

LIVING  
the  
ULTIMATE  
TRUTH

2<sup>nd</sup> Edition

**Samuel Blankson**

This book is a work of non-fiction. Names of people and places have been changed to protect their privacy.

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Dedicated to Uju, for your unconditional  
love.

*Affirm  
yourself when  
all others  
doubt, and you  
will remove the  
reason they  
doubt.*

# Contents

<b>Contents .....</b>	<b>vii</b>
<b>Introduction .....</b>	<b>1</b>
<b>Chapter 1.....</b>	<b>4</b>
Love – the Foundation .....	5
Visual.....	8
Thought .....	9
Speech .....	12
Summary to Love .....	20
<b>Chapter 2.....</b>	<b>22</b>
Belief – The Beginning of Creation.....	23
Visualise .....	25
Positive Self-affirmation.....	26
Action .....	28
Reward yourself.....	32
Belief in others .....	35
Summary to Belief.....	37
<b>Chapter 3.....</b>	<b>38</b>
Dream – the Fuel of Creation .....	39
Goals.....	41
Plans .....	44
Work.....	46
Reward.....	51
Summary to Dream.....	55
<b>Chapter 4.....</b>	<b>56</b>
Attitude – Key to Opportunities .....	57
Gratitude .....	60
Humility.....	60
Optimism .....	62
Worthiness.....	64
Understanding others’ styles .....	65
Summary to Attitude .....	80
<b>Chapter 5.....</b>	<b>82</b>
Contribution – Action of Creation .....	83
Generosity .....	84
Tithing .....	86
Gifting .....	87

Receiving .....	89
Summary to Contribution .....	90
<b>Chapter 6 .....</b>	<b>92</b>
Integrity – Insuring a Lasting Creation .....	93
Self-Control .....	93
Silence .....	95
Order .....	96
Decision .....	97
Productiveness .....	97
Sincerity .....	100
Propriety .....	101
Chastity .....	102
Summary to Integrity .....	105
<b>Chapter 7 .....</b>	<b>106</b>
Communication – the Medium .....	107
Listening .....	108
Speaking .....	115
Writing .....	118
Electronic Methods .....	121
Non-verbal communication .....	125
Summary to Communication .....	126
<b>Chapter 8 .....</b>	<b>128</b>
Leadership – Putting it All Together .....	129
Walk your talk .....	133
Encourage .....	136
Be solution orientated .....	139
Constantly work on your level of leadership .....	142
Summary to Leadership .....	146
<b>Conclusion .....</b>	<b>149</b>
<b>Appendix 1 – Goal Setting Example .....</b>	<b>151</b>
Run Paris Marathon 4th Apr 2004 .....	151
<b>Other Works By Samuel Blankson .....</b>	<b>155</b>
<b>About The Author .....</b>	<b>174</b>

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# **Introduction**

Since I was 7 years old, I have pondered on the answer to the question, “What is The Ultimate Truth?” I wanted to know where I came from, where I was going, and most importantly, what I was here for. You see, I felt I was here for something special. I could not explain this feeling or justify it logically. I just knew I was here for a special predestined purpose.

As I searched, I was led to various religious doctrines that never truly satisfied me with the answers they offered to the question I posed. Scientific explanations only created yet more questions, and gave few answers.

I decided to take a step back from the search, and to observe life for 5 years. As I relaxed and stopped actively searching, the answers were revealed to me through intuition and spiritual revelations. The answers I received were so simple that I found it very difficult to comprehend their validity. I realised that I was asking the wrong question. There will never be an answer to the question “What is The Ultimate Truth,” because truths require proof, and The Ultimate Truth cannot be proven scientifically or logically. It can only be felt and lived.

I say that The Ultimate Truth cannot be proven, because we can really never prove where we came from. We cannot go back before the Universe came into being and find out how it happened. And neither can we go forward to when the Universe will cease to be, and find out why and how, and what happens

afterwards. We can never explore the times before time and space, and so we are limited to speculation and postulations concerning our true beginnings and our final destination.

That only leaves now, today, where we are, and what we can do with our allotted existential space. So I asked myself, “What will I do with my existence?”

What will you do with your existence? Through answering this question, you will define your Ultimate Truth. You can only answer this question relatively, relatively to only you. This book covers the keys to defining your Ultimate Truth, relatively to you. The fundamentals are universal, and their application will shape your life and help you Live the Ultimate Truth.

Samuel Blankson



## **Chapter 1**

# *Love – the Foundation*

## Love – the Foundation

Of all human qualities, the ability to love stands out as the fundamental, the source of all happiness and joy and also the path to spiritual enlightenment. To truly love is attainable by all of us but few ever learn to wholly embrace it. Why is that? Is it because we are inherently bad and incapable of loving anyone but ourselves? I do not believe so. I believe it is because we have not yet learned how.

***How can you  
love anyone  
when you do  
not love  
yourself?***

***To truly  
love is to  
know God.***

You can make your life more enjoyable and fulfilled by learning to love yourself and others. Often we are too self critical of our abilities and worth.

I often hear people putting down and badmouthing themselves. This only helps to lower your self-image and rob you of self-respect and confidence, leading to an inferiority complex and a shrinking self-worth.

When an opportunity presents itself to elevate your life, the years of erosion to your self-image will cause you to turn away from it, because you will believe that you do not deserve it.

***See yourself  
as you would  
like others to  
see you.***

***Question  
your critics  
and you  
shake their  
belief.***

A self-deriding personality and attitude will also lead to fear of the future and a belief that you cannot handle future difficulties. The belief that you are unable to handle future difficulties can lead to anxiety and depression. This will only leave you feeling out of control of your life. These psychological problems often manifest in physical form through disease, chemical dependencies (alcohol or drug abuse), suicidal tendencies, and self-abuse.

To combat this domino effect of self-esteem erosion, self-love must be applied in heavy doses throughout your life. I like to think of self-love as comprising of three sections as follows:

1. Visual
2. Thought
3. Speech

***You cannot  
think more of  
yourself whilst  
doing less for  
yourself.***

***To allow a  
negative thought  
to roam the  
corridors of your  
mind unchecked is  
like inviting a thief  
into your home.***