

# Jim Kitzmiller



# Nonlinear Living

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## Surrendering to a Higher Power

Jim Kitzmiller

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Rocket Fuel for the Soul

Duke Blisser and the Meditating Marines

Conscious Tweets to Contemplate

What I learned by Creating Systems for Five Decades

*To those who love*

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# About Jim

Jim Kitzmiller is on a mission to help people realize their own Divine Essence and live life at a higher level.

Jim holds a Bachelor of Science degree in engineering from Case Institute of Technology. He completed the Master of Science degree in electrical engineering at Ohio State University. He did the Ph.D. course work in Operations Research (management science) at Arizona State University

For two decades Jim worked as a systems engineer and business software developer.

He frequently found very simple solutions to complex problems. These solutions resulted in systems designed to save enormous cost and effort.

Having studied and practiced over fifty different spiritual / self-help systems over the last forty years, **Jim is able to get to the basic essence of what it takes for you to live at a higher level.**

It should not take an eternity to become happy. You can become happy right now.

Jim's guided meditation recordings have had over a million plays on the Internet.



There is a flood of feedback from grateful people who have experienced benefits beyond what they've found through more complicated and expensive systems.

Many people say that they finally are able to meditate for the first time. Jim offers meditations and information through this blog.

The essential posts from the blog are now available in this book.

There is a wealth of free information and processes available to you here.

In addition to the books and the free materials on the Internet, Jim offers group retreats, and private retreats.

Jim's book, ***Rocket Fuel for the Soul: Blissercise Self-Help Manual***<sup>1</sup> contains over 400 simple exercises that help people quickly get to a state of bliss.

Jim has served as the local municipal liaison for National Novel Writing Month. He lives in Southern California.

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<sup>1</sup><http://blissercise.com>

# The Book Cover

The book cover is from a NASA photo of astronauts doing extra-vehicular work.

I chose this for a number of reasons.

- It's beautiful.
- It depicts operating at a high level.
- It shows weightlessness, which has similarities to the state of surrender and nonlinearity.
- It shows a combination of technology and nature.

# Foreword

My books share what I've learned throughout my life.  
I've explored

- consciousness
- living
- creativity
- education
- systems
- software development
- website creation

My books are my legacy. They are my way of giving back to the world. I intend for them to be around for a very, very long time.

Websites are temporary. They will die unless there's someone to pay the ongoing hosting fees and domain name fees. Websites need someone there to handle the hackers and spammers.

So I'm putting the essentials in ebooks. The ebooks will contain links to all of my important videos on *YouTube*. I'm in the process of adding these links.

I'll email all book buyers whenever I make significant revisions. That's one of the great things about ebooks — it's easy to revise them.

***The books will eventually replace my blogs and websites — probably within the next couple of months.***

You can find all my ebooks on [my publisher's website](#)<sup>2</sup>.

In order to encourage you to get on board early, I'm temporarily offering these books at very low prices.

**My top priority is making these books available to you.**

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<sup>2</sup><https://leanpub.com/u/jimkitzmiller>

# Prayer of Surrender

God, I totally surrender myself to You.

God, I totally surrender my will to Your Will.

God, thank You for helping me be Your servant.

God, thank You for helping me use my talents and abilities to serve You best.

God, thank You for helping me stand aside so You can work through me.

God, thank You for helping me recognize You in my self.

God, thank You for helping me recognize You in everyone and everything.

God, thank You for helping me recognize my Self.

Amen.

# Testimonials

My guided meditations have been on *YouTube* for years. They have had over a million plays with feedback of appreciation.

Here is a small sample of the feedback. This does not include recent testimonials.

obfsteve - Jim, Deceptively simple but profound. I started with this one and then found others and your website, Meditation Vacations. I found the information there interesting, valuable, and generously given. I've told many friends of this video. I'll let them discover more of your work from here, as I did, if they choose. I'll not try to force feed them, although I did them a heads up for this as starting point. **I've been around the block with meditation stuff, and this is just the best!**

Timgfam - Whenever I do this meditation, I have tears streaming down my face. **I weep with the beauty of the potential that this feeling could bring love to the world.** I imagine people I have difficulty tolerating (like George W) doing this or being surrounded by this love (I imagine a mother's love) and I just convert it to "God's" love. It's the most powerful organic thing

in the world.

djm6402 - voila! /// INSTANT RELIEF

Peaches111A - ditto...i feel sooooo content...i think i'm gonna do this during math class just before i test. then i won't need to worry about flunking

FaceVentura - i am soooooooooooooooooooooooooooooo oo relaxed that was seriously amazing

GreggaryPeccary - Wow, that was **the most effective meditation I've ever had!!!** You sink into the Self immediately!

mayasem - Very good meditation!! Thanks!!

dreams2manifest - Wow that was amazing! Thanks! You know it made me think about quantum machanics when you said the word observing...I remembered them saying something about when a particle is observed...it changes. Thanks!

jenandjuice22 - This was the **best part of my day!** Thank you!

mayasem - This feels good!! thx for sharing this.

unis2006 - wow this was great...I dont meditate but it **made me feel so peaceful.**

peacepalace - Thanks for the meditation, very simple and relaxing. Everything including our body is just the way it is. That's all their is to know. :-)

akintock - Thank You very much!!! it **initiated my all inner spiritual levels.**

Mawachi - Thank you. That **took off a lot of my anxiety.**

grantas1983 - thank you very much, it helps me alot.

megalosauru - great, we observe our inner soul

clearviewmind - Great. On observing my outer surroundings i began to see clearer that everything is mere imputation of mind - The external things of my room are'nt actually external, but an internal reflection of mind experienced through the 5 senses.

rappersdelyte - great. thanks.

JUSTRELAXANENJOY - ...it



# I Overview

# 1. The Age of Love

Mankind is evolving from *Homo Sapiens* to *Homo Spiritus*.

**This is a state of existence based on love with reason thrown in when appropriate.** There is no mental churning. There is peace of mind. There is little conflict. People love each other. There is no “what’s in it for me?”.

There’s a viewpoint of mutual respect and admiration.

This is a pay it forward economic system. The economic system is evolving from one where banks create money and loan it at interest. In the new system banks create money and give it to all people equally.

There is no debt because people know that money is to be created to support the overall economy; it is not created for the benefit of the money creators.

Governments are flourishing because the people are flourishing. There is no government debt because people have lots of money to pay taxes. Government expenses are less because there are few people needing government assistance. The military budget is minimal because there is no war.

The military is more like a public service organization. Much of the military duty and training involves spiritual exercises for the overall raising of consciousness of society. You might have heard of the experiments where large groups of people prayed or meditated together for many hours per day.

There was a significant reduction of crime in the surrounding areas. This is the true function of the military in an enlightened society.

My novel *Duke Blisser and the Meditating Marines*<sup>1</sup> tells the story of a group of friends who go to Camp Pendleton and teach the Marines to meditate. There is a widespread breakout of peace.

Although the novel is fiction, the basic principle holds true.

Politicians and judges are ethical. Laws are passed and interpreted for the common good. Unjust laws are overturned. There is an elimination of genetically altered food and a return of natural foods on the farms. There is no need for health insurance.

People have enough money to pay for the health care of their choice, not just the health care empowered by legislation and insurance companies. There is abundant health and few accidents as people are freed from the stress of a loan driven economic system.

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<sup>1</sup><https://leanpub.com/meditating-marines>

People have all the paid work they want. And there is abundant money for people to buy the fruits of each others' labors of love.

Love abounds in society. Entertainment is at a whole new level. People don't really need entertainment. They simply see beauty and love everywhere.

There is a tremendous joy in interacting with others. However, the arts are at a major new high. There is a renaissance throughout all of society - not just in a select few. People have an enormous capacity to love the creative works of others.

Although blockbuster movies continue, there is a flourishing of low budget movies and multi-media productions. Artists easily sell their works because of the free economic system and the enormous capacity of people to appreciate art.

Most people are already renaissance people and the others admire them and are undergoing their own personal renaissance. Artistic expression is everywhere.

People communicate freely with tremendous mutual respect. Love abounds.

## **Is all this really possible?**

Yes it is. At a personal level we can experience this with regular spiritual exercises — or with *Surrender to God*. . We can live our lives based on the principle of kindness to all forms of life in all circumstances. Kindness raises the happiness of the giver, the receiver, and the witnesses.

As we evolve we help others evolve. We simply be who we are and recognize the Divine Essence in others.

## 2. Beyond Cause and Effect

We live in a *make it happen* world. We admire people who persist in the face of impossible odds. They finally achieve success after years of struggle.

One definition of happiness is *overcoming of obstacles*.

We cheer on as *Indiana Jones* fights a slew of bad guys in order to do good and reach the chosen goal.

We love to watch sporting events where the competitors are close matches. We aren't so interested when one competitor is completely destroying the other one — even if our favorite is winning.

We admire hard work that overcomes impossible odds. We cheer.

We want to know what steps we can take to achieve a specific result.



This could be called *The Linear World*. This is a straight line world where we do specific things in a specific sequence in order to achieve a specific result.

We've taken comfort in this notion. We can do specific things to achieve a specific result.

As a systems architect and software developer, I take comfort in the predictability of computer programming and mathematics.

**This works sometimes in some areas of life, but not in all circumstances, all of the time.**

One example is human relationships. We can do the same thing and get different results with different people.

Another example is health care. Cures work on one person and not on another person.

## The Nonlinear World

There is a whole dimension, a different realm of life experience, beyond the Law of Cause and Effect.

***This is the nonlinear world. It is the world of Faith, Love, Joy, Beauty, Bliss, and Ecstasy.***

Logic and control can get you to the point where you're knocking on the doors of the nonlinear world. But they can't open those doors for you.

If you want to enter this world, you can set your intention and surrender control.

You're surrendering control to the Invisible — the Divine.

Blissercises™ and blisswriting in general, can help you cross this threshold.



You can simply let go of control for twenty minutes when you're doing blissercises.

You can return to controlling after the twenty minutes.

You'll probably find that the world is still okay.



## 3. My Blog

This book contains a lot of information that's on my blog. It will probably replace my blog.

But in the meanwhile, you can check out my blog. This book, and the blog, can serve as **your online retreat center**. You can do a five minute retreat if you wish. Or you could give your self a one month retreat.

It's up to you.

This book, and the blog, has always had a wealth of priceless personal empowerment tools and information.

This book and the website can help you:

- feel really good
- elevate your level of consciousness
- live with more happiness
- become more empowered to help others

You might want to make a daily practice of using these resources.

May the bliss be with you.

Your friend,  
Jim Kitzmiller

# **II Bridging the Gap**

## 4. The One Minute Sabbatical

The Sabbath is a day of worship.

A Sabbatical is typically a leave taken once every seven years. The leave might last as long as a full year. However, if you wait too long, it's possible to experience so much stress that you can totally lose yourself. Your productivity could fade.

You don't have to wait seven years. You don't have to wait seven days. You can take a one minute sabbatical every seven minutes.

Of course you're not going to do this with a stopwatch. You can establish the practice of setting an intention to accomplish something in the next few minutes. Then you can take your one minute sabbatical.

## How to Do a One Minute Sabbatical

Soften your focus and put your attention on the entire space around you.

Imagine that the space and everything in it, including you, is filled with *Boundless Joy*.

Do this for one minute.

That's it. It's all you have to do to make a fast, steady upgrade in your level of happiness.

It's that easy.

## 5. Creativity and Communication

Have you ever noticed that when your being creative you express yourself more? Or is it that your self-expression increases your creativity?

Which comes first? Maybe they enhance each other. When you express yourself you're more creative. This works whether you're talking to another person, a voice recorder, a video camera, or to your image in the mirror.

And it works the other way too. When you're being creative you naturally express yourself more.

This whole formula works with writing too. If you're stuck with writing something creatively, you can blast through by simply writing anything. Write nonsense. Before long you'll be writing some worthwhile creative ideas. The idea is to just write.

**Surrender control. Let go. Nonsense will come through. But there will be some gems and gold nuggets in the muck.**

Although we want to behave well when in polite

society, it's a great idea to have some time and space where we can freely feel our emotions. We don't have to edit emotions when we're by ourselves.

Let emotions flow. Live life more fully.

We can open flows. We can invite new opportunities. We can open up to new positive experiences.

All this is alignment with the blog post about letting it go and letting it flow.

## 6. The Truth - Imagine That

It's been said that what we see is the world of illusion.

Great spiritual teachers have said that the Real Truth lies behind a veil of illusion. The sages have said that **everything is perfect the way it is.**

That's the Real Truth. All is immensely beautiful. All radiates its' inner splendor.

You might say "Yeah, but I just spent an hour on the freeway. What can I do about it?"

### **Imagining the Truth**

You can use your imagination. Relax, soften your focus and put your attention on the entire space as best you can. Imagine that everything is perfect the way it is.

You can do this for a minute. Or you can do it every waking moment.



When you're just starting this exercise, please don't do it while you're driving. After some practice, you can also do it while you drive.

**This practice produces an instant change in the way you see Life.**

It feels amazingly good. You can do this exercise frequently throughout the day. Try it. You'll love it! It can bring you to bliss, peace, and possibly beyond.

# **III Letting Go and Stream of Conscious- ness**

The master said to go with the flow. But he didn't say with which flow to go.

## 7. Writing to Let Go of Complexity

If you're struggling to make a living you probably have your head spinning from time to time.

If you're using a computer, you probably have your head spinning most of the time.

I've found many things that help me relax my spinning head.

One way, the way I'm writing about today, is writing for mental clarity - writing to let go of complexity.

I simply sit at my computer, open the word processor that I use for journaling (*Scrivener*), and start typing.

I let go.

I pose questions.

I let various ideas come to mind and onto the computer screen.

**This provides mental clarity for me.**

I type about whatever has my head spinning. The problems shift. The attention flies all over the place as I'm typing away.

There are endless temptations to immediately jump and do something else.



When those inclinations rear their heads,  
I open up my things to do list and add  
that task. Then I return to writing.

Gradually, or sometimes suddenly, this clears my mind.

Silence prevails.

All is well.

May the bliss be with you.

# IV Nonlinear Living

We can witness *The Divine Unfolding*.

We can be an instrument in *The Divine Orchestra*.

We can follow *The Divine Conductor*.

# 8. Why Blissercises™ Work So Well

You might say that we filter reality to get our own experiences of reality.

The universe bombards us with an enormous amount of sensory input - much more than our human minds and senses can handle. So we simply focus on a tiny portion of the tsunami of input. This is how we keep from getting overwhelmed.

Our focus determines how we experience life.

Another analogy is that there are infinite possible views of reality. We could say that we are looking through a small window to see a tiny portion of reality. We might get so accustomed to our *default window* that we don't see other possibilities.

**We can design our own windows through which to see reality.** We can deliberately focus

on a particular way of viewing things while doing **stream of consciousness writing or speaking**.

This invites God's Light to shine through a self-defined window. This empowers our desired realities. It dramatically changes how we experience life.

You can experience life from a state of bliss, inner peace, joy, laughter, ecstasy ...

You can interact with others while in a state of unconditional love.

The possibilities are endless. You decide what you'd like.

There is more information about blissercises at [\*blissercise.com\*](http://blissercise.com)<sup>1</sup>.

May the bliss be with you.

Your friend,  
Jim Kitzmiller

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<sup>1</sup><http://blissercise.com>

## **9. Four Steps to Handle Overwhelm - Orchestrating Silence and Activity**

Do you feel that there is no way to keep up with all the demands on your time and energy?

We can be overwhelmed with financial demands. We can be overwhelmed with study requirements. It can often seem that it's impossible to do everything we have to do.

We can wind up in a state where we're so exhausted and confused that we simply do nothing. Or we might wind up wasting time on meaningless activities. We might try so hard to do everything that we don't do a good job on anything.



Please watch this video where we discuss four simple steps to handle overwhelm. The video covers topics including:

1. What is overwhelm?
2. How does overwhelm drag us down physically, mentally, emotionally, and spiritually?
3. How can we handle information overload?
4. What is the greatest time management tool ever invented?
5. How can we be smarter and wiser in our lives - not just academic studies?
6. How can we become more able to handle the demands that are placed on us?
7. What four steps can we take to raise ourselves from overwhelm to happiness?

### **YouTube Video<sup>1</sup>**

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<sup>1</sup><http://www.youtube.com/watch?v=QgGkTSgKrOc&rel=0>

# 10. My Consciousness Explorations

I have spent an enormous amount of time and money on various consciousness explorations.

Most of them address the wrong self, the small self that is not really you. Many of them are filled with half-truths. The processes on this website are directed toward your real self. Hopefully, the information here is all true.

Many of these approaches are incredibly expensive. The services that are offered here are free or very inexpensive.

Here is a partial list of consciousness systems that I've explored.

1. A Course in Miracles
2. Abraham-Hicks
3. Access Energy Work
4. Acupuncture

5. Alpha, Theta, and Delta Brain Waves
6. Amma Darshan
7. [Avatar Course / Master / Pro / Wizard](#)
8. Awakening Your Light Body
9. Bach Flower Remedies
10. Bliss Writing
11. Blissercises (author and practitioner)
12. Chanting
13. Cutting Cords
14. Dale Carnegie Courses
15. Devotional Nonduality - David R. Hawkins, M.D., Ph.D.
16. Divine Essence Meditations (author and practitioner)
17. Dyads
18. Energy Chamber
19. Energy Work
20. Fung Shui
21. Hare Krishna
22. Image Streaming
23. Juice Fasting
24. Kirtan Chanting
25. Knowledgism
26. Light Sound Machines
27. Love Shui (author and practitioner)
28. Master Cleanse
29. Meditation Tapes

30. Messengers of Light
31. Middle Pillar
32. Mirabai Devi Darshan
33. Observer Meditations (author and practitioner)
34. Optimum Health Institute
35. Orin And Daben
36. Ortho-Bionomy
37. Physiognomy
38. Positive Thinking
39. Psycho Cybernetics
40. Qi Gong Machine
41. QXCI / EPTX
42. Quantum iNfinity
43. Raw Food
44. Raw Meat
45. Reiki
46. Releasing
47. Role Playing
48. Scientology Alternatives
49. [Scientology And Dianetics](#)
50. Silva Method
51. Skipping
52. Spa Living & Management
53. Speed Writing
54. Spiritual Books
55. Sta Power Training
56. Tai Chi

- 57. Touch For Health
- 58. Transcendental Meditation
- 59. [Transformational Breathing \(Levels 1 to 5\)](#)
- 60. Water Fasting
- 61. Wheatgrass Juice
- 62. White Light
- 63. Yoga

# 11. Oneness - Lifting The Veil of Impressions

We can simultaneously observe our impression of ourselves and our impression of the world around us.

This activity has amazing power, especially when we observe with love.

This activity dissolves the veil of impressions and moves us towards Oneness.

It feels really good.

P.S. All impressions are false.

P.P.S. Please do not underestimate the value of this simple activity.

**It could serve as the backbone of a complete self-help system. It could be the foundation of an enlightenment retreat.**

The various observer meditations will empower your experience with this process.