



LHaMP - Sec

Life Harmony Meditation Presentation - Secular

A New Paradigm For Helping Humanity.

There is an urgent need for all of us to live better. We need a comprehensive and powerful meditation that covers most of everyday life, to achieve the needed positive transformation within humanity. LHaMP (pronounced like “lamp” is a practice intended to help align and unite humanity with a common set of values and principles, so that we can evolve and live in harmony.

There are two versions, secular and spiritual, to accommodate all of humanity. We invite you to choose the version that resonates with you. LHaMP was created by two authors, out of a desire to find the best way for humanity to live in harmony with the physical realm. We are offering it to everyone freely, in the hope it helps.

This is the first time we are sharing LHaMP with the public, so we welcome discussion and feedback, which we will aim to use to improve our work. If a better and universal version gains momentum, we welcome that it can only help humanity evolve quicker with harmony as its goal.



- LHaMP Preparation (2 minute read)
- Mini Meditation (2 minute)
- LHaMP Meditation (30 minute read)
- Background (3 minute read)
- Introduction (45 minute read)



You may wish after reading the LHaMP Meditation to find out why it came about. If so, consider reading the Background and Introduction sections, which follow the LHaMP Meditation. If you find LHaMP to be self explanatory and do not need to read more about why it was created, you can skip these sections. Otherwise, if you would benefit from a deeper explanation, we have provided it.

LHaMP PREPARATION (2 minute read)

~ We hope that you will read LHaMP in its entirety, and that please keep an open mind as this meditation presentation progressively unfolds as you read it.

~ It would make a big difference if you were to make time for this in your life to say it at least once a week for a few weeks or more, to see how it can actually feel and move you to inspiration. Then you can choose a few of the verses accordingly, as time and work allows. We have also provided a 2 minute meditation to make it as easy as possible for you to keep practicing harmony.

~ LHaMP is not meant to replace other meditations, but be used complementarily. Its goal is to bring in a new paradigm that answers the current need of development of humanity and offers a better awareness of our impact to everyone and everything on this planet.

~ Thank yourself for taking the time to meditate, to quicken your development within. May this meditation put you on the path to self realization. We also thank you for sharing it widely, knowing it is provided freely to help as many people as possible.

~ Find a quiet place to sit or lie down before beginning. As you begin, please place one hand on your heart chakra in the centre of your chest, and breathe 3 or more deep slow breaths to become more mindfully present ...you are now in True Heart mode with your mind and heart more firmly connected. Placing our hand in this way will help us toward True Heart mode, a mind and heart connection that more easily transports us for our highest state of being. It is a truly mindful connection bringing many other benefits.

~ If you are stressed or dealing with major issues of life, reciting the Buddhist Mantra "Nam Meo-Ho, Renge Kio" three times or more may help relieve your mind and calm you before proceeding with LHaMP.

~ Finally, you may also begin with the Om mantra or another one of your choice. It can be said aloud, softly or quietly in one's mind. This helps us to comfortably enter a deeper state of consciousness. After a minute or so of deep breathing, begin the LHaMP meditation.

LHaMP lights the way! 🕯️

Let us begin!



Mini Meditation (2 minute read) to be read aloud or silently.

This is a quick daily practice to help you live in harmony, with yourself and others, when time and opportunity is very limited. It s for all ages, best read and said slowly, and may be repeated:

- ~ Smiling Spreads Peace & Joy (e.g. say audibly: I smile to spread peace & joy)**
- ~ Believe in Yourself (I believe in myself)**
- ~ Practice Peace at Home (I practice peace at home)**
- ~ Seek the Positive and Let Go the Negative (I seek the positive and let go the negative)**
- ~ Seek to Understand Than to Judge (I seek to understand than to judge)**
- ~ Judge Not Yourself or Others (I judge not myself nor others)**
- ~ Seek to Praise with Positive Feedback (I seek to praise with positive feedback)**
- ~ Harmony Dispels Anger & Violence (I live in harmony to dispel anger and violence)**
- ~ Love Yourself First, to Love Others (I need to love myself first, to love others)**
- ~ Meditation Focuses on Peace (In meditating I focus on peace)**
- ~ Make choices in harmony with our planet (I make choices in harmony with our planet)**
- ~ Make plant based foods as first choice (I first choose plant based foods)**
- ~ Offer thanks for a bountiful planet (I give thanks for a bountiful planet)**
- ~ Donate Anything You No Longer Need (I donate anything I no longer need)**
- ~ Being grateful for another day (I am grateful for another day in this grand physical realm)**
- ~ Walk in Nature, Deeply Breathing in Gratefulness (I walk in nature, deeply breathing in gratefulness)**

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Life Harmony Meditation Presentation - Secular

(30 minute read)

With Respect To Our Evolution As An Advanced Species On This Planet:

On Being Present and All Aware;

1.1 May we evolve through all life experiences in this challenging realm by being present.

May we also develop an increasing appreciation of our gift of life in this grand physical realm.

1.2 May we become more clearly aware of our surroundings, especially awe-inspiring things, helping us to be appreciative, respectful and ever grateful of our environment.

1.3 May we use our mental, physical and emotional senses to grow our understanding and perception, seek wisdom through patient observations, and acquire open-mindedness.

May we also realize we are beings with a sense of inner connection to everything while experiencing this grand physical realm.

1.4 May we use our graciously granted strength, courage and wisdom to defend against injustice, intolerance and closed-mindedness.

1.5 May we learn that free will is a power to make our own choices, creating true independence and ultimately self determination, without expecting intervention by others to mitigate every life challenge.

May we ask for help when needed, but not blame others if we do not receive it, as we manage life's challenges.

1.6 May our free-will, as an important part of our inner being, be allowed to express our individuality in ways that don't harm others, make us harmoniously independent, and create a positive impact for all.

May our uniqueness be accepted as we freely live our lives on this beautiful, bountiful, precious, rare and fragile planet we call Earth.

1.7 May we adopt a respectful and positive attitude in relating to everything in this realm.

May we always seek to surmount disharmony patiently and confidently by striving to understand first, achieving deeper fulfillment in our relationships.

1.8 May we appreciate our unique conscious energy and continuously look for opportunities to further evolve.

1.9 May we all seek to relate to each other with honesty and harmony, with the mindful realization that we understand relationships within us and from outside of us.

1.10 May all beings mindfully be a source of healing and inspiration for one another, so that all may live in greater harmony with each other, with their True Heart connection (explained in the LHaMP Preparation section).

With Respect To Our Evolution As An Advanced Species On This Planet:

On The Physical Realm;

2.1 May we be most grateful for and humbled by the existence of Nature itself, and for its power to nurture us on this incredible living planet.

May we regularly go for walks in especially in nature, breathing deeply in gratitude of our earthly paradise.

2.2 May outcomes of the physical realm be positively viewed whenever and wherever possible, for the “Highest Good”. (explained in the Introduction)

May the impacts of the physical realm be better understood because we are living on a planet that is dynamically alive.

May negative impacts to health and prosperity be few and understandable in this dynamic realm, helping us to grow from experiences while receiving compassionate moral support from others.

2.3 May we better understand our unique physical needs and health issues, resolving them effectively with research and applied knowledge of good nutrition, natural remedies and the active pursuit of a healthy positive lifestyle, while also needing to ask professionals for specific help.

May we have compassion and offer help for those in need from physical, mental and emotional challenges, also with appropriate communal services made available to them.

2.4 May we achieve self empowerment and gain confidence in being able to understand ourselves deeper on a physical, mental, and emotional level.

May we learn and help rejuvenate ourselves holistically, and when necessary, may it guide us and others during health impairments.

2.5 May we have deep gratitude for this astounding physical realm, with all its phenomenal microcosms and macrocosms.

May we be caring, respectful and responsible visitors while in this realm.

2.6 May we understand the importance of living sustainably, realizing we are but visitors to this bountiful and beautiful planet.

May we understand the several R's: rethink, refuse, reduce, reuse, repair, repurpose, regift, recycle and be careful to avoid polluting the environment.

2.7 May we all consciously be open to the possibilities of other realms.

May we have opportunities to experience these other realms.

2.8 May we adopt universal values to aspire to live in greater harmony with everyone and everything.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Greater Awareness;

3.1. May we truly appreciate all gifts received, respect all things living and inanimate and realize that everyone and everything natural is essentially unique.

3.2 May we give thanks for the considerable advantages of meditating daily, and for the grace of harmony and humility it brings to our complex lives.

3.3 May we be grateful for the ability to dream, both while asleep and awake; it is an inkling of and a clue to the connection to our higher existence beyond the ordinary.

We are also grateful for the power of imagination, for it deepens our experiences. Learning from imagination can greatly enrich our lives.

3.4 May we appreciate and cherish diversity within nature, humanity and culture, as we more readily do with food, music and the arts.

May we also appreciate that variety is truly the spice of life.

3.5 May we discard erroneous beliefs and out-dated traditions, especially when they do not promote universal harmony.

May we become more clearly aware of timeless natural laws and principles that govern our existence in this physical realm, so we can flow in harmony with all living beings and things.

May we be cognizant of our lifestyle's impact upon our health, upon others and upon this precious, fragile, bountiful and extraordinary planet.

3.6 May we give thanks for higher guidance we receive, be it esoteric or sublime.

May all help enable us to prioritize choices and actions for the "Highest Good".

3.7 May we learn to appreciate our past and learn from our experiences.

May we live mindfully and in harmony with the present, cherishing every moment.

May we understand our purpose while being in this realm, to enable a better present and future.

3.8 May we evolve through self-awareness: mentally, emotionally and physically.

May we further evolve by conscious and conscientious self-realization.

May we help each other in every way we can gracefully and with continued learning and from leading by good example.

3.9 May those transgressing harmony with unethical and immoral behaviour receive guidance to open their hearts and minds to moral and ethical development.

May offenders of laws, principles and ethics governing behaviour, deeds, liberties and our environment be held accountable and be provided opportunities for restitution.

May all offenders change for the better and seek to contribute positively to community and society.

3.10 May we better understand ourselves and be at our best through life's challenges.

May we compassionately, patiently and consistently choose to live in harmony with everyone and to respect everything.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Relationships;

4.1 May we evolve on all levels (spiritually, psychologically and physically) to relate and interact mindfully and compassionately with growing mutual respect.

May we be most patient and understanding in developing relationships with others, knowing we are of different personalities and bring strength and diversity to all.

4.2 May we offer deep gratitude for family, friends, caregivers, teachers, healers and those worthy of admiration, beloved pets, wildlife and miraculous Nature.

May we be open minded for the possibility of meeting evolved and benevolent extra terrestrial beings in this vast ever growing realm and defend against those who are opportunistic and seek to harm us.

4.3 May we give humble thanks for being paired with loving and loyal life partners we may have been fortunate to encounter, with them helping us experience deeper love.

May we be most grateful for special friendships and people helping us throughout our lives.

May our loved ones all be blessed with good health, safety and joy while growing and evolving.

4.4 May we give thanks for the preciousness of children.

May these highly sensitive beings be reared safely, be readily afforded good nutrition and have many opportunities to be joyful.

May these fragile and sensitive beings be nurtured by caregivers of all society with love and care to be confident, open-minded and open-hearted as they grow and evolve.

4.5 May children encounter minimal neglect and misfortune, for their own sake as they may grow up to impact society negatively.

May we understand the word “evil” stems from opportunistic actions as children mature in society and not from them being evil. May the practice of meditation help children to face their challenges positively and help them evolve.

May they contribute to society positively and be better custodians of this planet.

4.6 May we grow from within, gaining confidence to express our love for one another as physical and ethereal beings.

May we give thanks for the many gifts that come from practicing and achieving unconditional love.

4.7 May our capacity to love on many levels grow, and may we be compassionate and empathetic while helping all in need.

May all our relationships in this realm bring worthwhile experiences and life fulfillment.

4.8 May we reflect positively upon our lives, as we mature.

May we make necessary amends to those we have affected negatively and help remove them from our weighted conscience.

4.9 May we come to the end of our lives with the fewest regrets possible.

May we accomplish our evolution through the challenges of our life's journey.

4.10 May those leaving us in passing away and those that have already left us, continue to inspire us with their achievements.

May we gratefully remember those who have left us, seeking to apologise or forgive if warranted, by kindly acknowledging their departure from this physical realm.

[Momentary pause. Breathe deeply. Remain in quiet contemplation or you may do a 1-3 minute silent meditation here for reflection and/or continually invoke a chosen mantra. Continue when you are ready.]

With Respect To Our Evolution As An Advanced Species On This Planet:

On Growing Humanity;

5.1 May we acknowledge all diversity within humanity so that we may consciously and conscientiously evolve as rapidly as possible, to live in harmony with this precious, wonder-filled, beautiful, bountiful, rare planet and all species that share it.

5.2 May we learn the appropriate balance of firmness and discipline on the one hand, with kindness and compassion on the other, as they are an important combination for communicating and eliciting positive and effective behaviour.

5.3 May we learn the necessary technical skills needed for survival in our complex world in order to successfully progress through life's many challenges.

May we also learn valuable soft skills needed for expressing and communicating effectively and successfully.

5.4 May misunderstandings be resolved with patience, care and honest clarification.

May we always remain positive as we learn to discern and have realistic expectations of others.

May we grow tolerance of others not only because it is expected, but also because it is compassionate.

5.5 May we evolve as an advanced species by seeking global unity, driven by understanding of our diversity and the need for free will as unique individuals.

5.6 May we learn to peacefully co-exist, helping each other by giving and receiving more freely.

May we practice generosity and aspire to be more consistently charitable, altruistic and philanthropic, benefiting all in need.

5.7 May we grow in healing harmony, learning to more quickly forgive everyone and everything we experience for the sake of our emotional and mental evolution.

May we all receive understanding to resolve issues and conflicts, with increased patience, understanding, perseverance and tolerance.

5.8 May all those affected by injustices causing grief and long term trauma receive help from loved ones, health professionals, charitable organizations and public institutions.

May all those affected by systemic injustice also be justifiably made whole to move forward on their life journey and heal their communities.

5.9 May we be sensitive to injustice, past, present and future.

May we make progress individually and collectively in evolving to right the wrongs in our personal relationships, communities, societies and between nations.

5.10 May we become aware, appreciative and tolerant of diversity, and learn to consider it fundamental to harmony.

May we evolve and achieve success in discovering a greater strength and unity from our diversity.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Helping Humanity;

6.1 May all those working to make this world a better place for all species, grow to be more compassionate, conscientious and be empowered to achieve their goals.

6.2 May a higher calling empower all our leaders and activists that are working honestly for the "Highest Good".

May they succeed with a mind to social justice, through their conscientious efforts and perseverance in their intention of making life better and more peaceful.

6.3 May we all seek positive lifestyles, through a genuine desire to contribute quality of life solutions, meeting diverse needs.

May humanity be diligent in choosing resolutions to conflict that lead to harmony and seek to create peaceful coexistence.

6.4 May we especially overcome complex territorial and cultural issues with respectful and peaceful harmonious negotiations, perseverance, and with as much good will as possible.

May we look upon the past with empathy and forgiveness, revealing a better view that results in successful conflict resolutions.

May we be ready to finally forgive and let go of any pain in the past, to allow present and future progress for all.

6.5 May those in conflict seek, find and accept help from allies and organizations to arrive at peaceful mutually amicable resolutions and achieve time honouring agreements, so that warring can be relegated to history.

6.6 May we as a species be able to change our individualistic and nationalistic mindset to a benevolent and more global mindset, as we confront the future possibility of unprecedented migration due to an existential crisis from the planet's destabilization.

May we welcome all beings displaced by environmental causes.

6.7 May our collective impact upon this precious and fragile planet we call home, be an immediate and never ending priority.

May all organizations and communication platforms be used to seek and share transparency and accountability of all corporations and organizations.

6.8 May we always remember to grow within and without while offering our utmost respect to our host; this fragile and delicately balanced planet, our Mother Earth.

May we remember we are all merely temporary visitors here.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Respecting of Co-Existing Species;

7.1 May all of us on this miraculous planet make healthy, harmonious and ethical choices to help ourselves, each other, other species and Mother Earth.

7.2 May we be grateful and compassionate for all the wonderful species created on this unique precious planet, sentient or not.

May we grow our support of ethical organizations that make a positive difference in helping humanity, land animals, aquatic animals, the plant kingdom and most importantly, our environment.

7.3 May we be forgiven for hurting any creature unintentionally as we live our lives, or in times of self defence.

7.4 May we be forgiven for hurting any insects and small animals while trying to remove them from our homes, and if there is no alternative, may we be forgiven for terminating their lives - doing so only as a last resort.

7.5 May we be forgiven for uprooting or moving animal species when necessary.

May we be forgiven for endangering land animals and aquatic species out of ignorance or negligence.

May we always be alert and responsible in avoiding accidents harming animals while using vehicles for transport.

7.6 May we be kind and supportive to animals used for daily assistance, including menial jobs, and aim for the development and usage of ethical, effective alternatives, through technology.

7.7 May we be forgiven for having to remove invasive species that threaten our local habitat, or as a last resort eradicating them.

7.8 May we be mindful when using the scientific and miraculous living plant world for our sustainability and survival, and our need for uprooting or moving plants, trees and forests when necessary.

7.9 May we acknowledge the many benefits and positive impacts of a plant-based lifestyle when informed choices are made and also when being vegetarian/vegan, with ethical food technologies for all humanity living on this fragile planet.

May we offer thanks daily for our sustenance and to our planet for the living plant world sustaining us.

7.10 May we cease hurting and killing any of the other species as we evolve, unless it is deemed truly and absolutely necessary, as in ethically necessary culling or in self defence.

May we be forgiven our past involvement in the hurting or killing of any other species.

7.11 May we aim to cause less suffering and prevent the unnatural death of any living being, by consuming plant-based products only sourced from ethical farming practices.

May we learn to be aware and avoid using products that exploit any species.

With Respect To Our Evolution As An Advanced Species On This Planet:

On the Betterment of Humanity;

8.1 May we consciously hope for all species struggling to survive do so with help from others.

8.2 May we humbly ask that humanitarian help be given to all species potentially affected by impending catastrophes and disasters, to lessen their burdens.

8.3 May all humanity have help from caring and compassionate beings and have the best opportunities to resolve difficult life issues.

8.4 May we be able to reverse seemingly irrevocable changes made to Mother Earth by our poor decisions, and those of our ancestors, causing major planetary destabilization.

8.5 May all leaders be proactive, ethical and attune themselves to adopting and enforcing forward-thinking policies to protect all living beings and living things against existential threats, whether natural or of our own making.

8.6 May we all proactively and diligently review and adopt sustainable lifestyles that are harmonious with our living planet today and into the future.

8.7 May the risk of advanced and ultra sophisticated scientific and technologies such as Artificial General Intelligence or Artificial Super Intelligence be safely and responsibly developed under deep and stringent scrutiny, including development of safeguards that advance humanity for the "Highest Good".

8.8 May our affirmations be with the intention to be diligent and vigilant in making wiser choices while executing safer and thoughtful actions at every opportunity.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Humanity in Harmony;

9.1 May humanity be blessed to evolve rapidly due to impending need, so as to live in harmony with this precious planet and with all species co-existing on this beautiful and bountiful celestial body.

9.2 May we learn to free ourselves of all forms of ignorant judgment that come from petty and harmful base emotions, and to replace each of them with the nurturing ideal of unconditional love.

9.3 We humbly give thanks to all those who work compassionately and diligently to help humanity physically, mentally, and emotionally, and also to those helping all other living beings and living things.

9.4 May we continue progressing as an evolving peaceful species in all endeavours.

May we all try to live in harmony.

May we all try to be in harmony.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Greater Humanity;

10.1 We give thanks for the possibilities of higher evolved entities imparting wisdom and helping us in our daily lives when we are in need, leading to greater awareness and integrity for all.

May we all achieve positive outcomes for humanity's evolution, including all coexisting species and our host, this precious rare planet we call Earth.

10.2 May we all strive to build moral character through living mindfully, with deepening compassion for all things living.

10.3 May we all strive for higher ethical and moral standards of living, while acknowledging and supporting each other in this goal.

10.4 May we be observant and wise in developing a harmonious attitude with unconditional love toward everyone and everything, especially at times when interacting or negotiating complex issues in this realm.

10.5 In order for all of us to live in greater harmony, may all beings consciously synchronize with their True Heart connections, becoming a valuable and valued source of inspiration and healing for one another.

~ End ~

The following is for those interested in why LHaMP has been conceived for humanity.

BACKGROUND (3 minute read)

~ This is a meditation presentation that encompasses living with oneself, everyone and everything. By shining light on the path for what we see as an evolving humanity, we hope it will help provide a leap of consciousness in the direction we all need to head together. LHaMP urges us to look within and without. We hope they will inspire a fundamental shift to a better life for us all.

~ Many people wonder and doubt how we, as a species, are going to survive the next several decades with all the issues facing us that are threatening our civilization.

We need a paradigm shift. LHaMP can help cause that shift. There is hope through harmony.

~ We collectively and immediately need to address these many pressing issues, be they personal, communal, scientific or technological, to make immediate progress for everyone in our collective society. We have to focus upon creating a harmonious and onward evolving civilization. If we delay, we risk losing our ability to survive. LHaMP came to us as the answer from asking many many deep questions on all issues of life

~ Once we recognize that we are highly evolved beings, we see that we need shared values and principles that reflect our purpose in life. This work is based on the perspectives and experiences of both authors, who strive to practice this meditation fully – including living as vegans with health supplements at home and being vegetarians when visiting with family and friends. However the authors themselves are not the focus; the meditation is intended to be a guide for living a conscious and evolving life.

~ In realizing that we are highly evolved beings, we need a set of collective values amongst others for a just and evolving society and principles that reflect our purpose in life. This work is based upon opinions of both authors, based upon their life experiences and self realization, who try to practice all aspects of the meditation, including becoming vegans at home and vegetarians with family and friends, but are themselves inconsequential, as the meditation is the gift to living an evolving life.

~ LHaMP is self-explanatory, taking about 30 minutes to read. It can be followed by silent meditation to allow for reflection and introspection. Once you are familiar with this complete version, you need to only pick a few verses at a time, especially when time is limited. We recommend using the full version at least once a week, to fully immerse yourself and get the total benefit.

~ LHaMP is offered to view life in such a way by truly grasping this beautiful yet challenging physical realm so as to be living in harmony with it peacefully, rather than fearing or fighting, or

even being frustrated and stressed about it. There is a better way to view and truly enjoy this physical lifetime gift. Harmony is the real basis in surviving our way through it!

LHaMP lights the way! 🕯️

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You can return to the meditation from here or continue reading for more information on why there is the need for LHaMP in reading the Introduction (45 minute read) below.

INTRODUCTION (45 minute read)

Life Harmony Meditation Presentation (The acronym LHaMP is pronounced as “lamp”).

This much needed meditation sheds light on humanity’s path for continued and progressive life on planet Earth. The meditation is for helping humanity climb higher on the evolutionary ladder, so that we may continue existing into the future with hope while in this physical realm. Its main goal is to bring harmony into all relationships. It is intended to help all human beings relate to everyone and everything, including this very special planet, in a desired and better, more responsible and respectful way.

We need to seek the highest morals represented by values and principles, in order to evolve as harmonious humanity. These values are exhibited within this meditation and ultimately lead to principles that guide us to evolve: love, humility, ethics, integrity, compassion, responsibility, respect, honesty, loyalty, generosity, empathy, gratitude, courage, wisdom, accountability, kindness, forgiveness, patience, community, justice.

“The measure of harmony within humanity is dependent on its evolution as a species.”

Harmony for Humanity Defined:

Harmony is the peaceful coexistence, agreement, or pleasing arrangement of parts, whether in relationships, music, or design. It signifies unity, balance, and consistency, often describing situations free from conflict or the combination of musical notes into chords. Common usage examples include "living in harmony," "working in harmony," or "musical harmony". Cambridge Dictionary

Key synonyms for harmony include accord, concord, unity, consonance, and balance, often representing agreement or peaceful, musical alignment. It signifies a state of consistent, pleasant, or peaceful interaction between people or elements. The primary antonyms for harmony are discord, dissonance, conflict, and disharmony. These words signify a lack of

agreement, peace, or musical consistency, highlighting a state of friction or opposition. Merriam Webster Dictionary

Harmony in our lives, enabling our society and civilization to peacefully endure, comes from maintaining order.

A simple analogy is driving around in a vehicle. With the rules of the road, we have harmony allowing us to generally have a pleasant experience and enjoy the benefits of driving. These rules have evolved over years of experience by society. Without rules of the road we would have chaos. We abhor drivers, even pedestrians, who break the rules and the harmony of driving, by endangering others.

Both order and chaos have their place in the physical realm. In the example of stars birthing, order ensues by bringing elements together, but chaos also occurs during the death of stars. However, order ensues to create galaxies and as evidenced, even our solar system. Order requires great energy and as humanity we need order to evolve. Chaos is disintegration, a reversal of order that occurs when we abandon pursuit of order. Chaos reigns until greater energy recreates order.

Humanity's process of using trial and error to improve any function, social or technical, is not a perfect system but has improved over millennia using greater understanding and help from our imagination and creativity, including the sciences and technological advances. We have evolved from guidelines achieved over much human time and effort to form societal order. We live with guidelines that maintain social order, such as civil and criminal law, administrative law, driving law, etiquette and social behaviour rules of conduct. Without a rules based society, the unruly or mighty has control over the weak - a predatory scenario going back to the caveman mentality.

We have also created various human rights laws to allow specific freedoms, some robotic laws, and in the future we will create laws for Artificial General Intelligence (AGI) or Artificial Super Intelligence (ASI). ASI has immense risks and creates fear and is likely warranted if basic safeguards cannot be implemented. Humanity's demise will possibly and likely be by a superior source, having different values, whether we create it or it visits our world.

While physical order such as creating infrastructure arises from our need for buildings and bridges, other types of "order" allow for the enjoyment of artistic endeavours, such as creating a performance. Finally evidence-based science is an orderly process and provides for qualitative and quantitative outcomes (the many beneficial things we make that are safe and enduring in society). Science is a great asset in realizing many technological creations for a better world. Politics and economics can hamper scientific and technological progress, creating pollution (e.g. disposable products for profit motives) through inadequate governmental safeguards. Bottom line corporate expectations (keeping prices low regardless of pollution impacts) have caused much distress to our planet's stabilization.

Harmony is an evolving process, as we have recently begun understanding ourselves better as nations in a global framework. We can only co-exist while maintaining order and justice. Harmony is a result of all humanity pursuing order and justice. Harmony in life is living with

others in peaceful agreement by unison of heart and mind, enabling each other to be at our best together as a united species.

Events such as the Olympics/Paralympics, when the infrastructure is sustainably built, are only successful through harmony. They exemplify our best behaviour working in an orderly fashion to achieve shared goals. The outcome is an example of humanity's commitment to order by all competing and reaping the rewards of much struggle and endurance, with recognition of being an Olympian/Paralympian! Humanity is also elevated by the excitement generated by these events in forgetting cultural biases and prejudice. Other examples of harmonious events are concerts, community gatherings and convocation ceremonies. We are most united at great harmonious events elevating our spirit!

In daily life, we encounter different opinions, such as different strategies in pursuing a goal when we begin a task or project. The best path is one of creating harmony with most of the elements involved to make our goals successful.

Unconditional love is living our lives mindfully and harmoniously, embracing everyone and everything without condition. Unconditional love allows for a higher level of living by achieving a deeper resonance with others. Examples of unconditional love also abound at events, especially at weddings and even funerals. It is the ultimate result of harmony, a prized fruit of our diligence in pursuing peaceful order leading to unconditional love. In practicing unconditional love, we still need to be aware of possible threats as others may not be similarly disposed in their behaviour and self defence is our right to protect ourselves from abuse, etc.

Future promises of global harmony will result in the removal of territorial borders within the most progressive countries. We need to evolve as a harmonious species, to bring an end to our cruel and wasteful past that created untold misery and destruction. In addition, advancing technology such as AI and ASI will need to be harnessed by our collective will and governments or we may perish as an inferior species.

Harmony in most if not all aspects of our challenging lives can be achieved further by each of us reciting and understanding LHaMP, an evolutionary based meditation, for progress in evolving and sustainably prospering in this grand physical realm.

Understanding Death:

Before we delve a great deal further into how we can achieve this much needed harmony within humanity, we need to briefly reflect on death. It is undoubtedly a jarring experience to encounter in life, that some of us either shy away from thinking about it or are scared by the thought of it.

Everyone of us will eventually die, as with every other living thing in this realm. That is a fact we painfully understand after much observation. The many steps between the events of birth and death is our claim to having lived a life that mattered. Birth and death are both part of the harmony of life. Like a musical note, there is a beginning and an end, or death of the note. Everything in this realm begins and ends. Our sun gave birth and it will also die after a very very long time. When viewed as such, the physical realm is exciting and yet can be unsettling. It is our perspective that matters, in seeing its positivity or negativity. Our emotions when we are

young are especially important, as we develop a more positive or a more negative outlook on life. This is one of many reasons to nurture our young carefully.

Birth is granted from two beings causing the offspring to enter into life in this physical realm. It is usually a beautiful period for the parents though a demanding time. It is the creation of a physical being with the potential of realizing its gift of life on this planet. If the birth is without complications, we are most fortunate, though there are no guarantees of it becoming a healthy adult. Our relationship to our offspring is a crucial aspect to the entire family's success. Our ability to create a physical being adds to humanity's existence.

The family unit may not always be cohesive and members can stop relating. Dysfunctional families are a reality in our complex world. This results when not all members are in harmony with the family unit. However, time is a great healer and estranged members may return. If not, they may have irreparable upbringing issues from generational trauma, or are radicalized, needing to disengage from the unit. The family unit will continue relating, hopefully amicably in most circumstances if there is love and patience.

In this most challenging realm, we can encounter many kinds of scenarios that impact us mentally, emotionally or physically. All problems are challenging opportunities to overcome with unity and ingenuity to do better! There are myriads of situations where a living being can be affected, causing much need for support. This is due to us possibly being subjected to abuse, toxic relationships and environments, sicknesses, poverty, accidents, unfortunate circumstances and many possibilities of being affected. It is truly a testing ground to survive. Surviving is no easy feat. It is a realm that is most incredibly challenging. However, as evidenced by many in humanity, most survive and actually thrive. In developing and developed countries, support systems help us to have lives that matter and allow us to enjoy this realm. We need to realize this realm is to allow us to evolve to survive as needed. Due to the greater demanding role of mothers who give birth and then go on to nurture humanity's progeny and household, they need to be given extra consideration due to the heavy toll on their demanding circumstances.

Death being the end period of all beings needs to be understood as part of the harmony of life. It is the termination of life from physical impacts. This is part of the roller coaster of life. It can be simple or complex, depending on each family's circumstances. It can happen anytime. We can pray, however we cannot know all the reasons for death.

"May everything be for the highest good"

Reflecting on the above during a difficult or painful experience, is one way of understanding why circumstances can change in this physical realm and that reasons for this change may be beyond comprehension. It is beyond our ability to fully comprehend as each death is a unique event. As a fetus, we can go on to continue living for 100 years and more, or live only a few weeks (in the event of a miscarriage). When anything created is affected by many many internal or external factors, it can either survive or die.

However, death from human conflict is the poorest reason to die. There is no excuse for death from wars. It is human made destruction. It is a disappointment on humanity's evolution. Harmony in all aspects of humanity is the key to prevent death from conflict.

Often, the end of a life can be viewed as a sad situation, but a long suffering death is likely to be viewed as the worst way for life to end. Medical assistance in dying is now being considered

when life is extremely painful and causing extreme suffering. Death can be devastating, and we likely will not prevent it in our lifetime or ever. Death is the major realization of being in the physical realm. Death can occur instantly with no warning or by keeping one lingering on a precipice for a long time. May we all be granted the emotional maturity to understand and accept this fact of life in the most positive way, when we encounter death.

Being aware we could leave this planet at any moment, taking extra care with family and friends is a wise thought while dealing with a demanding role in life. Very sadly for us, death of a relation of ours is always painful, for the experience of loss that follows, though it is also part of the "harmony of life". The grief from loss is palpable. In the case of having lost a very strong and rewarding relationship, one may even contemplate suicide. However, suicide abandons one's own progress, and may culminate in regret should there be a life beyond. It may possibly also lead to deep regret upon knowing we have terminated our gift of a unique physical life prematurely. Sadly, nothing in this physical realm is forever. The depths of sadness human beings can or need to endure at times, are likely unparalleled by any other species, though these feelings of grief are known to exist in the animal and aquatic species, such as the elephant and the whale.

The Need for Harmony

Most people naturally dislike disharmony. Those who are more sensitive often notice how emotional turmoil or unhealthy lifestyle choices create imbalance in their well-being. Many of us experience stress because of misunderstandings or poorly expressed anger, which can escalate into conflict. As a result, we tend to avoid relationships that harbor disrespect, anger, resentment, involve constant criticism, use dehumanizing language, hold grudges, engage in bullying or betrayal, express racism, harm animals, commit injustice or fraud, or suppress freedom. Today, we also face a new source of stress: the uncertainty surrounding global instability and potential planetary crises.

Why, then, do we continue to encounter disharmony whether through personal habits that create dis-ease in our bodies, conflicts between individuals, or even large-scale clashes between nations? To understand this, we need to look briefly at our history.

Before humans developed language, misunderstandings and conflicts were likely far more common. As communication improved, we gradually reduced the constant fear that once defined early human life, which included extreme practices such as cannibalism and human sacrifice. Yet the pursuit of power has continued to generate chaos. Power can intoxicate, and those who seek it without empathy may ignore their conscience, allowing atrocities to occur. We have had and continue to have genocides and wars driven by hatred and insanity. This stands from fear of diversity leading to fear of differences, causing enmity and resulting in maiming or killing.

History shows that man-made famines, oppression, and wars have sometimes pushed societies back toward brutal behaviors.

Extremist groups can be agents of positive change, Extremist groups can be a catalyst for a better society when principles and values align with a noble goal. However, some extremist

groups—across different eras and ideologies—have repeatedly caused suffering and hindered human progress. A lack of empathy and unchecked ego have contributed to many setbacks in our collective evolution. Fortunately, movements for social justice have helped restrain narcissistic and destructive behavior by upholding order and accountability.

Over time, improved communication, shared values and the teachings of influential human beings have reduced many of the violent acts that once plagued humanity, including indiscriminate killing, rape, and theft. This communication also includes a greater understanding from conveying principles and values by many great human beings. Principles are objective whereas values are subjective. Example: To always speak the truth, is a principle. A value such as honesty or compassion is needed to speak the truth. These intertwined attributes lead humanity to evolve. They survive most chaotic periods of upheaval as civilization unfolds in its evolution. Our evolving principles and values have been helping us to attain peace through justice throughout history. In recent history, with less totalitarian leaders, we are undergoing a better understanding and need for all our leaders in forming a centralized government, including corporate and non-governmental organizations (NGO's), for effective guidance and betterment of society.

The institution of slavery was also abolished as we again evolved as a species where our collective conscience reached a sensitive awareness we could no longer ignore. Injustice has caused much turmoil in history. A great deal of injustice within humanity was by colonialism, monarchies, despots and tyrannical governments with excessive power causing all kinds of civil unrest by discarding liberties and promoting wars. However, newer governments with decentralized power allowed for a balance of power and protecting liberty. The decentralization of power was a progressive achievement, and is to be found in evolved democracies. Colonialism's main aim was to plunder other nations, which finally gave way centuries later, to a broader mindset dominated by chartered corporations and companies. These can be beneficial or predatory. In the former they are beneficial to humanity and our planet, being ethically responsible bringing ingenuity and employment to many. In the latter, they have caused untold damage to humanity and the environment, for the sake of profit. Recent food products that are highly processed and ingeniously addictive by corporations are created for dependency and thus profit. We always need to be vigilant and diligent when opportunistic humanity seeks unethical profit, and those that seek monopolistic or totalitarian power.

All nations need to ensure their people are comfortable with the political system in place. We have progressed by separating church from state, monarchy from constitutional monarchy in the past. In considering all forms of government, each is appropriate if the bonafide majority by a voting process is peaceful with the system chosen. As we evolve further, we may decide upon a universal system for humanity. A constitutional system is more stable and provides for decentralized power. A fair and honest voting system gives an opportunity for all to voice their preference. When needed, peaceful protests allow for the public to demonstrate on major societal issues of concern, to galvanize governments into action. An educated majority outcome usually is the best resolution for progress. All forms of government should provide social justice as its mandate.

Climate Change as per Google's AI: Climate change is widely considered the greatest immediate, existential threat to Earth's ecosystems and human civilization, causing rapid biodiversity loss, extreme weather, and rising sea levels. Driven by human-caused greenhouse gas emissions, this crisis is accelerating, with recent events marking record high emissions. Other future threats include nuclear war, asteroid impacts, and AI risks.

We need to heed our scientific community, though there are some who disagree with their warnings. Ecocide is a newer destructive act upon our precious and fragile planet by indiscriminate profiteers. We have yet to create international laws against it.

The predominantly patriarchal practice and traditions of inequality causing much distress to half of humanity has finally begun to diminish, albeit gradually. Finally recognizing gender equality after the suffragette movement and more recently equality of minorities have begun to be better understood and practiced, reaping benefits of diversity to humanity.

In regards to children, if we don't instill in them the right values for laying down the foundation of their conscience, they as meaning-making beings with needs, may grow into problematic radicals against society as adults. Without a conscience, we can act opportunistically regardless of negatively impacting other beings or co-existing species. Also the great importance of rearing and nurturing of our children has been better understood, whereby lack of nurturing our young may turn them against family and more concerning, against society through extremism. These may be from growing up in extremely difficult circumstances like physical and emotional abuse, poverty and lack of education.

Many of us individually are also choosing unsustainable lifestyles, causing harm to ourselves and our precious environment. Humanity's population cannot be maintained securely with our current levels of pollution causing destabilization, unless our current lifestyles change. The institutions of governments and other organizations will hopefully lead with plant-based food offerings in their buildings and public events, as a role model to sustainable growth. Following a plant-based diet and allowing for our taste buds to adjust over several weeks and begin to appreciate this healthy alternative, while at the same time respecting all other living beings, while at the same time reducing pollution is a harmonious goal for humanity.

Examples abound from unhealthy choices and lacking in discerning unhealthy products by deceptive marketing causing health issues. Food ingredients and preservatives that are deceptive and may cause health concerns are becoming a major concern in society. Many also succumb to poor health from indiscriminate lifestyles, one also without adequate physical movement that our bodies need regularly, that make them seek quick resolutions like pills with several detrimental side effects, instead of using an integrative and holistic approach in getting back good health and independence. We also need to understand sustainability issues, thinking ourselves as visitors impacting the health of this bountiful and beautiful planet. All this is occurring in spite of the evidence and common sense that have been presented by scientists, responsible media and well informed members of society, including activists. Thus, understanding the 7R's: rethink, refuse, reduce, reuse, repair, repurpose, regift, recycle by being risk averse in polluting the environment, is a better way to live sustainably. Transportation is another major impactful activity if it still causes pollution, needing much discretion. We live in a complex world requiring forethought, but also enjoy its many benefits!

Terrestrial and Aquatic Animals:

Many understand that killing the goose that lays the golden egg, or any animals supplying milk, is not wise nor compassionate. All the benefits of animals to help humanity survive are to be had in consuming their ethically sourced gifts, such as milk and eggs. Animals are to be cared for, when they serve humans in a pet relationship. Pets are dependent upon us when we create them from the animal world, needing much care and love to make it an ethical relationship. It may be difficult to achieve this beloved yet demanding relationship in our busy world. Compassion for animals and other living species has gained more attention. Science is indicating animals as sentient beings. Abusing animals for sport or indiscriminate hunting is now readily seen as a societal concern. Our historic cavemen nature of being barbaric, can no longer be justified in killing comparatively defenceless co-existing species today as advanced human beings with superior weapons. As highly emotional creatures still evolving, we need to better understand other living species co-existing, especially through a compassionate lens rather than seeing them as a meal. By respecting co-existing species, we also are more likely to have a deeper respect for ourselves and diverse cultures.

There are tricks to catch and manage the insect and animal world that can be a nuisance in our lives as they try to live amongst us. Examples such as stopping pests in gardens by using deterrent sprays or double planting for sharing with them, and for bigger pests like rabbits use plastic netting, a radio talk show to chase away raccoons in attics, humane traps for chipmunks then depositing them in another chosen but same location to keep families together, etc. We need to seek humane solutions to managing all coexisting life forms that also have a right to share this planet. In fact, we benefit greatly from some insects and animals that allow for pollination of nut and fruit trees, etc. There are answers to all problems/issues in all life stages, they are just waiting to be discovered by patience, understanding and continuous learning throughout our lives.

Becoming vegetarian/vegan or adapting to plant-based foods requires some learning and discovering new ingredients to create and enjoy healthy meals, or health issues may develop when reliance is on dairy or eggs with insufficient vegetables. Better sources of protein such as lentils or beans, also vitamin supplements such as d3, b12, iron, kelp, etc may also be needed if prudent health checks are performed in the early adoption of plant-based meals (ask intelligent AI for suggestions on adopting a new diet for guidance).

In conclusion on plant-based diets, today we have an immense variety of plant based foods. Becoming a vegetarian or vegan does require adaptation, requiring learning to feed ourselves differently and conscientiously. Health food supplements are also available as an alternative for special health concerns. Together with large portions of plant based fare being chosen after being better informed to get all their benefits, humans can live a healthy lifestyle with longevity. And we can harmoniously live amongst our fellow creatures of a different species.

On Governments:

In pursuing our goal of harmony, this is the most important public organization that needs our attention immediately, with the goal of pursuing a harmonious society and nation. Governments are often held in the greatest regard by their people, and the highest of expectations are demanded of them. We entrust them with our children needing to be protected by societal and enemy threats. The sacred voting opportunity is held in hope of a better future. In a majority-driven system such as the outcome of a vote, the same applies for grievances, whereby a majority need to make their concerns voiced for governments to change direction and make better decisions.

We have had disappointments in governments for far too long, needing commensurate protests when necessary, to protect and improve society. Governments should consult with each other when possible, for a united progress in representing humanity, wherever they may be located or use the agencies of the United Nations. Examples of these disappointments include the decades-long delay in granting women the right to vote in some countries while others had already recognized those rights; the slow acknowledgement of smoking as an addictive product and a cause of cancer despite the industry's early awareness of the science; weak environmental policies that persisted for decades even as scientific warnings about the planet grew stronger; continuing gaps in human rights protections across different countries; and cases of financial mismanagement and corruption.

Whatever political system is used, transparency is of the utmost importance. If we feel corruption is being practiced, it not only is abhorrent to most, but also a situation that attracts opportunists to also practice corruption. It is not only a cancer, but one that can also metastasize. Corruption breeds corruption. Corruption also causes institutional suspicion, making it a very difficult situation to recover from needing much time and attention to regain. Therefore, we need to know our leaders before voting for them. We also need to demand and monitor for transparency when necessary. The profit motive in corporations makes corruption more likely, but in governments it is inexcusable. Corruption in government is inexcusable requiring responsible citizens to lodge major protests demanding immediate action of accountability when necessary.

Extreme leaders almost always have political ambition for power and to sow division within their population, so as to divert attention away from their shortcomings and failures. Their fanatical followers don't see their errors of judgment due to blind hope and the rest can only watch in consternation and at times, horror. Some candidates are led by egotistical ambitions, so we need to be better aware of the potential leader's character before voting them into possible positions of government, especially with those secretly seeking total political power. In countries with sham elections, the egotistical leaders have already made their leadership irrevocable, requiring a revolution to oust them.

Some governments are exemplary, consciously pursuing progress for environmental issues, human and animal rights, remedying poverty, practicing sound fiduciary responsibilities, etc. Those in poverty with no food or living space need help to get back on track. Therefore, governments need to appropriately fund centres that support with dignity the unhoused and poverty stricken, a reality in most countries. The countries that do look after their people in any

circumstances, are a model for the rest. Another example is by governments giving clear and timely directions for business and industry to help safeguard and improve society. It is time for governments to realize their importance in daily life and make them hear demands for safe, just and progressive nations. As part of the government, we also have necessity for the military and police, as we have not evolved enough as a species, from still needing these forces to keep order. In maintaining excellent forces, they need proper funding to provide services in protecting the country and society, respectively.

The very best minds are needed in government as they need to steer humanity at the highest level for a harmonious and societally rewarding existence. Those chosen can be from the private sector as subject matter experts. They all hold the reins to humanity's progress. A well educated and developed individual who demonstrates integrity, responsibility, commitment and dedication embodies the qualities needed for the most demanding government roles, such as ministers, policy makers, regulators, inspectors, etc. A new and major threat, AI will require the greatest of governmental minds to understand it quickly and harness it with effective regulation for the betterment of humanity. Otherwise our future looks dire with an existential crisis ending our civilization that has evolved for millennia. Finally, there will always be economic priorities that dictate our behaviour as a species, however the delays in rectifying pressing environmental issues may demand greater sacrifice in the future. Hopefully humanity is up to this challenge.

We created the United Nations (UN) and its specialized agencies that overlook many humanitarian issues, after much territorial conflict and world wars, including atrocities that accompany wars that are hopefully never to be repeated. War causes generational trauma and families are devastated by loss of their progeny. The International Criminal Court (ICC) with international laws was also created. Peace has now been given priority in global matters. The United Nations is an impartial and well represented world organization to help humanity survive and thrive. The Intergovernmental Panel for Climate Change (IPCC) is a UN body of humanity's best scientists with reports that indicate that Climate Change is from the previous Industrial Revolution together with current policies allowing for continued pollution. They need to be heeded. Climate change action may need to rely upon conscientious countries developing independent plans, should the UN not make adequate progress, so as to move away from fossil fuels. Individuals seeking alternate forms of transportation away from fossil fuels may also contribute to this goal.

The UN is an important and necessary organization that has helped humanity progress since its inception in 1945. Most member countries recognize its progressive role for all of humanity as they strive to harmonize with the world. Some countries are much too nationalistic controlled by governments causing upheaval to the world and much pain to their own population.

The power of the veto vote was an enticement for the large powers to join the organization, but now it is detrimental to the process, with two major nations using it for ensuring their own advantage, thus running roughshod over other UN countries and humanitarian resolutions. These vetoes by the Security Council, especially from self interest rather than for the benefit of humanity, have hampered progress in recent history. Even for purely humanitarian issues they have vetoed action. Hopefully, these members will be generous and evolve ethically and responsibly as major nations ought to do, by beginning to restrain vetoing on major issues related to humanity's progress. Humanity's peace, harmony and evolution need a stronger

United Nations. If the vetoes by the permanent major powers in the Security Council continue hampering UN progress for humanity, boycotting their products and services and not negotiating with them may be a possibility to get their attention. From their veto votes against progress for humanity, these major nations obviously do not have an interest in other nations' welfare. Human welfare is not their priority. Apart from public protests, buying from other nations and negotiating with them for major projects is also a possibility, until the major powers act in harmony with humanity. However, humanity may need to await generational change for new leaders to steer this planet consciously and in harmony.

Humanity's Progress:

"Progressive harmony dissolves all conflict."

The end result of all our collective learning and understanding has been a gradual yet progressively harmonious world. Social media, a complex technological tool for an evolving humanity has been of much benefit. We have definitely progressed, but sadly not enough. The evidence is in the several major global issues facing us, such as sectarian and tribal conflicts, tyrannical and corrupt or repressive governments not practicing ethical governance and sadly, unethical and greedy power mongering corporations violating ESG (Environmental, Social and Governance) principles causing environmental destruction, with possible impending threats of planetary destabilization. When workers realize an incorporated business is unethical in any manner, either through poor working conditions, polluting the environment, corruption, etc., official strikes and disruptions in accordance with legal obligations should be pursued while seeking to involve governmental inspections if necessary to resolve the issue.

AI and especially ASI or AGI (both considerably greater intelligent versions) will be the greatest force to harness, without question. It may be beneficial or not, depending how we wield it. Not only will it be an artificial super intelligent species, but it will be invisible. We will not be able to know the "mind" of this formidable and complex foe. It is possible that our intelligence will be confronted by a superior type. Our collective principles and values as we evolve will be based upon understanding ourselves to be more united than ever before. ASI will not have this element of us being unique, diverse and united, hopefully giving us an edge, rather than from only relative physical attributes as ASI will use. Unlike AI's embedded values, human evolved values such as love, kindness, compassion and peace originate intrinsically from spiritual beings. We will hopefully have an advantage, by having a deeper and greater bond with the power of unique diversity like never before.

"Harmony proliferates peace & joy."

Living as we do today in an advanced and complex civilization, we still need to evolve further as a species to create greater harmony within it and again significantly reduce or even stamp

out many transgressions, crimes and injustices by unscrupulous individuals, hordes of violent extremists, unethical corporations, warring nations and sadly, crimes against the animal kingdom and against our host, this amazing planet we call Earth.

No human being is intrinsically evil or immoral. This situation occurs as mentioned before, from various factors such as upbringing with trauma through poverty, abuse or violence. Other factors are from societal pressures upon individuals manifesting as greed or entitlement from a young age or later in their lives. In other cases it may be from mental illness. There is no evil being.

However there are evil acts being performed and these are a result of un-evolved beings in societies. It is important we know the difference. Human beings may be warped or distorted from their absolute origin, by traumatic events instead of being nurtured and guided in their young lives. Instead of expressing themselves according to evolved values, such as loving, compassionate or peaceful, they can display and act upon distorted values due to these tragic experiences in life. Examples of evil values and acts lacking honour, virtue or decency are being: narcissistic, egotistical, opportunistic, physically threatening, murderous, expressing base behaviour, stealing, lying, etc.

Being an un-evolved species in the past, few in history have used their knowledge of spiritual guidance to benefit themselves from having power and money to advance materialistically. We have had ethical leaders practice for the good or benefit of humanity but sadly, also some unethical leaders seek to achieve power and profit from their followers.

Daily Harmony

By always coming from a place of conscious harmony, we will develop greater respect not only for this planet, but for our gift of physical life, each other and with all co-existing species on our planet. We will also better understand why living on this planet not only can be the most challenging for us, but needs to be so for our evolution.

Practicing meditation and reframing our collective experiences while realizing we are all affected by similar life challenges, it becomes clear that evolving as a species living in greater harmony is the only way forward. Our evolution has also developed our conscience, allowing for offering apologies and forgiveness, which promote harmony. Achieving daily harmony with everyone and everything is also the best way forward, especially in light of the fact we consider ourselves the most advanced species on this planet.

We live with other species. They are interesting and amazing in how they try to survive in this challenging realm. We share much of their DNA and humanity needs to relate to them compassionately. There is more to them than meets the eye. May we view and better understand other species coexisting and treat them with respect. The element of respect is important when approaching others, friend, stranger or foe, because it creates the basis for expressing diverse opinions, viewpoints, etc. therefore encouraging communication and understanding for the best possible inter-exchange, whatever the outcome.

Goal of Harmony

For an evolving species, harmony is the goal. Humanity has come a long way, but evidently there is still more harmony that needs to be developed within and especially as we begin to confront an unprecedented existential challenge, that of our planet hurling into destabilization. Some believe this destabilization to be a hoax or conspiracy and yet there is scientific evidence together with empirical evidence whereby catastrophic climate events are already causing weather related disasters in many countries. Only time and more evidence will tell if these will intensify and be cumulative, finally convincing most to do something about it. We deliberately invite chaos if we do nothing.

“Achieving harmony in all our relationships, within our species and with others, will bring a collective commitment to aspire not only as physical beings, but also a highly evolved civilization.”

This seemingly far-reaching goal of universal harmony can be had with a paradigm shift that is within our grasp. It starts with deeply understanding the power of consciously cultivating a harmonious attitude to everyone and everything. This harmonious attitude, together with gradually attaining unconditional love can begin by following and then experiencing the message outlined in this meditation presentation, that can bring this paradigm's possibility to fruition.

Let us lead an evolving life by using LHaMP.

Let us all begin!

For those of a secular view of life, please consider reading the spiritual version, as it is the original source of the meditation. There is much to be had by expanding on the possibility of a spiritual realm that awaits our arrival upon leaving the physical realm!

~

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Thank you.
2026

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Brief bio of Authors: (5 minute read)

Zahir left South Africa at 9 months of age in 1950 due to the dreadful apartheid regime, whereby his parents decided to move to the Democratic Republic of the Congo (previously Belgian Congo), then later to East Africa (mainly Kenya and Zanzibar). Enjoying friendships and community ties, he grew up in Africa.

He arrived at age 13 in the UK to join his parents who had emigrated two years earlier. He began formal education in British society. By the age of 14, Zahir became passionate about electronics and enjoyed fixing radios and started playing electric guitars as a hobby. He became an agnostic between ages 14 - 17, while an influential atheist uncle stayed with his family. This uncle and Zahir both shared a passion for physics and electronics. Upon the uncle leaving, he resumed a greater belief in The Creator and the possibility of angels.

At age 19 he experienced his first and only seance held by a visiting aunt, followed by his very first automatic writing experience that same night. When requested by angels during that session, to wait until later in life to communicate with them, he was filled with gratitude. They assured him they would communicate at the appropriate time.

After secondary technical school studies, he began college after joining the telecommunications industry as an apprentice for 3 years. This was followed by another 3 years as a technical officer in the UK. He travelled for vacations to East Africa and several countries in Europe, seeking to emigrate at age 20 due to racial political concerns in the UK (a reality which took decades to diminish). He visited Canada and the USA in July of 1973 and in November of same year, he arrived as a landed immigrant in Toronto, Canada at the young age of 23. In 1974 he was a superintendent of a 50 apartment complex in Toronto, which garnered him much experience of the Canadian lifestyle. In 1975 re-joined the telecommunications industry as a technician and later management positions, a career spanning 28 years until retirement.

In 1976, shortly after arriving in Canada, he had the opportunity to take a one-year work assignment in Saudi Arabia where temperatures reached 115 degrees Fahrenheit in the desert and 100% humidity on the coast. It proved to be a memorable trip. Zahir married in 1977, adding three daughters to his family. He separated in 1993 after a marriage breakdown. In the mid-1990's, Zahir became an activist supporting humanitarian causes and protection of all land and aquatic animals, including the environment.

Suddenly, spiritual communication (automatic writing) began in 1996, at age 46, 3 years after a turbulent 16 year marriage ending in an amicable divorce. The outcome of his marriage and having to care for 3 children together with the state of humanity and this planet, created a deep desire to better understand this realm. The automatic writing session occurred unexpectedly and was not initiated by him. He had just become a vegetarian on August 10th 1996, for the third and final time in his life, after greater realizations on relationships began pouring into his being. That same night at approximately 4 am, a spiritual contact occurred for the second time since 1969. Through automatic writing, very unexpectedly initiated by an angel named Ovid, Zahir went into a higher state of consciousness. For the next 6 months, he remained in a state of heightened consciousness, with many 4 am early morning sessions of several minutes automatic writing sessions occurring. After that, occasional sessions still occurred for another two years, with Ovid and an elder called Mir joining for more complex issues. The author was also told he has had at least 2 reincarnations. Automatic writing is available to all humanity, however a response from the Spiritual Realm is up to the graces of divine intervention. Not getting a response isn't a reflection upon one, as we know there may be a reason for the highest good.

It was due to this experience that Zahir began working on the seeds of LHaMP in 1996. (LHaMP was not dictated through automatic writing.) Zahir made a commitment to share this way of life as imparted to him through Divine Guidance, having been filled with gratitude and renewed hope for humanity. Living with these values and principles, he felt no contradiction or hypocrisy in his better way of life. Zahir found a higher peace and appreciation of life following this experience.

Shortly afterwards, in 1998, he joined an association of a trailer and camping community of 200 families. Managing animals and insects was a life learning experience, with none killed intentionally. Using his experience as a condominium board member in the 1980's, he joined the association as a board member serving many years, he learned to better understand how community works and how important the democratic process is in helping to improve and maintain a shared 140 acre park.

During his time in Canada, he travelled for vacations to the USA, Egypt, Israel, France and Switzerland, realizing travel broadened one's horizons while appreciating this amazing planet. He also spent some winters in Florida and Mexico.

Finally, Zahir teamed up in 2020 with his co-author and a keen editor. Together, they brought the finalized version to fruition after several iterations. They both tried to find the best solution to resolve any issues for the "Highest Good". Zahir then prepared a spiritual and a secular version, recognizing that many do not believe in The Creator. Some family members and friends also helped with editing and building the website, LHaMP became ready to share with humanity in late 2026.

Debra was born in Toronto, Canada and grew up with her parents; a mother who excelled in real estate and a father involved in several businesses. After her siblings (who were much older) left home to marry, she grew up in gradually worsening circumstances, putting her on a spiritual path early in life.

At age five, she recollected having an elevated experience of body and mind, seemingly floating up in her basement. By that age, her parents were having relationship issues. They separated when she was around 8 years old. Still, life kept getting worse. By age 12, Debra had to have her mother committed due to severe mental illness that led to instances of physical abuse. Her father, meanwhile, struggled with alcoholism. Children's services placed her in foster homes which were very difficult experiences and finally in a group home, where she finally had the support to begin imagining a life worth living.

Debra was developing spiritually and had an opportunity at age 20 years to go abroad to a seminary. After a year she opted to return back to Toronto, seeking other spiritual experiences.

Debra began various jobs and also shared a rented apartment. At a relatively young adult age, Debra began working in a health food store in the essential oils and cosmetic department. She later became a drug mart store cosmetics specialist, a kindergarten assistant teaching preschoolers including arts and crafts, and a community helper. She eventually found self employment as a multi-level marketer. This was her passion due to better technologically derived products, but the remuneration was always a roller coaster ride and generally difficult for building a steady and rewarding life, requiring her to rent out a room in her apartment.

Debra was fully spiritually awakened by mentors running metaphysical gatherings and holding courses. She became highly conscious of her purpose to help others in life metaphysically. It was around this period in mid-life that she adopted a vegetarian diet. It was after having a pet fish experience, where it jumped out when she was passing by the aquarium and upon picking it up and simultaneously realizing that other species deserved to live too, she gently and most caringly returned her pet fish into its home.

Debra also helped give readings in spiritual churches in Toronto and Peterborough. Debra's favourite mantra was Nam My Oho Renge Kio recited at least 3 times. Chanting this mantra (it sounds like "Nam-myoho-rence-kyo") is a Buddhist practice that Debra adopted. It provides a way for all people to activate it within their own lives and experience the joy that comes from being able to liberate oneself from suffering at the most fundamental level. The essence of Buddhism is the conviction that we have within us at each moment the ability to overcome any problem or difficulty that we may encounter in life; a capacity to transform any suffering. Our lives possess this power because they are inseparable from the fundamental law of nature that underlies the workings of all life and the universe.

Debra assisted with LHaMP thanks to her spiritual understanding and her excellent wordsmithing talent. Her focus on helping others through loving care is proof of her many friendships that still endure today. She was an Earth Angel. Most sadly, her life came to an end

in 2025, after 5 years of health issues, just after turning age 71. She is and always will be missed. May her soul rest in peace. 🙏

Debra undertook a most challenging lifetime, no doubt to evolve through it and make this lifetime worthwhile for her soul to progress as much as possible. She was a trouper on the stages of life.

Debra has recently channelled to confirm her soul is at peace and that she is continuing her soul journey in the Spiritual Realm. Her spiritual name is Mar. At this time, she does not know if she will reincarnate.

LHaMP for the Secular May 2026



LHaMP - Sec

(LHaMP - Sec = Life Harmony Meditation Presentation - Secular)

A New Paradigm For Helping Humanity.

There is an urgent need for all of us to live better. LHaMP is a practice we have drafted to help align and unite humanity with a common set of values and principles, so as to evolve and live in harmony.

There are two versions, secular and spiritual, to accommodate all of humanity. This work was created by two authors, wanting to find the best way for us to live in harmony with the physical realm. We created LHaMP and are offering it to everyone freely, in the hope it helps.

This is the first time we are sharing LHaMP to humanity outwardly, so we welcome discussion on social media and important feedback will be used to improve upon it. If a better and universal version gains momentum, then it can only help humanity evolve quicker with harmony as its goal.



- LHaMP Preparation (2 minute read)
- Mini Meditation (2 minute)
- LHaMP Meditation (30 minute read)
- Background (2 minute read)
- Introduction (40 minute read)



You may wish after reading the LHaMP Meditation to find out why it came about by reading the Background and Introduction sections. These are provided after the LHaMP Meditation. Some people will find LHaMP to be self explanatory for the most part and do not need to read more about why it was created. Others will benefit from a deeper explanation. It is your choice.

LHaMP PREPARATION (2 minute read)

~ Please keep an open mind as this meditation presentation progressively unfolds as you read it..

~ It would make a big difference if you were to make time for this in your life to say it at least once a week for a few weeks or more, to see how it can actually feel and move you to inspiration. Then you can choose a few of the verses accordingly, as time and work allows. Use of a 2 minute meditation has also been provided, to keep practicing harmony.

~ It is not meant to replace other meditations, but to be used to collectively bring in a new paradigm that answers the current need of development of humanity and offers a better awareness of our impact to everyone and everything on this planet.

~ Thank yourself for taking the time to meditate, to quicken your development within. We also thank you for sharing it as it is provided freely to help all humanity.

~ Please place one hand on your heart chakra in the centre of your chest, and breathe 3 deep slow conscious breaths to become more mindfully present ...you are now in True Heart mode with your mind and heart more firmly connected.
Placing our hand in this way will help us toward True Heart mode, a mind and heart connection that more easily transports us for our highest state of being. It is a truly mindful connection bringing many other benefits.

~ If you are stressed or dealing with major issues of life, reciting the Buddhist Mantra “Nam Meo-Ho, Renge Kio” three times or more may help relieve your mind and calm you before proceeding with LHaMP.

~ You may also begin with the Om mantra or another one of your choice. It can be said aloud, softly or quietly in one’s mind. This helps us to comfortably enter a deeper state of consciousness. After a minute or so, begin the LHaMP meditation.

LHaMP lights the way! 🕯️

Let us begin!



Mini Meditation (2 minute read)

This is a helpful and quick daily practice leading into living in harmony, with yourself and others, when time and opportunity is very limited:

- ~ Smiling Spreads Peace & Joy (e.g. say audibly: I smile to spread peace & joy)**
- ~ Believe in Yourself (I believe in myself)**
- ~ Seek to Understand Than to Judge (I seek to understand than to judge)**
- ~ Practice Peace at Home (I practice peace at home)**
- ~ Donate Anything You No Longer Need (I donate anything I no longer need)**
- ~ Seek the Positive and Let Go the Negative (I seek the positive and let go the negative)**
- ~ Judge Not Yourself or Others (I judge not myself nor others)**
- ~ Seek to Praise with Positive Feedback (I seek to praise with positive feedback)**
- ~ Harmony Disperses Anger & Violence (I live in harmony to dispel anger and violence)**
- ~ Love Yourself First, to Love Others (I need to love myself first, to love others)**
- ~ Meditation Blocks Noises of the World (In meditating I block noises of the world)**
- ~ Walk in Nature, With Gratefulness (I walk in nature, with gratefulness)**

~

Life Harmony Meditation Presentation - Secular

(30 minute read)

With Respect To Our Evolution As An Advanced Species On This Planet:

On Being Present and All Aware;

- 1.1 May we evolve through all life experiences in this challenging realm by being present.
May we also develop an increasing appreciation of our gift of life in this grand physical realm.
- 1.2 May we become more clearly aware of our surroundings, especially awe-inspiring things, helping us to be appreciative, respectful and ever grateful of our environment.
- 1.3 May we use our mental, physical and emotional senses to grow our understanding and perception, seek wisdom through patient observations, and acquire open-mindedness.

May we also realize we are beings with a sense of inner connection to everything while experiencing this physical realm.

1.4 May we use our graciously granted strength, courage and wisdom to defend against injustice, intolerance and closed-mindedness.

1.5 May we learn that free-will is a force creating self-reliance and true independence, without us expecting intervention by others to mitigate every life challenge.

May we ask for help without blame when not receiving it as expected, as we manage life's challenges.

1.6 May our free-will, as an important part of our inner being, be allowed to express our individuality in ways that don't harm others, make us harmoniously independent, and create a positive impact for all.

May our uniqueness be accepted as we freely live our lives on this beautiful, bountiful, precious, rare and fragile planet we call Earth.

1.7 May we adopt a respectful and positive attitude as our goal in relating to everything in this realm.

May we always seek to surmount disharmony patiently and confidently by striving to reach out for better understanding, achieving deeper fulfillment in our relationships.

1.8 May we appreciate our unique conscious energy being and look for opportunities to further evolve our conscious being.

1.9 May we all seek to relate to each other with honesty and harmony, with the mindful realization that we understand relationships within us and from outside of us..

1.10 May all beings mindfully be a source of healing and inspiration for one another, so that all may live in greater harmony with each other, in oneness with their True Heart connection.

With Respect To Our Evolution As An Advanced Species On This Planet:

On The Physical Realm;

2.1 May we be most grateful for and humbled by the existence of Nature itself, and for its power to nurture us on this incredible living planet.

2.2 May outcomes of the Physical Realm be positively viewed whenever and wherever possible, for "The Highest Good Of All." (Explained in the Introduction)

May the impacts of the Physical Realm be better understood because we are living on a planet that is dynamically alive.

May negative impacts to health and prosperity be few and understandable in this dynamic realm, helping us to grow from experiences while receiving compassionate moral support from others.

2.3 May we better understand our unique physical needs and health issues, resolving them effectively with research and applied knowledge of good nutrition, natural remedies and the active pursuit of a healthy positive lifestyle, before needing to ask professionals for help.

May we have compassion and offer help for those in need from physical and mental and emotional challenges, also in having appropriate communal services available to them.

2.4 May we achieve self empowerment and gain confidence in being able to understand ourselves deeper on a physical, mental, emotional level.

May we learn and help rejuvenate ourselves holistically, and when necessary, may it guide us and others during health impairments.

2.5 May we have deep gratitude for this astounding Physical Realm, with all its phenomenal microcosms and macrocosms.

May we be caring, respectful and responsible visitors while in this realm.

2.6 May we understand sustainability issues, realizing we are but visitors to this bountiful and beautiful planet.

May we understand the several R's - rethink, refuse, reduce, reuse, repair, repurpose, regift, recycle and be risk averse in polluting the environment.

2.7 May we all consciously be open to the possibilities of other realms.

May we have opportunities to experience more realms.

2.8 May we adopt universal values to aspire to live in greater harmony with everyone and everything.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Greater Awareness;

3.1. May we truly appreciate all gifts received, respect all things living and inanimate and with the evolving realization, that everyone and everything natural is essentially unique.

3.2 May we give thanks for the considerable advantages of meditating daily, and for the grace of harmony and humility it brings to our complex lives.

3.3 May we be grateful for the ability to dream, both while asleep and awake; for it is an inkling of and a clue to the connection to our higher existence beyond the ordinary.

We are also grateful for the power of imagination, for it deepens our experiences. Learning from imagination can greatly enrich our lives.

3.4 May we appreciate and cherish diversity within nature, humanity and culture, as we more readily do with food, music and the arts.

May we also appreciate that variety is truly the spice of life.

3.5 May we discard erroneous beliefs and out-dated traditions, when they do not promote universal harmony.

May we become more clearly aware of timeless natural laws and principles that govern our existence in this physical realm, so we can flow in harmony with all living beings and things.

May we be cognizant of our lifestyle's impact upon our health, upon others and upon this precious, fragile, bountiful and extraordinary planet.

3.6 May we give thanks for Higher Guidance received, be it esoteric or sublime.

May all help enable us to prioritize choices and actions for "The Highest Good Of All."

3.7 May we learn to appreciate our past and learn from our experiences.

May we live mindfully and in harmony with the present, cherishing every moment.

May we understand our purpose while being in this realm, to enable a better present and future.

3.8 May we evolve through self-awareness: mentally, emotionally and physically.

May we further evolve by conscious and conscientious self-realization.

May we help each other in every way we can and do so gracefully, with continued learning and from leading by good example.

3.9 May those transgressing with unethical and immoral behaviour receive guidance to open their hearts and minds with moral and ethical development.

May offenders of laws, principles and ethics governing behaviour, deeds, liberties and our environment be held accountable and be provided opportunities for making restitution.

May offenders change for the better and seek to contribute positively to community and society.

3.10 May we better understand ourselves and be at our best through life's challenges.

May we compassionately, patiently and consistently choose to live in harmony with everyone and everything.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Relationships;

4.1 May we evolve on all levels to relate and interact mindfully and compassionately with growing mutual respect.

May we be most patient and understanding in developing better relationships, knowing we are of different personalities and bring strength and diversity to all.

4.2 May we offer deep gratitude for family, friends, caregivers, teachers, healers, close fellow human beings and those worthy of admiration, loving pets, wildlife and miraculous Nature.

May we be open minded for the possibility of meeting evolved and benevolent extra terrestrial beings in this vast ever growing realm and defend against opportunistic species.

4.3 May we give humble thanks for loving and loyal life partners we may have been graciously granted, with them helping us experience deeper love.

We are also most grateful for special friendships and people helping us throughout our lives.

May our loved ones all be blessed with good health, safety and joy while growing and evolving.

4.4 May we give thanks for the preciousness of children.

May these highly sensitive beings be reared safely, be readily afforded good nutrition and have many opportunities to be joyful.

May these fragile and sensitive beings be parentally and societally nurtured with love and care to be confident, open-minded and open-hearted as they grow and evolve.

4.5 May children not only encounter neglect and misfortune, as they may grow up to impact society negatively.

May we understand the word “evil” stems from opportunistic actions as children mature in society and not from them being evil. May the practice of meditation help children, when ready, face their challenges positively and help them evolve.

May they contribute to society positively and be better custodians of this planet.

4.6 May we grow from within, using confidence to express our love for one another as physical and ethereal beings.

May we give thanks for the many gifts from practicing and achieving unconditional love.

4.7 May our capacity to love on many levels grow, and may we become compassionate and empathetic while helping all in need.

May all our relationships in this realm bring worthwhile experiences and life fulfillment.

4.8 May we reflect positively upon our lives, as we mature in our lifetime.

May we make necessary amends to those we affected negatively in the past and help remove them from our weighted conscience.

4.9 May we come to the end of our lives with the fewest regrets possible.

May we accomplish our evolution through the challenges of our life's journey.

4.10 May those leaving us in passing away and those that have already left us, continue to inspire us of their evolution.

May we gratefully remember those who have left us, seeking to forgive if warranted, by kindly acknowledging their departure from this physical realm.

'Momentary pause. Breathe deeply.

Optional 1-3 minute silent meditation for reflection and/or continually invoking a chosen mantra'

With Respect To Our Evolution As An Advanced Species On This Planet:

On Growing Humanity;

5.1 May we acknowledge all diversity within humanity so that we may consciously and conscientiously evolve as rapidly as possible, to live in harmony with this precious, wonder-filled, beautiful, bountiful, rare planet and all species that share it.

5.2 May we learn the appropriate balance of firmness and discipline with kindness and compassion, as they are an important combination for communicating and eliciting positive and effective behaviour.

5.3 May we learn necessary technical skills needed for survival in our complex world in order to successfully progress through life's many challenges.

May we also learn valuable soft skills needed for expressing and communicating effectively and successfully.

5.4 May misunderstandings be resolved with patience, care and honest clarification.

May we always remain positive as we learn to discern and have realistic expectations of others.

May we grow tolerance of others not only from expectation but also compassion.

5.5 May we evolve as an advanced species by seeking global unity, through understanding our diversity and the need for free will as unique individuals.

5.6 May we also learn to peacefully co-exist, helping each other by giving and receiving more freely.

May we practice generosity and aspire to be more charitable, altruistic and philanthropic, benefiting all in need.

5.7 May we grow in healing harmony, learning to more quickly forgive everyone and everything we experience for the sake of our emotional and mental evolution.

May all receive understanding to resolve all issues, including conflict, with increased patience, understanding, perseverance and tolerance.

5.8 May all affected by injustices causing grief and long term traumatic impacts receive help from family, friends, health professionals, charitable organizations and institutions.

May all affected by systemic injustice also be justifiably made whole to move forward on their life journey and heal their communities.

5.9 May we be sensitized to injustice, past, present and future.

May we make progress individually and collectively in evolving to right the wrongs in our personal relationships, communities, societies and between nations.

5.10 May we become aware, appreciative and tolerant of diversity, and learn to consider it fundamental to reality.

May we evolve and achieve success in discovering a greater strength and unity from our diversity.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Helping Humanity;

6.1 May all those working to make this world a better place for all species, grow to be more compassionate, conscientious and be empowered to achieve their goals.

6.2 May a higher calling empower all our leaders and activists that are working honestly for the "Highest Good of All."

May they succeed with a mind to social justice, through their conscientious efforts and perseverance in their intention of making life better and more peaceful.

6.3 May positive livelihoods be sought by all in society, through their genuine desire to contribute quality of life solutions, meeting diverse needs.

May humanity be diligent in choosing resolutions that lead to harmony and seek to create peaceful coexistence.

6.4 May we especially overcome complex territorial and cultural issues with respectful and peaceful harmonious negotiations, perseverance, and with as much good will as possible.

May we look upon the past with empathy and forgiveness, revealing a better view that results in successful conflict resolutions.

May we be ready to finally forgive and let go of the painful past, to allow present and future progress for all.

6.5 May those in conflict seek, find and accept help from allies and global organizations to arrive at peaceful mutually amicable resolutions and achieve time honouring agreements, so that warring can be relegated to history.

6.6 May we as a species be able to change our individualistic and nationalistic mindset to a benevolent global mindset, as we confront the future possibility of unprecedented migration due to an existential crisis from planet destabilization.

May we welcome all humanity being displaced by environmental causes.

6.7 May our collective impact upon this precious and fragile planet we call home, be an immediate and never ending priority.

May all organizations including social media be used to seek and share transparency and accountability of all organizations.

6.8 May we always remember to grow within and without while offering our utmost respect to our host, this fragile and delicately balanced planet, our Mother Earth.

May we remember we are all merely temporary visitors here.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Respect of Co-Existing Species;

7.1 May all of us on this miraculous planet make healthy, harmonious and ethical choices to help ourselves, each other, other species and Mother Earth.

7.2 May we be grateful and compassionate for all the wonderful species created on this unique precious planet, sentient or not.

May we grow our support of ethical organizations that make a positive difference in helping humanity, land animals, aquatic animals, the plant kingdom and most importantly, our environment.

7.3 May we be forgiven for hurting any creature unintentionally as we live our lives, or in times of self defence.

7.4 May we be forgiven for hurting any insects and small animals while trying to remove them from our homes, and if there is no alternative, may we be forgiven for terminating their lives — doing so only as a last resort.

7.5 May we be forgiven for uprooting or moving animal species when necessary.

May we be forgiven for endangering land animals and aquatic species out of ignorance or negligence.

May we always be alert and responsible in avoiding accidents harming animals while using vehicles for transport.

7.6 May we be kind and supportive to animals used for daily assistance, including menial jobs, and aim for the development and usage of ethical, effective robotic technologies.

7.7 May we be forgiven for having to remove invasive species that threaten our local habitat, or as a last resort eradicate them.

7.8 May we be appreciative in having to use the scientific and miraculous living plant world for our sustainability and survival, and our need for uprooting or moving plants, trees and forests when necessary.

7.9 May we acknowledge the many benefits and positive impacts of a plant-based lifestyle when informed choices are made or being vegetarian/vegan, wherever possible, with ethical food technologies for all humanity living on this fragile planet.

May we offer thanks daily for our sustenance and to our planet for the living plant world sustaining us.

7.10 May we cease hurting and killing any of the other species as we evolve, unless it is deemed truly and absolutely necessary, as in ethically necessary culling or in self defence.

May we be forgiven our past involvement in the hurting or killing of any other species.

7.11 May we aim to cause less suffering and prevent early death of any living species, by consuming products only sourced from ethical farming practices.

May we learn to be aware and avoid using products that exploit any species.

With Respect To Our Evolution As An Advanced Species On This Planet:

On The Betterment of Humanity;

8.1 May we now consciously hope for all species struggling to survive do so with help from others.

8.2 May we humbly ask that humanitarian help be given to all species potentially affected by impending catastrophes and disasters, to lessen their burdens.

8.3 May all humanity have help from caring and compassionate beings and have the best opportunities to resolve difficult life issues.

8.4 May we be able to reverse seemingly irrevocable changes made to Earth by several of our past unwise and poor decisions, and those of our ancestors, causing major planetary destabilization.

8.5 May all leaders be proactive, ethical and attune themselves to adopting and enforcing forward-thinking policies to protect all living beings and living things against existential threats, whether natural or of our own making.

8.6 May we all proactively and diligently review and adopt sustainable lifestyles that are harmonious with our living planet today and into the future.

8.7 May the risk of advanced and ultra sophisticated scientific and technological solutions such as Artificial General/Super Intelligence be safely and responsibly developed under deep and stringent scrutiny, including development of safeguards that advance humanity "For The Highest Good Of All."

8.8 We affirm our intention to be diligent and vigilant in making wiser choices while executing safer and wiser actions at every opportunity.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Humanity in Harmony;

9.1 May humanity be blessed to evolve rapidly due to impending need, so as to live in harmony with this precious planet and with all species co-existing on this beautiful and bountiful celestial body.

9.2 May we learn and use discernment to free ourselves of all forms of ignorant judgment that come from petty and harmful base emotions, and to replace each of them with the nurturing ideal of unconditional love.

9.3 We humbly give thanks to all those who work compassionately and diligently to help humanity physically, mentally, and emotionally, and also to those helping all other living beings and living things.

9.4 May we continue progressing as an evolving peaceful species in all endeavours.

May we all try to live in harmony.

May we all try to be in harmony.

With Respect To Our Evolution As An Advanced Species On This Planet:

On Greater Humanity;

10.1 We give thanks for possibilities of higher entities imparting wisdom and helping us in our daily life upon our need, leading to greater awareness and integrity for all.

May all within humanity achieve positive outcomes for humanity's evolution, including all species coexisting and our host, this precious rare planet we call Earth.

10.2 May we all strive toward building moral character through living mindfully, with deepening compassion for all things living and inanimate.

10.3 May we all strive for higher ethical and moral standards of living, while acknowledging and supporting each other in this goal.

10.4 May we be observant and wise in developing a harmonious attitude with unconditional love toward everyone and everything, especially at times when interacting or negotiating complex issues in this realm.

10.5 In order for all of us to live in greater harmony, may all beings consciously synchronize with their True Heart connections, becoming a valuable and valued source of inspiration and healing for one another.

~ End ~

The following is for those interested in why LHaMP has been conceived for humanity.

BACKGROUND (2 minute read)

~ This is a meditation presentation that encompasses living with oneself, everyone and everything. By shining light on the path for what we see as an evolving humanity, we hope it will

I help provide a leap of consciousness in the direction we all need to head together. It urges us to look within and without. The words in the meditation are few and on the surface may not seem to capture our purpose and all that relates to this grand realm, but upon reflection, they encompass a fundamental shift to a better life for us all.

~ Many are wondering and expressing doubts of how we, as humanity, are going to survive the next several decades with all the issues facing us that are threatening our civilization.

We need a paradigm shift. LHaMP can help cause that shift.

~ We collectively and immediately need to address the many issues, personal, communal and that of the scientific and technological domain, to make immediate progress by everyone in our collective society. We have to focus upon creating a harmonious and onward evolving civilization. If we delay, we risk losing our ability to survive, as the status quo pollution-emitting living standards compromise us and our technological achievements breed uncontrollably with complexity and consuming fear. LHaMP came as the answer from asking many many deep questions on all issues of life.

~ In realizing that we are highly evolved beings, we need a set of collective values and principles that reflect our purpose in life. This work is based upon opinions of both authors who try to practice all aspects of the meditation, including becoming vegans at home and vegetarians with family and friends, but are themselves inconsequential, as the meditation is the gift to living an evolving life.

~ LHaMP is the complete version of the meditation, is self-explanatory, taking about 30 minutes to read. It can be followed by silent meditation to allow for reflection and evolutionary adjustments to one's inner being. Once familiar with this complete version we need only pick a few verses at a time, especially when time is limited. It is recommended to use the full version at least once a week, to fully immerse oneself and get the total benefit.

~ When born and bred in this realm, we adopt ways that are rooted mainly in a survival mode, rather than a mindfully based life. This is due to following preconceived ideas passed down to us or from lack of understanding on what our reasons are in physically being here on this planet. There is definitely a purpose to being in this realm, to continue evolving as advanced beings.

LHaMP is offered to view life in such a way by truly grasping this beautiful yet challenging physical realm so as to be living in harmony with it, rather than fearing or fighting, or even being frustrated and stressed about it. There is a better way to view and truly enjoy this physical lifetime gift. Harmony is the real basis in surviving our way through it!

LHaMP lights the way! 🕯

~

You can return to the meditation from here or continue reading for more information on why there is the need for LHaMP in reading the Introduction (30 minute read).

~

INTRODUCTION (40 minute read)

Life Harmony Meditation Presentation (The acronym LHaMP is pronounced as "lamp").

This much needed meditation sheds light on humanity's path for continued and progressive life on planet Earth. The meditation is for helping humanity climb higher on the evolutionary ladder, so that we may continue existing into the future with hope while in this physical realm. Its

main goal is to bring harmony into all relationships. It is intended to help all human beings relate to everyone and everything, including this very special planet, in a desired and better, more responsible and respectful way.

We need to seek the highest morals represented by values and principles, in order to evolve as harmonious humanity. These values are exhibited within this meditation and ultimately lead to principles that guide us to evolve: love, humility, ethics, integrity, compassion, responsibility, respect, honesty, loyalty, generosity, empathy, gratitude, courage, wisdom, accountability, kindness, forgiveness, patience, meditation, community, justice.

"The measure of harmony within humanity is dependent on its evolution as a species."

Harmony for Humanity Defined:

Harmony is the peaceful coexistence, agreement, or pleasing arrangement of parts, whether in relationships, music, or design. It signifies unity, balance, and consistency, often describing situations free from conflict or the combination of musical notes into chords. Common usage examples include "living in harmony," "working in harmony," or "musical harmony". Cambridge Dictionary

Key synonyms for harmony include accord, concord, unity, consonance, and balance, often representing agreement or peaceful, musical alignment. It signifies a state of consistent, pleasant, or peaceful interaction between people or elements. Merriam Webster Dictionary

The primary antonyms for harmony are discord, dissonance, conflict, and disharmony. These words signify a lack of agreement, peace, or musical consistency, highlighting a state of friction or opposition. Merriam Webster Dictionary

Harmony in our lives enabling our society and civilization to peacefully endure, is also from maintaining order.

A simple analogy is driving around in a vehicle. With the rules of the road, we have harmony allowing us to have a pleasant experience and enjoy the benefits of driving. These rules have evolved over years of experience by society. Without rules of the road we would have chaos. We abhor drivers, even as pedestrians, who break the rules and the harmony of driving, by endangering others.

Both order and chaos have their place in the physical realm. In the example of stars birthing, order ensues by bringing elements together, but chaos also occurs during the death of stars. However, order ensues to create galaxies and as evidenced, even our solar system. Order requires great energy and as humanity we need order to evolve. Chaos is disintegration, a reversal of order that occurs when we abandon pursuit of order. Chaos reigns until greater energy recreates order.

Humanity's process of using trial and error to improve any function, social or technical, is not a perfect system but has improved over millennia using greater understanding and help from

our imagination and creativity, including the sciences and technological advances. We have evolved from guidelines achieved over much human time and effort to form societal order. We live with guidelines that maintain social order, such as civil and criminal law, administrative law, driving law, etiquette and social behaviour rules of conduct. Without a rules based society, achieved from our past experiences, we have the unruly or mighty over the weak - a predatory scenario going back to the caveman mentality.

We have also created various human rights laws accorded to allow specific freedoms, robotic laws, and in the future laws for Artificial General Intelligence (AGI) or Artificial Super Intelligence (ASI), etc. Super-intelligence AI: A dire prospect creating fear that is likely true if basic safeguards cannot be implemented. Humanity's demise will possibly and likely be by a superior source, having different values, whether we create it or it visits our world.

While physical order such as creating infrastructure and production is from functional needs, other types of order allow for the enjoyment of aesthetics in society, from artistic endeavours. Finally evidence based science is an orderly process and provides for qualitative and quantitative outcomes. Science is a great asset in realizing many technological creations for a better world. Politics and economics can hamper scientific and technological progress, creating pollution and danger through inadequate governmental safeguards. Bottom line corporate expectations have caused much distress to our planet's stabilization.

Harmony is an evolving process, as we have recently begun understanding ourselves better as nations in a global framework. We can only co-exist while maintaining order and justice. Harmony is a result of all humanity pursuing order and justice. Harmony in life is living with others in peaceful agreement by unison of heart and mind, enabling each other to be at our best together as a united species.

Events such as the Olympics/Paralympics, when the infrastructure is sustainably built, are only successful through harmony in exemplifying our best behaviour in an orderly fashion to achieve goals. The outcome is an example of humanity's commitment to order by all competing and reaping the rewards of much struggle and endurance, with recognition of being an Olympian/Paralympian! Humanity is also elevated by the excitement generated by these events in forgetting cultural biases and prejudice of diversity. Other examples of harmonious events are concerts, community gatherings and convocation ceremonies, etc. We are most united at great harmonious events elevating our spirit!

In daily life, we encounter different opinions of different strategies in pursuing a goal when we begin a task or project, and the best path is one of creating harmony with most of the elements involved to make our goals successful.

Unconditional love is in living our lives mindfully and harmoniously, embracing everyone and everything without condition. Unconditional love allows for a higher level of living by achieving a deeper resonance with others. Examples of unconditional love also abound at events, especially at weddings and even funerals. It is the ultimate result of harmony, a prized fruit of our diligence in pursuing peaceful order leading to unconditional love.

Future promises of global harmony will result in the removal of territorial borders within the most progressive countries. We need to evolve as a harmonious species, to bring an end to our cruel and wasteful past that created untold misery and destruction. In addition, advancing technology such as AI and ASI will need to be harnessed by our collective will and governments or we may perish as an inferior species.

Harmony in most if not all aspects of our challenging lives can be achieved further by each of us reciting and understanding LHaMP, an evolutionary based meditation, for progress in evolving and sustainably prospering in this grand physical realm.

Governments, daily life and AI:

In pursuing our goal of harmony, this is the most important public organization that needs our attention immediately, in pursuing a harmonious society and nation. Governments are held in the greatest regard by their people, as the highest of expectations are demanded of them. The sacred voting opportunity is held in hope of a better future. We entrust them with our children needing to be protected by societal and enemy threats.

We have had disappointments in governments for far too long, needing commensurate protests, to protect or improve society. They should consult with each other for a united progress in representing humanity, wherever they may be located or use the agencies of the UN. Examples of disappointments are: granting the historic vote for women taking over 50 years to achieve with some governments when others already implemented voting rights decades earlier; delays in recognizing and instituting warnings of smoking as cancer causing even though the science was secretly known by that industry; several decades of weak environmental policies beginning to affect our planet after the science was warning us; human rights still lagging in different countries; financial mismanagement and corruption in some cases.

Some governments are exemplary, consciously pursuing progress for environmental issues, human and animal rights, remedying poverty, practicing fiduciary responsibilities, etc. Also giving clear and timely directions for business and industry to help improve society. It is time for a clarion call for governments to realize their importance in daily life and make them hear demands for a just, safe and progressive nation. The very best minds are needed in government as they need to steer humanity at the highest level for a harmonious and societally rewarding existence. Those chosen can be from the private sector as subject matter experts (SME). They all hold the reins to humanity's progress.

A highly educated and developed human being that is also responsible with integrity, commitment and dedication, etc., are some of the character traits for aspiring to government posts needed in the most demanding roles, such as policymakers, regulators, inspectors, etc. A new and major threat, AI Generational will be calling the greatest of governmental minds to understand it quickly and harness it with effective regulation for the betterment of humanity, or our future looks dire with an existential crisis ending our civilization that has evolved for millennia.

Understanding Death

Before we delve a great deal further into how we can achieve this much needed harmony within humanity, we need to briefly reflect on death. It is undoubtedly a jarring experience to be encountered in life, that some of us either shy away from thinking about it or are scared by the thought of it.

Everyone of us will eventually die, as with every other living thing in this realm. That is a fact we painfully understand after much observation. The many steps between the events of birth and death is our claim to having lived a life that mattered. Birth and death are both part of the harmony of life. Like a musical note, there is a beginning and an end, or death of the note. Everything in this realm begins and ends. Our sun gave birth and it will also die after a very very long time. When viewed as such, the physical realm is exciting and yet can be unsettling. It is our perspective that matters, in seeing its positivity or negativity. Our emotions when young and as we experience life, are of major concern, whether we have a positive or negative outlook on life. This is one of many reasons to nurture our young carefully.

Birth is granted from two beings in an act that donates DNA, causing the offspring to enter into life in this physical realm. It is usually a beautiful period for the parents though a demanding role. It is the creation of a physical being with the potential of realizing its gift of life on this planet. If the birth is without complications, we are most fortunate, as there are no guarantees of it becoming a healthy adult. Our relationship to our offspring is a crucial aspect to the family's success. Our ability to create a physical being adds to humanity's existence.

In this most challenging realm, we can encounter many kinds of scenarios that impact us mentally, emotionally or physically. There are myriads of situations where a living being can be affected, causing much need for support. This is due to us possibly being subjected to abuse, toxic relationships and environments, sicknesses, poverty, accidents, unfortunate circumstances and many possibilities of being affected. It is truly a testing ground to survive. Surviving is no easy feat. It is a realm that is most incredibly challenging. However, as evidenced by many in humanity, most survive and actually thrive. In developing and developed countries, support systems help us to have lives that matter and allow us to enjoy this realm. We need to realize this realm is to allow us to evolve to survive as needed.

Death being the end period of all beings needs to be understood as part of the harmony of life. It is the termination of life from physical impacts. This is part of the roller coaster of life. It can be simple or complex. It can happen anytime. We can pray, however we cannot know all the reasons for death.

"May everything be for the highest good"

When the above is said during a difficult or painful experience, it is one way of understanding why circumstances change in this physical realm and that reasons for this change may be beyond comprehension. It may be on one or many aspects of life, be it physical, emotional, mental or combinations of them. It is beyond our ability to fully comprehend as each death is a unique event. As a fetus, we can go on to continue living for 100 years and more, or live only a few weeks (in the event of a miscarriage). When anything created is affected by many many internal or external factors, it can either survive or die.

However, death from human conflict is the poorest reason to die. There is no excuse for death from wars. It is human made destruction. It is a disappointment on humanity's evolution. Harmony in all aspects of humanity is the key to prevent death from conflict.

Often, the end of a life can be viewed as a sad situation, but a long suffering death is likely to be viewed as the worst way for life to end. Medical assistance in dying is now being considered when life is extremely painful and causing extreme suffering. Death can be devastating, and we likely will not prevent it in our lifetime or forever. Death is the major realization of being in the Physical Realm. May we all be granted the emotional maturity to understand and accept this fact of life in the most positive way, when we encounter death. Death can occur instantly with no warning or by keeping one lingering on a precipice for a long time.

Very sadly for us, death of a relation of ours is always viewed painfully, through experience of loss, though it is also part of the "harmony of life". The grief from loss is palpable. Contemplating suicide after such great loss can be from having had a very strong and rewarding relationship. However, suicide abandons one's own progress, and may culminate in regret should there be a life beyond. Possibly also deep regret upon knowing we have terminated our gift of a unique physical life prematurely. Sadly, nothing in this physical realm is forever. The depths of sadness human beings can or need to endure at times, are likely unparalleled by any other species, though these feelings are known to possibly exist in the largest brain beings of the animal & aquatic species, such as the elephant and the whale.

Need for Harmony

Most people naturally dislike disharmony. Those who are more sensitive often notice how emotional turmoil or unhealthy lifestyle choices create imbalance in their well-being. Many of us experience stress because of misunderstandings or poorly expressed anger, which can escalate into conflict. As a result, we tend to avoid relationships that harbor disrespect, anger, resentment, involve constant criticism, use dehumanizing language, hold grudges, engage in bullying or betrayal, express racism, harm animals, commit injustice or fraud, or suppress freedom. Today, we also face a new source of stress: the uncertainty surrounding global instability and potential planetary crises.

Why, then, do we continue to encounter disharmony—whether through personal habits that create dis-ease in our bodies, conflicts between individuals, or even large-scale clashes between nations? To understand this, we need to look briefly at our history.

Before humans developed language, misunderstandings and conflicts were likely far more common. As communication improved, we gradually reduced the constant fear that once defined early human life, which included extreme practices such as cannibalism and human sacrifice. Yet the pursuit of power has continued to generate chaos. Power can intoxicate, and those who seek it without empathy may ignore their conscience, allowing atrocities to occur. We have had and continue to have genocides and atrocities from hatred and insanity. This stands from fear of diversity leading to fear of differences, causing enmity and resulting in maiming or killing.

History shows that man-made famines, oppression, and wars have sometimes pushed societies back toward brutal behaviors. Extremist groups—across different eras and ideologies—have repeatedly caused suffering and hindered human progress. A lack of empathy and unchecked ego have contributed to many setbacks in our collective evolution. Fortunately, movements for social justice have helped restrain narcissistic and destructive behavior by upholding order and accountability.

Over time, improved communication, shared values, and the teachings of influential human beings have significantly reduced many of the violent acts that once plagued humanity, including indiscriminate killing, rape, and theft. This communication also includes a greater understanding from conveying principles and values by many great human beings. Principles are objective whereas values are subjective. Example: To always speak the truth, is a principle. A value such as honesty or compassion is needed to speak the truth. These intertwined attributes lead humanity to evolve. They survive most chaotic periods of upheaval as civilization unfolds in its evolution. Our evolving principles and values have been helping us to attain peace through justice throughout history. In recent history, without totalitarian leaders, we are undergoing a better understanding and need for all our leaders, in forming a centralized hierarchy such as government and corporate including non-governmental organizations (NGO's) for effective guidance and betterment of society.

Slavery was also abolished as we again evolved as a species where our collective conscience reached a sensitive awareness we could no longer ignore. Colonial monarchies, despots and tyrannical governments with excessive power created all kinds of civil unrest by discarding liberties and promoting wars. However, newer governments with decentralized power allowed for a balance of power and protecting liberty. The decentralization of power was a progressive achievement, and is to be found in evolved democracies. Colonialism's main aim was to plunder other nations, which finally gave way centuries later, to a broader mindset, that of chartered corporations and companies. These can be beneficial or predatory. In the former they are beneficial to humanity and our planet, being ethically responsible. In the latter, they have caused untold damage to humanity and the environment, for the sake of profit. We always need to be vigilant and diligent when opportunistic humanity seeks monopolistic or totalitarian power.

All nations need to ensure their people are comfortable with the political system being practiced. We have progressed by separating church from state, monarchy from constitutional monarchy in the past. Whether democratic or communist forms of government, each is appropriate if the bonafide majority by a voting process are peaceful with the system chosen. A constitutional system is more stable and provides for decentralized power. A fair and honest voting system gives an opportunity for all to voice their recommendation. When needed, peaceful protests allow for the public to demonstrate on major societal issues of concern, to galvanize governments into action. An educated majority outcome usually is the best resolution for progress. All forms of government should provide social justice as its mandate.

Climate Change as per Google AI: Climate change is widely considered the greatest immediate, existential threat to Earth's ecosystems and human civilization, causing rapid biodiversity loss, extreme weather, and rising sea levels. Driven by human-caused greenhouse gas emissions, this crisis is accelerating, with 2023 marking record high emissions. Other top threats include nuclear war, asteroid impacts, and AI risks.

We need to heed our scientific community, though there are some who disagree with their warnings.

More recently, we created the United Nations (UN) and its specialized agencies that overlook many humanitarian issues, after much territorial conflict and world wars, including atrocities that accompany wars that are hopefully never to be repeated. War causes generational trauma and families are devastated by loss of their progeny. The International Criminal Court (ICC) with international laws was also created. Peace has now been given priority in global matters. The United Nations is an impartial and well represented world organization to help humanity survive and thrive. The Intergovernmental Panel for Climate Change (IPCC) is a UN body of humanity's best scientists with reports that indicate that Climate Change is from the previous Industrial Revolution together with current policies allowing for continued pollution. They need to be heeded. This important and necessary organization has helped humanity progress since its inception in 1945. Most member countries recognize its progressive role for all of humanity. The power of veto was an enticement for the large powers to join the organization, but now it is detrimental to the process, with 2 major nations using it for ensuring their advantage, thus running roughshod over other UN countries and humanitarian resolutions. However, these vetoes by the Security Council, especially from self interest rather than for the benefit of humanity, have hampered progress in recent history. Even for purely humanitarian issues they have vetoed action. Hopefully, these members will be generous and evolve ethically and responsibly as major nations ought to do, by beginning to restrain vetoing on major issues related to humanity's progress. Humanity's peace, harmony and evolution need a stronger United Nations. If the vetoes by the permanent major powers in the Security Council continue hampering UN progress for humanity, perhaps boycotting their products and services and not negotiating with them is a possibility to get their attention. From their veto actions against humanity, these major nations obviously do not have an interest in other nation's welfare. Human welfare is not their priority. Apart from public protests, buying from other nations and negotiating with them for major projects is also a possibility, until the major powers act in harmony with humanity. However, humanity may need to await generational change for new leaders to steer this planet consciously and in harmony.

The predominantly patriarchal practice and traditions of inequality causing much distress to half of humanity has finally begun to diminish, albeit gradually. Finally recognizing gender equality after the suffragette movement and more recently equality of minorities have begun to be better understood and practiced, reaping benefits of diversity to humanity. Also the great importance of rearing and nurturing of our children has been better understood, whereby lack of nurturing our young may turn them against family and more concerning, as adults against society through extremism. These may be from growing up and being exposed to extremely difficult circumstances like physical and emotional abuse, poverty and lack of education.

Many of us individually are also choosing unsustainable lifestyles, causing harm to ourselves and our precious environment. Humanity's population cannot be maintained without polluting, unless our current lifestyles change. Becoming plant based and allowing for our taste buds to adjust over several weeks and begin to appreciate this healthy alternative, while at the same time respecting all other living beings, is a harmonious goal for humanity.

Examples abound from unhealthy choices and lacking in discerning unhealthy products by deceptive marketing causing health issues. Food ingredients and preservatives that are deceptive and may cause health concerns are becoming a major concern in society. Many also succumb to poor health from indiscriminate lifestyles, that make them seek quick resolution pills with several detrimental side effects, instead of using an integrative and holistic approach in getting back good health and independence. We also need to understand sustainability issues, thinking ourselves as visitors impacting the health of this bountiful and beautiful planet. All this is occurring in spite of the evidence and common sense that have been presented by scientists, responsible media and well informed members of society, including activists. Thus, understanding the 7R's - rethink, refuse, reduce, reuse, repair, repurpose, regift, recycle by being risk averse in polluting the environment, is a better way to live sustainably. Transportation is another major impactful activity if it still causes pollution, needing much discretion. We live in a complex world requiring forethought, but also enjoy its many benefits!

Terrestrial and Aquatic Animals - Many understand that killing the goose that lays the golden egg, or any animals supplying milk, is not wise nor compassionate. All the benefits of animals to help humanity survive are to be had in consuming their ethically sourced gifts. Animals are to be cared for, when they serve humans in a symbiotic relationship. Compassion for animals and other living species has gained more attention. Science is indicating animals as sentient beings. Abusing animals for sport or indiscriminate hunting is now readily seen as a societal concern. Today we have an immense variety of plant based foods. Health food supplements are also available as an alternative for special health concerns. Together with large portions of plant based fare being chosen after being better informed to get all their benefits, humans can live a healthy lifestyle with longevity.

"Progressive harmony dissolves all conflict."

The end result of all our collective learning and understanding has been a gradual yet progressively harmonious world. Social media, a complex technological tool for an evolving humanity has been of much benefit. We have definitely progressed, but sadly not enough. The evidence is in the several major global issues facing us, such as sectarian and tribal conflicts, tyrannical and corrupt or repressive governments not practicing ethical governance and sadly, unethical and greedy power mongering corporations violating ESG (Environmental, Social and Governance) principles - causing environmental destruction, with possible impending threats of planetary destabilization. When workers realize incorporated businesses are unethical in any manner, either through poor working conditions, polluting the environment, corruption, etc., official strikes and disruptions in accordance with legal obligations should be pursued while seeking to involve governmental inspections if necessary to resolve the issue.

AI and especially ASI or AGI (both considerably greater intelligent versions) will be the greatest force to harness, without question. It may be beneficial or not, depending how we wield it. Not only will it be an artificial super intelligent species, but it will be invisible. We will not be able to know the "mind" of this formidable and complex foe. It is possible that our intelligence will be confronted by a superior type. Our collective principles and values from LHAMP will be

based upon understanding ourselves to be more united than ever before. ASI will not have this element of us being unique and united. We will be unique and united, hopefully giving us an edge, rather than from only relative physical attributes as ASI will use. We will likely have the advantage, by having a deeper and greater bond with the power of unique diversity like never before.

“Harmony proliferates peace & joy.”

Living as we do today in an advanced and complex civilization, we still need to evolve further as a species to create greater harmony within it and again significantly reduce or even stamp out many transgressions, crimes and injustices by unscrupulous individuals, hordes of extremists, unethical corporations, warring nations and sadly, crimes against the animal kingdom and against our host, this amazing planet we call Earth.

No human being is intrinsically evil or immoral. This situation occurs as mentioned before, from various factors such as upbringing with trauma through poverty, abuse or violence. Other factors are from societal pressures upon individuals manifesting as greed or entitlement from a young age or later in their lives. In other cases it may be from mental illness. There is no evil being. However there are evil acts being performed and these are a result of un-evolved beings in societies. It is important we know the difference.

Being an un-evolved species in the past, a few of us in history have used their knowledge of spiritual guidance to benefit themselves from having power and money to advance materialistically. However, we have had mostly ethical spiritual leaders practice for the good or benefit of humanity and some unethical leaders seeking to achieve power and profit from their followers.

Daily Harmony

By always coming from a place of conscious harmony, we will develop greater respect not only for this planet, but for our gift of physical life, each other and with all co-existing species on our planet. We will also better understand why living on this planet not only can be the most challenging for us, but needs to be so for our evolution.

Practicing meditation and reframing our collective experiences while realizing we are all affected by similar life challenges, it becomes clear that evolving as a species living in greater harmony is the only way forward. Achieving daily harmony with everyone and everything is also the best way forward, especially in light of the fact we consider ourselves the most advanced species on this planet.

We live with other species. They are interesting and amazing in how they try to survive in this challenging realm. We share much of their DNA and humanity needs to relate to them compassionately. There is more to them than meets the eye. May we view and better understand other species coexisting and treat them with respect. The element of respect is important when approaching others, friend, stranger or foe, because it creates the basis for

expressing diverse opinions, viewpoints, etc. therefore encouraging communication and understanding for the best possible inter-exchange, whatever the outcome.

Goal of Harmony

For an evolving species, harmony is the goal. Humanity has come a long way, but evidently there is still more harmony that needs to be developed within and especially as we begin to confront an unprecedented existential challenge, that of our planet hurling into destabilization. Some believe this destabilization to be a hoax or conspiracy and yet there is scientific evidence together with empirical evidence whereby catastrophic climate events are already causing weather related disasters in many countries. Only time and more evidence will tell if these will intensify and be cumulative, finally convincing most to do something about it. We deliberately invite chaos if we do nothing.

“Achieving harmony in all our relationships, within our species and with others, will bring a collective commitment to aspire not only as physical beings, but also a highly evolved civilization.”

This seemingly far-reaching goal of universal harmony can be had with a paradigm shift that is within our grasp. It starts with deeply understanding the power of consciously cultivating a harmonious attitude to everyone and everything. This harmonious attitude, together with gradually attaining unconditional love by discarding biases of culture and diversity likely through ignorance and outdated traditions, can begin by following and then experiencing the message outlined in this meditation presentation, that can bring this paradigm's possibility to fruition.

Let us lead an evolving life by using LHaMP.

Let us all begin!

~

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Thank you.
2026

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Brief bio of Authors: (5 minute read)

Zahir - Left South Africa age 9 months in 1950 due to the dreadful apartheid implementation, whereby his parents decided to move to the DRC (previously Belgian Congo), then later to East Africa (mainly Kenya and Zanzibar). Enjoying friendships and community ties, he grew up in Africa.

Arrived at age 13 in the UK to join parents who had emigrated two years earlier. Began formal education in British society. At age 19 in 1969, he experienced his first and only seance held by a visiting aunt, followed by his very first automatic writing experience that same night. When requested by angels during that session, to wait until later in life in communicating with them, he was filled with gratitude. They assured him they will communicate at the appropriate time.

After secondary technical school studies, began technical colleges after joining the telecommunications industry as an apprentice for 3 years then followed by another 3 years as a technical officer in the UK. Travelled for vacations to East Africa and several countries in Europe, seeking to emigrate at age 20 due to racial political concerns in the UK (this reality took decades to diminish). Visited Canada and the USA in July of 1973. Moved November of same year as a landed immigrant to Toronto, Canada at age 23. In 1975 re-joined the telecommunications industry for a career spanning 28 years until retirement.

He had the opportunity in Canada to get a work assignment in Saudi Arabia in 1976 for a year, weathering 115 degrees Fahrenheit in the desert and 100% humidity on the coast - it proved to be a memorable trip. He is also an activist supporting humanitarian causes and protection of all land and aquatic animals, including the environment.

Travelled for vacations to the USA, Egypt, Israel, France, Switzerland, Greece, Italy. Snowbird trips to Florida and Mexico, realizing travel broadened one's horizons while appreciating this amazing planet.

Suddenly, spiritual communication began (automatic writing) at age 46, 3 years after a turbulent 16 year marriage ending in amicable divorce. The outcome of his marriage and having to care for 3 children together with the state of humanity and this planet, created a deep desire to better understand this realm. The communication event occurred unexpectedly and not initiated by him. He had just become a vegetarian on August 10th 1996, it being his third and final occurrence in his lifetime, bringing home a meat sandwich prepared for lunch, after fundamental realizations on relationships in the physical realm began pouring into his being. That same night at approximately 4 am, a spiritual contact occurred for the second time since 1969. Through automatic writing he found the download was very unexpectedly initiated by an angel named Ovid, while Zahir went into a higher state of consciousness. Many 4 am early morning sessions of several minutes automatic writing sessions occurred, for approximately 6 months. After occasional sessions still occurring for another two years, with Ovid and an elder called Mir for more complex issues, he began working on the seeds of LHaMP in 1996. LHaMP

was not dictated through automatic writing. The author was also told he has had at least 2 reincarnations. He made a commitment to share this way of life as imparted to him through Divine Guidance, from being filled with gratitude and renewed hope for humanity. Living with the values and principles, he felt no contradiction or hypocrisy of his better way of life.

During this time he joined an association of a trailer and camping community of 200 families, since 1998 to the present. As a member and board member serving many years, he learned to better understand how community works and how important the democratic process, including majority voting being the best outcome on decisions, helped to improve and maintain this 140 acre park.

He teamed up in 2020 with the co-author who contributed to the content and as a wordsmith, due to being of a technical background and his difficulty to bring the finalized version to fruition after several iterations until 2025. A spiritual and a secular version was created due to many not believing in The Creator. This was surprisingly done without issues. Some family members and friends also kindly helped in the editing endeavour. After final family feedback and editing, including building the website by a family member, it became ready to share with humanity in 2026.

Debra - was born in Toronto, Canada and grew up with her mother excelling in real estate and her father involved in several businesses while enjoying his car interests. After her siblings who were much older by 14 years left home upon their marriages, she grew up in gradually developing tragic circumstances, thus putting her on a spiritual path early in life.

At age five, she recollected in having an elevated experience of body and mind, seemingly floating up in her basement. She was now growing up with parents having relationship issues. Her parents divorced at her turning age 8 approximately, but life kept getting worse. By age 12 she had her mother committed due to suffering from mental illness, and Debra suffering from occasions of physical abuse. Her father attempted to visit his youngest daughter, but was inebriated many a time after his divorce. Children's society placed her in foster homes which were difficult experiences and finally in a group home, where she finally had the support to begin imagining a life worth living.

Debra was developing spiritually and had an opportunity at age 18 years approximately, of going abroad to a seminary. After a year she opted to return back to Toronto, seeking other spiritual experiences.

At age 20, she was jobbing and sharing in renting her homes. At a relatively young adult age, Debra had begun her working experiences in a health food store essential oils and cosmetic department, then a drug mart store cosmetics, kindergarten assistant teaching preschoolers including arts and crafts, community helper and self employment as a multi level marketer - which was her passion due to better technologically derived products, but the remuneration was

always a roller coaster ride and generally difficult for a steady and rewarding life, requiring her to share renting her apartment.

Debra was fully spiritually awakened further by mentors running metaphysical gatherings and holding courses. She became highly conscious of her purpose - to help others in life metaphysically. It was around this period in mid-life that she adopted a vegetarian diet. It was after having a pet fish experience, it jumping out when she was passing by the aquarium and her picking it up and simultaneously realizing that other species deserved to live too, as she gently and most caringly returned her pet fish into its home.

She assisted on LHaMP with her spiritual understanding and her excellent wordsmith talent. Her focus on helping others through loving care is proof of her many friendships that still endure today. She also gave readings at spiritual centres. She was an Earth Angel. Most sadly, her life came to an end in 2025, after 5 years of health issues, just turning age 71. She is and always will be missed. May her soul rest in peace. 🙏

INTRODUCTION (45 minute read)

Life Harmony Meditation Presentation (The acronym LHaMP is pronounced as “lamp”).

This much needed meditation sheds light on humanity's path for continued and progressive life on planet Earth. The meditation is for helping humanity climb higher on the evolutionary ladder, so that we may continue existing into the future with hope while in this physical realm. Its main goal is to bring harmony into all relationships. It is intended to help all human beings relate to everyone and everything, including this very special planet, in a desired and better, more responsible and respectful way.

We need to seek the highest morals represented by values and principles, in order to evolve as harmonious humanity. These values are exhibited within this meditation and ultimately lead to principles that guide us to evolve: love, humility, ethics, integrity, compassion, responsibility, respect, honesty, loyalty, generosity, empathy, gratitude, courage, wisdom, accountability, kindness, forgiveness, patience, meditation, community, justice.

“The measure of harmony within humanity is dependent on its evolution as a species.”

Harmony for Humanity Defined:

Harmony is the peaceful coexistence, agreement, or pleasing arrangement of parts, whether in relationships, music, or design. It signifies unity, balance, and consistency, often describing situations free from conflict or the combination of musical notes into chords. Common usage examples include "living in harmony," "working in harmony," or "musical harmony". Cambridge Dictionary

Key synonyms for harmony include accord, concord, unity, consonance, and balance, often representing agreement or peaceful, musical alignment. It signifies a state of consistent, pleasant, or peaceful interaction between people or elements. Merriam Webster Dictionary

The primary antonyms for harmony are discord, dissonance, conflict, and disharmony. These words signify a lack of agreement, peace, or musical consistency, highlighting a state of friction or opposition. Merriam Webster Dictionary

Harmony in our lives, enabling our society and civilization to peacefully endure, comes from maintaining order.

A simple analogy is driving around in a vehicle. With the rules of the road, we have harmony allowing us to have a pleasant experience and enjoy the benefits of driving. These rules have evolved over years of experience by society. Without rules of the road we would have chaos. We abhor drivers, even pedestrians, who break the rules and the harmony of driving, by endangering others.

Both order and chaos have their place in the physical realm. In the example of stars birthing, order ensues by bringing elements together, but chaos also occurs during the death of stars. However, order ensues to create galaxies and as evidenced, even our solar system. Order requires great energy and as humanity we need order to evolve. Chaos is disintegration, a reversal of order that occurs when we abandon pursuit of order. Chaos reigns until greater energy recreates order.

Humanity's process of using trial and error to improve any function, social or technical, is not a perfect system but has improved over millennia using greater understanding and help from our imagination and creativity, including the sciences and technological advances. We have evolved from guidelines achieved over much human time and effort to form societal order. We live with guidelines that maintain social order, such as civil and criminal law, administrative law, driving law, etiquette and social behaviour rules of conduct. Without a rules based society, achieved from our past experiences, we have the unruly or mighty over the weak - a predatory scenario going back to the caveman mentality.

We have also created various human rights laws accorded to allow specific freedoms, robotic laws, and in the future laws for Artificial General Intelligence (AGI) or Artificial Super Intelligence (ASI), etc. Super-intelligence AI: A dire prospect creating fear that is likely true if basic safeguards cannot be implemented. Humanity's demise will possibly and likely be by a superior source, having different values, whether we create it or it visits our world.

While physical order such as creating infrastructure and production is from functional needs, other types of order allow for the enjoyment of aesthetics in society, for example from artistic endeavours. Finally evidence-based science is an orderly process and provides for qualitative and quantitative outcomes. Science is a great asset in realizing many technological creations for a better world. Politics and economics can hamper scientific and technological progress, creating pollution and danger through inadequate governmental safeguards. Bottom line corporate expectations have caused much distress to our planet's stabilization.

Harmony is an evolving process, as we have recently begun understanding ourselves better as nations in a global framework. We can only co-exist while maintaining order and justice. Harmony is a result of all humanity pursuing order and justice. Harmony in life is living with others in peaceful agreement by unison of heart and mind, enabling each other to be at our best together as a united species.

Events such as the Olympics/Paralympics, when the infrastructure is sustainably built, are only successful through harmony. They exemplify our best behaviour working in an orderly fashion to achieve shared goals. The outcome is an example of humanity's commitment to order by all competing and reaping the rewards of much struggle and endurance, with recognition of being an Olympian/Paralympian! Humanity is also elevated by the excitement generated by these events in forgetting cultural biases and prejudice of diversity. Other examples of harmonious events are concerts, community gatherings and convocation ceremonies, etc. We are most united at great harmonious events elevating our spirit!

In daily life, we encounter different opinions, such as different strategies in pursuing a goal when we begin a task or project. The best path is one of creating harmony with most of the elements involved to make our goals successful.

Unconditional love is in living our lives mindfully and harmoniously, embracing everyone and everything without condition. Unconditional love allows for a higher level of living by achieving a

deeper resonance with others. Examples of unconditional love also abound at events, especially at weddings and even funerals. It is the ultimate result of harmony, a prized fruit of our diligence in pursuing peaceful order leading to unconditional love.

Future promises of global harmony will result in the removal of territorial borders within the most progressive countries. We need to evolve as a harmonious species, to bring an end to our cruel and wasteful past that created untold misery and destruction. In addition, advancing technology such as AI and ASI will need to be harnessed by our collective will and governments or we may perish as an inferior species.

Harmony in most if not all aspects of our challenging lives can be achieved further by each of us reciting and understanding LHaMP, an evolutionary based meditation, for progress in evolving and sustainably prospering in this grand physical realm.

On Governments:

In pursuing our goal of harmony, governments are the most important public organization that needs our attention immediately, with the goal of pursuing a harmonious society and nation. Governments are often held in the greatest regard by their people, and the highest of expectations are demanded of them. The sacred voting opportunity is held in hope of a better future. We entrust them with our children needing to be protected by societal and enemy threats.

We have had disappointments in governments for far too long, needing commensurate protests, to protect or improve society. Governments should consult with each other for a united progress in representing humanity, wherever they may be located or use the agencies of the United Nations. Examples of these disappointments include the decades long delay in granting women the right to vote in some countries while others had already recognized those rights; the slow acknowledgement of smoking as a cause of cancer despite the industry's early awareness of the science; weak environmental policies that persisted for decades even as scientific warnings about the planet grew stronger; continuing gaps in human rights protections across different countries; and cases of financial mismanagement and corruption. Corruption in government is inexcusable requiring responsible citizens to lodge major protests demanding immediate action of accountability.

Extreme leaders almost always have political ambition for power and to sow division within their population, so as to divert attention upon their shortcomings and failures. Their fanatical followers don't see their errors of judgment due to blind hope and the rest can only watch in consternation and at times, horror. The voting population is also accountable, even for misdemeanours by the supposed leader's fanatical followers. Some candidates are led by egotistical ambitions, so we need to be better aware of the potential leader's character before voting them into possible positions of government, especially with them secretly seeking total political power. In countries with sham elections, the egotistical leaders have already made their leadership irrevocable, requiring a revolution to oust them.

Some governments are exemplary, consciously pursuing progress for environmental issues, human and animal rights, remedying poverty, practicing sound fiduciary responsibilities, etc. Those in poverty with no food or living space need help to get back on track. Therefore, governments need to appropriately fund centres that support with dignity the homeless and poverty stricken, a reality in most countries. The countries that do look after their people in whatever circumstances, are a model for the rest.

Another example, by giving clear and timely directions for business and industry to help improve society. It is time for a clarion call for governments to realize their importance in daily life and make them hear demands for safe, just and progressive nations. The very best minds are needed in government - as they need to steer humanity at the highest level for a harmonious and societally rewarding existence. Those chosen can be from the private sector as subject matter experts. They all hold the reins to humanity's progress.

A well educated and developed individual who demonstrates integrity, responsibility, commitment and dedication embodies the qualities needed for the most demanding government roles, such as ministers, policy makers, regulators, inspectors, etc. A new and major threat, AI will require the greatest of governmental minds to understand it quickly and harness it with effective regulation for the betterment of humanity - otherwise our future looks dire with an existential crisis ending our civilization that has evolved for millennia. Finally, there will always be economic priorities that dictate our behaviour as a species, however the delays in rectifying pressing environmental issues may demand greater sacrifice in the future. Hopefully humanity is up to this challenge.

Understanding Death:

Before we delve a great deal further into how we can achieve this much needed harmony within humanity, we need to briefly reflect on death. It is undoubtedly a jarring experience to be encountered in life, that some of us either shy away from thinking about it or are scared by the thought of it.

Everyone of us will eventually die, as with every other living thing in this realm. That is a fact we painfully understand after much observation. The many steps between the events of birth and death is our claim to having lived a life that mattered. Birth and death are both part of the harmony of life. Like a musical note, there is a beginning and an end, or death of the note. Everything in this realm begins and ends. Our sun gave birth and it will also die after a very very long time. When viewed as such, the physical realm is exciting and yet can be unsettling. It is our perspective that matters, in seeing its positivity or negativity. Our emotions when young and as we experience life, are of major concern, whether we have a positive or negative outlook on life. This is one of many reasons to nurture our young carefully.

Birth is granted from two beings in an act that donates DNA, causing the offspring to enter into life in this physical realm. It is usually a beautiful period for the parents though a demanding role. It is the creation of a physical being with the potential of realizing its gift of life on this planet. If the birth is without complications, we are most fortunate, as there are no guarantees of

it becoming a healthy adult. Our relationship to our offspring is a crucial aspect to the family's success. Our ability to create a physical being adds to humanity's existence.

The family unit may not sometimes be cohesive and members can fall out in relating. Dysfunctional families are a reality in our complex world. This is a situation, when not all members are in harmony with the family unit. However, time is a great healer and the future may see estranged members returning. If not, they may have irreparable upbringing issues from generational trauma, or are radicalized, needing to disengage from the unit. The family unit will continue relating, hopefully amicably in most circumstances if there is love and patience.

In this most challenging realm, we can encounter many kinds of scenarios that impact us mentally, emotionally or physically. All problems are challenging opportunities to overcome with unity and ingenuity to do better! There are myriads of situations where a living being can be affected, causing much need for support. This is due to us possibly being subjected to abuse, toxic relationships and environments, sicknesses, poverty, accidents, unfortunate circumstances and many possibilities of being affected. It is truly a testing ground to survive. Surviving is no easy feat. It is a realm that is most incredibly challenging. However, as evidenced by many in humanity, most survive and actually thrive. In developing and developed countries, support systems help us to have lives that matter and allow us to enjoy this realm. We need to realize this realm is to allow us to evolve to survive as needed. Mothers who give birth and then go on to nurture humanity's progeny and household need to be given consideration due to the heavy toll on their demanding circumstances.

Death being the end period of all beings needs to be understood as part of the harmony of life. It is the termination of life from physical impacts. This is part of the roller coaster of life. It can be simple or complex. It can happen anytime. We can pray, however we cannot know all the reasons for death.

"May everything be for the highest good"

When the above is said during a difficult or painful experience, it is one way of understanding why circumstances change in this physical realm and that reasons for this change may be beyond comprehension. It may be on one or many aspects of life, be it physical, emotional, mental or combinations of them. It is beyond our ability to fully comprehend as each death is a unique event. As a fetus, we can go on to continue living for 100 years and more, or live only a few weeks (in the event of a miscarriage). When anything created is affected by many many internal or external factors, it can either survive or die.

However, death from human conflict is the poorest reason to die. There is no excuse for death from wars. It is human made destruction. It is a disappointment on humanity's evolution. Harmony in all aspects of humanity is the key to prevent death from conflict.

Often, the end of a life can be viewed as a sad situation, but a long suffering death is likely to be viewed as the worst way for life to end. Medical assistance in dying is now being considered when life is extremely painful and causing extreme suffering. Death can be devastating, and we likely will not prevent it in our lifetime or forever. Death is the major realization of being in the Physical Realm. May we all be granted the emotional maturity to understand and accept this fact of life in the most positive way, when we encounter death. Death can occur instantly with no warning or by keeping one lingering on a precipice for a long time.

Very sadly for us, death of a relation of ours is always viewed painfully, through experience of loss, though it is also part of the “harmony of life”. The grief from loss is palpable. Contemplating suicide after such great loss can be from having had a very strong and rewarding relationship. However, suicide abandons one’s own progress, and may culminate in regret should there be a life beyond. Possibly also deep regret upon knowing we have terminated our gift of a unique physical life prematurely. Sadly, nothing in this physical realm is forever. The depths of sadness human beings can or need to endure at times, are likely unparalleled by any other species, though these feelings are known to possibly exist in the largest brain beings of the animal & aquatic species, such as the elephant and the whale.

Need for Harmony

Most people naturally dislike disharmony. Those who are more sensitive often notice how emotional turmoil or unhealthy lifestyle choices create imbalance in their well-being. Many of us experience stress because of misunderstandings or poorly expressed anger, which can escalate into conflict. As a result, we tend to avoid relationships that harbor disrespect, anger and resentment, involve constant criticism, use dehumanizing language, hold grudges, engage in bullying or betrayal, express racism, harm animals, commit injustice or fraud, or suppress freedom. Today, we also face a new source of stress: the uncertainty surrounding global instability and potential planetary crises.

Why, then, do we continue to encounter disharmony - whether through personal habits that create dis-ease in our bodies, conflicts between individuals, or even large-scale clashes between nations? To understand this, we need to look briefly at our history.

Before humans developed language, misunderstandings and conflicts were likely far more common. As communication improved, we gradually reduced the constant fear that once defined early human life, which included extreme practices such as cannibalism and human sacrifice. Yet the pursuit of power has continued to generate chaos. Power can intoxicate, and those who seek it without empathy may ignore their conscience, allowing atrocities to occur. We have had and continue to have genocides and atrocities from hatred and insanity. This stands from fear of diversity leading to fear of differences, causing enmity and resulting in maiming or killing.

History shows that man-made famines, oppression, and wars have sometimes pushed societies back toward brutal behaviors.

Extremist groups can be agents of positive change, Extremist groups can be a catalyst for a better society when principles and values align with a noble goal. However, some extremist groups—across different eras and ideologies—have repeatedly caused suffering and hindered human progress. A lack of empathy and unchecked ego have contributed to many setbacks in our collective evolution. Fortunately, movements for social justice have helped restrain narcissistic and destructive behavior by upholding order and accountability.

Over time, improved communication, shared values and the teachings of influential human beings have reduced many of the violent acts that once plagued humanity, including indiscriminate killing, rape, and theft. This communication also includes a greater understanding

from conveying principles and values by many great human beings. Principles are objective whereas values are subjective. Example: To always speak the truth, is a principle. A value such as honesty or compassion is needed to speak the truth. These intertwined attributes lead humanity to evolve. They survive most chaotic periods of upheaval as civilization unfolds in its evolution. Our evolving principles and values have been helping us to attain peace through justice throughout history. In recent history, with less totalitarian leaders, we are undergoing a better understanding and need for all our leaders in forming a centralized government, including corporate and non-governmental organizations (NGO's), for effective guidance and betterment of society.

Slavery was also abolished as we again evolved as a species where our collective conscience reached a sensitive awareness we could no longer ignore. Injustice has caused much turmoil in history. A great deal of injustice within humanity was by colonialism, monarchies, despots and tyrannical governments with excessive power causing all kinds of civil unrest by discarding liberties and promoting wars. However, newer governments with decentralized power allowed for a balance of power and protecting liberty. The decentralization of power was a progressive achievement, and is to be found in evolved democracies. Colonialism's main aim was to plunder other nations, which finally gave way centuries later, to a broader mindset, that of chartered corporations and companies. These can be beneficial or predatory. In the former they are beneficial to humanity and our planet, being ethically responsible. In the latter, they have caused untold damage to humanity and the environment, for the sake of profit. We always need to be vigilant and diligent when opportunistic humanity seeks monopolistic or totalitarian power.

All nations need to ensure their people are comfortable with the political system being practiced. We have progressed by separating church from state, monarchy from constitutional monarchy in the past. In considering all forms of government, each is appropriate if the bonafide majority by a voting process are peaceful with the system chosen. A constitutional system is more stable and provides for decentralized power. A fair and honest voting system gives an opportunity for all to voice their recommendation. When needed, peaceful protests allow for the public to demonstrate on major societal issues of concern, to galvanize governments into action. An educated majority outcome usually is the best resolution for progress. All forms of government should provide social justice as its mandate.

Climate Change as per Google AI: Climate change is widely considered the greatest immediate, existential threat to Earth's ecosystems and human civilization, causing rapid biodiversity loss, extreme weather, and rising sea levels. Driven by human-caused greenhouse gas emissions, this crisis is accelerating, with 2023 marking record high emissions. Other top threats include nuclear war, asteroid impacts, and AI risks.

We need to heed our scientific community, though there are some who disagree with their warnings. Ecocide is a newer destructive act upon our precious and fragile planet by indiscriminate profiteers. We have yet to create international laws against it.

More recently, we created the United Nations (UN) and its specialized agencies that overlook many humanitarian issues, after much territorial conflict and world wars, including atrocities that

accompany wars that are hopefully never to be repeated. War causes generational trauma and families are devastated by loss of their progeny. The International Criminal Court (ICC) with international laws was also created. Peace has now been given priority in global matters. The United Nations is an impartial and well represented world organization to help humanity survive and thrive. The Intergovernmental Panel for Climate Change (IPCC) is a UN body of humanity's best scientists with reports that indicate that Climate Change is from the previous Industrial Revolution together with current policies allowing for continued pollution. They need to be heeded. Climate change action may need to rely upon conscientious countries still going ahead with independent plans, should the UN not make adequate progress, so as to move away from fossil fuels. Individuals seeking alternate forms of transportation away from fossil fuels may also contribute to this goal.

The UN is an important and necessary organization that has helped humanity progress since its inception in 1945. Most member countries recognize its progressive role for all of humanity as they strive to harmonize with the world. Some countries are much too nationalistic controlled by governments causing upheaval to the world and much pain to their own population.

The power of veto was an enticement for the large powers to join the organization, but now it is detrimental to the process, with 2 major nations using it for ensuring their advantage, thus running roughshod over other UN countries and humanitarian resolutions. However, these vetoes by the Security Council, especially from self interest rather than for the benefit of humanity, have hampered progress in recent history. Even for purely humanitarian issues they have vetoed action. Hopefully, these members will be generous and evolve ethically and responsibly as major nations ought to do, by beginning to restrain vetoing on major issues related to humanity's progress. Humanity's peace, harmony and evolution need a stronger United Nations. If the vetoes by the permanent major powers in the Security Council continue hampering UN progress for humanity, perhaps boycotting their products and services and not negotiating with them is a possibility to get their attention. From their veto actions against humanity, these major nations obviously do not have an interest in other nation's welfare. Human welfare is not their priority. Apart from public protests, buying from other nations and negotiating with them for major projects is also a possibility, until the major powers act in harmony with humanity. However, humanity may need to await generational change for new leaders to steer this planet consciously and in harmony.

The predominantly patriarchal practice and traditions of inequality causing much distress to half of humanity has finally begun to diminish, albeit gradually. Finally recognizing gender equality after the suffragette movement and more recently equality of minorities have begun to be better understood and practiced, reaping benefits of diversity to humanity.

In regards to children, if we don't instill the right values to them for laying down the foundation of their conscience, they as meaning making beings with needs, may grow into problematic radicals against society as adults. Without a conscience, we can act opportunistically regardless of negatively impacting other beings or co-existing species. Also the great importance of rearing and nurturing of our children has been better understood, whereby lack of nurturing our young may turn them against family and more concerning, as adults against society through extremism. These may be from growing up and being exposed to extremely difficult circumstances like physical and emotional abuse, poverty and lack of education.

Many of us individually are also choosing unsustainable lifestyles, causing harm to ourselves and our precious environment. Humanity's population cannot be maintained without polluting, unless our current lifestyles change. The institutions of governments and other organizations will hopefully lead with plant based offerings in their buildings and public events, as a role model to sustainable growth. Becoming plant based and allowing for our taste buds to adjust over several weeks and begin to appreciate this healthy alternative, while at the same time respecting all other living beings, is a harmonious goal for humanity.

Examples abound from unhealthy choices and lacking in discerning unhealthy products by deceptive marketing causing health issues. Food ingredients and preservatives that are deceptive and may cause health concerns are becoming a major concern in society. Many also succumb to poor health from indiscriminate lifestyles, that make them seek quick resolution pills with several detrimental side effects, instead of using an integrative and holistic approach in getting back good health and independence. We also need to understand sustainability issues, thinking ourselves as visitors impacting the health of this bountiful and beautiful planet. All this is occurring in spite of the evidence and common sense that have been presented by scientists, responsible media and well informed members of society, including activists. Thus, understanding the 7R's - rethink, refuse, reduce, reuse, repair, repurpose, regift, recycle by being risk averse in polluting the environment, is a better way to live sustainably. Transportation is another major impactful activity if it still causes pollution, needing much discretion. We live in a complex world requiring forethought, but also enjoy its many benefits!

Terrestrial and Aquatic Animals:

Many understand that killing the goose that lays the golden egg, or any animals supplying milk, is not wise nor compassionate. All the benefits of animals to help humanity survive are to be had in consuming their ethically sourced gifts. Animals are to be cared for, when they serve humans in a symbiotic relationship. Compassion for animals and other living species has gained more attention. Science is indicating animals as sentient beings. Abusing animals for sport or indiscriminate hunting is now readily seen as a societal concern. Our historic cavemen nature of being barbaric, can no longer be justified in killing comparatively defenceless co-existing species today as advanced human beings with superior weapons. As highly emotional creatures still evolving, we need to better understand other living species co-existing, especially through a compassionate lens rather than seeing them as a meal.

Today we have an immense variety of plant based foods. Becoming a vegetarian or vegan is not an automatic transition, but one requiring learning to feed ourselves differently and conscientiously. Health food supplements are also available as an alternative for special health concerns. Together with large portions of plant based fare being chosen after being better informed to get all their benefits, humans can live a healthy lifestyle with longevity.

Humanity's Progress:

“Progressive harmony dissolves all conflict.”

The end result of all our collective learning and understanding has been a gradual yet progressively harmonious world. Social media, a complex technological tool for an evolving humanity has been of much benefit. We have definitely progressed, but sadly not enough. The evidence is in the several major global issues facing us, such as sectarian and tribal conflicts, tyrannical and corrupt or repressive governments not practicing ethical governance and sadly, unethical and greedy power mongering corporations violating ESG (Environmental, Social and Governance) principles - causing environmental destruction, with possible impending threats of planetary destabilization. When workers realize incorporated businesses are unethical in any manner, either through poor working conditions, polluting the environment, corruption, etc., official strikes and disruptions in accordance with legal obligations should be pursued while seeking to involve governmental inspections if necessary to resolve the issue.

AI and especially ASI or AGI (both considerably greater intelligent versions) will be the greatest force to harness, without question. It may be beneficial or not, depending how we wield it. Not only will it be an artificial super intelligent species, but it will be invisible. We will not be able to know the “mind” of this formidable and complex foe. It is possible that our intelligence will be confronted by a superior type. Our collective principles and values as we evolve will be based upon understanding ourselves to be more united than ever before. ASI will not have this element of us being unique, diverse and united, hopefully giving us an edge, rather than from only relative physical attributes as ASI will use. Unlike AI’s embedded values, human evolved values such as love, kindness, compassion and peace originate intrinsically from spiritual beings. We will hopefully have an advantage, by having a deeper and greater bond with the power of unique diversity like never before.

“Harmony proliferates peace & joy.”

Living as we do today in an advanced and complex civilization, we still need to evolve further as a species to create greater harmony within it and again significantly reduce or even stamp out many transgressions, crimes and injustices by unscrupulous individuals, hordes of extremists, unethical corporations, warring nations and sadly, crimes against the animal kingdom and against our host, this amazing planet we call Earth.

No human being is intrinsically evil or immoral. This situation occurs as mentioned before, from various factors such as upbringing with trauma through poverty, abuse or violence. Other factors are from societal pressures upon individuals manifesting as greed or entitlement from a young age or later in their lives. In other cases it may be from mental illness. There is no evil being.

However there are evil acts being performed and these are a result of un-evolved beings in societies. It is important we know the difference. Human beings may be warped or distorted from their absolute origin, by traumatic events instead of being nurtured and guided in their young lives. Instead of expressing themselves according to evolved values, such as loving, compassionate or peaceful, they can display and act upon distorted values due to these tragic experiences in life. Examples of evil values and acts lacking honour, virtue or decency are

being: narcissistic, egotistical, opportunistic, physically threatening, murderous, expressing base behaviour, stealing, lying, etc.

Being an un-evolved species in the past, a few of us in history have used their knowledge of spiritual guidance to benefit themselves from having power and money to advance materialistically. However, we have had mostly ethical leaders practice for the good or benefit of humanity but sadly, also some unethical leaders seeking to achieve power and profit from their followers.

Daily Harmony

By always coming from a place of conscious harmony, we will develop greater respect not only for this planet, but for our gift of physical life, each other and with all co-existing species on our planet. We will also better understand why living on this planet not only can be the most challenging for us, but needs to be so for our evolution.

Practicing meditation and reframing our collective experiences while realizing we are all affected by similar life challenges, it becomes clear that evolving as a species living in greater harmony is the only way forward. Achieving daily harmony with everyone and everything is also the best way forward, especially in light of the fact we consider ourselves the most advanced species on this planet.

We live with other species. They are interesting and amazing in how they try to survive in this challenging realm. We share much of their DNA and humanity needs to relate to them compassionately. There is more to them than meets the eye. May we view and better understand other species coexisting and treat them with respect. The element of respect is important when approaching others, friend, stranger or foe, because it creates the basis for expressing diverse opinions, viewpoints, etc. therefore encouraging communication and understanding for the best possible inter-exchange, whatever the outcome.

Goal of Harmony

For an evolving species, harmony is the goal. Humanity has come a long way, but evidently there is still more harmony that needs to be developed within and especially as we begin to confront an unprecedented existential challenge, that of our planet hurling into destabilization. Some believe this destabilization to be a hoax or conspiracy and yet there is scientific evidence together with empirical evidence whereby catastrophic climate events are already causing weather related disasters in many countries. Only time and more evidence will tell if these will intensify and be cumulative, finally convincing most to do something about it. We deliberately invite chaos if we do nothing.

“Achieving harmony in all our relationships, within our species and with others, will bring a collective commitment to aspire not only as physical beings, but also a highly evolved civilization.”

This seemingly far-reaching goal of universal harmony can be had with a paradigm shift that is within our grasp. It starts with deeply understanding the power of consciously cultivating a harmonious attitude to everyone and everything. This harmonious attitude, together with gradually attaining unconditional love by discarding biases of culture and diversity likely through ignorance and outdated traditions, can begin by following and then experiencing the message outlined in this meditation presentation, that can bring this paradigm's possibility to fruition.

Let us lead an evolving life by using LHaMP.

Let us all begin!

For those of a secular view of life, please consider reading the spiritual version, as it is the original source of the meditation. There is much to be had by expanding on the possibility of a spiritual realm that awaits our arrival upon leaving the physical realm!

~

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Thank you.

2026

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Brief bio of Authors: (5 minute read)

Zahir - Left South Africa age 9 months in 1950 due to the dreadful apartheid implementation, whereby his parents decided to move to the DRC (previously Belgian Congo), then later to East Africa (mainly Kenya and Zanzibar). Enjoying friendships and community ties, he grew up in Africa.

Arrived at age 13 in the UK to join parents who had emigrated two years earlier. Began formal education in British society. At age 19 in 1969, he experienced his first and only seance held by a visiting aunt, followed by his very first automatic writing experience that same night. When

requested by angels during that session, to wait until later in life in communicating with them, he was filled with gratitude. They assured him they will communicate at the appropriate time.

After secondary technical school studies, began technical colleges after joining the telecommunications industry as an apprentice for 3 years then followed by another 3 years as a technical officer in the UK. Travelled for vacations to East Africa and several countries in Europe, seeking to emigrate at age 20 due to racial political concerns in the UK (this reality took decades to diminish). Visited Canada and the USA in July of 1973. Moved November of same year as a landed immigrant to Toronto, Canada at age 23. In 1975 re-joined the telecommunications industry for a career spanning 28 years until retirement.

He had the opportunity in Canada to get a work assignment in Saudi Arabia in 1976 for a year, weathering 115 degrees Fahrenheit in the desert and 100% humidity on the coast - it proved to be a memorable trip. He is also an activist supporting humanitarian causes and protection of all land and aquatic animals, including the environment.

Travelled for vacations to the USA, Egypt, Israel, France, Switzerland, Greece, Italy. Snowbird trips to Florida and Mexico, realizing travel broadened one's horizons while appreciating this amazing planet.

Suddenly, spiritual communication began (automatic writing) at age 46, 3 years after a turbulent 16 year marriage ending in amicable divorce. The outcome of his marriage and having to care for 3 children together with the state of humanity and this planet, created a deep desire to better understand this realm. The communication event occurred unexpectedly and not initiated by him. He had just become a vegetarian on August 10th 1996, it being his third and final occurrence in his lifetime by bringing home a meat sandwich prepared for lunch, after fundamental realizations on relationships in the physical realm began pouring into his being. That same night at approximately 4 am, a spiritual contact occurred for the second time since 1969. Through automatic writing he found the download was very unexpectedly initiated by an angel named Ovid, while Zahir went into a higher state of consciousness. Many 4 am early morning sessions of several minutes automatic writing sessions occurred, for approximately 6 months. After occasional sessions still occurring for another two years, with Ovid and an elder called Mir for more complex issues, he began working on the seeds of LHaMP in 1996. LHaMP was not dictated through automatic writing. The author was also told he has had at least 2 reincarnations. He made a commitment to share this way of life as imparted to him through Divine Guidance, from being filled with gratitude and renewed hope for humanity. Living with the values and principles, he felt no contradiction or hypocrisy of his better way of life.

During this time he joined an association of a trailer and camping community of 200 families, from 1998 to the present. As a member and board member serving many years, he learned to better understand how community works and how important the democratic process, including majority voting being the best outcome on decisions, helped to improve and maintain this 140 acre park.

He teamed up in 2020 with the co-author who contributed to the content and as a wordsmith, due to him being of a technical background and his difficulty to bring the finalized version to fruition after several iterations until 2025. They both tried to find the best solution to resolve any issues for the highest good. A spiritual and a secular version was created due to many not believing in The Creator. This was surprisingly done without issues. Some family members and friends also kindly helped in the editing endeavour. After final family feedback and editing, including building the website by a family member, it became ready to share with humanity in 2026.

Debra - was born in Toronto, Canada and grew up with her mother excelling in real estate and her father involved in several businesses while enjoying his car interests. After her siblings who were much older by 14 years left home upon their marriages, she grew up in gradually developing tragic circumstances, thus putting her on a spiritual path early in life.

At age five, she recollected having an elevated experience of body and mind, seemingly floating up in her basement. She was now growing up with parents having relationship issues. Her parents divorced at her turning age 8 approximately, but life kept getting worse. By age 12 she had her mother committed due to suffering from mental illness, and Debra suffering from occasions of physical abuse. Her father attempted to visit his youngest daughter, but was inebriated several times even after his divorce much later. Children's society placed her in foster homes which were difficult experiences and finally in a group home, where she finally had the support to begin imagining a life worth living.

Debra was developing spiritually and had an opportunity at age 18 years approximately, of going abroad to a seminary. After a year she opted to return back to Toronto, seeking other spiritual experiences.

At age 20, she was jobbing and sharing in renting her homes. At a relatively young adult age, Debra had begun her working experiences in a health food store essential oils and cosmetic department, then a drug mart store cosmetics, kindergarten assistant teaching preschoolers including arts and crafts, community helper and self employment as a multi level marketer - which was her passion due to better technologically derived products, but the remuneration was always a roller coaster ride and generally difficult for a steady and rewarding life, requiring her to share renting her apartment.

Debra was fully spiritually awakened further by mentors running metaphysical gatherings and holding courses. She became highly conscious of her purpose - to help others in life metaphysically. It was around this period in mid-life that she adopted a vegetarian diet. It was after having a pet fish experience, it jumped out when she was passing by the aquarium and her picking it up and simultaneously realizing that other species deserved to live too, as she gently and most caringly returned her pet fish into its home.

Debra's favourite mantra was Nam Yo Renge Kio recited 3 times 0r more. Chanting "Nam-Myoho-Renge-K yo" is a Buddhist practice that Debra adopted, and provides a way for all people to activate it within their own lives and experience the joy that comes from being able to liberate oneself from suffering at the most fundamental level. The essence of Buddhism is the conviction that we have within us at each moment the ability to overcome any problem or difficulty that we may encounter in life; a capacity to transform any suffering. Our lives possess this power because they are inseparable from the fundamental law of nature that underlies the workings of all life and the universe.

She assisted on LHaMP with her spiritual understanding and her excellent wordsmith talent. Her focus on helping others through loving care is proof of her many friendships that still endure today. She also gave readings at spiritual centres. She was an Earth Angel. Most sadly, her life came to an end in 2025, after 5 years of health issues, just turning age 71. She is and always will be missed. May her soul rest in peace. 🙏