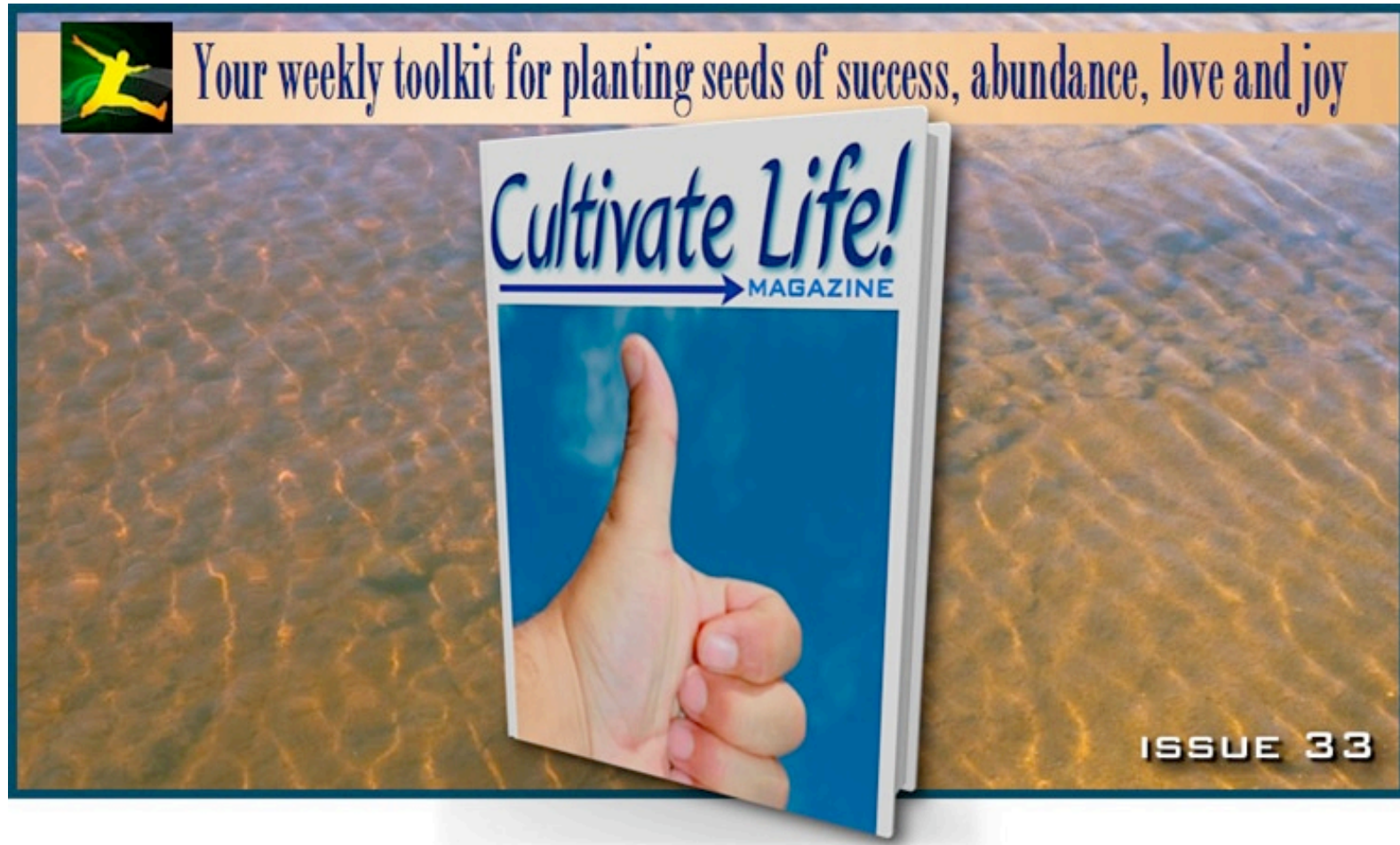


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Cultivate Life! magazine

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Trans4mind

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

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Heart to Heart Coaching

Title: I am not as affectionate as I ought to be, even with my children. How do I break down this wall?

Link: <http://www.trans4mind.com/life-coach/life-challenge17/question258.html>

Philosophy: I am a Christian and believe that "I can do all things through Christ who strengthens me".

Hopes and aspirations: I aspire to raise my children to be productive individuals in society.

Question: I am a single parent of two young boys and I am currently in a relationship with my youngest son's father. He has recently brought to my attention the fact that I am not affectionate towards him or that I need to show more affection towards him. I was not aware of this and because he has brought it to my attention I have been paying closer attention to myself and my affections towards others. I have now come to the conclusion that I am not as affectionate as I ought to be, even with my children.

Now that I have identified my problem I seem to be lost as to how to find a solution. You see, I grew up without a lot of affection; I can count the number of times that I was hugged, or kissed or even told that my parents loved me. Because I was never showed these kinds of loving gestures by my parents I built up a wall with them where I would not try to be affectionate, as affection was not being shown to me. I never noticed that this wall had passed on into other areas of my life or even that it was present in my adult life until now. My question is now how do I break down this wall?

Answer:

"How can I give love when love is something I ain't never had?" John Lennon

I am extremely impressed with your ability to allow new information into your conscious mind. You have taken the first powerful step toward

transformation. You are being open instead of being defensive. Congratulations! If this becomes your way of life, you will be on a roll!

When you are open, you move forward toward more health and happiness. When you are defensive, you stay stuck in unhealthy energy and misery. In an open state you receive constant feedback about inner and external realities. Acknowledging facts, data and information is the major reason being open is so powerful. When you open up in any way, you immediately benefit. Healthy energy starts flowing in your cells, making your body, heart and spirit stronger.

Here is a list of your healthy behaviors. You:

1. Received feedback from your partner and did not block it out.
2. Took action on the data he gave you, you did not forget about it.
3. Explored if the data was true or not.
4. Were surprised to find you do have a wall around you.
5. Noticed you learned to be distant and guarded from your parents.
6. Observed you created your wall to protect you from the hurt you felt as a child.
7. Acknowledged you are not affectionate enough with him or your children.

Wow! This marvelous series of behaviors sets you up for a lifetime of personal growth. My hope is that others will use you as an example of how to be open and accept feedback from others.

You cannot solve any problem until you admit you have a problem. I cannot tell you how many people I know who are unwilling to admit they have a problem giving and receiving love. They do not admit they have a problem and stay with it until they reach a solution. Therefore, they never improve their ability to receive and give love.

You know you have a problem and are actively seeking solutions to your problem. Fantastic!

Therefore, you are aware of the wall around you. I call this energetic wall, the ego. It is composed of defensive energy. Ego energy is dense, grey, brown, dark, heavy, brittle, weak energy. The grey energy is what can eventually become disease in the physical body if it is not

dissipated. The process of dissipating this wall is the process of transformation.

To be successful in breaking down your wall, you need to learn to tell the difference between your ego energy and the healthy energy that is inside this wall. Inside this wall is your authentic self, which includes your emotional self.

To break down your wall, you need to know your wall. Otherwise, you will never be able to dissipate this denser energy. Your ego will always do its best to keep you in control. It does not want your wall to come down. If you cannot tell the difference between your ego and your authentic self you do not have any mastery over your choices, reactions and conditioned responses. In which case, the ego will continue to dominate your personality.

However, when you know the difference between your ego and your authentic self, you have the tool you need to break down your wall. Your ego is very sneaky. It often masquerades as the authentic, emotional self which can be very confusing. It also distorts reality. So you must be able to read energy in order to recognize your ego. For example, one night I was sitting in my living room, relaxed and comfortable. The voice in my head says, "Don't you want to go swimming?"

Well, no, I had not thought of going swimming... but swimming is one of my favorite activities. I love to swim and then soak in the hot tub, yummy. So, I thought, "Maybe I do need to go swimming. I need the exercise." My relaxed, comfortable state disappeared and I did not know what I really wanted to do.

Back and forth I went. I got more and more anxious as I tried to figure out what I wanted to do. Finally, because I was learning to read energy and had developed a close, loving relationship with my emotional self, I teased through the mental confusion and distortion. I discover that it was my ego talking and not my authentic, emotional self. How did I know? By observing the energy instead of listening to the words. I love swimming and I did not want to go swimming right now!

It was my nasty, controlling ego taking my favorite activity and using it to control me! When I knew for sure this voice was my ego, I could easily

dismiss this unhealthy energy and go back to my relaxed, comfortable state of being in the moment. But I could not do this until I knew for sure it was my ego.

Once you know how to recognize your sneaky ego, you can make healthier choices. You can move past your defensive wall and find, accept and love your authentic, emotional self. As you observe your defensive wall, you will notice it breaks down a little bit each time you choose to be true to yourself. So, every time you shift out of your ego into your authentic, emotional self your wall become weaker.

You will also discover that you created the wall to protect your emotional self from harm. This means you need to develop new ways to protect yourself as you break down your wall. This requires new learning. Breaking down your wall also requires unlearning old habits that were not healthy. Therefore, breaking down your wall is a process.

Process means everything does not happen all at once. Even though everything happens suddenly in the movies, TV and computer games. This is not reality. Real food does not pop out of a box or oven. Real people do not suddenly break down their energetic wall and feel comfortable in the world. If your wall were suddenly missing, you would be scared to death because you would be naked in the world. So, thank goodness for process.

Process means when your solar plexus or heart chakra opens, it opens for a short period of time. It does not stay open. Chakras open and close depending on how safe you feel. Your chakras will open and close millions of times as you feel your feelings and deal with the reasons you closed your chakras in the first place.

My guess is you will continue to be open and commit yourself to a lifetime of transformation. You can enjoy the process of breaking down your wall. There is no hurry or rush. Your heart and solar plexus will stay open for longer and longer periods of time as you learn the skills you need to feel safer and more secure. You created and crafted your wall over the course of many years. So do not fret that it takes time to break it down.

You are dissipating the unhealthy energy around you so you can love and be loved. The process of learning to love your emotional self will teach you how to be physically affectionate and emotionally expressive. She already knows how to love and be loved.

Action Steps to Break Down Your Wall

1. Get to know your wall. What does it smell like? Feel like? What color, flavor, texture is it? When is your ego talking to you? What do you really want to do? I highly recommend the "Opening the Heart" audio to guide you through the ego energy and the authentic, emotional self energy so you can tell when your ego is talking to you. Read more and order: <http://www.drjeanette.com/heartanswers.html> (Put LIFE! in the coupon box and place your order before Monday, December 13, to get 30.00 discount.)

2. Find, accept and love your emotional self. Give up criticizing yourself and stop feeling sorry for yourself. Instead, learn how to love yourself. Use holistic psychologists and emotional health coaches to help you improve your relationship with yourself.

3. Drop into and trust your natural process. You have a unique process of transformation that is based on your learning history and your soul's purpose. Dropping into your natural process creates healthy energy flow. Feel the difference between allowing energy to flow and controlling it.

Doris Jeanette, Psy.D. is a licensed psychologist, who teaches adults, children and professionals how to read energy, break down walls and love themselves. Sign up for her free holistic psychology newsletter, "The Vibrant Moment" and check out her upcoming Assertiveness Training Telecourse, starting Jan. 18, 2011, "Stop the World From Pushing You Around: Six Weeks to Solid Self-Confidence" at: <http://www.drjeanette.com/assertivenessstraining.html>

Tragedy in Sedona ***My Life in James Arthur Ray's Inner Circle*** **by Connie Joy**

"Each student must be encouraged to take responsible measures to confront teachers with unethical aspects of their conduct. If the teacher shows no sign of reform, students should not hesitate to publicize any unethical behavior of which there is irrefutable evidence. This should be done irrespective of other beneficial aspects of his or her work and of one's spiritual commitment to that teacher."

—*The Dalai Lama*

It was October 8, 2009 when the first 911 call came in alerting emergency personnel that a tragedy was unfolding at the Angel Lodge Retreat Center only a few miles from Sedona. During a Sweat Lodge ceremony, facilitated by self-help guru James Arthur Ray as part of the Spiritual Warrior program, something went horribly wrong. Two people, Kirby Brown and James Shore died at the scene. Nineteen others were transported to various hospitals, including Liz Neuman, who would die nine days later from injuries sustained during the Sweat Lodge ceremony.

—*Lynne LaMaster, Prescott News*

In 2007, Connie participated in James Ray's sweat lodge, a Native American ceremonial sauna meant to be a place of spiritual renewal and mental and physical healing. It turned out to be only a test of endurance for Connie and many of the participants. Her prediction that someone could be seriously hurt came true in October 2009 when three people died and 18 participants were injured during a sweat lodge run by James Arthur Ray and his staff.

One of the reasons Connie wrote her book, *Tragedy in Sedona*, is summed up best in the opening quote by The Dalai Lama.

James Ray's debut in the film, *The Secret*, thrust him into the spot light. . . appearances on Oprah and Larry King Live. . . *Tragedy in Sedona* is a behind the scenes look at the rise and fall of the James Ray Empire, through the eyes of an ultimately disenchanting follower. Connie Joy takes you on her personal and authentic journey from being a

devoted member of James' inner circle and Dream Team to. . . trying to warn others.

—From the Foreword by forensic psychiatrist Dr. Carole Lieberman

Follow Connie Joy inside the seminars and once-in-a-lifetime trips to Egypt and Peru for an up close look at the transformative work of a charismatic teacher - and the underlying danger of mixing up the message with the messenger!

Connie and her husband attended 27 events over three years presented by James Arthur Ray, "Rock Star of Personal Transformation." In February, 2011, Ray goes on trial in Arizona for three counts of manslaughter and faces numerous civil suits.

Q. How did you hear about James Arthur Ray and start taking his seminars?

A. *I first saw James Ray in the documentary movie The Secret after which I attended one of his introductory events.*

Q. Why were you interested in his teachings?

A. *James promoted his seminars as a blending of Spiritual and Scientific principles. My husband and I both come from a scientific background so we were very interested in this combination.*

Q. How many events did you attend?

A. *Over the last three years I attended 27 events including a trip to Egypt in 2008 and to Peru in 2009 with James.*

Q. What does it mean to be a part of his Inner Circle?

A. *My husband and I are founding members of the World Wealth Society which James referred to as his inner circle. We had private events, conference calls and trips with him.*

Q. We keep hearing the word wealth connected to his seminars and in the World Wealth Society's name. Was his teachings centered on making more money?

A. *Even though finances play a part in having an abundant life you also need to have other areas such as relational, spiritual, mental, and physical working well to. People came to his events for their own unique reasons. Not everyone was looking to first improve their finances.*

Q. Which areas of your life were you there to work on?

A. *I have spent the bulk of the last three years working on my physical pillar to improve my health, and my spiritual pillar to create a stronger connection with God.*

Q. Were you at the Sweat Lodge in October, 2009?

A. *We were in the Sweat Lodge in 2007. We had friends who were there in 2008 and 2009. We were supposed to be in Sedona before the event began in 2009 for a private hike with James Ray and we were also going to volunteer to work at the event and would have probably been in the lodge, but over the course of that year we decided not to go to Sedona at all.*

Q. Why did you decide not to go to Sedona that year?

A. *In my book I describe in detail the events that occurred during 2009 that caused us to pull away from James. Just 2 months before the event in Sedona we had a public argument with James in the lobby of a Peruvian hotel. We felt that he was pushing people to hard and too fast to climb a mountain above Machu Picchu. After returning home we had a call with James where we had hoped to resolve our growing uneasiness with his behavior. Our concerns were not resolved and we told him that we would no longer volunteer at any more of his events, and that we would not be joining him for a hike that we were going to do together in Sedona just before the Spiritual Warrior event.*

Q. Why do you think 3 people died that day and many more were injured?

A. *James ran his sweat lodge at too high of a temperature for way to long. It was much hotter than any sauna I had ever been in, and I am in*

one almost every day. No reasonable person would suggest that you should stay in any sauna or steam room for 2 to 3 hours and that is how long James ran his sweat lodge ceremony for.

Q. Did you know any of the people that died or were injured?

A. *Yes, many of the people at the event are friends of mine. One friend died, another close friend was the first person taken by helicopter to the hospital and many more of our friends were injured.*

Q. How are the injured doing now?

A. *Our friend Stephen still has no sense of taste or smell, he has excruciating headaches and memory issues. It is my understanding that at least one other person still has serious medical complications from being in that lodge as well.*

Q. Did they have their medical expenses paid for by James Ray?

A. *When I last spoke to Stephen he still has not received any financial help with his considerable medical expenses from James or his company. He does not have health insurance so he has to pay cash for his ongoing medical care.*

Q. Why did those people stay in the sweat lodge even after it got too hot?

A. *Most of them had completed other seminars with James where they were asked to do something that put them outside of their comfort zone. For example, I have broken boards and concrete slabs with my hand, bent rebar with my throat, and walked on fire at his events. Each time we were asked to do something that we didn't think that we could do, and then we did it, we prove his judgment of what we can do correct and our judgment wrong. After a while you start to trust his judgment over our own.*

Q. Were you concerned about your safety while you were doing things like walking across fire or bending a piece of rebar using your throat?

A. *Of course I was nervous because I was being asked to do something that I didn't think I could do. At the same time we would say as we waited in line that "James is a business man. He wouldn't have us do anything that was really dangerous and let us get hurt because it would be bad for business". It did not make sense to us that someone who was supposedly a multimillionaire and who owned a multimillion dollar company would put his clients in serious danger. So we logically thought that the activity must be doable and not as dangerous as it appeared or he wouldn't ask us to do it. What James did in the sweat lodge wasn't logical so his students didn't anticipate that they were really in mortal danger until it was too late.*

Q. Did James Ray make any promises to the participants about their safety during the sweat lodge?

A. *He promised that he would take care of them and that they would be OK. Even if they passed out he assured them that he would get them out. He promised us in 2007 and according to other participants he said the same thing in 2008 and 2009 that we may think that we are going to die but that we are not.*

Q. Did James play God during the event?

A. *Yes, he even dressed up in a white robe during something he called the samurai game.*

Q. What went on during this samurai game?

A. *James was God and if you committed any infraction of his rules then he would point to you and order you to die. If you did not fall down to the ground dead instantly then someone from your team would also be ordered to die. If you were dead then you had to lie still on the hard floor for many hours, and if you moved then one of you team mates would be ordered to die too.*

Q. What was the purpose of this samurai game?

A. James said that it was to highlight one of the themes of his Spiritual Warrior event which was to live with honor and integrity. That, like the samurai, it was better to die with honor than to live without it.

Q. Have other people had problems during his sweat lodges in previous years?

A. Yes, in 2005 a man was taken to the hospital by ambulance suffering from heat stroke. In 2007 I saw numerous people who were throwing up and disoriented. One woman had to be carried out because she could not control her movements. And in 2008 one woman was unresponsive for a couple of hours after leaving the sweat lodge, another woman was in such physical duress that she thought that she was going to die, and a friend of ours saw his life flash before his eyes and he stopped breathing twice.

Q. Was James Ray always like this or did he change over the time that you knew him?

A. I go into detail in my book how James changed over the three years that we knew him. In the beginning he was friendly and approachable. Over time he became withdrawn and even hired a pair of body guards to keep people away from him. Over time his tough love approach had more tough in it than love.

Q. What would you like to see change in the Self-Help Spiritual Seminar business to help prevent this type of thing from happening again?

A. At the end of my book I outline several changes that need to happen in this multi-billion dollar industry to protect consumers. Some of them are:

1) That Provider's Credentials must be available and give verifiable references to support their claims of training and education.

2) We need Full disclosure of all waivers, and specifics on the event activities within a time period that the consumer can cancel and still get a full refund.

3) We need to be able to Rate the Provider or an Event and their score needs to be maintained by an independent group. If we already had this ability then people who had attended one of James' earlier sweat lodges could have warned others of the danger.

4) Also, there needs to be a Trust Account where prepaid fees, over a thousand dollars, are held until the services are delivered.

Q. What would you like readers to take away from your book, *Tragedy in Sedona, My Life in James Arthur Ray's Inner Circle*?

A. After reading my book they will have a understanding of why those people trusted James, listened to him, and suspended their own good judgment and stayed in that sweat lodge independent of how hot it got. The readers need this knowledge so that they can prevent this type of a tragedy from happening to them or someone that they love.

Raised in a very religious Roman Catholic family, Connie had a paradigm shift as an adult that put her on a lifelong path as a student of spirituality. She has belonged to several spiritual groups, including leading a Sylvia Browne study group, and was trained as a Practitioner of Hypnosis with emphasis in past life regression. After watching the movie *The Secret*, Connie attended one of James Arthur Ray's seminars in 2007 with her husband Richard and signed up for his Harmonic Wealth Weekend (HWW) event held in February, 2007. Over the next three years, Connie and Richard participated in or volunteered for 27 James Arthur Ray seminars and events.

Visit the website: www.tragedyinsedona.com

Click here to read an excerpt of the book

Published by [Transformation Media Books](http://TransformationMediaBooks.com)

Find Thoughtful, Inexpensive Presents this Christmas

By Peter Shepherd

With the move away from materialism and the purchase of lots of “stuff” at Christmas, many of us are asking - “Where can I find some thoughtful, inexpensive presents that instill the true spirit of Christmas?”

You need look no further. Here at Trans4mind we are giving you the opportunity to put a little bit of that old fashioned quality into gifts for those you love. We have created a range of 7 different presents with a difference - each one a thoughtful poem written by Wallace Huey, my co-director at Trans4mind, that will be treasured for a lifetime.

Wallace draws inspiration for his poetry from his Celtic roots and from the people and mist shrouded landscape and seascape of his Irish homeland. This mystical island was known in ancient times as the Land of Saints and Scholars. For millennia Irish men and woman have been inspired by their rich heritage to script spiritual poetry and prose. Examples of such writers stretch from Saint Patrick in the 5th century to modern poets like John O'Donohue.

Wallace's series of 7 poems are called *Inspiration for Your Soul* and are written to inspire, delight and enlighten - poems that are a unique combination of the practical, beautiful and spiritual, and will be treasured by the recipient for a lifetime.

His poems are written purposely to be ideal presents for friends or family members who are starting an important new phase in their life. Perhaps they have a new boy or girl friend or are about to get married, start a project or are looking for a look for new direction. At Trans4mind we have these “Poems as Presents” for 7 new phases of life that people experience that you can print out and frame, to make a superb inspirational gift that will delight, inspire and support your friend.

These are gifts in the true spirit of Christmas.

When you buy one we help you match it with an accompanying personal letter and the most suitable picture frame. The poem and letter can be

printed out immediately and if you order the frame with our associate retailer, it will arrive a few days later. All you have to do is place the poem in the frame and put it back in its box along with the accompanying letter signed by you and wrap it for Christmas. It's that easy and it's that personal. Imagine how thrilled your friend will be when they open your Christmas present and discover a beautifully displayed poem that brings meaning into their life.

In choosing to buy one of these gifts for your friends, you are supporting the work of Trans4mind and the Cultivate Life! Magazine you receive free of charge from us each week.

The poems can be viewed online here...

[Find Unshakable Inner Peace](#)

[What is Love?](#)

[Having a Successful Romantic Relationship](#)

[Creating a Marriage Full of Love and Understanding](#)

[Expressing Yourself Creatively](#)

[Finding Your Life's Purpose](#)

[Coping With and Learning from a Major Loss in Your Life](#)

Both Wallace and myself wish you a happy and joyful Christmas.

Peter Shepherd is a psychologist and writer, who works particularly in the field of personal development and runs the web site, www.trans4mind.com. Born in London in 1952, he spent most of his life in England before moving to France to be with his wife, Nicole. Trained both as a rational-emotive and transpersonal psychotherapist, Peter combines these techniques in his own system of transformational psychology, applied to personal growth rather than therapy. His book, [Transforming the Mind](#), was the foundation of the web site, which over 10 years has expanded to become one of the top personal development portals on the Internet.

Peter is also the author of [Daring to Be Yourself](#), which gives the reader the tools to turn their life around.

Wallace Huey is the co-developer of [Trans4mind](#) and director of the [Trans4mind Network](#)? His book, [Unfold Your Wings and Watch Life Take Off](#), is a poetic manual that takes the hand of the reader and gently guides them toward a powerful dependency on inner guidance.

If you would like to assist with the development of [Trans4mind internationally](#), please contact Wallace at the link below. You can find out more about Wallace by reading his online and paperback book at [Unfold Your Wings and Watch Life Take Off](#), and his [Inner Guidance Training](#) resources. We need to face up to the challenges of life but where can we turn for support? Fortunately there is a great resource available at all times — our inner guidance. Wallace's book provides many personal examples of how inner guidance has proven invaluable, and his training courses teach each of us how to recognize and use this essential gift.

Break Through the Illusion of Limitation

Guy Finley

Here's a strange paradox of the upward path that runs through Real Life: the more conscious we become of what limits us, the more limitless becomes our reality! So, take as long as you need to understand the following special lesson; it sheds much needed light on a certain dark state that stands between us, and the higher freedom for which we long.

*The sole purpose of discouraged feelings is to keep your thoughts on **what you can't do**. And with your attention fixed in this fashion – on what seems impossible – there's no room for discovering what is possible – for **what you can do**.*

In other words, the only thing discouraged states do *is to keep you busy doing nothing except feeling sorry for yourself...* which is the perfect guarantee that your situation will remain hopelessly the same. Enough is enough! You don't have to put up with one more discouraging moment, let alone a life limited by its darkness. There's another choice you can make besides falling into those familiar feelings of being a "failure." The next few insights will empower you to start thinking about old discouragements in a new way.

Whenever we suffer over what we aren't able to do, create, or work through, where is our attention in these moments? It's riveted on our own thought-produced reality that's telling us we're stuck! Maybe you can recognize some of these heavy-hearted inner voices that come with being victimized by such dark thoughts. In one way or another, they say . . .

"I'll never get out of this mess."

"It's too late!"

"I'm too set in my ways to change."

"This is hopeless."

Now on the surface of things, these all-too-familiar whispers of defeat -- that speak to us with our own voice -- seem genuinely concerned about our unwanted condition. But a deeper look tells a much different story. These troubled thoughts are part of an unseen "conspiracy of limitation"

taking place in our own consciousness! Follow the next four ideas to their stunning conclusion. They prove that self-illumination and self-liberation are one and the same power.

1. The more these gloomy voices talk to us, the more discouraged we feel.
2. The more discouraged we feel, the more certain we are there's no other choice but to feel that way.
3. The more convinced we are that we have no choice, *the less choice we have*.
4. The act of identifying with this dark inner dialogue actually produces the dead-end we fear!

And so it goes: now we're convinced of our own captivity! There's no way past the limitations *we perceive as being real*. The key idea here lies in the word "perceive" because it rhymes with *deceive*. That's just what this perception is: a secret deception. Here's the liberating proof.

There are no dead-ends in real life.

Of course you must prove this bright fact to yourself, and here's a good place to start: in any given moment there's always something higher to do with your life than sit there and suffer over what you think you can't have, do, or be. Why wallow this way when a small amount of interior work will forever change how you see reality? For instance, *see that the "size" of your discouragement is directly proportionate to how strongly you insist life conform to your demands*. Verifying this self-imposed limitation empowers you, immediately, to let it go and start over.

Here's another example: maybe you've felt discouraged because you wanted to learn something new – a higher skill or a difficult lesson – but felt sure that certain limitations of yours placed this possibility beyond your abilities. Now you can do something much higher than just resign yourself to feeling discouraged.

Instead of falling into those familiar feelings of futility over yourself, deliberately drop those *discourage-filled thoughts* telling you the limit of your present view is the limit of your possibilities. Who you *have been* matters only to those dark states that want you to remain that way so that they can continue to rule the day. Refusing to dwell in the world of discouraged thoughts and feelings is the same as opening the door to a new world without limits. Just start working with who you are *now!*

In other words, *do what's in your power and refuse to be discouraged about anything else*. Keep repeating this new action one step at a time until you've walked away from the whole false idea that there's no further you can go!

Here are three special key lessons to help you strengthen and then actualize your wish to live in a world without limits:

Any conversation you permit yourself to have with discouraging thoughts guarantees you'll wind up with a good reason for feeling discouraged.

When you know that what you're looking for is what you already are -- and not what you may become -- you stand on the threshold of the limitless life.

The universe itself is actually set up for you to succeed with realizing the limitless life, which means you are made for whatever happens to you!

Adapted from Guy Finley's best-seller, "The Essential Laws of Fearless Living," a Red Wheel/Weiser publication

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](#)

The Little Things We Do

By Chuck Gallozzi

SMALL differences can make BIG differences

What's the difference between one second and 4/10th's of a second? Not very much. It's just 6/10th's of a second. Wouldn't you agree that's a SMALL difference? Yet, that small difference was all it took to change our beliefs on what is possible. You see, until 54 years ago, all the experts believed it was not possible for a human to run a mile under four minutes.

But Roger Bannister distinguished himself from other runners by taking the SMALL step of asking himself a question, "If it's possible to run a mile in four minutes, why can't it be done just a LITTLE faster?" Common sense told him it was possible. Armed with this new belief, he proved to be correct by running a mile in 3 minutes 59.4 seconds on May 6, 1954. What was thought to be impossible is now a common event. In fact, since that day, roughly 200,000 other people have done it!

It's just a SMALL matter, but Roger Bannister eliminated certain words from his mind, thoughts, and vocabulary. Words like "impossible, can't be done, too difficult, hard, don't know how," or anything else that would have prevented him from moving forward. Wouldn't that SMALL shift in thinking make a BIG difference in our lives?

Yes, LITTLE differences can make BIG differences. Here's another example. What's the difference between 211° F and 212° F? It's just one degree, but 212° F is the boiling point of water at standard pressure. So what? Well, 211° F makes a nice cup of tea, but 212° F is enough power to propel a 750,000 lb steam locomotive!

Of the millions of books that are available, ONE of them could change your life. It could free you from the prison of limited beliefs and allow you to rise to yet undreamed of heights. That book may be Bob Proctor's "You Were Born Rich." To find out whether it is or not, you can download this classic, 245-page book for free here: <http://www.bobproctordownloads.com/BornRichBook.pdf>. After the file opens, click on the second icon from the left on the toolbar. The first icon is for

the printer, the second icon is to save the book to your computer. This SMALL suggestion could have a HUGE impact in the life of a reader.

A LITTLE reading of inspirational material each day can pay ENORMOUS dividends. Fifteen minutes a day is all it takes to transform your life. Although I should add, just holding a book and reading the words on the pages is not enough. You have to consider what you read and then integrate it into your life why acting on it. Make it a part of you.

It may seem like 15 minutes a day is not enough to change one's life. Yet, even a minute a day spent on inspirational quotations can lead to transformation. For example, after reading and considering "You'll never fail if you never quit" one may have an "Aha!" or "Eureka!" experience. That is, they may finally get it, realizing there is no such thing as failure, unless you decide to quit.

Why do so many companies have low morale among the staff? If management were to do SMALL things such as smile, pat employees on the back, thank them for their help, and give recognition when it's due, you would see a great boost in morale. LITTLE things mean A LOT.

What's the difference between looking forward or backward, up or down, to the right or to the left? Not very much; it just needs a SMALL adjustment. Yet, SMALL adjustments in how we view the world have SIGNIFICANT effects. When we get up in the morning, we not only decide what clothing to wear, but what attitude to have. Granted, for most of us, we just act out of habit, so we don't think of it as a choice. But it is. We don't have to act as robots. We can stop and think before we act and choose our attitude.

We can complain about the rain or be grateful for the free carwash. We can view the obstacles and challenges we face during the day as a pain or see them as training for a better, more powerful life. Instead of viewing others with suspicion or as a threat, we can see everyone as our teacher, for we can learn from everyone. It's all how we look at things. But how we look at things spells the difference between happiness and misery. It's just as easy to look for the good as it is to look for the bad. That being so, does it make any sense to look for the bad?

In a rapidly changing world, some panic about change and uncertainty. But aren't the changes swirling around us full of surprises? Doesn't that make life a surprise party, something to celebrate? Sure, we are standing at the precipice of the unknown, but doesn't that make life an adventure? That should fill you with thrills, not dread. Can you see how a SMALL shift in the direction we choose to look can make the difference between leading a life full of fear or full of joy? The differences between champions and mediocre men and women are those SMALL shifts in viewpoint.

When ordinary people are working on a project, they look at the calendar and say, "I have 30 days to get the job done." But successful people looking at the same calendar say, "There are only as many days in a month as I choose to use. Wasted days don't count, so I don't waste any." This SLIGHT shift in mindset results in high productivity and low stress.

Spending ten minutes each evening preparing for the next day can reap HUGE benefits. Here's a SMALL and simple plan that can benefit almost everyone.

1. Write down the six most important things you must do the next day.
2. Rearrange the items on your list in their order of priority, with the most important item on the top.
3. The next day, start with the most important item, and work on it until you complete the task. Take care of voicemail, e-mail, and distractions in the space between tasks. Work on each task without interruption.
4. Following this plan forces you to focus on what is important. Try to do everything on the list, and more if possible. If you were unable to complete everything, at least you know you did what is most important.

What do you think? Can that plan be helpful? If you don't think so, you may need a SMALL shift in your thinking. After all, American Industrialist and steel magnate Charles Michael Schwab (1862 ~ 1939) paid efficiency expert Ivy Lee \$25,000 for that plan. Schwab felt the increase

in productivity brought about by the plan make it well worth the cost. This SMALL simple plan continues to help others, and it may help you.

The LITTLE things we do are important because how we do anything is how we do everything. If we are sloppy and thoughtless with small tasks, we'll treat major projects the same way. Conversely, if we are careful with how we handle the smallest of tasks, we'll be careful with the greatest as well. How we do anything is how we do everything. If you make SMALL things count, others will be able to count on you. ###

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<http://www.personal-development.com/chuck-gallozzi-articles.htm>

Look Differently

By Beca Lewis

Glancing out the window I looked a few yards further out than I normally do and realized, “Hey, I can see in the window of the Vet’s office.” It took me almost two years to notice this fact.

I took a longer, wider view and saw something that had always been there.

When options seem limited we most often look within the world that we know for an answer. The problem with that answer is it is part of the problem, which only compounds the problem. The only way out is to take in a longer, wider view. Look further out than what appears as the problem or situation and see what is already present for you.

Seeing outside of the current situation and into what is already present as other options simply takes a shift of viewpoint. Sometimes that shift is accidental, like glancing out the window. Most often it happens because we chose it. This shift of perception is within our own thinking. That’s the good news, and that’s the bad news.

It is hard to shift a perception if you are afraid of the results, or if you like some of the benefits that the current situation appears to offer. It becomes addictive. Like all addictions, until we realize we are addicted to the results of our perception, life is difficult. When we reach humility, either through choice or through pain and suffering, it appears effortless.

Residual Income is a good thing, isn’t it? You do something that produces income now and a portion of that income continues for a long time afterward. Shifting perception is just like residual income only better. Worldly residual income stays the same, or diminishes over time. Spiritual residual income spirals out and expands and increases over time.

However, time after time Del and I speak with those who have “worked hard” at doing the right thing, believe in spiritual principles, and yet are barely getting by within one or more parts of their lives. They are limited in wealth, health, or love.

It’s not that they haven’t produced ‘residual income,’ they just don’t know where to find it. The windows of perception are darkened by habits, belief systems, the worldview, fear and most of all discouragement. Having adjusted to the darkness we may all forget that there is a way out.

Del and I usually get up long before sunrise. We leave the house dark except for where we are working. While writing one morning I realized I was cold and wanted to turn on the heat. I walked into the dark living room, opened a drawer, pulled out a lighter I knew was there, flicked it, and behold, that tiny light lit the room. The dark that appeared present dissolved. It didn’t hide in the corner, jump into the drawer, or run outside. It dissolved.

What was already present in the room didn’t suddenly appear, it was revealed by the light. Dark cannot be turned on or off. It can only disappear when light enters. Even in the dark, I knew where the light was located. In the darkest of situations, you also know where the light is located.

Or did you forget? Let me remind you where to find it.

Do you know it is you? Not in you. Not reflected by you. You. Think of it this way. In fact, go to your kitchen and take out a sieve. Hold it up to the light. See the light pouring out of the holes? Is the light coming out of the holes any different from the original light? No. You are the light, individual perhaps, but always one with the whole, the original, and in this case, the One.

So finding the light to turn on is actually just taking a different view of what already is true. Look differently. Turn on the light by seeing yourself as you are. It’s that simple.

It’s the choice that is appears difficult.

However, that appearance of difficulty is a lie. Don’t believe it. Be the light. Let go of ego, of how it is supposed to be, the belief that you are human, that you will lose something. Allow yourself to be humble, and all that has been prepared for you will be revealed as a practical solution to

any situation with results beyond what you can imagine for yourself while standing in the dark.

Look differently and see.

Matthew: 5: 14 “Ye are the light of the world.” ###

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A Healthy Respect for Reality

Steve Wickham

One of the signs of maturity is a healthy respect for reality - a respect that manifests itself in the level of one's aspirations and in the accuracy of one's assessment of the difficulties which separate the facts of today from the bright hopes of tomorrow.

~Robert H. Davies.

A state of poise and balance it is that sees us seeing with right perspective. All our lives perhaps we're striving for such poise and balance.

Separation is a Key

We cannot verily live in good conscience, in the midst of our difficulties, if we're not honest with ourselves. And, yet, a rigorous honesty gets us few better places but unbridled and caged anxiety at times. The former mistake is denial; the latter is an improper or imbalanced focus.

As we hold dual realities in tension - the truth that subsists now, and our hopes for the future - separating and delineating them - we find an awesome truth prevails over our spirits.

This sort of separation is engendering a prevalence, and a preference, for reality - the world's generally-accepted perspective that we might ordinarily shun.

Wisdom - An Acceptance of Reality

Per the Serenity Prayer, when we accept the things we cannot change, but equally when we have the courage to change the things we can, we *demonstrate* the wisdom to live the tension between the two.

This is the discharge of our vital reality.

Whenever we're advancing on those things within our influence, whilst leaving well enough alone, we're straddling the cusp of our reality with great skill. Indeed, we can be assured that this is the establishment of God's will for us.

Hope in the Clouds and Faith on the Ground

Our core reality is remaining safely planted with feet on the floor whilst having an equally safe half-eye on the future hopes to which we're called.

But we can't afford to merge both these realities or we get confused and frustrated very quickly. We mix in hope for what we presently don't have and we lose our perspective for what gets us there. It diminishes our faith.

Like juggling two balls with confidence, we keep both our hope for tomorrow and our faith for today safely in the air.

Our hope is never in defeat that way. It's always ultimately set apart. It's precious to us and it needs to be held and valued as sacrosanct. ###

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Detoxifying the Body For Health and Immunity

by Lee Blackm

Colon detoxification has become famous even during the ancient times because of its effectiveness not just in keeping the body healthy but also in making overweight individuals slim too. Detoxification colon cleansing has been one of the best and most effective ways to stay healthy, boost the immunity, relieves pain and sufferings concerning digestion, removing toxins from the body, make the body absorb nutrients faster, relieves bloating feeling, eliminate constipation, headaches, bad breath, fatigue, allergies, depression, infections, weight loss and irritability. If you would like to keep your body clean and fresh at all times, detoxification colon cleaning is just the right approach for you to do.

What you need to do first is to analyze fully how colon detoxification can help you with your needs and how cleaning it will be an effective way to stay healthy and fit at all times. It is truly hard for you to keep your body healthy but there are effective ways to do that and one way is colon cleansing. There are lots of researches that show how colon cleaning helps in so many areas of your health and it is also being used by dieters today. There are lots of known products that aim to help those who are opting to have an optimum result when it comes to colon cleansing. You don't have to be an impulsive buyer because you might come across products that are not authentic. You need to make sure that the product you are buying contains a good reputation and you should also know for how long the company exists as it is a very important thing for you to always keep in mind.

Colon detoxification is one of the best ways to help the large intestine to stay clean and take away toxins that it cannot eliminate simply by bowel movement. The colon is made to help eliminate toxins and wastes that are not needed by the body through bowel movement but there are times when the body cannot move it through bowels it creates build up and during those times, the body reabsorbs those wastes which are bad for the health. They should be removed because they can cause harm when not moved right away. Too many health problems because of toxin build up will cause risks and ailments to the body. It can cause acne, cancer and other ailments that are hard and expensive to treat. Before

you encounter such problems, you need to help yourself by eliminating impurities through detoxification.

There are ways to do colon cleansing and choosing the right method can be helpful to you as well. There are many ways to do colon cleansing; you can do it through fasting, through vegetable eating only, through supplements and many others. You need to consider your bowel movements so that you will know exactly the type of cleansing formula that you need to use. If this will be your first time to do colon cleansing you don't have to make it hard for the body, you can use a mild formula so that your body can adjust easily and later on you can still repeat the same process you use with a little twist of a medium hard method of detoxifying. ###

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For more information on [Detoxification Colon Cleansing](#) and a variety of other Health Topics, please visit the website [Natural Body Health](#)

Identifying Your Wellness Potential

By Laura M. Turner, M.Sc.

I will so trust that what is deep is holy, that I will do strongly before the sun and the moon whatever inly rejoices me and the heart appoints.

~Ralph Waldo Emerson

Each day, are you becoming more of yourself? At first an awkward question. Yet, as I continue to read and discover more about the mind/body model of wellness, it appears the pursuit of being "well" expands as we continue on the road to self-wholeness. Think of it this way, according to the mind/body model of wellness, we are in a constant process of becoming "whole" as we learn to become more and more of ourselves.

With this said, if you are not even sure where you are on this continuum or if you need a push in the right direction, in this article we'll discuss how to both uncover your wellness potential, as well as three ways to get you on the road to wholeness.

Step One: Create Your Loves List

Discovering your wellness potential begins by discovering yourself. To begin, make what authors of *The Wellness Book*, Dr. Herbert Benson and Eileen Stuart, call your "10 Loves List." This is easy to do. Simply, choose 10 things in your life you love to do that do not involve risking your physical or emotional health. Next, rate these items in terms of importance and decide if you've been spending enough time doing them. No need to think deeply on this. To make things simple, jot down your first instincts.

For example, my list looks like this:

write, read, exercise, meditate/journal/listen to music, listen to guided imagery tapes, watch movies, pet my cat, spend time with friends and family and make jewelry.

Step Two: Uncover Your Missing Pieces And Create A Long-Term Goal

Next, decide what images this exercise brings up for you. If the premise of wellness is re-remembering our missing pieces to create wholeness, what activities are you missing in your life or not doing enough of? I think you will find your mind and heart will provide the answer to this question. Now, ask yourself how you can change your life to include more of what's missing?

From this jumping off point you should now be able to create a long term goal. This goal should be something that is challenging enough to be exciting, yet not troublesome enough to burden you. It should also be a goal you feel you can accomplish within a year's time.

I think you will find that this list conjures up the notion that you can continue to expand by bringing forward what you can consider your gifts to the world. For example, as I examine my list, I realize, my long term goal (based on what I consider my greatest contribution to the world) would be to write, edit and publish an new book. With this in mind, take a look at your list and decide what you can contribute.

Step Three: Create Monthly Short Term Goals And Begin To Re-Member Yourself

Next create a month's worth of short term goals, based on your time constraints. To make things easier, short term goals are defined as "specific, realistic, measurable and behavior oriented." Here's an example based on my goal of writing: I will write 5 pages of my book each day, 5 days each week.

After you've defined your short term goals, make a commitment to them. If you need, create a contract with yourself, sign it, date it and put it in an envelope. Plan to revisit this goal chart again at the end of the month. This is a simple, yet effective exercise based on the idea that it only takes 21 days to crate a habit. Moreover, if you are consistent in working your way through a month of short-term goals chances are you will be successful in reaching your longer goal.

In Conclusion:

Each month continue to renew and recommit to your long term goal by retooling your short term goals as you move along. Also continue to re-explore your "List of Loves" and see where you can apply them into your

life. I think you will find, what you focus on expands and you will create more space for in your life. As a result, it is my wish that you will then be on your way to re-remembering all the lost pieces of yourself. Remember: This is the path of a lifetime, and is the call for us always to be true to ourselves and ourselves only. For in the words of Ralph Waldo Emerson:

"You will always find those who think they know what is your duty better than you know it. It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude." ###

Laura M. Turner is a 15-year veteran fitness instructor, fitness trainer, journalist, author and natural health practitioner. She hosts <http://www.beauty-and-body.com> a website dedicated to inspiring all to stay healthy, disease free and youthful both inside and out. Visit today to receive *Laura's Best Health Tips and her 7 Easy Weight Loss Strategies eCourse, FREE!* While you're there, check out her latest book *Spiritual Fitness: The 7-Steps to Living Well:* http://www.beauty-and-body.com/Spiritual_Fitness_Info.htm

How to Release the Power of Gratitude

By Dr. Alan Zimmerman

"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul." ~Rabbi Harold Kushner

Kushner is right ... so right. I learned that lesson way back in the 70's, when my mother died very unexpectedly at a very young age. And I learned that lesson when my wife left me a few days later ... not to mention my father losing his job, other close relatives dying, and my finances under assault ... all within the next few weeks.

For whatever reason, I happened to be reading Kushner's book at the same time my world was crashing. I remember sitting in my empty house, now devoid of family, and asking myself what could possibly be good about this situation. And then I realized if bad things were going to happen, sooner is better than later. I decided right then and there that I had a choice. I could become bitter or I could become better.

I decided to become better. I decided I was a survivalist and was always going to be a survivalist, not an entitle-ist.

So how does that all relate to you and your business? Simple. Just about everybody is going through some really tough times right now. The economy and our uncertain future may have shaken your foundation and your company's foundation. The old rules just don't seem to work or apply anymore.

The result is a dramatic rise in fear and anger across the land. In fact, as I deliver my keynotes and seminars to various associations and organizations, their leaders and employees tell me complaining is at an all time high.

But there's a way of getting through the tough times and beyond this crippling fear and anger. Rather than fret, worry, whine, blame, and complain, you need to learn "The Gratitude Principle" I teach in my program called "Take This Job And Love It! A Program For Managing Stress, Preventing Burnout, and Balancing Life." Just be warned: this

principle might strike you as rather naive, simplistic, and Pollyannish, but it works.

My "Gratitude Principle" says, "The more thankful you are, the less negative you can be." Here's what you can do to make the principle work for you.

1. Find the positive in every situation.

There's always one or more positives in EVERY situation ... no matter how difficult, challenging, or unfair your situation might be. So look ... and if you have to ... really really look for the positive. It's there somewhere.

Colonel Chuck Scott, one of the American hostages who spent 444 days in a hellish prison during the Iran hostage crisis, taught me that. He told me the positive part of his experience was the fact he learned to appreciate every day, no matter what the weather or his finances might look like.

I challenge you to do the same thing. It's easy to find things to gripe about. It takes a bit of discipline to find the positive in every situation, but once you make it a habit, you'll be much more productive on the job and much happier at home.

For starters, here's a list of what one person put together, showing you how to find the positive in every situation. He or she Anonymous writes:

I AM THANKFUL:

For the wife
Who says it's hot dogs tonight,
Because she is home with me,
And not out with someone else.

For the husband
Who is on the sofa
Being a couch potato,
Because he is home with me

And not out at the bars.

For the teenager
Who is complaining about doing dishes
Because it means she is at home,
Not on the streets.

For the taxes I pay
Because it means
I am employed.

For the mess to clean after a party
Because it means I have
Been surrounded by friends.

For the clothes that fit a little too snug
Because it means
I have enough to eat.

For my shadow that watches me work
Because it means
I am out in the sunshine.

For a lawn that needs mowing,
Windows that need cleaning,
And gutters that need fixing
Because it means I have a home.

For all the complaining
I hear about the government
Because it means
We have freedom of speech.

For the parking spot
I find at the far end of the parking lot
Because it means I am capable of walking
And I have been blessed with transportation.

For my huge heating bill

Because it means
I am warm.

For the lady behind me in church
Who sings off key because it means
I can hear.

For the pile of laundry and ironing
Because it means
I have clothes to wear.

For weariness and aching muscles
At the end of the day
Because it means I have been
Capable of working hard.

For the alarm that goes off
In the early morning hours
Because it means I am alive.

And finally, for too much e-mail
Because it means I have
Friends who are thinking of me.

Again, there's always something positive to be found in every situation. The trouble is ... according to some research ... 85% of the people are addicted to the negative. They tend to see the negative and talk about the negative more often than they do the positive. So you may need to practice "The Gratitude Principle" until it becomes a natural part of your personality.

And then ...

2. Do something nice everyday for someone who can't pay you back.

It's a very powerful way to not only see the positive in your life but make a difference in someone else's life. I learned that lesson when I worked on the streets of skid row in Los Angeles, as I wrote about a few weeks ago.

You see ... if you only do nice things for those who pay you back ... favor for favor ... you're only making an exchange. You're simply carrying on business. And there's nothing wrong with that. It's a critical factor in the relationship building process.

But if you're trying to perfect your attitude of gratitude, then do something nice for someone who CAN'T pay you back. My wife just did that last week. As she was moving through the checkout line at Target with her shopping cart filled to the brim, she noticed a small frail lady in front of her. The lady had one roll of the cheapest paper towels, one roll of the cheapest toilet paper, one loaf of the cheapest bread in the store, and one package of the smallest bologna. The lady was struggling to find a few coins to pay for her purchase.

Without the other lady noticing, my wife quickly took several items from her own cart, put them in with the other lady's items, stepped forward, and asked, "Do you mind if I pay for this?" The lady was speechless but gave a slight nod. And with that my wife quickly swiped her credit card to pay for the lady's purchases. No words were exchanged, and I doubt my wife will ever see the lady again. But the lady ran out of the store with a lift in her step and a smile on her face.

One of the greatest basketball coaches of all time, John Wooden often taught the same lesson. When he and I were both keynoting the same convention, I'll never forget one of his lines. He said, "You can't live a perfect day without doing something for someone who will never be able to repay you."

Later he told me he learned that lesson from his wife Nellie and tried to practice the principle every day. When his beloved wife died in 1985, it left a terrible void in his life. But he continued to practice the principle by continuing to do some things for his wife, even though she was gone. For decades after her death, Wooden maintained a monthly ritual of visiting her grave on the 21st of each month. And then he wrote her a love letter, placed it in an envelope, and added it to a stack of similar letters he had written over the years that sat on the pillow she slept on during their life together.

To get the power of the positive working for you, stop keeping score. Stop worrying about whose turn it is to lead the meeting at work or whose turn it is to invite you over for dinner. Start doing things for people who CAN'T pay you back ... and you'll be so much more thankful for what you do have.

PS: Please note, I said do things for people who CAN'T pay back, not WON'T pay you back. There are some people out there ... at work and in your personal life ... who WON'T pay you back because they're lazy, irresponsible, don't care, or feel entitled to what they got from you. Stay away from those types of people.

Action:

Find 3 challenging situations in your life or work this week. And then take time to find the positive in each of those situations. ###

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 for a [Free Sneak Preview](#).

Three Ways to Practice Gratitude

By Tim Ong

Gratitude is a powerful positive emotion that generates a feeling of blessedness and contentment. This indirectly makes one feels lucky and fulfilled, which is the opposite feeling of misfortune, lack or scarcity. Thus, according to the Law of Attraction, a sense of gratitude attracts into your life more experience and opportunities for abundance and good fortune.

That is the reason why gratitude is an attitude that is strongly encouraged in all religions. Through constant practice of gratitude, one can learn to be genuinely grateful for all the little things in one's life. Here are three ways to practice gratitude.

1. Be grateful for the things that went right in your life

These are usually the things that we have put in the effort and planned for. For example, we can feel grateful for the job interview that went right, or the launching of our project that we have planned for weeks. We can feel grateful for having done a great presentation to our clients. Anything that we have planned for or put in extra effort consciously to make it happen falls into this category.

2. Be grateful for the things that did not go wrong

These are usually things that we take for granted each day, such as driving to work or spending time with our children. We can feel grateful that we were not stopped by a traffic police on our way to work, or that we arrive safely to our work place. We can be grateful for having some time to play with our children or going to a movie. Reflect on how many people in this world do not even have enough to eat or a place to sleep, or cannot have a peaceful sleep because of the fear of war. These are the everyday things which we have taken for granted. Be grateful for these things that did not go wrong.

3. Be grateful for things that did go wrong but you were able to learn something from them

We are make mistakes. Some of these mistakes may be major errors in judgments. We may even have hurt some people. When we make these mistakes and have learned from them, the mistakes are not made in

vain. We benefited from these experiences. Be grateful that we are able to learn from them. Most people make mistakes in relationships, and despite having make mistakes many continue to repeat the same mistakes. If you do not repeat your mistakes, be thankful that you have learned from your mistakes. ###

Dr. Tim Ong is a medical doctor and hospice volunteer. He is also the author of "[From Fear to Love: A Spiritual Journey](#)" — a book that explores our hidden fears and how we can overcome them. Dr. Ong shares his personal experience as well as relates stories and lessons from his patients. You can get a copy of his ebook here: [From Fear to Love](#)

Could Super Achievers Be Driven by Low Self-Esteem?

By Gabrielle Kortsch, Ph.D., CHT

A super achiever with low self esteem? Sounds more like an oxymoron than anything else. And yet if we take a closer look at what drives the super achiever, we may find precisely a lack of appreciation and recognition of value of the self. What does a person who is driven to achieve success after success actually get in return? A sense of accomplishment you might say...the satisfaction of having arrived at a sought-after goal...the pleasure of success. All of these possibilities are indeed, correct. And many achievers *achieve* for those reasons. But many others *do not*.

Many others are driven instead by a need for recognition...a need for appreciation...a need for approval...a need for applause...a need for respect from others...a need for, in other words, *an outer admiration and positive reception of the self*. Being driven, in other words, by this acknowledgment of the self from others, from an *external* source, rather than by the *intrinsic, internal, self-propelled* feeling of achievement.

When the feeling comes from the inside, it is an affirmation of what the individual *already knows and believes* about him or herself. When, however, the need for the feeling can only be fulfilled by an outer, external source, then it is because *the individual does not believe in his or her own value, merit, and worth*. This can be a critical situation for the self, because under these circumstances it is forever doomed to seek what it needs by achieving more and more, greater and higher success, in order to assure itself the admiration it requires in order to simply feel good about itself.

The solution to this rather untenable predicament is not as difficult as it may appear at first glance. Often the “comfort zone” is an important factor. Another is the realization that one seeks *external* approval or recognition by achieving *in order to feel good*. The next step is to realize that *without the external approval* one never feels as good about oneself as *with it*. Next comes the question *why* this might be so and the rather evident answer that it involves one’s sense of self esteem. If this sense of self esteem were on a healthy level, *one would not need the external recognition*, because then one would offer this sense of recognition to

oneself, by oneself. And therein lies the final step to the solution: working on one’s sense of self esteem by *giving to oneself all of the approval and accolades one would give to another* who does or achieves as oneself does. In other words, *treat, admire, and respect yourself as well* as you would treat your most dearly beloved partner, friend, child, or admired associate. You deserve it and you are worth it! ###

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 Incredible Power of Choice

By John Robert Crawford, PhD

Choices. We're surrounded by a million of them every day; big and small. They affect our professional, private, social and spiritual lives. We want to make excellent decisions, but under pressure it doesn't always seem that easy.

For many years I have been involved in the education of college students. After witnessing some of their stumbling, I began to give a little pep talk at the beginning of each freshman year. The plan was to encourage them to fight the good fight as they continued their education. Many of them were second chance students who were trying to make a major change for the positive, so I talked to them about the importance of their daily choices.

Soon I realized that although good decision-making is encouraged, people are often left on their own to figure out how to make a good choice. That's when I landed on the idea of an acrostic for the word, CHOICE; a simple formula for successful decision-making in any area of life.

C stands for Character.

Character is who you are when you are the only one in the room. No one is watching; no one will ever know. Character is what makes us or breaks us. It is our integrity; our wholeness as a person. It is impossible to have good Character on a part-time basis; either we have it or we don't. If we make our choices based on Character, we will always be true to a positive course in life.

H stands for Habits.

Habits are neither good nor bad. They are simply a tool used by our marvelous brain. Our subconscious allows us to function in life without devoting time to thinking about decisions that have become automatic. For this reason it is imperative that we develop GOOD Habits. That way when our automatic pilot kicks in, we can be sure that we are making choices consistent with who we want to be.

O stands for Optimism.

In psychological circles we hear about "The Self-fulfilling Principle." In short, we get what we expect; we find what we are looking for. If this is the case, why do we spend so much time looking for the negative aspects of life? Let's believe and look for the positive, and make our choices based on optimistic expectations.

I stands for Insight.

We live in a noisy, busy world where concentration is often difficult. Have you ever been in a conversation with someone and suddenly realized they are waiting for an answer to a question, but you have no idea what the question is because your mind was a thousand miles away? Sometimes it's also difficult to concentrate on conversations with ourselves. I recommend finding some quiet time for Insight on a regular basis. Think about decisions that need to be made and possible results. A preacher friend of mine once said that God doesn't shout; He whispers. Let's not miss the insight of that whisper because we are too preoccupied.

C stands for Commitment.

It's tough to be committed in a drive-thru, microwave world. Immediate gratification is the norm. We are used to getting things NOW, but there are some things that require the element of time before we experience the outcome. Imagine the farmer who digs up his crop a week after he plants it because he doesn't see any results. Be committed in your choice making process. The results will come in due time.

E stands for Excellence.

When we make our choices based on Character, Good Habits, Optimism, Insight and Commitment we are well on our way to Excellence. Excellence makes us stand out from the crowd. It is much like being a foot taller than anyone else. When the masses are scanned for the promotion or raise in pay, our Excellence brings us to the forefront. Be the best you can be in every endeavor. Make your choices based on Excellence.

And there it is; a simple formula for making phenomenal decisions on a consistent basis. Our ability to make choices sets human beings apart

from the rest of the species on earth. Geese fly south for winter because it is innate; they are programmed to seek a warmer climate for their survival. We have the capability to do the same, but we don't have to. We need to make the decision to do so--and buy the ticket.

With the ability to choose comes the responsibility to choose wisely. If we do not choose wisely we will suffer the consequences. There are a lot of people complaining on a daily basis about their sad situation in life, and there is, indeed a lot of sadness in the world. What we need to realize is that many of these situations have been brought on by a decision that has been made at some point in the past. It may not have been made by the person suffering, but nonetheless has been made by someone.

Whatever our current situation happens to be, we need to understand a simple equation: "The past does not equal the future." We cannot change our past, but we can change our future by the decisions we make in the only window of opportunity that we possess. Today!

As you make your decisions today, remember that even the tiniest can have a butterfly effect which can potentially revolutionize your life. Take a moment and realize the incredible power of choice; then make those choices based on Character, Habits, Optimism, Insight, Commitment and Excellence. ###

John Robert Crawford is the author of [The Incredible Power of CHOICE! Six Keys to Making Phenomenal Decisions](#). He is also the president of Your Life's Destiny, a services organization dedicated to providing educational information which enables individuals and organizations to determine and reach their destiny. Visit his website: www.YourLifesDestiny.com John can be contacted at: John@yourlifesdestiny.com

Resiliency Lessons From The Chilean Mine Triumph

By Eileen McDargh

A worldwide web of viewers watched 33 miners being pulled to the surface following a 600,000 ton cave-in that happened nearly one-half mile below the ground on a barren plain in southern Chile. Besides showcasing the tenacity of rescuers and the miracle of technology, the miners themselves offer dramatic lessons in resiliency that anyone can learn.

Lesson one: Hope relies on possibility not certainty. Shift foreman Luis Urzua practiced intelligent optimism when he reframed the event and steadfastly refused to give up. He maintained his leadership position and convinced the miners to eat only every 48 hours for 17 days. Without optimism, it could have been anarchy in that dark hole. When the probe reached the men, Urzua's note that came to the surface expressed that hope: "We are fine in the shelter, the 33 of us." This is not a note of desperation but one of optimism.

Lesson two: Action is the antidote to anxiety. The miners stayed busy, continually clearing away rubble, monitoring gas levels, praying, and using the materials and medicine that eventually were sent down the shafts. In short, they controlled what they could control.

Lesson three: Play to your strengths. Reports indicate that different men served different roles. Victor Rojas kept a journal throughout the ordeal and became the writer who sent updates to the rescuers. Yonni Rojas used his experience in nursing to serve as the chief paramedic. Mario Heredia and Jose Gonzalez became the spiritual leaders, with Mario even requesting that a crucifix be sent down so he could erect a shrine. Edison Villaroel led the group in song, requesting that Elvis Presley songs be sent down. Imagine Elvis the Pelvis gyrating more than a half-mile into the earth.

Lesson four: Laughter lightens the load. Surely bringing a load of rocks to the surface as a memento for rescuers showed a sense of humor. Sing-alongs, as described by reporters, did not appear to be funeral dirges.

Lesson five: Faith can move mountains. Many of these miners expressed a deep religious conviction through their Catholic faith. Faith, however, is not the sole property of one religious group. To have a sense of a power beyond one's human limitations is to tap into a wellspring of confidence and courage.

Lesson six: Don't bounce back. Grow through. After 69 days, many of the miners expressed that they found another side to themselves and their lives. Changed men rose from the earth, men who vowed to live differently. Whether marrying a long-time girl friend, finding new comfort in family, or advocating for changes in mining operations, each of the 33 now have the possibility of becoming better and stronger through this ordeal.

So it is for all of us who face events that might seem as dark and crushing as what happened on a cold day in Copiapo, Chile. The lessons offered by these 33 miners might spark a chord to help many discover personal resiliency.

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To get your own booster shot of resiliency and strength read "[The Resilient Spirit](#)" by Eileen McDargh, CSP, CPAE and listen to her free "Resiliency Minutes". Eileen is an award-winning business author, a consultant to national and international organizations, a keynote speaker and a skilled facilitator/moderator. Visit www.theresilientspirit.com to hire Eileen to help build resiliency in your organization.

100 Words

Howard Gardner

Who Is Howard Gardner?

Howard Gardner is an American psychologist who is based at Harvard University. The author of over twenty books translated into twenty-seven languages, and several hundred articles, Gardner is best known in educational circles for his theory of multiple intelligences, a critique of the notion that there exists but a single human intelligence that can be assessed by standard psychometric instruments. Building on his studies of intelligence, Gardner has also authored [Leading Minds](#), [Changing Minds](#), and [Extraordinary Minds](#). www.howardgardner.com, www.goodworkproject.org, www.goodworktoolkit.org

Influential books chosen by Howard:

[The Process of Education](#), Jerome Bruner
[Middlemarch](#), George Eliot
[Gandhi's Truth](#), Erik Erikson
[Excellence](#), John Gardner
[Exit, Voice, and Loyalty](#), Albert Hirschman

Insight by Howard Gardner

We do not lack the so-called “best and the brightest”—we need more individuals who do the right thing as persons, as workers, and as citizens. Good persons treat others with kindness and empathy—they exemplify the Golden Rule. Good workers are excellent technically, personally engaged in their work, and carry out their responsibilities in an ethical way. Good citizens know the laws and regulations, participate actively in the civic arena, and support policies and actions that promote the wider good. What gives me hope is that as individuals, and as groups large and small, we have the power and the agency to bring about a better world.

From the Shelf

Self Comes to Mind: Constructing the Conscious Brain

By Antonio Damasio

From one of the most significant neuroscientists at work today, a pathbreaking investigation of a question that has confounded philosophers, psychologists, and neuroscientists for centuries: how is consciousness created?

Antonio Damasio has spent the past thirty years studying and writing about how the brain operates, and his work has garnered acclaim for its singular melding of the scientific and the humanistic. In *Self Comes to Mind*, he goes against the long-standing idea that consciousness is somehow separate from the body, presenting compelling new scientific evidence that consciousness—what we think of as a mind with a self—is to begin with a biological process created by a living organism. Besides the three traditional perspectives used to study the mind (the introspective, the behavioral, and the neurological), Damasio introduces an evolutionary perspective that entails a radical change in the way the history of conscious minds is viewed and told. He also advances a radical hypothesis regarding the origins and varieties of feelings, which is central to his framework for the biological construction of consciousness: feelings are grounded in a near fusion of body and brain networks, and first emerge from the historically old and humble brain stem rather than from the modern cerebral cortex.

Damasio suggests that the brain's development of a human self becomes a challenge to nature's indifference and opens the way for the appearance of culture, a radical break in the course of evolution and the source of a new level of life regulation—sociocultural homeostasis. He leaves no doubt that the blueprint for the work-in-progress he calls sociocultural homeostasis is the genetically well-established basic homeostasis, the curator of value that has been present in simple life-forms for billions of years. *Self Comes to Mind* is a groundbreaking journey into the neurobiological foundations of mind and self.

From Publishers Weekly

As he has done previously, USC neuroscientist Damasio (Descartes' Error) explores the process that leads to consciousness. And as he has also done previously, he alternates between some exquisite passages that represent the best popular science has to offer and some technical verbiage that few will be able to follow. He draws meaningful distinctions among points on the continuum from brain to mind, consciousness to self, constantly attempting to understand the evolutionary reasons why each arose and attempting to tie each to an underlying physical reality. Damasio goes to great lengths to explain that many species, such as social insects, have minds, but humans are distinguished by the "autobiographical self," which adds flexibility and creativity, and has led to the development of culture, a "radical novelty" in natural history. Damasio ends with a speculative chapter on the evolutionary process by which mind developed and then gave rise to self. In the Pleistocene, he suggests, humans developed emotive responses to shapes and sounds that helped lead to the development of the arts. Readers fascinated from both a philosophical and scientific perspective with the question of the relationships among brain, mind, and self will be rewarded for making the effort to follow Damasio's arguments. (Nov.) (c)

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Reviews:

"Exquisite...Readers fascinated from both a philosophical and scientific perspective with the question of the relationship among brain, mind, and self will be rewarded."

—*Publishers Weekly*

"The marvel of reading Damasio's book is to be convinced one can follow the brain at work as it makes the private reality that is the deepest self."

—V.S. Naipaul, Nobel Laureate and author of *A Bend in the River* and *the Enigma of Arrival*

"Damasio makes a grand transition from higher-brain views of emotions to deeply evolutionary, lower-brain contributions to emotional, sensory and homeostatic experiences. He affirms that the roots of

consciousness are affective and shared by our fellow animals. Damasio's creative vision leads relentlessly toward a natural understanding of the very font of being."

—Jaak Panksepp, author of *Affective Neuroscience* and Baily Endowed Professor of Animal Well-Being Science, Washington State University

"I was totally captivated by *Self Comes to Mind*. In this work Antonio Damasio presents his seminal discoveries in the field of neuroscience in the broader contexts of evolutionary biology and cultural development. This trailblazing book gives us a new way of thinking about ourselves, our history, and the importance of culture in shaping our common future."

—Yo-Yo Ma, musician

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Part 8. Using your inner guidance in life's big question: "What is your purpose?"

by Pam Garcy

I've had clients say, "What's the purpose of life?" People are naturally born to search, seek and nurture their curiosity. This question reflects part of the search and the desire to put a life direction into words.

Before we even start in a discussion of the topic, I'd like to say something that might seem a little shocking to some of you. It is this: it is not mandatory for you to define your purpose in order for you to live a happy and fulfilled life. Simply by virtue of the fact that you are here, you are human and you are alive, your purpose exists. Whether or not you choose to have a mission statement for yourself, there is ultimately no way to fully define, describe or reduce the totality of you. Therefore, don't beat yourself up if you are not someone who cares to think about your purpose or put it into words.

Also, for the purpose of this discussion, I consider your path, your purpose and your mission to be interchangeable terms.

That being said, my position on this topic, through years of wrestling with it myself, is that (assuming freedom), your "purpose" is ultimately what you define it to be and it is simultaneously not definable. So, basically, you define your purpose to the best of your ability with the knowledge that there is almost always more to the story.

One key point in what I just said is that YOU are the person who decides this. YOU are the one who directs your life, and thereby you prioritize and decide how to live a "purposeful" life. It is not I, not your mom, not your dad, not a guru, not a therapist and not a religious leader who decides upon your mission, your purpose or your path. Even if you choose to follow the dictates of authority, you are ultimately the one who makes the choice.

You can see that this entire e-zine so far has been to encourage you to walk ethically upon your own path, and to allow yourself to determine what that path will be. A key part to walking upon that path is to develop

greater trust in your inner guidance. As you begin to turn inward for answers to your deeper questions, you may begin to realize the amazing clarity and power that is available to you.

USING YOUR INNER GUIDANCE TO HELP YOU...

Based upon what I've just told you, I'm going to offer some suggestions to help you as you begin to use your inner guidance to help you to live "on purpose."

Take a moment to relax. Take a few deep breaths.

Realize that the questions which follow are not the most serious questions in the world. If you don't have the answers today, you can almost always come back and do this another day.

These questions are simply here to help you to tap into your inner wisdom, thereby pointing you in a growth-promoting direction as you begin to put your purpose into words. So, I'd encourage you to take a relaxed and semi-playful attitude as you approach the questions which follow, and then to simply observe where it begins to lead you....it would be a big plus to write down the answers to these questions; that way you can return to these answers later and view their full wisdom (or lack thereof).

So, here it goes--take those deep breaths and settle into your chair, sofa, recliner or bed....now play...take each question one at a time....and record those answers!

Just as successful corporations have a mission statement, let's take a moment to think about your mission. Have you ever stopped to think about that? What do you really enjoy? What helps you to feel excited about life, supercharged and ready for more? What is natural for you? What do you love? What are your gifts? What is your greatest asset? What is something that you've contributed that you feel proud about? What skills do you possess that others have found helpful? If you looked back on your life, what have you always seemed to include, even if it was unconsciously, in your days?

Also, look at what effect you like to create for yourself--because you might produce this same effect in a variety of different ways. Do you like to create the effect of joy, power, peace, connectedness or something else?

Now that you've answered those, let's take it to the next point. How could you create more of what you love in your life? What would you be doing differently if you already had more passion about your life? What would your career look like? How about your relationships? How would you treat yourself, if you were already living with your greater purpose in mind?

Once you've written the answers to the above questions, take a little time off and then come back to them.

At that point, I'd like to encourage you to write the first draft of a mission statement. Include what you want to create and how you see yourself creating it. For example, I would start with this: "I would like to create a pathway for others to find fulfillment and happiness in an environment of joy, love and connectedness. I see myself creating it through writing, speaking, teaching, listening, parenting and friendship."

You could certainly condense it further. Once you define your purpose, you can strive to live a life that is more "on purpose" and more ethically self-directed.

I'll be eager to hear how you're doing on your path--because there is only one you! ###

Next issue: Part 9

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. 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*](#)
<http://www.myinnerguide.com>

The Master Key System

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 Fourteen

You have found from your study thus far that thought is a spiritual activity and is therefore endowed with creative power. This does not mean that some thought is creative, but that all thought is creative. This same principle can be brought into operation in a negative way, through the process of denial.

The conscious and subconscious are but two phases of action in connection with one mind. The relation of the subconscious to the conscious is quite analogous to that existing between a weather vane and the atmosphere.

Just as the least pressure of the atmosphere causes an action on the part of the weather vane, so does the least thought entertained by the conscious mind produce within your subconscious mind action in exact proportion to the depth of feeling characterizing the thought and the intensity with which the thought is indulged.

It follows that if you deny unsatisfactory conditions, you are withdrawing the creative power of your thought from these conditions. You are cutting them away at the root. You are sapping their vitality.

Remember that the law of growth necessarily governs every manifestation in the objective, so that a denial of unsatisfactory conditions will not bring about instant change. A plant will remain visible for some time after its roots have been cut, but it will gradually fade

away and eventually disappear, so the withdrawal of your thought from the contemplation of unsatisfactory conditions will gradually, but surely, terminate these conditions.

You will see that this is an exactly opposite course from the one which we would naturally be inclined to adopt.

It will therefore have an exactly opposite effect to the one usually secured. Most persons concentrate intently upon unsatisfactory conditions, thereby giving the condition that measure of energy and vitality which is necessary in order to supply a vigorous growth.

PART FOURTEEN

1. The Universal Energy in which all motion, light, heat, and color have their origin, does not partake of the limitation of the many effects of which it is the cause, but it is supreme over them all. This Universal Substance is the source of all Power, Wisdom and Intelligence.
2. To recognize this Intelligence is to acquaint yourself with the knowing quality of Mind and through it to move upon the Universal Substance, and bring it into harmonious relations in your affairs.
3. This is something that the most learned physical science teacher has not attempted -- a field of discovery upon which he has not yet launched; in fact, but few of the materialistic schools have ever caught the first ray of this light. It does not seem to have dawned upon them that wisdom is just as much present everywhere as are force and substance.
4. Some will say, if these principles are true, why are we not demonstrating them? As the fundamental principle is obviously correct, why do we not get proper results? We do. We get results in exact accordance with our understanding of the law and our ability to make the proper application. We secured no results from the laws governing electricity until someone formulated the law and showed us how to apply it.

5. This puts us in an entirely new relation to our environment, opening up possibilities previously undreamed of, and this by an orderly sequence of law which is naturally involved in our new mental attitude.

6. Mind is creative and the principle upon which this law is based is sound and legitimate and is inherent in the nature of things; but this creative power does not originate in the individual, but in the Universal, which is the source and fountain of all energy and substance, the individual is simply the channel for the distribution of this energy. The individual is the means by which the Universal produces the various combinations which result in the formation of phenomena.

7. We know that scientists have resolved matter into an immense number of molecules; these molecules have been resolved into atoms, and the atoms into electrons. The discovery of electrons in high vacuum glass tubes containing fused terminals of hard metal, indicates conclusively that these electrons fill all space; that they exist everywhere, that they are omnipresent. They fill all material bodies and occupy the whole of what we call empty space. This, then, is the Universal Substance from which all things proceed.

8. Electrons would forever remain electrons unless directed where to go to be assembled into atoms and molecules, and this director is Mind. A number of electrons revolving around a center of force constitutes an atom; atoms unite in absolutely regular mathematical ratios and form molecules, and these unite with each other to form a multitude of compounds which unite to build the Universe.

9. The lightest known atom is hydrogen and this is 1,700 times heavier than an electron. An atom of mercury is 300,000 times heavier than an electron. Electrons are pure negative electricity, and as they have the same potential velocity as all other cosmic energy, such as heat, light, electricity and thought, neither time nor space require consideration. The manner in which the velocity of light was ascertained is interesting.

10. The velocity of light was obtained by the Danish astronomer Roemer in 1676, by observing the eclipses of Jupiter's moons. When the earth was nearest to Jupiter, the eclipse appeared about eight and one-half

minutes too soon for the calculations, and when the earth was most remote from Jupiter, they were about eight and one-half minutes too late. Roemer concluded the reason to be that it required 17 minutes for light from the planet to traverse the diameter of the earth's orbit, which measured the difference of the distances of the earth from Jupiter. This calculation has since been verified, and proves that light travels about 186,000 miles a second.

11. Electrons manifest in the body as cells, and possess mind and intelligence sufficient for them to perform their functions in the human physical anatomy. Every part of the body is composed of cells, some of which operate independently; others in communities. Some are busy building tissue, while others are engaged in forming the various secretions necessary for the body. Some act as carriers of material; others are the surgeons whose work it is to repair damage; others are scavengers, carrying off waste; others are constantly ready to repel invaders or other undesirable intruders of the germ family.

12. All these cells are moving for a common purpose and each one is not only a living organism, but has sufficient intelligence to enable it to perform its necessary duties. It is also endowed with sufficient intelligence to conserve the energies and perpetuate its own life. It must, therefore, secure sufficient nourishment and it has been found that it exercises choice in the selection of such nourishment.

13. Each cell is born, reproduces itself, dies and is absorbed. The maintenance of health and life itself depends upon the constant regeneration of these cells.

14. It is therefore apparent that there is mind in every atom of the body; this mind is negative mind, and the power of the individual to think makes him positive, so that he can control this negative mind. This is the scientific explanation for metaphysical healing, and will enable anyone to understand the principle upon which this remarkable phenomenon rests.

15. This negative mind, which is contained in every cell of the body, has been called the subconscious mind, because it acts without our

conscious knowledge. We have found that this subconscious mind is responsive to the will of the conscious mind.

16. All things have their origin in mind, and appearances are the result of thought. So that we see that things in themselves have no origin, permanency, or reality. Since they are produced by thought, they can be erased by thought.

17. In mental, as in natural science, experiments are being made and each discovery lifts man one step higher toward his possible goal. We find that every man is the reflection of the thought he has entertained during his lifetime. This is stamped on his face, his form, his character, his environment.

18. Back of every effect there is a cause, and if we follow the trail to its starting point, we shall find the creative principle out of which it grew. Proofs of this are now so complete that this truth is generally accepted.

19. The objective world is controlled by an unseen and, heretofore, unexplainable power. We have, heretofore, personalized this power and called it God. We have now, however, learned to look upon it as the permeating essence or Principle of all that exists -- the Infinite or Universal Mind.

20. The Universal Mind, being infinite and omnipotent, has unlimited resources at its command, and when we remember that it is also omnipresent, we cannot escape the conclusion that we must be an expression or manifestation of that Mind.

21. A recognition and understanding of the resources of the subconscious mind will indicate that the only difference between the subconscious and the Universal is one of degree. They differ only as a drop of water differs from the ocean. They are the same in kind and quality, the difference is one of degree only.

22. Do you, can you, appreciate the value of this all-important fact; do you realize that a recognition of this tremendous fact places you in touch with Omnipotence? The subconscious mind being the connecting link

between the Universal Mind and the conscious mind, is it not evident that the conscious mind can consciously suggest thoughts which the subconscious mind will put into action, and as the subconscious is one with the Universal, is it not evident that no limit can be placed upon its activities?

23. A scientific understanding of this principle will explain the wonderful results which are secured through the power of prayer. The results which are secured in this way are not brought about by any special dispensations of providence, but on the contrary, they are the result of the operation of a perfectly natural law. There is, therefore, nothing either religious or mysterious about it.

24. Yet there are many who are not ready to enter into the discipline necessary to think correctly, even though it is evident that wrong thinking has brought failure.

25. Thought is the only reality; conditions are but the outward manifestations; as the thought changes, all outward or material conditions must change in order to be in harmony with their creator, which is thought.

26. But the thought must be clear cut, steady, fixed, definite, unchangeable; you cannot take one step forward and two steps backward, neither can you spend twenty or thirty years of your life building up negative conditions as the result of negative thoughts, and then expect to see them all melt away as the result of fifteen or twenty minutes of right thinking.

27. If you enter into the discipline necessary to bring about a radical change in your life, you must do so deliberately, after giving the matter careful thought and full consideration, and then you must allow nothing to interfere with your decision.

28. This discipline, this change of thought, this mental attitude will not only bring you the material things which are necessary for your highest and best welfare, but will bring health and harmonious conditions generally.

29. If you wish harmonious conditions in your life, you must develop an harmonious mental attitude.

30. Your world without will be a reflection of your world within.

31. For your exercise this week, concentrate on Harmony, and when I say concentrate, I mean all that the word implies; concentrate so deeply, so earnestly, that you will be conscious of nothing but harmony. Remember, we learn by doing. Reading these lessons will get you nowhere. It is in the practical application that the value consists.

Learn to keep the door shut, keep out of your mind and out of your world, every element that seeks admittance with no definite helpful end in view.

—George Mathew Adams

Study Questions with Answers:

131. What is the source of all Wisdom, Power and Intelligence?
The Universal Mind.

132. Where do all motion, light, heat and color have their origin?
In the Universal Energy, which is one manifestation of the Universal Mind.

133. Where does the creative power of thought originate?
In the Universal Mind.

134. What is thought?
Mind in motion.

135. How is the Universal differentiated in form?
The individual is the means by which the Universal produces the various combinations which result in formation of phenomena.

136. How is this accomplished?

The power of the individual to think is his ability to act upon the Universal and bring it into manifestation.

137. What is the first form which the Universal takes so far as we know?
Electrons, which fill all space.

138. Where do all things have their origin?
In mind.

139. What is the result of a change of thought?
A change in conditions.

140. What is the result of a harmonious mental attitude?
Harmonious conditions in life.

Thought, immaterial though it may be, is the matrix that shapes the issues of life. The mind has been active in all fields during this fruitful century, but it is to science we must look for the thoughts that have shaped all thinking.

The Master Key System Part Fifteen will be included in **Cultivate Life! magazine**, issue 35 in two weeks.

A Course In Miracles, Lesson 24 plus Commentary by Allen Watson

Lesson 24

I do not perceive my own best interests.

In no situation that arises do you realize the outcome that would make you happy. Therefore, you have no guide to appropriate action, and no way of judging the result. What you do is determined by your perception of the situation, and that perception is wrong. It is inevitable, then, that you will not serve your own best interests. Yet they are your only goal in any situation which is correctly perceived. Otherwise, you will not recognize what they are.

If you realized that you do not perceive your own best interests, you could be taught what they are. But in the presence of your conviction that you do know what they are, you cannot learn. The idea for today is a step toward opening your mind so that learning can begin.

The exercises for today require much more honesty than you are accustomed to using. A few subjects, honestly and carefully considered in each of the five practice periods which should be undertaken today, will be more helpful than a more cursory examination of a large number. Two minutes are suggested for each of the mind-searching periods which the exercises involve.

The practice periods should begin with repeating today's idea, followed by searching the mind, with closed eyes, for unresolved situations about which you are currently concerned. The emphasis should be on uncovering the outcome you want. You will quickly realize that you have a number of goals in mind as part of the desired outcome, and also that these goals are on different levels and often conflict.

In applying the idea for today, name each situation that occurs to you, and then enumerate carefully as many goals as possible that you would like to be met in its resolution. The form of each application should be roughly as follows:

In the situation involving _____, I would like _____ to happen, and _____ to happen,

and so on. Try to cover as many different kinds of outcomes as may honestly occur to you, even if some of them do not appear to be directly related to the situation, or even to be inherent in it at all.

If these exercises are done properly, you will quickly recognize that you are making a large number of demands of the situation which have nothing to do with it. You will also recognize that many of your goals are contradictory, that you have no unified outcome in mind, and that you must experience disappointment in connection with some of your goals, however the situation turns out.

After covering the list of as many hoped-for goals as possible, for each unresolved situation that crosses your mind say to yourself:

I do not perceive my own best interests in this situation,

and go on to the next one.

Commentary by Allen Watson

Our actions in any situation are determined by our perception of the situation, and as we have been seeing for the last twenty-three lessons, our perceptions are, to put it mildly, unreliable. The lesson says it more bluntly: our perceptions are "wrong". There is no way, then, that we can possibly know what our own best interests are in any situation. The exercises for today are designed to bring four things to our attention:

- We are making a large number of demands on the situation that have nothing to do with it.
- Many of our goals are contradictory.
- We have no unified outcome in mind.
- We must be disappointed in regard to some of our goals no matter what the outcome is.

We have all experienced this, particularly in making major decisions. Suppose I receive a fabulous job offer that pays me more money than I ever dreamed of and involves doing something I like. Sounds good at first. Then I realize I will have to relocate to a part of the country I don't like, I'll have to be willing to travel extensively, and I will frequently be required to work long hours and weekends. My mind suddenly becomes filled with all the conflicting goals. I may find I am expecting the job to make me happy, somehow. Perhaps I am thinking the job should provide me with spiritual companions. I'll have to leave my friends behind. And so on, and so on...

The more I have worked with the Course, the more I realize that this is not just a beginning lesson; it is something that applies to nearly every situation I get into. I am constantly reminding myself that I don't know what my own best interests are in one situation after another. I find it most important to do so when things seem to be relatively clear, when I think I *do* know what I want and need. If I think I know my best interests, I cannot be taught what they really are. The best mental state I can maintain, then, is "I don't know."

I can acknowledge my preferences, I can admit that I think I would like certain things to happen, but I need to learn to add, "I'm not certain this is the best." If I pray for something, I can add, "Let X happen, or something better." I remain open-minded, ready to accept that what I think about the situation may not cover all the bases, and probably does not. That is the intent behind today's idea: to open our minds to the possibility that we may not know, and may need assistance. ###