

J. Reuben Silverbird

MY LIFE IN TWO WORLDS



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O - SI - YO / YA - A -TEH

(Cherokee / Apache)

HELLO / GREETINGS

(English translation)

In the Ancient Traditional Original Native way of thinking: "One can only confirm and transcribe that which is in ones' own heart and mind, and not that of any other living person. "Thus, the personal memoirs I write about in this book are mine, from my heart and mind alone."





DEFINITION OF SPIRITUALITY

Describing or defining spirituality, though hard to understand and confusing to so many, in actuality is very easy to explain. Possibly the simplest form, would be using two rather uncomplicated words. It can be defined as, good over evil, but evil would be adding a religious connotation, and I do not believe spirituality has any connection at all with religion. Spirituality is with us from the moment of birth, and religion is not. Religion comes after birth: from the actions of the parent's personal belief: but a newborn baby, even before the vocal moment of the first cry, is already connected to the spirit. To say that a babe is not spiritually connected at conception would certainly not be proper: since all the moves and actions of the mother can be felt by the babe; sometimes, the baby spiritually reacts to the mother's actions as well. The spirit starts to show up and develop as the babe begins the search and discovery process of the unknown: have you noticed how some babies look at their hands and move their fingers, studying them with great intensity, with their wide eyes? That is why guidance is such an important word at this time. My concept of spirituality is: thinking good thoughts over bad ones, being faithful and not faithless: being able to debate, with an open heart, in an open minded manner, being able to admit you are wrong and not always right. The principal of the word religion is good, but in many cases today, it is a word without principal: a word highly misused and misinterpreted by some people calling themselves speakers of preachers for God, or in the name of Jesus Christ. Seems to me that the more fear that the government inflicts on the population with terrorism or whatever the word for the moment might be, it always opens an opportunity door for religious zealots to rush in with their black book in hand to the rescue, but in essence bringing, even more added confusion and fear to the, already calloused naïve believing population.

It's almost as if they have some "good and bad cop" thing going between religion and government. To me, the concept of creation is all upside down, and I'm not alone with these thoughts, it does not make reasonable sense for a man to have been able to create in the manner that these ancient writers described it. There had to be a calculated reason, possibly pertaining to chauvinism in their way of thinking, if they believed that anything or any being could be so powerful as to create man before woman. They claimed it was God speaking: well, if it was, this was his initial and biggest mistake. These writers themselves, had to rationalize where they came from. I pity the individuals that do not have enough self-confidence or belief to create their own destiny: to lean on such fantasy-like fanatic mysticism belongs to those with very low self-esteem and of very low child-like mentality. In every sense of the word, as a further example, I point to the fact, that we open the womb of Mother Earth in order to plant the seed of corn, squash or been upon her: it is not done in any other way, or else we would call our planet, "Father Earth." We live in the 21st century, and we no longer have controlled illiteracy, as it was when these books were written: instead of following blindly, we can now read for ourselves. So, simply read... Genesis was written by those few men of privilege: they were not taking dictation from some superbeing that sent them words down like a flash of lightning to be transcribed by their very human hands: if they were rational at all, they themselves must have known they came from the womb of a

woman, unless their chauvinism did not allow them to think or admit it. I am often asked if I have a religion, and my answer is always, "yes, I am a Catholic": the next question that follows is why are you one? And for this one, I have more than one reply, "Why jump from one to the other when I think they're all the same." "They all have a mind controlling interest in humanity" "Without humanity, they would find it hard to financially survive" "Humanity makes it possible for religionist to still live like KINGS today." ... During the 40s and 50s, Hollywood films had given much impetus to further help the religious myth earn more insane credibility and respectability: some producers with mega-like films made the Christian biblical miracles almost seem true on film: it only made Christian leaders feel more powerful in the eyes of their fanatic followers. But lately, new filmmakers, in search of truth and complete transparency, have dared to surface and turn the tide by filming more of the fanatical views in all religion without exception: Still, I know a change will be hard coming, because early on, the hardcore religionists did their groundwork well: way back, even beyond the 1st Century, they set up their satanic religious network, using instruments of death to accomplish and make believers of the majority of those that didn't want to die; the rest, they conquered with fear and through guilt. This fear and guilt exists in all levels of human society today; in all levels of government officials, public and private sectors etc etc. Today, religionists know that a brainwashed humanity has a hard time rethinking and changing its' path from a robotic disease-like dependence on their so called holy religion. There are so many writers today that have done a thorough research, beyond theology and have concluded that we live under a terrible mythical type religious bauble: one that more and more, by the actions of their own bejewel attired high leaders are still, deceptively using 14 century words to try and mislead their congregation. They still have great power over much of the poor and illiterate population of the world. To some of these people I would recommend reading books like, "The Harim Key", and many other books that are ready to awaken and enlighten them.

POWERS OF LIFE

Healing Power of Music, Song & Dance

There exist so many powerful forces in our lives that can alleviate pain and suffering of both body and mind. The following, I genuinely feel is one of the greatest, simple, yet most effective healing processes: it can certainly work miracles for anyone, and is fairly inexpensive, since most of us own one, from simple to multiple type music CD player device. Being exposed to music, almost from a nursing age, I learned the value, and to appreciate that there were all kinds of people for all kinds of music and visa-versa: though, I did not understand musical theory until around the age of eleven, I was already writing lyrics and composing music at eight years of age. By age nine I was playing the French horn, and then gradually graduated to trombone and soon after guitar. I really loved piano, but in those early days there were none that were portable as there are today; and owning a regular piano was an expensive proposition. Still and all, I was happy playing trombone: my hero in those days was Glen Miller. I never really liked guitar because I was under the bad impression that all guitarists were saloon drinkers: I guess I had that feeling, because the guitar players that traveled with my dad were, if not heavy drinkers, they were still drinkers, just the same. Never the less, I learned guitar from a young Yaqui Native named Manny that traveled with us. I had access to all kinds of instruction, and I learned tap dancing from Emma and to sing from my father and mother; it was rather easy for me. I also learned at an early age, the value of all three major forms of entertainment on a stage. But let me make one point clear: one does not need to be in the entertainment business to enjoy one, two or all three... I consider music, song and dance to be the powerful healing, and spiritual elements of a person's life existence: sometime, unknown to the individual. Music works its strains of love directly into the heart without borders. It can travel the world over, through the airwaves without boundaries and with no need of a passport. Any and everything connected with music is spiritual and healing: in fact music, song and dance are interrelated and so closely linked to the brain, that either of the three that one chooses to undertake can be both, a healthy and healing instrument for heart, body, mind and soul. Hallowed are those, though they may not even realize it, that are gifted enough to be able to enjoy all three. Certain melodic music strains, either in melodious or mellow form, such as the simplistic meditative sound of a Native flute, can bring peace and tranquility to the contemplative mind: the infectious rhythmic beat of a Native hand drum can excite and awaken the body nerve senses to the freedom of sensational free-form dancing; a full symphony orchestra, can induce emotional healing of the heart and take you to uncharted and far reaching places in an instant. Music can bring back countless memories of the far past and cause one to have vivid pictorial recollections of them as if they had just happened a moment before. One can get lost within the step of the dance, and completely clear any thoughts that would otherwise interfere with good positive thought waves. Granted, there are those that readily exclaim not to be able to carry a tune, and only dare sing aloud in the shower, but this too is fine, because they happen to be enjoying

and clearing up their shy inhabitations, which they usually, unwaveringly refuse to do in public. It is no different with dance and those that feel they have two left-feet. Not everyone was meant to be a Travolta, Fred Astaire or Ginger Rogers. My suggestion in such cases is just to close your eyes, smile and begin to dance with all your heart and enjoy the healing power of music, song and continue dancing in your own style, whatever you choose it be, and step.

