

The Little Book of Personal Peace

Using your Senses to achieve Common Sense

John Howard

The Little Book of Personal Peace

© 2024 John Howard. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

Printed in the United States of America ISBN:

979-8344140926

Scripture quotations are taken from the New King James Version® (NKJV®). Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

This book is a work of nonfiction. The names, characters, businesses, places, events, and incidents described herein are based on real events and factual information. All portrayals are authentic and are not the product of the author's imagination, used fictitiously or coincidental.

First Edition: 2024

About The Author



John Howard is a 76-year-old family man who has 5 adult children and 6 grandchildren. He lives in Massachusetts and has been in Sales and Marketing for his entire adult life. This book has been on his mind for more than ten years. When he was 60, he made some major changes in how he lived and managed to lose over 100 lbs. and has maintained it. He believes it is never too late in life to drastically improve your condition. He is into Golf, Biking, and Skiing. He currently sings and plays piano for his church. His favorite expression is "*Life isn't a rehearsal, you get one shot*".

Table of Contents

About The Author	iii
The Little Book of Personal Peace	1
The Big Bang Theory	5
The Senses	11
Sight.....	13
Hearing	16
Smell	19
Taste.....	21
Feeling/Touch	23
Thought.....	24
All Organic Living Creation.....	26
Sunflower Seeds	29
Drosophyllum Lusitanicum	33
Hoya Pubicalyx	34
A Walking Stick!	36
Evolution	39
Religion, which one?	46
Christianity	48
Health and Wellness	54

Personal Peace.....57

The Little Book of Personal Peace

When reflecting on your life, where you've been, where you hope to be, and where you are at right now, you may feel that during your life you have had more black clouds over your head than rainbows.

This is due to a lack of inner peace. Peace with one's inner self is the most important and elusive attribute to achieve. When you have this peace, it will form a foundation that can help you maintain a positive mental attitude, which will help you achieve success in nearly every aspect of your life.

Just imagine knowing, without a shadow of a doubt, that everything will turn out okay—no matter what. Unfortunately, most people cannot experience this because they lack the one thing that would make this Personal Peace a reality. That one thing is not just a belief, but a true and absolute knowledge that God is real, He exists, and He wants you to have and experience the Personal Peace that only comes through knowing Him.

This Personal Peace is so profound that it makes every day something to be treasured. The world will continue to hit you with challenges, but with a positive mental attitude empowered by the knowledge of God's reality, every

problem will present itself as an opportunity for self-improvement and growth, which is the entire purpose of our

lives in this initial frame of existence. Every aspect of life will make sense as you move forward to an end that will actually be the beginning of your future, permanent existence.

Throughout my life, I have always felt there was more meaning to life than just day-to-day existence. In many discussions with countless people, it became evident that no matter what religion people followed, no one had true empirical knowledge that their God actually existed. Many had faith and hope that God was real, but there was always a nagging thought that there might be nothing more to look forward to than death and nonexistence.

I'm not talking about a hope that God exists, but an absolute empirical knowledge that He indeed does! A knowledge as strong as your knowledge of the existence of the Empire State Building. Even if you've never been there, you know it exists. How, then, could it be possible to have that kind of knowledge that God exists? Science!

Our knowledge of science today is unprecedented. By considering the natural truths in this Little Book of Personal Peace, you can come to know God as a fact, profoundly and positively influencing your life.

Consider your alternative—believing in nothing. "Eat, drink, and be merry, for tomorrow we die?" It might sound funny, but many people, even those who claim to have strong faith in God, live this way. They grab for the gusto, thinking only of themselves and sometimes their families, but always with a "What's in it for me?" attitude.

This mindset makes every disappointment feel like another failure. Life becomes a daily struggle with nothing to

look forward to. With such a bleak outlook, it's no wonder that many people fall into deep depression. Sadly, this has led many to end their depression through suicide. In 2021 according to the Centers for Disease Control, suicide was the 11th leading cause of death in America, with 48,183 recorded cases. You might think these suicides were due to other issues, but when God seems as real as Santa Claus or the Easter Bunny, people often don't turn to Him for help with their problems.

Looking at the world through secular humanism means you might be an atheist, believing life is just a big accident without any purpose, or an agnostic, thinking that if there is a God, no one has figured it out, and you're too busy to search for the true meaning of life.

In both cases, you've blindly accepted your end, much like the poor fellow who fell off the Empire State Building and, while falling past the 50th floor, thought, "So far, so good!"

Now, let's consider the idea that life is purely the result of evolution with no Plan behind it. If life is just an accident, then only human ideas matter.

The Big Bang Theory

In the beginning, we were told that from absolutely nothing—not even a single molecule—a huge explosion happened by accident! This explosion, known as the Big Bang, is thought to have expanded outward over billions of years, forming the beginnings of everything. It started with gases that gradually condensed into solid matter, eventually creating all the stars and planets in what appears to be an infinite universe.

Our science has examined many elements, leading to the development of the periodic table. So far, 118 pure and unique elements have been identified. This field is still evolving as we analyze materials brought back from outer space in search of new elements. As for the universe itself, we've learned that trillions of stars have planets orbiting them.

Similarly, our sun has planets orbiting it, including Earth, which initially had nothing on it—not even air or water.

If you really think about it, this idea is quite a stretch. Recent discoveries with space telescopes have revealed problems with the Big Bang theory. A light-year is the distance light travels in one year at 186,000 miles per second. When scientists observe a galaxy 13 billion light-years away, they are looking into the past because the light took 13 billion years to reach us. The problem with the Big Bang concept is that some of the galaxies observed at such great distances appear much older than they should be based

on our knowledge of the types of stars and the spectrum of light they emit.

Now, let's look at our own Earth in our solar system. More than 71% of the Earth's surface is made up of water, which is composed of two elements: two parts hydrogen and one part oxygen, known as H₂O. Scientists can actually produce water droplets by combining these two elements. You can find short videos on YouTube demonstrating this process.

Hydrogen and oxygen don't naturally form water at room temperature; they need a catalyst, such as a spark or fire. Some of these videos are quite amusing, showing the small explosions necessary to create water droplets.



If you want to make a large amount of water, you will need a large explosion! Remember the Hindenburg? It was a hydrogen-filled German dirigible, or Zeppelin.

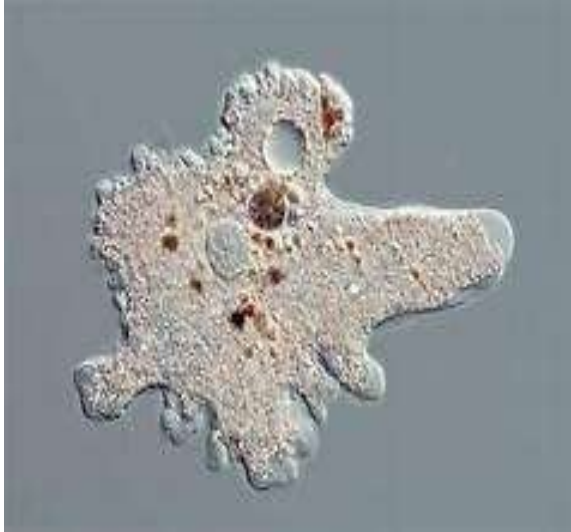
Hydrogen, being much lighter than air, allowed it to fly. In 1936, while attempting to land in New York, it hit a tower and caught on fire. The fire acted as a catalyst, causing the hydrogen to combine with the oxygen in the air, immediately

causing rain. That's what happens when a large amount of hydrogen combines with the available oxygen in the air!

To this day, no one has figured out how to fill a thermos bottle with water by combining hydrogen and oxygen. All they can do is condense it from the humidity in the air or purify existing contaminated water. Scientists have no idea how the vast amounts of water on our planet came to exist, from which they believe all life began.

Now we are told that after an undetermined period, at some point, something, no one knows what or how, caused the first molecules of inorganic material to come to life as living cells.

We must assume that an inorganic piece of material was somehow converted to organic life because that's all that existed! There was no living organic material. So, what was it? Lightning? Meteoric activity? Heat? Cold? A strong gust of wind? Rain? Snow? Radiation... from where?



This is a picture of a single-cell amoeba with its nucleus. Science has many theories about which cells were the first to exist, but I show this picture to give you an idea of what a cell looks like. In terms of size, you could fit more than 1,400 of these cells on the head of a pin!

Regardless of the type of cell, you can see that the first cell was very small, and its survival would have been incredible!

Whatever it was that caused it, it's said that this little creature somehow managed to split into two identical cells, as single-celled organisms do, which is a miracle in itself. Then it split again and again, until millions of them existed, enabling them to begin evolving into the next stage of life—string-like multicellular creatures.

Question: What caused the cell to split? How was it programmed to do it? Did it think it was a good idea? If so,

how could a single cell think? Microsoft founder Bill Gates compares DNA to a computer program. Science tells us that the first cell, or cells, had a full program of DNA that instructed it on what to do. What programmed the DNA? Did it program itself? This seems like quite a stretch. Well, let's continue from there.

Later, we are told that they evolved into string-like cells, then into fish, which somehow gradually evolved into creatures that crawled onto land to become the first land animals. Why would they do that? What would motivate them?

Anthropologists might say I've skipped a few steps, but I want you to think about the big picture. Evolution is thought to be a natural progressive movement toward better creatures that have adapted to cope with their surroundings.

The Oxford Advanced Learner's Dictionary defines evolution as "the slow, steady development of plants, animals, etc., during the history of the earth, as they adapt to changes in their environment."

Eventually, we are told, after millions of years, life evolved to the point where humans came to roam the earth. To truly believe this, one must make some enormous leaps of faith, much greater than belief in a creative intelligent designer. The greatest leap is believing that the entire periodic table of 118 known elements began from a single large explosion caused by nothing, and that life initially began as a single cell from inorganic rocks.

If you can truly believe these statements, then you are justified in your atheistic or agnostic beliefs. Many people are completely taken in by the concept of evolution as

described by scientists and do not feel they have enough knowledge to challenge it. Let's examine some points about life and evolution that many people do not seem to question, starting with gravity.

Science cannot fully explain what gravity is. They can measure it and understand that it is based on the mass of objects involved. The pull of gravity on the moon would make you weigh much less there than you do on Earth. Yet, they have no idea what the force of gravity itself actually is.

Gravity cannot be seen or negated in any way we have discovered so far. You could almost say that gravity is a kind of "magic glue" that holds everything in this universe together. Without gravity, it would not be possible for planets to orbit the sun or for anything, organic or inorganic, to exist.

Gravity alone is tremendous proof of intelligent design and control.

The Senses

We are born with five senses: sight, hearing, touch, taste, and smell. These senses allow us to perceive the world around us. How did evolution progress from a single-celled creature with none of these senses to beings with such complex sensory abilities? When you think about the senses individually, they are truly amazing.

Even beyond our senses, the life of the single-celled creature that first came into existence was miraculous. It was the only living thing in the world. The first question we should ask is: What did it eat?

Single-celled creatures, like all living things, need to eat. They need protein. However, they do not have mouths, teeth, stomachs, or anything else to eat with. Instead, they engulf other living particles or smaller cells within their membrane cell wall through a process called phagocytosis.

In the very beginning, there was no life or microscopic organic particles for cells to eat. There were only inorganic materials—rocks! Scientists answer this question by saying that the first organic cells were immortal and had no need to eat. This is quite a stretch because all life expends energy that needs to be replenished by consuming protein. Even jellyfish, which scientists think may be immortal, will die if deprived of protein.

While writing this, I decided to ask an Artificial Intelligence, AI or ChatGPT on Bing, if it knew of any single-celled creatures that didn't eat through phagocytosis. It

responded that it could find no instance where single-celled creatures did not need to consume living materials for protein in order to divide and become two cells. No protein means no cell division! Incidentally, Amoeba cells have a 30 to 60 second life cycle in which to find protein in order to divide into two daughter cells. If they don't find protein, they die!

How convenient the first cells accidentally came into reality with their own protein, supplying them with the energy they needed so they didn't have to consume protein before cell division could take place.