear better. Your buddy can't do anything about it and now you are suffering as well. This is the Nemesis I'm speaking about. Now he could attack you. This is a domino effect and it will affect everyone. Because this enemy is so insidious and works through principality, if you do not stand up and fight and apply the

teaching of the legends, it could remain unseen and affect people in your house and try to draw blood.

For Example, let's pretend there is someone who might not like a house member of yours. This someone is trying to reduce his quality of living by assassinating your household members character. You look the other way because you are helpless to help your kin. Eventually, the family member and you drift apart and a familial relationship was lost because of a person who is only good at talking bad about others. Subconsciously you feel more inferior because you knew you lost family because of your unwillingness to protect them and you pay yourself back through fatigue and a lousy attitude. These are the Nemesis of our life.

A lot of the fights with Superman against Lex Luthor was never published because they were cold wars or battles of intelligence. Our biggest challenges will not look like Superman locking horns with Dr. Doom. They can be very subtle battles of the mind. When we have victory, we get closer to our ultimate goodness because we are the protectors of ourselves and our people.

I made this chapter about mental purity because of its capability to bring about the legendary status of any individual. The purity finds its root in a man's hopes. How can we have the best intentions?

This purity is an intelligence that no one even talks about Superman having. It is the ultimate intelligence booster of all men. It makes his strikes perfectly damaging and his flights more dynamic. Once again, we can recognize that he is absorbing sunlight in vast amounts all

day long and most of the purity is coming from Sol our sun, expressing itself through Kal-El. Having similar intentions, we could be around and effort to absorb the most light from our environment. This does not mean sun bathing. This means locating the best people that we can and trying our hardest to become friends with them. Also spending time in nature and absorbing that light. Finding the finest knowledge of light and absorbing and assimilating the information. This is the best we can do to emulate the amount of light superman can. It's one of the greatest abilities he has, but we have to understand it's occurring from a higher source. What is the greatest light we can harness physically, mentally and spiritually?

So many people in this life are lacking this ability. It's because we are not absorbing as much light as we need. It's not the easiest to meditate, reflect or find smart and loyal friends. It's not the easiest to be at the beach and in nature all the time. The attitude of desiring for stillness and purity will produce more certainty as we hope for greater intentions from our light sources. When we do this, we are being the most authentic versions of ourselves. These beings of the greatest intention and virtue have a complete acceptance of even the most evil things in this world and this is how they have the power to overcome them and defeat them. Superman does not resist the opposition. He embraces he is the strongest hero, and he takes the enemy down. **When we accept ourselves opposed to resisting our enemies, we truly are being more authentic, and we gain more precision and purity.**

I feel that a lot of issues that we have are really a conflict for the clarity and purity of our mind. There are forces out there that know our true power and will do anything at any cause to prevent us from seeing, absorbing or even belonging to the light. When our mind is clear, and it's pure, we become super powerful. For example, instead of choosing to be a security guard, we may fulfill our destiny and develop into one of the greatest artists in the world. Instead of becoming a retail clerk, we may gain clarity and harness our gifts and create something that will affect the earth like a business or an invention. When we understand who we are, we can become very real expressions of a super human in our life.

There are many teachings that are written from people who have said to either absorb, be around or become this light of true Self. Wayne Dyer, Lester Levenson, Hale Dwoskin, Rosalene Glickman, Gandhi, YoganandaParamhansa, RamanaMaharshi and Bruce Lee are luminous beings I have discovered and studied to help guide myself. There are countless amounts of other beings who can pilot us through truth to assist us spiritually upward towards a clearness and purity of mind.

We have to really strive for this because in today's world, we have a lot of forces that go after the mind. It's a world of logo's and logos. When you turn on the TV, and they show the same commercial or the same TV program or the same news cast, it is an attempt to control the mind. If you turn on the radio, and they constantly play the same commercial song, these are attempts to control your mind. They are literally spiritual mantras that will lead your mind toward that spectrum of light. Most of these spectrums are very low vibration. It is the view or a

perception that someone else wants you to have. It is not the view or perception of your highest benefit or greatest good. Why hold views or perceptions from beings who don't know us or love us? It is because of this repetitive energy that entrains the mind in a trance like state. We could shield our mind from this commercialization and continue toward further clarity. What is a view or concept that you hold? This is intergalactically more important than a view that even the president holds!

I experienced this when I was in my teenage years. Media had almost completely took over my life. I am grateful that I had escaped the grips from this energetic force. Many of these forces are from the mainstream music, mainstream television shows and mainstream movies. I got free of this and felt like I was a completely different person. I would have no idea about how to write a book like this. I would be singing the most prominent songs or trying to become a famous pop musician to gain approval via media standards. This book wouldn't have been possible. It was only that I had learned from these more spiritually inept beings about how to clear the mind and purify mind that I started to take on my own thoughts. I found out I wasn't this kid like character with tight or saggy pants but a vast mental giant with universal creative force. When I discovered this peace, omnipresence of Self and creativity, I received freedom of thought authentic to myself. We still as a collective are resisting to escape the standards or meet the standard of mainstream society. This elite force can be overcome by applying the teachings of these masters of purity. We can get an assist and rise to a new level of authenticity.

When I received this awakening, I wasn't completely dependent on the creativity of others. I became a creator myself! It felt God like! I didn't have to wait for new music to be released, I learned how to make my own music! I didn't have to watch for the singer to release a new song, I became a strong singer! I didn't have to wait for the next popular spiritual writer to release a work, I was creating great books! This is an example of the benefits of increased purity and clarity of mind. Lets harness the power that it brings.

What you could remember is that these forces are very powerful. It might take a lot of effort on your part to get free of them so you can be your own creative source. The suggestion I have to you is to be courageous about it because there were people who came before us that also fought this battle and have won their freedom. It is said to be so blissful, this purity of mind, that superman flight or ability would be atomic and infinitesimal compared to the feelings of invigoration, energy and life that it brings. We will become ready to be our own creative force and to direct our lives toward what we want. This is different from what we think we want because of this mental conditioning of the elite.

There's no greater thing for me than to write a book like this for you. Superman is all of our favorite superhero, unless you choose a weaker character. Most of us love to win and love victory. Superman is the ultimate superhero I chose for the groundwork to help bring us to Self or "I". This clarity is something that I hope you'll gain out of this book.

Another way to clear the mind is to do things that you love. I explain more about this later in the book about the power of doing what

you love. When you are doing what you love, it will purify yourself. You're being true to yourself. There are many forces that try to steer you to actions that are opposite of what you love. Especially our universities, schools, and institutions. Nobody wants to spend their entire life with this ideology of what school teaches us, but we endure because of the fear society has placed on us. A lot of us don't have the knowledge and end up societal chop liver. We end up hopefully saying that we were able to take care of our families but on a soul level, we didn't take care of ourselves. The closest thing we get to becoming a superman in our area of service is an employee of the month award. These jobs we think will save us all have the same ideology of this harsh societal standard. Sometimes big brother mentality seems to make us feel abused and beat up as if mother earth is looking the other way. We start to get down on ourselves and feel a degree of inferiority that drives us to be more controlling with our family. This is not the superman lifestyle. This is an idea of yourself that was created from all these commercials and commercialization's. Your true self needs to fly over you and save the day! The truth is that people cannot teach us to do what we love, only we can ourselves. We can throw the dice and hope for good money if we perform to the standards of impossible perfection from employers and authority. Remember though, that these people are also victims of higher supervisors and authority. This boss and authority mentality has a deep latter that goes infinitely deep making it impossible for you to fly again.

Superman combines his abilities for maximized effect. He can unify his powers like super breath and super heat ray vision to create tornadoes and tropical storms. He can combine his flight speed and heat

rays to become a living comet, etc. These combinations of forces create an infinite amount of powerful expressions for Superman in combat. We have to follow his lead and combine abilities for infinite expression.

In this case, we could combine our courage with our creativity to escape what people call the rat race. Why is it called the rat race? Because on a spiritual level, it is in the sewers.

Maybe it will not be the most money that we will make if we choose our God given as a creator. The compensation will, however, be the power of creation. The spirit of life which some call God. Let's face it, many artists do make a lot of money. Many Musicians make good money. Some Writers make millions! I'm not saying that society is suppressing our main ability of creation which brings love and clarity of mind, but I am suggesting to even rise above these standards and do what you love. When you do this, your service becomes a very real form of recreation and also a very real outlet for rest and escape from the chaos. This is a truer form of action and you can spell it as re-create. Your recreating by re-creating.

When we're creating things, whether it be great memories with photography, artwork, literature or music, then we're in recreation and we can get paid unlimited for this. **Some say the reward for the risk is royalties.** This is a concept that's completely opposed to our system. If you embrace it, and you research on it, you can form this belief that you can do what you love. This should really be your occupation. Remember that there's no being in this world that doesn't do what they love, except a

human being or a group who follows the system as a conformist. We spend one third of our life working so its wise to do what you love.

Superman was not complacent to this system. He was doing what he loved and you can too. Hopefully, you're reading this book in a time of your life that you can make choices to transition into a new life that you love. This time is now. Always. Loving your job and your occupation is one of the ultimate ways to clear and purify the mental streams of the body. Then this will purify and clean your intelligence. Your memory will improve. Your intuition will get sharper. Your logic and reason abilities will increase tremendously. Your thoughts will move freely opposed to it feeling so sticky and resistant. All views of mind will expand and improve. Clarity of mind is something that enhances all facets of a person's life, not just mental. You will become healthier and more strong and beautiful. This is because the body is directed and unified through the deeper layers of our mind. The deepest levels of the mind is not the dream state!

We can consciously change the colors of our minds. Envision taking certain color inks and dropping them into a clear tank of water. When injecting the ink, they contact the water and produce cloud like structures. This is how it looks when we inject a thought into the mind. We can mix colors and create beautiful arrays of designs as the ink leaks through the water. If you were to inject black into the tank, It would take over all the other intensities and the water would become completely black. We could renew our minds like the superman we are and empty that tank and put new water. Then we can inject colorful thoughts that will

dance as clouds in the beautiful buoyancy. How many colorful images has your mind produced in life? This is another one of your super powers. **If the mind can generate color then it can also produce light.**

Another example is the sky. During the day, the clouds are colored white. During the sunset and sunrise, many clouds dance and spiral in different shades of the most beautiful colors. Have you noticed that your mind is more bright at these times? When the night comes or the rain pours, the colors disappear. The sky will renew itself with a new day, and a new portrait can be created again. This clarity will bring us to a high place of quality.

Also, a person with a clear mind enhances other people's lives around them. They naturally make the scene more colorful. Just like I was talking about the previous chapter on Superman's special abilities, our special abilities is a discovery process. Superman learned how to crawl, walk, run and then fly. It is an experiential practicing of our talents that allows them to fruition into an ability that protects us and protects others. In order to take this theory in mind, you will have to turn toward your true self for super hero help. Call to yourself! It's like sending the bat signal from your heart onto the sky of your soul. Your higher self will come to your aid!

Let's turn inward toward ourselves because if you shift toward media and our leaders, they will set you up for a cheap sale. They will size you up through your credit score and their agenda's. If enough of us teach ourselves and our children how to aim for the highest potential, then media and our leaders will have no choice but to shift and fly with us. If

we are not moving as a unit or developing ourselves or teaching our kids the best, why would media promote our clarity and purity of mind? Why would our leaders promote what the masters are talking about?

The good news is that benefits of a superhero society with superhero media and leaders is a possibility. Once again, this is not as important as developing all these aspects of our own life. I think it has to do more with our self-discovery process. We can discover and know that there's nothing outside ourselves and that can make us clearer within. Purity is a prerequisite, not only to discovering our special abilities and to increase their power, but to take control of our lives.

I know it seems like I am anti society but social media and all of this interactive technology has great potential and is good when used toward optimization. When optimization is the desired result then a better quality of life will result. If optimization was the primary goal for our social media then clarity of mind and purity of mind would ignite.

We also know that we're not perfect. Superman was not perfect. We will effort and try our best and that is enough. If we have flaws, we can embrace them. Where are the professional embracers in your life? If you have found none, learn how to be one yourself. Superman embraces the entire field and then lights it on fire. This is something that can be a progression day by day.

The last point I would like to write about is that certain knowledge can bring about clarity of mind if we pick up certain principles and true knowledge and apply it. If you are learning the principles behind the

information being taught, you can accelerate fast. Try to memorize the principles first and then learn the information.

Yes Superman can circle a planet with flames at blinding speeds. He can create vacuums that are stronger than black holes with his breathing inspiration. He can save 10 billion people on the planet at the same time through his speed, strength and intelligence. He can do anything except take certain steps for you. You could apply the knowledge and principles yourself and grow. In one of the comics he says "**Our job is to protect people in the grand scheme of things. We keep the world spinning on its axis. Proverbially and literally. When the unimaginable occurs, we step in and throttle the life out of it. We allow humanity to keep on living---But we don't do the living for them. Men have to make their own way. They have to do for themselves. We need police to enforce the law, firefighters to douse the flames, doctors to heal the sick. Humanity helping humanity. And when you take that all out of their hands.... They aren't living. They're being kept. And when that happens...It changes"**

Remember Superman's superpowers and this pure clear mind he possessed. The ultimate light absorber, Superman! With his supervision, he can read your fingerprints on a smudged glass window! He needs purity of mind to see like this...

# **CHAPTER FIFTEEN**

IN GOOD SHAPE

This is one of the funnest chapters of the book. Not only did I teach you guys how to think like Superman, but now we can also begin to feel like Superman through exercise. We will shape a body like him also! I want to give you guys the best exercises that's available in regards to preparing yourself to be in Superman Fitness. One of the first secrets to the Superman body is to always lift as much as you can. If your doing push-ups, you do as many as you can. If your doing curls or bench presses, do as many as you can until muscular exhaustion. This was the key that Superman utilized during his training.

I will share four integral Superman exercises. The initial exercise I would love to share with you is the Superman push up. The second is the Superman plank. The third is called the Superman Exercise. The fourth is the Superman jumping jack.

The Superman jumping jack is doing jumping jacks, but jumping as high as you can into the air. If you could normally do 50 jumping jacks, you might only do five or ten Superman jumping jacks. Superman is all about the maximization of abilities. When we work out, we always try to outdo ourselves with new work outs and transformations.

The Superman push up is doing a push up, but extending your hands all the way out in front of you, and attempting to do a push up. Even if you can't do one, just the attempt is making you Superman fit. Eventually, you will be able to do one. There are people that can reach 20 of them! It's also interesting to note the fact that only 1% of the world's population can do a Superman push up. Let me know if you can manage it. I have created a variation of the Superman push up. On a stair case going

down, grip the rails tightly and place your feet on the rails and do as many push ups as you possibly can. This one makes you feel like your flying.

The third exercise is the Superman plank, which is doing a plank with one hand and one foot. You position your arm all the way extended in the air, with one foot on the opposite side, all the way extended in the air. If you're extending your left arm out all the way, then you're going to extend your right leg and foot all the way out.

The other exercise that I want to touch upon is called the Superman exercise. You lay on your belly and then you extend your arms and legs as if you're flying in the air. You lift both your legs and your arms all the way up or as much as you can. This will develop a Superman core that will be strong enough for light speed flights. Remember to do as many repetitions as you can.

I would like you to really be good at these exercises. I will get more proficient at these exercises with you. I admit that I am not a perfect physical trainer but these exercises work for the super hero lifestyle.

I also created a Superman workout program for you guys. It is the simplest workout program in the world. It is the most powerful as well. To follow my Superman workout, all you have to do is one more repetition of every exercise that you've ever done before. If you're able to do a max of 100 pushups, you will shoot for doing 101 push ups. The extra one repetition is you being Superman. If you're able to do 10 squats, then doing 11 squats is the Superman workout goal. You create the largest gains this way. Find your Max! If it is a timed or measured exercise, like

running, add 10 percent of your time or distance. For example, If your max run time is 5 minutes, shoot for 5 and a half minutes. If you can bicycle for a max of 10 miles, reach 11 miles. This workout program can be applied to all exercises and all workout programs. Reach the One extra repetition repetitively and you will be on anew standard of strength. This is Superman level fitness.

I wrote a book called Structural Training which helps you achieve true superhuman physical strength, protection and health for yourself. The book is a great supplementation to this text. It teaches you how to reach the deepest levels of your physiology.

Martial arts is also a remarkable new skill to develop for this lifestyle. Find people you can work out with and practice martial arts. This is the greatest way to help enhance your friends and bring healing and health to your life. Superman was part of the DC universe which included legends like Batman, Wonder Woman and the Flash. They would all workout and train each other. The Flash would teach Superman his secrets and Superman would teach Batman fighting strategies, etc. This increased the chance of victory and success for their League. They needed to be in good shape and would train constantly together. We could likewise get great allies and improve our strength together. We could farther be able to fight efficiently with them. This will strengthen relationships and create more trust in your league.

There are many techniques out there but it's suggested to learn from the best. There are superheroes of martial arts we can learn from called Grand Masters. Some of them have created books and distribute

videos to teach us. I like to study the Art of Jeet Kune Do taught by Bruce Lee. You could learn from who you think is the greatest. This will automatically put you in the finest shape of your life. Practice everyday with the methods of these fighters or athletes and implement their legend into your exercise.

I like to study Floyd Mayweather Jr's fighting style and implement some of his techniques to my own art, like his "Philly Shell". I have also paused and rewound Muhammed Ali's punch and dance style video's for emulation and combat skill maximization. Pausing and playing these videos and positioning your feet, hands and body in the same positions as the still frames can condition you to have similar stance. Remember that whoever you learn from, always rely on your innate fighting knowledge given to you biologically from life. This is your ultimate protection which you can rely on first. Then build upon it from the legends. Accept all fighting styles and learn from the best legend from each one.

Following Superman's health regimen and acting to be as healthy as him has never been discussed before. Let's remember that Superman took all his energy from the sun. He was considered a master solar light absorber. We too are master light absorbers on a cellular level. We can effort to be as efficient as our innate intelligence on a conscious level. The more we learn how to take in sunlight, the more we will become Superman in our life. Unfortunately, I don't believe that there is a health regimen that deals with absorbing light anywhere on the market! Let's create one now.

Can we base our health on the amount of light we can absorb?

This is Superman's secret to have more influence than any other super hero. We too can increase our energy, abilities and health this way. We do not fly into the sun like Superman did to charge up. We can however, fly to the ocean and submerge ourselves there and charge up. The closest thing to charging up like Superman is taking in pure water. We can take in water in three ways. Skin absorption, eating water rich foods and drinking fluids and water itself. Let's talk about skin absorption. This is our equivalent to Superman flying into our star, submerging himself into the light and charging up. We can submerge ourselves in high vibrational water and charge up. We can go directly to the source, which is the ocean, and charge up through skin absorption. I have also created a new powerful way for you to absorb light. We can create our own "mini sun." A bath tub full of the most powerful electrolytes and minerals and herbs available to us and absorb it through our skin. Even a hot shower though, has this effect.

I'll give you a Superman secret. Our skin has millions of pores, which are biological gateways that can open up and receive things from the external environment. These pores can open in diameter and great symmetrical geometric patterns to let in water and minerals. These patterns serve as doors or gateways and have perfected, through symmetry, the capacity to take in nutrients and energy. These pores also let things out of the body. These pores can open and close to give us increased protection. They can shield us and aid our immune process. When our immune system has decided to fully engage with full force, these pores sometimes close to trap bacterium like a castle lifts its gates. The

bacterium become trapped in the body and are obliterated by our immunity. Then the pores can reopen and the body can sweat out the destroyed micro components of the obliterated bacterium. Sometimes when it is humid, we can absorb water and regain balance as well. It is important to know this super ability of our skin and its safeguard. Superman also had super-skin. Before it rains is a great time to go outside and exercise to open our pores and gain a rebalancing through the humidity.

When the pores open up to receive moisture, we receive that water to enter into our bloodstream. This is great because this water is filled with the energy of our sun's currents. Even when you are not aware, we are absorbing the light like Superman. Even at night! This is how you can absorb a bunch of sunlight. Oh! Let's not forget sun tanning. Any body of water that is near our home such as lakes and rivers are great places for swimming and submerging for water absorption.

Now let's look at drinking water. If you look at the rain droplets, they're so high in the sky! Some of them are even above 20,000 feet (6.1 km)! Until the clouds descend down, and then rain on to us. This creates a huge energy current until they come down to earth vibrating with life. This rain water is the closest thing to the sun we have access to. It is the physical expression of sun rays. Not only that, but we can drink it! When you're drinking rainwater, prepare for exuberant amounts of energy! It's also good to absorb this high vibrational water in the skin. Also, let's try to buy the highest grade water available. Shop wherever the best quality water is to purchase in your neighborhood. Juice is also great.

The third most important way to absorb light is to eat fruits and vegetables. Fruits and vegetables have huge amounts of stored sunlight in them that they had absorbed. Also, they have water that has been modified into its finest form for growth stimulation through photosynthesis engineering. This is how we can absorb some awesome power. All legendary athletes and fighters eat a lot of this stuff. This is how all animals on the planet get so massively powerful. Elephants are herbivores! Bulls are Herbivores! Even Gorilla's and Rhinos are vegan. This is because they are eating foods that have undergone photosynthesis. This is how they consume the light and become super massive and super powerful.

This light saturation is the core of Superman's cellular strength. Never let anyone say the sun is not healthy for you. A lot of the elite forces like to scare us through media and take away our optimal thinking toward health and have us focus on UV protection opposed to the shear force we can gain by increasing our light absorption abilities.

Looking at one of Superman's cells under a microscope can enlighten you because of the cells proficiency at absorbing light. Let's improve our absorption capabilities. We might not be able to lift 200 Quintilian tons like Superman, but we can be the strongest we can be and reach our health potential. Once again, water is such a crucial thing for exercise that we always need to be aware of the proper importance of hydration. We can all enhance our hydration abilities including myself. Superman used to go out there deep and recharge himself with the sun and

come back down with his superpowers magnified. He would literally be lit and shining light on his descent.

Let's also disappear for a while on a sunny day to the ocean and become master light absorbers! The ocean can magnify our superpowers. We will have more than enough energy after we synthesize the light here for all our demands and desires.

Our ocean possesses a certain pH level of salt that's perfect for recharging our body when we swim in it. The ocean has an 8.2 pH level and our body has a 7.4 pH level. Mathematically this is the perfect equation for equilibrium when these two quotients are combined. A perfect pH is something that we will learn to eventually measure on our activity tracking technological progression. Salt is a critical aspect of our supreme health because it is a constituent of our blood in which all our vitality relies on. It also balances pH levels because it is neither basic nor acidic with a pH level of 7. Any substance with a pH of 7 is considered a neutral pH substance. These neutral substances balance regulated pH levels. When we submerge in the ocean or when we're near the ocean, the salt content can rebalance and recharge us on our fundamental levels. This strengthens the heart because of the salt being pumped. If you don't live near an ocean, then I suggest to you that you take annual or biannual vacations near oceans because of this vital factor.

The most powerful beings in this world are not located on land, they're located in the ocean. It can easily sustain massive creatures like blue whales. It would be plenty more difficult for creatures this massive

to survive on land. Let's exercise incorporating this power source to our training to recharge.

Envision your at the beach and it's the equivalent of Superman when he flies close to the Sun. You completely absorb the light through your entire being turning it into light. Now envision Superman storing so much energy in his super heart that it is equivalent to the amount of energy of a miniature star. The S on his chest is glowing in outer space! Envision your coming back home and it's like Superman coming back to earth with his super powers recharged. Envision your heart being re-energized and rejuvenated exactly like Superman, when he stores his solar energy in his heart. Visualize your heart glowing like Superman's. The Superman symbol over his heart is glowing because of the amount of light in his chest. He brought back to earth a piece of the Sun. Finally, envision your heart just as strong and just as bright. He has recharged and so have you...Great Meditation!

Now, I am not saying you have a mini sun in your heart! We are however, being Superman when we are strengthening our heart. To be the Superman in our life we need to take care of our heart. Whatever we take into the body goes to the heart first. Let's give our heart light in the form of easily digestible food and the finest fluid. This is how we stay in good shape.

We are always searching for the finest thing in the world. In Superman's eyes, the finest thing is our sunlight. We all receive the finest everyday in equal amounts. Everything in this world is energized with Superman's super power energy! Time to Recharge!

# CHAPTER SIXTEEN

## THE SIDE OF GOOD

Choosing to be on the side of good is the creative force of Superman and all hero's. This is the simplest concept of the book. I am sure that there is nothing more that Superman would want than to see superheroes be as strong as him. Once beings choose the side of good together, there are no limits to growth. Let's understand what it means in our heart to favor the side of good.

In this life, the line between good and bad is very thin. We could differentiate and make the decision on which hand we will be on. In today's world, embracing the energy of negativity is deemed to be good. Choosing the side of good and greatness is usually looked as unpopular. The reason it is frowned upon is because the decision gives you the ability to fly past the limitations of others and the fences of society. Today we have false good and true good. The natural side of good is the adventurous side to man. It makes you feel alert and alive. When you feel aware and centered, you are aligned with the Good. When you serve others, you can align to this good instantaneously. You are cheerful because you have this clarity that I was talking about. This knowingness that you're doing good. This is the Superman force. When you know your doing good, you open the door to the energies of good. You're full of compassion, and you're competent. You're confident and creative.

We understand that Superman was daring to make decisions. He was also dynamic in his abilities and enthusiastic to finish his missions. His being was filled with complete knowingness of his proficiencies. The exhilaration that we feel when we know we are competent is the Superman force of good. Let's explore the mind of Superman and see how flexible and focused he was in giving happiness and honor to everybody on the entire planet.

It might be humorous to think, oh, I'm comparing myself to Superman. The fact is that you can take initiative and go for your dreams. This will create the energy of independence and integrity. This will give us a feeling of love that's invincible. Sometimes we can feel like we're

lucid dreaming because we're so motivated! This non-resistance of virtue opens up optimistic perspectives. All of these energies open up a realm of grace for our lives.

I have located the highest and closest words in our language that explains the true side of good that Superman lived in. It includes

Balanced	Tranquil
Centered	Unlimited
Composed	Whole
Connection	Witnessing
Flawless	Awareness
Imperturbable	Boundless
In equilibrium	Calm
Infinite	Centered
Limitless	Complete
Perfection	Eternal
Poised	Free
Quiet	Fulfilled
Self-possessed	Glowing
Serenity	Light
Spacious	Pure
Stillness	Quiet

Serene  
Oneness  
United  
Abundant  
Accepting  
Appreciative  
Balance  
Benevolent  
Caring  
Clear-sighted  
Co-creative  
Compassionate  
Devotional  
Embracing  
Empathy  
Friendly  
Gentleness  
Gracious  
Insightful  
Intuitive  
Magnanimous  
Naturalness  
Non-judgmental  
Orderly  
Receptive  
Satisfied

Tenderness  
Understanding  
Warm  
Wonder  
Accepting  
Actionless  
Allowing  
Attuned  
Beautiful  
Childlike  
Compassionate  
Contented  
Delighted  
Elated  
Enriched  
Flowing  
Fulfillment  
Glowing  
Happy  
Harmonious  
Innocent  
Joyful  
Loving  
Mellow  
Open  
Playful

Radiant  
Receptive  
Satisfied  
Secure  
Soft  
Well-being  
Able  
Aboveboard  
Adaptive  
Adventurous  
Bold  
Brave  
Candid  
Collaboration  
Commitment  
Compassionate  
Competent  
Cooperation  
Creative  
Daring  
Decisive  
Dedicated  
Dynamic  
Enjoyment  
Exploration  
Flexible

Focused  
Forthright  
Gallant  
Generosity  
Giving  
Goodness  
Gratification  
Honesty  
Humorous  
Initiative  
Inquiry  
Insightful  
Integrity  
Inventive  
Motivated  
Partnering  
Perceptive  
Persevering  
Persistent  
Playful  
Pleasure  
Resourceful  
Risk-taking  
Robust  
Self-sufficient  
Sharp

Solution	Focused
focused	Grounded
Spontaneous	Gusto
Strong	Happy
Supportive	Heartiness
Tireless	Hopeful
Unpretentious	Independent
Valiant	Invincible
Vigorous	Loving
Alert	Lucid
Active	Non-resistant
Alive	Open
Assured	Optimistic
Aware	Passionate
Centered	Purposeful
Cheerful	Receptive
Clear	Resilient
Confident	Safe
Cooperative	Secure
Delighted	Stable
Eager	Willing
Energetic	Zealous
Exhilarated	Zest

When we choose this side, we enter a realm that is positive and purposeful. If we are receptive to the side of good, we align with Superman's ultimate force. This will obviously make us feel secure and self-sufficient. The only thing stronger than Superman himself is his decision for the side of Good. We can support this goodness within ourselves because this righteousness is our natural state. It is where all our natural abilities manifest. Turning from our power of good is like a Grasshopper who injures one of its hind legs.

One of the main keys to initiate the side of good is respecting others free will. **This is called the law of mutuality.** It is the main Good. Even the universe and sun let's us make choices on our own. Superman's role is to protect beings from villains who threaten free will. He could bring peace on this planet in a day by disarming all of us and all our weapons. He could then pat us on the behind and tell us to behave. Our action here could completely purify the earth by aerating the entire atmosphere with his super breath and then clean the whole ocean of all human pollution, but he gives us free will. Superman doesn't interfere, and he still protects us and provides us peace. He lets us know things are going to be fine. We could adhere to this law with our friends and family. If we follow this code of mutuality then we are transitioned to Superman's kingdom... The side of good. Then we can become superman of our life. This takes a courageous decision but hey, who said being a super hero is easy!

Being on the side of good will bring us to the universal level of living. We know that the universe is on the side of good because it supports all life on earth. It gives us regenerative super powers to heal ourselves.

We too can protect all life on Earth and take on universal characteristics. You don't have to water every tree on the planet like Superman could but it's more of the attitude that you support all life on Earth. This perspective brings you right back to the universal heart and your able to access and be one with the Universal Mind. You will feel like the universe becomes your friend and that life loves you. It's not the universe that is making us do bad things, it's the lack of the universe. The absence of knowledge. Knowledge is what helps us the most toward our desired destination. If a person doesn't know how to fish, then he can't eat. It's the ignorance that the universe is not on the side of good and does not care about us.

The world has so many living forms on it and all of them can be happy. Maybe not all the time because of decisions that man has made but even people in the worst circumstances can change and be happy because they're filled with universal energy. During certain moments, we can decide the simple decision, **Am I working to take the side of good on this situation?** It's the simplest choice that activates the strongest energy in creation. The energy of goodness.

Is what created us Good? Does our creation nurture us and feed us so we can live and survive? In many matters, we can say that man's decision not to inquire within themselves if they will be on the side of good gets in the way with the natural energy that this creation holds.

It's wise to decide to take good action. It's as simple as asking yourself, will I choose the side of good? Will I work toward good in this circumstance? When we ask this, we make that decision on a deeper level, even though most people aren't aware of it. Then you're cooperating with life itself and you're aligning with the universe. The person on the side of

good accepts his side of bad. The person on the side of bad rejects his side of good. This is the difference.

Superman was on the stage of the highest legendary superhero status when he chose the side of good. If he decided to be an elite villain he would have fallen into the category of a defeated evil because he would have weakened himself and his health. This is also true with us and our decisions on this topic. Luckily, it only takes one answer to one question.

Superman used to experience his opponents pretending to be on the side of good to try to defend against his might. This is how powerful the power of good is. Superman's arch nemesis Lex Luthor was so good at this, he became the President of the United States to take over Superman and have him locked up and destroyed. Lex was able to gain the popular vote of the entire country and according to Americans, he was a hero. Then he turned the people against their protector and the nation tried to destroy Superman's reputation and name for his entire life.

There's many people in our world that pretend to be on the side of good. Superman became really good at knowing this skill of his enemies. They used this tactic as a defense mechanism to shield against the invincible nature of his force. The greatest villains are smart enough to gain an advantage over the people who are on the side of good in this way. Do you know any people or organizations that are like this right now?

Our role on the side of good is to be the truth. We understand that the people on the side of good accept themselves and accept everybody at their core. The tell-tale sign that someone has not decided on their position in life or decided against the side of good is that they reject other people. Now don't get me wrong, we all have the energy of repulsion

inside of us. Working toward accepting this energy for the sake of good is the solution.

To accept all people is the secret to superman force. Everyone is important enough to be sustained by life. The truth is that if someone rejects one person, they reject a part of humanity. We are also human so we reject a part of ourselves. This is the type of energy that we're working with.

If you take a magnet, and you have a negative and positive force, they connect, and it's a certain type of unified energy. They connect because the negative and positive accept each other. This is a natural occurrence of our creation of oneness. If you take a negative side of the magnet, and place it together with another negative magnet then they will repel each other because of the energy of repulsion. This feeling of repulsion is how it feels when we reject others. We are not made to repel but to connect with our personal magnetism. The feeling of the magnet connecting with a positive and negative force is similar to the energies at work with the side of good. If you ever held a magnet that connected it feels like a perfect unification. The negative side of the magnet is not bad or evil, it is just the part of life that is made to be repelled or repulsed until the positive force of magnetism comes to unify it toward connectivity.

**Like a magnet, a man's purpose is not to repel or resist, it's created to connect.** This is how we are able to use it as a powerful tool and a force to help us. In a sense, a magnet was designed with the positive and negative force or charge to accept each other for the ultimate force or charge. The ultimate force is Connectivity. Even a positive force in an individual is still useless unless it is accepting negativity and thus gaining connectivity. So, the person at this level on the side of good even accepts

the negative even though he's a positive charge. These are the Jesus's preaching love thy enemy. The Buddha's and Superman's.

Superman has the power to accept his opponent if they stop harming or adopt the position of good. A villain does not have this ability. Now, if you have a negative person who's accepting a positive person, that is also the side of good and thus will gain this ultimate force of connectivity. It is a tough barrier to break on a human level to accept negativity but only a positive person with positive charge has this ability. This energy of connectivity is beyond negative, positive and neutral charge. The energy can produce anything. The simple equation is  $N=P \times C$ . N for negative, P for positive and C for connectivity. This is an equation that Superman used to use when calculating algorithms to fight the mental battles with Lex Luther. It ultimately means that you cannot have a true connection without a negative charge.

It doesn't matter if you're a positive or negative charged person, you still have access to this Superman force of connectedness. It is not enough to be positive or to be optimal. You could reach the force of connectivity. It is also a very beautiful form of good when we have people who might be in negative circumstances, who connect with positive people. Whether they're in an environment that's low class, or surrounded by a family who might not be doing the right thing, and they're full of negative energy, yet they nevertheless accept the side of positivity. These people are still harnessing the vitality of true goodness. The dynamism of connectivity. When these men hear about good people, they still have an openness to them. Even on the outside they seem negative because of their circumstances, yet on a universal level, they are seen as a good force.

How does this differ from societies definition of good? In Superman's eyes, these men are on the side of good.

When we're on this path, and we gain force and power through meditation and letting go of our past condition, we realize that there will be individuals in our life that will pretend to be great. They will pretend to be good to control us. Their only chance is to pretend and fool us into this mindset. An excellent example of this is the plot in the story of Othello written by William Shakespeare.

We can tell if they are genuine through their actions, not their words or what they have. In today's age, it is very easy to speak good things and to deceive people. Even an entire people can be fooled. We have seen this with Germany and other areas of the world. A whole entire people being mentally manipulated by thinking they are doing the right thing. Evil men can get up on a stand or a podium and speak to be highly charismatic and mislead humanity. It takes a man of true good to speak goodness and have the people witness their efforts that verify their words. You'll see him out there, doing acts of good!

Whether it's creating things, helping people, promoting life or fighting for righteousness. These are the conditions from which you can authenticate a man's goodness. Words can charm you into thinking things without actions backing them up. People who use phrases in this sense are very charismatic. These negative characters can profess to be good, like the Lex Luthor's in in our life. They are professionals on how to speak about goodness. Can you imagine one of the most evil villains preaching about goodness? This is what Superman was going through.

When you get to a high enough level of legendary status, you might have to engage in this battle as well. This is actually a very

common battle. These are usually the last fights before the legend obtains its freedom, complete control and liberation. The permanent destruction of the nemesis or evil force they are fighting in their lives is also common. This is a mainstream archetype in all comic books and all the greatest superheroes have shared the fight. Who are villains that pretend to be super heroes in your life? This unfortunately happens in real life to most of us. We can maximize our lives as well and gain a superman victory. Have you ever experienced this?

A great way to deal with this battle is to apply my equation,  $N=P \times C$ . Let's test our leaders in their leading positions by studying their actions and comparing them with what they have said. We can protect ourselves from the mental manipulation of thinking certain people are heroes when really behind closed doors they are werewolves who steal the well-being of others. Let us get to this level of goodness to choose the side of good!

We can embrace the fact that in this reality we will have to overcome our enemies through more than just force. We can do this by trying to synchronize the highest words we have with our actions. Our lives aren't our words, our lives are our actions. Eventually, our actions will be stronger than the words of the super villains!

# **CHAPTER SEVENTEEN**

## **FLIGHT**

In this chapter we will fly. We as humans fly very differently than Superman, but in a very deeper and more beautiful loving respect. We fly when we're having high levels of love. When we hit a certain level of love, we get to a feeling that is as exhilarating as flight. Luckily, this is our own love that is deep within us. We don't have to exert much energy at all for this flight power. Sometimes it feels like it's from someone else but it is someone who uncovers our own love that was within us all along. Sometimes we say the love is because of others and forget that it's really our love. We will improve this truth by taking flight now.

Sometimes you hear people say things like, Oh, I'm so happy, I feel like I'm flying! Maybe you have thought to yourself "I feel so uplifted" I feel sky high! Or "I just feel like I could do anything!" These feelings are superhuman energy and this is our ability of flight as being Superman in our life.

With this exercise, we apply the concentration of the mind to produce an anti-gravitational feeling deep within the body. The mind energy can analyze and reason with logic but it also has a colossal ability called resistance. We can consciously use this resistance to our advantage instead of just using it to push things away from us. The human slingshot is the best example of this resistance. We have seen people literally take lift off and fly through the resistance of huge sling shots. We can also do this with our feelings. We can actually pull things into our experience. What I'm going to do is teach you how to do this. I'm going to list some high-flying words that are going to make us feel jubilee and sky high. Then we are going to use resistance to catapult us into the mind state. To do this, we're going to use words like not, don't and can't attached to these high vibrational words. These words can easily produce the resistance we need to sling into orbit. Just like the human slingshot, we are going to be slung into a feeling of our own love. We are working to hurl ourselves into our loving self where the love will give us permanent lift off.

Ok, so get ready for departure. Get comfortable. Take off your shoes and wear light clothing in a place where you are least likely to be disturbed. Now we are traveling to pull in the vibration of the word to make us move into a feeling of love. Which is our highest state. Our flight.  
1.....2.....3.....lift off!

*Don't feel wonderful. You are not well-being. You can't be understanding. Say no to radiance. You can't be secure. You're not authorized to be receptive. Don't be open and playful! Stop being loving. You can't be joyful. You're not agreeing with the universe. You can't be intuitive. You're not allowed to live in complete harmony. You're not harmonious. You're restricted to be glowing. You refuse to be delighted. It's against the law to be gracious. Don't think about friendliness. Don't think about abundance. You can't achieve complete balance. You're restricted to being appreciated. You refuse to feel belongingness. You are not child like. You are not compassionate. You are not peaceful.*

All right. I hope this exercise helped you. Please create your own resistible affirmations to assist in your flight process! One of our special abilities is the force of our mind, and we can use it to have a more holistic approach to our natural flight by using resistance for our benefit.

Ok, here is an additional flight exercise! Combine it with the original exercise to fly even higher and faster. Let's try to break the sound barrier with this exercise. We will ask ourselves about 20 questions. By the time we're done asking these 20 questions, we could feel the glow of flight. It might take a couple of minutes to kick in, but by now from the first exercise, you might be feeling that wonderful flight energy of that Superman that's within you right now. Let's enjoy this subtle flight. Here are the questions.

*What is the most whole I can feel?*

*Where am I the most unlimited?*

*What is the deepest tranquility I can be?*

*What is my truest expression of my timelessness?*

*Where is my most expansive stillness?*

*Where is the most space within?*

*How do I be the most serene?*

*What is quietest thing in my life?*

*Where is quietest within me?*

*How can I express my genuine perfection?*

*What is most pure in my life right now?*

*Am I connected to oneness and light?*

*My feeling the brightest glow right now.*

*What part of me is most filled right now?*

*Am I completely free?*

*What is truly eternal in my life?*

*When what When was I complete?*

*Where's my center?*

*Where's my calm?*

*What is boundless within me?*

*Where is my being ageless?*

*Where is my awareness?*

Ok! Wait for this energy to kick in! Within 5 to 10 minutes you will feel your entire mind shift into a state of openness and superman love!

Another way for us to fly is through meditation. Just like Superman flies on earth, and also has a different type of experience when he flies in out of space, we too can be high-flying and get ourselves into a joyful state. There is even a more expansive place than outer space, its called inner space. It s like Superman traveling in outer space when we delve into meditation. The finest way to meditate, is to take a mantra, and master mantra meditation. The words I listed in "The side of Good" chapter and also the affirmation at the end of this book are great mantra's

to bring you into very deep states of meditation. You use the mantra by gently repeating the mantra in your mind or out loud. When thoughts arise, most gently return to the mantra until you feel like your flying.

The best mantras are the names of God which you can choose. Each language includes a different name for God so this can generate hundreds of very rich vibration mantra's for you and your friends and family. You can also use the names of life. I hope this chapter helped you elevate! Together lets distract gravity and stay uplifted!

## **CHAPTER EIGHTEEN**

### **FRIENDS**

Friends are an important factor of Superman's accomplishments. He's friends with all the superheroes. His best friendship is with Batman. He has fought and gained victory with the X-Men, Iron Man, The Hulk, and all the greatest legendary defenders. He is an exemplar of the strongest friend in the superhero world. They all respect him. He helped them all.

They all trust him. Whenever resistance comes to Superman in the form of his enemies, he could always count upon his friends to help him out. Even though he is friends with all superheroes, he has a very tight knitted group of friends called the Justice League. Hero's like Wonder Woman, Superwoman, Flash and Batman have the deepest love for Superman. He is cherished by these characters. To give you an idea of how many allies Superman has, I have listed a complete list of his true friends. This list has been generated by Wikipedia.

- [Lois Lane](#): An award-winning reporter and Clark Kent/Superman's primary love interest, and the character most commonly associated with Superman. Lois had traditionally been portrayed through the years as Clark's co-worker, fierce competitor, friend, love interest, fiancée, and wife. Actresses who have portrayed Lois Lane in different media include [Joan Alexander](#), [Phyllis Coates](#), [Noel Neill](#), [Margot Kidder](#), [Teri Hatcher](#), [Dana Delany](#), [Erica Durance](#), [Kate Bosworth](#), and [Amy Adams](#).
- [Jimmy Olsen](#): *Daily Planet* photographer who often works with Lois and Clark, and has become a good friend to both. Jimmy is also known to have associated with Superman, earning him the nickname "Superman's Pal." In several stories (mostly pre-Crisis), Jimmy has (usually briefly) acquired superhuman powers and taken on several different identities in order to assist Superman, the most notable and recurring being [Elastic Lad](#). (The character was originally created for the radio series starring [Clayton "Bud" Collyer](#) in the title role so that Superman would have someone with whom he could talk, with [Jack Grimes](#) providing his voice in later installments. In live action, he has been acted out by such actors as [Jack Larson](#), [Marc McClure](#), and [Justin Whalin](#).)
- [Perry White](#): The chief editor of the *Daily Planet*, he is noted for his trademark [cigars](#) and gruff, but caring, demeanor with his staff. (Such actors as [John Hamilton](#), [Jackie Cooper](#), and [Lane Smith](#) have acted him out in live action.)

- [George Taylor](#): The first and former editor-in-chief of the Daily Star, before the "Daily Star" was renamed the "Daily Planet."
- [Cat Grant](#): gossip columnist for the *Daily Planet*, introduced in Post-Crisis comics as a potential love interest for Clark. A divorcée and single mother, she became the focus of a tragic storyline that saw her son Adam murdered by the [Toyman](#). Later, she worked for WGBS-TV, before becoming [press secretary](#) for [President Lex Luthor](#). Eventually, Cat returned to the *Daily Planet* as the editor of the Entertainment and Arts section.
- [Ron Troupe](#): political editorialist for the *Daily Planet*, introduced in post-Crisis comics. Ron is an accomplished journalist, known for his liberal political views. He eventually marries, and has a child with, Lois's sister [Lucy Lane](#), making him Lois's and Clark's brother-in-law, as well as co-worker and friend.
- [Steve Lombard](#): blowhard sports reporter for WGBS-TV who was a recurring character and occasional romantic nemesis for Clark Kent during the mid-1970s era. Post-Crisis, Steve is the Sports Editor of the *Daily Planet*.
- Dirk Armstrong: A right-wing editorialist who wrote an opinion column for the *Daily Planet*. His political leanings and opinion often conflicted with those of Clark Kent, including depicting Superman as a menace and Lex Luthor a victim of the media and political system. Armstrong would go on to work for LexCom.
- [David Corporon](#): The Commissioner of the Metropolis Police Department and staunch ally of Superman has been advocating peace in Metropolis for the past several years. When promoted, at the time, he was the youngest police commissioner in the country. He considers Commissioner [James Gordon](#) of [Gotham City](#) to be an inspiration and role model to help shape his career in law enforcement.
- Captain [Maggie Sawyer](#): Introduced in the post-Crisis comics, Sawyer was a member of Metropolis' Special Crimes Unit (SCU). An out lesbian, she was perhaps one of the first gay characters introduced in mainstream comics. She has been in a long-term relationship with a reporter named Toby Raines for several years.
- [Inspector Henderson](#): One of Metropolis's top police officers. Introduced on [Adventures of Superman](#) television series in which [Robert Shayne](#) originated the role, he was adapted into the comics in the 1980s

and appeared on [Lois & Clark: The New Adventures of Superman](#).

Currently, Henderson is the Commissioner of Police.

- [Dan Turpin](#): He works in the Metropolis Special Crimes Unit, and he has occasionally faced off toe-to-toe against metahuman villains. He has often been depicted as working under Maggie Sawyer
- **Mayor Harkness** - Mayor Harkness was a mostly mentioned Mayor of Metropolis during the [Bronze Age](#), Earth-One pre-Crisis universe.
- **Mayor Frank Berkowitz** - Mayor Frank Berkowitz began his term prior to Superman's first known public meeting with Lex Luthor as depicted in the *Man of Steel #4* mini-series by John Byrne. Superman was given a choice: join Luthor and received a generous check from him as first payment for his services, or arrest Luthor for the events in #4 as Berkowitz asked him to. Superman's decision made Lex Luthor his deadliest enemy to this day. Some years later, Frank Berkowitz was killed by a sniper hired by Lex Luthor. Mayor Frank Berkowitz appeared in the [Lois & Clark: The New Adventures of Superman](#) episode "The Man of Steel Bars" played by [Sonny Bono](#).
- **Mayor "Buck" Sackett** - "Buck" Sackett was elected as Berkowitz's successor. He was covertly Lex Luthor's "puppet".
- **Mayor Fleming** - Mayor Fleming is an African American female who has been introduced in Nick Spencer's *Jimmy Olsen* back-ups. She chose Jimmy Olsen and Sebastien Mallory to show the Dalwythian-Aliens the city
- [Science Police](#): An upgraded version of the Metropolis Special Crimes Unit led by the [Guardian](#) for a time.
- The staff of [Project Cadmus](#) would occasionally become involved in Superman's activities especially when Darkseid established the Evil Factory and later when the Project generated an imperfect clone of Superman in Superboy. Some notable members include [Director Westfield](#), [Dubbilex](#), Gene-Gnome, [Guardian](#), [Heat Wave](#), and the [Newsboy Legion](#) (the original grown up as scientists and clones they produced of themselves).

- **CAELOSS (Citizens Army for the Economic Liberation Of Suicide Slum):** A group of activists that employ electronic communication and super science cybernetics that oppose Lex Luthor's control of Metropolis. During the conflict with Brainiac-13, they helped defend Metropolis.

- **[Lex Luthor](#):** Superman's nemesis but also his best friend as a child.

- **[Professor Emil Hamilton](#):** Post-Crisis, Professor Hamilton fills the role that Professor Potter did pre-Crisis, as a **[S.T.A.R. Labs](#)** scientist who lends his assistance as needed to Superman.

- **[Bibbo Bibbowski](#)** was a fan of Superman that was inspired by the hero to become an active force for good in Metropolis after their meeting. Bibbo would often try to come to the aid of his city and Superman but generally acted more as comic relief.

- **[Colin Thornton](#)** is the publisher of Newstime magazine and was the one time boss of Clark Kent when the reporter worked as his editor. Thornton was in actuality the civilian identity of the Lord Satanus.

- **Frank Berkowitz:** Longtime mayor of Metropolis who took office shortly before Superman's appearance and served for four terms until his assassination under orders of Lex Luthor.

- **[Sam Lane](#):** The father of Lucy and Lois Lane, Sam Lane was an Army General that served as Lex Luthor's Secretary of Defense during his presidency. Believed to have given his life during the Imperix conflict, Lane turned up later heading up Project 7734 leading to the destruction of New Krypton. When his hand in New Krypton's genocide came to light, he took his own life.

- **[Lucy Lane](#):** Lois Lane's sister and Sam Lane's other daughter. She was Jimmy Olsen's pre-Crisis on-and-off love interest. (**[Maureen Teefy](#)** played the role in the 1984 film **[Supergirl](#)**.)

- **[Chloe Sullivan](#):** A reporter for the Metropolis-based website *Metropolitan*, a post-Crisis love interest of Jimmy Olsen, and a cousin of Lois Lane. She runs a column called "A Week With..." in which she follows a famous person for a week. She first appeared in the 2000s television series **[Smallville](#)** and was then integrated into DC Comics canon in September 2010.

**[Jonathan and Martha Kent](#):** Superman's foster parents who adopted and raised him after he landed on Earth. Often referred to as Ma and Pa Kent. Pre-Crisis, they died shortly after Clark's high school graduation; post-Crisis, they have not yet died. After the relaunch of September 2011 they are dead again, dying on Clark's prom night in *Action Comics* #17. (In

"Superman On Earth," the premiere episode of [Adventures of Superman](#), they were called Ethan and Sara Kent.)

[Lana Lang](#): Clark Kent's childhood friend and sometimes love interest from Smallville. Pre-Crisis, Lana often suspected Clark of being [Superboy](#). On several occasions, pre-Crisis, Lana gained super-human powers from a bio-genetic ring she received from an alien whose life she had saved, and had several adventures, as the Insect Queen. During the 1970s, Lang was also a co-worker with Clark Kent during his time as a television reporter for WGBS; post-Crisis, Clark told Lana about his powers in high school before leaving Smallville. Later, Lana married Pete Ross, and had a son named Clark. Lana was briefly First Lady of The United States, and later worked as the CEO of Lexcorp. Currently, Lana and Pete are separated, and Lana lives and works in Metropolis as the Business Editor of the *Daily Planet*.

[Pete Ross](#): Clark Kent's childhood friend from Smallville. Pre-Crisis, Pete had accidentally discovered Clark was really Superboy, but kept the knowledge a secret from Clark. Post-Crisis, he did not learn Clark's secret until much later, and had married Lana Lang, with whom he had a son named Clark. Pete served as Vice-President under [Lex Luthor](#); following Luthor's impeachment and conviction, Ross became President of the United States for a brief time. Currently, Pete and Lana are separated, and Pete lives in Smallville with their son.

[Professor Phineas Potter](#): Pre-Crisis, Professor Potter was an eccentric scientist who used his talents to sometimes assist Superboy or Superman. Potter was depicted in Superboy stories as Lana Lang's maternal uncle.

[Police Chief Douglas Parker](#): The chief of Smallville's [police department](#). Chief Parker mainly appeared in [Silver Age](#) Superboy stories, but has been little seen in recent years. In DC Comics writer [Elliot S. Maggin](#)'s novel *Superman: Last Son Of Krypton*, he was called **George** Parker.

[Kenny Braverman](#): A childhood rival of Clark Kent, Braverman was poisoned from the radiation of kryptonite embedded in the infant Kal-El's space craft and be afflicted with bouts of illness his entire life. He would later become the villain Conduit.

- Carl "Moosie" Draper aka The Master Jailer was a classmate of both Lana Lang and Clark Kent. He was in love with Lana and to get her attention he trapped Superman who she was in love with

Seyg-El: [Superman](#) and [Supergirl](#)'s grandfather and the father of [Jor-El](#) and [Zor-El](#). He is the former head of the Kryptonian Council. In Silver Age, the character was known as Jor-El I. He created an experimental rocket-ship capable of traveling through hyperspace and traveled to Earth. He passed this knowledge on to his son Jor-El II. In the Modern Age, he was one of the Leading members of the Science Council and patriarch to the [House of El](#). He fathered two children [Jor-El](#) and [Zor-El](#) with his genetically selected mate. He had a tough time relating to his brilliant but rebellious son Jor-El who fought against Kryptonian rules and tradition. Seyg-El encountered the time-traveling heroes [Starman \(Jack Knight\)](#) and [Mikaal Tomas](#) on their intergalactic journey. His young son Jor-El brought them to their home where Seyg-El interrogates them, believing they are members of [Black Zero](#). When they tried to convince him they are from another planet, he doesn't believe them because they appear too much like Kryptonians. But, with the help of Jor-El, they are able to escape Seyg-El's sentries. When radiation caused by [Kryptonite](#) from the planet core caused a "Green Plague" claiming thousands of [Kryptonian](#) lives, one of its victims was Zon-Em. Zon-Em's mate [Lara](#) was then reassigned a new mate by the master of the gestation chamber, who selected Seyg-El's son [Jor-El](#). When Seyg-El informed his son, Jor-El shockingly asked to meet his mate which was unheard of in their culture. However he was granted the request, and Jor-El soon married Lara. Seyg-El was killed when Krypton was destroyed. Seyg-El is the main character in the TV series [Krypton](#), portrayed by [Cameron Cuffe](#). This version of the character is still a young man and is not a father yet, but meets with a time traveling [General Zod](#), from the future, who is revealed to be his son (whose mother is revealed to be Lyta-Zod).

[Krypto the Superdog](#): Pre-Crisis, Krypto is the El family's pet dog on Krypton, who eventually wound up on Earth and gained superpowers like Superman's. Post-Crisis, Krypto was not reintroduced until the early 2000s, but has since been a regular supporting character in Superman comics as the faithful companion of both Superman and [Superboy \(Kon-El\)](#). His current origin resembles his original one.

[Supergirl](#): Pre-Crisis, Supergirl is [Kara Zor-El](#), Superman's cousin from Argo City, a city that for a time had survived the destruction of Krypton until its residents died of kryptonite radiation. Her parents sent her to Earth, where Superman guides her in her development as a superhero. Post-Crisis, several versions of Supergirl have been introduced. The most significant of these are [Matrix](#) and [Linda Danvers](#), who had a complicated relationship to one another. Another such individual was [Cir-El](#). In 2004, a new version of Kara Zor-El was introduced in issues of *Superman/Batman*, arriving on Earth as a teen like the original Kara.

[Superboy](#): Pre-Crisis, [Superboy](#) is Superman's first costumed identity, which he assumes at age 8 and retains until he becomes Superman at age 21. Post-Crisis, [Superboy](#) is a [clone](#), originally thought to have been of Superman. Superboy later finds out that he is actually a hybrid of human and Kryptonian DNA. At first, he believes he was purposely made to only have "tactile telekinesis". Later, in *Young Justice*, he discovers that his human DNA comes from Lex Luthor. Superboy's secret identity is Conner Kent, clone/brother of Clark. The current Superboy is [Jonathan Samuel Kent](#), the son of Superman and Lois Lane.

[Steel](#): An [engineer](#) genius named John Henry Irons who creates a high-tech, mechanized suit of armor to fight crime in, after Superman's death in the *Death of Superman* storyline, and still serves as a superhero today. His niece [Natasha Irons](#) has also fought crime as Steel.

[Eradicator](#): Originally a strange Kryptonian device recovered by Superman, the Eradicator creates the Fortress of Solitude as part of an attempt to establish Kryptonian civilization on Earth. Later, it gains more sentience, and has since become a hero in its own right. His current (2008) status is unknown.

[Power Girl](#): A version of Kara Zor-El (Supergirl) from [Earth-Two](#) and the cousin of [Superman \(Kal-L\)](#).

[Lar Gand](#) aka Mon-El: From [Daxam](#), a planet similar to Krypton, Lar stops on Krypton just prior to its destruction. He eventually makes it to Earth and befriends Clark Kent (originally [Superboy](#)), who gives him the name Mon-El and puts him in the [Phantom Zone](#) when he receives a fatal dose of lead poisoning. Since then, Mon-El helps Superman as much as he can concerning matters with the Zone. After a thousand years, Lar is cured

and freed by the [Legion of Super-Heroes](#) who also recruit him has a member.. In the main DC continuities extant from 1990–2004, Lar Gand has a different history as the hero, Valor.

[Superwoman](#): Several versions of a Superwoman have appeared; often, she is Lois Lane, temporarily granted superpowers. [LumaLynai](#) of Staryl bore the title. Shortly before the Crisis, [Kristin Wells](#), a descendant of Jimmy Olsen from the future, assumed the identity of Superwoman. [Lana Lang](#) is the current Superwoman.

[Chris Kent](#): Introduced in 2006, Chris Kent is the foster son of Clark Kent and Lois Lane, and the natural son of Kryptonian super-villains [General Zod](#) and [Ursa](#). Chris possesses at least some of Superman's powers. Chris is currently on Earth using the costumed identity of [Nightwing](#).

[Kal Kent](#): A descendant of Superman that occasionally interacts with his ancestor.

[Natasha Irons](#): Natasha Irons is the niece of Steel, an extremely intelligent engineer who's begun her own super-hero career. Using an advanced exoskeleton like her uncle, she becomes the second Steel for a time, but she gained powers during 52 and has also used the names Starlight and Vaporlock. She has been a member of Team Superman and Infinity, Inc..

[TharaAk-Var](#): Friend of Kara Zor-El, TharaAk-Var was the Chief of Security on Kandor and now Flamebird. She shared a romantic relationship with [Chris Kent](#) and later sacrificed herself to save her people by using the power of the Flamebird to return the sun to its yellow state.

[Beppo](#): Monkey that stowed away on Kal-El's rocket.

[Comet, the Superhorse](#): Supergirl's flying horse, originally a Centaur, but cursed to live as a full horse. At various times he has had romantic feelings for Supergirl. Post-Crisis, he was given a different, stranger history.

[Streaky the Supercat](#): Supergirl's normal household cat, accidentally given superpowers by a new type of Kryptonite. Streaky regularly fights alongside Krypto in the animated series Krypto, the Superdog.

Whizzy: 30th century descendant of Streaky, the Supercat.

Yango The Super-Ape: Pre-Crisis, an ape from Krypton rocketed to Earth by anthropologist Professor An-Kal to Kenya where he built an underground city for apes and acts as their protector.

[Ariella Kent](#): Ariella Kent is the Supergirl of the 853rd century. She's the daughter of the Pre-Crisis Superman and Linda Danvers.

[Laurel Kent](#): Laurel Kent was the 30th-century direct descendant of Superman and had the power of invulnerability. She became a Legion Academy member in the hopes of joining the Legion of Super-Heroes.

Tanya Spears (Powergirl): Tanya Spears is the daughter of the scientist, Somya Spears. At age 17, Tanya is already a postdoc at the Massachusetts Institute of Technology. She worked at Starr Industries, where she helped Huntress retrieve stolen isotopes so that she and Power Girl could return to Earth-2.

- [Val-Zod](#): Kryptonian son of Zod on Earth 2, hidden by Terry Sloan in a cell beneath Arkham. Secluded for most of his life and developed a gentle pacifistic nature, eventually becoming the Superman of his world
- [Acrata](#): Acrata is a budding superhero from Mexico whose powers come from the mysterious Mayan Symbol of the Shadows.
- [Agent Liberty](#): Former CIA operative that donned a power suit and fought crime, often beside Superman. Later acting as an operative for the United States, he would die investigating [Project 7734](#).
- [Alpha Centurion](#): Ancient Roman soldier and current antagonist of Superman for the affections of Lois Lane.
- [Ambush Bug](#): Initially attempting to be a super-villain, battling Superman inspired Ambush Bug to become a hero instead, fancying himself as Superman's sidekick/partner and close friend (much to the Man of Steel's chagrin).
- [Auron](#): A clone of the [Guardian](#) made by Project Cadmus that abandoned the project to traverse the stars. He would be killed fighting beside Superman against [Massacre](#).
- [Batman](#): Bruce Wayne, who witnessed the murder of his billionaire parents as a child, swore to avenge their deaths. He trained extensively to achieve mental and physical perfection, mastering martial arts, detective skills, and criminal psychology. Costumed as a bat to prey on criminals' fears, and utilizing a high-tech arsenal, he became the legendary Batman.

- [Big Barda](#): Bred for battle on the hellish world of Apokolips, Big Barda became one of her world's greatest warriors and served as the leader of Darkseid's personal guard, the Female Furies. Eventually Barda found love, and fled Apokolips with her future husband, [Mister Miracle](#). Barda has since made Earth her primary home and has served as member of the Justice League.
- [Black Lightning](#): A longtime resident of Metropolis, Black Lightning fought crime in Suicide Slum and took on the 100, making a nemesis of crime boss [Tobias Whale](#). He would go on to be the Secretary of Education under President Lex Luthor.
- [Booster Gold](#): Using Legion tech and operating out of Metropolis, Booster Gold started as a glory seeking adventurer that became a hero and ally to Superman. Much of this cultivated into his role as [Supernova](#), filling the void left by Superman during the year the hero was depowered using Phantom Zone Projector technology.
- [Captain Comet](#): A metahuman born with powers 100,000 years before his time, Adam Blake protects space as Captain Comet.
- [Captain Marvel](#): Billy Batson, formerly Captain Marvel and now as Shazam. Deemed worthy of becoming the champion of the ancient Wizard Mamaragan, whenever he utters the word "Shazam" young Billy Batson is struck by a magical thunderbolt and gains vast divine powers and abilities to transform into Magic's Champion, the World's Mightiest Mortal, Shazam!
- [Captain Strong](#): The seafaring captain of the Fantasia, Superman helped Horatio Strong beat his addiction to the alien power-giving seaweed sauncha and the two became close friends with Clark Kent occasionally joining Strong in his voyages.
- [Doctor Light](#): After losing her powers to her villainous counterpart, Kimiyo Hoshi moved her family to Metropolis and came to work at S.T.A.R. Labs. When her powers are restored by [Hardware](#), she becomes active in the Justice League and fighting crime in Metropolis.
- [Draaga](#): The champion of [Warworld](#) who lost to Superman. Though he sought a fight to the death with Superman, he would instead become an ally and gave his life to save Earth from Brainiac.
- [Gangbuster](#): Originally a crime fighter in [Suicide Slum](#), he would occasionally team with Superman and one time the Kryptonian donned Gangbuster's costume when he suffered a nervous breakdown.
- Garok: Superboy's childhood friend Gary the Witch-Boy grown into a sorcerer.
- HalkKar: Hero of the planet [Thoron](#) who once befriended Jor-El.

- **Hyper-Man:** Survivor of the dying planet Zoron, this infant was rocketed to Oceania where he was raised as Chester King growing up to be Hyper-Boy and, later, Hyper-Man developing superhuman abilities from Oceania's lesser gravity.
- **Icon:** Formerly a native of the [Milestone Comics](#) universe, Icon was one of many characters retconned into the mainstream DCU history following [Final Crisis](#). Though not much is known about how they met, the two have been shown to be good friends and have a deep-seated trust in each other. Like Clark, Icon is an alien who crash landed on earth and was raised by a human family.
- **Iman:** Diego Irigoyen is a Mexican scientist who wears a hi-tech battle Suit and idolizes Superman.
- **Infinity, Inc.:** A group of metahumans given birth from Lex Luthor's "Everyman Project", the team were his puppets until being set free by the hero Steel. Some time after earning their freedom, they would again band together as heroes in Metropolis under the direction of Steel.
- **Iron Munro:** Super-strong member of the Young All-Stars. Iron Munro inspired Clark Kent to become the hero known as -- Superman! Clark read about his adventures when he was a child, Iron Munro taught Clark the true meaning of Truth, Justice, and the American Way.
- **Kelex:** In post-Crisis stories, a Kryptonian robot who originally served Jor-El on Krypton. Kelex currently maintains Superman's Fortress of Solitude.
- **Kismet:** She is an immortal god in the DC universe. She guided the Man of Steel in his path of righteousness.
- **Lori Lemaris:** A [mermaid](#) who Clark Kent dated while attending Metropolis University, he proposed marriage to Lori (though she turned him down). She has also been a supporting character and ally of [Aquaman](#).
- **LumaLynai:** She's a superhero of the far away planet Staryl, and one of Supergirl's attempt to fix Superman a date.
- **Lyla Lerrol:** A Pre-Crisis Kryptonian that Superman nearly married.
- **Martian Manhunter:** While the Martian Manhunter and Superman shared a connection as members of the Justice League and aliens on Earth with similar powers, unbeknownst to Superman J'onn had observed the hero since he was an infant. He would enter Superman's life several times including posing as a Kent farm labourer named Josh Johnstone and his high school Civics teacher Mrs. Klingman.

- [Maxima](#): Ruler of [Almerac](#), she sought Superman to produce a powerful heir but would later become an ally of Superman. She would give her life to save the Universe from Brainiac.
- **Mighty Boy**: Alongside Rovo the Mighty Dog, Mighty Boy is the hero of the planet Zumoor where he and his hound have similar powers to Kryptonians.
- [Mister Majestic](#): Displaced in Metropolis after being pulled through the [Bleed](#), Majestic filled the void left by an absent Superman. Upon the hero's return, Majestic came to follow some of Superman's behavior before the Man of Steel was able to help Majestic return to his home universe.
- [El Muerto](#): A Mexican superhero also known as "El Muerto", and a fan of Superman.
- [Nightwing](#) and [Flamebird](#): Originally Superman and Jimmy Olsen, Pre-Crisis the duo would pass these identities on to Van-Zee and Ak-Var to protect Kandor. Post-Crisis, the identity would go on to several including Power Girl and Supergirl and recently Chris Kent and [TharaAk-Var](#) to protect Kandor.
- [Orion](#): The second son of Darkseid and scion of Highfather, Orion is New Genesis' greatest defender and the fiercest warrior of the Fourth World. Known as 'The Dog of War', Orion constantly struggles to maintain the balance between his peaceful upbringing and brutal nature.
- [Power Boy](#): ZarlVorne was rocketed from Earth to survive the destruction of Atlantis to the planet Juno where, due to having less gravity than Earth, gives the child superhuman abilities.
- [Quex-Ul](#): Pre-Crisis, Quex-Ul was falsely imprisoned in the Phantom Zone and was freed by Superman. He would end up working for the Daily Planet as Charlie Kweeskill before being put in the Phantom Zone again alongside Superman where he gave his life to protect the Man of Steel.
- **Red Shard**: Superman's unit in the Military Guild of New Krypton originally led by Asha Del-Nar, who became Superman's second-in-command.
- [Scorn](#): The prince of Kandor who became stranded in Metropolis, becoming a hero and friend of Superman.
- **Salkor**: Pre-Crisis hero of the planet Makkor who married an amnesiac Supergirl.
- **Sharif**: DavoodNassur is a [Quraci](#) teen who developed telekinetic powers in the wake of [Invasion!](#). A troubled youth due to the hatred held towards his nationality that would cross swords with Superman and Lex

Luthor, the teen would later act as a hero named Sinbad in Metropolis. He would later move to Los Angeles and go by the name Sharif.

- **Shay Veritas:** A scientific genius and consultant/confidante to Superman. Dr. Veritas created 'The Block', a facility near the center of the Earth and the only place where Superman can physically train and actually see results.

- **Sirocco:** The embodiment of Khyber's emotions and conscience, the immortal speedster of [Tehran, Iran](#) Sirocco will become one of the remaining survivors on Earth and ally to Superman when his evil counterpart and his Ghostwolves wipe out humanity.

- **Starman:** A hero of the Infinite Realm, Starman was secretly Prince Gavyn, the brother of the realm's ruler Clyryssa. Gavyn was believed dead, left to die in space by order of the Imperial Council such that none challenged Clyryssa's reign. [Mongul](#) would come to the realm's capitol Throneworld and slay Clyryssa usurping rule, using the planet's weapon the Doomsday Device to force other worlds to join him. Starman teamed with Superman to bring Mongul to justice, leaving Gavyn to rule Throneworld. The hero would die but his essence was absorbed by [Will Payton](#) who took up Gavyn's role.

- **Strange Visitor:** A childhood friend of Clark Kent's from Smallville, who gained Superman's electrical powers and wore his old containment suit from the period when he was an electrical being. She was later revealed to be the cosmic entity, Kismet.

- **Super-Chief:** Flying Stag is an Iroquois warrior who derives his powers from a talisman known as the Manitou Stone. His descendant, Jon Standing Bear took up the mantle of Super-Chief after him, but the stone was returned to Flying Stag after his successor's death.

- **Thorn:** A heroine that suffers from [dissociative identity disorder](#) that teams with Superman against [the 100](#).

- **Tyr-Van:** A Kandorian spy for General Zod that would go on to represent the Labor Guild on New Krypton's Ruling Counsel and would be Superman's closest friend on the planet.

- **Waverider:** A time traveller from the [Armageddon 2001](#) future that frequently observes Superman, occasionally involving himself with the hero.

- **Wonder Man:** A Superman robot named Ajax given flesh and blood by the [Superman Revenge Squad](#) to retire Superman and stand aside as they attack the Earth. Ajax turned on his masters to help Superman but died soon after via a death mechanism implanted in him.

- [Wonder Woman](#): A founding member of the Justice League, demigoddess, and Ambassador-at-Large of the Amazonian people. In her homeland, her official title is Diana, Princess of Themyscira, Daughter of Hippolyta. When blending into the society of "Man's World", she adopts her civilian identity Diana Prince. The character is also referred to by such as the Amazing Amazon, the Spirit of Truth, Themyscira's Champion, and the Goddess of Love and War.
- [Wraith](#): An alien who crash-landed on U.S. soil during World War II. He has been working with the U.S. Army in secrecy ever since as their own super-being, even more powerful than Superman.
- [Vartox](#): A Pre-Crisis ally and friend to Superman from Valeron, Vartox would occasionally team with Superman to face threats on each other's planets.
- [Vixen](#): The Vixen was introduced in an adventure of Superman, where her real name was revealed to be Mari Macabe, and where she was revealed to be one of Clark Kent's and Lois Lane's fellow *Daily Planet* reporters. She possesses an amulet, the "Tantu Totem," that will allow her to hold any powers of any animal she chooses. As the Tantu Totem is magical in nature, she was able (when she and Superman briefly fought) to harm Superman, since, being a scientific creature, he is vulnerable to magic.
- [Yellow Peri](#): A sorceress that assisted Superman during his Superboy and his adult heroic career.

[Forgotten Heroes](#): A group of heroes that formed to save Superman's life and later teamed with Superman to battle the Forgotten Villains. During these adventures, the group was composed of [Immortal Man](#), [Cave Carson](#), [Dane Dorrance](#), [Rip Hunter](#), [Congo Bill/Congorilla](#), [Animal Man](#), [Dolphin](#), and [Rick Flag, Jr.](#)

The [Justice League of America](#): A team of superheroes of which Superman is a member and often the leader. Other notable JLA members include [Batman](#), [Wonder Woman](#), [The Flash](#), [Green Lantern](#), [Aquaman](#), [Martian Manhunter](#), [Green Arrow](#), and [Black Canary](#).

The [Legion of Super-Heroes](#): A team of young superheroes from the 30th and 31st Centuries who were formed with Superman as their inspiration. In his youth, Superman frequently traveled to the future to serve as a member of the Legion as Superboy. Other notable Legionnaires include

[Cosmic Boy](#), [Saturn Girl](#), [Lightning Lad](#), [Brainiac 5](#), [Lar Gand](#) aka Mon-El and Supergirl.

The [New Gods](#) of [Supertown](#): As Earth seemed inexplicably tied to the [Anti-Life Equation](#), sought by [Darkseid](#) and his minions, Superman would become a frequent opponent to the ruler of [Apokolips](#) and thus an ally to his enemies in the New Gods of Supertown. Some notable members of these New Gods are [Highfather](#), [Orion](#), [Mister Miracle](#), [Big Barda](#), and the [Forever People](#).

[Squad K](#): A government sponsored unit created to take down Superman should he ever go rogue. With the appearance of New Krypton, they became a unit charged with taking on Kryptonian threats. When they were introduced, they were led by Colonel Perseus Hazard, grandson of [Gravedigger](#). The team was forced to add [Reactron](#) to the group and he killed them during their mission together. The team was reformed under General Lane led by Sergeant Cloud.

The [Supermen of America](#): A team of youths inspired by Superman initially funded by LexCorp to protect Metropolis.

Metahuman Metropolis Special Crimes Unit: To face the growing threat of metahuman crime in Metropolis, the S.C.U. added metahuman agents: Freight-Train, Fireworks, Badmouth, and the Roo.

[Space Canine Patrol Agents](#): An intergalactic group of canine crime fighters.

Space Cat Patrol Agents: Feline variation of the Space Canine Patrol Agents.

Supermen Emergency Squad: A group of Kandorians led by Superman's cousin Don-El that come to Superman's aid when necessary.

- The Hyper-Family: A family of heroes on the planet [Trombus](#) that gain powers similar to Kryptonians under a red sun. The group includes Hyperman, Hyperwoman, Klypso the Hyperdog, and are led by Hyperboy

These are the closest friendships and allegiances that Superman has. You can envision it as his circle. He also had many more friends and superheroes that were there to help him. His super intelligence allowed him to have a very large network of friends. These allegiances were also a super power of Superman's. It was a super force that evil could not penetrate and defeat. Evil does not have the ability to form meaningful relationships with that many organizations or people but the side of good can! Most of these characters and organizations have very interesting storylines and you can check them out. They all have a form of mini Superman storyline attached to them. They should all be looked at and directed toward your knowledge of the depth of Superman's circle of heroes and friends.

The dearest friends however were the Justice League. These were Superman's brothers and sisters practically. Superman's friends are the strongest beings in the world. They always had Superman's back, and he doesn't have to worry about keeping secrets from them.

We too should find superhero friends in our life. People that are highly adaptable to our life and truly want the best for us. This will help us get the victory. We know that Superman works very well alone, but he still has a lot of friends. This balance of being able to work well in both conditions is a superhero force that we can master as well. This chapter combined with the latter chapter called "works well alone" can increase your power dramatically.

What will make you a superhero friend? It's simple, you will fight for them when they need you. Superman's Alliance, especially his team called the Justice League was very dear to Superman and he would die for them in battle. They worked great together and sometimes they could

even combine superpowers, they were so close. They also knew how to use their strengths together for one common purpose. Superman once said after a victory over arch villain wraith in a lonely battle at the core of the earth, **“my friends are people I actually admire because even if I don’t agree with them, they own their decisions. They live in the light”**. He won this battle for his friends, then he bursted from the earth’s core and out through the ocean.

It is also good for people to find friends that will uplift them. If I’m looking to get wealthy, I would require to find wealthy friends. If we’re looking to become a better athlete, we need to find strong athletic friends. **When we help people like this and defend them, we can be helped in the area of skill and resource we desire.** It’s good to know this because sometimes we desire certain things yet our friends are going in an opposite direction. This will make it impossible for us to reach our goals. Can you imagine if Superman was friends with villains or negative people? This even applies to your family. No matter how much you love them, if they are going the opposite direction than when you are with them it will be impossible to reach goal achievement.

It is in the areas that we excel that we find friends. If you have friends that are in areas that don't interest you, where you don't succeed or excel, they're not really friends. They're just acquaintances. There must be similarities for you to build on together. If not, the closest they can be is a care giver. Trust me, Superman didn’t need care givers. We need friends that will help us fight for good.

What time in your life were you with people who helped you in what you excel in? These were your strongest friends or had the potential to be. We can get together with people and transcend in what we love and

build great friendships. When two people meet, and they have the same interest, it's the easiest to make a friendship with this individual.

Superman needs his Batman and Superwoman needs her Wonder Woman. Without these friends we cannot be as effective.

We see this all the time! Two men are superb artists and then end up creating things together and forming a bond that builds a platform for them both to launch further. Best friends are born when both people excel. This creates a complimentary energy. Just like superheroes who form groups or dynamic duos to combine their special forces to take down the enemy. This also goes for intimacy. Clark had Lois Lane. Go back to my chapter called "finding the perfect woman" to read more on this type of friendship.

My best friends can be woman or male and my goal is to build a superhero Superman lifestyle with them. If you want to become Superman in your own life, find friends that excel shooting for the stars. These type of people have the greatest energy and make others feel super human. Beings that settle and pretend they are happy with the sub optimal and mediocre lifestyle is just not going to cut it for you and I. When you have two individuals who have decided to base their relationship on optimizing each other, then you have a dynamic duo. I personally love making good music. I'm going to go out there and I'm going to find some musicians to hang out with! I'm going to find some authors and writers to go out and spend time with. I will share with them some of my creative secrets in order to make stronger bonds.

Friends help each other use creative force together to magnify their creations. Who's Your Wonder Woman? Who's your Batman? Who's your Flash? Also remember that these superheroes rely on Superman, who

usually is the leader. So be reliable when they need you. If we are to find these types of allies, we may step into the role of being Superman of our own life and when they need help, we will be the first to step up to the plate and protect them. Always be prepared to fight for them or help them. We're always standing up for our friends. We never leave our friends behind!

## **CHAPTER NINETEEN**

### **ENJOY WHAT YOU DO**

Superman is overjoyed with what he does. He is invariably moving with distinction and supremacy because he's constantly doing the right thing. He's regularly in the right place at the right time. We see that even when he's in a situation that is stressful for him, he still maintains a deep state of enjoyment. This is because he knows he's in the right place doing

the right thing at the right time. We see that he loves what he does all the time. This is one of his superman characteristics. He's figured out some way to always be doing what he enjoys the most. It doesn't matter whether he's with Lois Lane or working as an editor in metropolis. Even if it's defeating an enemy or being in complete isolation at the Fortress of Solitude, he managed a way to know he is always doing the right thing.

We can ask ourselves, how does a physician always know he's doing the right thing? It is a skill these heroes perfect that allows them to feel a sense of enjoyment even if they are in a difficult situation. We too can develop this skill to constantly be at the right place at the right time doing the right thing with the right people. Even if we are defeating our foes, they are the correct people at the proper time.

When superman was younger and when he was growing up, he sensed this sense of incredible force that was within him as a child. He could eat as much as he wanted and never get full. He was only a boy, and he was far stronger than all the men he was around. He was stronger than everyone in his school. His grades were through the roof and sometimes he had to hide what he was thinking because he was so smart. He understood that he was going to be stronger and smarter than everyone in the world, and he finally mustered the courage to talk to his parents about it. They explained details about his infancy and the space ship they found him in. They gave him the Kryptonian fabric they found inside it. They confirmed his strength with the boy. After the discussion his mother had told him that one day in his life he would have to make a very important decision on his calling. She then further explained how this decision would affect the entire world. As an adolescent growing up, he kept trying

to make the best decisions to prepare for his calling. Ultimately, Superman became the protector of the entire planet.

Sometimes we have to establish decisions that are in accordance with what we choose to do. Superman enjoys being a hero. We have to ask ourselves what is it we enjoy. A great question to ask is, Do I know that I enjoy?

You might discover new things you enjoy in the future.

I personally enjoy having a lot of open space. I love being around people that are healing or healthy. I revel in being strong. I love riding my bicycle. I appreciate being around people that are genuine. I admire people who are not scared to cry. I love to cook and create music. I love to write. The more decisions that I make that are in tune with what I enjoy, the more I will be fulfilling my purpose and living my Superman lifestyle. This is another way that I can be the Superman in my life.

Now, there are powers out there that will force us into doing tasks that we don't enjoy doing. Many people don't love their job, they don't appreciate their friends; they don't enjoy their lover. Even marriages sometimes end up enjoyable only for occasions. Eventually, these type of forces overtake people's lives. Then even the things they do enjoy doing start decreasing in quality. Relationships with family and patrons seem to be less meaningful. Tension seems like the prominent force and they forget the life they were created to love.

Superman enjoys being the strongest, the smartest and brightest. He loves being the most heroic. He holds victory; he loves justice, and he loves freedom. So, these decisions to be these things formed him into Superman.

There were many decisions he made along the way that brought him to his destiny. Being the best superhero in the world. He loves being with Lois Lane. He revels in being Clark Kent. He enjoys going to the sacred Fortress of Solitude. He loves being with the Justice League. He has many enjoyments, and he allows his joy to direct him deeper into his destiny.

We look at Superman as a being who has hit the ultimate level of decision-making. It seems as if he never misses! I guess this is true because he has practiced so much at following his heart and making decisions based on what he enjoys doing. I consider this is one of the main things that we need to learn from the strongest DC character. The more decisions we make towards what we enjoy doing, the more heroic we will become and the better decision makers we will be. Every day that I choose to be in nature, be in open space, by the water, write books and produce music, I am stepping into my Superman role. These are the times that I'm expressing the Superman I am. Every time I'm doing something that I don't love is an expression of a villain that's in my life, who's applying force to defeat me and my superhero qualities. This could also happen because of a self defeatist attitude that needs to be optimized.

The simplest way to carry out the hardest decisions is to choose what you enjoy. It's not the easiest job to generate determinations to do what we enjoy because of our societal system. If we work hard at this thought then we can make it a possibility. People have done it and are still doing it. If people around us are adopting the opposite attitude, like our friends, our family and our communities, it makes it harder but it is still possible. Even our country isn't making the best decision or choosing happiness, so sometimes we can take it personally. We have to stay true to

ourselves and nevertheless be strong enough to do what we enjoy and go for what we are worth.

When a person stops doing what they enjoy and settles for societies standards, they really are being defeated by the villains, and their superpowers are being weakened. Like the wise men say, it's never too late! Once these people choose to do what they enjoy doing and continue day by day to make more of these decisions to do what they love, then they are coming back to becoming the super powerful. The superhero within them emerges. Doing what we love means we are being what we are meant to be.

You can do what you want with your time! Bring the attention back to you. We can't change other people, communities, states or countries, but we can change the way we live our life. We might not be able to make all the decisions that we need to enjoy our life, but we can make the habit to choose this direction. What do you truly take pride in and what makes you feel good and proud when you do it? We can take the necessary steps to improve our decision making process. Start with these types of questions.

Once we climb one step towards the direction of making these decisions, then we'll be able to climb another step and eventually will be at the top of the staircase where the majority of our decisions are doing what we enjoy doing. Then it will become an automatic transition from there, and we will become this hero. We will be able to utilize our special talents and we will end up with special abilities.

At the moment, we have to just take the first step of the staircase. Then we can take a second step and the third step and before you know it,

we will be able to reach the top of the staircase of ultimate decision making. The most important factor of this chapter is that we can't focus on what people think about us and what other people are doing. It has to be about deciding to become the best we can be in our life. One thing I can tell you is that when you make this decision, there will be people who are going to look up to you, either in respect or in jealousy.

Either way, people are going to have to look up to you. It's a good way to go! People who end up enjoying what they do become ultimate champions which we call superheroes. An individual who chooses a lover that he enjoys being around ends up having a superhero relationship. A person who has children, and does what they enjoy to do becomes a superhero dad. A person who chooses an occupation that he enjoys and loves becomes the superhero worker. The man who finds what he enjoys doing on his off time becomes the superhero artist, etc. If you notice, all the legends and men that we look up to in life were courageous enough not to listen to what people said about what they should do with their life. They followed what they enjoyed and became legends. They became the best in their field. What would have happened if Michael Jordan took the advice of his high school team and didn't continue doing what he enjoyed doing? What would have happened if Albert Einstein listened to his teachers and didn't follow his heart and what he enjoyed doing? These people are superheroes. The joy of life is our superhero power and when we have it, we can defeat any obstacles in our life.

It is more important than ever to know this because of the direction that humanity has chosen to go. People don't enjoy being on Facebook or Twitter all day. People don't enjoy sitting in front of their computers

typing in front of a screen that hurts their eyes all day. If they tell you they do, that's just the forces at work.

You need to be the superhero of your story, and take your life into your own hands. When you're at a point in your life and you're enjoying what you're doing, it's like Superman flying up to the sun absorbing solar electromagnetic energy. When you're in a position that you're not doing what you love, then Kryptonite is around, and your life will start to fall apart. A lot of people tell us to make choices in life that we will not enjoy.

There's a lot of common sayings that lead us into this destructive direction. Sayings like "Life isn't all sunshine and rainbows" or "If only life were that way" but let me tell you, life is that way for a lot of men. There are men that are courageous enough to go out there and do what they love. There're millions of actors and musicians and artists and authors who found out what they love to do and just started doing it all the time. That's when they became millionaires. If they went the destructive route and did what they didn't enjoy doing, they would have never become successful, and they would have never become a millionaire.

You will know what to do because it's in your heart. It's that S symbol on your chest. It's what brings you hope and it's what brings you happiness. All of life has this S symbol on their chest. Birds love to fly and sing their heart out, whales love to go to the surface and fly out of the water and sing to each other. Butterflies love to spiral around other butterflies and play. Flowers love to grow in clusters and produce fruit in threes. Cats love to climb, hunt and Relax. Ants love to burrow and bees love to pollinate and produce honey. We too have a unified purpose that we all love to do. We love being heroic and guarding our planet. Why did we forget this?

Negative forces have us stuck in actions we're not enjoying. We could take an alternative avenue. Many positions created by society are the opposite of heroism. We can accept the position that we're in and say to ourselves, this situation is ok and this is a temporary situation. I have the power to change it in the future. For now this is just fine. You can still do what you enjoy on a micro scale. Let's say I'm at a job where I'm shuffling paperwork all day. I'm naturally a musician and I enjoy making songs. I can still bring the rhythm to my work. While I shuffle the paperwork, I can keep a pad in my pocket.

I can write music down to find inspiration and when I get home, I can complete the song. I could also use the energy of limitation at work as a fuel to motivate me for my future music. This is how we can gain a huge motivator for getting a job in a field that we love. Superman would use his limitations as motivators to bring him to a place of victory. Superman doesn't see limitation as limitation, Superman sees limitation as motivation.

## **CHAPTER TWENTY**

### **PROTECTS HUMANITY**

All right, so how do we best protect humanity? This is an important chapter, so I left it for the last part of the text so that you can develop your Superman skills first. Now you have more of a idea on how to move like our Justice League leader. Most importantly, we can protect humanity by protecting the Superman in our life. When we apply the methods and information in this book, we become more like the Superman in our life. This is how we protect humanity because we're showing others that this type of lifestyle is possible. If you're going out there and you're trying to protect humanity, but you're still not enjoying what you're doing, you're not cultivating your talents, you're not helping others or you don't have respect for the planet, then these type of things are not going to coexist. You're not going to be able to help humanity at all. If your working out, staying in shape, cultivating your intelligence and gaining the highest knowledge like I secretly exposed to you in this book, then you are in a position where you can help.

The secret is, you're helping the entire world already by helping yourself. **Protecting humanity is something that happens when we are helping ourselves.** There's a famous saying that says, "when you change yourself, then the world changes around you". The person who you are when expressed authentically is the individual who can shape the world. Superman is revealing himself the most authentically when he's fighting to save the planet. His most genuine form is when he's protecting us. We have this exact similarity. We're also expressing ourselves the most authentically when we're having the most fun and feel we're at the deepest part of ourselves. Where in this book have I shown you how to access the

deepest parts of yourself? When we do this, we are saving humanity. We are defeating the arch villains in our life.

Our happiness is the strength that can lift locomotives. Our peace flies faster than any bullet. We can defeat any foe this way. Protecting humanity is when people see you, they see health, intelligence and someone who's doing what he enjoys doing. The highest level of protecting humanity is not finding the strongest criminal and attacking him. **The true protection of humanity is showing others that you're happy, courageous and that you found your way.** When you do this, you're leading an example that everyone in the world can follow, admire and talk about. You're protecting the people around you by giving them the greatest image of you.

Now you're a living representation of a superhero with your newly discovered qualities. You're healthy, happy, strong, intelligent, whole and you love what you're doing. You also found the perfect woman because you went out there looking for the perfect mate. You're doing what everyone wants to do in their life, be a superhero.

**The secret is that every human's deepest desire is to become the greatest superhero.** This desire creates an aura around us that generates good energy. All we have to do is strengthen our energy by taking action! Maybe people will tell other people about what you said to them through your super intelligence. Maybe they'll remember a beautiful memory they had with you while you were following your Superman life. People who aren't living in this direction are being defeated by their nemesis.

No matter what our circumstances are, we can continue to decide to live this hero lifestyle and fight until we gain the victory. For example,

I love being an optimizer. There was a book written by Rosalene Glickman who is the most successful woman in Australia. She wrote a book called *Optimal Thinking*. It eventually matriculated into a worldwide academy. It feels great for me to optimize my actions and to know that I have this ability. No matter where I go, I'm always optimizing my situation, looking for the best in the circumstance. This is a super power that I've cultivated in my life. When someone needs help, I immediately consider the first thing that comes to mind when asking "can I optimize their circumstance?" I'll help them through optimization. This is a mini way that I save the planet. You can guide your mind to optimal mindsets and solutions by asking the best questions. Here are just a few questions from her book.

*What is supremely important to me? What are my most important goals today? Which actions will be most beneficial for my self-confidence and self-respect today? What will make each task today most profitable/beneficial/enjoyable? What is the most constructive use of my time right now? What is my highest priority this week? What will make the biggest difference in my life? What are all the benefits to be gained? What are the most constructive actions to be taken? What will make each task/action most enjoyable/profitable? What is supremely important to me? What are my most important goals for this year? Why are these goals in my best interest? What are the best actions I can take to achieve these goals? How can I ensure that this year will be the best year of my life? What are all my options? Which option is in my best interest? Does this feel right? Is this choice in alignment with my highest principles? Is this*

*choice in alignment with my conscience. Which area of my life needs the greatest amount of attention? Which action will promote the greatest progress? What are all the benefits I will gain by taking this action? Is this action in my best interest? When is the best time to take this action? What would my optimal lifestyle look like? What would my optimal health strategy look like? Am I ready to set achievable goals that are in my best interests? What am I thinking or doing to sabotage my health, and how can I best substitute actions that will serve my best interests? Am I maximizing my health, or am I sabotaging it? Do I take full responsibility for optimizing my health, or do I let others take control of my health? Do I have goals to maximize my health, or do I pay attention to my health only when there is a problem or a crisis? When I'm hungry, do I choose the best food or do I eat poorly? Do I take the healthiest actions in stressful situations, or do I give in to immediate gratification? When am I most empowered? What is my greatest source of empowerment? Are my thoughts and actions aligned with what is most empowering for me? What is the most empowering question I can ask right now? What is the most empowering use of my time right now? What is going on inside me right now? Am I choosing to accept "what is" in the present moment, or am I resisting it (and life itself)? What do I want from an external source that I am not giving myself? How can I make the most of this moment? What is the wisest use of my time right now?*

You're not going to fly in the opposite direction of the earth fast enough to spin the world on its axis to save us and turn back the hands of

time. You can however, effort to be your best, to look your best, and to do your best. Sometimes your best is in taking effort. Sometimes your best is to just be relaxed. Being the most relaxed is a super hero ability. When your around other people and you're peaceful then you are helping everyone around you. You can be the most relaxed one and that brings the healing.

Maybe your best isn't making billions of dollars, but it's doing a job you love to do. Your family loves that you do it because it makes you happy. We could find out what our best is and this is how we protect humanity.

Another way that we can save humanity is to never say bad things about man. Even if the person didn't do good in their past or isn't doing good in your eyes. You have the understanding that this person in their mind is doing the best that they can. We have to consider that many people don't have books like this; while you're reading this book right now, someone is listening to somebody who's giving them an opposite message. They may be watching a TV show or a news program that might be bringing them down. We can understand that everyone is doing the best with what they're given. One of the best ways that we can protect humanity is through the power of our words. Superman has the power of strength and invulnerability. We also have this strength and it is located in our words.

Although in our physical form, we cannot match his might. In our word power, we have the same power, strength and invulnerability. If our words are trained to be a super power, we choose the highest vibrational words that are unbreakable. These words are synonymous with love, peace, God, God's Spirit, universe, earth, sun, water, air, truth and good.

These words are unbreakable, and we can start incorporating these in our speech. There are hundreds of thousands of these type of words that we can incorporate into our vocabulary to bring this Superman force into our mind and into the minds of others. When we make the simple decision to always speak good about others, then we have protected humanity, and we've done our jobs as humans.

What I would like you to do is to take a sheet of paper out and to write your name on it. Then write. "I choose to protect humanity through my words." Then sign the sheet of paper. When you do this, you will start to see a transformation in your life, even if it's somebody you absolutely don't love or don't like. When you choose to either reframe talking about that person, being strong enough to say something helpful about that individual or just to add something neutral then you are being Superman.

This is the super force that mankind has. It's a super vibration. You don't have to repeat super loving things about the person, but you could just mention something that's neutral. Better yet, say nothing at all. This will be beneficial enough at first until you can practice this superpower I'm giving you. You can use it in your way of life until it doesn't matter who it is, you will still claim this person has the potential to be the best they can be. The truth is, no matter what is said about a man, they can always improve and be the Superman of their world as well.

# CHAPTER TWENTY ONE

## WORKS WELL ALONE

Superman can be called the strongest alive. There's one thing that we know about Superman. The greatest attribute that the X- Men have is that they need each other. The Fantastic Four has to work together. Batman depends on Robin. The Avengers must be allies for victory. Superman needs no one. We realize that it takes a very high quality of a man to function alone. Occasionally, we see Batman do it. We've seen Wolverine and Cyclops go on their own occasionally. These are very powerful superheroes. The difference from these elite heroes and Superman is that he works even better when he's alone. Why is this? His abilities are so strong that when he's performing with other heroes, there's a possibility that he would have less of an effect. He could also harm other heroes through the force of his blast radius. The superpowers he has

are mirroring invulnerability, immortality, and eternity. He is at peace when he is fighting alone. This is why he is the greatest.

He loves being with Lois to express his love as Clark Kent, but when he's completing his missions, it's just him. It's okay for us to be grounded with a lover or a partner, but we couldn't depend on these individuals to help us complete our missions. These men who depend on others to help them finish their book, complete their album or create new ideas are strong like The Avengers and X-Men but the men who can do it alone are the Supermen. Sometimes people prefer it and it's normal to them. These are the Superman of their own life.

"God bless the man who can hold his own" is a popular saying that depicts this ancient ideology. It means that this is the true man who does his best to become self-sufficient and he is truly blessed. The question is, how does Superman do it? We know that Superman has a Fortress of Solitude. We learn that he goes there to meditate, reflect, study, research, pray, practice and to train. This fortress is located deep in the parts of Antarctica. Here, he has no choice but to be alone.

Also, it is something he practiced while growing up on his parent's farm. As a little boy he would often be alone on his farm as he matured into his strength. His family owned a self-sufficient farm, and he learned self-sufficiency through his human parents.

Are you ready to bring our mythological hero to life? When we practice being alone, we can harness our Superman mindset. Whether that's at the beach, camping, in our room, or allocating a part of the house where we could just be alone. When we're alone, we're able to think more clearly, and we become more peaceful. This is when we have the opportunity to be the greatest super hero alive!

Superman would go to the Fortress of Solitude, which was built with the biggest and the purest ice sculptures that he created from Antarctica. It also contained the finest, most beautiful crystals from his planet Krypton and parts of the deep universe. He made this fortress, which was the most exquisite architecture in the cosmos. He would go there, and he would enjoy being by himself, contemplating his deepest and darkest thoughts. This is where he was cultivating his deepest abilities.

Let's create a Fortress of Solitude and retreat when the surrounding people may get emotional or chaotic. Here, we can be by ourselves and realize who we truly are. When we leave our fortress of solitude, we're far more powerful.

Another great way to work well alone is to just keep telling yourself, I don't need anyone's motivation, I'm self-motivated. This is what the toughest people in this world do. MLK didn't have a team. Muhammad Ali stepped into the ring alone. We, too, have to understand that a lot of our battles depend on us alone. We're going to handle many situations personally in our life if we want the best results. If we desire to be the best we can be, we have to get comfortable stepping into the ring by ourselves. There was a comic issue during the Golden Age era Superman comics, where Muhammad Ali was training with Superman. They eventually had to fight each other. They realized that they were both the greatest because they were the ones that were the most comfortable to step into the battles alone. Do you know who won that fight?

We see this with great fighters today that they step into that ring by themselves. It's a good thing to tell yourself, "I'm self-sufficient." "I'm the most important person in my life, I am the Superman of my life." Many of these chapters point to you because you are the ultimate super hero of our

universe. Being the Superman of your life has a lot to do with what I'm writing in this chapter. Realize that you can work well alone. That's when you will realize you are the Superman of your life.

There are only real Supermen in your life. Even your greatest idol is nothing in your life without your attention. So you could get comfortable working well alone. Many people place all their trust and happiness in their significant other. Other people place all their joy in their children, job and other people. When these people or things leave they become miserable. Remember that children get older. **In a hundred years from now, where will we and our children be?** We all learn that one day we are left by ourselves, and we have to handle our situations alone.

This is one of the most important lessons in life. Let's do this with grace and let's do it the way Superman would do it! Let's train ourselves to be strong enough to step into the ring alone! Sports teams have a lot of teamwork and cohesion, although a number of these players have to depend on their own abilities. When the greatest players on these teams foul, the lineup doesn't get blamed. The squad doesn't make the headlines. It's the leader of the team that takes the blame. If Michael Jordan misses the shot, it's Michael Jordan on the back page of the newspaper. He takes the blame. Why? He's the Superman of that team. He's the leader of that team. This is the same thing for our life.

This is the same thing for all life. Even if we have many people on our side, if we fail, we take responsibility. For the true superheroes, it's not really a team effort. On the level of being the greatest, you are the only person in your life that can accomplish your goals. How do we do this? How do we work well alone? When we create our Fortress of Solitude

and study about self-sufficiency, we can choose actions that will maximize our autonomy. Gardening, cooking food, collecting rainwater, learning how to build and repair, etc. You don't have to be completely self-sufficient. Learn the importance of self-sufficiency! True independence is a superpower. It will make you feel like Superman. Learn how to organize money on your own as well as earn cash independently. Also determine how to help others on your own. In today's community, it's tough to be self-sufficient. It's difficult to produce capital on your own. People in their 20's and 30's can start cultivating self-sufficiency and live a authentically autonomous lifestyle now.

To the people who are reading this book that are younger than 21, you really lucked out! You will be more heroic than most grown men when you apply the information. Even though I geared most of the material for men, much of the book is for anyone that desires to live life to the fullest. This includes young adults and children. A beautiful image of mine is a Father and Son working the book together.

Unfortunately, most of the leaders of our history weren't learning what I'm teaching in this book. It's continuing to be difficult for us to be this leader we're supposed to be. Self-sufficiency is one of these things that we could understand on the road to leadership. It's going to be hard for you to grow your food, collect your water, make your money, build your home and harness your energy.

Society relies on you to be reliant. We work in America, which is a country that promotes independence and self-sufficiency, but there're two sides of the coin. We're still dependent because of the system of the government. It's better to be independent and self-sufficient when dealing with your own life. It's the greatest to know how to be self-sufficient if

you ever need to be. It's not going to be an overnight process. For you to understand how to garden, collect your water, harness your power through solar energy, and build your household, even if it's a small one takes patience and discipline.

Even if you have a house, you could build a miniature one just to practice self-sufficiency. Buy an acre of land and build a miniature cabin. Utilize solar power and develop a garden. Learn how to collect your water and just live self-sufficient. Do this for a week or two and feel the magnitude of this superpower. The privilege of working by yourself and being self-sufficient. This is one of Superman's ultimate talents. He's self-sufficient.

Another way to learn self-sufficiency is learning from the most self-sufficient individuals in history. We understand that self-sufficiency and independence is knowing that you can't live by yourself. Everything that we're using was created by other people. Self-sufficiency means you're not dependent on other people on a personal level, physically or emotionally. You don't need them for things. This makes you more grateful for the people in your life. This can also make you thankful for the items that you could take from other people. For example, there're millions of people that were involved in your life. The companies that built your products and packaged your food. The laborers and designers for your automobiles and things of this nature. The builders of the buildings and homes you shop and live in. There're millions of people that were connected in your development that you don't know. They were very involved though. They used their hands to build and package what you have.

With that respect and gratitude, you can be self-sufficient. You can say now, "I want to build my own cabinet." "I want to utilize my own solar energy." The more self-sufficiency we develop into, the more thankful we can be for others that are helping us in our life. It's a paradox. How can I recognize that so many people were involved in me being self-sufficient? When we're not self-plentiful, we tend to be completely absorbed in ourselves. We don't understand that we can take care of ourselves and that we are not constantly needed. When we become more efficient, we become further aware, and we can bring about the power of nature and life. Then we can seek the creator of existence who is the source of life in nature. Then we can begin to question and realize how much work this being does.

The work man does to grow the seed and to catch our fish takes an enormous amount of human self-sufficiency. These are also superheroes we rely on to eat. Also consider how much work man does to produce these beautiful chairs, tables and homes. It all begins with self-sufficiency. Once we're able to handle ourselves in life, we too can build our own cabins, gardens and eat our own food.

Once we're able to handle ourselves with the force of self-sufficiency, we understand this is our ultimate defense. We can build our cabin and dwell, grow our garden and eat our own food, go fishing and catch healthy wild fish. Even if you live this lifestyle just for a week, you will have reached a degree of heroic liberation. It doesn't matter what you're catching, as long as you can feed yourself and shelter yourself on your own. **This will supply you with the strongest feeling, increased survivability.** That's a very high level of self-sufficiency. You'll be ready to open and access within yourself this peace with a capital P. You won't

be scrambling over resources and you will be a more peaceful person. When I was by myself, I could see this. Until you are working well alone it will be difficult to accept this idea but after a while, when you're out there, you will reach this self-sufficient state and you will expand. You will see how many men are involved to make your sneakers, your pants, your shirts, your foods, your automobiles, all the products and electronics that you have. Also all the energy and water that gets piped to the house.

Practicing self-sufficiency also brings a great gratitude towards the people that you are dependent on. The greatest thing is for people to come together and be self-sufficient together. If you have people that grow together and are self-sufficient collectively, then you have that gratitude that's magnified in that group.

This was the ideology behind America. We were all supposed to be self-sufficient, which means we were all supposed to own our own land. Then we would have the right to till our own soil and be our own self-sufficient being. A man could be free to do what he likes to take care of himself and his family. Somehow we lost the fabrics of the creed of why we left Britain to turn here and to formulate a country promoting autonomy and self-sufficiency. The right to own land.

Now we're in a state once again, where we completely depend on our government, and our jobs. If we don't have them, we're in an extreme state of fear.

This is why self-sufficiency is important. This was the country who could have come together as a people who are all self-sufficient. We could have been together to bring this magnitude of gratitude towards the entire land. It didn't work. Now it's up to the individual again to reclaim their

self-sufficiency within themselves. We can, again work with other self-sufficient people to build a new land that will one day flourish and be supported by life because that's what life wants. That gratitude for each other. The power of being self-sufficiency, independence with equality. Then we can comprehend that we are all two hands of the same body. One day, no people here in this world will be called evil. They will be people viewed as needing help. Just like our Bible, all the worlds holy scriptures and Superman prophesied, we will be equal.

## **CHAPTER TWENTY TWO**

### **COMPLETES HIS MISSIONS**

Superman's super intelligence allows him to complete all of his missions, and he's able to complete them fast. Where it would take one superhero a week to close a mission, superman can complete in minutes. He has literally come up against opponents that have been taken down in seconds because of his intelligence. The ability of flight gets him to places the fastest. Another thing to notice about Superman is how his

missions are completed in an orderly fashion. Also, the missions he chooses are always the greatest missions.

Many of the universes arch villains and evils come from different planets to run to earth because they know that Superman is the strongest in the universe. He is first person that they go after because he is usually the biggest threat to their regime. Superman is a great protector of earth, but he is also understanding that his presence here attracts bad guys from across the galaxies. Superman is always prepared for new missions coming in from bad folks that want to take him down and control the world. He has completed so many missions that he is more experienced than any general or leader in the world. When he's completing missions, he does it in the swiftest rate conceivable.

There are some missions he has accomplished that in our processing speed of intelligence took absolutely no time for him to complete. We can follow our blue hero by achieving our greatest goals in the fastest way possible. Today, goals take so much time to complete! College takes 4-6 years! Job security takes years to obtain! Almost all of our objectives in today's world seem like they take forever to reach. The initial thing we need to do is make sure we are functioning as good as we can to meet our goals the fastest. This means exercising and eating the best, staying positive and keeping our mind clear of negative influences as much as we can. When you do this, even if your goals might require a lot of energy and time to achieve, you will feel like nothing can hold you back.

I've noticed in today's day and age, we have so many things that are holding us back from carrying out our goals. Whether it be family members, expectations and obligations or friends and partners that need to

demand our time. Let's not forget the bills, loans, credit cards, and other financial burdens that make our goal achievement speed feel like it is at a standstill. Whatever the case is, we have missions that we're supposed to be completing. We're not achieving because we're being held back.

Superman doesn't have these hold backs. If he is at his job, he's free enough at his job to be able to go off at any time and switch his clothes and to transform from Clark Kent. He has this freedom, and we require this power as well. We need to find a way that we're able to leave work when we want. I know this sounds a little bit against the status quo or going against the grain of today's society but in order for us to complete our major missions, this is essential. We could be able to complete our goals in our life by being free enough to have a job that's flexible enough where we can leave at any time.

Now, am I saying that we're going to need to leave every single day? No, but if Superman needs to go to another planet for three days then he doesn't need to call and check in. He's Clark Kent! The best editor in Metropolis and his wife is Lois Lane, the best-looking reporter in the city! He's the head editor there, and if he's not there, the chief will find someone to take his place until he returns. He scheduled himself to be independent at his position. Now, he can complete his missions. He accomplished this because at his job he is the best, and he can't be replaced. Not only is his boss super flexible with Clark Kent, but he knows he can't be replaced.

We, too, have to be irreplaceable at our job and create a presence that creates freedom for us to move. Entrepreneurship and small business ownership can provide this. We can start with a flexible part-time job or sell our own products until we have enough time and freedom to do what

we really want to do in life. This is more important than any salary in the world. Our ambitions are important and they are achievable.

If we honestly look at it, our job should in some way or form reflect our goals. If we have a job that is just paying the bills, we can keep it until we find a better reflection of ourselves. When we tackle this important matter at our place of service and create freedom, then we can complete missions much faster and efficiently. Your job is not your mission! As a matter of fact, our job should be helping us to gain more ground on our goals and our missions in life.

Clark Kent always gets the scoop. He edits the paper everyday with super intelligence and makes the whole city smarter. This is one of his missions. He's constantly close to the city's hot news of what's going on. He has all these people that they think he's working for, but in reality the paper is working for him. He's always getting the hottest scoop and enlivening the minds of the entire city's readers!

Let's take this type of ideology. Finding a job that even though we're working for them, they're really working for us because all the men there are accelerating our missions and contributing to our ultimate goals. For example, if I love music, then I can help a musician or maybe work at a restaurant that does a lot of live music. I can work at a instrument store or I can work in a guitar shop. The key is to eventually find a place that's flexible enough to give me time when I need it while also helping me with my major goals.

Another thing that we lack to understand about achieving our goals is that we don't stop until we complete the mission. This means that we have to break down these missions into goals and goals into action

steps. Now here's the secret to complete your missions as fast as Superman.

We figure out that each action step in the multiple process steps needed to complete a goal all has a unit of resistance attached to them. If you have a goal, and you have about 20 action steps that you need to take to achieve that goal, there are 20 measurable units of resistance that are going to need to be overcome. This is how to complete the action steps to achieve the goal. Most people are not able to quantify in this manner, and the resistance covers them all at once. Then procrastination or frustration occurs. They just see the goal as all the steps required to be accomplished now. Then nothing gets done. If we understand this in the beginning, then it's easier for us to walk out our action steps and reach our goal in no time flat. The best way to deal with resistance in action steps is through the Sedona Method. Also, meditation and prayer work. In prayer, we call out to the unseen force that loves us and cares about our well-being the most. You don't have to label the force, just call to the unseen forces that love you the most. Music helps as well.

When we have a target, which is our mission, we break it down into action steps. Those action steps might be broken down into even smaller action steps until you meet the resistance that you need to be overcome. For example, if my mission is to publish this book, I have to finish this chapter. This is an action step. I can welcome the intransigence to this goal and play music while creating the chapter. Another option is to meditate before writing to complete the action step. You can map out your action steps whether on paper or application and reflect on the action step. When we reflect and accept the resistance on thinking about completing the action step, then you opened up flood gates of energy to

complete the action step in actuality. Also, accepting and letting go of the resistance while acting out the steps is a great way to get things done, pronto.

There are many ways that we can meditate, pray, reflect and exercise to dissolve the resistance into spaciousness. We can talk to other people who have already completed these action steps and have already achieved the goals that we have. Most people love to help others achieve goals they have already accomplished. They can help us with our resistance.

The secret to goal achievement is dissolving resistance. This power that we have to resistance dissolution gives us enormous amounts of inspiration and energy that makes these goals achievable in much less time with much more power. We can release and let go on resistance at any time. Accept the struggle and just be with it until it dissolves. At first, it feels heavy or pulling. Hot or biting. Get used to this feeling of resistance until it is manageable. When you understand and feel your resistance, you can take on bigger goals and bigger missions. We can step into action and achieve at this point. Find your unique ways to deal with resistance. I know one of my unique ways is music. I pierce through resistance by playing great music. It's like juice in my mental batteries. My action steps turn into a dance and my chapters get done with fluid speed. It seems like when I put on my music, the resistance is being dissolved by the rhythm.

Once again, the hidden knowledge for getting what you want is to find a method that works for you. Become a furious super hero master at dissolving your resistance. The great news is there are many methods that work out there. Be creative and search online or go to the library and

identify books and information on how to resolve resistance. You could read many books on this and become masterful.

On a spiritual level, you can look at Superman's enemies as himself. Superman's villains are outward expressions of his resistance. He was enormously powerful. He was so powerful that his resistance would create these enormous monsters. They are Superman's blocks towards his ultimate goals. When he defeats his foes, he overcomes negative energy within which is freeing for everyone in America. The goal for our caped crusader is giving the world freedom. He would have to become enemyless. We know that the only way to become enemyless through the teachings of Clark Kent's faith, love thy enemies. Although this is true, we could fight until we obtain this intelligence and emotional composition.

He never gives up. The day you see Superman ease up from his goal is the day you see sweat drip from his face.

Every time he defeated one of these monsters, he dissolved a unit of his resistance that brought him closer to his desire. It's a great way to spiritualize this hero and understand our resistance in this way. If we look at it like this, we too can defeat our resistance and get closer to our ultimate dreams and desires.

# **CHAPTER TWENTY THREE**

BE YOUR BEST

This chapter is an extenuation of all the chapters. It is the key to Superman's improvement. Superman at his strongest is called Superman One Million. Otherwise, known as Superman Prime. He is a perfect extenuation of our sun. There came a time in the DC universe when the ages were changing and Superman turned into a being of omnipotent liquid golden light. He was then known as "The Superman Prime". Lois Lane changed into a perfect silver white light being. Superman ascended into a solar being of unimaginable force. All his powers maximized to infinite levels. He became undefeatable. Finally, Superman was complete. He developed cosmic skills from the center of our universe. One of these powers he gained was harnessing the universe's indomitable will power. He had the capability to give super power energy to all the beings across our galaxy.

Seems hard to beat right? Well, we might not have the authority of Superman One Million but life might have something greater in store for us. The S on Superman's chest stands for hope on his home planet. We could have hope that we can be the best version of ourselves. On a soul level, this might be far greater than Superman One Million.

There are spiritual masters who say that humans can eventually be liberated unto a being that can manifest their entire world by thought. In the Bible, Jesus said we can move mountains with our mind. This can be located in the book of Mathew chapter 17, verse 20.

Imagine being anywhere, just by thinking. You think you are in New York on a rooftop and you are there instantaneously. This is possible in these master's belief. They say you can be as many bodies you want. Anything you think you can become. We could hope through faith that we can be the greatest being that has ever existed in our life.

Even Superman in this extremely powerful state never said “ I am omnipresent.” What we learn if we continue to do our best is that we are able to be omnipresent human beings. A wise man once said, "Omniscient, omnipotent, omnivorous and omnipresent all begin with Om." We have the ability to be our best by learning and doing the best we can. Superman would retreat to his fortress and chant the syllable Om for days at a time. Let's start harnessing our Om, which is simply singing the word over and again until we feel more powerful. Also chant the word Ah, which is the sound you pronounce if you use absolutely no muscles and effort.

Lester Levenson, an American spiritual master once declared **“you are everywhere right now pretending you are only that body.”** The only thing separating us from being more potent than Superman Prime is thought. If we can stop thinking even for a moment, we can immediately be rejuvenated and experience this our self. My hope for you is that no matter where you are in the world, you will be provided blessings and friends that will protect this true life of yours. In the bible it says “be still and know I am God. You do have to be still. Its sacred, this true prime version of yourself. Practice by lying in bed and not moving at all for a minute. Then gradually ascend to longer times. God will eventually show up.

This is how we recharge like Superman and receive enormous powers by being still. This is us at our best. No movement, no thought. Then we transcend like we do when we are completely still in deep sleep. Stillness and silence is the key to our best version. Our "Christ One Million." This is my best wish for you. When you are focused on the best around you and in your friends, environment and actions, you enter into Superman potential.

## **CHAPTER TWENTY FOUR**

# GIVING

We understand that Superman wasn't giving money to anybody. He was never depicted as a rich person. He was an average middle class blue collar worker when disguised as Clark Kent. Superman wasn't into money at all.

Superman didn't live any type of prestige in the realm of being wealthy on this planet. Could you imagine Superman choosing to be a billionaire like Bruce Wayne? He would be a trillionaire in today's market. Super wealth didn't fit the highest persona of the heroes. It was super health and super power that fit the bill. Superman's identity was not fitting into the super rich like the other superheroes that had gained their prominence. Though money and wealth may be great, it is not important when portraying the highest potential of man.

Superman could have wiped these casinos night after night. He could have taken over the stock market with his calculating and statistical abilities. He chose to be Clark Kent. We can prove through Superman that this honest lifestyle is the greatest way to be the strongest and most renowned. We understand that Superman was also giving to the world what he chose to omit for himself. He chose to be middle-class Clark instead of the richest person on the planet in order to help and give more efficiently. With all that money how could he possibly have the time to give and help? This was his luminous intent of freedom and truth.

He would relax his super vision and take off his Clark glasses and watch the news with Lois, and they would see things that were going on in the world that weren't right. People were conditioning to be untruthful and it was affecting innocent people's freedom. He would not step in and get involved, but he would turn so angry, he would transmute the anger in his battles. He would clear out entire rooms of opponents just to get the anger out. He cared about us and would give us the highest gift. Protection.

Usually when people call to Superman, they would only need to call once and he would help them out, no matter who it was. He could arrive at the scene faster than any other superhero in existence. This power of giving was what we understand as the quality that made Superman the ultimate hero. It had nothing to do with money, but it had to do with his symbol of givingness. Nowadays, we see many men put all of their life energy into the pursuit of money which they feel is the pursuit of happiness. This is because of our societal teaching and conditioning, and we are losing a lot of Supermen. Superman wasn't even high class!

This givingness that he would supply humanity was worth much more than any dollar amount. He would fight for the people! Let's apply this concept to our Superman lifestyle. A person that's prepared to fight for you is much more valuable and more resourceful than even the richest man in the world. We need to accredit the individuals in our lives that we know would fight for us oppose to giving the big corporations and big shots all of our attention. Now because of our technology, we spend more time communicating with people that can't protect us at all than we do our true guardians. Sometime these people get overlooked in our lives. Identify who is your protectors and give them a call and tell them you love them and appreciate them.

We know that the Superman comic books are worth so much money. There are plenty of Superman comics out there that are worth hundreds of thousands of dollars. There is one Superman comic that was worth 4 million dollars. It is called the Action Comics 1938 #1 edition. There are 100 copies worldwide. That's 400 million dollars altogether linked to this one comic! What is so valuable about this superhero? It is the qualities that I have detailed in this book that you also possess. This book is so valuable that I give it away for free.

Ultimately he chose to give all his powers for the preservation of goodness. If he preferred to be an antihero, I guarantee that Superman comics would be credited less than 5 bucks.

I believe it is not the power of Superman that generates the comics worth, but the level of giving he supplies to us. We have to understand how is it possible that these comics and movies gross so much. We could not imagine how much Superman has made in total through all the movies, comics and action figures. We can identify where the value is originating. His movies have sold billions and billions of dollars worth in sales because he is the ultimate savior! We need to emulate the ultimate saviors in our life. The best savior is usually the most valuable. **I know that in my life and my country, the ultimate savior is Christ.** It is very easy to learn his amount of givingness and increase in moral values. I believe that true value comes from values. What we do know about all saviors is they all have mastered the art of giving. This is why there could be so many comics close to a million dollars with Kal-El's name on it.

I am promoting the readers of this book toward financial prosperity but also directing you to the commencement of this book with what is more valuable. Superman is the most valuable superhero. The main point

to understand about the value of Superman's character is that he has perfected the art of givingness. Let's always give of our time, energy, and our power to the planet and to the people to protect our freedom and truth. Superman is super valuable and so are you!

We have to understand that there're many superheroes that have respectably more superpowers than Superman, but they're not as popular or valuable. I'm pointing out the value here. What sets Superman from the rest is his depth of truth and freedom. When that is affected, then he steps in.

It's not like people have to call out to him every day on their knees. He comes to help on his own accord. All they have to do is ask him for help once or twice and he Superman's the situation. This ultimate givingness is something that we could learn. Then we can give people freedom to be the way they want to be, and we will choose to help them instead of control them. We also decide to provide people truth. Be honest with them. We fight for their protection and safety. If anyone tries to take away their freedom in any way, we Superman them. We apply the techniques in this book and do our best to be victorious for our friends and family. When people decide to take their emotional freedom, their mental freedom, their financial freedom, we would step in and fight for them. We expect nothing in return because we know if we are triumphant in helping, we will gain more superman energy and recognition.

This is how we can become the most valuable person. If a comic was made on you, this is how it would become valuable. When you understand this importance of this givingness, then you can apply it toward your superhero lifestyle. People might not tell you that you're worth millions of dollars or billions of dollars when you apply these

techniques. Comics or movies could be made from your superhero-ness! You are the ultimate Superman of the universe! You're a real life person, you're a real life Superman! No longer is Superman a fictional character, you have brought him to life!

If you're doing what Superman's doing in real life, your value far exceeds the statistics we talked about. Plus, you're going to feel great. Really great. Victory brings this feeling that you are the greatest and you really are! Infants have this feeling all the time. This sense of complete greatness with no shame. We lose that through the conditioned mind set up by whoever taught it first....

Let me reiterate, it is not the giving of finances, food or shelter that makes you super. Neither is it the giving of gold, silver and clothing. It is the fight to give freedom and truth to all people.

**I couldn't tell you until the end of this book because of the forces that be. I'm going to tell you now because it's the perfect time. The author of this book is Superman himself. I am Superman. I wrote this book for you, so you can be victorious in your life. There is purpose in your life and when you achieve these skills, you can be even more powerful than me! Even I am not omnipresent.**





