**Live, Love, Logic, Learn and Laugh Mindset**

Makes for an Ideal state of existence for optimal physical, mental, spiritual health and well being through

‘The Universal Book’

by Casper Vattiata

Available on paperback from Amazon

Free download on website

www.universalsun.org

**LIVE**

For an Optimally healthy body, mind and spirit through The Universal Book with mutual honesty and respect.

Physical Health through ‘Fit for life’ by Harvey Diamond, Alternative Medicine (2002) by Burton Goldeberg, Dianetics - The Science of the Mind and true ‘Mental Health’ to Clear The Reactive Mind by L Ron Hubbard.

The Emotional Tone Scale Booklet- To fully understand behavior, mindset and physical state by L. Ron Hubbard.

**LEARN**

In an evolutionary mind in self determinism in Gradient learning within the scope of the Universal Book in The Universal Mind. In The P.A.S.S. Protocol. In Universal Sun Productions. In Scientology education guided by Herber Jentzsch. Membership governed by Herber Jentzsch.

**LOVE**

In truth and love with mutual honesty and respect. In serene united harmony in a discipline Tone 4 to be self aware of your thoughts, words and actions to be within love. Live in love, not in hate, open heart, loving faith. Serenity, Open mind, Than you’ll see, You won’t be blind. In the Universal Mind. In Universal Truth & Love. True love. Soul mate monogamy like Arnold Schwarzenegger and Maria Shriver, Kurt Russell and Goldie Hawn, Michael Hutchence and Helena Christensen, Bono and Ali Hewston, Sammy and Kari Hagar, John and Yoko Ono Lennon, David and Eman Bowie and Angelina and Casper Jolie-Salvation. Casper ‘The Holy Ghost’ and Omegaman Casper Salvation with my angels eternal in a serene united harmony in the Universal Society with World Equalism for Heaven on earth.

If you’re a Chapman in an attempt to kill me like John Lennon than my wife Angelina Jolie-Salvation like Yoko Ono will Loath you to death and have you killed or put you jail for the rest of eternity with genitals cut out including the girls that come onto him when it’s a no money based charity they should search for their own soul mate to live their liberated liberty in the Universal Society

Body, mind, soul and spirit as we are all great together with our own soul mates in mutual honesty and respect in a serene united harmony within the Universal Society with World Equalism.

Reference:

‘The Way to Happiness book’

by L Ron Hubbard

To provide the basic truth about morals, ethics and logic to live a happy, prosperous, proactive-constructive and respectful harmonious life with your soul mate and fellow man.

**LOGIC**

The knowingness in being Rational over Irrational. Logical over Illogical. To utilize Deductive Reasoning and Critical Thinking Practices to problem solve all that is measurable. All within Reason. Spock Logic. Advanced Logic in Scientology. Illogical, suppressive and harmful in Psyche.

Scientology Spock is with God and Infinity.

Psyche is fraud with deception, obscurity and harmful suppressive labels and treatments. Dead Wrong forever.

Spock is with God and infinity onto 8 dynamics of life forever.

**LAUGH**

To enjoy independent, group or soul mate searching and dating with www.eharmony.com.

Do a detailed search to find the female or male version of yourself. The man taller than the woman with the same shape eyes, as the eyes are the windows to the soul. To grow, evolve and live together in a serene harmonious partnership in the same body, mind, soul and spirit in the Universal Book, Universal Society with World Equalism.

It's simple.

The Universal Truth and Love Songs

**Hear that sound, The Gift, Communication, All Around, Freedom Deep, Days of Rust, Devil Insid & Faith in each other**

By INXS

(Lyrics by Michael Hutchence) Doors

**The Better Way, Groovy, Universal Solution & Don’t let the devil rule you**

By Omegaman Casper Salvation

(Lyrics by Casper Jolie-Salvation)

**Waiting for the Sun, Break on through (To the ideal side), Dead Cats Dead Rats, Tell the people, Universal Mind and The End**

By The Doors

**Imagine, Instant Karma & Power to people.**

By John Lennon

**Revolution, All you need is love, Can't buy me love, Yellow Submarine & Free as a bird.**

By The Beatles

(Lyrics by John Lennon & Ringo Starr)

**Can’t stop loving you, Right now and Humans Beings**

By Van Halen

(Lyrics by Sammy Hagar)

Angel of Harlem, Beautiful Day, Peace on Earth, Songs of Innocence, Where the streets have no name, The Fly (Watch the video for the worded messages of truth) and Elevation (For my Angelina Jolie-Salvation)

By U2

Don’t Drop That Bomb On Me, Here I am & Heaven

by Bryan Adams

100% focus and enjoy harmless fun and leisure activities such as billiards, bowling, idealistic movie and music listening and viewing, mini golf, go carting at Fun City, bike riding, walking on a tread mill at Good Life Fitness while listening to some Audio books in Scientology and music from John Lennon, The Doors, INXS, U2, Bryan Adams, Sting, Rod Stewart, Sammy Hagar, Filter, The Cure, Prince, Soundgarden, Nirvana, David Bowie, Peter Gabriel, Phil Collins, NAS, Chuck D, Dead Prez, Snoop Lion, K-OS, Joni Mitchel, Buffy Sainte Marie, Jessie J, Venessa Williams, Janet Jackson, Monica, Alicia Keys, Amy Grant, Sinead O’Conner, Byork and Celine Dion.

Listen to Serene and clean over Down and Dirty music that is enthusiasm when power walking on the treadmill that creates as opposed to the tone 2 Rap Crap and Crock Rock that has the chest pain inducing overproduction and damaging effects of cortisol and adrenaline with lower tone resentment and anger Ailing Effect of prideful foolish Limp Bizkit, Mob Deep, 50 Cent, AC DC, Buckcherry, Nine Inch Nails, Red Hot Chili Peppers, Motley Crue, Guns n’ Roses, Incubus, Deftones, Maneskin, David Lee Roth

(Opposite of Sammy Hagar)

Simply to mind other people’s business, to be invasive is downgrading is chest pain inducing and a waste of time. Life is too short for such foolishness. In Universal truth and love, in mutual honesty and respect to let it be free to be truth and live oriented and flow in your own mind and spirit in serene respect united harmony with your fellow beings.

Liberate yourself in the 7 Virtues of life in the Universal Book

Over

Suppression and degradation in the 7 deadly sins.

The truth shall set us free in Universal truth, peace and love.

**IMPORTANT NOTE**

https://www.facebook.com/share/v/1BVRxBRomB/

116, 120, 122, 124 Edmonton Dr and 1 and 2 Sepia Ave.

Including all nice fronting imitating never duplicating hooligans and vixens and all systems based people that are invading on my privacy for the purpose to extort and attempt murder with a rapist wit.

Respectful (LET IT BE) non-invasive, unimposing, prying Independent individuals in an evolutionary mind are healthy serene productive people because they live and focus on their own as respectful law abiding lives.

Over

Disrespectful, invasive, nosey, fixated minds are conflicted, resentful, angry, chest pain inducing unsuccessful unproductive unhealthy people.

Mutual liberating thoughts, words and actions towards healing, life and freedom.

Over

* Suppressive invasive thoughts, words and actions towards harming, death and degrading damnation.

Let me be free to be free in my liberty and self determinism which is all of our rights.

The Bill of rights and the Charter of rights and freedoms.

In World Equalism for equal rights, equal opportunity, equal respect and equal standard of living in the Universal Society with Arnold Schwarzenegger as President, my Angelina Jolie-Salvation as Vice President and Bono Paul Hewson to establish Universal Minimum Income worldwide with the World Bank before the Abolishment of the Monetary System.

Liberty and justice for all.

Don't pry.

Respect my space and privacy.

Don’t do onto others as they could do harm onto you.

2 Wrongs don’t make a right.

Wrong on top of wrong does not make it right.

By Casper Jolie-Salvation

[www.universalsun.org](http://www.universalsun.org)