

# A FIRST LOOK

## Preface

We are living in unprecedented times. Many of the “old rules” no longer are working, and choices abound as never before. Some of us can’t feel anything deeply, others are frightened and bewildered, and senseless acts of violence are on the rise. Our culture is metamorphosing into something new—and for many of us, the growing pains are severe.

We can get so involved in merely coping that we forget our deeper needs. This book is therefore designed as a REMINDER: a reminder about what we really want. It’s also meant to be a teaching and coaching tool. It provides many of the ideas, stories and pointers that I would give you if I could be with you personally, in order to help make your way more joyous and fulfilling.

Working over the last 27 years as a healer, guide, teacher and coach for thousands of people, I have discovered that people desire three basic things. When they are most in touch with their deeper nature and life rhythms, they want:

- Health and Vitality
- Wealth and Prosperity
- Spiritual Wisdom and Understanding

We live in turbulent times. Competing visions of reality vie for supremacy:

Fear	vs.	Love
Scarcity	vs.	Abundance
Domination & Manipulation	vs.	Self-Mastery
Deception	vs.	Truth
Violence	vs.	Peace
Mechanism	vs.	Vitalism
Resentment	vs.	Forgiveness

Much of our society has been an expression of the ideas in the left-hand column.

But the words in the right-hand column reflect our True Spiritual Nature, a Nature that cannot and will not be denied.

We must go beyond our illusions about ourselves and our world. This takes great courage and commitment. It is a Path with Heart, requiring all that we have.

That is what this book is about.

We are living during the final breakdown stage of a patriarchal culture that no longer supports life and Spirit. The feminine or Goddess energy is waxing once again. A more fluid and Heart-Centered culture that acknowledges and respects the importance of Planetary Stewardship and the realms of emotion, art, and community is being birthed, although the womb is necessarily mysterious and hidden from casual view.

Even our concept of Deity is profoundly influenced by the patriarchy. We need to re-assess our concept of Spirit and align it with the reality of a synergistic balanced blending of Masculine and Feminine energies that make up the “play” of Life.

Beyond that, the Father Wound is epidemic in our culture. Unconsciously, much of our “unfinished business” and dysfunction with our earthly fathers is projected onto our masculine concept of Deity, leading to even greater suffering.

To make this book as useful as possible, I have filled it with powerful:

- **Ideas** that can make a significant difference in the on-going quality of your life. Each section includes a Key Ideas Summary.
- **Practices:** actual things that you can do right now to get you into motion and APPLY the ideas presented. Each section includes a list of Suggested Action Steps.
- **Connections.** Powerful resources exist to help you on your way. Each section includes a Resource Guide. Please take advantage of this important aspect of the book.

In the **Health** and **Wealth** sections, I attempt to provide some important historical and sociological perspective on the forces that have helped to shape our current state of affairs. Pay particular attention to the material on the Flexner Study and the material about the Federal Reserve private fractional banking system.

Allow me to assist you through the “eye of the hurricane”, the zero point, into a world full of greater Light, greater Love, and greater Purpose.

I’m honored to be your guide on this journey.

## **My Personal Journey**

I was born in Los Angeles to parents with strong European roots. My mother was born in Vienna and my father in Berlin. They were both Jewish and identified with Jewish culture, but they did not consider themselves to be religious.

My mother came from an upper-class family and was raised by nannies and governesses. After Hitler’s rise to power, when my mother was about fifteen years old, she came to America with her family. A year later, she enrolled at Radcliffe, the finest women's college in the country.

My father's family was on one of the last boats leaving Germany in 1939, when my father was eighteen. He spent 11 years in Israel and developed an impressive portfolio in interior and stage design. He then came to America to study urban planning at Columbia University in New York and received a master's degree in 1951. When my mother returned to Europe for a visit in 1949, she met my father on a train and they were married in 1951.

After earning a second master's degree in architecture, my father got a job in Los Angeles in 1955, where I was born in 1956. As I was growing up, I didn't have a particular passion for anything, but I did fairly well in school. By far my favorite academic subject was math, a subject I admired for its purity.

During the summer between high school and college, I was driving with my friends to Santa Barbara, about a hundred miles from home, to show them the college I planned to attend. The left rear tire of the car exploded and it spun out of control across three lanes of traffic and backwards down an embankment, stopping back-first against a rock wall. Miraculously, no one was hurt—not even a scratch. As I was being hurled across the lanes of traffic, I felt a truly out-of-the-body sensation, and I have always wondered if an angelic intervention saved my life.

College life was difficult for me. My roommate was into drugs, and I didn't quite know what to make of it. I acquainted myself with different types of people, but I didn't feel that I fit in. I couldn't identify with academic types, athletes or people deeply involved in religious experience. I felt I hadn't found my place in life.

At the end of the school year, I went back to Los Angeles and lived with my parents for a few months before moving out and starting over again at UCLA, where I majored in economics. There, I met people who would eventually guide me in beginning a life-long process of connecting with myself and learning what I was all about.

At that time, my father was a professor at UCLA, involved in an interdisciplinary program on creative problem solving. I took some classes under the umbrella of this program and met people who attracted my deep interest—people who, in retrospect, I would say were on a spiritual path. These people—the program's counselor and many of the students—were aware that the common state of human consciousness is a partial and conditioned response, and that there is an essence and spiritual nature beyond the conditioned mind. Their approach was to blend the best of Eastern thought with the self-help and transformational technologies of the West. They had vitality and realistic optimism and were non-dogmatic, encouraging questions and independent thought. In the midst of this community, I felt that I was not alone—that there were others on the same path as I was—and this helped me delve more deeply into these matters later on.

The mid-seventies were the dawning of the human potential movement. In 1975 I took the EST training (now known as The Forum), which was a transformational experience for me. For the first time, I found myself connecting with my purpose and passion at a profoundly deep level. Always interested in teaching and psychology even from childhood, I felt a spiritual aspect of my being opening and preparing me for a new life.

I realized that I had a gift in assisting people's spiritual development and personal growth. For the next dozen years I was deeply involved in intensive reading and taking classes. I studied yoga, major world religions, major psychologies, spiritual growth and development pathways of the 1970s. I began to develop a deeper understanding of the structure of human thought and the human mind.

I became fascinated in learning what makes people tick: why some are happy and some are not. I wondered about the deeper meaning of life: if there is really a God, I asked, why is there so much suffering? In my quest for deeper understanding of humans, I grew in spiritual and psychological knowledge. Seeing that I lacked full comprehension in the physical realm of human knowledge, I delved into the study of chemistry, physics, and the study of human and physical structures.

In my early twenties, I started taking classes in acupuncture and massage, and discovered that I had a gift with my hands. In the acupuncture class, for example, I had an intuitive feel for where the acupuncture points were. To round out my knowledge of the physical body, I studied anatomy and physiology.

After I left UCLA, I spent four years focusing on areas of healing and spiritual development. Then I entered Sonoma State College, where I returned to studying economics. But I shortly switched majors from economics to psychology and studied the psychology of yoga, biofeedback and related topics. I developed a profound interest in the way that body, mind, and spirit relate to each other. At the same time, I could not set aside my interest in business and economics. It was obvious to me that money has a great deal to do with how people live their lives, and that there is much confusion and mystery surrounding financial systems. I studied

more about investing and entrepreneurship. My fascination with business and finance moved on a parallel track with my interest in spiritual matters and healing.

When I became a self-employed practicing chiropractor, I found that I was able to combine my interests in all of the areas that I valued most in a way that was enormously helpful to others, and I became more convinced with each passing day that in order to lead a full human life, I needed to understand health, wealth, and wisdom as facets of a singular treasure in life: self-realization.

## **The Magic of Synergy**

This book is based on the premise that the SYNERGY of Health, Wealth, and Wisdom is the foundation for a life of on-going joyous Self-Discovery and Self-Expression.

As I became more convinced of the unique alchemy of this synergy, I began to focus more deliberately in these three areas. I wanted to learn, know, and master their operating principles. That is the journey I am still on. You might consider this book my Interim Report of Findings.

One of the interesting things that I have found is that the “prevailing wisdom” in these areas is either wrong or incomplete.

- The Western medical model knows almost nothing about the Body-Mind-Spirit connection.
- Public education offers almost no training in the areas of money, investing, and finances.
- Major organized religion in the West offers almost no instruction in meditation and the exploration of the Inner Life. In addition, many religious groups promote ideas that actually make it *more* difficult to connect with the Spirit Within.

I have learned that the knowledge is out there—but you have to be committed to finding it! I am writing the book that I wish someone had written for me 25 or 30 years ago. Just because I’ve read thousands of books and listened to hundreds of tapes and taken hundreds of courses (and gone down countless “dead-ends”) to gain this knowledge ... why should you?

I’ve endeavored to make the book “user friendly.” Each of the three main sections follows a four-part sequence: **Main Text, Key Ideas Summary, Suggested Action Steps** and **Resource Guide**.

So if you’re ready to be healthier, wealthier, and wiser—and if you’re ready to have a good time doing it—let’s get started....

## **One More Note**

It takes a firm resolve to stay on the Path of Truth. You have to be ready for your life to really change (in the Wisdom Section, I present two powerful models for making deep and permanent change). The truth is that your life will change anyway. So you might as well change *consciously* and *purposefully*.

This book can help you change the quality of your life dramatically—but probably not if you read it only once. I humbly suggest that you **READ THIS BOOK AT LEAST THREE TIMES**. Seven times would be even better.

The first time through, just relax and notice what “hits you.” The second time, underline

or mark ideas that are important to you. The third time, pick the section that you are most drawn to and read it again. Then pick one or more suggested action items at the end of that section, and actually *do them*. Make sure you peruse the Resource Guide at the end of that section as well.

Come back to the book at different times in your life. Different areas will stand out at different times.

One final note...feel free to contact me with questions or to share thoughts and ideas. Also, let me know if you'd like to be notified of upcoming workshops, seminars, books, and tapes. I can be reached at [david@synergyinaction.com](mailto:david@synergyinaction.com)

Good luck on your Journey!