

Spark the Flame

By: Orlando Fernandez

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*Thank you to my family, friends, and
Life, all of who show me a healing
Love and acceptance.*

Table of Contents

Life is Yours 10

Using the Brain 24

Interconnectivity 34

Theory of General Positivity 40

Exponential Potential 62

Introduction

Spark the Flame

This book is made to inspire and to
share patterns of Life observed.

Anything in here that is true you
already know.

There is much said within the few
words of this book.

Every sentence is valuable, please
read accordingly.

Please reread to discover and
internalize more.

You can randomly open a page to
see what you find.

There is space to write your notes.

Love and Blessings.

Life is Yours

I am an alcoholic.

I cannot control my drinking,

therefore, I cannot drink.

I wouldn't mind the lack of control,

except that it is harmful to me and

others.

I don't know what I will do later in
the day, if I have a sip of beer at
noontime for lunch.

That night, I might end up killing
someone, accidentally or purposely,
in a drunken stupor, possibly never
remembering, and only realizing
when I sober up.

I share this because I have stopped
drinking now for three years, to
thank the divine Goodness of this
universe.

I had to, because I want to Live, and
while I was drinking, I was very close
to dying more times than I
remember.

It is up to **me**.

Because I take this difficult yet
worthwhile path of sobriety for the
sake and betterment of all, I earn
assistance from Life to do good
things here.

I give the sacrifice, I give the effort, I
show Life that I am here to help.

And I believe.

Whatever happens, I **believe** that

Life will help me to help the world.

I **believe** that I can.

I believe that I **can**.

I believe that I can.

Your Life has been entrusted to you.

You have a duty and blessing to paint
the tapestry of your story.

If you place this sacred responsibility
in the hands of another, choose
wisely.

Life is Yours

You are uniquely beautiful and
valuable.

You have an exclusive Life path and
Life pace.

You have your personal combinations
of experiences, missions, needs,
challenges, tendencies, preferences,
skills, and energies.

Happiness is your **choice**, and

when it occurs, it occurs **Now**.

If you are not going the direction you

want, you must make **changes** to

steer toward a different direction.

You are the one who must do it.

Trusting yourself and trusting in Life,
you must do what you feel and know
is best in your heart.

Even when painful to yourself or
others, this will assure positive return.

If you believe, you **will** receive the
help you need.

It may come in unexpected space
and time, but it will show.

Life is Yours

Love is a journey.

Happiness, success, health, wealth:

they are not destinations.

They are all journeys.

They all begin **Now**, and

accompany you on the path.

Using the Brain

Fill your mind and heart, action and
being, with the Life you want to
experience.

The more you repeat any thought,
word, action, or feeling, the more
likely you are to do so again, each
time carving a deeper etching into
your physical brain and human
being.¹

To create a habit of something,
practice it.

To break a habit, practice the
opposite.

Practice who you want to be, and
your brain will transform accordingly.

The brain works very mysteriously.²

Always, it connects with Life to
produce circumstances that illustrate
the person you are being.

For instance, when you deliberately
continue the experience “I am
blessed,” your mind will produce
surrounding conditions and personal
perspective to confirm this.

Sincerely repeat a list of gratitude
multiple times daily, and you will
soon find your list expanding.

Use your power of perspective to
describe your Life as a beautiful story.

Your choice and your gift is to
custom-tailor your brain to create a
world dear to your heart.

Interconnectivity

Everything is connected.³

Everything is part of a Whole.

Every portion of this universe
contains the whole universe.

Each moment, your thoughts, words,
actions and feelings affect everything,
everywhere, near and far.

We are like waves of the ocean.⁴

Connected to everything in the
ocean, through the ocean, but also
having distinctive shape and form.

The wave may crash and meld back
into the larger ocean, but it can take
shape and form again, all the while
remaining ever connected and part of
the all-encompassing ocean.

All things have equal inherent value.

The outside world is a reflection of
your inside world.

To create change on the outside,
make change on the inside.

Theory of General

Positivity

You are **already** Loved.

This can never stop.

The Whole is held together by Love.

You are a conscious conduit for this
eternal Love, able to direct gushing
currents toward wherever you wish.

Use your power of Love to

Love yourself.

Love **All** of yourself;

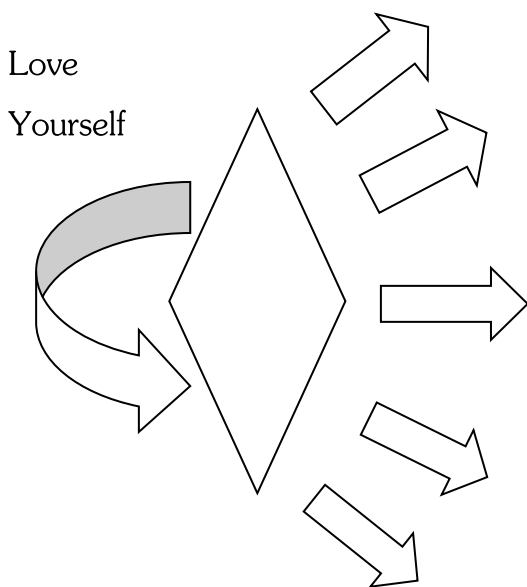
unconditionally, and without pretense.

Love yourself in the past, Love
yourself in the present, and Love
yourself in the future.

Love them **all**.

Fully, thoroughly and completely:

forever.



This Love is reflected
refracted to a Love of all

What is best for you and what is best
for others is not mutually exclusive
and is achieved through a unified
harmony.

Faith converts adversity into
harmony.

Faith is the trust that when you aim
to do right, the best outcome for all,

Life evolves well for you.

Faith is the heart muscle of your
spiritual core.

This muscle is especially exercised
when you encounter adversity.

Based on your perception, things are
either in process of working out for
you or they are not.

When you hold the premise that
things are working out for you no
matter what is occurring in your Life,
and you do all you can to aid that
premise in thought and action, **this**
is a Faith that converts adversity into
harmony.

Regardless of how it appears from
this vantage point, there is a great
harmony to everything in existence.

Whenever you realize you do not
have full control:

Trust in Life.

Sometimes it works transparently,
sometimes very mysteriously; but
given time, Faith **always** proves
itself.

Always.

You can **always** change your

course and recover; this is human

blessing.

The effort to recover from adversity

and mistakes brings you growth and

elicits assistance from Life.

Challenges will occur all your Life;

they serve as a way to grow.

If you are not growing, you are

dying.

For humans, stagnation devolves into

decay.

There are **always** ways to grow

and you must **always** exercise this

effort.

Self-honesty is imperative and must
be done with vigilance, forgiveness
and acceptance, and grit towards
mastery.

Self-honesty this way is self-healing.

Sincere, courageous effort opens
further paths to progress.

You are a piece of the puzzle that is
the Whole.

When you live abiding by the
uniqueness of your core, your
particular piece of the puzzle, you are
being authentic.

Authenticity is an endless journey of
discovering yourself and sharing
yourself.

You must unleash the freedom of
expression that flows between your
core and the rest of the world – the
divine blueprint imprinted in your
Soul.

Here you will find relief and sacred
inspiration.

Authenticity frees your passion:
unbridled Life energy that flows to
you and through you because you
have aligned so well with the great
harmony.

You are literally living the part you
were made for.

The world **needs** your authenticity,
and all are blessed when you
embrace it.

Authentically fulfilling the role you
are made for embodies connection
with the Whole: forgiveness and
acceptance.

The more you can forgive and accept
yourself, the more you can forgive
and accept others.

Forgiveness and acceptance are
necessary for humanity to survive.

Life has **already** forgiven and
accepted you.

To realize this is to heal.

When you heal yourself you heal the
world.

Life forgives and accepts **all**.

The following is a quoted “loving
kindness meditation”:

*If anyone has hurt me or harmed me
knowingly or unknowingly in thought,
word or deed, I freely forgive them.*

*And I too ask forgiveness if I have
hurt anyone or harmed anyone
knowingly or unknowingly in thought,
word or deed.*

Exponential

Potential

Life is **ALIVE!**

Sentient.

When you are on its team, you are

destined for success.

The cleaner your motives, the safer

you are.

Just like the human brain, our
universe is mostly a mystery.⁵

The unknown harbors immeasurable
potential and all unimagined
possibility.

You must **believe** in this unknown.

Live the fact that anything and

everything is possible.

Keep your destination in the
forefront, and believe, and the path
will be created: the road forming to
meet each foot as it steps.

You can change your Life for the
better at any point in time.

You can change Life on earth for the
better at any time.

Every moment has a healthiest
choice.

It is worth the effort to give your
best.

Exponential Potential

The Flame is **you**.

And humanity.

Positive change engulfs the world as

you grow.

ARISE.

Fulfill your Loving purposes for the
better of all.

About the Author

I was born and raised in East
Elmhurst, Queens, NYC.

I have a passion for writing and
contributing positively to the world.

This is my first publishing; the
contents having come through years
of study, introspection, and
observation.

I plan to publish further works on
related topics.

Thank you for reading.

Notes

1. Doidge confirms in his preface: “a band of brilliant scientists...showed that the brain changed its very structure with each different activity it performed, perfecting its circuits so it was better suited to the task at hand...They began to call this fundamental brain property ‘neuroplasticity.’” (Doidge xvii – xix).

2. Koch writes in essay *Project MindScope*: “The human brain, with its eighty-six billion nerve cells, is the most complex piece of organized matter in the known universe. It is

the organ responsible for behavior, memory, and perception, including that most mysterious of all phenomena, consciousness.” (Koch et al. 25).

3. Cox explains: “And so, every electron in the Universe knows about the state of every other electron. We need not stop there – protons and neutrons are fermions too, and so every proton knows about every other proton and every neutron knows about every other neutron. There is an intimacy between the particles that make up our Universe that extends across the entire Universe.” (Cox and Forshaw 139).

4. The metaphor of everything connected as waves to an ocean has been used throughout the ages.

5. Tyson reports that mysterious dark matter and dark energy add up to **96%** of our universe: “From that we can then deduce how much ordinary matter, dark matter, and dark energy the universe comprises (the percentages are **4**, **23**, and **73**, respectively)...cosmologists understand how the early universe behaved, but...most of the universe, then and now, consists of stuff they’re clueless about.” (Tyson and Goldsmith **61-62**).

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Sow The Seed That Binds You

Feel The Steel That Signs You

Put Up All Your Resources

And Walk Into The Magic

-Zoraida Diaz