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## **Cultivate Life! magazine**

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# Trans4mind

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## Find Unshakable Inner Peace

By Wallace Huey — Director [www.trans4mind.net](http://www.trans4mind.net)

*We want to find unshakable inner peace, although inner peace is not something found so much as something uncovered.*

We perceive where we are challenged in life as something that is "causing" our loss of tranquility... be it the loss of a relationship, boredom with work, stress and anxiety, wondering which path to take, or confusion as to the purpose of life itself – these are just some of the life challenges that can 'apparently' deprive us of inner calm.

But is this true? Does something outside our self ever lessen tranquility? Or is it the way we are choosing to respond to our life challenges that is causing inner turmoil?

At Trans4mind we maintain the latter... *it is how we choose to respond to life that pollutes or liberates our inner sanctum.*

If we adopt the above statement as our own personal tour de force it brings at the same time both poignant responsibility and total freedom. By adopting this dictum we are admitting (the truth) that *we are all responsible for our inner world and therefore creators of our happiness (or despair).*

Whenever I mention this and others disagree, I always give the example of an accident I witnessed. The car crash was quite violent but the 4 passengers were all wearing seat belts and no one was hurt. All 4 people had the same experience. After the accident, one couldn't stop trembling and spoke with a shaky voice. Another cried uncontrollably. The third was in a state of shock and sat on the side of the road alone speaking to no one. And the fourth person seemed unaffected and passed between his three companions speaking gently and reassuringly to each of them.

What does the way these 4 people responded to this accident show us? Because each person responded differently to the same event, it demonstrates that *we are all responsible for our inner world*, that is, our

interpretation and emotional response, and these continue to profoundly affect our feelings and behavior.

I experienced this fundamental and powerful lesson when under the care of a psychiatrist. I had been suffering from schizophrenia for a number of years as a young man and, because I had gone off my medication, I had a relapse. In an interview with my psychiatrist I asked what my prospects were for getting back into work. He replied that I would probably never work again! I chose to accept this judgment and on returning home I became very distressed. I began to play out a scenario in my mind... If I couldn't work again, then I would have no money. If I didn't have any money I would never be able to find a girlfriend and get married. If I had no work and no companion my life would be empty and meaningless.

I then descended into a panic attack and had to be taken into hospital in an ambulance where I stayed for 3 months. *I was suffering from an acute depression I had chosen, through believing my negative train of thought.* It took me 7 years to climb out of that depression and I only managed, by being determined to master my inner world, to shake off the last of its effects just 2 months ago - 22 years after the incident. In the process I wrote a book, *Unfold Your Wings and Watch Life Take Off*, became self-employed and married my soul mate!

So watch how you are responding to the challenges you are facing. By responding in inappropriate ways you create a state of dis-ease and its companion, suffering... far from inner peace.

You are possibly wondering how you can be supported in facing your life challenges and in becoming master of your inner world. At Trans4mind our website focuses on helping you find unshakable inner peace. To do this, [www.trans4mind.com](http://www.trans4mind.com) (and increasingly our sites in other languages) are structured around the 51 life challenges that you, our readers, have told us, through this magazine's Heart to Heart coaching service, matter most.

Each of these life challenges have been formed into a department on Trans4mind (accessed through our website's top menu bar) providing a rich resource of audio, video and text based coaching, empowering you

to master your inner world. Furthermore, these resources are grouped into either free resources that provide a helpful introduction or recommended, paid for resources such as hypnosis programs, books and audios, and online courses that provide in-depth professional training. To this mix we plan to add freely accessible audio trainings that will help you see and understand the connection between mastering your current life challenge and finding unshakable inner peace.

By remembering to refer to Trans4mind whenever you are faced with one of life's challenges, you will have the assistance of your own virtual coaching service. Through Trans4mind you will be able to access, without the need to make appointments, or to spend large sums, a treasure trove of relevant high quality training, available on your home computer, that enhances your ability to respond constructively to your current challenging situation and to make unshakable inner peace the foundation of your life.

With the help of this training you will doubtless uncover the "something" that you found confusing, distressing, sad or annoying was actually "nothing" but the ramblings of your frightened ego.

*"Out, out, brief candle! Life's but a walking shadow, a poor player that struts and frets his hour upon the stage and then is heard no more: it is a tale told by an idiot, full of sound and fury, signifying nothing."*  
~Shakespeare, Macbeth (Act V, Scene V).

We invite you to watch our new video - Find Unshakable Inner Peace. This is the foundation video for Trans4mind and, by opening hidden space in your mind through music, spoken poetry, images and silence, the video helps you to feel and experience what inner peace is actually like. You can view it here:

<http://www.trans4mind.com/inner-peace.html>

## **The Price of Un-Forgiveness** **By Karen Wright**

"I cannot forgive this child molester. I just can't!" She spoke these words with contempt and condemnation. Those of us around her felt the hatred bleeding from her body.

Moments before, our conversation had focused upon the hidden aspects of forgiveness. We agreed that upon first glance, forgiveness seemed to be about letting someone else off the hook. And sometimes it felt as though, in forgiving, we were also condoning their behavior. Saying, "It's okay that you did that." And we agreed that THAT interpretation of forgiving stopped many of us from extending such compassion. It WASN'T okay that they did what they did! And we sure didn't want to send the message that they could keep on doing it.

And although most of us could intellectually understand the higher-ground of forgiveness, when it came to such abhorrent acts, being compassionate just seemed wrong. It was with strained curiosity we looked at how forgiving on this level could even be possible.

## **The Self-Inflicted Wound**

On a basic level, any emotion you direct toward another person, YOU feel first. To hate another, you feel the hatred inside. To love another, you feel that joy inside. You cannot escape the effects of any emotion you have about or toward another. You are its first, and sometimes its only, casualty.

To hate sends a flood of caustic chemicals into your bloodstream. Cortisol and adrenalin put the body on high alert - in preparation to flee or fight. It's automatic and serves our survival. But, a constant surge of these chemicals - experienced by relentlessly reliving a 'wrong' or holding a grudge - debilitates our immune system, destroys emotional joy, and promotes disease. Negative emotions aimed at another may or may not affect them. But, there's no getting around their corrosive assault on our own physical and mental health.



### **What If They Don't Even Know?**

I got to thinking about this woman's need to hang onto her revulsion of the child molester's being. Although she didn't know him, she did know families wounded by his sickness. In talking with her it was evident that she felt a responsibility to hold this man in eternal contempt - as if doing so would punish him eternally as well. But, the truth was, he knew nothing of her contempt. The only person being destroyed by her unyielding hatred was she herself.

Is it possible to despise a person's behavior and still forgive? Not, perhaps, if we define forgiveness as releasing someone from responsibility. But, I'd like us to consider a more spiritual definition of forgiveness. One that isn't about another person or event, but is completely focused on your own personal health.

### **Forgiveness Does Not Transform the Situation, It Transforms You**

The spiritual side of forgiveness understands that releasing the caustic energy of negative emotions helps to heal the forgiver. You might replace the word forgive with release. When a debilitating emotion arises you acknowledge it and let it pass. Not in order to have compassion for the one you condemn, but to have compassion for yourself.

Your emotional upset upsets you far more than it will hurt anyone else. Unless you use this emotion as a catalyst to action, it will only poison you. If the lady mentioned had funneled her emotions into actions to care for molested children and families, or ensure tighter legal constraints, or create broader awareness of the issue, then her emotion would have found a path to bring her out of the depths of pain and into possibility. And many do use their pain as a motivator for change. But, in withholding forgiveness, she hadn't take action, only suffered from her condemnation in silence.

### **Is Being Right Worth the Cost?**

She was the biggest victim of her hatred toward this man. And she was the only one who could give herself any form of relief. Why is it that holding on to our need to be right overrides our survival instincts? Was she right in her contempt? That's what the mind dwells on. "He must be

punished and my hatred is justified." But, her hatred was not punishing him. It was destroying her.

You may or may not have a hatred this extreme. But, if a person or situation is bringing you ongoing upset, you may find relief in reconsidering the meaning of forgiveness. It has nothing to do with anything or anyone outside you. To forgive is to release yourself from your own emotional imprisonment. What's the use in taking the poison of hatred and hoping that the other person will die?

One of life's most important lessons is in learning to manage our energies and emotions in ways that give us joy and bring us freedom. Are there detestable things in life? Without question. Do they upset us? Most certainly. Can we use that upset to make the world better? Many do. But, if your loathing simply remains loathing, then you are the tragedy in the story. Freedom is a choice to not victimize yourself. Use your incredible emotional power to increase the light of the world, not add to its darkness.

Karen is author of <http://www.amazon.com/dp/0964967936?tag=toolsfortransfor> The Sequoia Seed: Remembering the Truth of Who You Are, a great read for anyone who is seeking understanding or guidance, inspiration or clarity in his or her life. [http://www.wrightminded.com/free\\_ezine.html](http://www.wrightminded.com/free_ezine.html) Waking Up , the free bi-monthly ezine, was created to help you activate your natural motivation to move beyond mere existence and to really LIVE your dreams.

## **The Five Lessons of Failure**

### **By Dr. Alan Zimmerman**

"Obstacles can't stop you. Problems can't stop you. Most of all, other people can't stop you. Only you can stop you." --Jeffrey Gitomer, author and sales trainer

Nothing in this world is more unpopular than failure. Personal failure, relationship failure, business failure, or any other kind of failure. People hate failure. Unfortunately, you and I are going to have some failures in life. They're inevitable.

The good news is ... failure can be good for us. As author and psychologist Dr. Bev Smallwood puts it, "Wrapped in unattractive, unlikely packaging are beautiful gifts. Failures contain gems of understanding and seeds of growth if you will look for them and receive them. Learning to pick yourself up, dust yourself off, and begin again more wisely is priceless."

I think she's right. In fact, I've found five lessons in failure that help me get through the failure and get on to the next level of success.

1. Having a failure does not make you a failure.

Masaru Ibuka and Akio Morita knew that. They had both failed in some way before they became business partners. Ibuka failed his exam for lifetime employment at Toshiba. Morita made an automatic rice cooker that burned the rice; so he only sold a hundred of them. But then they teamed up to build an inexpensive tape recorder, which they sold to Japanese schools. It was the beginning of the Sony Corporation.

Having a failure does not make you a failure UNLESS you start to think of yourself that way. If you start to think you're a messed-up, screwed-up failure, that's where you'll stay. As martial artist, actor and author Bruce Lee noted, "Defeat is a state of mind. No one is ever defeated until defeat has been accepted as reality."

Cynthia Kersey re-affirmed that when she wrote "Unstoppable Women." She said, "Believe in yourself and there will come a day when others will have no choice but to believe with you."

2. Failure is simply proof you're a part of the human race. It's not a disgrace. After all, every human being has some failures. So don't get too bent out of shape when you experience some of them.

You don't have to be perfect. In fact, you never will be. But that's okay.

Rick Warren, the author of "The Purpose-Driven Life," commented on that when he interviewed Barack Obama and John McCain before the 2008 presidential election. Warren said, "You don't have to be perfect to be used by God. You just have to be available."

3. Failure can be temporary.

It's a turn in the road, not the end of the road. It's a chapter in your life, not your entire life ... UNLESS you give up and quit.

Bruce Lee went on to say, "To me, defeat in anything is merely temporary, and its punishment is but an urge for me to greater effort to achieve my goal. Defeat simply tells me that something is wrong in my doing; it is a path leading to success and truth."

He's right. If you take that approach to your failures, your failures will only be temporary.

Philip Knight took that approach. He tried to build a shoe company but ran into problems when his manufacturer wanted the majority ownership of his company. Knight refused. That left him without a product to sell. Once he got going again, a dock workers' strike and fluctuations in the Japanese currency almost put him out of business. But knowing that failures CAN be temporary, he marched on. Knight and his company survived. Today it is known around the world as Nike.

Personally, I recommend Maya Angelou's attitude. Adopt it as your own. As she wrote in one of her great poems, "I've learned that no matter

what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

4. The risk of failure PRECEEDS all worthwhile achievements.

If you take a risk trying to do something worthwhile, and if you fail in the process of trying, you're not a disgrace. You're an inspiration. In fact, there's nothing more inspiring than the failure of a person you admire.

But it's good to remember that the failure didn't make them great; it was their ability to overcome it that made them great. Henry Ford taught us that. His first business, called the Detroit Automobile Company, failed within two years due to partnership disputes. His second automobile company also failed. It was only on his third try that he succeeded with the Ford Motor Company.

Do not live your life like so many people do, living your life on the sidelines, refusing to take any risks, and then regretting what you should have done but never did.

5. Failure is only a step on your journey to success.

IF you learn from your failure. IF you learn where the pitfalls are. IF you learn how to avoid them. IF you learn how to do things better the next time around. IF you learn how to squeeze all the learnings out of your failures, they're really a blessing in disguise.

That's what Rick Rosenfeld and Larry Flax did. They wrote a screenplay they couldn't sell, started an Italian restaurant that went bankrupt, and launched a mobile skateboard park that didn't make it. It wasn't until they analyzed all their failures, picked out the learnings, and started to sell gourmet pizzas that success came their way. They called their business the California Pizza Kitchen.

When you get right down to the bottom line, failure is either a blessing or a curse. It all depends on how you respond to it. Make it a blessing by applying these five lessons.

**Action:**

Select three failures you've experienced in the last year. And then deduce three things you learned (or need to learn) from those failures.

As a best-selling author and Hall of Fame professional speaker, Dr. Alan Zimmerman has taught more than one million people in 48 states and 22 countries how to keep a positive attitude on and off the job. In his book, *PIVOT: How One Turn In Attitude Can Lead To Success*, Dr. Zimmerman outlines the exact steps you must take to get the results you want in any situation. Go to Alan's site <http://www.drzimmerman.com/tools/productinfo/pivot.htm>

## Discover a New Way of Knowing Yourself

By Guy Finley

Have you ever wondered why our best intentions and the ability to accomplish them seem to live in two different universes? We intend not to do something mean-spirited or otherwise self-defeating. Yet that is often just what we do. Then we ask, "What happened... how could we?" Yet, for all of our questioning, this mystery remains unsolved.

See if the following insight doesn't shed much-needed light into this darkness of our spiritual inability: *No intention can be any stronger than our ability to remember it in the moment that it is needed.* Considering this fact brings us to a vital discovery about our present nature.

The reason we can't remember our intention is because we are not *one* self. We are a being fragmented into many parts, all of which have separate agendas and therefore individual intentions.

As you have no doubt witnessed, these various aspects of self "argue" with one another -- one tugging this way, the other that way -- and all are unconscious of the fact that their conflict consumes our life's energy. In effect, our time is spent trying to be accountable by pleasing one master after another within ourselves -- only there is no pleasing this "self" (or any other, as they pop up in this psychological chain of false command).

However, when you can see how one part of yourself manages to take control of the rest of you, it is the beginning of the end of its authority over you. To state this same idea in other words, this new and higher form of self-discernment begins with realizing that you are in wrong relationship with these false parts of yourself -- that you are not intended to be their servant, but the other way around! Within this discovery begins the process of letting go of the anxiety and worry that must attend being unconsciously identified with these temporary characters within yourself.

As you realize that your greater intentions are rendered powerless in the hands of these vagrant parts of yourself, it also becomes evident that you are not going to be able to fulfill these higher aims until you begin to

become a whole human being. But how can self-unification take place when this aim itself is thwarted at every turn by the very nature it seeks to replace? This question brings us to the solution of a great spiritual mystery.

The more we awaken to how inwardly divided we actually are -- and start to see all of the forces randomly operating within us, with no guidance apart from the "good" each separate self desires at the moment -- the more we realize the need for a new kind of unity, a wholeness we are unable to create by ourselves, within ourselves.

With this new understanding comes the dawning that the only way to accomplish our higher intentions in life is to start embracing God's intention for us to be whole and conscious creatures. Our will must be redirected, married to a Greater One.

In this gradual redirection of our "willingness," a new sense of self begins to surface in us; no longer do we struggle to will ourselves into being strong or righteous; no more do we turn on ourselves for our "weakness." These former choices, once thought of as being part of what we needed to succeed with our intention, are now recognized as being part of the problem and not the solution. Our new intention is simply to remember God in our life, and this will become the one part of ourselves with which we meet everything that life brings to us.

Suffering (for whatever reasons) ceases to be our focus; nor is what might happen to us tomorrow of any more concern. The issue in moments of trial or victory becomes simply remembering where it is that we want our heart to be. And within this new way of knowing ourselves rests the active understanding that anything in us that doesn't embrace this higher willingness is secretly set against our new and truer intention.

This is why a new and higher understanding of our internal workings is so necessary. "Know thyself" takes on the meaning once lost (and now forgotten) as the only way of possessing ourselves. ###

Excerpted from *Seeker's Guide to Self-Freedom*



**Guy Finley** is the best-selling author of *The Secret of Letting Go*, *The Essential Laws of Fearless Living*, and 35 other works that have sold over a million copies in 18 languages worldwide. His work has been featured on hundreds of radio and TV networks including NBC, CBS, ABC, CNN, NPR, and PBS. Guy has spent the last 30 years showing individuals the authentic path to a higher life filled with happiness, success, and true love. Finley lives and teaches in Merlin, Oregon where he is Director of non-profit Life of Learning Foundation.

Visit the website <http://www.guyfinley.com/Welcome/4/CD1352/0>

**Pam Garcy**

**Part 5. "My critical voice is so loud, that I don't hear anything else!"**

***This is Part 5 of a multi-part article by Pam Garcy. Each week Cultivate Life! Magazine will bring the next section until the article is complete.***

I might surprise you with the first thing I'm going to say--I'm sure most of you are not expecting me to go here. But, here it is: Critical thinking is a great skill! It helps you to determine what is right or wrong for your life. It helps you to decipher which information is potentially useful, and which may become detrimental. It keeps you on your toes! Ironically, this is actually part of the problem....

You see, we have learned to trust critical thinking, because often it saves us from harm and often steers us in the right direction. Think about when Mom or Dad told you that you were too close to the fire--this information kept you from getting burnt. If they told you that you were staying up too late, that you were eating too much, that you weren't studying enough, what did you do? You might have changed your behavior and gotten better results, leading you to buy into the idea that criticism is helpful. Indeed, criticism in these examples often stemmed from love.

That part is fine. The unfortunate thing is that some of you have actually become complacent and even lazy when it comes to critical thinking. You go only half way with it. You decide that the first critical thoughts that come to you must be right, simply because they're critical. Then, you choose to accept some half-baked critical thoughts as accurate when they may not be at all! CRITICAL has become confused with COMFORTABLE.

This is especially true when it comes to the "self". Self-criticism is often steeped in half-baked thought.

An example: Starra looked in the mirror and decided she was ugly--she had a pimple on her nose. She accepted this half-baked thought and

went about her day, carrying herself as though she were defiling the environment around her.

So, if Starra were in therapy, what would we do to create growth?

We might help Starra by asking her to finish "baking" her idea. How do we finish baking this idea? One way is to finish what she started--**CRITICIZE THE CRITICISM!** If the criticism holds up, then maybe it is well founded. Often, it folds easily with a little perseverance.

Starra is probably focusing in on one aspect of herself, and is totally ignoring all the other aspects. So, Starra could start by saying, "Just because I have a pimple on my nose, it doesn't mean that I'm ugly. I have many other appealing aspects to my external beauty--and more importantly, to my internal beauty. A pimple is probably only a sign that my body is ridding itself of toxins, and it is normal for people to have these at times."

(If Starra were really courageous, she could go even deeper and address the premise of her "musts" regarding ugliness and beauty. She may be holding a deep belief that she must always appear beautiful. When she is ready, she could ask herself, "What law is there that I must be pretty all the time or ever? Who says I must look one way or another in order to fulfill "beauty" and how do they arrive at that definition? Who shall I allow to define beauty for myself? What is the cost of calling myself ugly? What is the benefit? Is there any other way to look at this pimple on my face?")

When it comes to yourself, do you decide that your critical thoughts are accurate, before even looking at any alternatives? Do you ever challenge your self-criticism? Or, do you think it must be right because it is critical, and critical is comfortable? Do you ever ask yourself if it is true? Do you determine whether it is serving you to hold onto half-baked ideas?

So, I'm not telling you to shut your voice up. Just finish the thinking. The plan is to enact critical thinking not just critical!

Resignation: "I never get anywhere, so why try?"

There are days in which you might believe that you never get anywhere. You want to give up. You want to throw in the towel. All that you notice on those days are the things that haven't worked, and it seems like nothing ever works.

Unfortunately, some of you take these days far too seriously. You use them as an excuse not to try anymore. You give up on yourself, and then you quit.

### **QUITTING....**

Quitting can take many forms, not just giving up.

Sometimes, it can take the form of hiding. You hide from others and even from yourself, burying yourself in other tasks that prevent you from looking yourself in the eye.

Other times, it can take the form of engaging in self-destructive behaviors; out of self-hatred, you might do things to punish or hurt yourself.

Still other times, it can take the form of self-sabotaging; you take actions which ultimately undermine yourself because you've decided that you're no good & don't deserve to succeed.

These behaviors are forms of what psychologists call avoidance responses, because they alleviate the anxiety that comes up for you when you start taking risks. Avoidance responses are behaviors that alleviate anxiety as you avoid the task that challenges you.

### **THE TRUTH DOESN'T ERASE.....**

The deal with quitting and other avoidance responses is that they are temporary fixes. You temporarily feel better when you do them. Over time, when you avoid doing what matters, guess what happens? Do you

think that you erase what matters? You know the answer, but I'll write it anyway--you don't.

You really can't run away from it. It still pops up for you, sometimes as thoughts in your head and sometimes as feelings in your heart. (And if you're really out of tune, it'll pop up as reactions in your body.)

You know when you're being untrue to yourself and your greater purpose, because the truth doesn't erase.

So, if you're considering the resignation path, I have a question for you. Think about any times you've given up in the past, and ask yourself: Is it harder to do what matters to you and sometimes encounter fear, growing pains, and resistance--or is it harder to avoid doing what matters to you & continuing to deny your personal truth?

When you really stop and look at it, you might find that despite the sacrifices, it is actually easier in the long-run to do what matters than to avoid it. The cost of avoiding it is pretty steep and you pay for it every day.

### **LITTLE BUDS LEAD TO BIG FLOWERS...**

"Okay," you say, "But I feel so discouraged that I'm not seeing the final results of my efforts, so why keep working at it?"

Why try: 1. You'll feel better about yourself when you're working at it. 2. The most effective way to see results is to keep working at it over time--if you give up, you probably won't see results. 3. You might be forgetting about the little results that you've already attained. Can you think back over the past few weeks? What growth have you seen in yourself? What have you already accomplished, even if you think it is only little? Are you appreciating yourself for what you've already done?

Perhaps these little results are actually the first signs of bigger things to come, much like little buds that eventually bloom into big and beautiful flowers!

Keep on keepin' on! There's only one you and you're meant to bloom!  
###

You can learn more about tuning into yourself. Look for *The Power of Inner Guidance: Seven Steps to Tune In and Turn On!* by Dr. Pam Garcy. Available now on Amazon.

### **Next issue: Part 6**

**Pam Garcy, PhD** is a Psychologist and Coach in Dallas, Texas. If you'd like a partner in reaching your goals and overcoming the obstacles that seem to stand in your way, please contact Dr. Pam for coaching at [drgarcy@aol.com](mailto:drgarcy@aol.com). Dr. Garcy offers a special 10% coaching discount to all valued subscribers of Cultivate Life and to customers of Trans4mind.com. Dr. Pam's best-selling books - including the bestsellers *The Power of Inner Guidance: Seven Steps to Tune In and Turn On* and *Wake Up Moments of Inspiration* are available at <http://www.myinnerguide.com>

## How Important Are Your Values?

By Philip Humbert

A central theme of many personal development and goal-setting programs is the importance of building your life around your core values. Every really effective goal-setting program I've seen begins with the question, "What's important to you?"

But having said that and given due respect to the importance of knowing my major values in life, I confess that I've never been very clear about it for myself. It seems clear and obvious and wonderful to start with the Big Picture. What are the key values and major results you want in life? What are the things you believe, the things you (literally) stake your life on?

Get clear about these Big Pieces, then break them down into goals and tasks that can be implemented. Then, of course, you have to actually do the daily work, but we all work hard anyway and it certainly makes more sense to work on things that are important (and lead to important results) rather than doing meaningless work to earn a paycheck. This is all fairly obvious, right?!

The logic is clear to me. But here's the thing - my brain prefers a more concrete way of looking at things, rather than the "philosophical" method of value-clarification. I'm brilliant about practical solutions to specific problems. For myself and in coaching others, strategies, tactics and solutions to challenges like avoiding debt, building a business, getting closer as a family or retiring early, all seem clear and straight-forward to me. I can do that. It makes sense. It's fun and (most important) it gets results.

But, ask my WHY these things are important and too often I fall back on the solipsism from Amelia Earhart, "I want to do it because I want to do it."

And, in a sense, that may be all the answer we really need. After all, why is freedom vital to one person, while success is a key value for another? Why is integrity a primary value for some, while generosity, peace of

mind or health are more important for others? These are deeply personal things.

If clarifying your values, purpose or vision seems vitally important to you, then invest whatever time, energy and work is required to clarify them! Working hard on a project when you have reservations about its importance is really tough! Why would anyone work hard on something they doubt will have significance beyond Friday's paycheck? Don't spend your life that way! Decide what's of first importance, and do that!

Ask yourself, What are my top values? What's important to me? What do I believe? What has meaning and significance for me, and are these things reflected in my goals and my daily work?

Many people have discovered that once they answer these vital questions about their core values, everything else falls into place. Suddenly goal-setting and daily priorities are easy! They have more energy, more enthusiasm and power because their work has meaning and purpose. If this is you, then I encourage you to do whatever it takes, read, journal, attend seminars or retreats, meditate, pray or get coaching, whatever it takes to find the answers.

But some of us seem to be wired differently. There's something confusing or vague, idealistic or other-worldly about this focus on values. We just want to get the job done. We won't violate the law, our ethics or morals, but defining our core values distracts us and delays getting the job done. We want a task with clearly defined results that seems important or interesting or challenging to us ("I want to do it because I want to do it") and we'll get on with it.

Whichever way you are "put together" is fine! Accept, honor, and be yourself! If a clear statement of your core values is important to you, take time to do that work! Define your values and do it first, no matter what it takes! But if you are what I call an "engineer," accept that. Define the goal, make sure you are motivated, and get to work. Define the tasks, set your course, and go for it.

As Joseph Campbell famously said, the key is to "follow your bliss." Organize your life and your work in the way that makes sense, that

works for you and gets the results you want. As long as you do it fairly, ethically and legally, to me that looks a lot like success! Go for it! ###

**Dr Humbert** is a Success Strategist, author and popular speaker. Imagine what's possible! To inquire about having him speak to your group or organization, or to schedule an initial consultation, [contact him](mailto:philiphumbert.com) or visit his site at <http://www.philiphumbert.com/>

## **The Greatest Mistake You Can Make** **Chuck Gallozzi**

**The Greatest Mistake You Can Make, Is to Be Afraid of Making one.**  
—*Elbert Hubbard* [1]

“What? You plan to go to Japan to study the language? You’re nearly 24, without a college education, so why would you want to do that? How will you support yourself? And if you do learn the language, what will you do with it? Aren’t you taking a big gamble?”

Yes, I was taking a gamble, but isn’t that what we all do when we chase after our dreams? So, I didn’t heed the advice of my friends and family and left for Japan. The result was the greatest adventure of my life, which lasted 15 years.

“Are you mad? You want to marry a foreign student? Do you want to bring shame on our family? Only fools would gamble with their lives like that! We forbid you to marry him, and if you do, we will disown you!”

But my wife, who was a Registered Nurse at the time, chose to listen to her heart, rather than her parents. So, we married and shared a 48 year adventure in Japan, Hawaii, and Canada, and continue to do so.

These stories are just two examples of the countless opportunities that come our way. Life invites us to say yes to adventure, excitement, and courage. Many, however, turn away from life’s call because of fear. But all the decisions we make have consequences, and the consequences of giving in to fear are lives of regret.

Yet, in unguarded moments, courage can change to rashness or impulsiveness and the gambles we take may turnout to be destructive, rather than constructive. Some, for example, turn to gambling, alcohol, sex, and drugs to add thrills to their lives. But rather than lead us to our dreams, such choices drag us to our nightmares.

To avoid treading down the wrong path, we need to question our motives. Here are questions to ask. Is this action likely to be constructive or destructive? Do I want to do this because I’m running



away from pain or boredom, or am I running to a positive goal? Am I trying to get something for nothing (such as winning money at a casino) or am I willing to invest the time, effort, and expense that is needed to reach my dream? After all, as A.P. Gouthey [2] wrote, “To get profit without risk, experience without danger and reward without work is as impossible as it is to live without being born.”

Risk-taking is our legacy and salvation, for “This nation was built by men who took risks — pioneers who were not afraid of the wilderness, business men who were not afraid of failure, scientists who were not afraid of the truth, thinkers who were not afraid of progress, dreamers who were not afraid of action.” (Brooks Atkinson [3])

Philip Adams [4] explains why it is so important for us to reflect on our actions, goals, and fears, “It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don't. They sit in front of the telly (TV) and treat life as if it goes on forever.”

And Robert Collier [5] points out the paradox of risk-taking, “Playing safe is probably the most unsafe thing in the world.” This message is constantly repeated. For example Geena Davis [6] said, “If you risk nothing, then you risk everything”; Erica Jong [7] echoes, “If you don't risk anything you risk even more”, Elbert Hubbard [1] wrote, “The greatest mistake you can make, is to be afraid of making one”, and Dag Hammarskjöld [8] stated, “It is in playing safe that we create a world of utmost insecurity.” These thinkers are simply expressing the truth that if we refuse to take risks, we will not be able to accomplish anything.

When we refuse to take risks, there are terrible consequences. For a life without risk-taking is a life without adventure. After you've read a page in a book, do you endlessly reread the same page? Don't you turn the page to find out how things develop? Life is a book; the risks we take are the pages, and as we turn the pages, we experience the adventure of life. Here are three more thinkers commenting on this theme:

“It is only in adventure that some people succeed in knowing themselves — in finding themselves.” (André Gide [9]); “It is only by risking our persons from one hour to another that we live at all.” (William James

[10]); “You have to take risks. We will only understand the miracle of life fully when we allow the unexpected to happen.” (Paulo Coelho [11])

### **Tips and caveats**

**1.** Only by daring to go too far can we find out how far we can go. So, we mustn't be afraid of taking big risks. Of course, balance is also called for. That is, we should aim for calculated risks while avoiding rashness and impulsivity. Yet, as Alvin Toffler [12] writes, “It is better to err on the side of daring than the side of caution.” Why is that? Because “We fail more often by timidity than by over-daring.” (David Grayson [13]) Besides, “If there were no bad speculations there could be no good investments; if there were no wild ventures there would be no brilliantly successful enterprises.” (F.W. Hirst [14]) When we play it safe, we just get by, but that may not be good enough in turbulent times.

**2.** Risk-taking requires trust in yourself and trust in life. Some find this difficult because *faith* is synonymous with uncertainty. Yet, acting without certainty is pragmatic. For how else can we learn if something will work or not?

**3.** With courage, we can try anything, but that doesn't mean we will succeed at everything. So, we must monitor our efforts and make changes in direction or method whenever necessary. At times, we may have to start all over from the beginning. But we need not be afraid of 'failure,' for as someone else once wrote, “Of all the people I have ever known, those who have pursued their dreams and failed have lived a much more fulfilling life than those who have put their dreams on a shelf for fear of failure.”

**4.** If you are riddled with doubt, don't proceed because half-hearted attempts rarely succeed.

**5.** Common sense and caution are better than rashness, but don't be too prudent. For “We may by our excessive prudence squeeze out of the life we are guarding so anxiously all the adventurous quality that makes it worth living.” (Randolph S. Bourne [15])

**6.** It is good to do research and investigate the possible impediments to success, but don't expect to solve all problems before you begin. Nothing will ever be accomplished, if you wait for the 'perfect' plan.

7. Use these quotations as guideposts on your life adventure: “Growth means change and change involves risk, stepping from the known to the unknown.” (George Shinn [16]); “To see what few have seen, you must go where few have been.” (Buddha [17]); “We don’t know who we are until we see what we can do.” (Martha Grimes [18]).

8. Learn from Kelly Williams [19], “When I’m in a bout and I stop fighting to win and start fighting not to lose, I’m almost guaranteed to lose because I quit taking chances.”

9. Learn from the poet, Victor Hugo [20], “Be like the bird that, passing on her flight awhile on boughs too slight, feels them give way beneath her, and yet sings, knowing that she hath wings.” We don’t have wings, but in their place we have resilience. Don’t forget about this inner resource and remember, we are as powerful as we allow ourselves to be.

10. Manage your fears. And to help you do so, here is a practical guidebook that should be on everyone’s bookshelf: *Quick Fixes for Everyday Fears: A Practical Handbook to Overcoming 100 Stomach-Churning Fears* by Michael Clarkson, Da Capo Press, 2004.

11. Learn from Mahatma Gandhi [21] who said, “There would be nothing to frighten you if you refused to be afraid.” His teaching is important because it reminds us that remaining afraid is a choice.

12. Remember that some things are too important to avoid doing merely because you are afraid, or as Bill Cosby [22] put it, “Decide that you want it more than you are afraid of it.”

13. Life has two rules: 1. If you want to succeed, do what you fear; 2. Always remember the first rule.

14. It’s easier to be courageous if you remember that “Courage is the art of being the only one who knows you’re scared to death.” (Earl Wilson [23])

15. How is your life going? Are you experiencing any defeats? If you’re not running into roadblocks, tripping over barriers, or crashing into obstacles, it may mean you’re not taking enough risks!

16. To avoid the pain of defeat, some build walls of protection around themselves. These walls are made of excuses to do nothing. But be careful, for if you build a wall too thick, you won’t be able to break free. Yet, if the pain of being a prisoner of mediocrity grows stronger than the pain of breaking free, you’ll be able to advance once again. Here’s how Anais Nin [24] expressed this idea, “And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

17. Don’t be afraid to take risks because if you win, you’ll be happy, and if you lose, you will be wise. And as Peter F. Drucker [25] points out, “People who don’t take risks generally make about two big mistakes a year. People who do take risks generally make about two big mistakes a year.” Since the odds are the same, it doesn’t make sense to try and be safe.

18. Learn the Disney [26] 4 C’s. “Somehow I can’t believe that there are any heights that can’t be scaled by a man who knows the secret of making his dreams come true. This special secret, it seems to me, can be summarized in four C’s. They are curiosity, confidence, courage and constancy and the greatest of these is confidence. When you believe in a thing, believe in it all the way.”

### **Risk-Taking Exercise**

To get the most satisfaction, pleasure, and meaning from life, we need to constantly take new risks, or regularly step out of our comfort zone. If we’re not doing so, that’s because we’re not spending time thinking about what we want from life or because we don’t know what we want. To solve either problem, make a list of ten things that it would be nice to do, be, or have.

Here’s an example list of five items:

1. It would be nice if I could speak, read, and write Arabic.
2. It would be nice if I could do ballroom dancing.
3. It would be nice if I could repair cars.

4. It would be nice if I could earn extra money.
5. It would be nice if I could visit Australia.

Your list will reveal things that you would like to do, be, or have. Why haven't you achieved those goals? Is it because of fear? Is everything you want on the other side of fear? Or is it because you are not yet willing to invest the time, effort, and expense to achieve them? Practice self-questioning and ask yourself what is preventing you from reaching your goals. But be careful, don't look for excuses; rather, look for what you are doing wrong, what you should be doing, and how to begin doing it. Remember, those who said they never had a chance, never took one.

### Concluding Thoughts

It's sad that, "Most people live and die with their music still unplayed. They never dare to try." (Mary Kay Ash [27]) Is that the way we should live? Or would we be better off abiding by the following maxim?

"Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible." [28]

Denis Waitley [29] has the final word, "Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing."

- [1] Elbert Hubbard (1856~1915, American writer, publisher, artist, and philosopher)
- [2] A.P. Gouthey (A Christian writer of pamphlets and booklets in the 1920's and 30's)
- [3] Brooks Atkinson (1894~1984, American theatre critic)
- [4] Philip Adams (Born July 12, 1939, Australian broadcaster, film producer, writer, social commentator, and satirist)
- [5] Robert Collier (1885~1950, American writer, publisher)
- [6] Geena Davis (Born 1957, American actress)
- [7] Erica Jong (Author of 21 books, <http://www.ericajong.com/index1.htm>)

- [8] Dag Hammarskjold (1905~1961, Swedish statesman, Secretary-General of the UN)
- [9] André Gide (1869~1951, French author and winner of the Nobel Prize in literature in 1947)
- [10] William James (1843~1910, American psychologist and philosopher)
- [11] Paulo Coelho (Born 1947, Brazilian lyricist and novelist)
- [12] Alvin Toffler (Born 1928, American author)
- [13] David Grayson (1870~1946, American journalist, popular essayist)
- [14] F.W. Hirst (1873~1953, British journalist, writer and editor of The Economist magazine)
- [15] Randolph S. Bourne (1886-1918, American writer)
- [16] George Shinn (Born in 1941, Owner of the New Orleans Hornets basketball team, which he bought for \$32,500,000 in 1987)
- [17] Buddha (c. 563~483 BC)
- [18] Martha Grimes (Born May 2, 1931, American author of detective fiction, <http://www.marthagrimes.com/hp/>)
- [19] Kelly Williams (Born February 2, 1982, a Filipino-American professional basketball player)
- [20] Victor Hugo (1802~1885, French poet, dramatist, novelist)
- [21] Mahatma Gandhi (1869~1948, political and ideological leader of India during the Indian independence movement)
- [22] Bill Cosby (born July 12, 1937, American comedian, actor, author, television producer, educator, musician and activist, <http://billcosby.com/>)
- [23] Earl Wilson (1934~2005, American baseball star)
- [24] Anais Nin (1903~1977, French author who became famous for her published journals, which span more than 60 years, beginning when she was 11 years old and ending shortly before her death)
- [25] Peter F. Drucker [25] (1909~2005, American writer, professor, Management Consultant)
- [26] Walt Disney (1901~1966)
- [27] Mary Kay Ash (1918~2001, American businesswoman, founder of Mary Kay Cosmetics)
- [28] West Point Cadet Maxim (American military academy)
- [29] Denis Waitley (Born 1933, American author, speaker, trainer, peak performance expert, [www.deniswaitley.com](http://www.deniswaitley.com))

## **Overcoming Your Demons**

### **By Harry Tucker**

Over the past few years, a number of people have shared with me the notion of the demons that hold them down. The demons vary in attribution - not enough money, not smart enough, not connected enough, etc. No matter how much I tell them that the demons can be overcome, I am told that I don't understand because my life has been so easy.

The demons also vary in intensity and combination but whatever they are, they combine to hold people back from realizing their dreams and their purpose.

I would like to share a story of someone who gave me permission to share his life story with you. I will give this person the name "Sam" for the purposes of this illustration and it is one of many examples of how people can overcome their demons.

Sam's conception was an accident. His parents lived in a small, poor rural community and Sam definitely wasn't planned. His parents made a commitment to stay together and make it work. They moved a couple of times before eventually settling down in another rural town to begin their life together. Money didn't come easily to this family but the family made do.

In the early years, Sam was a thin child, spending time here and there in the local hospital for unexplainable reasons. On more than one occasion in his life (in childhood and adulthood), Sam was believed to be dying for one reason or another. His soft bones broke easily as well and he had more than his share of broken bones. His liver and kidneys have been the impetus of more than one painful / stressful trip to the hospital for unexplainable reasons throughout his life and it has been suggested more than once that they are failing for unknown reasons. A healthy model of a human being was not an attribute of Sam.

His early home years were crowded. He lived in a very small house that was basically one room with a false wall and a couple of dividers to

provide the semblance of rooms. The commode was a steel pail and running water was defined as running to the well to draw water from it.

His parents were loving but not always patient. This created a "need to please" within Sam that at times became crippling.

In a house that was smaller than 20ft by 20ft, he lived with then two siblings and his parents for the first seven and a half years of his life.

Throughout his school life in this rural town, he was often the victim of bullies. This bullying continued from grade one all the way to when he finished high school. It was something that he endured and something that took a fair amount of time to overcome when his school years ended. The impact of bullying cannot be underestimated. As he would tell you, if you feel your child is being bullied, do something about it now. He avoided many school activities throughout his school life so that he could avoid being the victim of the people who chose to belittle him because of their own pain. Such avoidance caused him to miss many opportunities for personal growth and fulfillment.

Twice in his young life, including one time on the eve of his first holy communion, pedophiles tried to share their own pain on him. Both times they were unsuccessful. However, in both situations, it caused Sam to wonder - why is this happening to him? Why does God allow this to happen to him? Maybe God doesn't even exist.

When he graduated high school, he was painfully shy, an introvert who was even picked on in college for being a combination of being intelligent and too shy.

Sam has had two mini-strokes, in 1983 and 1990. The diagnosis - unknown cause so don't worry about it. He never told his family - it seemed unnecessary.

Sam is also legally blind in one eye.

The combination of his life events and genetics left him awkward, physically small in stature, an introvert who was afraid to speak to

people, a person who generally wasn't happy with himself for many reasons and because of his small stature, introversion, timidity and growing up in a family that was not wealthy, his future didn't look terribly bright.

When we see people like Sam, we may feel pity for him or wonder "Where will he end up, if anywhere at all?" After all, he has been damaged beyond repair - why should anyone try to help Sam? He is probably not worth saving anyway - what difference can he make in the world with these circumstances? We are probably better off turning our back on Sam and writing him off as another lost human being.

Maybe we are like Sam, with a collection of demons similar to or different than Sam's and we use these demons to hold us back.

Let me tell you something else about Sam.

Sam's real name is Harry.

*I am Sam.*

When I look back on the life that I lived as a young person, I feel like I am looking at the life of a different person.

People who know me now see me as an extrovert who is as at ease in front of 15,000 people in an auditorium as he is in an intimate conversation in a coffee shop. I have created successful companies in New York, one of the most challenging environments in North America to be successful in (especially for a small town boy).

The small, sickly, child now stands 6'3" and weighs in at 220 pounds.

I am blessed with many gifts, many opportunities, many great memories, an incredible business network, a great family, many great friends and a strong faith in God.

If you had looked at me 25+ years ago, you would not have predicted such a life for me. I know I wouldn't have.

There may be someone else that you would not predict such a life for.

Perhaps that person is you.

Perhaps you are Sam.

There is something that you need to tell the person who is like "Sam".

If they dig down deep inside, they can find the spirit that calls them to be something in life.

If they want it bad enough, it is theirs for the taking.

If their faith is strong, what they desire can become their ultimate purpose and destiny.

Their past is their past. What determines the results of the rest of their life rests on how they convert the gifts they have into actions to make a difference.

As Stephen Covey wrote, help "Sam" answer these 4 questions:

- What are you good at? That's your mind. (Intellectual Quotient)
- What do you love doing? That's your heart. (Emotional Quotient)
- What need can you serve? That's the body. (Physical Quotient)
- What is life asking of you? What gives your life meaning and purpose?

What do you feel like you should be doing? In short, what is your conscience directing you to do? That is your spirit. (Spiritual Quotient)

We motivate ourselves, according to Dr. Covey, with the law of the 4 L's - to live, to love, to learn and to leave a legacy.

Seek how the answers to the 4 questions overlap the 4 L's and the resulting picture will become the purpose of "Sam's" life - or yours.

No demons in your life will be strong enough to prevent you from achieving your purpose at that point.



Demons hold no power in your life. No matter what demons you have, you can find someone who has overcome the same demon.

What does this tell you?

That demons are merely those things which are meant to provide you with an opportunity to gain knowledge and strength and having gained them, provide a means of using them to find your purpose and to leave a legacy.

In service and servanthood.

Harry ###

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Harry Tucker is a Wall Street strategy advisor, technology architect, speaker and writer. He is a contributing author to "97 Things Every Project Manager Should Know: Collective Wisdom from the Experts". He is consumed by the concept of authenticity –how our internal intentions, our expressed intentions and our actual execution are in alignment. His website is <http://www.harrytucker.com>.

## **Boldly Love Where Your Love Has Never Gone Before** **By Beca Lewis**

"You don't know what love is." That's what Ginny said to Forrest in the movie "*Forrest Gump*". At the end of the movie when he told her, "I do know what love is Ginny," we all knew that he did.

"Love always shows up." That's what someone said to me years ago when I was questioning another's love for me. That person didn't show up for me, but Forrest did for Ginny. He consistently loved without the question "what's in it for me". Instead, he boldly loved, without guilt or need, because he knew himself and was clear about his intent and purpose.

I once wrote an article called "Disguising Ourselves As Human." However, we disguise ourselves in many more ways than just as a human. We disguise ourselves in much more basic ways. We disguise ourselves as our jobs, our past, our family, our race, and our sex: the list is endless, and every one of these disguises keeps us from completely showing up for those we love, beginning with ourselves. When we show up for other people as part of our disguise it is not love, it is escape.

Life gives us moments that we can seize to learn more about boldly loving instead of escaping to "good deeds". Once I had to move very slowly and even sit down all day and let Del take care of me. It was hard. I am used to getting up, doing things, keeping busy, helping out, seeing what others need, and in general escaping in my disguise as efficient and caring. Letting Del take care of me revealed my disguise to myself—I am sure he already knew.

When I was in my early 20's I read a quote by Dag Hammarskjold, the Secretary General of the United Nations that I have never forgotten, but often forget to apply. Mr. Hammarskjold was awarded the Noble Peace Prize posthumously in 1961. I tell you this so there can be no misunderstanding about his meaning. He said, "It is more noble to give yourself completely to one individual than to labor diligently for the salvation of the masses".

We make love much more complicated. We escape from this kind of bold love through our disguises and in our “duties” to mankind and others. We mistake big events as something important and miss out on the small events that mean so much more. Loving boldly is about loving consistently in everyday life.

Mr. Hammarskjold also said, “The ‘great commitment’ is so much easier than the ordinary, everyday one--and we can all too easily shut our hearts to the latter. A willingness to make the ultimate sacrifice can be associated with, and even produce, a great hardness of heart”.

It is oh so easy to hide in the excitement of a big plan, and it is oh so dangerous to forget that real love is simple, powerful, effective, consistent, and ultimately the victor over every circumstance that would claim otherwise.

Look into your life. Is it what you meant it to be? Do you know who loves you? Do you love boldly and consistently in the little things? Are you making choices based on success measured by money, fame, or guilt?

As we face situations, both large and small, it is a focus on the boldness of love that will heal any situation. Boldness that stems from the principle of Love does not begin in fear. It flows from an unshakable awareness of its ultimate power over all that does not appear as love. If we are not afraid for ourselves, we are not afraid for others.

Showing up as Love is what we will do naturally. Focusing on what is true Love, we can easily see what is not. We will demand that it be corrected within ourselves first and as a result, we will not accept anything less than true bold love in others. We will stop making decisions that are based on fear, greed, or personal need.

Forrest may have said, “life is like a box of chocolates” but his love held no surprises; he lived boldly and consistently and acting from love he always “showed up”. ###

As an author and guide **Beca Lewis** is dedicated to bringing Universal Spiritual Principles and Laws into clear focus, and to shift material

perception to spiritual perception, which following the law “what you perceive to be reality magnifies™”, adjusts lives with practical and measurable results.

Sign up for Beca’s free Shift Ezine and Ecourses here:

<http://budurl.com/lwyr>

## **The Innocence and Power of Enthusiasm**

Steve Wickham

Enthusiasm is the leaping lightning, not to be measured by the horsepower of the understanding.

*~Ralph Waldo Emerson.*

Not unlike curiosity in the breadth of its power and majesty of its mystery, enthusiasm is given to the holy quality of another realm, other than founded here, on earth.

It has an infectious allure and power beyond bases as it is stricken never beyond hope, and always powerfully optimistic.

### **Never to be Undermined**

The sheer weight of our enthusiasm carries us over many cusps and chasms, ones which even seem impossible and untenable to the naked human eye.

Never to be undermined is this thing that predisposes us to success and the holiness of a totalitarian joy able to quash a troubled spirit.

More than this even, it enraptures a certain capacity for more, despite the discontentment and disenchantment of the fatigued voices it somehow hears in background.

Wandering alone with the Divine it saves note of counsel for this interaction alone, other than simply to enlighten others as to the vision it sees; a wonderful escarpment known beyond the limits of the human mind, into the revelation of the Divine.

Not that it is beyond the reaching; we're discussing the character of Enthusiasm - which is a mood, an attitude, and a moral competency.

### **Dissuaded to Hopelessness and Helplessness**

Enthusiasm, then, is not given to mirages of despair, though she knows cousins who are. These are frightened by opposite realities that are all too visible.

This quality of zealously innocent passion is choosing for the brightness of joy, the colour of wonder, the contrast of health, and the luminosity of splendour. It cannot be beaten.

### **Taking Hold of Enthusiasm's Hand**

It is a thing to do and a thing to see. When darkness is seen it is somehow disbelieved for light somewhere over the shoulder. It continues searching until brilliance is found.

As we persons - each with our minds and hearts to enjoy or despair - take with our lives the qualities of enthusiasm, we find the darkness lighted up. It does not contend well with such spiritual work; darkness has no answer to it.

In life we take hold of hands. We must do so to live. However, we do so as a choice, take the hand of darkness or light and myriad fortune of each dialect of reality.

The basic choice rests with us. Will it be enthusiasm beyond the discouraged moment, or will the discouragements that presently weigh heavily cast their shadow ever more over our weary souls?

Just a little over the horizon rests a splendour not recognised from here. Yet, as God is alive, it is surely there! ###

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## Quotes of the Week

"What soap is to the body, laughter is to the soul." --Yiddish Proverb

"Man's greatest actions are performed in minor struggles. Life, misfortune, isolation, abandonment and poverty are battlefields which have their heroes - obscure heroes who are at times greater than illustrious heroes." --Victor Hugo

"Every choice before you represents the universe inviting you to remember who you are and what you want." --Alan Cohen

"Men weary as much of not doing the things they want to do as of doing the things they do not want to do." Eric Hoffer

"A smooth sea never made a skilled mariner." --English proverb

## Here Comes Inspiration with Phil Evans

### I Reject Your Rejection!

Recently I came across a great "little" book called Lucky or Smart. It is the autobiographical outline of how Bo Peabody built Tripod and sold it to Lycos for \$US60 million before the Internet bubble burst. He was paid in Lycos shares, and he sold half his Lycos holdings, before the market crashed, for \$US300 million. I think you get the idea of the title - was he SMART or LUCKY.

Peabody claims he is both. Smart enough to know when to start something, and when to get out. Also, he was clever enough to know as a B student he could build his future with A students who were gifted but not adventurous. Peabody talks about how "no" is the starting point for all good ideas.

Here is a brief extract of how we got into Williams College, even though as a B student he didn't qualify - at first. He eventually partnered with a Professor at Williams to start Tripod. So, in Bo's words, here's what happened when he heard "no".

"The first time I realised I loved the word "no" was when I applied for college. I was determined to attend Williams College, one of the world's most selective institutions of higher learning. One in every five people who apply to Williams gets in. which is one of every hundred who seriously think about applying and one of every thousand who ask their school guidance counsellor if they should apply. I didn't have a prayer of getting accepted. I was, after all, a B-student.

Sure enough, I got the thin envelope: the one with no information about when the school starts, or what dorm you're in, or who your roommate will be. Instead, it just contains that nicely worded letter, the one that when you cut through all the flowery language simply says "no."

I needed a plan. The customer had said "no," and the sales process was just beginning. Figuring that the admissions committee of this elite school had probably seen and heard just about everything, I decided to take a bold, direct, and unorthodox approach. I got the telephone

number of the assistant director of admissions, a man called Cornelius (Corny) Raiford. I called up Corny and told him:

"Hi, my name is Bo Peabody, and I reject your rejection."

There was a long silence. "Excuse me?" he said.

"I want to go to Williams College," I continued. "And with all due respect, I think the admissions committee has made a mistake. And I'd like to work with you to correct it. I am formally rejecting your rejection. I'm coming to Williams. Not next year perhaps, but at some point. I'm in no rush. I have all the time in the world, and I plan to send application in to Williams every year until I'm accepted."

There was another long silence.

Corny cleared his throat, and said, "I appreciate your desire to attend Williams. I'm not sure I've ever received a call like this, so let's see what we can do."

Most people would simply accept the rejection.

Don't .... Ever.

When you hear "no" it is the time to really start fighting. ###

## **Zen Story**

### **Calling Card**

Keichu, the great Zen teacher of the Meiji era, was the head of Tofuku, a cathedral in Kyoto. One day the governor of Kyoto called upon him for the first time.

His attendant presented the card of the governor, which read: Kitagaki, Governor of Kyoto.

"I have no business with such a fellow," said Keichu to his attendant. "Tell him to get out of here." The attendant carried the card back with apologies. "That was my error," said the governor, and with a pencil he scratched out the words Governor of Kyoto. "Ask your teacher again." "Oh, is that Kitagaki?" exclaimed the teacher when he saw the card. "I want to see that fellow."



## 100 Words

### Mindy Audlin

#### Who Is Mindy Audlin?

Mindy Audlin is an author, spiritual teacher, and founder of the “What If” Up! Club, helping expand mass consciousness through the applied power of imagination. She is the visionary behind Unity FM, a twenty-four-hour online spiritual broadcasting network, where she interviews world-renowned spiritual trailblazers as the host of her weekly talk show, *The Leading Edge*.

[www.whatifup.com](http://www.whatifup.com), [www.unity.fm](http://www.unity.fm)

#### Five of Mindy’s favorite books:

*The Prophet*, Kahlil Gibran

*The Alchemist*, Paulo Coelho

*Zero Limits*, Joe Vitale

*Discover the Power Within You*, Eric Butterworth

*The Path*, Laurie Beth Jones

#### Insight by Mindy Audlin

We are the chosen ones. We are blessed with the opportunity to midwife the birth of a new humanity. Together, we bring forth a world where the atrocities of war are footnotes in the history books of our children. Together, we engage in a technological revolution where compassion, appreciation, and interpersonal connections manifest in high speed and high definition! Together, we transcend the comfort of our feathered nests and take flight into a future of sustainability and abundance. The time is now. May all God’s children, in glorious harmony, sing *together* the sacred anthem of *unity*.

## From The Shelf

### Glad No Matter What: Transforming Loss and Change into Gift and Opportunity

By SARK

SARK (Susan Ariel Rainbow Kennedy) is a bestselling author and artist. Her books have sold over two million copies. She is the founder and creative fountain of Planet SARK, a thriving business that creates fabulous products and services to support empowered living. She lives gladly in San Francisco.

Though SARK has empowered millions to live their creative dreams, manage their businesses, and savor personal connections, the deaths of her mother and cat and the end of a treasured relationship tested her ability to walk her talk. But as *Glad No Matter What* shows, she journeyed through the spirals and layers of grief and loss and emerged stronger and more whole. In this inspiring book, she shares the insights she found along the way — practical strategies we can all use to cultivate profound, positive transformation *through*, rather than despite, life’s inevitable travails.

“In her unique and marvelous way, SARK shares her own story with humor and honesty, inspiring us with her wisdom. In *Glad No Matter What*, she shows us how to live with greater genuine happiness even when we’re facing tough challenges or tumultuous change. I loved this book!”

—**Marci Shimoff**, *New York Times* bestselling author of *Happy for No Reason*

“SARK has done it again. She’s taken the harrowing life challenges of dealing with loss and change, turned them upside down, and created a powerful healing path that will calm fears, warm hearts, and transform lives forever. Way to go, SARK!”

—**Cheryl Richardson**, author of *Take Time for Your Life* and *The Art of Extreme Self-Care*

“SARK has birthed yet another profound gift in her latest work, *Glad No*

*Matter What*. She shows the gifts in healing from loss with her approachable and simple language, illustrating the kind of transformation that is possible as we dare to mend our broken hearts.”

— **Kristine Carlson**, author of *Heartbroken Open* and *Don't Sweat the Small Stuff for Women*

“SARK’s wisdom, compassion, joy, and humor are among the brightest lights I know. In *Glad No Matter What*, she offers outstanding tools and inspiration to make everything you encounter work in your favor. I wish everyone would read this book and bring these heartfelt lessons to life!”

— **Alan Cohen**, author of *A Daily Dose of Sanity*

## **Eastern Wisdom**

“A fall into a ditch makes you wiser.”

Chinese Proverb

## **Meditation**

Falling is a necessity on your path to success. Falling often, is the path to enlightenment. We must stumble and often fall in order to obtain the wisdom we have been brought here to learn. Life is filled with ditches; however it is also covered with mountains. When stuck in a ditch you must continue to claw your way out and success will surely come.

## **Real Life Application**

Begin to adopt a different way of looking at so-called “failures”. Realistically, these moments in your life are growth filled learning experiences that will eventually catapult you to the peak of success. Fall often, pick yourself up each time, and keep climbing the mountainous terrain of success. There is only one true failure and that is when you give up.

## Conquering Your Procrastination Habit, by Dr. Linda Sapadin

### Tip# 10

#### Reduce the number of qualifiers in your speech.

Qualifiers are words and phrases that weaken your commitment to action. “Maybe,” “perhaps,” “try to,” “kind of,” “possibly,” and “think I will” are typical qualifiers. Be aware of how you use such words to make tentative statements – ones that dodge a firm commitment instead of speaking affirmatively.

Rather than saying, “*I’ll try to get it done*,” be more assertive and say, “*I will get it done* by the end of the day.” Instead of trying to get someone off your back by saying, “*Maybe* I’ll look over your report if I get a chance, commit to a definite time frame, then do it!”

As you reduce the frequency of qualifiers in your speech, watch your reputation soar as others notice the quality and timeliness of your work.

"For additional tips, go to [www.BeatProcrastinationCoach.com](http://www.BeatProcrastinationCoach.com). Discover how *success coaching* and "*The Six Styles of Procrastination E-Program*" can empower you to reach your goals.

### Ponder a Moment

We begin to see, therefore, the importance of selecting our environment with the greatest of care, because environment is the mental feeding ground out of which the food that goes into our minds is extracted.

—Napoleon Hill

## A Course In Miracles, Lesson 21 plus Commentary by Allen Watson

### Lesson 21

#### I am determined to see things differently.

The idea for today is obviously a continuation and extension of the preceding one. This time, however, specific mind-searching periods are necessary, in addition to applying the idea to particular situations as they may arise. Five practice periods are urged, allowing a full minute for each.

In the practice periods, begin by repeating the idea to yourself. Then close your eyes and search your mind carefully for situations past, present or anticipated that arouse anger in you. The anger may take the form of any reaction ranging from mild irritation to rage. The degree of the emotion you experience does not matter. You will become increasingly aware that a slight twinge of annoyance is nothing but a veil drawn over intense fury.

Try, therefore, not to let the "little" thoughts of anger escape you in the practice periods. Remember that you do not really recognize what arouses anger in you, and nothing that you believe in this connection means anything. You will probably be tempted to dwell more on some situations or persons than on others, on the fallacious grounds that they are more "obvious." This is not so. It is merely an example of the belief that some forms of attack are more justified than others.

As you search your mind for all the forms in which attack thoughts present themselves, hold each one in mind while you tell yourself:

*I am determined to see \_\_\_\_\_ [name of person] differently.*

*I am determined to see \_\_\_\_\_ [specify the situation] differently.*

Try to be as specific as possible. You may, for example, focus your anger on a particular attribute of a particular person, believing that the anger is limited to this aspect. If your perception is suffering from this

form of distortion, say:

*I am determined to see \_\_\_\_\_ [specify the attribute] in  
\_\_\_\_\_ [name of person] differently.*

### Commentary by **Allen Watson**

In this lesson we apply the idea of being determined to see to specific situations that arouse anger, with an emphasis on seeing these situations differently. The meaning of these exercises in connection with transforming our perceptions is quite obvious.

One thought from this lesson is particularly striking. It is a thought that makes more and more sense to me the longer I work with the Course, studying the Text and practicing the mental disciplines it teaches us: "You will become increasingly aware that a slight twinge of annoyance is nothing but a veil drawn over intense fury".

The very first "miracle principle" presented in Chapter 1 of the Text says, "There is no order of difficulty in miracles". The idea expressed in this lesson closely parallels that concept. There is no order of severity in anger, either; a slight twinge of annoyance is the same as intense fury, and in fact *is* disguised rage. All forms of anger stem from the same source.

Some schools of psychology have long maintained that everyone carries around a deeply suppressed, primal anger. It may be tempered by a veneer of civilization, but underneath, in the subconscious, lies a violent fury. Many have attributed this to our animalistic origins in evolution, but the Course sees the anger in a metaphysical sense. Within us we carry a blinding anger at ourselves because we believe we have attacked reality and succeeded; we have somehow managed to separate ourselves from God and have destroyed the unity of Heaven. We think that in a childish fit of pique over not receiving special treatment and special love, we have ruined our own home and can never go back.

We are enraged at ourselves, but, unable to endure the guilt of our own self-hatred, we broadcast our rage outward and deflect our anger onto other objects we believe to be separate from ourselves. The term used for this displacement of anger is "projection." The ego within us is constantly "cruising," looking for situations onto which anger can be projected with seeming justification, in order to convince our minds that the cause of the anger is without, and not within.

Every flash of anger, ranging from mild irritation up to rage, is a symptom of this same, deep, primal self-hatred, projected onto the world. They are all the same thing. This is why the Course is advising us not to believe that some forms of attack are more justified than others, and not to overlook the "little" thoughts of anger. By making no distinction between "degrees" of anger we are helping ourselves learn that they are, in reality, all the same, and all equally unjustified.