The Teachings of Honor

By Dr. Arnold P. Nerenberg, PhD.
Dedicated to
The Disciples of Honor
The Devotees of Honor
And to the billions of honorable actions of
every moment of everyday people
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Honor to the People
Chapter I
The Psychology of Honor
On the streets, 1049 people were interviewed. The average age was 39, 46% female and 54% male. Without even defining the word “honor,” when asked if honor was important to them personally, 93% said “Yes.”

When asked, “Do you think that if the world had more honor, we would have more peace?” 84% said “yes.” When asked “Do you think if people had more honor, they would be happier?” 79% said “yes.”

People value honor. They see honor as leading to more peace and happiness.
The Way of Honor:

Honor is loyalty to your highest constructive values as enshrined in the Four Commandments of Honor.

1. I wish you well.

2. I take full responsibility for co-creating my reality and my problems.

3. I am grateful for the power I gain from hardship.

4. I seek always to serve my highest values; or God, Your wish is my only wish (for believers).
Disciples of Honor: The Four Commandments

**First Commandment:**
Defines your relationship with all others. It is the path to your Peace and is an extension of your love and compassion.

“*I WISH YOU WELL.*”

**Second Commandment:**
The Second Commandment involves your relationship to yourself. It is the path to your nobility and the attitude of a True Warrior.

“*I AM GRATchuFUL FOR THE POWER I GAIN FROM HARDSHIP.*”

**Third Commandment:**
Involves your relationship with yourself. It is part of the path to your Freedom.

“*I TAKE FULL RESPONSIBILITY FOR CO-CREATING MY REALITY AND MY PROBLEMS.*”

**Fourth Commandment:**
Defines your relationship to God and/or to your Highest Values. It is the path to your Salvation from wrongness and regret.

“*GOD, YOUR WISH IS MY ONLY WISH.*”
If you do not wish to address God or do not believe, the alternative is:

“*I SEEK ALWAYS TO SERVE MY HIGHEST VALUES.*”
The Pledge:

To be a Disciple of Honor means to commit to a lifetime of repeating the Four Commandments three times a day; “I pledge myself for all the days of my life to the Four Commandments of Honor, and I will teach them to those I love. I will repeat them every morning, afternoon, and evening, and I will listen to myself recite them.”

I have given the pledge to over 1,000 of my patients; over 95% report feeling “good” as soon as they take it; over 95% report feeling more hope; over 92% report feeling more meaning in life.
The Bridge

The Bridge between the Realm of Honor to the reality of application is this: “What is the most honorable thing to think, say, and do?”

This should be repeated 3x a day with the Commandments of Honor and in all situations.

Honor is the gold standard for assessing all thoughts, words, and actions.
True Happiness

It is impossible to achieve true happiness without honor; you can have fun, entertainment, enjoyment, pleasure without honor, but not true happiness. Pursue honor and true happiness will come. Self-esteem, self-respect, self-confidence, and peace of mind will come as well.
The Twenty-Five Laws of Honor

1. I refuse to react to your negativity. I will only respond to your vulnerability.

2. I love you.

3. All things work for good for those who seek the good. Or, All things work for good for those who love the Lord.

4. I arise to the struggle, always.

5. I keep my word, always.
6. “God, if You wish for me to lose everything, then I wish to lose everything.” Or, “If I am meant to lose everything, then I wish to lose everything.”

7. “God, if You wish for me to gain great abundance, then I wish to gain great abundance.” Or, “If I am meant to gain great abundance, then I wish to gain great abundance.”

8. I can. I will. Now. (“Now” is only used when ready to act.)

9. I seek to uplift and inspire my loved ones and the world through my Legacy.

10. I will follow all my negative reactions immediately with positive self-talk.
11. I’ll be fine. I’m grateful. Thank You God. Or, I’ll be fine. I’m grateful.

12. I refuse to allow you to control my anger, ever.

13. It’s not about me. Or, it’s not personal.

14. I release you to your destiny and I wish you well.

   (Used when abandoned in a relationship.)

15. It will happen in God’s time, not mine. Or, It will happen in its own time, not mine.
16. Justice will prevail.

17. I have the right to be who I really am, as long as the expression of my true self is in a Respectfully Real manner.

18. Extreme respect always.

19. I apologize. Please forgive me.

20. God is sufficient unto me. My spouse is sufficient util me. Or, Honor is sufficient unto me. My spouse is sufficient unto me. (Used when having sexual thoughts of feelings about someone other than spouse.)
21. I am here now. Right now. (Enjoy the moment.)

22. After a long, healthy life I welcome both the power I will gain through my death and welcome the power released to others.

23. After a long, healthy life I welcome both the power my loved ones will gain through their deaths and welcome the power released to others.

24. Your needs and reality and more important to me than mine.

25. I am extremely grateful. Thank you.
The four most powerful thoughts in the universe are the four Commandments of Honor. Along with the Bridge they are to be repeated three times a day for life. As you apply them it will rapidly transform your life. And that is extremely exciting. However, there is absolutely nothing necessarily exciting about repeating them. They simply and very quietly call upon the honor that already resides within you to rise up to manifestation. Thus, do you become what you were meant to be.
It is important to repeat the Commandments and Bridge 3/day. Repetition is preparation for application.

The Bridge is a bridge between the concepts of honor and reality. “What is the most honorable thing to think, say, and do.”

They are called Commandments because we are commanding the Honor that is already within us to arise into manifestation of: Thought, Word, and Action.

The way of Honor is totally transformative: individually and collectively.
Here are the six main points of The Way of Honor and Legacy Therapy: 1) The Four Commandments of Honor. 2) The Pledge. 3) The Bridge. 4) Best true story and perspective. 5) Identity. 6) Balance.

You will notice very soon that the reality of honor will manifest more and more in your thoughts, words, and actions. The goal is for honor that already resides within your being to become more important to you than your pride and more important than even life itself. This is the secret of truly loving yourself.
The Disciples of Honor are committed to manifesting Honor in their own thoughts, words, and actions. And to bring this Way to their loved ones.

As the Disciples of Honor advance, they may choose to be Devotees of Honor, where they commit to bringing it to the world.

“As a Devotee of Honor, I pledge myself for all the days of my life to The Supremacy of Honor Code, and I will bring It to the world for a more Just Society.” The supremacy of Honor Code is this: Honor before pride, honor before anger, honor before sex, honor before money, honor before fear and cravings, honor before life itself.
Societal stability based on materially is an illusion. True stability can only be built upon the Foundation of Honor.
The five central themes of the Way of Honor are these: 1) The Four Commandments of Honor. 2) The Pledge. 3) The Bridge. 4) Identity. 5) Balance.

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We are not the thoughts that pop into our minds but do not define who we are. They are based on our genetics, family background, and societal norms. We never chose them. We are not responsible for them. We are more of a reflection of the thoughts we choose to have. They reflect our identity.

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Do not fight your negative thoughts and feelings. Just balance them with honorable thoughts. The negativity will persist but will return less often.
Many very wonderful people contact me to help them, to be their psychologist and they to be my patients. I totally understand that perspective. And it is correct, and I agree with it. But there is something else I also feel about the process of what is happening. Something not instead of but in addition to: I feel that God may be sending me these beautiful Angels into my life for me to love and for us to rise together into the Way of Honor.
The Psychological Immune System:

Main factor in all stress: Loss of perspective.

Loss of perspective: Over-react, weakened psychological immune system.

Perspective is the essence of the psychological immune system.

It reduces the psychological and emotional harm that would otherwise result from perceived loss and threat.

The Four Commandments of Honor, the Bridge, the 25 Laws of Honor, and the Supremacy of Honor Code enhance perspective and thus strengthen the psychological immune system.

A weakened psychological immune system weakens the physical immune system. And conversely, a strong psychological immune system will strengthen the physical immune system.
The Three Dynamics of Legacy:

1. Enshrined within your deepest struggle is the seed of your nobility, your destiny, and your legacy of honor.
2. All things work for good for those who seek the good. Or, said another way: All things work for good for those who love the Lord.
3. Know that hardship will make you strong and be grateful for that power.
Honorable Communication is Respectfully Real Communication (The 15 Aspects).

1. A genuine kindness, wisdom, and respect of boundaries.

2. Builds bridges and connections, not walls or barriers.

3. Fairness.


5. Creates Unity.
6. Often involves an honest expressing of vulnerability which does not have cover-ups such as anger or withdrawal.
7. Reflects Respectfully Real thought.
8. Often involves expressing a perspective and context of well-wishing and appreciation.
9. Often has authentic expression of what really matters.
10. Respectfully Real listening involves giving full attention.
11. In Respectfully Real listening, you often let the person know when you missed something.
12. Taking full responsibility for problems you cause or co-create.
13. Humility. No attitude of arrogance or superiority.
14. Tone, posture, and facial expression are congruent with what is being said in a Respectfully Real manner.
15. Respectfully Real communication is courteous.
16. Speak to, not at.
We offer the path to having a Legacy of Honor.

We offer people the opportunity to take the pledge to be Disciples of Honor because we know it will transform their lives from the ordinary quest for survival and comfort into the realm of greatness.
The Queen

The army of the Redeemed arise
to the wind drumming Her Name
    through the trees at night.
The pulse of her charm whispers
courage and might, into their arms.
The mystery of Her song
and the sound of Her feet upon the clouds at dawn
intoxicate the world with Her demands.
Who is She that is so crowned with nobility
that none can resist the beauty of Her Laws and Commands?
By what Holy Name is she known?
To reject Her is the way of darkest disgrace.
Her lovers eagerly sacrifice their blood, their everything
to taste the sweetness of Her true embrace.
She is the Queen of the universe for whom the martyrs thirst,
the Beloved whose glance causes the earth to tremble.
Thunder rolls before Her step and lightning is Her scepter causing
    stars to burst.
Her Holy Name beats in the pulse of all creation.
But only few of the wise dare whisper it in their secret selves,
    for the timid faint in horror.
Within the Light of Her Sacred Shrine
    the winds drum what She is called;
The Sacred Sound vibrating within the Heart of all that is,
    the Holy Name of “Honor,” the roar of virtue
    and wisdom’s coronation.
By “Honor” is she known.
And those Disciples who live and die Her willing slaves
    as “Honor Martyrs.”
And thus does the story now unfold in truth so long ago foretold.
Chapter II
The Honor Movement
I want to share with you an issue that I’ve been struggling with and to hear your thoughts: I developed the honor teachings in a therapy context for individual healing and growth. But I saw the social implications and sought to bring it into society as a Movement to alter the fabric of the world through changing the underlying thought context. From case to Cause. Each of you has given me hope that this can be done. What are your thoughts on how to best further this process?
It is a blessing to deeply care about the world.  
And Honor demands it.
The remedy for the injustices of the world is the rise of honor amongst the people.
As far as involvement in the Movement is concerned it needs to be in a natural, organic fashion. It is a Movement of Thought. Thoughts that we bring to ourselves and our families and directly and indirectly to the world. These are Thoughts with which we command the honor that already resides within us to arise more powerfully within us and within others.
The goal of the Honor Movement is to bring forth the true honor that is within all of us to more fully manifest in: Thoughts, Words, and Actions in such manner that there will be a constructive enhancement of our: Individual lives, our family lives, and the collective life of society as a whole.
Throughout history, injustice ascends, as Honor declines.
Honor demands that we rise up to heal the ills of society and to infuse the world with the yearning for that which is good and noble to manifest in thoughts, words and actions.
The Honor Movement is a grass roots approach to the advancement of civilization and the growth of the individual. It is a revolution of thought based on the primordial impulse to manifest honor.
There is a power in the human spirit that will transform this world over time. Honor is the primordial force that will rise up and transform the very structure of society into a progressively more and more perfect reflection of our constructive potential.
When you take any race that has been profoundly oppressed and humiliated over decades and centuries, know that any persistent disrespect in the present awakens the anguish of the past, and protest and rage are inevitable.
It seems to me that the main issue we need to address in the Honor Movement at this time is Race Unity. Race Amity. We need to make the supreme effort to reduce racism. At the same time, we need to emphasize the enormous love and respect that already exists between the two races. We Command the honor which already resides within us to manifest in thoughts, words, and actions. We need to arise and bring the Way of Respect to all the Police Departments across our great Nation. The Police will spearhead the manifesting of honor throughout the Land, for all Races. They will become the symbol of all that is best about us, and the American Spirit will rise in all its power and nobility. They will uplift the world. This is the Vision.
To Our Highly Esteemed Police Department,

I am writing this letter to you to express enormous respect and gratitude for the highly valuable and noble service that every one of you provide for us. You are the protectors of our society and we cannot adequately express our admiration and appreciation. Your job is not easy by any measure.

What I am about to offer you is intended to add to the great strength and valor that already exist within your ranks. It is based on my 45 years of clinical practice and research as a licensed clinical psychologist in the State of California. During this time, I have presented many seminars to our Armed Services including one to the United States Army on Enhancing Combat Readiness and reducing PTSD, and I was awarded the Freedom Team Salute by General Casey. In addition, I have applied my methods to becoming a world champion powerlifter and bodybuilder as well as dealing with my own felony and repentance. The materials are also based on my 79 years of life during which time I resolved that I have not always lived with honor, but I will die with honor. I am presenting to you a suggestion for your consideration in writing and have a short video presentation if you would like to see it……
It is normal for any human being to have negative thoughts about others, and these include racist thoughts against all and every group. These thoughts cannot be legislated out of existence by Congress. We are not responsible for the thoughts that pop into our minds which do not define who we are. We are more of a reflection of the thoughts we choose to have. We can balance our negative and racist thoughts with honorable and respectful ones by choice.

What I bring to you is a very readily implemented program which increases respectful thoughts towards others. At this time, we are dealing with racism towards African Americans in our nation, and this pledge is specifically targeted towards that population at this time.

What I am suggesting is that our highly esteemed police personnel take the following pledge, which if taken even with a small measure of good faith can change our nation. Here is the pledge to be taken as a group with the right hand being raised and repeated after the reader:

“As a person of respect, I pledge myself for all the days of my life to the Law of Respect. I will repeat it every morning, afternoon, and evening, and I will listen to myself recite it.”…

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The Law of Respect, which I created to facilitate more harmonious relationships, is:
“Extreme Respect Always.” It is to be repeated three times a day. This repetition is preparation for application.

In addition, it is to be used as needed. “Extreme Respect Always” is to be repeated to ourselves following any racist thoughts we notice we are having and in situations where it will promote a more constructive context for words and action.

For your consideration to be placed on the outside of all government vehicles:
“Honor to the People.”

With much respect and gratitude,
Dr. Arnold P. Nerenberg, PhD
Licensed Clinical Psychologist
What could be: Ten or a thousand white men with a fist in the air chanting “Black is beautiful.” Then ten or a thousand Black men with fists in the air chanting “White Brothers.”
Right now, I am trying to bring some love to our Black brothers and sisters. Not political. Not psychological. Just human.
We call the “homeless”, the “Unbounded Ones”. This imparts more dignity and respect. Honor to The People.
**Pledge of the Homeless:**

I am no longer called the “Homeless.” I am the “Unbounded.” The response of the homed: “You are no longer called homeless. You are ‘The Unbounded.’”
Medications: Allopathic, foods, food supplements, herbs, exercise, and thoughts.

Pledge for Optimal Health for the Wellness Warrior

“As a Wellness Warrior I pledge myself, for all the days and my life, to the two laws for optimal health, and I will teach them to those I love. I will repeat them every morning, afternoon, and evening and I will listen to myself recite them.”

The Two Laws of Optimal Health for the Wellness Warrior

1. I will be fine. I am grateful.
   Or
   I will be fine. I am grateful; thank you God.

2. I will come back stronger than ever.
Thoughts are medicine. The Four Commandments of Honor are the healthiest thoughts in the universe. They strengthen the psychological immune system by expanding perspective which prevents stressful over-reacting, thus protecting and enhancing the physical immune system.
Pledge of the Honor Athlete:

I pledge by all that is Sacred to me that I will not use my knowledge and power for unjust causes but will only use it for constructive and honorable purposes.
Person of Peace

“As a Person of Peace, I pledge myself for all the days of my life to the Law of Peace and I will teach it to those I love. I will repeat it every morning, afternoon, and evening and I will listen to myself recite it”. The Law of Peace is: “What is the most honorable thing to think, say and do.” This is an extremely powerful anger management program.
Honorable Seeker of Financial Wealth

“As an Honorable Seeker of Wealth, I pledge myself by all that is sacred to me, to not use the wealth I earn for only selfish ends, but will also use it for constructive and honorable purposes.

An Honorable Seeker of Financial Wealth is committed to adding value to the world in the process of seeking wealth.
You want more money. A lot more!
But that’s not all! Not by a long shot.

Money and Honor

1. You want to cause good by the way you earn your money and by what you do with it. The good you want to do is for health; physical health, emotional health, spiritual health, family health, societal health.
2. If making money causes harm to yourself or others, you would not want that money.
3. The money you want is not just for you, you also want it for your loved ones and family, and for others.
4. You want the money and how you earn it to have meaning.
   You want to add real value to the lives of others.
5. You want to make it a better world, not a worse one.
6. You want to do **good** with your money! For family, for yourself, for society, for God and for your Highest values.
7. You want to leave a **legacy** for your bloodline for generations to come. A financial legacy, a spiritual legacy, a legacy of inspiration, and positiveness.
8. At the end of your life, you don’t want regrets. You want to know you really went for it. You went for the **Dream. The Vision.**
9. You don’t want just a “Job.”
10. Deep down you want even more than a “Career.”
11. You want to serve your Calling. And even more you want to be a “Person of \textbf{Destiny}.”
“A Man of Destiny.” “A Woman of Destiny.”
For the Disciple of Honor all obstacles are but fuel to be burned in the furnace of destiny.

12. You are not satisfied with mediocrity. You want to achieve \textbf{True Greatness}.

13. You want to prepare for the \textit{later years} of your life.
   a) Money  b) Health (True retirement plan).
   “Man spends his health in search of wealth, and then spends his wealth in search of health.” Avoid this.

14. You want to be happy \underline{while} you are making a lot of money.
   You don’t want to have to wait till after.
   You don’t want to be miserable while earning your riches.

15. You want to be \textbf{independent}, and in business \underline{for yourself, but not by yourself}. 
16. You want enough money, so you don’t have to worry about money.
   You want to easily handle those large, unexpected expenses that we all get.

17. You want your family and loved ones to be proud of you and what you have achieved.

18. You want self-respect and the respect of others.

19. You want your livelihood to be an honorable one and pleasing to God.

20. You are not satisfied with just getting by.
   You want abundance in your life; financially, spiritually, emotionally, intellectually, socially.
21. Once in a while, you want to give yourself a **special treat**: A new car or truck or motorcycle or boat. A great vacation. You want to stay at a 5-star hotel. You want to eat at an expensive restaurant once in a while.
You want to buy your sweetheart a beautiful diamond.

22. You want your money to add to making you a **better person** and your loved ones better people. You don’t want it to spoil, soften, or weaken you and your loved ones.

23. You want to make so much money that you are **secure**, that it would be impossible to lose it all during your lifetime.

24. You want to make so much money that you and your loved ones could **survive** even if you never worked another day in your life.

25. You don’t want people to be your friend just because you are rich. You want genuine people in your life. You want **Respectfully Real** relationships.
26. After a long, happy, and productive life, when you leave this earth, you don’t want your wealth to create conflicts and animosity over your Legal Will, the inheritance for your loved ones. You want their inheritance to create Unity.

27. You do not worship money, and you will not allow the pursuit of money to come between you and God and your highest values.

28. While creating wealth, you want to be in association with other like-minded people, who will inspire and uplift you. You want to enjoy being a part of a Great Community filled with Vitality, of people you can call “True Friends.”
Marriage of Honor

Part of the marriage vows used by all married couples who are committed to the Way of Honor: “As a Husband of Honor I pledge myself for all the days of my life to the Law of Respect. I will repeat it every morning, afternoon, and evening, and I will listen to myself recite it.”

For the woman, “As a Wife of Honor I pledge myself for all the days of my life to the Law of Respect. I will repeat it every morning, afternoon and evening, and I will listen to myself recite it.”

The Law of Respect is “Extreme Respect Always.”
The Respect Movement is the extension of the Honor Movement in dealing with racism and disrespect in all its forms…

“Extreme Respect Always.”
As Devotees of Honor, we choose Honor over what makes us comfortable and secure.

With Honor, we lose what does not matter.

Without Honor there can be no true gain.

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Honor is the only true measure of success.
To Live with Honor:

To live with Honor is to strive to grow in virtue and to contribute the wellbeing of others and to the advancement of civilization.

The Resolution:

I have not always lived with Honor, but I will die with Honor.
Livelihood
Job – Career – Calling – Destiny
Aging:
Senior Citizen – Honored Elder – Master Warrior

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Resurging: the new science of Power, Energy, and Longevity
The 3 Protectors:

1. “Death before Dishonor.”
2. “I choose Honor above all else.”
3. “Honor is all I have.”
Legacy

Enshrined within your deepest struggle is the seed of your nobility, your destiny, your legacy.

This gives meaning to your suffering.
Destiny

Destiny is a calling you would pay to do if you could afford it.

Intention is to uplift the world.

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Fairness trumps money and power.
Oh, the deep, deep yearning in the Primordial Wind, breathing into the ache of the crushing, silent groan of the universe, birthing itself to rise into the fullness of its potential.

Born in Light the sacred whisper rises from the womb of goodness, smiling into the innermost essence of all existence, commanding the fragrance of Honor to envelop the earth and all that dwell upon it.
The seasons flow in the rivers of time while century upon century pass with the winds through mountains and valleys and the cities of earth. Day after day, time and again, I pour my life into the people, as I behold the beauty and the greatness of who they are: the magnificent light, the beautiful flowers. Their love and gratitude for the truth and presence I bring ignite within themselves a hope and vision of their own destinies, and a knowing they are not alone. What I see in their eyes and feel in their voices elevates my own being to ever greater heights of inspiration and confirmation of the goodness enshrined within the hearts of humankind.
Storms rocked the heavens and the trees and tore apart the seas. While man stood above the mountain with water above his knees, he commanded the chaos to cease. Whereupon a thought whispered in the twisting howling breeze, “We are all a slave to something, but pride is a cruel Master indeed.”
Chapter III
Poetry and Sayings of Honor
The thoughts I bring are the flowers of healing; they are reflections of the soft whisperings of the spirit for which I am a witness and messenger. I am a servant who plants their seeds within his own heart and offers them to those who are drawn to the potential they perceive within them.
Yes, there is suffering and pain and deep wrongness in the world. There are those who are truly trampled upon and victimized and those who are hungry. This is real and not illusion. Added to this is the most pervasive affliction of all: to not feel the abundance of what we are given, every heartbeat, every breath, every moment. And this failure of ours is perhaps the greatest of all evils and the source of all greed and injustice. Oh, peoples of the earth, immersed in a magnificent sea of love and bliss we are showered with goodness and beauty. Life itself was bestowed upon us as a precious gift of mercy upon mercy, light upon light, pleasure upon pleasure. But the greatest treasure so generously bestowed upon us are the manifold opportunities to arise with honor in the pursuit of virtue and receiving precious possibilities to know and to love one another. We are given the privilege to serve our destinies and to feel a life well lived.
The key is to ride the wave of karma with honor, to keep refining whatever we need to do in such manner as to bring more honor into it.
I have worshipped every false god known throughout history: I have worshipped at the shrine of pride. I have worshipped at the shrine of sex. I have worshipped at the shrine of money and of power. All were vain imaginings. I have been a slave to all the known tyrannical masters. One after the other. And simultaneously. All I can say is that we are all a slave to something so choose your Master well. I have not always lived with Honor, but I will die with Honor. Now, I only bow before her and no one and nothing else.
We are swimming in the waters of a life-giving love imbued with great magnificence; but we cloak its exquisite beauty. Behold, the veil lifts, and the Beholder is awed into surrender. He awakens again and again to taste the sweetness of its nectar. The vision sleeps within our tears and awakens every hundred years.
Do not succumb to the vortex of thought that would drown you in its winds of negativity. Hold fast to the honorable thought.
To those without honor, the dead ant is seen as great treasure, and folly a virtue. Have compassion upon them and wish them well.
Truly Loving Yourself

You will notice very soon that the reality of honor will manifest more and more in your thoughts, words, and actions and even in your dreams. The goal is for the honor that already resides within your being to become more important to you than your pride and more important than even life itself. This is the secret of truly loving yourself.
Laughter is a flood of light erupting in the crumbling convulsions of illusion. It opens the door of hope; and pain is not remembered. At its best, it is an expression of seeing the play of our own self-deceptions. Be amused with your shortcomings. Laugh at yourself. There is a twinkle in the Eye of Honor.
As you feel my love, admiration, and my seeing the greatness of your identity, the depth of your own knowledge arises into consciousness. And as you love, respect, and admire me with your whole being, you merge into my heart and my knowledge becomes known to you. This is the mystical union and the transcendence of duality.
I think you might be interested in my perspective about myself: To be clear on how I see things, this is what I just told one of our Disciples of Honor: My dear brother, REALLY, the only result I expect is knowing that I lived by my code of honor. That’s it. I don’t expect that I will necessarily be able to change the world. I don’t expect to be understood or even appreciated.
I am completely ignorant. The knowledge is neither in me nor outside me. It is somewhere about me. I read the book of my own heart, and am almost as surprised as you by what I say.
The consummate state of honor is to live in oneness with all who exist.
The veil of darkness lifts as we merge into the Ocean of Bliss. We remain but a memory of ourselves in the waves where pride ceases to exist.
Most are extremely weak, fragile, and lost in the materialistic nature. It is best and honorable for us to see, even in them, the good that is there, and the vulnerability which has enslaved them. Thus, we will see them through the eyes of compassion. We must also do our best to protect all, including ourselves and them, from their destructiveness.
Included in the cleansing of the earth is the detoxification of the poisonous thoughts which envelop and contaminate it. The four Commandments of Honor are the most powerful Mental Detoxifiers in the universe.
To those to whom it applies let it be said: There is absolutely no problem with slipping off the path of honor. Repent and just come back as soon as you can. You are a great person with a noble heart. Honor is your way. Honor is your destiny.
I refer to them at times as the four principles of honor which reside within the human heart, and we command them to arise into manifestation in our thoughts, words, and actions. Thus, the term, Commandments of Honor. Honor is a primordial impulse within the human psyche.
You breathe in an atmosphere beyond the pettiness of this world. That is where you long to be, and that is your home.
In the darkness of the forests in the blackness of night, the eyes of the evil one smile with power at the sense of safety of those behind locked doors in their lighted rooms. He laughs at the powerlessness cloaked in denial of imminent danger. He stands beneath a giant tree with a star glittering above. And then, humbly bows to his master of goodness that lights his face with wisdom.
There are those whose goodness serves the evil within them. And there are those whose outward evil serves the inner goodness.
Negativity multiples duality.
For this moment that is still mine
I will rejoice; I will weep and laugh;
   I will love.
Always I will dance with
   my sword shimmering
      in the sun by day
   and in the moon by night.
And I say, and I say,
   “I am here.”
Before this life does end
arise to the greatness of
your Sacred Yearning.
This courage is life’s meaning.
Do not fear to taste the tears
of struggle and hardship years.
In the wind, we die.
In our death we dance.
And in our eyes, there is a sign
that we are on the mountain, still,
for beneath the fears
and beneath the tears,
for all to see, free and wise,
there is a light,
a glowing and knowing smile,
beneath the tears
a warm and loving smile.
Each of our lives is a sign of charity of the greatest kind, for it was given freely to us without our asking and without our earning it.
I am a slave to Honor, and thus I am truly free.
I will continue. I endure to the end. I expect nothing from the world, not even understanding or respect.
Baha’u’llah opened within me the hope of the most powerful and loving force that would vanquish my inner darkness.
Following the path of honor is a most powerful catalyst for self-directed neural plasticity modifications.
I wanted to take the road most traveled, but I was not able to walk that path. It just wasn’t in me. I am very glad how it turned out, but it was not easy. I am most content now. Thank God I lived long enough, I almost didn’t. I did not understand what was happening till I was about 70. And the way of Honor was inspired within me. Now, at 79, I have a good deal of mastery of this path and will continue till the end. God willing, I have another 41 to harvest the treasures and share with those that hunger for a fulfilling life.
Only the shield of honor can protect us from ourselves.
Rain falling from the cloud does not have the cloud. The mirror does not have the light. We are ourselves but we do not have ourselves. I am of myself. Knowledge is of me. I breathe within the ocean of ignorance and nothingness. Knowledge and I flow from the Placeless. I am bound by time, but I am not of time. Knowledge and I flow from the Timeless. From within the womb of eternity is born every manner of potential. Love calls it into being. Honor is its destiny.
In creating the Disciples of Honor, it has been my intention to give all of us a place to be our true noble selves, and to uplift and inspire each other to ever greater heights of Honor.
Oh sleeping ones with opened eyes! How did you become so lost that you wandered into the forest of delusion and thought it was your home? You inhaled the cow’s dung and called it the fragrance of the rose. Yet you pride yourselves on knowledge of the most trivial dimensions of life and feel superior to the humble seeker of truth. How despicably have you squandered the meager time you spent upon this earth. Repent of this self-deadening and arise to the Way of Honor.
People have always destroyed religion and degraded it to mediocrity. It is because they do not live deeply and genuinely. They claim more faith than they really have. They trivialize the teachings of the Divine Messengers. People cannot reflect the Divine Principles because they have failed to know their true identity. They fear what they see in themselves and pretend it is not there. So they pretend to be something other than what they think they are. But in reality, they are far more beautiful and magnificent than they ever realized.
There is much sadness and tragedy in the world. The people are frightened and bewildered. It is best to hope that good will come of it. And to laugh when possible.
There will always be those who betray us, disappoint us, exploit us. Whosoever compromises his honor severely damages himself. That is the tragedy. Honor demands that we wish them well and do what we must to handle the situation in a constructive way. Then we move on to bring Honor into the world.
I used to feel like an outsider to humanity because of being different. The lack of depth and genuineness was crushing. As hard as I tried I could not fit in. It wasn’t just what was being said. It was also the tones of voice and the smiles and facial expressions that were so alienating. I felt that we were not ourselves but imitations of what was thought to be a normal human being. The effects of so powerful an alienation led to a most profound search for truth and meaning. I am grateful for the fruits of this quest. Ultimately it led to entering the Way of Honor.
There are some very mean-spirited people in this world. Then there are some decent ones who are highly unaware of the negativity they emit. Most of them cannot bear to hear of their limitations. And they are not seeking to grow. Most people want only comfort not growth or change.

It’s good to love them but not disturb them. Now those who are seekers of truth are a different matter entirely. With them the soul is refreshed and laughter bubbles in a fountain of light.
Money is desirable for all of us. But if it is gained in a dishonorable fashion then it will bring undesirable results.
You know that your Pride will not bring you happiness.

Why would you want to place it before your Honor?
Other dimensions of trust are these: to trust means to believe the word of the trusted one.

But know that only those committed to Honor will never betray you.
Call upon the hidden Honor to emerge from its cavern of your being.

Command the Honor that does slumber within you to arise into the full light of its majesty.

Behold! The mighty secret within your heart does arise. It does flame into the fullness of its destiny.
Honor is the foundation for Hope and Optimism.
There are those who live in degradation who are waiting for the special moment to repent and arise in the magnificence of their Honor.
To live with “Honorable Purpose” is a great stimulus for: Health, Vitality, and Long Life.
To wish someone well does not necessarily mean we hope they win the lottery but could mean instead that we hope they repent from their wrongness and find honor in their lives. To walk this path, it is good to feel filled with regret when we violate the code, and then repent and commit more strongly than ever to our Way. Thus, good will come from it.
In the terms of Gifts of the Spirit, we did absolutely nothing to earn life itself. And we did absolutely nothing to earn loving parents to guide and nurture us. Gratitude upon Gratitude is essential to the Way of Honor.
Do not fool yourself. You are rarely a victim. You co-create your reality and problems. Taking responsibility is the foundation of enormous power and reduces the suffering of blaming.
To create a family of Honor, you must look beyond the shortcomings and see the greatness and magnificence of each.

And you must be a role model, in word and action.
The Mystical Union of Hearts:

As you feel my love, admiration, and my seeing the greatness of your identity, the depth of your own knowledge arises into consciousness.

And as you love, respect, and admire me with your whole being, you merge into my heart and my knowledge becomes known to you.
Where can you find peace?
Only in the House of Honor.

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When you look honestly upon your thoughts, you will see all manner of negativity. Choose to balance these thoughts with honorable ones to truly be a Disciple of Honor.
Respect is a ray from the sun of Honor and the keeper of universal harmony.
There are many intelligent, good looking, rich people who are total losers. Only Honor defines success.
Children can be so uplifting, and also very disappointing. This is the truth of the matter. The real blessing of having children is the unconditional love that is awakened within our hearts. That is truly a bounty and a blessing.

It is the responsibility of all parents to show by example and by direct guidance both the Way of Honor itself and the consequences of following and not following its teachings.
Here is the question for a truck driver: Which is more honorable, to transport organic broccoli or to transport cigarettes? All forms of livelihood have a comparable question.

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The Flaming Vine of Honor climbs within the breath of life and vibrates the warmth of Its wisdom into the core of all that is.
Do not allow the dishonor of others against you to cause you to dishonor yourself.

Do not think that you will escape the consequences of your actions. That cannot be done. Let Honor guide you in all you do that you may know true happiness.
Honor is the light that strengthens the spine.
Both the masculine and feminine principles must be integrated to be a Person of Honor.
Honor brings congruence to the material and spiritual dimensions of a life.
The most honorable perception of others is to see both their greatness and their vulnerability. To see their greatness will bring you respect and admiration for them. To see their vulnerability will bring gentleness to your words and actions.
Honorable children bring peace and honor to their parents.

Loving parents have two primary responsibilities to their children: show them the way of honor and of health.
The Hidden Yearning of a Woman:

She wants her honeyed sweetness to pull his sacred seed into the depths of her being. She yearns for the Secret of her Sound to be known by the man whom she hungers to feel her essence. As he pulsates in surrender to her beauty, she becomes his woman and claims him for her man. She smiles with desire to be so craved by him that his flow will not cease before she has had her fill. But without true love only pride of capture will remain. She yearns to lose all sense of separateness, even if only for an instant, and meld into an ocean of blissful Union with her lover. She yearns to be so totally known and filled in all her dimensions that she will no longer be a stranger to herself. Thus does she feel complete where the craving stops, for a while. But without Honor, the pleasure will soon be felt as pain, and The Sacred Sound, profaned.
In the House of Honor, love is never a stranger.

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Only the Light of Honor can illumine the path to true success.
Those who command the Honor within themselves to manifest are Disciples of Honor.

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The pain of dishonor fuels the thirst for Honor.

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All are messengers of love, but only the honorable can truly love.
Without Honor, there can be no true love.
Consciousness creates reality. Call upon constructive consciousness by reciting 3/day the Four Commandments of Honor. Think, Say, and Do the most honorable thing. This optimizes the positivity of your reality.
Honor is the path to true mental toughness.
Arise into the wonders of your light. It will replenish you and the universe in which you reside. Wish to be released unto your spirit-flow while still on earth; and behold, your brother-master will guide you unto all that is good.
Adorn your head with the crown of Honor through noble thoughts, words, and actions.

***

Each of our lives is a sign of charity of the greatest kind; thus it behooves us to be generous and kind to others, and to be extremely grateful for the myriad of bounties in which we are immersed.
As you serve your Legacy of Honor, your destiny will powerfully manifest.

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Following the path of Honor is a most powerful catalyst for self-directed neural plasticity modifications.
Mental weakness is blaming, complaining, making excuses, and harming others.

Mental toughness is taking responsibility for co-creating our reality, being grateful for the power gained from hardship and adding value to the world.
All seek to escape their plight. No one wants to live alone. All seek to find their home. The stars at night will not show the way to where you deeply want to go. That requires another kind of light. No one wants to die alone. All seek to find their home. We climb the mountain hoping to rest upon her. Tired and hungry from our journey, a call arises from within to soothe our fright. “Rest my children in my embrace of Honor. Fill yourself upon my thought and be the refuge which you have sought.”
I am not this body or in this body. I am not my brain. I am not of time or space. I cannot contain or be contained. I am not my eyes that see, my ears that hear, or my throat that speaks. I am not the breath that flows through me, nor the blood that courses through my veins.

I am the awareness that is a witness to all my experiences.

I am that which chooses the Master I serve.
Sincerity and trust grow when your honorable thoughts and words manifest in honorable action.
Vacation is not a location. It is a state of mind emanating from living an honorable life.
Know this, oh Disciples of Honor: People pretend to be something other than what they think they are. But in reality, they are far more beautiful and magnificent than they ever realized.
The 4 Best Kept Secrets in the World
(Secrets from Ourselves and Others)

• We desperately need each other.
• We are grateful to know each other.
  • We love each other.
• Our Divine Nature (Higher Nature) is more powerful than our Animal Nature (Lower Nature).
I have embraced the world that neither trusts nor understands me. I am enraptured with the beauty and greatness of the people. My loneliness has diminished.
**Purpose**

Our purpose in life is to live with Honor which involves developing virtues and contributing to society.
Communication

Respectfully Real: You have the right to be your true self as long as that expression is in a Respectfully Real Manner; that is with kindness, wisdom, and respect of boundaries.
Identity
You are not the thoughts you have. You are the thoughts you choose to have.
**Volition**

You have the power to choose your thoughts.

For example, right now,

have a pleasant memory about today.

Perhaps it was seeing a loved one or eating a delicious meal. Do it now ....

You did it. You chose the polarity. (It was positive.)

You chose the time dimension. (It was the past.)
Noble Character

Noble character is to live with Honor which includes truthfulness, loyalty, keeping your word, and service to family, community, God, and/or to your Highest Values.
Feminine Principle
The essence of Feminine Principle is nurturance and love.
**Masculine Principle**

The essence of the Masculine Principle is to arise to the struggle, always.
Wisdom

Wisdom is to integrate our joys and our sorrows, our losses and gains, into a constructive perspective.
The absolutely outrageous manifestation of cruelty and injustice in the world is the “Trumpet Call for Honor” to arise in the hearts and actions of all decent people.
As you smile upon your self-centeredness and walk in the way of Honor you will liberate yourself from your animal nature and your conditioned self and you will be a force to liberate all sentient beings.
Disciples of Honor. Tears blowing in the winds feed the earth as do the ashes from fires of the forests. All the hardships and sufferings of your life feed the wisdom of your being. Honor grows in the burning of your heart and in the weeping of your lonely nights.
Sun of Honor

Within the cave of dark thoughts, the people are lost in seeking the cold sweetness of revenge. They feel the anger and resentment they know so well. In this home, love is a stranger who finds no welcome. For those illumined from within by the Sun of Honor there is no cave to harbor the dark thoughts that destroy the hearts of man, and wisdom fills their being.
To live a life of harmony with yourself and others do not suppress your aggressive and sexual thoughts but balance them with Honorable ones. Thus you will grow in virtue and in good character.
The journey is not so much to FIND yourself, but to release the Honor within you so you can BE yourself.
To those who are slaves to their passions and are the ungrateful ones: Your materialistic greed is the thread with which you weave the fabric of dissatisfaction that veils you from the great wealth and treasure within. This is the greatest tragedy of life. It is filled with the stench of blaming and complaining in a type of hell with which you have punished yourselves. Repent now while there is still time and arise to the Way of Honor.
Do not seek to find yourself, but rather seek the Way of Honor and you will be revealed unto yourself.
Whatever cluster applies to a person. Whatever the dysfunction. Whatever the illness. Whatever the crisis or tribulation. It must be handled with Honor which is loyalty to your highest constructive values as enshrined in the four Principles of Honor, the Four Commandments of Honor. It is the ONLY way to avoid creating more bad karma and consequences. This is what I bring into my own heart. What I bring to the world. This is all I bring. The path of Honor brings perspective and the potential to tell ourselves the best true story about our problems. It is a path of Balance.
Let me tell you a rhyme as old as time. It is none other than the mighty quest for immortality and glory. It is a story of the strong and brave sacrificing life and limb for the legacy of their greatness, the never-ending climb of expanding conquest. Empires of enormous wealth of gold and beauty in all its forms amassed to enshrine the memory of their names. Each shrine built of bone and blood of those who fought crumbled beneath the weight of their crime and the names of their kings are utterly forgotten. Those who worshipped the idol of themselves are vanquished in the winds of eternal change. But those meek warriors of the soul who conquered the realms of men’s hearts, they do reign in the whisper of men’s thoughts. Only Honor does remain and all else lost in the waves of time.
The Shrine of Honor

The names of those who truly love her beauty can be heard in the echoes of the ocean tides. The poetry of their hearts are the waves that wash the earth at night.
Plant the herbs of life within your heart. Grow the Way of Honor within the spine of your back. See through the eyes of love and feel the greatness in all you see. Thus will wisdom spread throughout your thoughts, and behold- the Noble Being that you are manifests in every word and deed.
Repeating the Commandments, the Laws of Honor, and the Supremacy Code of Honor, will release your true self to manifest, uncluttered by social conditioning and the lower nature.

They will kindle a Light to glow within your Heart which will illumine your every word and action in the context of your uniqueness. This is your Destiny;

and as you surrender to Its Way,
you are no longer an ordinary person.
You enter the realm of Greatness.

Your true self yearns for greatness and nobility. It is invincible and calls, unceasingly, for full expression. **Now** is the time to arise to the struggle.

The greatest harm you will ever cause yourself is through your negative thoughts, words, and actions. Know this and fear turning away from the Most Powerful Thoughts.

Above all, fear your own negativity, for you are filled with the power to destroy yourself.

Every moment is a choice between Constructive and Destructive thoughts, between Light and Darkness, between Honor and Dishonor, between Life and Death.
Fear no man more than your own destructive tendencies. Repeating your Commandments and Bridge will protect you as will the Supremacy of Honor Code and the Laws of Honor. They will uplift your health: mentally, physically, spiritually, and socially. These Commandments, Laws, Code, and Bridge are essential for Respectfully Real Communication.

You are not the thoughts you have. You are the thoughts you choose to have. They help you organize your perceptions and experiences. These thoughts are the foundation for the Psychology of Honor and will stimulate both the development of greater virtue within you and to your giving more fully to your family and to the world.
What does open the sacred eye of love? Tell us the hidden path to the beauty of Paradise. How may we uncover the treasure of a joyful life? Oh seeker of truth, feel my words so they might reveal to you the knowledge enshrined within your own heart: The mystery of this very moment unfolds to those who live in the way of Honor. To be truly alive you must place Honor before pride, and Honor before life itself; for only then will you be delivered from the destructive consequences. Ignite the light that none can extinguish; for Honor is eternal while pride and life itself but a fleeting sigh. Thus does the veil of pride lift, and you will know the world through a humble spirit. The eye of love awakens and sees with compassion; all existence is bathed in an ocean of beauty: the trees, the winds, the people, the flow of thoughts. All beings are soothed within your smile and known in the kingdom of your respect. Separation evaporates in the heat of awe within your being. No one is a stranger. Purify yourself in the holy waters of Honor; to you all creation bows and whispers through the winds, “I am yours.”
Chapter IV
Radiant Vitality
and
The Study
Radiant Vitality
is a manifestation of living with Honor

Health – Love – Power – Passion

Radiant Vitality is the water of life gushing forth from the fountain of goodness.
What is radiance?
It is a visible emanation perceived as light that uplifts those who behold it.

What is vitality?
It is constructive energy which emanates vast potential for movement.

What is radiant vitality?
It is the embodiment and emanation of health, love, power, and true passion.

The Four Commandments of Honor
Magnify Radiant Vitality
The 15 Factors of Radiant Vitality

1. Living with Honor.
2. Exercise and proper diet.
   3. Prayer.
4. Praiseworthy attributes.
5. Constructive thoughts.
7. Attractiveness (includes cleanliness)
   8. Meaning and purpose.
   9. Active lifestyle.
  11. Deep breathing and good air.
  12. Control of your emotion
  15. Respectfully Real Communication.
Dr. Nerenberg’s 31 Steps to an Honorable Life

1. Closeness to God and/or your Highest values.
   2. Oneness with spouse.
3. Strong sense of purpose through development of virtue and contributing to the upliftment of society.
   4. Constructive thinking.
5. Powerful health through vigorous exercise, excellent nutrition, deep rest, and constructive thoughts.
6. Creative expression.

7. Show your love.

8. Apologize.

9. Serve your destiny.

10. Arise to the struggle, now!
11. Be able to share your vulnerability.
12. Respectfully Real Communication to create connection to others.
13. Keep your word.
14. Seek to be a Man of Honor with wisdom, a Woman of Honor with wisdom.
15. Seek to gain power from hardship.
16. Take responsibility for your life.
17. Remember that fairness trumps money and power.
18. Be extremely grateful.
20. Remember, you have the right to be your true self as long as the expression of your true self is done in a Respectfully Real manner, i.e. with kindness, wisdom, and respect of boundaries.
21. Remember your mortality and the thoughts you wish to have at the end.

22. Treasure family.

23. Reflect upon your life.

24. Have a good time.

25. Be a good and loyal friend.
26. Find your true smile.

27. Live deeply.

28. Keep expenses down and make enough money to pay your bills.

29. Take a break.

30. Have a good laugh.

31. Tell yourself the best true stories about your worst problems.
There are many therapeutic approaches which are highly effective for varying lengths of time, for specific psychological issues; the Honor approach can potentially help for a lifetime and can be applied to all issues- in a primary or adjunctive role.

In addition, it can be used by its practitioner to uplift loved ones and become a Legacy of Honor.

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Honor is a path to “Fundamental Well Being.”
A Thought was breathed into the Essence of the Universe. This Thought would be called “Sacred” and known as “Honor.” It is the Primordial Potential vibrated into the core of all existence and is The Cause of all meaning and purpose. It beckons the manifestation of Its Command in the heart of humankind; they alone were given the choice to follow or not to follow Its promptings that whisper The Way. They alone were given the freedom to choose or not to choose Honor as their Destiny. All that would unfold in the history of the world and all the fruit of its progress are a consequence of that choice, to each according to his deeds and to all by the sway of its tide. The living waves of an Ocean of Love and Bliss rise and fall in accordance to their submission to The Call of Honor.
Honor therapy, also called Legacy Therapy, can be integrated into the current therapy models as follows: 1) It is a system for reframing in cognitive behavior therapy. 2) It is a dimension of Positive Psychology. There are a number of dimensions which have been empirically determined to be therapeutic: One is gratitude. Another is optimism. Another is positive thoughts. This approach increases gratitude, optimism, positivity, and resilience, while enhancing inter-personal connectedness. It facilitates the growth of wisdom and finding meaning in life.
INCREASING HOPE AND OPTIMISM DURING HARD TIMES

By Arnold P. Nerenberg, Ph.D

Welcome my dear colleagues. I am Dr. Arnold Nerenberg, Ph.D., I have been a Clinical Psychologist for over 45 years, and I am 79 years of age. I want to present to you a study I have conducted over a six-year period which can increase hope and optimism during hard times through application of my Legacy Therapy Model of Reframing.

The process that I have developed and researched is what I call Legacy Therapy; it is also called Honor Therapy. I define “honor” as loyalty to your highest constructive values as enshrined within what I created and call the Four Principles of Honor, also called the Four Commandments of Honor.

The Four Commandments of Honor are; 1) I wish you well. 2) I take full responsibility for co-creating my reality and my problems. 3) I’m grateful for the power I gain from hardship. Then one of the following two; 4) Either, I seek always to serve my highest values, or, God, your wish is my only wish. I call them Commandments because we are commanding the honor within us to arise into manifesting into thoughts, words, and actions; my patients already believe in these principles. The general population believes in those four principles. We do not have to convince anyone.

The Four Commandments of Honor are a part of the reframing process. The Nerenberg Legacy Therapy Model for Reframing asks people to take a pledge to be repeating the Four Commandments of Honor three times a day for the rest of their lives. The Pledge I developed is an effective clinical instrument.

The Pledge is to become what I call a Disciple of Honor. I ask people, “Do you want to take a pledge now or do you want to think about it?” About 90% tell me to do it now, 10% want to think about it. I ask them to raise their right hands and repeat after me: “As a Disciple of Honor I pledge myself for all the days of my life to the Four Commandments of Honor, and I’ll teach them to those I love. I’ll repeat them every morning, afternoon and evening and I’ll listen to myself recite them.”
In my study, I interviewed 1,108 subjects who took the pledge: 39% women, 61% men, average age of 41. No matter how hard the times, how depressed the person is, how severe their medical problems, or how severe their marital problems, 96% of people report feeling good as soon as they take the Pledge. 98.3% say they feel more hope. No matter how despondent they were, hope and optimism are increased rapidly no matter how difficult their circumstances. 92.2% say they actually feel more meaning in their lives; the Pledge is an effective clinical instrument. These results are the immediate effect, usually in the first or second session (See Table I). As with all studies, future research can expand and verify the findings. When replicated, it would be better if someone other than the therapist did the interview of research questions.

| Results of How Patients Felt After They Pledged to be Disciples of Honor |
| Over approximately six years study, 2014-2020. |
| 1,108 Subjects | 39% Women | 61% Men | Average Age: 41 |
| 1) Felt Good | 96.00% |
| 2) Felt more hope | 98.3% |
| 3) Felt more Meaning in Life | 92.2% |
There is a process to ensure the probability that they are going to apply this. Within a few sessions I have them add what I call the “The Bridge” from Honor to Reality. The Bridge is, “What is the most honorable thing to think, say, and do?” I have them repeat the Four Commandments of Honor and then the Bridge; apply in any situation that arises, I will explain; Honor is the gold standard for assessing all thoughts, words, and actions.

I have another study to share with you. This one has 186 subjects. The average is 41, 66% were men, 34% women (See Table II). Typically, I will do this survey one or two weeks after they have already taken the Pledge. “As a Disciple of Honor do you feel more equipped to handle the struggles in life?” 84% say yes. “As a Disciple of Honor do you feel more self-respect?” 95% said yes. “As a Disciple of Honor do you feel you’re a better person?” 97% said yes. “As a Disciple of Honor do you feel more at peace?” 90% say yes.

<table>
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<th>Reported Benefits from Being a Disciple of Honor (Approximately 1-2 weeks after taking Pledge)</th>
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<tr>
<td>Total Subjects in Survey: 186   Average Age: 41   66% Women, 34% Men</td>
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<tr>
<td>As a Disciple of Honor do you feel you belong to something greater than yourself? 94.00% Yes</td>
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<td>As a Disciple of Honor do you honestly feel you are a better person? 97.00 % Yes</td>
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<td>As a Disciple of Honor do you feel closer to God or your Highest value? 95.00% Yes</td>
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<tr>
<td>As a Disciple of Honor do you have higher self-esteem? 83.00% Yes</td>
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<tr>
<td>As a Disciple of Honor do you feel more self-respect? 95.00% Yes</td>
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<td>As a Disciple of Honor do you feel less stress? 77.00% Yes</td>
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<tr>
<td>As a Disciple of Honor do you feel more equipped to handle your struggles in life? 84.00% Yes</td>
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<tr>
<td>Have you taught a Commandment or the Commandments to at least one other person? 83.00% Yes</td>
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<tr>
<td>As a Disciple of Honor do you feel closer in general to other people? 84.00% Yes</td>
</tr>
<tr>
<td>As a Disciple of Honor do you feel more at peace? 90.00% Yes</td>
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There is an optimistic feeling. They start feeling better about themselves. It gives them hope they can have a better future because they are better people. “As a Disciple of Honor do you feel you’re closer to your highest values and/or to God?” 95% said yes. They feel they are living more in the potential of their value system. That creates a more positive affect and more optimism. They feel less stress which allows feelings of hope and optimism to be more readily manifested. They feel more at peace which leads to a more positive attitude of hope and optimism. 83% of patients say they have taught one or more of the Commandments to at least one other person. Thus, they feel their therapy is also helpful to others, in addition to themselves. This promotes a more optimistic view of the future when they see the possibility of helping others they care about.

I tell the people how important it is to repeat the Four Commandments of Honor three times a day; it takes only eight seconds. The Bridge takes four seconds. That is 36 seconds a day. They can repeat the Four Commandments of Honor while taking a shower, watching TV, driving, etc. They do not have to be in a special place. Saying the Commandments of Honor, some people get a good feeling. Many people, including myself, do not get a special feeling. But the repetition is preparation for application.

Consider the Commandment, “I’m grateful for the power I gain from hardship.” Keeping this Commandment in mind when we are in hardship, we have the knowledge that we’re going to get stronger by going through it. We will become wiser and more compassionate. So, we are grateful for that power. That increases optimism, knowing that whatever we are going to be going through will, with the appropriate attitude, make us stronger.

And when we say, “I take full responsibility for co-creating my reality and my problems,” 99% of the time we are not a victim. We typically co-create our problems. That means we are powerful; we co-create our problems. The hope is I can unco-create our problems and have a better future. We ask ourselves “What’s the best true story I can tell myself about my problem?” This is one of the ways of reframing in Legacy Therapy.
As an example, here is a case I had concerning a huge male that was very tough looking and had tattoos up to his neck. He was a roughneck, he worked in the oil fields. He came into my office and said “Dr. Nerenberg I’ve lost everything. My wife left me for another man. She took my kids; I lost my kids. I was so stressed I couldn’t work and couldn’t make the payments on my house; I lost my house.” I told him that as a human being I felt so much compassion for his loss, it is enormous. I was confirming the terrible aspect of what he was going through; we do not deny that. I also told him that as a psychologist I understood the psychodynamics of his suffering. Then I told him, “What if I told you there is a best true story to look at your problem which will give dignity, nobility, and honor to your life.” He looked at me and said, “Really?” I said, “Yes.” He said, “Well tell me what it is.” I looked at him and said, “Here it is! I’ve lost everything but I’ve gained myself.” And his face went from being very forlorn with tears behind his eyes, instantly started brightening up. His eyes started lighting up, his face lit up. He went into a smile. He said, “Yes, I have lost everything, and I have gained myself.” He still did not have his children, his house was gone, his wife was gone, but he was able to tell himself the best true story about his worst problem. This was his reframing. It led to optimism and hope about his life.

I had another patient come into my office who was horribly distraught and in tears; she told me that her son had been shot nine times. He was lying in the hospital in stable condition. I told her this is a parent’s worst nightmare; I myself have seven children. I feel so much compassion for your tragedy. I told her that there was no doubt what she was going through was a tragedy; this reaffirmed what she was going through. I said to her, “What if I told you there is a best true story about this situation that will give nobility, dignity, and honor to your life and to your son’s life.” She asked, “Dr. Nerenberg what is that?” I told her, “Here it is! They couldn’t kill my son; they shot him nine times; God has a purpose for his life.” I repeated it again. “They couldn’t kill my son; they shot him nine times; God has a purpose for his life” (I knew she believed in God). The same thing happened with her; her eyes, her face, and her cheeks all lit up. She looked back at me and said, “Yeah, they couldn’t kill my son; God does have a purpose for his life.” She also left my office with a smile. I saw her a week later and she was smiling. I asked her if she had told
her son what I said. She said she did. She told me that he smiled and laughed and was happy to hear that.

Two of the thoughts used in the Nerenberg Legacy Model of Reframing which produce favorable results are: 1) “I will come back from this stronger than ever.” 2) “This setback was the best thing that could have happened to me.” Each is used in its own appropriate situation. This is bringing hope and optimism during hard times through the Nerenberg Legacy Model of Reframing.
All hope their good fortunes grow for them to see. Unless grace does intervene, in its time they will harvest what they deserve. From the thunder of the drums, Honor beats in the heart of every righteous being, and the people feel the Master they yearn to serve. From the pulse of the drums, the flaming eagle rises in the vision chanted in the darkness of the night.

As the Master you serve ascend in the fire of your spine, you bow at His feet. He lifts you with His love and His smile lights the way of your noble seeking flight. The flaming eagle rises within your inner seeking; from the thunder of your dreams where only truth can ever stand, Honor beats in the heart of every righteous being.
The seasons flow in the rivers of time while century upon century pass with the winds through mountains and valleys and the cities of earth. Day after day, time and time again, I pour my life into my people, as I behold the beauty and greatness of who they are: the magnificent light, the beautiful flowers. Their love and gratitude for the truth and presence I bring ignite within themselves a hope and vision of their own destinies, and a knowing they are not alone. What I see in their eyes and feel in their voices elevates my own being to ever greater heights of inspiration and confirmation of the goodness enshrined within the hearts of humankind.
Day after day, year after year I have mixed my blood and breath with yours. I know your suffering and struggles and the yearning of your hearts. You have allowed me the privilege to awaken the memory of Honor residing within your hearts. Your destiny unfolds and your Legacy illumines the Way of those you love and those you have touched while you walked upon this earth.
Let my heart
burst with love
for my patients, till I weep for them
in their sorrows,
and deeply celebrate with them
their progress and joys.
Let me think of them as greater than I.
Let me feel grateful
for being part of their lives,
for making my livelihood,
and for my healing and growth that
comes from helping them.