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## **Cultivate Life! magazine**

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# Trans4mind

**Editors: Greg Willson of No Limits for Me and Peter Shepherd of Trans4mind**

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## **Dying for a Change**

By William Murtha

*Dying for a Change* is the gut-wrenching, inspirational true story of William Murtha's fight to survive hypothermia and drowning in the freezing waters off the coast of Britain. It is a riveting story of survival that will captivate readers with a compelling, life-changing message about miracles and the power of choice.

In 1999, William's life was rapidly spiraling out of control when all meaning and purpose had vanished. While riding his bike along a channel one evening, William was swept out to sea by a twenty-foot freak wave and had a close brush with death. Only this wasn't any "ordinary" near-death experience. As his body finally began to shut down, and the excruciating pain subsided, William suddenly became acutely aware of a Presence close by.

What followed, and the book vividly recounts, is the enlightening and heart-warming conversation he had with this Higher Presence. Caught someplace between this world and the next while struggling to stay alive, William "re-lived" many pivotal moments in his past and had every question he had ever asked about life answered with absolute blinding clarity.

### **Excerpts:**

#### **1. Preface**

Without warning, a wave crashed over the top of the seawall, hitting me full in the face. The water was ice cold, and I was thrown backward off my bike by the force of the wave. I banged my head on the wall that separated the coastal pathway from the railway line. Shocked and dazed, I scrambled up on one knee. I was soaked and shivered violently. Embarrassed, I looked around. Thank goodness nobody was there to see me. I laughed and imagined what I would say to Alison.

Suddenly, a second wave slammed into me and caught me off balance. Thrown backward by the force, I was knocked against the wall again

and landed on my back. With nowhere for the water to go, it hit the back wall before rushing back into the sea. My bike was scooped up and disappeared over the edge. Panicking, I scrabbled frantically at the hard ground, desperately trying to grab something, anything to hold, but there was nothing. Then I knew for sure: I would be next. In that instant, I was swept over the edge of the seawall by another wave.

Those next few seconds seemed like an eternity. Falling twenty-something feet, I imagined the worst. Directly below me were jagged rocks. Then I hit the water. Every muscle flinched. My left leg thumped into the bike frame, sending a shudder through my whole body. The shock of hitting freezing water was like an electric current. A putrid stench overwhelmed me. I had landed close to the sewage outlet pipe. Coming up and gasping for breath, I instinctively punched the air. I was okay, at least for the moment.

My elation was short-lived, though, and I knew I was in trouble. Frantically paddling water and struggling to breathe, I instinctively stretched out and touched the menacing seawall, which was covered in algae. I had no way of seeing over the wall, and I was in the shadows. Nobody could see me. Nobody would find me. I started yelling, but the crashing waves drowned out my cries for help. I soon gave up. Shouting was useless. As I turned to look at the dying sun, a huge wave hit me full in the face. Gagging, I struggled for breath again. My lungs filled with contaminated water, and I threw up. The smell of sewage was overpowering. Then another wave threw me hard against the wall. And then another. And another.

Still swallowing sewage and seawater, I couldn't stop being sick. I wondered if I were drowning. The waves were powerful, relentless. The noise was deafening. The smell disgusting. Wave after wave pummelled me against the wall. My eyes were stinging, and everything was a blur. Thrashing around, I was struggling to stay afloat.

Shaking violently in the bitterly cold water, I began to convulse. Crying and whimpering, I felt weak and pathetic. Pumping my legs madly to keep my head above water, I could feel them giving way beneath me, as if heavy weights were attached to them. I wondered how much longer

they would hold out. All I wanted was to be at home and warm, with my wife and children. Safe and in the company of those I loved most.

For a brief moment, I considered giving up, but the thought of my family lifted something deep inside me. In a split second, I knew I had to keep fighting. An unexpected surge of optimism raced through me. It was an energy surge like I'd never felt before. My whole body felt lighter, stronger. I actually believed that somebody would find me and save me.

I stopped crying and tried to pull myself together. I let wave after wave belt me in the back of the head, which was now throbbing. I rubbed my stinging eyes and cleared seawater from my nose. But rationality soon returned. I knew it was hopeless and sank back in despair. Nobody would be out walking around here after dark. For the briefest of moments, I held onto the fragile belief that my wife Alison would raise the alarm. Perhaps she'd realize that something was not right, and then call someone out to search for me. But I soon realized it would be useless. After all, I could be anywhere along my five-mile bike route. And even if the emergency services were alerted, I'd be dead well before they could find me. It was up to me to save myself.

Battered up and down with the waves, I desperately tried to kick myself away from the wall, but I was barely moving anywhere. I stared up again at the high, oppressive seawall. It felt like my prison. Is this where my life would end? I had never been so afraid. Never been so cold. Never felt so utterly alone.

The thought of dying petrified me.

**2.** The reason you continued with this behavior was that you didn't wish to challenge your thinking. You didn't want to contradict what your head and collective thoughts were telling you. Yet I shine this truth inside you: Always go with your intuition first. Listen to your body. Your initial **instinct** demonstrates, through bodily feelings, what **your** truth is. When you follow your head, you are following your collective thoughts, which have been assembled from the beliefs of others. Therefore, when any life situation arises, always challenge your own thinking.

**Always challenge my own thoughts. I like that.**

Challenging your own thoughts is the most important step to becoming more conscious.

**Do you mean more aware?**

Yes, more aware of what is going on **inside** you. Don't just observe your outer reality. Give equal attention and awareness (consciousness) to your inner universe and what your body is showing you. Feelings always lead you home to the truth because they **are** your truth—manifested.

When you tune into the energy of another, you are using your emotions as a bridge. The emotional state of empathy enables you to feel what another is thinking and feeling. Empathy is the ability to tune into someone outside of you and literally **feel** his or her emotions as though they were inside **you**. By being open, you create a channel and **tune** into someone.

**3.** What if I told you that fighting for everything isn't necessary? There is always enough in the world. There are always enough sales orders, food, housing and clothing. There's an abundance of water, shelter, love and compassion. The question is never about whether there is enough. It is about whether people want to share what they hoard. Please do not make the mistake of believing that life should be one constant fight and battle from birth till death. When life is approached in that way, it will be empty of the joy you are so desperately seeking in the world.

And, please, do not confuse passion with fighting. They are direct opposites. One leads you to disconnect from both your heartfelt dreams and other people. The other leads you, wonderfully, to a place of fulfilment. A place where you discover what it means to truly be a human being.

Passion leads to freedom. Fighting leaves you imprisoned.

**4.** That is wonderful insight that you have demonstrated. You were wise to listen to your instincts. Always go with your first impression because

the impression you paint for yourself will always portray what's happening on the canvas of your outer world. Remember, you are constantly painting your own picture of life. You choose the brushes, the colors and what light to use. You could also say that you are the paintbrush itself, constantly choosing what to create.

**I love that interpretation. It is so poetic. I am going through life painting what I want to portray.**

Your life demonstrated on the external world is a direct expression and portrait of your inner world. Know that in every moment of your life, **you** are the one constantly creating. You are the artist of both your inner and outer worlds. But instead of brushes, you use thoughts and feelings. Instead of colors, you use words.

**And instead of light, we use actions. This insight is incredible. I am blown away by all of this.**

I could not have put it better myself. And here's something more. The insight becomes deeper, richer and more profound. The canvas you are painting in life is actually a mirror. And the color you inject into your physical world is a direct representation of what colors you mix up in your inner world.

**5.** There is no sixth sense as such. But there are several **other** senses that cannot be defined by scientific instruments or analyzing or measuring. These other, inner senses could be termed as ESP (extra sensory perception) because that's precisely what they are. These senses are extra to your normal perception. They are hidden senses that you perceive and become aware of as you gradually increase your awareness. Your consciousness. When you become more conscious, you throw a new light onto everything. You see more. You feel and perceive more.

**That's a very good way of putting it. I like that.**

Good. And perception is nothing more than a combination of all these hidden, inner senses brought together as one. So, **in a sense**, they could be referred to as pure, channeled senses. They are innocent, pure

and free of corruption from the physical, outer senses.

You could say that these extra senses should really be your first sense. They should be the senses that you feel first because they interpret data **before** the known five senses kick in.

Perception and intuition are tools of the right brain, the artistic and creative side of the brain.

**6.** We do live most of our lives honoring the intentions of other people. Compassion, love and empathy are good examples of how we react to the needs and intentions of others. In fact, if we did not follow our intuition and are sometimes led by the intentions of others, life would become meaningless. We would soon become detached from the world.

I'm not disputing that we must, at some time, be led by the intentions of others. Service to another is a key element in what it means to feel human. It is the glue that holds humanity together. My point is this: Do we constantly challenge where we are being led? Do we continually question the underlying intentions of others? Do we let our emotions, and those of others, manipulate our lives? And, finally, do we analyze where our beliefs originate from?

**7.** We are now living in changing times. And, as a consequence, our emotions are rising to the surface. As a race, we are truly coming-of-age. You could say that we are now entering the emotional age, a time when we all have the opportunity to heal the misgivings of the past.

The consciousness of planet earth is evolving onto new levels, and as an integral part of that interconnected system, so, too, are human beings.

It was fine for emotions to be repressed and denied in the past. Much of the planet was living unconsciously. People were not aware of their immense creative potential. They were too busy just living and surviving.

But a radical shift is now under way. New levels of consciousness are forming. New ways of thinking are developing. We are slowly but surely beginning to realize that there is infinitely more to the world than we ever

imagined. We are awakening to the fundamental truth that the world resonates with us.

**8.** Let us clear up something here. First, do not feel shamed by your actions or reactions to the drugs and alcohol. Whatever behavior you demonstrated was simply a manifestation of your innermost feelings rising to the surface. Whatever anger and emotion you were repressing mirrored itself in a physical form. That is the power of unexpressed energy in the form of emotion. It wants to come into the light of your consciousness to be healed, and the only time this was possible was when your guard was down. Plying yourself with chemicals gave your true emotions the perfect chance to escape into the light.

There are many other controlled ways of bringing your true emotions out into the open, be it meditation, therapy, art or any number of other creative channels. But, unfortunately, you denied yourself such opportunities, which therefore left your emotions with no other avenue. And with no release or escape mechanism, it was only a matter of time before something would give.

**9.** Emotions that are not healed, resolved or brought through into consciousness sit under the surface of your life, waiting to pounce. They are prowling for the perfect opportunity to arise when they can finally break into the light of your conscious mind. Remember, your emotions are the combined life force of source energy, manifesting in a physical form. They often have messages for you, which you may not always wish to acknowledge. Sadly, because it is often neglected and denied, repressed emotion explodes at the most inappropriate time. It is very often misdirected toward an issue or person who is unrelated to the root of your core anger.

**10.** First, no amount of positive thinking in the world will change anything if practical action is not brought into the picture. You could pray for peace every day of your existence, but until your life becomes a visual demonstration of that peace within you, then nothing will ever alter in your world. Second, do not imagine that positive thinking alone can resolve the suffering felt by your soul. To believe that you can suffocate your emotional pain under a thin gloss of positive thoughts will still not

make your soul's pain vanish. This practice simply mutes your internal pain. It suspends it, but definitely does not eradicate it. All positive thinking does is block off your emotional pain until you are ready to pick up your trauma once again and deal with it.

Emotional hunger is really a disguise for the hunger of the soul that wishes to express itself in a physical form. Your emotions are your truth, and in every moment of your life, they want to be heard. ###

Dying for a Change is published by Transformation Media Books <http://www.transformationmediabooks.com/>

"An amazing story! We don't have to face death to relate to and learn from the important revelations movingly described by William Murtha as he confronted drowning in the sea. This important book takes away any doubt that there is an energy force out there ready to help us find our way...we need only listen."

Susan Jeffers Ph.D, Author *Feel the Fear and Do It Anyway*

"Dying for a Change demonstrates the invincible power of the Divine Spirit within. William Murtha is a teacher of great inspiration, and his book confirms that there is no death. You must read it".

Sonia Choquette , Intuitive and Hay House author of *Trust Your Vibes*

"A thoroughly enjoyable, challenging and profound read. This inspirational book will make you sit up and take greater notice of all those small yet often meaningful coincidences in your life.

Gay Hendricks, Ph.D. Author of *Five Wishes*

## **ABOUT THE AUTHOR**

### **William Murtha**

William was involved solely in construction and development management until 2005. He then sold his share in the business he had founded, and instead concentrated fully on writing and other creative

projects. One of those initiatives is The Imagination Project, an innovative non-profit organization that promotes, supports and encourages young emerging leaders and writers in the sectors of change, human rights, corporate social responsibility and personal development.

To fund and kick-start this exciting innovative, William has pulled together written 'vision statements' of hope from a wide array of globally renowned luminaries and change-makers, with the intention of publishing several books under the title, Visionaries for the 21st Century. All profits from the Visionaries branded series, and all donations from philanthropists, will go towards supporting writers on scholarships within the Imagination Project.

William has three daughters and lives in the country, close to the city of Exeter, England, UK. William is a member of several globally recognized organizations who are committed to positive change and the education of eco-literacy. He is also a coordinator and speaker for the Scientific and Medical Network, a non-profit establishment that explores the frontiers of science, consciousness and spirituality.

## **End the Dark Cycle of Discontentment**

By Guy Finley

Much of our time is spent identifying the so-called cause of our discontented states, and the rest of our time is taken up trying to change our unwanted situations into what we imagine will better suit our pleasure. Of course this description puts a kind of positive spin on what amounts to one's never-ending whirl of wishes, but the facts are that these dreams of a better time to come do not originate with our True Self. They are the incessant creation of our unconscious thought nature — that ever-seeking, never-quite-satisfied self whose endless aspirations we all know too well!

This level of self knows only the kind of comfort that it can imagine into being. For instance, who among us hasn't found themselves conjuring up some imagined pleasure when faced with the pain of some contradiction in life that seems greater than our ability to deal with? And this imagined contentment is fine, *if* we believe an imaginary umbrella has the power to keep us dry in a downpour! To become conscious of this unconscious dynamic effectively cancels its authority over us. We don't have to live from any such self that is always seeking to exchange what we are in the moment for its more idealized conception of what it imagines can complete us. Key to this finding is that this would-be contented nature is inseparable from the discontentment that it breeds as it drags us through its comparison of what is to what should be.

Here's something even more surprising about this level of our discontented self: this nature is not just driven along by its unhappiness but, in fact, has no independent existence apart from it. It requires that something always be wrong in order for it to set things right. In other words, the contentment this self seeks only exists as long as its sense of being discontented is allowed to remain. The life span of this discontented nature is the length of time it takes to hand you over to its opposite: the projected pleasure that awaits you when you arrive at your imagined destination. But, as we know to be true, we no sooner arrive at this chosen port of pleasure than we become aware again of what is not right with where we now are. You can see now how the cycle of discontentment starts all over again!

Awakening to see this cycle of discontent for what it is not only empowers us to cancel it, but it also brings to an end the strain of living under the unseen contradiction in our consciousness: the hope that one's discontentment can be resolved by the very nature that creates and sustains it. Clearly a whole new order of solution is required. Finding this solution begins with a simple question that summarizes what we have been learning so far: *Who in his or her right mind believes — even for a moment — that the path to lasting contentment would be paved by continually thinking about everything that is seen as missing from one's life?* Such a path may promise pleasure to come but, as we are uncovering here, its steps are spiked with discontentment.

We have been the unwitting servants of a thought nature whose appetite is unappeasable. Its life is fueled by opposites that cannot cancel each other, any more than picking up a sword can kill the fear in us that creates those whom we detest. The clearer our understanding of our present condition becomes, the more certain and surgical become our daily actions. We can end our agreement to live with this unenlightened nature. Now let's look at what we must do to free ourselves from our discontentment and the divided nature that sits at its core.

First, we must be willing to see the futility of our struggle to acquire more of those things in life that have already proven themselves powerless to please us. In concert with this effort comes the inner work of deliberately detaching ourselves from the familiar sense of self that promises us comfort even as it continues to sow the seeds of our discontent.

In spite of how daunting such an effort may seem at first, we can succeed with our wish to let go because we are beginning to act from the power that our own awakening grants us. Nothing is greater; no force can frustrate such a light as it dawns within. Here is why this holds true: We are starting to see through the source of discontentment. We now understand how the thought-self habitually perceives what its conditioned natures sees as not right about our lives, and then compares this negative image to what it further imagines ought to be taking place. And presto, we are in pain of some sort! These are the opposites at work within us. This is what has been working on us,

dragging us into ever-deeper stages of discontentment with life.

But we can declare, "Enough is enough." The divided nature that embodies these opposites is not our True Self; it is but a shadow, a single aspect of our own original contented character. We can learn to call upon a new "I" within that understands the futility of continuing to vest ourselves in the "hope of things seen." Rather than giving ourselves over to these malcontent feelings with their empty promises of a better tomorrow, we can let them go instead and gain possession of ourselves in the Now.

Our new intention to consciously detach ourselves from this discontented nature and the objects of its life is not an act of denial or resistance to whatever we may be feeling in the moment. This shift in the sense of "I" is a deliberate *re-placement* of our attention. Instead of trying to escape this discontented sense of self, we bring it — along with its troubles and plans for freedom — into the new and higher awareness of our True Nature. By daring to bring what would displease us about our life into the light of our new self-understanding, that light itself sees to it that we emerge victorious.

Excerpted from *Let Go and Live in the Now* by Guy Finley

**This is a 40-part series, ending in late 2012. The series will then be released in December 2012 as a freely available ebook.**

## **Going Within, Part Two**

By Carolyn Evers

I was born into the Roman Catholic Church and was educated in parochial schools, taught by nuns, and as a child I applied myself to my catechism classes. I considered myself a devout follower. The story seemed simple enough. We were born in sin and Jeshua came to redeem us from our sins by dying on the cross and rising from the dead. He did this to demonstrate his victory over death as he was the son of God and had this power.

### ***The Catholic Church's Teachings***

Jeshua built his church upon Saint Peter, ***The Rock***. Saint Peter, being the first Pope, passed this authority through a succession of Popes. The Pope through the doctrine of ex-cathedra could never make a mistake when he spoke with regards to the dogma of the faith, and we as followers had to believe his words as they were truth.

The church through this authority would stand between us and our God because the church was the only source that could understand and interpret what our God required of us. All we had to do was to follow the rules and regulations and believe what we were told.

### ***Changing Perceptions***

As I got a little older things changed for me. I had become aware of a reference mentioned in the Bible that Jeshua had brothers and sisters. I had asked a priest in our catechism class for clarification about this reference as we were taught that Mary had only one child, and the priest explained that we were all considered Jeshua's brothers and sisters.

I had understood what I had read and I realized that he was not actually being forthright with me. To me truth is important; therefore I started reading scriptures from a questioning point of view. This was the beginning of my journey to understand the real Jeshua and the legacy that he had left us.

### ***Who Touched Me?***

I then read something that made a big change in my life. This is the story of Jeshua healing the hemorrhaging woman. It seems there was a large crowd following Jeshua as he was on his way to heal someone who was dying. It seems he was being jostled by the crowd as they pressed in around them. Jeshua's followers were intent on seeing a miracle.

Suddenly Jeshua said, "Who touched me?" When all denied it, Peter and those with him said, "Master, the multitudes present jostle you and you say, "Who touched me?" Jesus said, "Someone did touch me, for I perceive that power has gone out of me."

The passage describes this event by stating: When the woman saw that she was not hidden, she came trembling, and falling down before him claiming to him in the presence of all the people the reason why she had touched him, and how she was healed immediately.

I tried to understand the sequence of this event and felt there was something missing. There were many people surrounding Jeshua and there was no reason for this woman to come forth unless someone had asked her if she were healed.

This event stuck in my mind for a long time until much later I felt I had understood what had transpired. It was easy for people to overlook the implication of the observation that Jeshua had mentioned as ***the power leaving him*** since we had been taught that Jeshua was God: different from us, and we were not able to heal as he healed others.

It became obvious to me that Jeshua had asked the apostles who accompanied him a meaningful question. They didn't require an

explanation of his question, but rather moved to find the individual that had been healed.

These apostles understood what Jeshua meant: one could accumulate power for healing. I learned later that one of the tools that can be used for healing is to accumulate energy in the solar plexus through the breath along with intent. There are other requirements also which we will discuss later.

Since Jeshua was on his way to heal someone who was dying, he was already accumulating the power in his solar plexus and wanted to understand why this power left him before he triggered its release.

As mentioned in the *Acts of the Apostles*, they also demonstrated healing, and I believe we can assume that Jeshua taught them how to heal others also. Therefore, when Jeshua indicated that the power had left him, the apostles did not need to ask questions about his statement as they knew exactly what to do. They walked among the crowd and asked who had been healed and brought the woman to Jeshua's attention.

This had a profound effect upon me as I sensed that parts of these stories from the Bible had been tampered with. As a Catholic I was very familiar with the Nicene Creed as it was repeated at every mass. I was taught that this represented beliefs that Catholics were required to accept. I would repeat this prayer without the understanding of the history behind its origin.

### ***Emperor Constantine 1***

In the *Grail Enigma*, Lawrence Gardner discusses Constantine's background, "It is understandable that he adopted Christianity as the state religion of Rome as he was born in Britain and raised by a Christian mother (St. Helena), whose religion was perfectly natural to him as against the pagan environment that he encountered in Rome. Constantine was fully conversant with Christianity when he became Emperor. What he discovered, however, was that it was a widespread and very diverse form of religion. Britain and Gaul might have been the

earliest seats of the faith in Western terms, but other branches had evolved over 300 years in places such as Syria, Egypt, Greece, Mesopotamia and Turkey. Their belief structures were all different to greater or lesser degrees, and the regional church fathers and bishops were severely at odds with each other in many respects."

He also states, "It is simple to criticize Constantine for what might be perceived today as corrupting the Christian faith when formulating his Catholic Church, but in reality his attempt appears to have been quite the opposite. What he saw was a highly competitive religion which had fiercely opposing groups within its geographically spread ranks - all operating within the Empire that he was supposed to control. Christianity had already become severely corrupted to the point that it was far from recognizable as a cohesive whole. The best that Constantine could hope to achieve was a series of compromise doctrines based on mutual discussion and a system of gaining majority votes at each stage. To this end, he settled on the idea of debating forums to which delegates would be invited and, following initial synods in Rome and Arles, he began this strategy with the first Council of Nicaea in A.D. 325."

The Encyclopaedia tells us that, "The First Council of Nicaea was a Council of Christian bishops convened in Nicaea by the Roman Emperor Constantine 1 in A.D. 325. The Council was the first effort to attain consensus in the church through an assembly representing all of Christendom.

"One purpose of the Council was to resolve disagreements arising from within the church of Alexandria over the nature of Jeshua in relationship to God the father; in particular, whether Jeshua was the literal son of God or was he a figurative son, like the other "sons of God" in the Bible. St. Alexander of Alexandria and Athanasius are claimed to have taken the first position; Arius, from whom the term Arianism comes, is said to have taken the second: the Council decided against the Arians.

"The Emperor carried out a statement made earlier: everybody who refused to endorse the Creed would be exiled. Those who refused to adhere to the Creed were exiled to Illyria, in addition to being excommunicated. The works of Arius were ordered to be confiscated

and consigned to the flames while all persons found possessing them were to be executed. Nevertheless, the controversy continued in various parts of the Empire.”

After Constantine's death, Arianism began to flourish again with Constantine's son Emperor Constantius II, who displayed an open sympathy for its more lucid explanations of the faith but the matter would not rest and, in A.D. 381, the succeeding Emperor Theodosius sought a more permanent end to the debate at a second ecumenical Council of Constantinople. In the interim, the Arian view had been consolidated to teach that the son, (Jeshua) had been created by God and that the Holy Spirit had passed from the father to the son. This concept was in no way conducive to the Emperor's own presumed right as the Imperial godhead, so it had to be crushed and removed from the reckoning as a separate entity from God. Consequently, it was decreed that the Nicene doctrine of the Trinity must be upheld by all: God was the father, God was the son and God was the Holy Spirit. There was to be no more argument.

### ***The Destruction of a Great Library***

The greatest single repository of Aryan text, and indeed of all ancient and contemporary documents that were anathema to the imperial regime, was deemed to be the Serepaeum library in Alexandria. Thus it was that 10 years later, in A.D. 391, Emperor Theodosius instructed Bishop Theophilus to raise the library to the ground and to destroy it altogether.

The city of Alexandria, founded by Alexander the great in 331 BC, was the most important cultural center in the ancient world. It was an academic focus for the greatest scholars, scientists, doctors, mathematicians and philosophers, who travelled from far and wide to study the largest collection of arcane documents ever amassed in one area. Close to the harbour, the majestic library building, with its marble steps, columned halls and magnificent gardens housed many hundreds of thousands of papyrus and parchment texts, together with fine statues, tapestries and other works of art. The library attracted Egyptians, Macedonians, Greeks, Anatolians and, Italians, Arabians, Persians,

Indians and Jews. But the archive was anathema to the newly devised teaching of the church.

Once inside, Bishop Theophilus and his angry mob smashed everything to pieces and set the texts ablaze - more than half a million irreplaceable documents representing the finest minds in the ancient world. In that one day vast wisdom of the ages was lost for all time, leaving the Church free to make up its own history, to interpret its own science and to establish its own philosophy.” *(Gardner does not identify who the mob was, but I read the Library of Alexandria article listed in Wikipedia that the mob was comprised of Roman soldiers. This assertion makes sense to me as it would require those in authority to cause such massive destruction.)*

### ***From Followers of Christ to the Roman Catholic Church***

I asked a priest once how our faith got the name of Roman Catholic when Rome was the one who had persecuted us. He thought for a second and then told me that he didn't know the answer.

In truth, the early Christians were considered an offshoot of Judaism and the apostles went their different ways teaching the **good news**. These countries, because they were from different cultures, languages, and understandings from their current religious practices, were not all in agreement with one another as to what Christianity represented to them.

It wasn't until the Council of Nicaea A.D. 325 that Emperor Constantine made this fledgling faith the religion of the Roman Empire and he proclaimed himself the head of that religion. The Roman Emperors played that role until the fall of the Roman Empire. The word Catholic means universal and so this faith had become the Roman Catholic Church and the name exists to this day.

### ***Next Month – Going Within - Part 3***

Carolyn Evers is a messenger for the spiritual hierarchy. She has written six books and a course, Journey To The Other Side. Her work encompasses information that she has received from the Spiritual

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## **Finding Silence**

By Chuck Gallozzi

We all have within us a center of stillness surrounded by silence

Dag Hammarskjöld (1905 ~ 1961) said, "We all have within us a center of stillness surrounded by silence." Yet, for some, silence and stillness are elusive. Caught up in the hustle and bustle of daily life, they find it difficult to drown out the clamor swirling about them. Even if they can retreat to a quiet spot, there is still the endless chatter in their minds to deal with. By chatter, I mean the swarm of thoughts that endlessly races through our minds. This incessant self-talk is like ripples on the surface of a pool, obscuring the stillness and serenity that lies deep within.

Stress can be a friend, for when it arrives, it gently tells us, "You need a break. You need to find solace in solitude. Dive deeply into the silence within. For it is in silence that we rejuvenate." Once we develop the habit of regularly visiting our inner oasis of silence, we will discover that there isn't any noise after all, just the sounds of life.

Some find their inner stillness through the path of meditation. Yet, it isn't necessary to sit quietly with eyes closed to experience the tranquility of silence. It is just as accessible when enjoying nature or taking a walk. In his book, "Echoes of Silence," Robert Rabbin paints a wonderful illustration:

"We walk along a beach in that beautiful time of twilight and dusk. As we walk, our thoughts and concerns leave us one by one. We walk further and we become still without even noticing it, until we step out of time. We are no longer walking on the beach. We are no longer looking at the sky or sinking sun. We are no longer watching the birds or running away from the surf. In our walking, something has happened: we have walked out of ourselves into everything. We have become everything. We don't know if the birds are circling and diving out there, or in here. We are the birds. We are the waves, the sand, the cool air, the fading light, the setting sun. We are the animating presence within everything. We are all of this, without so much as a single thought or word to confirm it. There is no center, no boundary, no self-consciousness. There is no effort, no concern, no problem, no intention, no ambition-and yet everything is

happening: walking, breathing, flying. Something is aware. Someone is aware. What? Who? No one can say. There is too much Silence for thoughts and words."

Lao-Tzu (c. sixth century BC) sums up the paragraph of Robert Rabbin in a single line, "Just remain in the center, watching. And then forget that you are there." In other words, we first become absorbed BY what we see, then become absorbed IN what we see. For example, we may see a dewdrop resting on a flower petal. At first we see its sparkling beauty, and are later overcome by the power of its silence. Finally, it and its surroundings absorb us until nothing remains but silence.

So, meditation -helpful as it is- isn't necessary to discover the sanctuary of silence. A simple walk will do. In fact, even that is unnecessary, for as Franz Kafka (1883 ~ 1924) wrote, "You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice. It will roll in ecstasy at your feet." To discover silence is like an orphan discovering their parents, for silence -nothingness- is the womb from which all that is has come forth. Therefore, when you search for nothing(ness), you find everything.

Lao-Tzu uncovered a great paradox when he taught, "Silence is the great revelation." We may turn to books for revelation, but the authors of the books we read found the interlude of silence to be a source of inspiration and an opportunity to fashion their thoughts. So, by entering our own inner silence, we can bypass authors and go direct to the source. Here's how Aldous Huxley (1894 ~ 1963) describes what awaits us when we do so, "Silence is as full of potential wisdom and wit as the unshorn marble of great sculpture."

There are some that busy themselves in all manner of rituals and religious practices to prepare themselves for another life. But as they chase after a future paradise, they kick up clouds of dust that hide the grandeur of this life. Instead of placing our hopes in a future life, why not make the most of what we already have? Stepping into the pool of silence helps us to experience joy now.

Perhaps you have seen a ray of sunshine pierce a black sky and give birth to a rainbow. When faced with staggering beauty, what do you say? Usually nothing. We are rendered speechless. To gasp in amazement at the incomprehensibility of the universe is to taste the waters of silence. Awe, wonder, and joy are silent. They beckon you, but their call is silent. To be aware of their presence we have to be still and listen.

The dust-covered traveler finally made it up to the guru. He asked the master, "How can I find God?"

But the guru said nothing.

"Why don't you answer?" said the traveler.

"It is not because I could not answer that I was quiet," replied the guru, "but because silence was the answer to your question. You see, silence is not the absence of noise, but the presence of the Divine."

In her book "Illuminated Life," Joan Chittister writes in a similar vein, "Silence is the cave through which the soul must travel, clearing out the dissonance of life as we go, so that the God who is waiting there for us to notice can fill us." This statement of Ms Chittister reminds me of something Joseph Campbell (1904 ~ 1987) once wrote, "The cave you fear to enter contains the treasure you seek."

If you wish to experience life, rather than be swept away by it, be sure to set aside some time each day, no matter how brief, to wade in the pool of silence. For there you will be able to recharge your batteries, tap into your inner wisdom, experience the gifts of wonder and awe, and join hands with all that is. ###

Chuck Gallozzi lived, studied, and worked in Japan for 15 years, immersing himself in the wisdom of the Far East and graduating with B.A. and M.A. degrees in Asian Studies. He is a Canadian writer, Certified NLP Practitioner, Founder and Leader of the Positive Thinkers Group in Toronto, speaker, seminar leader, and coach. Chuck is a catalyst for change, dedicated to bringing out the best in others, and he can be found on the web at:

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## **Mist-Perception**

By Beca Lewis

As we drove to work one morning we were celebrating the fact that it was a beautiful sunny spring day. Suddenly it wasn't. Within seconds we were surrounded by fog. We could barely see 20 feet in front of us. Cars slowed down, car lights flicked on, and everyone became very alert and careful as they continued to drive. Within minutes we had driven out of the fog, and once again it was a beautiful sunny spring day.

Isn't life like this? We are happily living a fulfilling and abundant life and then suddenly our wealth, our health, our love, or our happiness seems to disappear. What is the difference between hitting the fog on the road and hitting the fog in our lives? Nothing except our point of view and state of mind: and that is everything.

Here's what we don't think when we hit fog in the road. "Yikes, everything in the world is gone. What shall I do to bring it back?" It never occurs to us to think this way. We know for certain that the world as we know it has simply been momentarily hidden. This point of view results in a state of mind of caution, patience, and gratefulness. We take the action of slowing down, turning on headlights, and carefully driving until we are out of the fog. We don't have the state of mind that we are responsible to bring the world back and the fear, panic, responsibility, and ego that accompany this state of mind.

Fog in our lives does not change the fact that all we need is present now; it simply hides it from view. When we shine the light of a point of view that nothing is changed, that omnipresent Love is filling all space and omnipotent Mind is constantly providing for us, the fog lifts to reveal what has never been lost. This is what makes spiritual perception appear to produce practical results.

Years ago I was balancing my check book and discovered that I had about \$200 less in my bank than I thought I had. Immediately I panicked. Fog had appeared so often in my life at that time that my state of mind was "oh no, not again" and I was full of fear and a sense of

responsibility for the mistake. I began to act from the ego thinking since I caused the problem I must have to do something to fix it.

As I walked home from the bank my state of mind relaxed enough to momentarily think from a spiritual point of view of omnipresent Love. As I did so it occurred to me that I should check my statement again. When I did, I discovered that the bank had credited a \$200 deposit as only \$2.00. The fog had lifted and revealed that nothing had changed.

Fog is a mist. In our life it is a mist that clouds over Truth. In reality it is a missed-perception. No matter what the need may appear to be: money, health, love, companionship, or simply feeling happy, we can know that all that we need is present, always has been, always will be. Our perception produces the world that we live in. It doesn't create it. Our perception, our point of view, simply allows us to see only what we believe to be reality.

As people all over the world appear to struggle with not enough, as we wonder where the rent money, tax money, health, love of our lives, companionship, hope, and peace will come from, we can continue to drive with our headlights of clarity on and maintain our awareness of Truth, knowing that the fog will lift and the world will appear as it really has been all along. ###

## Your Mind Has A Mind Of Its Own

By Victor Da Ponte

Isn't it amazing how powerful our minds are – when we tell ourselves we want to do one thing, but end up doing the opposite – all because our mind refused to cooperate with us. Have you ever considered that your mind may have its own agenda? One thing is for sure, it wants to keep you alive and it wants to try and create the happiness that you, the soul, is trying to experience.

So isn't the mind completely committed to fulfilling whatever we desire to experience in life? The answer is yes and no. Yes – because it is trying to create the happiness your soul wants to experience in this lifetime. The mind or subconscious mind really is your servant and is trying to fulfill what it believes you want. The mind without a soul is dead. When the soul inhabits the body-mind, the mind comes to life and the mind tries and carries out the soul's desires and it is acutely aware of the soul's every desire – no matter how much on the back of your mind you are wanting something or how deeply hidden it is in your heart. You may not always remember, but the subconscious always knows and it's there to nudge and remind you of your desires. That's its job and does it very intensely and mathematically.

On the other hand, it may know exactly what you want but will refuse to cooperate with you. It will insist on doing things the way it perceives is best. For example, when you become aware of your true purpose in life, which is to awaken to who you really are, the mind will agree to pursue that purpose so long as you do it the "mind's way." It doesn't want to let go and simply allow consciousness to work through you. It does not like the idea of allowing your happiness to come only from the center of your being without any effort or conditions that need to be met. It wants credit because its consciousness perceives it needs it. The mind insists on creating happiness and success –and that's always a formula for disappointment and stress because of the inherent potential for failure.

Its way of achieving happiness is by having, gaining and achieving. It wants to achieve happiness by creating something big through its own

efforts. When it gains –it succeeds and only then the logic allows for happiness to be possible. Essentially, the mind's consciousness is on a rat race for happiness.

Even if you show the mind that it is spinning in circles, it will still refuse to give up the race. Doing so would mean its death and your death – and end the whole experience for both of you. By the way, the mind also thinks it is you.

Until we cause the experience of a perceived death of the mind on a number of minor levels and major levels, the mind will continue on its mission to create and "gain" happiness in your life. The mind will try and gain the respect of others, gain the love and acceptance of others, gain significance in life, and even gain self realization or even personal development.

Even if it is a gain of knowledge or personal growth, it is still on the rat race to create and gain happiness and fulfillment.

The only way out of the mind's agenda, even if you are seeking to be a very deeply spiritual being and want to love, forgive and accept others and yourself on a deep level, is to "jump off" the rat race wheel of conditional happiness and focus intensely on Being. Everything else is transient and conditional. Think of what happens when you suddenly don't hate or resent someone because they did a great injustice. Your happiness will fly out the window because you now failed to be the deeply spiritual person you want to accomplish being.

The solution – any desire for gain or accomplishment must die. Once you let your perceived accomplishment die. You will be free to be happy, without accomplishing it, without deserving it - You will be left and the mind will be silent. The mind will be "dead." Your Being will be left.

Acknowledging gain in any way is allowing the mind to continue with its delusion. Here's the disclaimer. It won't be pleasant because the mind does not go away without a fight. It will pull out all of its resources to avoid "dying." It will create depression, sadness, cry out like a victim, anger, anxiety and could even make you feel like vomiting. It has great

power, don't underestimate it.

When emotions get intense, simply feel your presence in every cell in your body. This will increase the intensity of your presence and quickly neutralize thoughts and emotions rooted in fear. Commit to Being with all of your heart – and your mind will eventually align with you completely. Are you willing? ###

Victor Da Ponte is a gifted energy healer, spiritual counselor and originator of the iMaster Techniques. He has been in the personal development field for more than 20 years, and is committed to assisting others in their evolution. Learn more about Victor's work by claiming a [Free Intro-Video course on the iMaster Techniques. http://imastertechniques.com](http://imastertechniques.com)

## **"I don't want to disappoint anyone."**

By Pam Garcy

*This is Part 2 of a multi-part article by Pam Garcy. Each week Cultivate Life! Magazine will bring the next section until it is complete.*

Are you trapped by a demand that you place upon yourself that you must not disappoint anyone? This belief can stop you from adopting the "mindset of walking" that I discussed in the previous issue.

It is unrealistic to believe that you must never disappoint anyone. Even if you are working hard to gain the approval of others, you are likely to inadvertently offend someone or another along the way. While this belief might not bother you most of the time, it probably bothers you when you risk facing the disapproval of others.

Rather than demanding that you must never disappoint anyone, consider a more flexible approach.

You might say, "I'd prefer to have everyone's love and approval. I might often work to gain it. However, while I'd strongly prefer to gain their approval, rather than their disappointment, I don't have to have this approval to have a satisfying life! I can continue to enjoy my life as much as possible, even if I occasionally disappoint others." You can put this into your own words, but then it is up to you to adopt it as a mindset by reminding yourself of it STRONGLY. Repeat this to yourself often to give you strength.

Usually, when you adopt and practice a more flexible, forgiving, and less stringent approach to yourself, you will feel freer to take steps upon your own path!

Did you know that... Many therapists have noticed that demanding phrases upon ourselves, others, and life-conditions get us into trouble (use of musts, shoulds, have to's, need to's, etc.). By the same token, preferential or flexible phrases usually begin to get us out (prefer to's, like to's, want to's, don't have to's) !

## **Starting With the Man, Or Woman, In the Mirror**

By Steve Wickham

I'm starting with the man in the mirror, I'm asking him to change his ways, and no message could have been any clearer, if you want to make the world a better place.

—*Michael Jackson, Man in the Mirror, 1988.*

This song is deeply spiritual as it talks in essence about one's relationship with self—the God linkage—for one cannot truly know him or herself without knowing God, the Maker of the being.

When we think about it, there are many things that cause us frustration in this life- the way the world is and how everything works, and indeed, how we perceive it to be falling apart. To live without hope; that's just an obvious default. It's easy to fall into this thinking. We only have to watch the News habitually.

Yet, when all of that is stripped away and we simply come; coming to the mirror, to gaze at the person responsible for living a clean, simple life, we see that the changes we desire with the world really lie at base, with us. We are the only ones we can change. And to make any real impact on the world we can only do so if we put ourselves in order, fundamentally to our core—our meaning, our purpose, our centred being.

When we strip the world away—by staring into that mirror—everything for that time is introspection. A whole world of positive change beckons in this one being we're responsible for.

And when we hook into this vision of the self and what the self can do to right itself, we begin clamouring for humility and the little growth steps that, for a time, forget the sordid world outside its doors. The focus is inside; spiritual spring-cleaning has taken root. And freed we are of the anxiousness that 'the world' foists upon us.

Suddenly—and strangely—we're happier. We see a thing to change and we do so. We are blessed; commensurately, a tad confident. Then the

next thing is done, and the next and so on. During the rebuilding and spiritual renovation phase we're hardly worried about the world at all—it all pales into insignificance.

Then the strangest thing happens; our faith blooming, and at more peace than we've experienced in years, we begin to see the world as it has always been—a most beautiful place with hardly a wrinkle; we even see the vast good that people are doing. The rubbish is inconsequential.

The man (or woman) in the mirror—with an all-patient God assisting—can do all this! ###

## Living a Limitless Life: Your Choice

By Judith Albright

Have you ever looked at yourself in the mirror and asked "Where is my life going?" Have you ever thought "Why am I here," or "What am I supposed to be doing?" Even more important, have you ever asked "What do I really want to be doing?" If you are not doing what you want, why aren't you?

When we are younger our whole life is ahead of us and it is full of infinite possibilities. In our twenties and thirties we are busy establishing ourselves as the new young adults we are—getting an education, becoming self sufficient, finding a partner or spouse, getting a good job, establishing a career, creating a home and starting families. During those foundational years we are so busy and focused on getting our lives together we rarely have time to take a good hard look at ourselves.

But once we reach our late thirties or forties, we often find our lives are not going where we thought they would. Life has this funny way of taking us where it will, and sometimes we find ourselves in places we never thought we'd be. One morning we wake up with a feeling of discontent and the realization we don't really like the view out our window anymore.

It is at this point that many people become "stuck." They may not know where they want their lives to be going—just not wherever it is. When we realize that nearly half of our life is over, we start thinking about how we are going to live the rest of it. This is where the going starts getting rougher. We certainly don't want to repeat our past mistakes or poor performance, and we want our lives to change. We just don't know how. It is at that point we start becoming prisoners of our own limitations. It is easy to fall back on old excuses. It's the economy. It's my family. There are no other jobs. I'm not good enough. I don't have any money. I don't have any other choices. This is just how it is.

The real truth is, no matter what our circumstances are, we still have choices. Sometimes the choices may seem quite small, but we still have them. We can choose to eat breakfast or not. We can choose to ignore the alarm clock, or not. We can choose to put on this outfit or that one.

We can watch this TV program or another one. We can wash the car or leave it dirty. We can paint the kitchen yellow or green. We can call a friend, or mope around by ourselves. And so it goes. In a single day, we make hundreds of choices about hundreds of things, even if they seem so insignificant they are unnoticeable.

But as we walk through our lives, one of the most important choices we will ever make is how we elect to THINK and FEEL. We can smile or frown. We can be a curmudgeon (basically an old poop) or we can be a pleasant person others like to have around—our choice. We can choose to drag around our heavy old load of personal baggage, or we can dump it beside the road and move on—again our choice. We can choose to drown in our own self limitations, or make the decision to throw off the shackles and start living life to the fullest right where we are. How we live is a mindset and a CHOICE, not possessions, prestige, money or power.

What is most significant here is the fact that we have that choice. Too many people don't think so. They don't think so because they have been "programmed" by others to believe in their own limitations. Fortunately for us, just like computers, we can change our default programming. The first step is to identify what that programming is. We literally are what we believe, and our lives directly reflect that. If you want to know what you really believe, take a look at what is going on in your life. Does it look like you want it to? If money is in short supply, it may be because you have a belief that money doesn't grow on trees and there isn't enough to go around. If healthy relationships continue to elude you, perhaps it is because you consciously or unconsciously believe you aren't good enough or are afraid of close relationships. If you can't hold onto a job, perhaps you don't truly want one.

For further insight as to what your hidden (or not so hidden) beliefs might be, take a look at what you experienced or learned from your family or friends when you were a child. Whether you agree with them or not today, you may subconsciously still be sharing their attitudes and viewpoints. Stand back and take a look at your birth family. Are their lives working well? Is yours? What kind of friends do you have and what people do you associate with every day? Are they happy? Cheerful?

Optimistic? Do they make the best of things or do they spend their days lamenting about the state of their lives and the world in general? Do you get a sense of satisfaction about moaning and groaning with them? Does knowing that others are miserable help make you feel better and help you justify your own present circumstances?

Again, it's a choice. You can continue to hang out with the complainers or seek new relationships with people who have better attitudes and are leading happier lives. You can keep wallowing in self pity, or you can start pulling yourself up by being of service to others. You can continue to gripe and tell your same worn out story over and over, or you can create a new one with a better middle and the potential for a much better ending. It is up to you to take action—what better time to get started than the beginning of a new year? ###

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## **The Three Top Personal Development Tools**

By Robert Darby

Our tools represent capability and therefore power. Personal development has an array of tools specially designed to work with the unique characteristics of human behavior and here I look at three of the most effective and powerful of these tools: meditation, visualization and affirmation. I chose to write about these three together because when they are used in an integrated manner their power is multiplied many times over. This also means that the results of their combined power can be much greater.

While personal development is a broad category of activities and objectives, I focus primarily on developing personal power through awareness or mindfulness and although this kind of power is spiritual, it nevertheless impacts the conduct of our lives in the material world as well. It cannot be otherwise since all things start with thought and thought is created by mind and mind is spiritual. This is easy to test by asking yourself what is it that can be aware of the minds activity?

### **Meditation**

I start with meditation because it is the essential ingredient for the other two which are visualization and affirmations. The capabilities of mediation that I describe here are by no means all that meditation can be used for. This tool is the Swiss Army Knife of the personal development world. The problem is that some of its greatest capabilities are only realized with a lot of hard work and time. Fortunately some of meditations other benefits are a little easier to achieve and take advantage of. Those are what we will use here, but keep in mind, even these are not a walk in the park. If you want results you must be willing to invest something. In this particular case we want to achieve a decent level of focus and concentration.

Learning meditation is about developing mental discipline. Few of us ever even hear about such a thing, much less actually do it, mostly our minds are an uncontrolled and unruly adventure in chaos. Developing our meditation skills means learning how to quiet the noise and chaos until all that energy can be directed and focused on one point or subject. There are many different schools of meditation but almost all of them will

have a strategy for developing this skill. Some want you to sit and hold your attention on a candle flame, or a mantra, or a word or phrase or the simple act of breathing. These things may sound easy but you will discover otherwise very soon

Here are a few strategies that will help you succeed in this.

- Although we are trying to develop discipline, this kind of discipline is achieved by not forcing it, this is more about letting go.
- When your mind (thoughts) wander, and they will, gently bring your attention back to the object of focus. If you experience impatience or anger just notice them and return your focus to the object.
- Notice the objective observer that brings the attention back each time. This is called mindfulness, it is the unattached watcher and is the state of mind we are trying to develop.
- In the beginning, I have found that a certain amount of force is required in order to stay with the meditation session itself. There is a tendency to get distracted by thoughts of what we need to do that day, chores, meetings, e-mail, whatever. If you are not committed to meditation, this will be your downfall.

With practice your ability to concentrate deeply will come. In the meantime you can use whatever level of concentration you have developed so far to practice the other two tools.

### **Visualization**

Many people believe that visualization is only about creating imaginary pictures in our mind. Not so! Visualization can take many forms but it requires two essential elements in order to be affective. Strong intention and concentration. Other than that, this tool is a matter of preferences because most of us are different in some ways. We don't all perceive the world in the same way. Some of us perceive visually and some of us perceive better when we hear things spoken or written. For visualization we can draw or paint a picture or write our image out in text or whatever.

Let's say that I work better with the drawing of a stick man because I'm trying to improve or change some negative thinking or behavior patterns that I became aware of as a result of my meditation sessions (this can easily happen). So, once I draw my stick man I then concentrate on assigning certain properties, attributes and characteristics to my representation of me. I see my stick self as having confidence in myself because I became aware of a lack of this. I see myself as a person of courage to offset and replace my fear. Remember, we must do this with strong intention and concentration or our visions will not impact our subconscious mind enough to make it carry out what it is we need to change.

### **Affirmations**

Affirmations are positive statements about conditions that we want to change in our lives as if they have already been changed and are already real. Kind of like telling ourselves that we are what we want to be until we believe it. Once we believe it, it will become a reality. However, this too must be done with strong intention and conviction accompanied by a deep level of concentration/focus. They will not get through and make an impact if done without these elements.

This is essentially a mini formula for changing behavior patterns in our lives. Why would we want to change them in the first place? Well, many of our beliefs and the behaviors based on those beliefs are not anything that we chose but rather were indoctrinated into us from early childhood and may not be the best beliefs we could subscribe to and may even be very problematic in our lives. Different people have different reasons for changing their behavior. And now you have a basic introduction to how this is accomplished. If you would like to dive into this subject in much more detail, you can find a great e-book on success failure and power at [www.agendaoflife.org](http://www.agendaoflife.org). ###

Robert Darby is a self change and personal development specialist who writes for many organizations including [The Agenda Of Life Foundation](http://www.agendaoflife.org). He focuses on developing personal power since that is usually the cause of all Human problems. Robert takes a practical approach in that he looks at the various tools and techniques out there that are designed to help us achieve our mental, spiritual and emotional goals.

## **Where Are You Now?**

By Gabriella Kortsch, Ph.D.

Asking yourself *where am I now* at intervals throughout your day *in order to discover not so much where you are physically, but where you have gone in your mind* will begin to show you *how frequently you are not present here and now*.

### ***When You're Not in the Now***

This is a problem of phenomenal proportions when we pause to consider what happens when we are not in this now moment:

- we are concentrating on a problem or worry that is not part of what we are actually doing now, and that therefore keeps us from being present in what we are doing now
- we are reliving past pain and hurts that keep us from being present in what we are doing now
- we are reliving past moments of joy that keep us from being present in what we are doing now
- we are concentrating on future possibilities - good or bad - the thought of which keeps us from *being present in what we are doing now*

All of these examples indicate that we have left the only place where we live, where we are, which is *now*.

### ***Learn From Children***

Take a moment to recall your childhood. Especially the parts in your childhood when you were aware of time passing. Perhaps someone went on a trip and it seemed to you that they had been gone forever. My father had traveled to Europe on business when I was about seven and living in Canada. A friend of my parents came to pick me up in order that I could play with his young daughter. On the way to their house he asked me if I had heard from my father. I told him how much I missed him and that he had already been gone for about a year. The friend looked at me and said *It's only been three weeks*.

Of course at that age it meant little to me, but I always remembered the incident inasmuch as it demonstrated to me as an adult, how malleable time is. As a child a mere three weeks seemed endless to me.

### ***Time is Fluid***

Other examples you might resonate with are summer vacations. When they started, they seemed to stretch into delicious infinity. Sometimes just one single, solitary day seemed so long, so full of possibilities.

So fast forward to now. 2008. How long does a day seem? A week? A month? Even a year? Isn't it true that now they seem to pass in a flash? Monday comes, and as much as the work week may seem onerous, before you know it, it's Friday evening. January begins, and before you know it, it's Easter, then summer, fall, and Christmas is on us again.

*What really causes this apparent speeding up of time?*

Without going into any kind of scientific or quantum explanation, I'd like to offer this: as children we live totally in the now. We *pay attention to what we are doing while we are doing it*. When we are on a swing, that is what we are involved with, with *all our being*. When we are building a sand castle on the beach and collecting shells, and pebbles, seaweed, and sticks to decorate it, we are involved with this creation *with all our being*. When we watch a movie or read a book, we are involved with this activity *with all our being*.

### ***Not Being Involved in the Present Moment***

However, as adults we tend not to be involved with what we are doing, because we are off - in our minds - *elsewhere*. As illustrated earlier, we are worrying about something that *may never take place*, or reminiscing about something that *already took place*, or looking forward to something that *will take place once such and such happens*. All of these modes of thinking mean that we are not here and now. We are escaping the now moment, either because we don't like it, or because *not being in*

*the now moment has become such a habit, that we barely know how to remain there anymore.*

### **When Do You Live Your Life?**

This is huge. If we are not in the now moment, I ask you, when do we live our life? Now is all we have, as Eckhart Tolle so aptly pointed out in his [The Power of Now](#). And if now is all we have, does it not make sense that we learn - remember - how to remain present?

Hence the question at the beginning of this article. Get into the habit of querying yourself about where you are at this particular moment. And once you pull yourself back into it - even if it is while you are involved in an activity that gives you little stimulation or joy - attempt to remain present, to do whatever it is you are doing with a sense of awareness, and in order to determine whether you could - if you really put your mind to it - derive satisfaction even from this (whatever it is).

More importantly, when you are involved in a pleasant activity, perhaps spending time with your partner or children, or out on the golf course, or bicycling through the neighbourhood, and you ask yourself the question, if you then *also* find that you are elsewhere inside, you will realize how monumentally important it is that you begin to be here now. Jon Kabat-Zinn's book about mindfulness [Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#) is excellent for further pointers, as is Charlotte Joko Beck's [Everyday Zen: Love and Work](#), and also Tara Bennett-Goleman's [Emotional Alchemy: How the Mind Can Heal the Heart](#).

I encourage you to explore your now. With some patience not only will you find unaccustomed joy, but you will add years to your life, simply because you will be so much more aware at so many more now moments that will allow you to stretch your existence, making it malleable and pliable, and resulting in a life of much greater proportions than what you are currently experiencing.

**Dr. Kortsch** holds a doctorate in psychology and dedicates herself to integral coaching, clinical hypnotherapy, relationship coaching, and

energy techniques. She is an author and professional speaker and broadcasts a live [weekly radio show](#) in English that is available on the Internet or for listening on her website, and has appeared in numerous television programs in English and Spanish. She can help you move towards greater personal and relationship success with her integral approach to life and offers training and workshops in the field of self-development and choosing responsibility for the self. Visit [Advanced Personal Therapy.com](#) and sign up for her cutting-edge newsletter in English or Spanish, or visit her [blog](#) for more timely articles.

## **The Master Key System**

By Charles F. Haanel

*The Master Key System* teaches the laws at the very foundation of all attainment and success. Whatever you desire, *The Master Key System* will teach you how to bring it into your life.

*Cultivate Life!* magazine is presenting the full twenty-four part course material on a fortnightly basis. In this way you will have time to work through the text and exercises as they were originally designed to be studied by the author, Charles F. Haanel.

### **Part Eleven**

*Your life is governed by law - by actual, immutable principles that never vary. Law is in operation at all times; in all places. Fixed laws underlie all human actions. For this reason, men who control giant industries are enabled to determine with absolute precision just what percentage of every hundred thousand people will respond to any given set of conditions.*

*It is well, however, to remember that while every effect is the result of a cause, the effect in turn becomes a cause, which creates other effects, which in turn create still other causes; so that when you put the law of attraction into operation you must remember that you are starting a train of causation for good or otherwise which may have endless possibilities. We frequently hear it said, "A very distressing situation came into my life, which could not have been the result of my thought, as I certainly never entertained any thought which could have such a result." We fail to remember that like attracts like in the mental world, and that the thought which we entertain brings to us certain friendships, companionships of a particular kind, and these in turn bring about conditions and environment, which in turn are responsible for the conditions of which we complain.*

### **PART ELEVEN**

1. Inductive reasoning is the process of the objective mind by which we compare a number of separate instances with one another until we see

the common factor that gives rise to them all.

2. Induction proceeds by comparison of facts; it is this method of studying nature which has resulted in the discovery of a reign of law which has marked an epoch in human progress.

3. It is the dividing line between superstition and intelligence; it has eliminated the elements of uncertainty and caprice from men's lives and substituted law, reason, and certitude.

4. It is the "Watchman at the Gate" mentioned in a former lesson.

5. When, by virtue of this principle, the world to which the senses were accustomed had been revolutionized; when the sun had been arrested in his course, the apparently flat earth had been shaped into a ball and set whirling around him; when the inert matter had been resolved into active elements, and the universe presented itself wherever we directed the telescope and microscope, full of force, motion and life; we are constrained to ask by what possible means the delicate forms of organization in the midst of it are kept in order and repair.

6. Like poles and like forces repel themselves or remain impenetrable to each other, and this cause seems in general sufficient to assign a proper place and distance to stars, men and forces. As men of different virtues enter into partnership, so do opposite poles attract each other, elements that have no property in common like acids and gases cling to each other in preference and a general exchange is kept up between the surplus and the demand.

7. As the eye seeks and receives satisfaction from colors complementary to those which are given, so does need, want and desire, in the largest sense, induce, guide and determine action.

8. It is our privilege to become conscious of the principle and act in accordance with it. Cuvier sees a tooth belonging to an extinct race of animals. This tooth wants a body for the performance of its function, and it defines the peculiar body it stands in need of with such precision that Cuvier is able to reconstruct the frame of this animal.

9. Perturbations are observed in the motion of Uranus. Leverrier needs another star at a certain place to keep the solar system in order, and Neptune appears in the place and hour appointed.

10. The instinctive wants of the animal and the intellectual wants of Cuvier, the wants of nature and of the mind of Leverrier were alike, and thus the results; here the thoughts of an existence, there an existence. A well-defined lawful want, therefore, furnishes the reason for the more complex operations of nature.

11. Having recorded correctly the answers furnished by nature and stretched our senses with the growing science over her surface; having joined hands with the levers that move the earth; we become conscious of such a close, varied and deep contact with the world without, that our wants and purposes become no less identified with the harmonious operations of this vast organization, than the life, liberty, and happiness of the citizen is identified with the existence of his government.

12. As the interests of the individual are protected by the arms of the country, added to his own; and his needs may depend upon certain supply in the degree that they are felt more universally and steadily; in the same manner does conscious citizenship in the Republic of nature secure us from the annoyances of subordinate agents by alliance with superior powers; and by appeal to the fundamental laws of resistance or inducement offered to mechanical or chemical agents, distribute the labor to be performed between them and man to the best advantage of the inventor.

13. If Plato could have witnessed the pictures executed by the sun with the assistance of the photographer, or a hundred similar illustrations of what man does by induction, he would perhaps have been reminded of the intellectual midwifery of his master and, in his own mind might have arisen the vision of a land where all manual, mechanical labor and repetition is assigned to the power of nature, where our wants are satisfied by purely mental operations set in motion by the will, and where the supply is created by the demand.

14. However distant that land may appear, induction has taught men to make strides toward it and has surrounded him with benefits which are, at the same time, rewards for past fidelity and incentives for more assiduous devotion.

15. It is also an aid in concentrating and strengthening our faculties for the remaining part, giving unerring solution for individual as well as universal problems, by the mere operations of mind in the purest form.

16. Here we find a method, the spirit of which is, to believe that what is sought has been accomplished, in order to accomplish it: a method, bequeathed upon us by the same Plato who, outside of this sphere, could never find how the ideas became realities.

17. This conception is also elaborated by Swedenborg in his doctrine of correspondences; and a still greater teacher has said, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." (Mark 11:24) The difference of the tenses in this passage is remarkable.

18. We are first to believe that our desire has already been fulfilled, its accomplishment will then follow. This is a concise direction for making use of the creative power of thought by impressing on the Universal subjective mind, the particular thing which we desire as an already existing fact.

19. We are thus thinking on the plane of the absolute and eliminating all consideration of conditions or limitation and are planting a seed which, if left undisturbed, will finally germinate into external fruition.

20. To review: Inductive reasoning is the process of the objective mind, by which we compare a number of separate instances with one another until we see the common factor that gives rise to them all. We see people in every civilized country on the globe, securing results by some process which they do not seem to understand themselves, and to which they usually attach more or less mystery. Our reason is given to us for the purpose of ascertaining the law by which these results are accomplished.

21. The operation of this thought process is seen in those fortunate natures that possess everything that others must acquire by toil, who never have a struggle with conscience because they always act correctly, and can never conduct themselves otherwise than with tact, learn everything easily, complete everything they begin with a happy knack, live in eternal harmony with themselves, without ever reflecting much what they do, or ever experiencing difficulty or toil.

22. The fruit of this thought is, as it were, a gift of the gods, but a gift which few as yet realize, appreciate, or understand. The recognition of the marvelous power which is possessed by the mind under proper conditions and the fact that this power can be utilized, directed, and made available for the solution of every human problem is of transcendental importance.

23. All truth is the same, whether stated in modern scientific terms or in the language of apostolic times. There are timid souls who fail to realize that the very completeness of truth requires various statements — that no one human formula will show every side of it.

24. Changing, emphasis, new language, novel interpretations, unfamiliar perspectives, are not, as some suppose, signs of departure from truth but on the contrary, they are evidence that the truth is being apprehended in new relations to human needs, and is becoming more generally understood.

25. The truth must be told to each generation and to every people in new and different terms, so that when the Great Teacher said — "Believe that ye receive and ye shall receive" or, when Paul said — "Faith is the substance of things hoped for, the evidence of things not seen" or, when modern science says — "The law of attraction is the law by which thought correlates with its object", each statement when subjected to analysis, is found to contain exactly the same truth. The only difference being in the form of presentation.

26. We are standing on the threshold of a new era. The time has arrived when man has learned the secrets of mastery and the way is being

prepared for a new social order, more wonderful than anything every heretofore dreamed of. The conflict of modern science with theology, the study of comparative religions, the tremendous power of new social movements, all of these are but clearing the way for the new order. They may have destroyed traditional forms which have become antiquated and impotent, but nothing of value has been lost.

27. A new faith has been born, a faith which demands a new form of expression, and this faith is taking form in a deep consciousness of power which is being manifested, in the present spiritual activity found on every hand.

28. The spirit which sleeps in the mineral, breathes in the vegetable, moves in the animal and reaches its highest development in man is the Universal Mind, and it behooves us to span the gulf between being and doing, theory and practice, by demonstrating our understanding of the dominion which we have been given.

29. By far the greatest discovery of all the centuries is the power of thought. The importance of this discovery has been a little slow in reaching the general consciousness, but it has arrived, and already in every field of research the importance of this greatest of all great discoveries is being demonstrated.

30. You ask in what does the creative power of thought consist? It consists in creating ideas, and these in turn objectify themselves by appropriating, inventing, observing, discerning, discovering, analyzing, ruling, governing, combining, and applying matter and force. It can do this because it is an intelligent creative power.

31. Thought reaches its loftiest activity when plunged into its own mysterious depth; when it breaks through the narrow compass of self and passes from truth to truth to the region of eternal light, where all which is, was or ever will be, melt into one grand harmony.

32. From this process of self contemplation comes inspiration which is creative intelligence, and which is undeniably superior to every element, force or law of nature, because it can understand, modify, govern and

apply them to its own ends and purposes and therefore possess them.

33. Wisdom begins with the dawn of reason, and reason is but an understanding of the knowledge and principles whereby we may know the true meaning of things. Wisdom, then, is illuminated reason, and this wisdom leads to humility, for humility is a large part of Wisdom.

34. We all know many who have achieved the seemingly impossible, who have realized life-long dreams, who have changed everything including themselves. We have sometimes marveled at the demonstration of an apparently irresistible power, which seemed to be ever available just when it was most needed, but it is all clear now. All that is required is an understanding of certain definite fundamental principles and their proper application.

35. For your exercise this week, concentrate on the quotation taken from the Bible, "Whatsoever things ye desire, when ye pray, believe that ye receive them and ye shall have them"; notice that there is no limitation, "Whatsoever things" is very definite and implies that the only limitation which is placed upon us in our ability to think, to be equal to the occasion, to rise to the emergency, to remember that Faith is not a shadow, but a substance, "the substance of things hoped for, the evidence of things not seen."

*Death is but the natural process whereby all material forms are thrown into the crucible for reproduction in fresh diversity.*

### **Study Questions with Answers**

101. What is inductive reasoning?

*The process of the objective mind by which we compare a number of separate instances with each other until we see the common factor which gives rise to them all.*

102. What has this method of studying accomplished?

*It has resulted in the discovery of a reign of law which has marked an epoch in human progress.*

103. What is it that guides and determines action?

*It is need, want and desire which in the largest sense induce, guide and determine action.*

104. What is the formula for the unerring solution of every individual problem?

*We are to believe that our desire has already been fulfilled; its accomplishment will then follow.*

105. What great Teachers advocated it?

*Jesus, Plato, Swedenborg.*

106. What is the result of this thought process?

*We are thinking on the plane of the absolute and planting a seed, which if left undisturbed will germinate into fruition.*

107. Why is it scientifically exact?

*Because it is Natural Law.*

108. What is Faith?

*"Faith is the substance of things hoped for, the evidence of things unseen."*

109. What is the Law of Attraction?

*The Law by which Faith is brought into manifestation.*

110. What importance do you attach to an understanding of this law?

*It has eliminated the elements of uncertainty and caprice from men's lives and substituted law, reason, and certitude.*

***The Master Key System Part Twelve will be included in Cultivate Life! magazine, issue 29 in two weeks.***

## REGULAR FEATURES:

### Quotes of the Week

"Be ready when opportunity comes.... Luck is when preparation and opportunity meet."

—*Roy D. Chapin Jr.*

Life appears to me too short to be spent in nursing animosity or registering wrongs."

—*Charlotte Bronte*

"God experiences Life through each of us, and we experience Life thanks to God."

—*Peter Shepherd*

"I'm not afraid... I was BORN for this!"

—*Joan of Arc*

## Here Comes Inspiration with Phil Evans

### Fear: A Huge Weight To Carry!

Yes folks, we actually do literally carry fears around with us !!!

Let me explain: since finding out (last year) that I was adopted at birth; even though I have completely embraced the entire situation, and the experience of the discovery itself; I have been slowly putting on weight at a consistent rate for about 12 months .... until just a few weeks ago!

Over the past 12 months I have been extensively researching body weight and the why?'s of that stuff padding us up, and weighing us down, as it can so easily do. Yes, I've been a constant gym-goer, walker, pushbike-rider, and reasonably aware partaker of food for about 4-5 years now: but since finding out about being adopted, the weight has been sneaking up on me; regardless! Hmmmmmmmm, I started to research some of my clients; I also asked you all recently to ask me your very own why? questions; and I dug very deeply into my own subconscious regarding the lessons to be had from all of this research, and what to do with them (?).

Even though I had completely embraced my own situation (100%), I was discussing it and openly talking about it with a large number of people over that 12 month period. Each time I did this I was unknowingly reinforcing in my own mind that I had every good reason to have all of the fears which had totally controlled my life to this point!

And they were there EVERY day: and they felt horrible!

All I had been doing for that 12 months was reinforcing my own fears and doubts, and my mind was listening intently to what was going on; particularly in terms of the fear of not being good enough; and I was beginning to actually feel some pretty severe emotional hiccups during this period. Admittedly, there were some close family reasons to feel emotionally upset during last year, so the overall effect was for me to realize that I now chose to begin to feel better than I was!

Most of my research simply reinforced many aspects of our metaphysical selves which I had already thought and felt were true; and that is that most of our general health issues and body imagery lay based in a variety of areas of fear! This was too big an area to simply generalize; so I dug deeper over quite some time, and came up with these main areas of fear: That we may be physically harmed; financially harmed; emotionally harmed; sexually harmed; spiritually harmed; our ability to create abundance may be harmed (feel that we are not good enough); and the fear of not having enough time!

These days there is much evidence that the foundation of excess body weight lies within our subconscious fears, and how we feel about ourselves emotionally. When our well-being (self esteem, or worth, or value) is damaged in any way, our body very cleverly protects us from whatever it is we are fearing or avoiding! Yes, it builds up a protective barrier between us and whatever may be a threat!

Because I use a simple 'reversal principle' of helping people to create change in my Life Coaching methods, I decided to put that method to work: to totally focus on the opposite of fear! So I have been obsessively focused on 'feeling safe' for the past 4 weeks: without doing anything else different to my usual routine. I have shed 4kgs of body weight and am feeling totally different in every aspect of my life! And if nothing else at all were happening, other than feeling incredibly different and full of confidence in everything that is unfolding in my life right now, I would be delightfully happy! However, there is a wonderful bonus happening: I'm comfortably shedding body weight with ease! And every day my thoughts about certain foods which haven't necessarily been good for me — are changing — and my desires also changing — or completely leaving!

My (obsessive) affirmations:

I am safe, and feel safe in every aspect of my life: spiritually, emotionally, financially, physically, and feel worthy of creating abundance! It is safe to shed weight! I feel safe shedding weight, and it's safe to be slim! My vision and image that I hold of my new self is wonderful; and I can see a nicely toned and extremely healthy body as I confidently move forward in every area of my life! ###

## Zen Story

### Mokusen's Hand

Mokusen Hiki was living in a temple in the province of Tamba. One of his adherents complained of the stinginess of his wife.

Mokusen visited the adherent's wife and showed her his clenched fist before her face.

"What do you mean by that?" asked the surprised woman.

"Suppose my fist were always like that. What would you call it?" he asked.

"Deformed," replied the woman.

The he opened his hand flat in her face and asked: "Suppose it were always like that. What then?"

"Another kind of deformity," said the wife.

"If you understand that much," finished Mokusen, "you are a good wife." Then he left.

After his visit, this wife helped her husband to distribute as well as to save.

## 100 Words

### Neale Donald Walsch

#### Who Is Neale Donald Walsch?

Neale Donald Walsch is the author of twenty-four books, including six *New York Times* bestsellers. Books in his nine-volume *Conversations with God* series have sold over 7.5 million copies and have been translated into thirty-seven languages. Among his other titles are *Friendship with God*, *Communion with God*, *What God Wants*, *Tomorrow's God*, *Home with God: In a Life that Never Ends*, and *Happier than God*. He travels the globe offering workshops, retreats, and seminars helping people to integrate the revolutionary spiritual principles of *Conversations with God* into their daily lives.

[www.nealedonaldwalsch.com](http://www.nealedonaldwalsch.com)

"I see humanity rewriting its Cultural Story. This is happening right now. The shift is away from the central idea of Separation to a new idea embracing the unity of all things. This includes the Oneness of That Which Is Divine with all that is. When this shift is complete (and our opportunity is to make it so), all the world will change, killing and oppression will disappear, no one will ever again deliberately hurt another, and we will get on with our true purpose in life: to evolve the human spirit through the expression and experiencing of our Divinity."

#### Books that have touched Neale's life in a powerful way:

*Stranger in a Strange Land*, Robert Heinlein

*Handbook to Higher Consciousness*, Ken Keyes

*Be Here Now*, Ram Dass

*Emergence*, Barbara Marx Hubbard

*Loving What Is*, Byron Katie

*Jump Time*, Jean Houston

## From the Shelf

### The Moral Landscape: How Science Can Determine Human Values

By Sam Harris

Sam Harris's first book, *The End of Faith*, ignited a worldwide debate about the validity of religion. In the aftermath, Harris discovered that most people—from religious fundamentalists to nonbelieving scientists—agree on one point: science has nothing to say on the subject of human values. Indeed, our failure to address questions of meaning and morality through science has now become the most common justification for religious faith. It is also the primary reason why so many secularists and religious moderates feel obligated to "respect" the hardened superstitions of their more devout neighbors. In this explosive new book, Sam Harris tears down the wall between scientific facts and human values, arguing that most people are simply mistaken about the relationship between morality and the rest of human knowledge. Harris urges us to think about morality in terms of human and animal well-being, viewing the experiences of conscious creatures as peaks and valleys on a "moral landscape." Because there are definite facts to be known about where we fall on this landscape, Harris foresees a time when science will no longer limit itself to merely describing what people do in the name of "morality"; in principle, science should be able to tell us what we ought to do to live the best lives possible. Bringing a fresh perspective to age-old questions of right and wrong and good and evil, Harris demonstrates that we already know enough about the human brain and its relationship to events in the world to say that there are right and wrong answers to the most pressing questions of human life. Because such answers exist, moral relativism is simply false—and comes at increasing cost to humanity. And the intrusions of religion into the sphere of human values can be finally repelled: for just as there is no such thing as Christian physics or Muslim algebra, there can be no Christian or Muslim morality.

Using his expertise in philosophy and neuroscience, along with his experience on the front lines of our "culture wars," Harris delivers a game-changing book about the future of science and about the real basis of human cooperation.

## Eastern Wisdom

“You must be the change you wish to see in the world.”

—*Mahatma Gandhi*

### ***Meditation***

Many people relax and sit down to watch the nightly news or their favorite sitcom and criticize the world and society. The problem is that these people keep sitting. The solution is not to sit, but to act. Take control of your life and your purpose and begin to live it passionately. There is within you a piece of the puzzle that will act as a catalyst to transform the world. Don't just sit back and wander along with society, get up and act, believe, demonstrate, and show the world the remarkable changes that one human being can create.

### ***Real Life Application***

Contemplate the changes that you would like to see in this Universe. Be sure not to allow the pessimism and negativity of your mind to disrupt your vision for a better world. Look within and plan to make a small change within your being and believe that this change has the potential and energy to initiate transformation within humanity. Each human being's individual action effects the direction that the world takes. Remember you are a powerful part of the cosmos.

## Conquering Your Procrastination Habit

By Dr Linda Sapadin

### **Tip # 7 Mean What You Say and Say What You Mean**

When you're knee-deep in stuff that you've said you'll do but don't really want to do, procrastination becomes your first line of defense. So, **avoid saying what others want to hear just to appease them.**

Don't commit to doing a task if you don't intend to do it. If you do commit, then later change your mind, take responsibility for the change and tell the person involved.

For example, you might say, “I know I told you I'd take care of it this week, but I didn't get to it.” You can then propose a revised deadline: for example, “I've fallen behind in our group project. How about changing our meeting time to Wednesday after I get a chance to catch up?”

### **Ponder a Moment**

Nothing else matters much — not wealth, nor learning, nor even health — without this gift: the spiritual capacity to keep zest in living. This is the creed of creeds, the final deposit and distillation of all important faiths: that you should be able to believe in life.

—*Harry Emerson Fosdick*

## A Course In Miracles

### Lesson 18

#### I am not alone in experiencing the effects of my seeing.

The idea for today is another step in learning that the thoughts which give rise to what you see are never neutral or unimportant. It also emphasizes the idea that minds are joined, which will be given increasing stress later on.

Today's idea does not refer to what you see as much as to how you see it. Therefore, the exercises for today emphasize this aspect of your perception. The three or four practice periods which are recommended should be done as follows:

Look about you, selecting subjects for the application of the idea for today as randomly as possible, and keeping your eyes on each one long enough to say:

*I am not alone in experiencing the effects of how I see \_\_\_\_\_.*

Conclude each practice period by repeating the more general statement:

*I am not alone in experiencing the effects of my seeing.*

A minute or so, or even less, will be sufficient for each practice period.

#### Commentary by Allen Watson

The concept that "minds are joined" is easy to grasp, but literally far-reaching in its implications. How I see things affects other minds, not just my own. The miracles that the Course can bring into our lives will prove this to us time and time again. A shift in the way I see things can bring about miraculous effects in people around me:

[A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which you are not even aware.](#)

The fact that how I see things affects more than just myself makes the thoughts that give rise to my seeing even more important. How I think and perceive things affects, quite literally, the entire world. By opening my mind to love I can be a conduit of love for the world.

## Heart to Heart Coaching

**Coach Doris Jeanette**, replies to the question: How can I overcome the insecurity-fear-jealousy-sadness-resentment that I feel when my partner focuses on his daughters?

### About the Questioner:

**Philosophy:** I believe that I have a personal relationship with a loving and friendly God. The purpose of our lives here is learning, our bodies the vehicle of our spirit, our true essence.

**Hopes and aspirations:** To live in awareness, being aware of my here and now constantly, to overcome my fears, to achieve self-control of emotions that overwhelm me at times, to be healthy and creative.

**The Question:** How can I overcome the insecurity-fear-jealousy-sadness-resentment that I feel when my partner focuses on his daughters?

**Background:** We have been living together for 4 years. He's 61, I'm 50. His daughters 37, 33 and 24. I have a 22 year old son. The problematic perception started when from the beginning he defined his daughters as Perfect and started to describe them as way beyond real people (i.e., one of them will be one day a "world coordinator"). However, these women are extremely dependent of the father... up to the point that they can call him up to 11 times in one day!

They constantly need all kinds of help in their lives, from writing letters, doing homework, financing projects, babysitting, etc. He's an extremely affectionate and caring man and of course he usually complies... the problem is that there are 3 of them... I feel he ends up spending too much time and energy attending their needs and even though he does the same for me I feel they get more than I do... once you add that they are 3.

The reality is that in the time we have been together he has spent more

vacations with them than with me; he has more projects with them than with me... I used to become real furious over this but it was eroding our relationship... and I very much love him. I got breast cancer and he has been incredible good and his solidarity to me has been total, which has eased a lot of the feelings I have expressed at the beginning, but there is some left and I do not want to endanger my relationship for these negative emotions.

In my personal background there are issues of abandonment, narcissistic parents, in general a very dysfunctional family - but I have worked hard with different therapeutic approaches and have been able to achieve happiness and satisfaction in my life. I feel this is the most pressing issue currently, even though I'm still fighting the possibility of a cancer since my original tumor has expanded to 17 ganglion. Thank God, I feel great and have confidence I will continue living.

### **Reply by Coach Doris Jeanette:**

Thank you for your interesting and challenging question. It brings to light what I call "The challenge of the species." Our challenge is to become real human beings by feeling our authentic feelings and emotions. Due to our emotional immaturity and past learning experiences, feeling our emotions in intimate relationships is not easy for us.

Yet, it is within the pain of our intimate relationships that we realize in bold Technicolor what our issues are that need to be resolved. We must resolve these issues so that we can be successful in evolving as human beings and advancing as souls. I think of relationships as spirit's way to force us to grow and begin to fulfill our purpose for being here.

If your perception is correct that your partner's daughters are up on a pedestal and he does not relate to them as equals, then this is an unhealthy situation for him, his daughters and you. Read the article about how important it is for parents to let go of their children and for children to let go of their parents in the H2H archives... <http://www.trans4mind.com/life-coach/life-challenge7/question249.html>

I suggest you give him a copy of this H2H Q&A on letting go of unhealthy attachments to read. Then he will know what you are concerned about and the two of you can dialogue about it. Emailing

articles and links can sometimes start a healthy conversation between couples.

Also note that if he has his daughters on the pedestal, he probably has you on a pedestal. This may be the reason you are afraid to be more honest and assertive with him. Perhaps you do not want to fall off the pedestal so you allow him to control you. His daughters are in the same boat, they do not want to rock the boat for fear of being rejected.

In any case you need to stop judging him and making him wrong about how he relates to his daughters. It does not matter how unhealthy he is; for your own health, you need to stop making him wrong about anything. It is your mental judgments that create your unhealthy energy. This means you need to let go of trying to control him and focus on yourself.

So let's zero in on your cancer, which probably has its source in your emotional body. Before the physical body becomes sick and diseased, the emotional body is sick and diseased. Your emotional body is about a foot and a half away from your body. Dense energy forms in this body before it takes hold and grows in the physical body. So anything you can do to help clear and clean your emotional body will help improve your physical body.

Let me say loud and clear that when you take responsibility for yourself you do not want to be judgmental of yourself about anything. This is the first trick in transformation, which is a major hurdle to overcome. You need to learn to stop making yourself wrong just as much as you need to learn to stop making someone else wrong or bad. In your case, you do not want to make yourself wrong about having a disease. Any physical disease is feedback that you need to use to become more self-aware. So bless your body for talking to you and listen more deeply to what is going on in your heart.

The unhealthy issues surrounding breast cancer could easily be resentment, irritation and jealousy. Louise Hay in her classic book, "You Can Heal Yourself" reports how her resentment led to her cancer. From my clinical observations, not every woman who has resentment develops cancer. This is because almost all women have resentment

due to the sexist world culture we live in. On the other hand, the women who develop cancer definitely have resentment.

Dr. Serge Kings, a Hawaiian psychologist notes: "The relationships between emotions, experiences of loss or frustration, and all forms of cancer have been noted in many medical studies - see Psychosomatics, by Howard R. and Martha E. Lewis, and Who Gets Sick, by Blair Justice, Ph.D." Everyday there are new studies being published which reveal the connection between the inhibition of emotions and the creation of physical disease.

Improved physical health is one of the major benefits to opening your heart. You can help prevent and reduce cancer and heart problems by opening your solar plexus and heart. I think of the heart and solar plexus as one unit that works together. The solar plexus is the source of all your personal, private emotions and feelings. The power and energy in the solar plexus connects you with your emotional self, your body and the emotional self of other human beings.

Your heart is the source of universal emotions and feelings. The power and energy in an open heart connects you to all of humanity, the whole universe and beyond! Your heart is the powerhouse, which connects, and contains, the fire energy below and the light energy above. This is why your heart is so potent and why you become so physically strong when you open it.

To open your solar plexus and heart you need to feel your authentic emotions. You do not want to control your emotions. Control is what closes your heart and solar plexus. If you try to inhibit and regulate your emotions you will create more dense energy in your emotional body and energy field, not less. In physical reality, there are no negative emotions. Emotions are energy in motion. They are of nature, colorful and exciting. To learn more about emotions and colors, read "Feeling Blue? Green or Golden? The Secret Power of Color." <http://www.kickstartcart.com/app/?af=261781&u=www.drjeanette.com/blue.html>

Feeling your authentic emotions has a dramatic, instantaneous affect on your physical body. I have observed this repeatedly during private

energy healing sessions with both men and women. During energy healing sessions I place my hands on the person's body. The moment a person starts to experience an authentic emotion, the healthy energy begins to flow instantaneously in their legs, feet and entire body. I literally feel the increased energy in my hands. I have seen and felt this happen so often that I have no doubt about this energetic relationship.

The six primary authentic emotions are fear, desire, anger, love, joy and hurt. When you access any of these emotions, your vital energy will improve. It is your vital energy that feeds your cells with healthy energy. Unfortunately, most people and therapists confuse their six primary emotions with defensive reactions, conditioned responses and mental judgments. For example, there is a huge difference between your resentment and your feelings of real sadness and anger.

You mention all these states in one sentence:

Insecurity  
Fear  
Jealousy  
Sadness  
Resentment

If you look inside your heart, you will find all of these energies. Take a look at each one and notice which ones are dark, dense and have a lower vibration. To heal yourself, you need to move past the dark, dense energies so you can access and feel your real hurt and pain.

Louise Hay is famous for her thoughts and positive affirmations. Affirmations are helpful but they are not strong enough to clear away darker, denser energies that have taken hold in the body and energy field. In her first book Louise mentions, in one little paragraph, that she spent years in therapy to help her feel her emotions and feelings in order to let go of her resentment and move forward. This means you too, can learn to feel your emotions and feelings so you can let go of your resentment and move forward.

Use your loving nature and determination to help you open your heart and solar plexus. The more you feel your authentic emotions and take

care of your emotional self, the happier you will be in all your relationships, especially the relationship to yourself.

#### Action Steps to Take to Solve this Problem

1. Heal yourself. Read Louise Hay's Book, "You Can Heal Yourself."
2. Stop judging your emotions and labeling them as negative. To learn more about the healthy nature of all emotions read the free report, "Feeling Blue? Green or Golden? The Secret Power of Color." <http://www.kickstartcart.com/app/?af=261781&u=www.drjeanette.com/blue.html>
3. Open your solar plexus and heart chakras by feeling your authentic emotions. Listen to the audio "Opening the Heart:" which guides you into your heart so you can recognize the dark energies of resentment and the healthy energies of authentic hurt and anger. <http://www.kickstartcart.com/app/?af=261781&u=www.drjeanette.com/heartanswers.html>

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Doris Jeanette, Psy.D. is a holistic psychologist who began the process of opening her heart in 1983. Since then, she has been enjoying the epic journey of transforming darker energy into lighter energy. To learn more about what she discovered read her story and sign up for "The Vibrant Moment," her free weekly newsletter. <http://www.kickstartcart.com/app/?af=261781>