

# A How-To Exercise

## From The Human Story

# Nintendo

This is a term I borrowed from the Japanese to mean to work hard and leave the results to God. If we are doing to get results—financial, emotional or otherwise—we are outside of ourSelves and, thus, creating karmically. We need to be Neutral about what we are doing and by putting it into the Light for The Highest Good (see pg. 87 of The Human Story). We do This by being Present with it. Outcomes are not our concern.

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The Human Story by Roger B. Lane, Ph.D. offers readers a profound education on the Spiritual Evolution of Humankind and the Tremendous Growth in Consciousness across our existence—the true human story—and includes a practical How-To Manual that provides readers with the Tools needed to apply The Teachings and support their own Spiritual Growth.

The Exercises shared here are excerpts from the full How-To Manual, offered for your Growth and Upliftment.

To read the complete Book and experience the full Manual, please visit [cosmostree.org](http://cosmostree.org) and follow the link under “Resources” to order The Human Story.

# The Human Story

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