

# AWAKEN NOWWW TO THE EXPERIENCE OF INNER PEACE

WE ARE ALL HERE ON PLANET EARTH NOWWW AS SPIRITUAL BEINGS BEING HUMANS, EACH ONE OF US BORN FREE AND EQUAL IN DIGNITY AND RIGHTS AS CITIZENS OF THE INFINITE AND ETERNAL UNIVERSE



THIS NOW AGE ENTERPRISE FOR INNER AND WORLD PEACE HAS STARTED AND WILL CONTINUE FOREVER AS NOWWW IS ALL THERE IS !



**THIS PEACE NOW STORY AND SCRIPT IS A WAY UP FROM DOWN!  
IT'S BASED ON OPTIMISM , NOW~ISM AND WISDOM AND CAN  
ENABLE ANYONE TO ATTAIN AND MAINTAIN INNER PEACE.**

An unhappy man who had just lost his job, was walking along a city street feeling miserable and defeated by life's challenges. He noticed this piece of paper titled **AWAKEN NOW TO THE EXPERIENCE OF INNER PEACE** lying cleanly on the ground. He picked it up and the next words that impressed him from the paper were, 'Always remember to look on the bright and positive side of life'. He became curious and decided to read further as at that time he couldn't see a bright or positive side?

The paper congratulated the reader on being a great champion winner of life ahead of millions of competitors at the time of our conception when each of our parents came together to co-conceive each and every one of us. It went on to explain how we each gestated in our mother's womb for around 280 days, we birthed, and then lived our whole life right up to the present moments of nowww, which were described as the latest greatest best time so far in the history of the universe. 'Wow' he thought, that IS positive!

At first, the man found it difficult to accept what he was reading, the information seemed right and true, but he had never come across anything like this before, including the header images on this page. The paper went on to tell how that, according to science, while he was reading the words, the Earth travels in orbit around the Sun at nearly 30 kilometers a second, or at 1800 kilometres every minute, and almost 108,000 kilometres every hour. This reminded him of a song he knew as a younger person performed by the [Moody Blues titled, 'Thinking is the best way to travel'](#). For a moment he transcended his troubles and he began to think more positively.

In all the history of the universe the paper revealed, there has never been and never will be, anyone else exactly like you. You are an original, unrepeatable, valuable and important member of a great human family tribe of almost 8 billion other precious unique human kindred spirits, living on planet Earth nowww in this year 2021. Each one of us is born free and equal in dignity and human rights, all with the potential to individually and collectively attain and maintain inner and world peace.

This is powerful information he thought. Why hadn't he come across any of this previously? He began to feel quite elated and started considering his life in a different way.

He then saw a McNaturals Plant Based Wholefood Vegan Cafe up ahead, he felt like drinking a Green Sprout Fruit Smoothie and decided to go there and continue reading.

He went to the counter, ordered his smoothie, looked around and noticed two younger people, a man and a woman sitting at one of the tables. They were looking at the very same paper he was reading. They were both smiling and seemed excited.

He showed them his paper and asked if he could join them and they said "of course". The couple excitedly explained how they found their paper a little earlier on a seat in a train they were travelling on. They said they were finding the content to be very powerful mind-enhancing information.

The three became collectively curious, as the source of the paper's origin seemed to be anonymous. No address, phone number, email or website was on the paper. The only name that was given to identify any source was 'DARAMA' which was described as (DA) for Father, (RA) for Sun, (MA) for Mother.

The next paragraph stated, this paper has been created especially for **YOU**, yes **YOU** the reader, and no matter what has happened in your life previously or where you are at currently in your relationship with yourself, others, and your life in the universe, you now have the opportunity to absorb and adopt the ideas contained on this piece of paper to enable your future time to be filled with joy, love, peace, freedom, happiness and optimism.

Optimism was then described as the attitude that all things can be ordered for good and that everything happens for the best. It is identifying the presence of good in all things, enabling an anticipation of optimal outcomes and the most favourable results. An optimistic mental attitude finds the good in everyone and everything. It enables the ability to turn difficulties into useful learning experiences and an opportunity to transform problems into solutions. The paragraph explained that with optimistic thinking, goodness ultimately triumphs, even when it seems that evil persists. Goodness shows itself in the wonders that abound all around everywhere all the time. If one looks carefully, every atom, every seed, every living thing, and every moment, are all miraculous wonders. The almighty god is the good in everyone and everything!

The paper pointed out that each one of us is made up of trillions of atoms in a physical human form. It explained that essentially, we are spiritual beings having a human experience and each of us is an inlet to an infinite and eternal realm of universal mind. And, even though we are being humans, we are primarily immortals with indestructible consciousness.

DARAMA then went on to explain that the long awaited and much anticipated great planetary and human spiritual awakening, is first realising that each one of us are the chosen ones we have all been waiting for, and second we realise that as spiritual beings, Heaven, Nirvana, Samadhi, Satori and Eternal Bliss, including the Christ, Buddha, Krishna and Cosmic conscious awareness, are all attitudes of perception that are nearer than hands and feet and closer than breathing.

In awe, the three then agreed to take a break from reading the paper to discuss what they had just read and also to discover more about each other.

The man who had just lost his job had a wife and four school age children, a son and three daughters, and even though his wife did some part time work, he was worried about how he was going to be able to support his family. The couple were pregnant, not working, and looking for ways to live a family life.

The topic of what work could be done to earn a living became a subject of discussion. The older man glanced again at the paper and he saw and said the word Permaculture. "What's permaculture" the woman asked?

It was described as a modern gardening design science which shows how to co-operate with the Sun, the Earth-Soil, the Wind and the Rain, and apply minimum-maintenance maximum-yield Permaculture design principles to enable anyone and everyone to participate in creating lives filled with absolute sustainable abundance within the ethics of Earth Care, People Care, Fair Share.

The wonderful thing about Permaculture the paper explained, is that anyone can begin to learn and practice this timely and important Australian innovation from now on; simply by typing the word Permaculture into any internet search panel to discover thousands of picture stories and videos from the millions of people on every continent who have already made the transition to this sustainable self-employment lifestyle.

There are billions of home yards in suburbs throughout the world that wait to be converted into abundant food-forests, and many home owners are already employing people to install and maintain productive home food-gardens.

DARAMA then invited the reader to consider embarking on an exciting and adventurous journey of learning, and to adopt this whole paper as a story-script that contains a distillation of much useful knowledge and practical wisdom presented briefly yet comprehensively, inspired by less is more

**It is for recording with one's best reading voice to listen to repeatedly whilst awake or asleep, as often as required until it is memorised. It contains reminders of self-evident truths in brief sentences and paragraphs that are clear and concise.**

This method of repeated listening to a personalised recording can help anyone to reduce towards eliminating, harmful health-reducing addictions or bad habits and practices, and replace these with their equivalent opposites.

The script was explained as a powerful and effective way to strengthen one's attitude of optimism, and enable the full experience of the abundance of qualities that are there to be loved and lived on life's journey. It can enable anyone to continuously and increasingly enjoy peace and happiness!

~ **PERSONALISE THE SCRIPT SO IT'S BEST FOR YOU** ~

**THE SCRIPT:** I breathe deeply and relax now, I rest myself into a deeper and deeper state of relaxation, I relax and am becoming increasingly relaxed.

I remember my ever-present connection to the infinite and eternal universe. I rejoice in the blissful self-realisation of this amazing dimension of conscious awareness. I feel at one with this and enjoy ever-increasing peace, moment by moment.

An all-important experience in my life is being and feeling my inter-connectedness with the oneness of all time and all space.

I realise that by consciously awakening to this unlimited internal realm, can be in an instant, just like a falling raindrop splashing into the ocean and immediately becoming the whole ocean. Satori is Japanese for sudden enlightenment!

I create my own imaginary inner sacred temple as a mental sanctuary where I can be at peace regardless of outer circumstances. In this totally private, self-created inner-sanctum, I can relax and experience being conscious of bliss to enjoy peace and happiness as a living reality.

I observe my reactions to the thoughts arising in my mind and how I respond to them. I choose what I think, do and say. I have the strength of commitment to always act ethically and honestly to enable my own mental peace and freedom and to help empower my contribution to the greater peace for all. I can experience total peace as can anyone, anywhere, anytime. It's a natural birthright for everyone to continuously know and enjoy the fulfilling happiness of inner peace.

Because I know that the power of my mind can heal my mind, learning this script enables me to fully develop my physical, mental, emotional and spiritual potential. It's an effective way of helping me maintain being an optimistic nowist thinker enjoying the latest moments as my best time with the continuous love of deep, meaningful, and ever-present inner peace.

Others don't have to change for me to experience peace of mind.

I now fully enjoy my own inner peace and visualise peace for everyone in the world at the same time. This can be simply achieved by optimistically anticipating that in time, everyone in the world will feel as happy and contented as I feel.

I love and appreciate the good and positive in everyone and everything. I acknowledge and enjoy my present moments as my latest greatest best times and continuously experience this in my life, knowing that even better is yet to come.

My thoughts and plans create the agenda for my life. What I think, feel, believe and act towards is my reality.

I respectfully enjoy reverence for, love of, and gratitude to the great spirit of the infinite intelligence and of the eternal universe.

It is never too late to become what I am capable of becoming.

I confidently live every moment in clarity, intuitive intelligence, compassion, forgiveness, and mindfulness.

I remember the best times from my past history, anticipate even better times in the future mystery, while enjoying the present moments of nowwww as a precious gift.

In truth I am never alone as the infinite and eternal universal conscious awareness is with me continuously as my best friend and constant companion. This living reality can never die for it is indestructible consciousness.

I live in the spiritual consciousness of infinite and eternal awareness and enjoy my life as an optimistic nowist thinker experiencing the latest time as my best time.

Supreme conscious awareness is always with me just waiting to be remembered and realised. The capability of this is within the reach of each one of us! I am aware of my consciousness and conscious of my awareness.

With every moment I grow in understanding and patience, and expand my tolerance and courage, endurance and will-power. I also improve my skills with being rational and logical. These ingredients lead me to feel to be the Captain of my Soul!

I progressively increase my natural state of being as enlightened, loving, peaceful and serene.



I am inspired by the joy of optimism and nowist thinking with an attitude of gratitude.

In claiming increasing health and wholeness for myself, I continuously free my mind and life from inappropriate conditioning and unhealthy practices.

I am not a prisoner of the past, I am a pioneer of the future. Life is abundant and unlimited, and all my needs are met.

Each and every day I am becoming increasingly attuned to my surroundings. I am always in the right place at the right time.

I am progressively mastering management of my To Do Lists and am becoming increasingly productive. I plan my work and I work my plan.

I unconditionally love, accept and support myself. I am my own best friend and constant companion and my mental and spiritual body is perfect whole and complete.

I overcome all fears by the experience of knowing I am an infinite and eternal spiritual consciousness.

I analyse everything I have learned and now accept only what's true. The truth is the truth even if only a few people believe it. A lie is a lie even if most people believe it.

With each breath I breathe, I nurture the equanimity of my spiritual, mental, emotional and physical bodies.

I innovatively work with an attitude of gratitude and receive an abundance of everything I need.

I am diligent, focussed and committed to helping advance the evolution of the movement for community advancement and world improvement, and I become an unstoppable force for good.

I repeatedly read and/or record and regularly listen to this script until I memorise it and am at one with its contents. I have now replaced all health reducing habits and practices with their equivalent opposite.

Reading and/or listening to this script renews my inspiration and increases my appreciation and gratitude for life.

**I now read, record, listen and memorise the following self-complete Mind-Vitamin Thought-Seeds:**

I am progressively improving my attitude of conscious awareness to ensure a continuous balanced mood;

I absorb this priceless wisdom and knowledge from sages through the ages;

I motivate myself into positive mind health, self-realisation and peaceful happiness;

I eliminate mental anxiety, depression and pessimistic thinking.

I realise that a moment's insight is sometimes worth a life's experience.

Realising I am living in eternity, the time to be happy is nowwww

I know that being happy is the best way of being wise.

I realise that economy is itself a great revenue.

I experience eternity as that time after the past and before the future. Eternity is Now.

I know that every adversity carries seeds for equal or greater benefits.

I realise that genius is a quality of mind and way of thinking that everyone has the potential to access.

I know that happiness doesn't only come from doing what I like to do but also from liking what I have to do.

Heavenly eternal happiness and ecstasy bliss awareness is always with me just waiting to be awakened to.

I always remember to look on the bright and positive side of life.

I am a spiritual being having a human experience on Earth, here in the infinite universe.

I am an eternally conscious physical immortalist living forever now.

I am as happy as I make up my mind to be.

I am conscious of my awareness and aware of my consciousness.

I am optimistic and self-confident and I progressively and successfully accomplish my goals.

I am the change I want to see in the world.

I am unique, original, unrepeatable, valuable and important.

I know that sublime heavenly consciousness is nearer than hands and feet and closer than breathing.

I appreciate the consolation of being able to thrust aside and cast into oblivion every tiresome intrusive impression, and in a moment or an instant, be utterly at peace.

I can't go back and change a bad beginning, but I can start now and create a successful ending.

I dream, conceive, believe and achieve.

I don't let what I can't do interfere with what I can do.

I don't wait for moods, I accomplish little if I do that. My mind knows it has got to get down to work.

I enjoy each new breath and moment even more than the previous.

I find ecstasy in life as the mere sense of living is joy enough.

I forsake the bad; cultivate the good and purify my mind.

I imagine all the people living life in peace.

I lead by good example.

I let go of the idea that I am a body that's destined to die, and instead, I am at one with my immortal self living forever nowwww

I make the most of today as my best preparation for tomorrow.

I never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.

I overcome anger with gentleness, evil with goodness, the miser with generosity, the liar with truth.

I plan my work and I work my plan.

I realise that nowwww is all there is.

I realise that prevention is much better than cure.

I remember to remember the infinite and eternal, all powerful nature of my inner higher self.

I see a world in a grain of sand, and a heaven in a wild flower, I hold infinity in the palm of my hand, and eternity in an hour.

I trust my dreams for in them is hidden the gate to eternity.

I wondered why somebody wasn't doing something until I realised that I was somebody.

I choose to make the rest of my life the best and most productive time of my life.

I've realised that the secret to being happy is so simple that when it is discovered, laughter will probably be heard everywhere.

If I don't give it a go, I'll never ever know.

If in my daily life I can smile and be peaceful and happy, not only me, but everyone will profit from it.

IF IT IS TO BE, IT IS UP TO ME, AND US.

It is never too late to become what I am capable of becoming.

It is not only doing the things I like to do, but optimistically liking the things I have to do that makes my life happy.

It is not so much that I am within the cosmos, as that the cosmos is within me.

It is not always easy finding happiness in myself and it's not possible to find it anywhere else. My happiness is up to me.

In all the history of the universe, there has never been and never will be, anyone else exactly like me.

Mistakes are part of the learning process, I build with the rocks I stumble over.

Moment by moment night and day, I think, feel and do better in every possible way.

My daily life is my temple and my religion, when I enter into it, I take with me my all.

My experience of being a human on planet Earth is like a fun working holiday which includes a free annual ride around the Sun.

My mind is its own place and in itself, can make a heaven of hell or a hell of heaven.

There are no problems only solutions.

Now is the beginning of the rest of my life.

Optimistic nowist thinking enables me or anyone to enjoy the latest time as the best time with an attitude of gratitude knowing that, even better is yet to come.

Optimists are happier than pessimists so I practice optimism to overcome pessimism.

Positive overcomes negative, courage overcomes fear, patience overcomes anger, love overcomes hatred.

Prevention is much better than cure.

Self-conquest is the greatest of victories.

Short sayings often contain much wisdom.

Sometimes I find the best bridge between despair and hope is a good night's sleep.

Success is not final, failure is not fatal; it is the courage to continue that counts.

The inner light I cannot find is known to my unconscious mind, I have no reason to despair because I am already there.

The impossible is what nobody can do until somebody does it.

The universe is my home and the human family is my tribe. The whole Earth is my birthplace and all humans are my brothers and sisters.

To an optimistic nowist thinker, the latest greatest best time in all of eternity and in the history of the universe is nowwww

This is my one and only precious life.

We are the ones we've been waiting for.

What is now proven was once only imagined.

Whatever I can do or dream I can, I begin it. Boldness has genius, power and magic in it.

Recording and repeated listening to, and/or reading this script regularly, can enable me or anyone to absorb and memorise this innovative 'Now Age' method of self-transformation and self-enlightenment.

The script is based on the 'less is more' or some say 'less is best' principles, so much pure essence is contained in these sentences and paragraphs

The script can effectively and increasingly enable the adoption of good healthy habits and cutting the ties that can bind me to pessimistic thinking and unhealthy behaviour.

Basically, from now on I am prompted to cultivate good habits to supersede and leave behind the not so good ones.

From now, I am aiming for my last breath to be my best one and every breath and moment, between now and then, an improvement on the previous. To get to heaven I simply take it with me.

I am a full-time student of life seeking to learn useful knowledge from every situation. By learning this script I can achieve my optimum personal potential.

I enjoy the blissful happiness of eternity consciousness comprising the past, present and future.

I respect and honour my amazing physical body by regular exercise and eating and drinking the healthiest and most medicinally nutritious, raw, living, natural foods available.

Mindfully prepared lightly cooked foods can have a healing and rejuvenating impact on my physical body and mind. I make sure that everything I eat has medicinal value. My food is my medicine and my medicine is my food.

Ideally, I regularly blend or grate and eat, organically grown, anti-oxidant and enzyme empowered raw edible leaves, with sprouting seeds and nuts, in-season fruits, vegetables and herbs. Or, I pick and eat nutrient dense leaves while walking through a food-forest garden.

By eating and drinking raw, living, plant-based wholefoods as much as possible I help accelerate the reproduction of my body cells and every serve gives me a physical and mental rejuvenation boost. I regularly practice these life extension principles to acquire greater good health and increase my immunity efficiency to live healthily for as long as I can.

Acknowledgement is expressed to the numerous thinkers and writers who have contributed to the creation of much of this wisdom, some still living and others from past ages.

Eternal gratitude is expressed to these enlightened thinkers who have generously shared their wise insights.

The original quotes with the authors names are available elsewhere. These quotes have been reconstructed so they are presented in the first person.

DARAMA ( DA Father, RA Sun, MA Mother) 02/11/2021