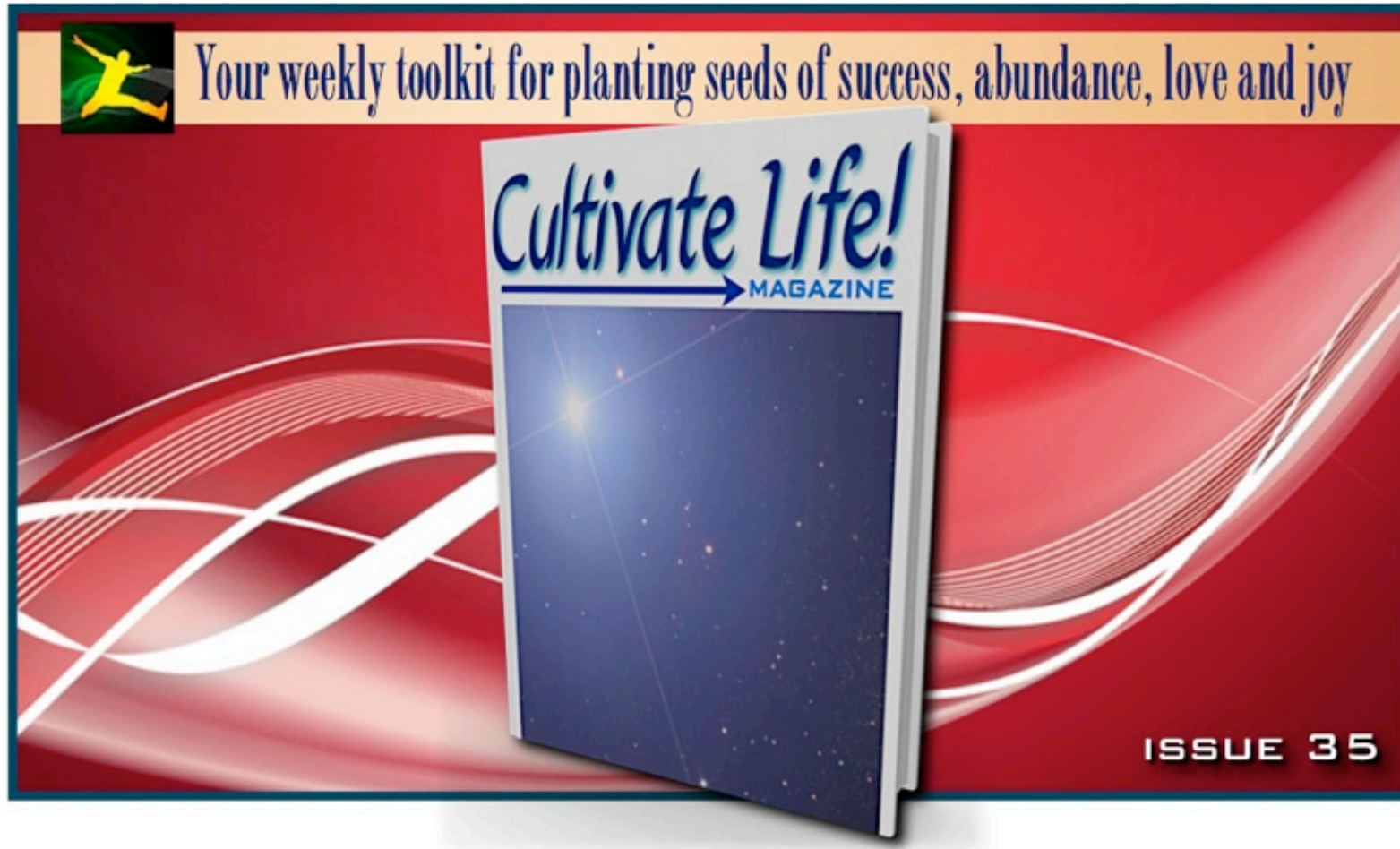


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## Cultivate Life! magazine

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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 with Doris Jeanette**

**I feel like someone or something inside me wants to cause me pain or hurt me.**

Philosophy: I do not have a particular religion; I am a student of A Course in Miracles, and a big believer in forgiveness, and trying to hear the voice within. I feel we are all connected if not physically then on a spiritual or molecular level.

Hopes and aspirations: to finish an idea for a movie I have, using digital graphics. It is based on the illusion of separation.

Question: I feel like I am my own worst enemy. I had an accident a week ago and I bruised my ribs. Over the last month or so I have been trying to transform myself through affirmations, meditation, gratitude, and loving myself. Just the other night I was dreaming about a woman I used to know, and we were lying on separate gym tumbling mattresses, watching someone take down lights from an event. She jumped right on top of me, I could smell her hair and feel the pressures of her body on mine. I was surprised, then she jumps off and I decide to jump on her. This was more playful than sexual yet I cannot deny there were emotions I have not felt in some time. As I jumped, I woke up and landed on the floor of my bedroom, on my head, hurting my neck, my head and my ribs again.

My question is how do I get past this self-destructiveness, when I do not even know when it is happening. If I feel a certain way I know I am feeling that way, yet this is like having someone or something inside me that wants to cause me pain or hurt me. I could not see the sense in it and for the rest of the night I asked myself, "What am I supposed to learn from this?" I got no answer.

This is not a joke, I am sincere in trying to transform my life for good, yet I do not understand why this side of me hates or wants to hurt me so much.

## **COACH DORIS JEANETTE REPLIES**

Thank you for your sincere question. Your dream is interesting and I empathize with your falls. Are you an Aries? Aries are known for being accident-prone. As an Aries, I have transformed energy in dramatic ways with accidents.

Some of us get physical diseases and some of us have accidents. Please do not make yourself wrong about having accidents. The first step you need to take toward more healthy energy flow is to remove your self-judgments about your falls.

Here is a story I read about Edgar Cayce, the sleeping prophet in USA. He was taken to trial in NYC and was most upset. He lived in Virginal Beach where he had done thousands of readings to heal people during Hitler's attack on humanity.

Edgar was complaining to spirit about the fact that he had to go to trial in NYC. After all the work HE had done for others, he asked, "Why do I have to deal with this legal issue?" Spirit told him, "Why shouldn't you?"

Indeed. If we are spiritual, psychic or metaphysical, we think that we are not supposed to have any troubles, problems or conflicts. This is simply not true. We have plenty of troubles, problems and conflicts. It would appear that these troubles, problems and conflicts are exactly what help us grow and evolve. We need them to give up our denial, control and ego identification. Welcome them.

Accidents can occur for more than one reason. The number one reason is to ground your energy. When you fall, your energy is immediately grounded.

### **We are our own worst enemy**

Freud noticed the self-destructive quality in humans and labeled it the "death instinct." Jung labeled our dark side; "The Shadow." He also thought it was instinctive. I do not agree with Freud and Jung's conclusions that our mean self is an instinct. Instead, my observations tell me that self-hatred is learned.

This is an important distinction. If self-hatred is instinctive there is nothing you can do about it. However, if it is learned, then you can unlearn it. You were not born with the instinct to kill yourself. Instead, you were taught to reject your body, emotions and spirit because the adults in your world judged these parts of you as wrong and bad.

Therefore, you grew up judging yourself in the same way as the adults did. Thus, you learned to hate certain things about your authentic self. I define this judgmental part of humanity- the ego. The ego is not part of your authentic self. Therefore, it can be tamed and removed from your body and energy field.

The only enemy you or I have is our ego. The ego is extremely self-destructive. The fact that you are face to face with your self-hatred, tells me what you have explored your inner truths and know what is in your unconscious more than most people. Congratulations on your personal growth.

It is a ferocious battle between the ego and the authentic self. This is the reason it is important to get the education and guidance you need to stop your ego from ruining your life. The ego will succeed if you do not become aware of this self-destructive part of you as a separate identity from your authentic self. Once you know with certainty, the smell of your ego, then you must tame and transform its energy.

In the 1980's when I began to explore my unconscious, I labeled the nasty energy I found inside of me, "Hitler Energy." Hitler's behavior was a perfect example of internal self-hatred that was not acknowledged and dealt with in healthy ways. Instead, Hitler "acted out" his self-hatred on the world.

Some people, like you, "act in" your self-hatred and hurt yourself. So owning and taming your ego is a very important way to spend your time. Hitler Energy is possible anytime you are cut off from your heart and emotions. If you are not feeling your authentic emotions you can easily be insensitive and heartless. This is the reason opening the heart is so important for humanity to achieve.

When you open your heart, you care about yourself and others. Genuine caring starts with the self and then moves outward toward others. Please, be kind and gentle with yourself and your bruised body.

### **Using The Course in Miracles**

I also studied the Course in Miracles for a few years. The text was channeled from Jesus of Galilee to a research psychologist at Columbia University in NYC and published in 1976. I highly recommend the original text of the Course in Miracles for these reasons...

The Course In Miracles:

1. Clears up your thoughts and thinking.
2. Helps you experience consciousness in all matter.
3. Explains the ego energy to you.
4. Focuses you on real love so you have more of it.
5. Makes you responsible for hurting yourself.
6. Helps you give up your projections and false beliefs.

The Course in Miracles is a great resource to turn to when in pain. It can help you give up your ego identification and guide you toward your higher purpose in life.

On the other hand, I do not like the way "The Course" negates the body and our emotional experience. Humans are incarnate. This means we are in the flesh. Being incarnate is the purpose of our experience on earth. Our task is to bring spirit into our flesh and to be human.

### **Accepting and Loving Your Body and Emotions**

Your purpose is not to deny the flesh, body or the reality of being physical. You are here to be physical and to be human. Perhaps this is where you are stuck?

As your accidents prove, you cannot escape physical reality. Your body is essential as long as you are on earth. It seems you have not given your body what it needs or wants so that it can be a proper temple for your spiritual energy.

Your dream could be telling you that you have been denying and rejecting your body and emotions. You need to love your emotions,

body, feelings, smells, pleasure needs and sexuality. You need to allow yourself to experience comfort and joy.

These wonderful energies are very real and palpable. You can learn to sense them if you do not already do so. These energies are what make life on earth exciting, meaningful and enjoyable.

Hurt is a productive, powerful experience. When you feel hurt this means you are becoming more alive and more human. Rejoice. You will hurt physically if you have a body. You will hurt emotionally if you have a heart. Feeling your hurt will expand your consciousness. Feeling your hurt will open your heart and solar plexus. Feeling your hurt feeds your soul.

Your body and emotions are talking to you. Listen to your body and hear what it is saying. Listen to your emotional self and sense what he needs. At this point in time your ego is blocking the communication so you cannot reach your body or your emotional self.

You can move pass your ego and make direction contact with your emotional self. You can develop a loving relationship with your emotional self. Once your emotional self is healed and feels loved, he will lead you to your soul's purpose.

Your emotional energy will become one with the energy of your soul. Your movie will be made to show that separation is an illusion.

### **Action Steps to Tame Your Ego**

- **Pay attention to your judgmental thoughts.** Write down all the thoughts you have within 10 minutes. Notice how many are negative about you and your accidents. Come up with a physical movement that removes these negative thoughts from your energy field.
- **Get to know your ego energy.** You cannot tame your ego until you know what part of you is ego and what part of you is authentic. The only way I know to do this is by paying attention to the energy. The energy of the ego is very different from the authentic self. Study with someone who can teach you how to

feel, sense, see, smell, taste and hear the difference. And I recommend the "Opening the Heart" audio, which starts off by teaching you to sense the difference between your ego and authentic self. <http://www.drjeanette.com/emotionalhealthaudio.html>

- **Listen to your body talking.** Hear what your body knows, needs and desires. One reason you have a body is to ground your energy so that you are safe and secure within the field of gravity. Listen to your body to hear what it needs so you can stop falling. I recommend the audio: "3 Reasons You Have a Body: Hear Your Body Talking." Read more and order at: <http://www.drjeanette.com/hearyourbody.html>
- **Stand up to your judgmental ego.** You need to consciously choose to stop your self-rejection and choose self love instead. To be successful you need to be effective in standing up to your own negative, controlling thoughts. Being assertive with your Inner Critic is extremely effective. Take an assertive training course to become skillful. If local courses are not available, sign up for "Stop the World From Pushing You Around: Six Weeks to Solid Self-Confidence," an Assertiveness Training Telecourse starting Jan. 18th, 2011 at <http://www.drjeanette.com/assertivenessstraining.html>

**Doris Jeanette**, Psy.D. is a licensed psychologist with 34 years of experience teaching people how to tame their ego and Inner Critic. Taming monsters is a skill she likes to teach others via coaching or mentoring. Sign up for her free holistic psychology newsletter, "The Vibrant Moment" and find out how you could become certified in holistic psychology: <http://www.drjeanette.com/holisticpsychologyschools.html>

## Silence

By Rashmi Khilnani

Excerpt from her book, *The Divine Mother Speaks*

Silence and time alone are great qualities to assist you into a manifest space of peace and serenity. It is very difficult for you to do this until you switch off your mobile phones, computers, TVs, and so on. It is a good idea to get out of the habit of always using your car and to learn to walk or cycle instead. I observe that many of you are choosing to jump out of airplanes or jump into cars or onto roller coasters—anything to get away from spending intimate time with yourselves. Nothing wrong with these vehicles of movement, they are fine. However spending time with oneself without these distractions is important. Using wisdom and intuition to decide when to create pollution (i.e., through the use of these vehicles) and when to refrain will bring you into greater sensitivity and Grace.

Unless you learn to be okay with being by yourself and simply being, you can never learn to love others, because you don't even know in this case who you are and how you feel. Things are speeding up and will continue to speed up at a faster pace, and therefore *the key to balance* is finding quality time on a regular basis to slow down and be still. The heart begins to open more readily in peaceful, silent, still spaces. *Once you become good at instilling the state of beingness, you will be able to invoke it even in loud and chaotic scenarios.* During the time spent in silence and stillness you connect strongly to the realm of the unmanifest Divine Source within yourself. As Jesus the great teacher of the heart says, "Be still and know."

Once you learn to make a strong connection and build an intimate relationship with the silent unmanifest realm, you can begin to manifest consciously. You can become the consciously co-creating God/Goddess that you are. You begin to remember and your ancient eyes of inner knowingness begin to open. Your Heart feels safe and centered. You open your heart in wise and protected spaces informed by intuition and your sense of knowingness. ###

Reiki Energy Master **Rashmi Khilnani** works with most of the major Reiki energy systems currently taught around the world. She also works

with Reiki Psychic Surgery, Meditation, Advanced Sound-Wave Energy Therapy and the Breath. Rashmi teaches Egyptian Reiki and is a Sekhem, Cartouche, Seichim, Sechem Master. (These different Reiki energy systems are all aspects of ancient Egyptian healing within the Egyptian Mystery schools).

Since leaving Egypt at the age of 6, she is deeply connected to and channels the work of Hator, the Goddess of Unconditional Love, Creativity and Harmony. Rashmi channels this energy uniquely in her Hathor workshops for powerful emotional body clearing and the shifting of her students from limited to expansive heartfelt states of being.

Having assimilated different schools of spirituality and energy systems Rashmi teaches unity consciousness within the diverse spiritual paths.

Rashmi empowers individuals to be healers, meditators and teachers in their own right using the healing modalities of sound, light, vibration and breath. Rashmi has been teaching for the last ten years in London and all over the world. She is specially delighted to teach Reiki Masters beyond Usui Reiki i.e. Sekhem, Karuna, Reiki Energy Mastery and Sound Mastery to deepen their path in the understanding of Unconditional Love, Unity within Duality, Forgiveness and Peace.

Rashmi's vision is to assist her fellow travellers on their path to enlightenment. She is a channel for the ascended Master Babaji and the Goddess Hator and she works closely with the Archangels and other spiritual beings such as Kwan Yin who are working to bring peace and harmony to Mother Earth and her people. Accelerated transformation and healing using humor and bringing in the energy of creativity and abundance (of time, energy, money and most of all the abundance and flow of love and celebration).

[Visit the Website](#)

## ***The Game of Life and How to Play It***

### **Excerpt: Chapter 1: The Game**

**by Florence Scovel Shinn**

Most people consider life a battle -- but it is not a battle, it is a game.

It is a game, however, which cannot be played successfully without the knowledge of spiritual law, and the Old and the New Testaments give the rules of the game with wonderful clearness. Jesus Christ taught that it was a great game of *Giving and Receiving*.

"Whatsoever a man soweth that shall he also reap." This means that whatever man sends out in word or deed, will return to him; what he gives, he will receive.

If he gives hate, he will receive hate; if he gives love, he will receive love; if he gives criticism, he will receive criticism; if he lies he will be lied to; if he cheats he will be cheated. We are taught also, that the imaging faculty plays a leading part in the game of life.

"Keep thy heart (or imagination) with all diligence, for out of it are the issues of life." (Prov. 4:23.)

This means that what man images, sooner or later externalizes in his affairs. I know of a man who feared a certain disease. It was a very rare disease and difficult to get, but he pictured it continually and read about it until it manifested in his body, and he died, the victim of distorted imagination.

So we see, to play successfully the game of life, we must train the imaging faculty. A person with an imaging faculty trained to image only good, brings into his life "every righteous desire of his heart" -- health, wealth, love, friends, perfect self-expression, his highest ideals.

The imagination has been called, "*The Scissors of The Mind*," and it is ever cutting, cutting, day by day, the pictures man sees there, and sooner or later he meets his own creations in his outer world. To train the imagination successfully, man must understand the workings of his mind. The Greeks said: "Know Thyself."

There are three departments of the mind, the *subconscious*, *conscious* and *superconscious*. The subconscious, is simply power, without direction. It is like steam or electricity, and it does what it is directed to do; it has no power of induction.

Whatever man feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in minutest detail.

For example: a woman I know, when a child, always "made believe" she was a widow. She "dressed up" in black clothes and wore a long black veil, and people thought she was very clever and amusing. She grew up and married a man with whom she was deeply in love. In a short time he died and she wore black and a sweeping veil for many years. The picture of herself as a widow was impressed upon the subconscious mind, and in due time worked itself out, regardless of the havoc created.

The conscious mind has been called mortal or carnal mind.

It is the human mind and sees life as it *appears to be*. It sees death, disaster, sickness, poverty and limitation of every kind, and it impresses the subconscious.

The *superconscious* mind is the God Mind within each man, and is the realm of perfect ideas.

In it, is the "*perfect pattern*" spoken of by Plato, *The Divine Design*; for there is a *Divine Design* for each person.

"*There is a place that you are to fill and no one else can fill, something you are to do, which no one else can do.*"

There is a perfect picture of this in the *superconscious* mind. It usually flashes across the conscious as an unattainable ideal -- "something too good to be true."

In reality it is man's true destiny (or destination) flashed to him from the Infinite Intelligence which is *within himself*.

Many people, however, are in ignorance of their true destinies and are striving for things and situations which do not belong to them, and would only bring failure and dissatisfaction if attained.

For example: A woman came to me and asked me to "speak the word" that she would marry a certain man with whom she was very much in love. (She called him A. B.)

I replied that this would be a violation of spiritual law, but that I would speak the word for the right man, the "divine selection," the man who belonged to her by divine right.

I added, "If A. B. is the right man you can't lose him, and if he isn't, you will receive his equivalent." She saw A. B. frequently but no headway was made in their friendship. One evening she called, and said, "Do you know, for the last week, A. B. hasn't seemed so wonderful to me." I replied, "Maybe he is not the divine selection -- another man may be the right one." Soon after that, she met another man who fell in love with her at once, and who said she was his ideal. In fact, he said all the things that she had always wished A. B. would say to her.

She remarked, "It was quite uncanny."

She soon returned his love, and lost all interest in A. B.

This shows the law of substitution. A right idea was substituted for a wrong one, therefore there was no loss or sacrifice involved.

Jesus Christ said, "Seek ye first the Kingdom of God and his righteousness; and all these things shall be added unto you," and he said the Kingdom *was within man*.

The Kingdom is the realm of *right ideas*, or the divine pattern.

Jesus Christ taught that man's words played a leading part in the game of life. "By your words ye are justified and by your words ye are condemned."

Many people have brought disaster into their lives through idle words.

For example: A woman once asked me why her life was now one of poverty of limitation. Formerly she had a home, was surrounded by beautiful things and had plenty of money. We found she had often tired of the management of her home, and had said repeatedly, "I'm sick and tired of things -- I wish I lived in a trunk," and she added: "Today I am living in that trunk." She had spoken herself into a trunk. The subconscious mind has no sense of humor and people often joke themselves into unhappy experiences.

For example: A woman who had a great deal of money, joked continually about "getting ready for the poor-house."

In a few years she was almost destitute, having impressed the subconscious mind with a picture of lack and limitation.

Fortunately the law works both ways, and a situation of lack may be changed to one of plenty.

For example: A woman came to me one hot summer's day for a "treatment" for prosperity. She was worn out, dejected and discouraged. She said she possessed just eight dollars in the world. I said, "Good, we'll bless the eight dollars and multiply them as Jesus Christ multiplied the loaves and fishes," for He taught that *every man* had the power to bless and to multiply, to heal and to prosper.

She said, "What shall I do next?"

I replied, "Follow intuition. Have you a 'hunch' to do anything, or to go anywhere?" Intuition means, in-tuition, or to be taught from within. It is man's unerring guide, and I will deal more fully with its laws in a following chapter.

The woman replied: "I don't know -- I seem to have a 'hunch' to go home; I've just enough money for carfare." Her home was in a distant city and was one of lack and limitation, and the reasoning mind (or intellect) would have said: "Stay in New York and get work and make



some money." I replied, "Then go home -- never violate a hunch." I spoke the following words for her: *Infinite Spirit open the way for great abundance for \_\_\_\_\_. She is an irresistible magnet for all that belongs to her by divine right.*" I told her to repeat it continually also. She left for home immediately. In calling on a woman one day, she linked up with an old friend of her family.

Through this friend, she received thousands of dollars in a most miraculous way. She has said to me often, "Tell people about the woman who came to you with eight dollars and a hunch."

There is always *plenty on man's pathway*; but it can only be *brought into manifestation* through desire, faith or the spoken word. Jesus Christ brought out clearly that man must make the *first move*.

"Ask, and it shall be given you, seek, and ye shall find, knock, and it shall be opened unto you." (Mat. 7:7).

In the scriptures we read:

"Concerning the works of my hands, command ye me."

Infinite Intelligence, God, is ever ready to carry out man's smallest or greatest demands.

Every desire, uttered or unexpressed, is a demand. We are often startled by having a wish suddenly fulfilled.

For example: One Easter, having seen many beautiful rose-trees in the florists' windows, I wished I would receive one, and for an instant saw it mentally being carried in the door.

Easter came, and with it a beautiful rose-tree. I thanked my friend the following day, and told her it was just what I had wanted.

She replied, "I didn't send you a rose-tree, I sent you lilies!"

The man had mixed the order, and sent me a rose-tree simply because I had started the law in action, and *I had to have a rose-tree*.

Nothing stands between man and his highest ideals and every desire of his heart, but doubt and fear. When man can "wish without worrying," every desire will be instantly fulfilled.

I will explain more fully in a following chapter the scientific reason for this and how fear must be erased from the consciousness. It is man's only enemy -- fear of lack, fear of failure, fear of sickness, fear of loss and a feeling of *insecurity on some plane*. Jesus Christ said: "Why are ye fearful, oh ye of little faith?" (Mat. 8:26.) So we can see we must substitute faith for fear, for fear is only inverted faith; it is faith in evil instead of good.

The object of the game of life is to see clearly one's good and to obliterate all mental pictures of evil. This must be done by impressing the subconscious mind with a realization of good. A very brilliant man, who has attained great success, told me he had suddenly erased all fear from his consciousness by reading a sign which hung in a room. He saw printed, in large letters this statement -- "*Why worry, it will probably never happen.*" These words were stamped indelibly upon his subconscious mind, and he has now a firm conviction that only good can come into his life, therefore only *good can manifest*.

In the following chapter I will deal with the different methods of impressing the subconscious mind. It is man's faithful servant but one must be careful to give it the right orders. Man has ever a silent listener at his side -- his subconscious mind.

Every thought, every word is impressed upon it and carried out in amazing detail. It is like a singer making a record on the sensitive disc of the phonographic plate. Every note and tone of the singer's voice is registered. If he coughs or hesitates, it is registered also. So let us break all the old bad records in the subconscious mind, the records of our lives which we do not wish to keep, and make new and beautiful ones.

Speak these words aloud, with power and conviction: "I now smash and demolish (by my spoken word) every untrue record in my subconscious mind. They shall return to the dust-heap of their native nothingness, for they came from my own vain imaginings. I now make my perfect records

through the Christ within -- The records of *Health, Wealth, Love and perfect self-Expression.*" This is the square of life, *The Game completed.*

In the following chapters, I will show how man can *change his conditions by changing his words.* Any man who does not know the power of the word, is behind the times.

"*Death and Life are in the power of the tongue.*"  
(Prov. 18:21.)

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## **The Secret of Soul-Remembering**

By Guy Finley

Have you ever fought over a parking place? Have you ever jumped up to make a phone call to straighten someone out? Have you ever snapped at a family member? These are moments when you sell your soul. What you are involved with at such times is the outrage that someone should take something from you or do something to you. The "you" looking at life through the negative state is the negative state itself... it's not you at all. There is only the condition and the pressure of the emotional state that is dictating to you what you must do in order to come out a winner... and you sell your soul for the victory, for the possession, for the hoped-for resolution of the fiery state inside of you. A false sense of life drives you, and nothing is helping you choose what is in your best interest.

So the next time you catch yourself being taken over by a negative state, ask yourself, "What is this thing compared to my soul?" When you ask that question, you actually break the grip of the emotional state, the false life. Then, in the moment you ask the question, you are asking God for His life, Truth for Its life. You are saying, "I want the eternal, not the temporary false life that drives me."

Remember to ask the question every day... let it become your breath... "What is this thing compared to my soul?" Ask that question enough and your soul will always show you what is true. When you choose in favor of what your soul wants, you choose in favor of eternity. This is a real action, a real choice. Let everything in you want to choose in favor of your soul.

From a Guy Finley blog, 2010

### **About Guy Finley**

Best-selling "Letting Go" author Guy Finley's encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most important personal and social issues – relationships, success, addiction, stress, peace, happiness, freedom – and lead the way to a higher life.

Finley is the acclaimed author of *The Secret of Letting Go* and more than 37 other books and audio programs that have sold over a million copies in 16 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years and has been a guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. His syndicated weekly radio program is aired on several international networks including Healthylife Radio Network, WorldTalkRadio Network, Contact Talk Radio International, BBS, Earthchannel, and Penguin Radio.

Finley is Director of Life of Learning Foundation, the renowned non-profit Center for Self-Study in Merlin, Oregon, and over 400,000 people in 142 countries read his popular “Key Lesson” emails each week. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.

Guy’s career reached this point through a circuitous path. Born into a successful show business family, he is the son of Late-Night TV and radio pioneer Larry Finley. His childhood friends were the sons and daughters of the most famous celebrities in the world. As a young man Guy enjoyed success in a number of areas including composing award-winning music for many popular recording artists including Diana Ross, The Jackson 5, Billy Preston, and The Four Seasons, as well as writing the scores for several motion pictures and TV shows. From 1970 - 1979 he wrote and recorded his own albums under the Motown and RCA recording labels.

Throughout his youth, Guy suspected there was more to life than the type of worldly success that led to the emptiness and frustration he saw among his own “successful” friends and colleagues. In 1979, after travels throughout North America, India, and the Far East in search of truth and Higher Wisdom, Guy voluntarily retired from his flourishing music career in order to simplify his life and to concentrate on deeper self-studies.

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at Life of Learning Foundation

headquarters in Merlin, Oregon. These classes are ongoing and open to the public. For more information about Guy Finley and his life-changing work, visit [www.guyfinley.org](http://www.guyfinley.org).

## **Thought Power** **by Chuck Gallozzi**

No brain is stronger than its weakest think.

—Thomas L. Masson, 1866~1934

What do you think about thinking? Most of us probably think we do a lot of it, but we don't. True, for most of us, there is an endless stream of chatter drifting through our consciousness. But self-talk isn't thinking. It's just commentary. It's just an automatic regurgitation of opinions and beliefs. That automatic commentary is often negative. It weighs us down and impedes our progress.

By thinking I mean the conscious formulation of ideas. Thinking suggests deliberate thoughts that serve a purpose. So little true thinking takes place that it caused two great minds to make the following comments. "Most of one's life is one prolonged effort to prevent oneself thinking." (Aldous Huxley, 1894 ~ 1963). Some would argue that we avoid thinking to avoid thinking about death, but that's another subject.

As to be expected from George Bernard Shaw (1856 ~ 1950), his comment on our dislike of thinking is in a humorous vein, "Few people think more than two or three times a year. I have made an international reputation for myself thinking once or twice a week." The talented character actor and screenwriter Paul Fix (1901 ~ 1983) also put a humorous spin on the subject by saying, "The only reason some people get lost in thought is because it's unfamiliar territory."

When we think before we act, or consider the consequences of our actions, we can prevent a great many disasters. Thomas Secker (1693 ~ 1768, former Archbishop of Canterbury) put it this way, "Some persons do first, think afterward, and then repent forever." But it needn't be that way. We have the power to think before we act. At the very least, we can think after we act. That way if we make a mistake, we can learn from it.

One of the most powerful forms of thinking is reflection or contemplation. Simply put, it is careful thought, or thinking things through. In other words, we weigh the pros and cons or benefits and liabilities of a particular course of action. However, we don't want to overdo it. For as British Statesman Edward F. Halifax (1881 ~ 1959) said, "A person may

dwell so long upon a thought that it may take him prisoner." At times, any action is better than no action. After all, if we make a mistake, we can learn from it and move on, but not to act at all is to remain frozen in time.

If you are unhappy with life, change the way you think about it. In other words, change your perspective. Change the way you see things. Learn to see the good that surrounds you. Sometimes we are so busy looking for flaws, imperfections, and problems that that is all we see. "Very little is needed to make a happy life;" taught Marcus Aurelius (121 ~ 180 AD), "it is all within yourself, in your way of thinking." Doug Horton adds an interesting twist, "Life is good when we think it's good. Life is bad when we don't think."

Our thoughts are a source of power. They can ennoble us or denigrate us, generate happiness or create misery, or set us free or enslave us. Thoughts are a creative force. You see, we become good by thinking about goodness and cause trouble to others and ourselves by thinking about trouble. Sid Madwed makes a serious point in a lighthearted way in this verse, "Thoughts are funny little things, They can make paupers or make kings."

Yes, constructive thinking is a life skill that leads to opportunities and personal growth. What can be more fun than wrestling with the infinite possibilities in our midst? Or more fun than trying to figure out our role in the overall scheme of things? Many exciting adventures await those who are willing to take the time to stop and think, for the fruits of thought are decisions, actions, and results. We can multiply the power of thought by using pen and paper. For writing down our thoughts helps us to focus on them. It allows us to capture our thoughts and all the directions in which they flow. Also, our notes provide the opportunity to amplify, clarify, modify, and simplify what's on our mind. Notes also serve as records to which we can refer to once again in the future.

Another way to unleash the power of thought is to ask questions. But they need to be the right questions. Ask, "How can I solve this problem?" Don't ask, "Why did this happen to me?" Ask, "What are my options?" Don't ask, "Who or what can I blame?" Walter Duranty makes

a good point, "The problem with most people is that they think with their hopes or fears or wishes rather than their minds."

To be truly powerful, we must grasp the truth that no one or no thing has any power over us other than that which we give to it with our own negative thoughts. The miracle of thought power is this: a single positive thought can destroy an army of negative thoughts. Often, a single word is enough to change one's life for the better. For example, let's say that over several years, Tom has said thousands of times to himself, "I can't speak before large groups." But one day, through a flash of insight, he adds a single word to that sentence, saying for the first time, "I can't speak before large groups YET." That one word changes the meaning of the sentence so it now means, "I CAN speak before large groups WITH PROPER TRAINING." So, Tom enrolls in a public speaking course or joins Toastmasters International, taking the first steps to transforming his life. Can you see how changing our thoughts changes our lives and changing the way we look at things changes the world we live in. In a word, our thoughts govern our world.

Explosive power can be released when we combine the power of thought with the power of imagination. By joining the two forces, we can create our life vision and the dreams that we wish to pursue. By following our dreams, we create a life of adventure. To help us along the path to GREATNESS (title of the following poem), here are some thoughts to think about:

### **GREATNESS**

A man is as great as the dreams he dreams, As great as the love he bears;  
As great as the values he redeems, And the happiness he shares.

A man is as great as the thoughts he thinks, As the worth he has attained;  
As the fountains at which his spirit drinks And the insight he has gained.

A man is as great as the truth he speaks, As great as the help he gives,  
As great as the destiny he seeks, As great as the life he lives.

— *C.E. Flynn*

What do you think? Isn't it time we thought more about thinking?

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

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## The Squirrel and Two Power Cords

By Beca Lewis

I have a squirrel friend who must know the spiritual law, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Perhaps squirrels automatically teach it to their children and perhaps in a squirrel family it is actually believed and acted upon.

The proof I have of this fact is the little squirrel paw prints on my glass door where Mrs. Billie Bob props herself while looking in to see if I am ready to bring her peanuts. Even when it takes awhile for me to notice, or to get up and get them — she waits, confident that the law, seeking and knocking (or in her case pawing) is intact.

I see I have something to learn from her. If I don't see what I am asking for right away, I begin to doubt that it is there. Fear clouds my thinking, or impatience gets the best of me. Instead, I could think more like a squirrel.

If a squirrel can trust that a human, with all its imperfections, will provide; perhaps I should trust that infinite Love, in all its perfection, provides for me all the time too.

Nice thought, but does it work? That brings me to the shaver and the first power cord. One morning Del told me that when he started to shave he realized that his shaver was almost out of power so he took the cord out of the drawer and plugged it into the wall.

However, the shaver was as bad as before, in fact it just got worse. Afraid that the shaver was broken he checked it again and noticed that although he had plugged the cord into the wall, he had not plugged the cord into the shaver.

We laughed when he told me the story. Isn't this a perfect example of how we usually apply the power of a spiritual law? We learn it, believe that it is true, which is like plugging into the source, but then we forget to plug it into our daily life.

There is another spiritual law that correlates to this one: "And it shall come to pass, that before they call, I will answer."

If we started all of our thinking from this spiritual law, we would notice that what we need in life has shown up before we need it. Big things, like the air for our next breath, or small things like the story of the second power cord.

This power cord belonged to an old computer that no longer worked so we took it to the store to trade in the parts. The storeowner took one look at the baggie that contained the hard drive and the phone cord connector and said, "Wow this is amazing." We had no idea what he was referring to until he plugged it into another woman's computer who had forgotten her cord at home. No big deal right? Well in this case this was a very rare cord with a special kind of plug on the end. The kind of cord that hardly anybody ever used even 5 years ago when it was new.

We walked in with the exact cord she needed just as she realized she needed it.

In fact, we were on the way to the store with what she needed before she knew she needed it. Look around, isn't that what happens all the time? Perhaps if we concentrated on the idea that millions of events are in motion at all times to insure that in each second we would have what we need, then the times we don't "see" what we need immediately we would patiently wait — knocking and seeking — knowing that it was there.

That state of mind perception change to calmness and expectancy rather than fear and patience combined with the point of view perception change to thinking from these two spiritual laws would reveal that what we need has been available all along.

We would stop blinding ourselves to what has been provided by determining how we think it should look. In our confidence that spiritual laws always work and can never be annulled that blindness would be lifted and what has already been provided would appear.

Now I have to go — Mrs. Billie Bob is here for her breakfast. It is my joy to provide for her, as it is Divine Love's to provide for you.

\*Bible: Matt 7:7 Isa 65:24

Sign up for **Beca's** free Shift Ezine and Ecourses here: <http://budurl.com/lwyr>

## **Never Explain, Never Complain** **By Steve Wickham**

For direction in life and purpose to meet all the wiles that inevitably come, the four-worded title above—one which is attributed to both Henry Ford II and Benjamin Disraeli—is quite a boon for wisdom that can only benefit us.

We necessarily picture ourselves as being assuredly confident and assertive from the outset. It's a vision. If it's not where we're at right now it doesn't matter. It's where we're headed if we desire assertiveness enough.

### **Never Explain**

When we've made a decision, sided with a project, backed some venture or gotten on-board in some other way, we're required to need to explain the whys and wherefores to those enquiring. That's only sensible and practical.

Where the process derails, however, is when criticisms come. Criticisms here are termed uninvited slurs or non-constructive feedback - or feedback we can do without. It's not stubbornness that meets this 'feedback,' but wisdom.

If we feel we don't need to explain the motive, rationale or reasoning of our actions all will go better. The petty complaints will cease eventually of their own accord.

So, there is a vast difference between explaining the details of decisions so people have the information to understand it, and *justifying* the decision to sceptical or belligerent others (who'd be sceptical and quarrelsome anyway). We just don't go to the latter if we can help it.

### **Never Complain**

Where we made a decision or accepted one, there is no recourse to complaint, only learning.

I've very often said that there are three "C's" with which we should be wise not to engage in. These are *compromise* (i.e. of standards),

*comparison* (i.e. self with others) and *complaint*. Complaint in this way is salaciously vicarious - it's the sort that gets us nowhere but to the outcome of despair and it's problematic for others too.

The truth is, whatever we run with we must accept, if, that is, we're to be fair with others and certainly with God also. Life rewards the responsible and the diligent.

There are times when 'complaint' is necessary and even advised, but it is our manner of complaint that sets us apart. We learn to complain with integrity, and not in a whinge-worthy manner. Our complaints don't reveal within us weaknesses, but strengths. Our complaints are advocacy-based; they're not about protecting our personal rights as such. Our complaints are weighed and considered and they're certainly infrequent.

But generally, we do not complain. We, instead, get on with the living of life. We keep moving forward.  
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## **We Must Love People Back to Health by Ken Munro**

*(Material for this essay comes from the following sources: the book "Life 101" by John-Roger and Peter McWilliams, "All I Really Need To Know I Learned in Kindergarten" by Robert Fulghum, Life Magazine, Fall 1990, the book "Would You Believe?" by Canadian religion author Tom Harpur and the poem "The Dilemma", author unknown)*

We must love people back to health. We must address all the needs of the entire patient - love, faith, sense of purpose, etc., and not just his/her disease. In the words of Dr. Jerome D. Frank, American psychiatrist: "any treatment that does not minister to the human spirit is grossly deficient."

According to M. Scott Peck, M.D. in his best seller, "*The Road Less Traveled*", "the absence of love is the major cause of mental illness and that the presence of love is consequently the essential healing element in psychotherapy. Most mental illness is caused by an absence of or defect that a particular child required from its particular parents for successful maturation and emotional growth. And in order to be healed through psychotherapy that patient must receive from the psychotherapist at least a portion of the genuine love of which the patient was deprived. If the psychotherapist cannot genuinely love a patient, genuine healing will not occur. No matter how well credentialed and trained psychotherapists may be, if they can not extend themselves through love to their patients, the results of their psychotherapeutic practice will generally be unsuccessful.

Conversely, a totally uncredentialed and minimally trained lay therapist who exercises a great capacity to love will achieve psychotherapeutic results that equal those of the best psychiatrists."

The late psychiatrist Dr. Karl Menninger believed most emotional wounds could be calmed by love.

Dr. Bernie S. Siegel M.D. writes in his book, "Love, Medicine and Miracles" that caring is the key. Quoting Henri Nouwen from the same



book: "We have put all the emphasis on cure. Cure without care is more harmful than helpful."

Dr. Siegel points out that studies have shown that when you put a janitor in psychiatrist's office, the patient gets better - as long as the janitor is empathetic.

The Reverend Peter R. Fraile, S.J. states in the book "*Discovering Happiness*": "as an act of compassion, sharing yourself with a friend who is in pain or sharing your joy with a friend is more valuable than sharing a meal or sharing a thousand dollars."

And if doctors deprived a patient of healing medications, would they not be harming the patient? And are they just as guilty when they fail to love, fail to show empathy toward the patient. And failing to do this, are they not in violation of the Hippocratic Oath they swore to: "Do no harm?"

And there may be a conflict of interest why doctors don't address the needs of the entire person. Patients might be less dependent on taking medications for recovery and it's the drug companies who sponsor much of the research.

\* \* \* \* \*

But what can the individual do to love?

Many of us feel that we don't have anything to give. Some of us even feel that we would never deliberately hurt anyone. But the fact is in doing nothing, we allow pain and suffering to exist.

There is so much that we can do to alleviate one's suffering.

For starters, we can just simply listen. We don't have to heal them. Just knowing someone cares can make a difference.

Even an occasional hug can combat depression and build self-esteem for the receiver as well as the giver. Chemicals in the brain called endorphins are released making us feel good.

Dr. Peck goes so far as to suggest that lay people can practice successful psychotherapy without great training as long as they are genuinely loving human beings.

But there is problem in loving a person back to health. There is a risk factor involved. We risk appearing sentimental. We risk rejection. We risk involvement. We may even set ourselves up for ridicule.

By nature, we feel safer in our "Comfort Zone", loving people (if at all) at a distance. To step out of this "Zone" involves risk and uncertainty. It also is lot of effort!

Life is structured so that we are dependent one other whether we are sick or not. We need each other.

We shouldn't worry about taking risks and failing. We have a 50 per cent chance of success. There are professional baseball players who make millions of dollars a year who chase a ball with a stick with a lower average.

As the old saying goes: "a trouble shared is a trouble cut in half. A life shared is twice blessed."

Love heals! ###

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**Ken** works as a security guard. He's a struggling writer of sketch comedy and pieces on spiritual issues. He wants to set up a non-profit comedy troupe for the community, entertaining in hospitals, drop-in centres, etc. He has established a troupe for psychiatric and physically-challenged communities to participate in. He is also interested in the plight of psychiatric patients and other poverty-related issues.

## Do You Know the Natural Remedies for Depression?

by Nick Mutt

In this condition a person due to something complex experiences sad feelings and also downturn in their mood. It is a mental state which is characterized by inadequate negative sense and also lack of activity. It is a mental disorder which is associated with reduced pleasure or interest in almost all the activities. Most of the common behaviors which are the result of depression are despair, low self esteem, sadness, low self approach and also discouragement. It is said that depression is like a tree which has various roots. Regarding mental health problems, depression is the most common of all the problems. It is related with our mood and feeling. A person suffering from depression experiences very poor concentration and lack of interest in doing all the activities.

It is very necessary that a person suffering from depression must avoid spicy, oily and hot foods and also the pulses like Bengal gram. The diet of the patient should be full of fruits, green vegetables, grams, wheat flour, fresh juice, brown rice and all foods which are rich in vitamin B. During the phase of depression restrict the intake of milk products and meats. Always take light foods which are easy to digest.

Increase the intake of vitamin C as it is an anti depressant. We can get vitamin C from lemons, amla, oranges, etc. Patient should avoid the intake of chocolates, caffeine, beverages and also the junk and fried foods.

For the patient suffering from depression yoga and exercises are very important and effective treatment. It makes our body and mind healthy. It makes the people healthy from inside and also mentally strong. By doing regular exercises people suffering from depression feels happiness and mentally relax.

Some of the natural treatments of the depression are -

1. Turmeric is very effective in the treatment of depression. It has curative property. It is very effective for the depression patients who are affected by seasonal disorder.

2. To get relief from stress and depression cardamom is also very effective. The pleasant odor of the cardamom gives the nerves a soothing effect. We can use the cardamom by preparing a tea of it.

3. An effective herb which reduces the stress and depression is Ashwagandha. It has the requisite property which removes the negative thoughts from the mind.

4. Brahmi is also an effective herb which is very helpful in the treatment of depression. It relaxes the mind and also brings the mind in a comfortable state. Its oil also gives soothing and cooling effect on the mind.

In depression a person experiences sad feelings and also downturn in their mood. The common behaviors that results from depression are despair, low self esteem, sadness, low self approach and also discouragement.

Read useful [Home Remedies for Depression](#). Know about [Ashwagandha](#) benefits to relieve stress and anxiety.

Article Source: <http://www.positivearticles.com>

## Wrap Up Forgiveness and Feel the Love!

By Karla Brandau

As you wrap 2010 and wrap up your gifts this holiday season, wrap up something that costs absolutely nothing but gives you high dividends in relationships: Wrap up forgiveness.

This simple gift will make your holiday season extraordinary as authentic love will saturate, permeate and pervade every moment of your celebrations. Giving the gift of forgiveness is a rare gift of genuine love based on your power as an individual.

It is easy to love people who offer no resistance to your actions and who support you in what you want to do but it is often a challenge to love and forgive those who do not follow your instructions, openly disagree with you, or take your ideas for their own.

*A forgiving attitude and mentality gives you the power to:*

- Have patience with someone who has let you down
- Resist the impulse to be easily offended
- Open a dialog with someone who challenged your instructions
- Dig deeper and find out why a colleague scoffed at your ideas

*Genuine and authentic love is:*

- Accepting people as they truly are -- complete with weaknesses
- Looking beyond physical appearances to attributes that will not dim through time
- Resisting the impulse to categorize others
- Deferring criticism and judgment

This depth of forgiveness and love is a higher order of being, of living, and is the highest level of practice whether you are Christian, Jewish or Muslim. This love is unconditional and is not motivated by personal wants or needs.

Forgiveness and love at this level causes you to be sympathetic, compassionate, and merciful, not only in times of sickness, affliction and distress but also in times of weakness or error on the part of others. Your humble gift of forgiveness and love will never be forgotten.

This Christmas, wrap up forgiveness and feel the love that boomerangs back to you. You'll experience a warm assurance that the world is great place to live. Merry Christmas! ###

**Karla Brandau, CSP**, is an expert in change, leadership and team building in the flat world. She offers keynotes and workshops to move your organization forward. Sign up for her monthly newsletter, *From the Desk of Karla Brandau* by going to <http://www.karlabrandau.com/> Karla Brandau.com. Get your [free poster](#) of suggested listening skills.

## **Forgiveness - Breaking the Cycle of Resentment**

by Lori Radun

Over 20 years ago, my mother disowned me for a period of 10 years of my life. It wasn't something I could ever imagine doing to one of my children, but it happened. It was one of the most painful times of my life. I was angry at her. I got married and gave birth to my first child and she wasn't there. I missed her and longed for a mother-daughter relationship. I cried a lot. Today my mother and I have a beautiful relationship and I am so grateful for our reconciliation. As a matter of fact, her birthday card to me this year said, "You are the best daughter". Did this relationship we have today happen overnight? The answer is no. At the core of our relationship today is forgiveness.

What is forgiveness? Forgiveness is something virtually all Americans aspire to—94% surveyed in a nationwide Gallup poll said it was important to forgive. In the same survey; only 48% said they usually tried to forgive others.

I don't think a single person can escape life without experiencing hurt by another person. Maybe the hurt is angry words spoken during an argument or a friend who surprises you with betrayal. Perhaps the pain comes from emotional neglect, infidelity, divorce or even sexual and physical abuse. Sometimes the hurt is a one time event. Other times the pain continues for a long time.

Forgiveness is a necessary step to healing from pain. It is a choice to extend mercy to the person who hurt you. Sometimes forgiveness allows you to move forward with the other person and experience a new relationship. Other times, reconciliation is not possible. In this case, forgiveness is more for you and your own personal growth.

You might be saying, "But you don't understand what's been done to me." And you're right; I don't know all the hurts you've endured. However, I know from experience that it pays to forgive. Forgiveness is a sign of strength - not weakness. It is the strong who can put aside the past and let go of anger and resentment. My mom comes from a large family, with seven brothers and sisters. There has been a lot of sibling

rivalry, and I'm always amazed at the amount of resentment that still remains in the family today.

Anger and resentment drains your energy, and keeps you imprisoned by your past. By choosing to let go of your hurt and anger, you give yourself the freedom to fully experience joy in life. Anger builds inside us, so by letting go, you improve your ability to control your anger. We've all seen the person who blows up at the smallest incident. It is the accumulation of built up anger that is unreleased that causes this explosion. So many diseases, like heart disease and cancer, can be triggered by unresolved resentment. By choosing to forgive, you can dramatically improve your emotional and physical health.

Without forgiveness, you cannot move forward in your own personal and relational growth.

What is not forgiveness? Forgiveness does not mean you allow people to treat you badly. It does not mean you ignore the wrongdoings. It means you accept that the person has made a mistake, and you are choosing to grant them mercy. When you forgive someone, you won't necessarily forget the hurt. I will always remember the pain I felt when my mom disowned me, but I do not dwell on it, and I do not let it interfere with the quality of our relationship today. I have allowed myself to heal and move on. Forgiveness does not mean you are condoning or excusing the person's behavior. And it doesn't mean you have to trust that person again. Some acts, like physical and sexual abuse, require that you limit your trust or at least test the trust with the person who hurt you. Remember, forgiveness is more for you than the other person.

### **The process of forgiving**

So you've thought about it and you're ready to forgive. You're tired of holding on to old pain and you've decided it's time to let go and move on. What do you do? First, you must face and release the anger that you feel. On the surface of the hurt is anger and you need to break away that layer first. Underneath the anger is the pain and hurt that you must grieve. There are many ways to release anger and hurt. You can talk about it with trusted people. You can spend time journaling. You can pray about it and ask God to take away that pain and resentment. You can express your feelings to the person who hurt you, provided that it's

possible to have a healthy conversation where both you and the other person speak and listen in respectful ways.

One of the best and most cleansing ways to release your negative feelings is to write a letter to your perpetrator. In this letter, you pour out every emotion you feel. You tell them everything that hurt you and everything they did to make you angry. Do not hold anything back. Allow yourself to really feel the anger and cry the tears by reading it out loud to yourself. When you are done, burn or bury the letter as a symbol that you are ready to move on. DO NOT give the letter to the person. This letter is for you and you only.

After processing all your emotions, you are ready to make the choice to forgive. It is a choice that requires compassion, understanding and an open and loving heart. When my mother and I first reconciled, we talked about our feelings. Sometimes we even fought because the pain was still fresh. But we listened to one another and we tried to get inside each other's shoes. It wasn't easy, but today, even though I don't agree with some of my mother's beliefs, I have compassion and understanding for who she is and why she made the choice she did. I love her regardless of our differences.

Each of us makes mistakes in life. At one time or another (probably more than one time), we will hurt another person. Maybe it will be an accident, or perhaps it will be a purposeful reaction to someone hurting you. When this does happen, do you want to be forgiven? Do you want another chance to make amends? Most people don't mean to hurt us - they are dealing with their own pain and unresolved resentment. It's unfortunate that we take it out on our loved ones, but until we break the cycle, it will continue to happen.

Are you ready to break the cycle and do your part to forgive?

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**Lori Radun** is a certified life coach, inspirational speaker and author of the award winning book "The Momnificent! Life - Healthy and Balanced Living for Busy Moms". To receive two free special reports plus 52

weeks of guided journaling topics, join her Momnificent Mom Club community at <http://www.momnificent.com>.

## **I WILL**

**By Karen Wright**

Say these words aloud: "*I Will.*"

We use the word "will" often every day. But, what does it mean? The dictionary says that will is an auxiliary verb - an extra verb that's followed by the REAL action in the sentence. I will get more sleep, I will go shopping, I will see you tonight. I will achieve my goals.

But, the real power in the word comes from making will THE action verb, not a sidekick. I WILL this day to be joyful. Deliberate intention, resolve. This version of the word seems reserved for royalty or God. A King might will his subjects to pay taxes. The Lord's Prayer says, "Thy will be done." Both paint a clearer picture of exactly how powerful the word is.

Will is the creative force of a conscious mind. But, although our mind is at work all day long, the vast majority of the time we're running on autopilot - operating from our subconscious mind - is a repository of learned behaviors; a set of habitual responses. Acting from habits to routine situations requires little real thought. But, to will requires being consciously present.

Have you ever been driving somewhere totally engrossed in a conversation with your passenger? It's not unusual to suddenly realize that you missed your turn off. Your conscious mind was busy with the conversation, so your subconscious mind drove. Keep that in mind the next time you're on the freeway traveling 65 miles an hour...most people aren't really present mentally.

### **Getting Present**

Try this exercise with a friend sometime. It will give you the experience of being consciously present. Have your friend hold both hands toward you; palms facing you. Place your hands palm to palm with about 6 inches between your palms. Tell your friend to move their hands in any way they choose. Your job is to parallel their movements. To do this well, you must be alert, conscious, and present.

Now, imagine that your friend represents your family, the economy, your job, traffic, the weather, etc. It does what it does and you react as best you can. This is how most of us live our lives. Reacting as best we can to whatever happens. It's easy to get wrapped up in all the circumstances that vie for our attention each day. Someone says something, something happens or doesn't happen, plans change. All day we respond to what's going on in our lives like puppets being manipulated by strings. Not in control. Reacting. Fighting fires. Making adjustments. The world causes and we react.

### **Creating, Not Just Reacting**

But there is a different way of living that puts us in more control and brings greater peace. We can create, not just react. This is where WILL comes in. "I Will" says, "This is what I cause." But can we really cause what we want?

What if we not only can, but we cannot do otherwise? What if we are the cause of the reality we experience? Is that good news? You bet. Does that mean that you WANTED everything you have experienced? Not really. Because most often we create unconsciously. And unconscious thoughts often bring forth our fears, not our hopes.

### **The Quantum Physics Lens**

I've been fascinated by Quantum physics for several years because it's breaking the rules we've long held as physical truths. Physical matter doesn't behave at a subatomic level the way it does in our visible world. Is it possible for me to be standing here and to also be standing over there at the same time? No. But, at the subatomic level it seems that it IS possible for a particle to be here AND there at the same time.

Quantum physics even goes so far as to say that reality, as we know it, doesn't even exist until we will it into existence. That reality is just a soup of potential until the mind calls it into physical being.

Even though I've studied quantum physics for a while, I don't presume to understand it completely...or even well. But, even its founding physicists, like Albert Einstein, Max Planck, or Niels Bohr didn't fully understand it, so I'm in good company.

## **What If We've Got It All Wrong?**

But, here's why I'm fascinated by it. What if the way we've always looked at the world is wrong? What if we have the cause-effect thing backwards? What if the world isn't the creative force, but WE are? What if your life and experiences are self-created? What might that mean to the way you think and decide and interact with life?

This goes beyond merely deciding how to manage your perceptions of things. It's more than making lemonade out of lemons. It's about creating oranges instead of lemons...and doing it intentionally.

Our predecessors believed that the world was flat. They believed that demons caused illnesses. They believed that the sun revolved around the earth and that objects heavier than air could not fly.

But then, humanity developed keener senses and discovered new truths. Why would we believe that we've reach the pinnacle of wisdom at this point? What if we're only in our infancy when it comes to understanding how the world really works and what we're capable of?

What would you WILL if you knew without doubt that your will would happen?

This I believe...we have much more control over what our lives look like than we give ourselves credit for. We have the power to WILL our lives. To BE the cause. But, this requires two things: being present and belief.

## **Mental Muscle**

Most of our conscious thinking isn't about this moment. We spend the majority of our thinking lives reliving the past or wondering about the future. Our most creative power, thought, is wasted in reviewing what's already happened or in guessing about what's going to happen.

So, most our lives we rely upon our habitual response patterns to deal with the moment. Running on autopilot. Responding by habit, not by choice.

The ability to focus thought is a skill few people ever acquire. Especially today in our information overload world. In our channel surfing, sound

bite, attention deficit world. Close your eyes and think of a cat. When you realize that your thoughts have drifted to something else open your eyes. How did you do? Could you focus for more than a few seconds?

Thinking about a cat may not have seemed very important to you and your mind may not have taken the exercise seriously, but the real key here is that if we can't flex our mental muscle for the easy stuff, how much hope do we have for the things in life that really DO matter to us?

Developing focus is honing your creative abilities. It's sharpening your WILL. Meditation is one way to help the mind focus. A focused mind can create miracles.

## **The Power of Belief**

The second requirement for you to be the cause of your life is intentional belief. We get what we believe.

If our beliefs say that the way our life is is beyond our control...that other people can bend our life to their will, we'll be manipulated by life. If we believe that we aren't stronger than any circumstance we will ever face or that we even deserve the bad stuff that happens, then we will get what we believe.

WILL is focused intentional thought. Thought is creative and it would be wise for us to monitor our self talk. Left to create on its own, much of our self talk tends toward doom and gloom. It's amazing what our imaginations can do with practically no solid facts.

Much of my book *The Sequoia Seed: Remembering the Truth of Who You Are* is aimed at raising awareness of how we walk this path of life. And how much our self talk determines the quality of our experience. Sequoia readers have told me that one of their favorite chapters is *The Three Headed Monster*. It's a study of our most challenging thought robbers: fear, doubt and confusion.

## **Fear, Doubt, Confusion**

We spend an inordinate amount of time and effort grappling with these corrosive emotions and none of it improves our lives one whit.

Instead, I'd recommend challenging your fears and doubts. They are most often made of flimsy stuff. In the Wizard of Oz, when Dorothy and her companions stand quaking before the Great and Powerful Wizard, Dorothy's dog, Toto, pulls aside a curtain behind which a meek little man is running a machine that is creating the horrifying apparition. There was no Great and Powerful Wizard, just an illusion. And so is the majority of our fear.

The truth is you are stronger than anything this world can inflict on you. The human WILL is indomitable and our powers to create are endless.

The thief of our power is our doubt. It robs us of the vital energy force that nourishes life. Doubt is a disease and truth is the antidote. Truth and will can defeat any circumstance. We only need to trust our strength more than we doubt it.

I encourage you to invest in your WILL through strengthening your ability to focus on what you want and your belief that it IS possible. Be still within and touch that place in you that is strong and sure. Whatever lies before you in this moment, be the cause of what is to happen, not its victim. You are the Great and Powerful Wizard and your WILL will carry you through. ###

**Karen** is author of [\*The Sequoia Seed: Remembering the Truth of Who You Are\*](#), a great read for anyone who is seeking understanding or guidance, inspiration or clarity in his or her life. [\*Waking Up\*](#), the free bi-monthly ezine, was created to help you activate your natural motivation to move beyond mere existence and to really LIVE your dreams.

## **Gain Control Over Holiday Stress** by C. Lynn Beebe

The holiday season is upon us. Does that statement make you jump for joy or wish you could hide under the covers for the next month or so? Holiday stress is an unwelcome visitor that plagues far too many people each year. By understanding some of the reasons we experience this type of stress and arming ourselves with some tools to minimize it, the holidays can and should be a joyous time of year.

Of course some of the very things that make us enjoy the holiday season also seem to provoke stress. Schedules become busier than normal with holiday parties, shopping and special activities. Hectic schedules often squeeze out normal exercise routines and office parties often make it difficult to stick with a normal healthy eating plan.

Other factors that invariably have an impact on holiday stress levels include the stretched budgets many of us face. Overspending on holiday gifts, food and decorations is common and easy to do. Many people put a lot of pressure on themselves to have the perfect holiday celebration and spend a lot of time and money hoping to achieve perfection. All of these factors can add up to extreme holiday stress.

If you find yourself with a lot on your plate this holiday season, take a moment to recognize if you're experiencing any stress-related symptoms. Fatigue, moodiness, lack of energy or lack of motivation can all be signs that you're experiencing stress. In addition, you may also experience headaches or body aches due to changes in your sleep, exercise and eating routines. Address these stress signals right away so you can regain control and enjoy the holiday season.

Once you have recognized that you are suffering from holiday stress you will be in a much better position to deal with it. The first thing to do is gain control of the situation. You have many choices during each day and how you choose to take on the various tasks at hand will determine the level of stress you will ultimately experience.



One of the most important choices you can make each day is to dedicate some time to yourself. You must decide to take some isolated time to relax. Relaxing means different things to different people so you will need to understand what it means to you. It might mean going for a peaceful walk, reading a book or just sitting still. The actual activity you choose to do is not important but the fact that you take the time to clear your mind and do something enjoyable is the key.

With a clear mind, you will be better focused and ready to do some planning. By taking a few moments to plan both the big-picture events such as holiday dinner party or office gift exchange as well as the individual steps you will need to take each day to accomplish the events, you will be setting yourself up for success and alleviating a lot of stress at the same time. Every evening should have a few minutes set aside for planning the next days tasks. Youll be better able to get a good nights rest which will provide more energy the next day.

Try to stick with your normal exercise and healthy eating routines as much as possible. Of course it will be difficult and you may need to shorten some workouts, but whatever you can do will payoff in terms of increased energy and reduced stress levels. And even though there will be more goodies in the diet, by including as many of the normal healthy foods as possible, you will be able to maintain higher energy levels and feel better.

While holiday stress may always play a role in the holiday season, it doesnt have to be the star. With a little strategic planning, you can spend more of your holiday season enjoying yourself with family and friends and less time stressing over the details. ###

Source: [www.articlesbase.com](http://www.articlesbase.com)

### **C. Lynn Beebe**

Lynn writes articles on a variety of health and fitness topics and publishes a free e-newsletter every other week. For a limited time, new subscribers will receive a free Holiday Stress report with tips for managing stress levels. For more information, visit [www.HealthAndFitnessTools.com](http://www.HealthAndFitnessTools.com)

## **Companions That Shape Your Life Gabriella Kortsch, Ph.D.**

John (not his real name, all names in this article have been changed) was recently told he has a tumor. Malignant or benign, he will not know for about three weeks, after a series of tests and the results that they offer. Marguerite was taking her husband's suits to the cleaners and found a hand-written note – not his handwriting - in the breast pocket of one of the jackets: *Your love makes life worth living*. Matthew and Lily have just been notified by their bank that unless they pay the overdue mortgage on their home, it will be repossessed by the end of the month. Jennifer had a call from the police this morning. Her son David is in jail for possession of cocaine. Michael got fired yesterday. And William was robbed. Burglars broke into his home while he was away on a brief trip and managed to open the safe where he had six months' worth of emergency funds and his wife's jewellery. None of it was insured. Finally, Mariel, a horse trainer, had a car accident, and not only is her car totaled, but because of injuries she sustained, she can not work for at least six weeks and her job only allows her six sick days per annum.

### ***When Life Gets Hard***

Such a list of bad luck and hard situations doesn't exactly make for fun reading. But here is why this is the subject of today's article: when life serves up the hard bits, the companions we have chosen up to that point in our lives, *will shape – at least in part – the manner in which we are able to deal with the problems*. They will sustain us and they will help us get through that dark forest to the clearing on the other side. *Or not*.

### ***Habitual Companions***

Here are some of the companions we habitually choose – we spend our precious time with these companions - and because they are habitual, and because we generally choose them long before any of the hard bits in our lives have appeared, they impact our thoughts and behavior in ways that are detrimental instead of uplifting when the more difficult times show up, just as sugar and chemicals in food are detrimental to our bodies and creep up on us until finally one day we realize the body that we have is no longer healthy:

- Endless television shows that we watch simply because we happened on them, either while channel surfing, or because they were there when we turned on the TV
- Junk books
- TV and radio commercials and print advertising, not to mention billboards that encroach on our time and thinking as we drive through the streets (similar to what mindlessly eating sugary treats or salty chips while we watch TV or read, does to our body)
- Fashion, gossip, and sports magazines
- Irate political, sports, and religious commentators on radio or television
- Conversations consisting to a degree of gossip, or discussion of other people's lives
- Conversations consisting to a degree of complaining about something in our lives which we expect the other person to listen to, and vice versa, listening to others complaining about their lives
- Spending time in thought on endless worrying about problems
- Spending time in thought on endlessly going over and over what someone did to you that you simply can not forgive
- Spending time in thought about how bored we are, or participating in some of the above activities simply because we are bored
- Socializing with a great amount of alcohol or some other type of substance, meaning that the actual interaction with other individuals is probably not on a level that serves us
- Socializing with people we are addicted to because of the power they have
- Shopping until we drop (even if our credit cards are already groaning under a weight of debt)

### ***Nourishment***

There's nothing wrong with all of the above in moderation, but if you were to make a list of all the hours you spend on all of the above activities that apply to you, you might find that when you need another kind of inner back-up, you don't have it. When life throws us the curve balls, when the floor falls away from under our feet, when unexpected

setbacks arrive, frequently what we most have going for us is what we carry around inside with us. What we have nourished ourselves with. Think of a young woman about to get pregnant. It's logical, we all understand that if she is eating a healthy diet, the body that will become a vessel for the baby will be able to nourish that growing fetus in a much better fashion, than a body that is filling itself with junk food or substances. So it is with us as we prepare ourselves for those moments in life when the going gets rough.

Resilience is required for difficult times. Inner strength is required. Wisdom, trust and faith (not necessarily religious) are required. Belief in yourself is required. *Knowing that you can* survive will take you a long way. Emulation of others you may admire who have gone through tough times is helpful. Learn about them. Read about them. Be inspired by them. And above all, love yourself.

Think of this: *how much joy have you stored up in your life* to get you through difficulties? Have you figured out how to live a joyful life *no matter what*? How much understanding have you stored? Have you filled yourself with ideas that will see you through? What would you do – inside your head - if you were stranded on a desert island, or if you were placed into solitary confinement? Obviously those things are highly unlikely to happen to the great majority of us. *But that – feeling that we are all alone - is how we sometimes feel when we are going through tough times because there is nothing there to sustain us.*

### ***Keeping Your Energy High***

I'm an inveterate reader and have been ever since I discovered the public library with a spectacular children's section in the city where I lived in Canada as a child. I took my bicycle there once a week, filled the basket with books and read those books over the course of the week. Evidently most of those books were novels, children's books, and so on, but I quickly realized that there were certain books or certain pieces of information in some of the books that spoke to me in other ways than the rest. Hence I avidly searched for more of those books or for more books with passages of that nature. *They nourished me.* As I grew older, I began to acquire books with the goal in mind that I wanted material that nourished me, and then, even at the age of 15, realized that some

of those had become faithful companions when life got hard. I was able to find solace in them, greater understanding of how I might continue on, and certainly, they encouraged me in my darker hours.

But it need not be books. It just needs to be a habit – once you understand this process – of finding daily quality nourishment that will sustain you, because it has served to grow a being (you) that carries inner strength and conviction, a being that knows it can survive, no matter what is thrown at it. Such inner nourishment can come in many guises, but you will know it because of how it raises your inner energy, your inner sense of well-being and helps you grow towards the goal of truly loving yourself. Begin to make the pursuit of such energy-raising nourishment a habit. It will serve you well and lead you closer to inner peace, well-being and freedom. ###

**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 Art of Asking** **By Linda Sapadin**

Wouldn't it be nice if you could start off this school year with a fresh approach to dealing with your kids' responsibilities?

One of the best ways to do this is to learn the art of asking. Asking better questions - and listening to the answers - indicates that you value your children's opinion. You begin to trust that they may have good answers that you never even considered.

The #1 complaint of older kids is:

"All they ever do is ask me: "Did you? Did you do your homework? Did you clean your room? Did you write that report? They don't really care about me. They care about what I do."

Before you reflexively say "No, that's not me," or defend yourself by saying, "How else can I teach my kid responsibility," think about it.

Yes, it's a parent's job to teach a kid responsibility and to check up on what he's doing or not doing. However, there are better ways of achieving that goal than a constant barrage of "Did you, did you, did you." Here's one way to improve your asking technique.

Change closed questions to open-ended ones.

A closed question is one that requires a "Yes" or "No" answer. A parent's dream answer: "Yes, I finished my homework, I cleaned my room and I did extra-credit work." In the history of the universe, nobody except a perfectionist kid (and that's another problem) will give you that answer.

A typical kid's response will be: "Yeah, I did it." (This may be the truth, a partial truth or an out-and-out lie.) Or, "I'll do it." Or, "Get off my back." None of these is an invitation to a sparkling relationship or a guide for developing responsibility.

An open-ended question, in contrast, tends to elicit thought-provoking answers. It often begins with the words "What?", "How?" or "When?"

"What could you do about it?"

"How will you deal with it?"

"When will you make time to focus on that?"

Though you may initially receive an "I don't know" grunt to these questions, give it time. If you are changing your approach from "Did you..." to open-ended questions, your kid will need some time to get used to it. You may help the process along by saying, "Looks like you don't have a lot of time for your homework. How do you think you could restructure your time to give you more time for what needs to be done?"

An open-ended question compels the conversation to become less about your answer and more about listening to your teen's answer (no matter how lame you may think it is.)

Why should you listen to your teen's answer when yours is clearly better? Because encouraging your teen to come up with his own answer builds the "responsibility muscle." Responsibility, after all, is having the "ability to respond." Reflect on that for a moment.

Open-ended questions tend to develop thinking while minimizing rebelling. Asking, "What could you do about that?" encourages your teen to decrease his dependence on you and increase his accountability for his own life.

An added bonus: Asking open-ended questions and listening to the answers helps create an atmosphere of mutual respect. We all want our opinions to be known, appreciated and respected. So, don't be surprised if this new way of communicating improves your relationship with your teen over a period of time. ###

## **Time for Some Personal Freedom?**

by Phil Evans

What does that really mean?

How important is personal freedom to each and every one of us?

How many of us are stuck in feeling some sort of guilt, shame or embarrassment?

How many of us who left our spouses and divided our families because of our own stuff, or the seeking of personal freedom, feel guilty for how scared and scarred it left our children?

How many of us are still living in the embarrassment of not having performed as well as our peers may have done, during our attempt at leading a successful life?

How many of us are feeling deep down guilt or shame due to some act of anger or spite, in which we hurt someone, and can't quite forgive ourselves?

The truth is that we've ALL done something to someone at some stage in our lives which we could feel guilt, shame, or embarrassment over. Whether we can release ourselves from those feelings, or not, is the challenge for many of us.

The opposite of personal freedom is feeling powerless; trapped; guilty; embarrassed; shameful ...

Fortunately, we all have the ability to take hold of our own power; grab it with both hands; and make a difference in setting ourselves free of those aspects of feeling dis-empowered. We all hold it in our grasp; within ourselves; to make a difference to ourselves; and to others! We need to be able to feel comfortable with our own power; and our own abilities to make a difference!

We all need to 'be' the changes that we wish to see in the world; and become Agents For Change!

Teach by example; lead by example; and gain personal freedom for ourselves and others.

Best way to do that is by being a walking talking piece of living proof that we can all be agents for creating positive change; and take action by spreading the freedom and personal empowerment which the world needs right now!

I was reminded this week of my old Fort Street High School motto: "Faber est quisque suae fortunae": Every man is the maker of his own fortune. (Appius Claudius Caecus). In other words: We have the power within us to change our world!

And ... we can change that world of ours by starting by working on the person in the mirror; the changes will then spread outwardly; and eventually have a positive affect on more people in turn.

We are all responsible for where we're at right now; despite what circumstances may seem to have controlled the journey to this point. Take charge now; you are the driver of your bus; and you can do it so well; if only you allow yourself to feel that power within you!

I do believe that the way to take charge if you are feeling stuck in any aspect of feeling powerless, is to talk to the person (or persons) involved, and apologise if you need to: ask forgiveness if that is necessary; and if for any reason whatsoever you can't communicate with them in person; then write them a letter! The main power of the healing lies within getting the thoughts and feelings out of you; not necessarily being forgiven; because you need to be aware that not all people will forgive; or are capable of forgiving! For you, it is the act of doing your best; your intention; that is the most important aspect of this process of creating that personal freedom that you deserve. And you deserve it now!

So, if it is time to stop bashing yourself up; time to move forward and achieve personal freedom; achieve success; or simply achieve some inner peace: then there is only one thing to do from this point .... Take some action! It is never too late to take that action; whatever that may be!

I'll share a very personal example of that with you here and now: My own set of circumstances around my first marriage, and how it ended about 24 years ago, left my beautiful daughter with a broken heart. Her very own Dad had abandoned her life; walked out and left her standing in disbelief that anything like that could ever happen! The guilt that I suffered because of my own conscious awareness of how much I had destroyed her faith in life itself, left me feeling like crap for a very long time! Even though I have apologised to her many times over the past 24 years, it still sits in my being: so within the last few weeks I have sat with her and explained what was going on for me way back then (and now); and told her that it wasn't her fault in any way whatsoever that I had left our home when I did. It was my stuff! I say that because a huge percentage of children blame themselves for their parents breaking up; and I wanted to put the possibility of that to rest; if I could.

I think that it has helped her to heal somewhat; and I deeply hope that it has; but it certainly has helped me to let go of most of that remaining guilt that I have carried for so long now!

I have shared that very personal part of my own life with you because I know how many people are carrying around old baggage which is weighing them down heavily: time to put it down; or at least lighten the load by sharing it with somebody! Best person to share it with is the person involved; and if they're not around or available for you to verbalise your feelings; then write that letter and set yourself free!

After all, personal freedom is critically important to every one of us: It's time to seek it ... and learn to enjoy it! ###

## From the Shelf

### Notes to Myself: My Struggle to Become a Person

By Hugh Prather

Reading *Notes To Myself* is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, "When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished it, I felt rested and alive. Since then I've reread it many times and it says even more to me now." The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders.

A friend introduced me to this little gem as a teenager nearly twenty years ago, and I've returned to it often over the years in times of stress. The piercing clarity and brutal honesty of these simple, yet profound, observations slows my racing thoughts and magically puts things into perspective. So find a quiet place, set aside an hour or two, and let Hugh Prather show you how to live in the moment and rid yourself of that insatiable craving for external validation. You won't regret it.

#### Wonderful, insightful book.

I received this book from a friend in 1990. The copyright in the book is 1970, and the cost was a mere \$2. I read this book at a time in my life when things were as bad as I thought they could get. I underlined passages, wrote notes on pages, and each time I read it, I feel like I'm getting in touch with myself again.

It's an extremely good feeling when you can read your own thoughts and views on the world from someone else.. from someone you don't know. Everyone should read this book, and then pass it on to friends, or children.

#### Illuminating

This book brings clarity to our thoughts, and bridges the gap between the grey world of uncertainty we live in and the black and white world we would want to live in ... or at least some of us. It's nice to stumble across such illuminating guides along this path of life that don't necessarily provide answers, but light the way to an inner discovery, that unto itself,

illuminates all answers. I am constantly awed by the immeasurability of his clarity.

If you're a searcher, this is a book you'd probably like to read.

#### [Get your copy](#)

**Hugh Prather** (January 23, 1938 – November 15, 2010) is an author, minister, and counselor who is most famous for his first book, [Notes to Myself](#), which was first published 1970, sold over 5 million copies and has been translated into 10 languages.

Together with his second wife, Gayle Prather, to whom he has been married since 1965, he has authored other books including *The Little Book of Letting Go*; *How to Live in the World and Still Be Happy*; *I Will Never Leave You: How Couples Can Achieve The Power Of Lasting Love*; *Spiritual Notes to Myself: Essential Wisdom for the 21st Century*; *Shining Through: Switch on Your Life and Ground Yourself in Happiness*; *Spiritual Parenting: A Guide to Understanding and Nurturing the Heart of Your Child*; *Standing on My Head: Life Lessons in Contradictions*; *A Book of Games: A Course in Spiritual Play*; *Love and Courage*; *Notes to Each Other*; *A Book for Couples*; *The Quiet Answer*; and *There is a Place Where You Are Not Alone*. See [Cultivate Life! online bookstore](#)

Born in Dallas Texas, Prather earned a bachelor's degree at Southern Methodist University in 1966 after study at Principia College and Columbia University. He studied at the University of Texas at the graduate level without taking a degree. While he could be categorized as a New Age writer, he draws on Christian language and themes and seems comfortable conceiving of God in personal terms. His work underscores the importance of gentleness, forgiveness, and loyalty; declines to endorse dramatic claims about the power of the individual mind to effect unilateral transformations of external material circumstances; and stresses the need for the mind to let go of destructive cognitions in a manner not unlike that encouraged by the cognitive-behavioral therapy of Aaron T. Beck and the rational emotive behavior therapy commended by Albert Ellis.

Prather died on November 15, 2010, in the hot tub of his Tucson, Arizona home, apparently of a heart attack.

Source: [wikipedia](#)

## **Pam Garcy**

**Part 10. Visualization:** "What is it, why should I use it, how can my inner guidance help me to do it better?"

Tiger Woods knows it. Michael Jordan knows it. So does World-Record Olympian runner Lee Evans. Not to mention Olympic ski jumper Adam Malysz, and famous gymnast Mary Lou Retten, who had figured it out by age 16. These are just a few examples of people who are using a well known sports-psychology technique to achieve amazing outcomes as athletes!

Fortunately, we've learned from the athletes. We've translated this well-documented technique for high achievement into other life areas. In fact, hypnotists use it on a regular basis to help people to transform themselves and to change habits! Peak performance experts in many areas, from business to medicine, are using this technique for greater and more profound results!

What is the technique? It is the technique of guided-imagining, also known as visualization. The technique doesn't cost anything to use, and no one has to know you're using it. Yet, it is one of the key secrets of those who are able to walk successfully, consistently, persistently and passionately on their paths!

What is visualization? Visualization is the use of your imagination, for a select time period and on a consistent basis, for the purpose of directing your mind toward specific outcomes. It is best performed daily in a relaxed state of mind, though it can be used when you're not relaxed as well!

All you have to do is mentally rehearse yourself going through the motions that lead to the next level of success that you're hoping to achieve, and imagine yourself reaching the goal! Just as a basketball player would mentally rehearse going through the motions of making a tough shot, or a marathon runner might mentally rehearse running their entire course, you can apply guided imagination to yourself! It could increase your stamina, energy and motivation to keep going on your path!

### **Using Inner Guidance to Illuminate the Next Step.**

What if you don't know what the next step is? This is where your inner guidance can serve you. As you relax and breathe deeply, closing your eyes for greater focus, simply allow your mind to wander toward the information that will best serve you. You might state to your inner self, "Show me the next step that will lead to that which I most desire." If you tend to think in pictures (as many of us do), your mind will probably offer an image of yourself doing something that is closely related to your path, and to your desire. Perhaps your guidance will come in another form, such as a phrase, a drawing, a song, a helpful flashback or simply an inclination to try something new (something that may even have hidden relevance to your journey).

This initial information may intimidate or scare you somewhat. This is very normal, as you are seeking to stretch yourself. Stretching can cause your fear-alarm to go off, as the self-protective ego tells you, "This is moving beyond the comfort zone. This is a new area. There is a potential for pain." I would encourage you to attend to this part by seeking the skills necessary for success, rather than by abandoning your stretch. In addition, you can show this protective part of yourself that you are truly able to do this through repeated visualization coupled with practicing actions. Indeed, as you visualize, the potential for success will seem more and more possible. And as you take action, the possible becomes more probable.

### **Visualization is Mental Rehearsal. Practicing Action is Physical Rehearsal.**

What do I mean by Practicing Action? I believe that you often have a sense of the actions that will be required of you in order to achieve your desired outcomes, yet you may sometimes run away from these actions because they seem insurmountable. So, I would encourage you to start by practicing actions. Just as visualization allows your mind to practice and rehearse, practicing action allows you to prepare in physical reality.

When you rehearse or take practice action, you do not expect yourself to get it "right" right away. You allow yourself to experience the initial newness and strangeness that accompanies taking a first step. Just like a child learning to ride a bike without training wheels, you can allow

yourself to fall and to get back up, falling again until you figure out how to balance and move so as to create flight! Often my students are afraid to try a new therapy technique because they don't want to appear incompetent. I share this quote with them, which a wise person once said: "Anything that is worth doing well is worth doing badly at first."

Just as an actor or actress will practice reading their lines out loud on the stage, you too will find that practicing will lead you to "be ready" when the real curtain goes up. Athletes don't usually begin by jumping on the field; they learn the skills and practice them over and over. Then, when they have prepared, they play. So, optimal performance comes from both the covert rehearsal of visualization and the overt rehearsal of outright practice. And once you ARE ready, you will BE ready, so you won't have to GET ready.

### **Two other Cool Factoids about Visualization.**

Visualization actually activates the same neural pathways as the action visualized. My husband, Dr. Roger Clifford, a chiropractic neurologist and local area runner, has shared research studies about this with me. If you were to vividly imagine the successful running a race from start to finish, in a state of deeply relaxed concentration, you would actually be activating the same neural pathways that would operate while you are running. The same holds true for other actions, such as swimming, golfing, lifting weights, tennis, basketball, dancing, gymnastics, skiing, bowling and the list goes on!

As stated earlier, visualization is also used in hypnosis. It is currently in use medically to speed healing following injuries. So, what we are proving to ourselves is that the mind is responding to the information we SHOW it. If you SHOW the mind images of your healing, it is more likely to respond by activating the healing mechanisms of the body. If you SHOW your mind that you are healing yourself of a pathological habit (for example, walking away from a temptation that you previously gave into), you can activate the mental healing mechanisms that are also hardwired within.

**Worry is Negative Visualization: turn it on its side with your inner guidance!**



When you worry, you may SHOW your mind pictures of yourself facing pain, failure or rejection. I call this negative visualization because you are internally practicing the achievement of the negative outcome, rather than the desired positive outcome.

If you want to turn worry on its side, work WITH it, not against it. If you resist worrying by demanding that you mustn't worry, you will likely worry more--you might even worry about your worrying! However, if you turn it on its side, you can use the anticipated challenges by allowing your inner guidance to SHOW you pictures of yourself FACING, TOLERATING and OVERCOMING the challenges!

### **An Easy Application to Start Your Day!**

You can also use visualization to optimize your day! In the morning, you can take a minute or two just to visualize yourself as you want to be, creating the day that you desire most. Imagine how you will go about each part of your day. How will you greet your family? How will you treat your body in the morning? What will you eat? What will you do after breakfast? How do you want to arrive to your destinations? How do you want to feel during the day? Imagine yourself facing challenges calmly, confidently and easily!

*Okay, now go visualize!*

### **Next issue: Part 11**

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## **A Course in Miracles**

### **Lesson 26**

#### **My attack thoughts are attacking my invulnerability.**

It is surely obvious that if you can be attacked you are not invulnerable. You see attack as a real threat. That is because you believe that you can really attack. And what would have effects through you must also have effects on you. It is this law that will ultimately save you, but you are misusing it now. You must therefore learn how it can be used for your own best interests, rather than against them.

Because your attack thoughts will be projected, you will fear attack. And if you fear attack, you must believe that you are not invulnerable. Attack thoughts therefore make you vulnerable in your own mind, which is where the attack thoughts are. Attack thoughts and invulnerability cannot be accepted together. They contradict each other.

The idea for today introduces the thought that you always attack yourself first. If attack thoughts must entail the belief that you are vulnerable, their effect is to weaken you in your own eyes. Thus they have attacked your perception of yourself. And because you believe in them, you can no longer believe in yourself. A false image of yourself has come to take the place of what you are.

Practice with today's idea will help you to understand that vulnerability or invulnerability is the result of your own thoughts. Nothing except your thoughts can attack you. Nothing except your thoughts can make you think you are vulnerable. And nothing except your thoughts can prove to you this is not so.

Six practice periods are required in applying today's idea. A full two minutes should be attempted for each of them, although the time may be reduced to a minute if the discomfort is too great. Do not reduce it further.

The practice period should begin with repeating the idea for today, then closing your eyes and reviewing the unresolved questions whose outcomes are causing you concern. The concern may take the form of

depression, worry, anger, a sense of imposition, fear, foreboding or preoccupation. Any problem as yet unsettled that tends to recur in your thoughts during the day is a suitable subject. You will not be able to use very many for any one practice period, because a longer time than usual should be spent with each one. Today's idea should be applied as follows:

First, name the situation:

*I am concerned about \_\_\_\_\_.*

Then go over every possible outcome that has occurred to you in that connection and which has caused you concern, referring to each one quite specifically, saying:

*I am afraid \_\_\_\_\_ will happen.*

If you are doing the exercises properly, you should have some five or six distressing possibilities available for each situation you use, and quite possibly more. It is much more helpful to cover a few situations thoroughly than to touch on a larger number. As the list of anticipated outcomes for each situation continues, you will probably find some of them, especially those that occur to you toward the end, less acceptable to you. Try, however, to treat them all alike to whatever extent you can.

After you have named each outcome of which you are afraid, tell yourself:

*That thought is an attack upon myself.*

Conclude each practice period by repeating today's idea to yourself once more.

### **Commentary by Allen Watson**

The American Heritage dictionary defines "invulnerable" as "immune to attack." So to believe I can be attacked means, by definition, that I believe I am not invulnerable. That much is obvious.

There is a little bit of logic in the first paragraph that might slip by without careful reading:

[You see attack as a real threat. That is because you believe that you can really attack.](#)

It is my belief that I am capable of attack that makes me fear attack from without; if I can attack, so can everyone else. My fear of attack, therefore, comes from the projection of my own belief about myself! It comes from my belief that I am not a wholly loving being, but rather I am malicious, malign and wicked. That is what the second paragraph is all about.

"What would have effects through you must also have effects on you". This is why, as Lesson 23 said in the last paragraph, thoughts of attacking and thoughts of being attacked are exactly the same. My belief in attack within myself, acting through me, will also have effects on me. "It is this law that will ultimately save you". What that is referring to is the truth, much emphasized in the Course, that the way I find forgiveness is by giving it; the way I receive healing is to heal others. But we are "misusing" that law now, projecting guilt instead of extending love. So we need to learn how to use it for our own best interests, rather than against them (a reference to Lesson 24).

Attack thoughts weaken me in my own eyes, whether they are fearful thoughts of assault from without, or aggressive thoughts of attack on another. The strong do not have enemies, as it implies elsewhere. If I can let go of attack thoughts I will perceive my invulnerability; my "vulnerability or invulnerability is the result of [my] own thoughts".

"Nothing except your thoughts can attack you". That is a thought I have meditated on for years, and have proved valid in my own experience. It is particularly difficult to believe at first; that's okay. Work with it. It is an empowering thought.

The instructions for today's lesson are longer and quite detailed. Read them carefully. This is a real mental process we are to engage in. In thinking of a situation we are to "go over every possible outcome", referring to it very specifically. The lesson emphasizes being thorough, and taking time with each situation.

## **The Master Key System** **by Charles F. Haanel**

### Part Fifteen

*Experiments with parasites found on plants indicate that even the lowest order of life is enabled to take advantage of natural law. This experiment was made by Jacques Loch, M.D., Ph. D., a member of the Rockefeller Institute.*

*"In order to obtain the material, potted rose bushes are brought into a room and placed in front of a closed window. If the plants are allowed to dry out, the aphids (parasites), previously wingless, change to winged insects. After the metamorphosis, the animals leave the plants, fly to the window and then creep upward on the glass."*

*It is evident that these tiny insects found that the plants on which they had been thriving were dead, and that they could therefore secure nothing more to eat and drink from this source. The only method by which they could save themselves from starvation was to grow temporary wings and fly, which they did.*

*Experiments such as these indicate that Omniscience as well as Omnipotence is omnipresent and that the tiniest living thing can take advantage of it in an emergency.*

*Part Fifteen will tell you more about the law under which we live. It will explain that these laws operate to our advantage; that all conditions and experiences that come to us are for our benefit; that we gain strength in proportion to the effort expended, and that our happiness is best attained through a conscious cooperation with natural laws.*

### **PART FIFTEEN**

1. The laws under which we live are designed solely for our advantage. These laws are immutable and we cannot escape from their operation.

2. All the great eternal forces act in solemn silence, but it is in our power to place ourselves in harmony with them and thus express a life of comparative peace and happiness.

3. Difficulties, inharmonies, and obstacles, indicate that we are either refusing to give out what we no longer need, or refusing to accept what we require.

4. Growth is attained through an exchange of the old for the new, of the good for the better; it is a conditional or reciprocal action, for each of us is a complete thought entity and this completeness makes it possible for us to receive only as we give.

5. We cannot obtain what we lack if we tenaciously cling to what we have. We are able to consciously control our conditions as we come to sense the purpose of what we attract, and are able to extract from each experience only what we require for our further growth. Our ability to do this determines the degree of harmony or happiness we attain.

6. The ability to appropriate what we require for our growth, continually increases as we reach higher planes and broader visions, and the greater our abilities to know what we require, the more certain we shall be to discern its presence, to attract it and to absorb it. Nothing may reach us except what is necessary for our growth.

7. All conditions and experiences that come to us do so for our benefit. Difficulties and obstacles will continue to come until we absorb their wisdom and gather from them the essentials of further growth.

8. That we reap what we sow is mathematically exact. We gain permanent strength exactly to the extent of the effort required to overcome difficulties.

9. The inexorable requirements of growth demand that we exert the greatest degree of attraction for what is perfectly in accord with us. Our highest happiness will be best attained through our understanding of, and conscious cooperation with natural laws.

10. In order to possess vitality thought must be impregnated with love. Love is a product of the emotions. It is therefore essential that the emotions be controlled and guided by the intellect and reason.

11. It is love which imparts vitality to thought and thus enables it to germinate. The law of attraction, or the law of love, for they are one and the same, will bring to it the necessary material for its growth and maturity.

12. The first form which thought will find is language, or words; this determines the importance of words; they are the first manifestation of thought -- the vessels in which thought is carried. They take hold of the ether and by setting it in motion reproduce the thought to others in the form of sound.

13. Thought may lead to action of any kind, but whatever the action, it is simply the thought attempting to express itself in visible form. It is evident, therefore, that if we wish desirable conditions, we can afford to entertain only desirable thoughts.

14. This leads to the inevitable conclusion that if we wish to express abundance in our lives, we can afford to think abundance only, and as words are only thoughts taking form, we must be especially careful to use nothing but constructive and harmonious language, which when finally crystallized into objective forms, will prove to our advantage.

15. We cannot escape from the pictures we incessantly photograph on the mind, and this photography of erroneous conceptions is exactly what is being done by the use of words, when we use any form of language which is not identified with our welfare.

16. We manifest more and more life as our thought becomes clarified and takes higher planes. This is obtained with greater facility as we use word pictures that are clearly defined, and relieved of the conceptions attached to them on lower planes of thought.

17. It is with words that we must express our thoughts, and if we are to make use of higher forms of truth, we may use only such material as has been carefully and intelligently selected with this purpose in view.

18. This wonderful power of clothing thoughts in the form of words is what differentiates man from the rest of the animal kingdom; by the use of the written word he has been enabled to look back over the centuries and see the stirring scenes by which he has come into his present inheritance.

19. He has been enabled to come into communion with the greatest writers and thinkers of all time, and the combined record which we possess today is therefore the expression of Universal Thought as it has been seeking to take form in the mind of Man.

20. We know that the Universal Thought has for its goal the creation of form, and we know that the individual thought is likewise forever attempting to express itself in form, and we know that the word is a thought form, and a sentence is a combination of thought forms, therefore, if we wish our ideal to be beautiful or strong, we must see that the words out of which this temple will eventually be created are exact, that they are put together carefully, because accuracy in building words and sentences is the highest form of architecture in civilization and is a passport to success.

21. Words are thoughts and are therefore an invisible and invincible power which will finally objectify themselves in the form they are given.

22. Words may become mental places that will live forever, or they may become shacks which the first breeze will carry away. They may delight the eye as well as the ear; they may contain all knowledge; in them we find the history of the past as well as the hope of the future; they are living messengers from which every human and superhuman activity is born.

23. The beauty of the word consists in the beauty of the thought; the power of the word consists in the power of the thought, and the power of the thought consists in its vitality. How shall we identify a vital thought?

What are its distinguishing characteristics? It must have principle. How shall we identify principle?

24. There is a principle of Mathematics, but none of error; there is a principle of health, but none of disease; there is a principle of truth, but none of dishonesty; there is a principle of light, but none of darkness, and there is a principle of abundance, but none of poverty.

25. How shall we know that this is true? Because if we apply the principle of Mathematics correctly we shall be certain of our results. Where there is health there will be no disease. If we know the Truth we cannot be deceived by error. If we let in light there can be no darkness, and where there is abundance there can be no poverty.

26. These are self-evident facts, but the all-important truth that a thought containing principle is vital and therefore contains life and consequently takes root, and eventually but surely and certainly displaces the negative thoughts, which by their very nature can contain no vitality, is one which seems to have been overlooked.

27. But this is a fact which will enable you to destroy every manner of discord, lack and limitation.

28. There can be no question but that he who "is wise enough to understand" will readily recognize that the creative power of thought places an invincible weapon in his hands and makes him a master of destiny.

29. In the physical world there is a law of compensation which is that "the appearance of a given amount of energy anywhere means the disappearance of the same amount somewhere else," and so we find that we can get only what we give; if we pledge ourselves to a certain action we must be prepared to assume the responsibility for the development of that action. The subconscious cannot reason. It takes us at our word; we have asked for something; we are now to receive it; we have made our bed, we are now to lie in it; the die has been cast; the threads will carry out the pattern we have made.

30. For this reason Insight must be exercised so that the thought which we entertain contains no mental, moral or physical germ which we do not wish objectified in our lives.

31. Insight is a faculty of the mind whereby we are enabled to examine facts and conditions at long range, a kind of human telescope; it enables us to understand the difficulties, as well as the possibilities, in any undertaking.

32. Insight enables us to be prepared for the obstacles which we shall meet; we can therefore overcome them before they have any opportunity of causing difficulty.

33. Insight enables us to plan to advantage and turn our thought and attention in the right direction, instead of into channels which can yield no possible return.

34. Insight is therefore absolutely essential for the development of any great achievement, but with it we may enter, explore and possess any mental field.

35. Insight is a product of the world within and is developed in the Silence, by concentration.

36. For your exercise this week, concentrate on Insight; take your accustomed position and focus the thought on the fact that to have a knowledge of the creative power of thought does not mean to possess the art of thinking. Let the thought dwell on the fact that knowledge does not apply itself. That our actions are not governed by knowledge, but by custom, precedent and habit. That the only way we can get ourselves to apply knowledge is by a determined conscious effort. Call to mind the fact that knowledge unused passes from the mind, that the value of the information is in the application of the principle; continue this line of thought until you gain sufficient insight to formulate a definite program for applying this principle to your own particular problem.

*Think truly, and thy thoughts Shall the world's famine feed; Speak truly, and each word of thine Shall be a fruitful seed; Live truly, and thy life shall be A great and noble creed.*

—Horatio Bonar

### **Study Questions with Answers:**

141. What determines the degree of harmony which we attain?

*Our ability to appropriate what we require for our growth from each experience.*

142. What do difficulties and obstacles indicate?

*That they are necessary for our wisdom and spiritual growth.*

143. How may these difficulties be avoided?

*By a conscious understanding of and cooperation with Natural laws.*

144. What is the principle by which thought manifests itself in form?

*The Law of Attraction.*

145. How is the necessary material secured by which the growth, development and maturity of the idea take form?

*The law of love, which is the creative principle of the Universe, imparts vitality to the thought, and the law of attraction brings the necessary substance by the law of growth.*

146. How are desirable conditions secured?

*By entertaining desirable thoughts only.*

147. How are undesirable conditions brought about?

*By thinking, discussing and visualizing conditions of lack, limitation, disease, inharmony and discord of every kind. This mental photography of erroneous conceptions is taken up by the subconscious and the law of attraction will inevitable crystallize it into objective form. That we reap what we sow is scientifically exact.*

148. How can we overcome every kind of fear, lack, limitation, poverty and discord?

*By substituting principle for error.*

149. How may we recognize principle?

*By a conscious realization of the fact that Truth invariably destroys error. We do not have to laboriously shovel the darkness out; all that is necessary is to turn on the light. The same principle applies to every form of negative thought.*

150. What is the value of Insight?

*It enables us to understand the value of making application of the knowledge which we gain. Many seem to think that knowledge will automatically apply itself, which is by no means true.*

*To every man there openeth a way, And the high soul climbs the high way, And the low soul gropes the low; And in between on the misty flats, The rest drift to and fro. But to every man there openeth A high way and a low And every man decideth The way his soul shall go.*

**The Master Key System** Part Sixteen will be included in **Cultivate Life!** magazine, issue 37 in three weeks.

## **Going Within (Part Four)**

### **By Carolyn Evers**

#### **Some Thoughts about Jeshua's Nature**

I believe that observation is our teacher for factual information, along with emotional growth and development. If you pass a field of flowers and you are caught up in other thoughts, the flowers might not come into your awareness. However if you become aware of them, you might notice colors of yellow in varying shapes, some of them you haven't noticed before.

Had you focused on the colors and shapes of the flowers, you might become aware of how the wind dances between them, causing them to nod playfully with one another. You might think of the time of the year when they bloom or how long they live after they bloom, or even if they are early or late in making their appearance this year.

Becoming aware of the flowers, you might even consider the joy that they bring to different people that you know. You might even think of the holidays where flowers are given to express love for one another. Or if you become aware of the flowers and concentrate on them with trust and joy, you might even be able to communicate with them.

You might be able to speak to them and hear them speak to you, telling you of their life and experience. For those of you who have learned how to use the right side of the brain to become aware of other forms of consciousness, this is not as far-fetched as it might seem.

I say these things because if you do not become aware of who Jeshua was in his fullness of expression, and concentrate simply upon the details that were given to you through your church and accepted perceptions, your knowledge of him will stay static.

#### **New information coming from archaeological sites**

There has been new information coming forth from archaeological sites, and new understandings coming forth from additional scrolls being discovered that is part of the deposit of the Dead Sea Scrolls. When

awareness becomes captive, we are closed down and it stops the need for discovering anything new; we simply won't notice.

This is a pity because the more we become aware of Jeshua, the more we move into an unseen world where we learn who we are and what we are from our higher self and ultimately from our soul monad. And yes, that brings us into the NOW, which is a dimension beyond our third dimension.

There is some interesting information in a book called the Jesus Papers by Michael Baigent. He was also a co-author of Holy Blood Holy Grail. Since the publication of that book Mr. Baigent has continued to collect information surrounding the one that we call Jeshua. He has traveled widely through Egypt, Galilee, and other important historical places.

#### **Qumran: An Information Center**

Qumran, where the Dead Sea Scrolls were found seems to have been a very important place for the storage of scrolls. According to Mr Baigent, "the documents from Qumran make it plain that the primitive Christian church was rooted in the Jewish sect of the new covenant, the Essene Sect, to a degree none would have suspected, and that it borrowed from it a large part of the organization, writings, doctrines, "patterns of thought" and its mystical and ethical ideas.

"Late in 1951, Father de Vaux and Gerald Lankester Harding began to excavate the ruins at Qumran. All the identifiable coins they found dated from the beginning of the Christian period to the end of the Jewish war in A.D. 70. They also found, set into the floor of one room, a jar identical to those that have held the scrolls in what is identified as Cave One at Qumran. This strongly indicated that those Qumran scrolls were in use during the Christian period.

"In July 1958, a new piece of text was purchased. It was in Aramaic and had originally come from Cave Four. Upon translation, experts on the international team comprised of experts from Catholic University of America and a consultant for the pontifical Biblical commission translated the text that referred to a figure who 'will be called son of God' This phrase was previously thought to be exclusively used by

Jesus in the world of Judaism, was now seen to be a pre-existing usage."

### **Two Letters Written By Jeshua**

Mr. Baigent tells the story about Yigael Yadin who excavated Masada, where he found many fragments of texts. In 1961 he found two papyrus documents bearing an Aramaic text, together with a number of objects that allowed him to date the finds at about A.D. 34.

"The papyrus texts were two Aramaic letters written to the Jewish court, the Sanhedrin. The writer called himself bani meshiha - the Messiah of the children of Israel. This figure, the Messiah of the children of Israel, was defending himself against a charge made by the Sanhedrin - he had obviously been accused of calling himself 'son of God' and had been challenged to defend himself against this charge. In the first letter, the Messiah explained that what he meant was not that he was 'God' but that the 'Spirit of God' was in him - not that he was physically the son of God, but rather that he was spiritually an adopted son of God. And he added that everyone who felt similarly filled with the 'spirit' was also the 'son of God.'"

Mr. Baigent claims, "I was presented with two framed papyrus documents covered with glass. Each was about 18 inches long and 9 inches high. These were the Jesus papers, letters from Jesus to the Sanhedrin. They existed. I held them in my hands. I was silent as I fully enjoyed the moment."

Mr. Baigent recalls an incident in the Gospel of John (10:33 - 35) in a short passage, it describes the "Jews" as being intent upon stoning Jesus for blasphemy. They hurled an accusation at him, saying, "You are only a man and you claim to be God." Jesus calmly answers their challenge, quoting from Psalm 82: Is it not written in your law: 'I said, you are gods?' So the law uses the word gods of those to whom the word of God was addressed."

In other words, the Messiah - who must be the teacher we know as Jesus - explicitly states in these letters that he is not divine - or at any rate, no more than anyone else.

If we look at how the church dogma was organized, we note that the beliefs of the doctrine of faith did not begin in their organization as we understand it until 300 years after the crucifixion, when Constantine ordered that the Council of Nicaea take place. The reason for this is he was trying to bring forth peace in his kingdom. There were great struggles between those who had different opinions about their faith.

### **Constantine's decisions**

We discussed this earlier in another instalment, but it is important to note that Constantine's decisions were to be accepted under the pain of banishment or death. All of the books of sacred Scripture were not accepted into this new faith and there were segments of what would be considered early Christians that had to be eliminated.

One such group were the Gnostics. They believed in going within, connecting with other consciousness, and communicating with those on the other side. They believed in finding their own truth and did not believe that they required an authority to invite them to the truth. They also did not believe that Jeshua was divine.

For the Romans it was not a leap of faith to accept a human being as being divine as they considered their leaders as being divine and it would come to them quite naturally to consider a spiritual leader as being divine also.

It might be a good idea to again consider Jeshua's words.

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father." John 14:12

This makes sense only if you consider that we have great gifts of soul that are not necessarily in our awareness and we must be free to do our own exploration of what exists in spiritual awareness, as this is our spiritual heritage.



According to Lawrence Gardner in his book the Grail Enigma, he mentions that the crucifixion is not illustrated in the Roman catacombs. The early Christians painted objects that were of importance to them, and it would seem that they did not consider the crucifixion as an important part of their belief system.

### **Jeshua's Mission**

From my own experience and going within and tracing Jeshua's mission, I find that a great part of his mission was to reconnect again the lines of light between Earth and the higher dimensions. This was required if humanity was to ascend to the angelic realm. These lines of light were destroyed when humanity fell to the lower denseness of the third dimension. This occurred at the fall of Atlantis, when a great civilization fell because of major abuses and excesses.

It is not necessary for any being to die for humanity's sins.

We understand this when we are able to travel in other dimensions. I have gone to that moment when the souls were created. I have seen them receiving particles from our Maker that are their particles. Prime Creator could see the possibilities in the Void before the cosmos was created.

In their curiosity they wanted to understand all that was possible to understand through these possibilities. They were too large in their construction to leave cosmic center. Also they had to stay in cosmic center to keep the balance that was necessary in creation.

As each soul was created, they were instructed to go forward and experience. These experiences would be sent back to Prime Creator in two forms, and both of these forms were transmitted energetically through vibration.

Each soul has a data bank that has collected every experience that they have witnessed and it is accumulated in their akashic records. These records are collected and integrated through the work of the cherubim. Prime Creator accesses these records and also souls report back to

Prime Creator personally as they move through the dimensions at what we call death.

### **Jeshua and Reiki?**

There is an interesting article called, [The similarities between the healing of Jesus and Reiki](#).

The article mentions times that Jeshua healed through the laying on of hands. It continues by saying, "There are many similarities between the laying on of hands healing Jesus did and the practice of Reiki. One important similarity is the fact that Jesus could pass the power to heal on to others, which is similar to the Reiki attunement process. We read in Luke 9:1-2 that Jesus gave his 12 disciples power to drive out all demons and to cure diseases. We do not know by what process Jesus gave healing power to his disciples, but the fact that he was able to pass it onto them indicates an important similarity with Reiki."

Another aspect of Jesus' healing practice that is similar to Reiki relates to faith. While faith was required for many of the healings he performed, it appears that the healings Jesus did with his hands did not require faith. Mark 6:5-6 states; "He could not do any miracles there, except lay his hands on a few sick people and healed them."

### **Mystical Thought**

In the Jesus papers by Michael Baigent, he reminds us of a statement that Jeshua said. "When thine eye is single, thy whole body also is full of light."

"This is pure mysticism of a type not otherwise found in the New Testament, nor is it found in the Zealot teachings we find expressed in the Dead Sea Scrolls. This is unique in a Judaeian context. We are forced to conclude that Jesus had, as it were, been initiated somewhere else. He had had an experience of the divine light that mystics all through the ages have reported."

There was only one place where Jesus could have learned this approach. There was only one place among the Jewish residents where these kinds of mystical concepts were discussed and taught, where the

political obsessions current in Judaea were either absent or much muted, and that place was Egypt. ###

**Next month: Out of Egypt.**

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This article is the nineteenth of a 40-part series, ending in Autumn 2012. The series will then be widely released in December 2012 as a freely available ebook, so as many people as possible will understand how they can participate in the Ascension - the transformation of the human race to become guided by and one with Unconditional Love in nature and being. [More at Counterpoint Article Library.](#)

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