



Dirt, Truth, Music and Bungee Cords: Conversations with the Souls Who Guide My Life

Bud Megargee

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Grand and wondrous ideas abound in this thought-provoking metaphysical journey.

The development of the soul is the main focus of Bud Megargee's strange and fascinating book, *Dirt, Truth, Music and Bungee Cords*. Even the most skeptical will be rewarded with uncanny insights into human existence as the author ventures to the other side of consciousness.

Megargee is a mental health clinician and administrator who, after experiencing turmoil and complacency in his personal life, turned to Buddhist monks for wisdom. He eventually found himself with an oracle named Shirlet Enama, who put him in contact with his "soul guides." Written in dialogue format, the chapters present different conversations with these soul guides, who illuminate the author's past lives, his present challenges, and the cycle of reincarnation toward higher levels of existence. Every noun in the book's title becomes analogous to some aspect of the soul and its struggle to evolve.

Suspension of disbelief is important to the success of these dialogues. The author himself repeatedly doubts the veracity of these otherworldly conversations—or at least how others will perceive them—yet at some point consciously decides to take a leap of faith. Depending on one's spiritual beliefs, reactions to events in the book, which are presented as nonfiction, will vary greatly. New Age techniques involving crystals, auras, vibrations, and inanimate objects make more than one appearance. The author makes a point to compare these "channeling" experiences to traditional prayer and meditation, emphasizing their similarities.

There's no doubt the book is solidly written. The prose, both in dialogue and summary, is consistently clear and engaging. Like the great Socratic dialogues of old, the chapters follow a dialectical process between the speaking parties to produce valuable insights. One guide named Laz, for instance, emphasizes the relationship between thought and reality and the soul's responsibility in continuously creating and shaping existence. "You create your life every second," the guide tells the author. "If you don't have confidence in yourself to create the new path, how can we do it?"

The book's musings on love are likewise perspicacious and inspiring. "Love doesn't need to be controlled," Laz says. "It is like the air that you breathe. The feeling of completeness of oneself in a union, and it has nothing to do with control." Also explored in depth is the concept of free will and an individual's ability to raise awareness of the perpetual life "being born around them."

Dirt, Truth, Music and Bungee Cords is never uninteresting. Even readers who don't buy into its religious premises will be treated to grand and wondrous ideas. The book is a thought-provoking metaphysical journey.

SCOTT NEUFFER (May 17, 2016)

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