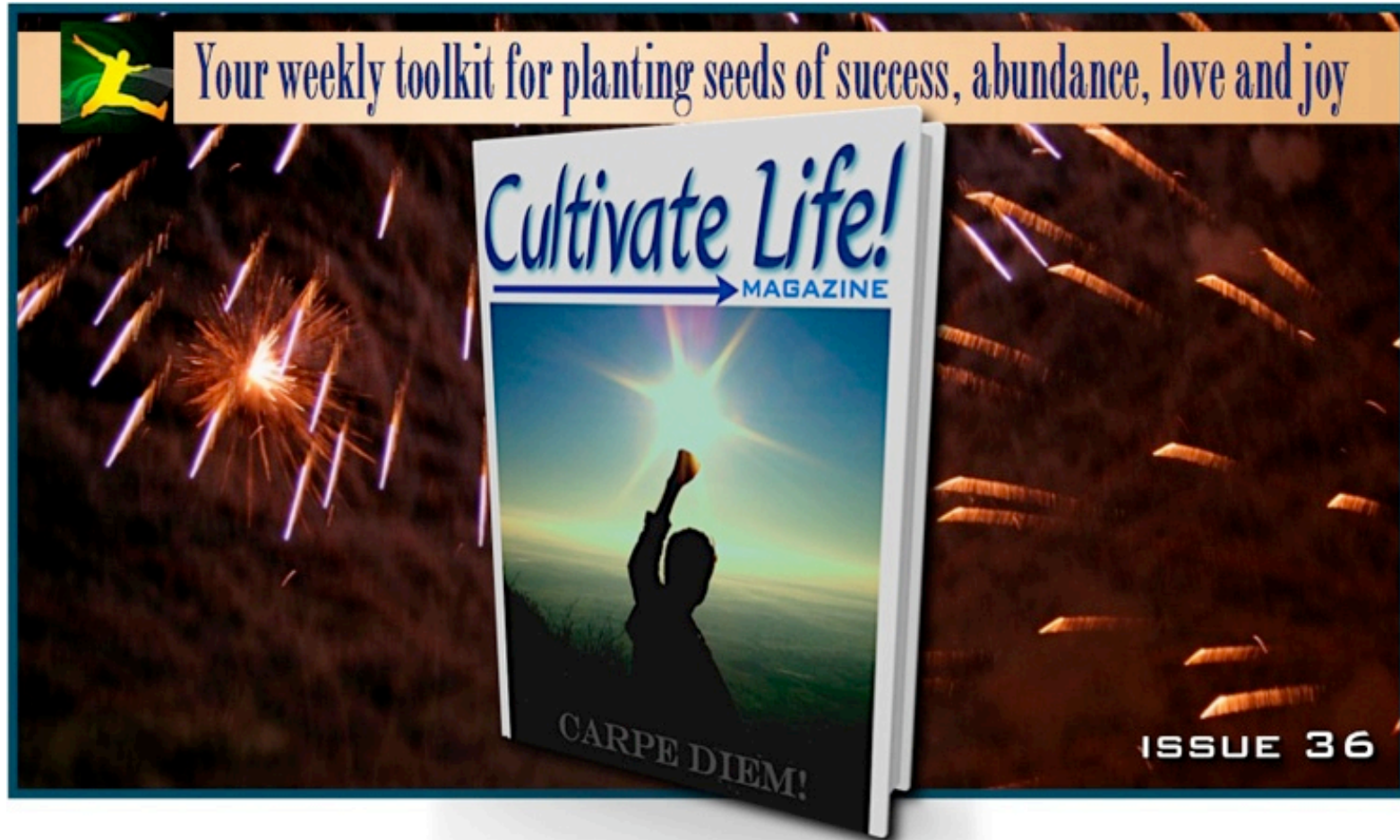


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Cultivate Life! magazine

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

Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question:

How do I stop worrying, stop caring what others think and become friendly but positive and assertive?

Features:

Jim Rohn, Where Do You Go For Your Intellectual Feast

Annie Burnside, Compassion and the Family

Cultivate Life Weekly Writers:

Guy Finley, Learn to See What's Right Before You

Chuck Gallozzi, Give H.O.P.E. and Help Other People Enjoy life

Beca Lewis, Love Knows

Steve Wickham, You Tell Me - What Was It Like for You?

Cultivate Health:

Andrew Weil, The Worst Health Habits?

Nishanth Reddy, Tips for a Healthy and Shining Skin

Cultivate the Law of Attraction:

Peter Shepherd, Crisis and Alignment

Warren Wojnowski, Essential Law of Attraction Lessons From Wallace Wattles

Into 2011:

Marlene Buffa, A Year of Discovery

Philip Humbert, I've Had It With Gloom and Doom!

Cultivate Life Extras:

Rob McBride, Masks

Alan Zimmerman, Five Ways People Screw Up Their Lives

Debbie Pincus, Dealing with Your Child's Temper Tantrums

100 Words, **Sonia Choquette / From The Shelf**, The Nature of Personal Reality

Cultivate Life Partworks:

Pam Garcy, Part 11 — Affirmations

A Course In Miracles, Lesson 27 plus Commentary by **Allen Watson**

Heart to Heart Coaching

Coach Doris Jeanette, replies to the question:

How do I stop worrying, stop caring what others think and become friendly but positive and assertive?

About the questioner:

Philosophy: Open minded, philosophical attitude.

Hopes and aspirations: To realize all my potentials and live and die fulfilled.

Question: I am a worrier, which curtails my sense of adventure and live smaller than my abilities. This leads others to see me as a wise (I please others too much) but safe person who lives passively. Underneath I know I'm bright (I have 5 University Degrees) and would love to break boundaries. How do I stop worrying, stop caring what others think and become friendly but positive and assertive?

Answer: It is a pleasure to see you taking stock of your life and consciously exploring the areas you need to improve. This is a productive way to spend January each year. As a result, you have many wonderful goals to write down for your new year's resolutions. If you take action on these goals you will reap a bountiful harvest at the end of 2011.

It is productive to look back over each year and list all of your accomplishments. Feel proud of your successes and acknowledge the areas you need to work on in the coming year. As I evaluate my personal and professional goals with my mentor, I also take stock of what I need to do differently in the areas I failed in. Then I schedule in the education I need in order to be more successful in the coming year.

Let not any year go by where you stay unconscious and allow your life to disappear without taking positive actions toward your purpose in life.

It is also fantastic that you have such a strong desire to break through your boundaries. Your desire will definitely help you be successful. Most people put water on their desire so that they do not have enough potent energy available to move forward. When you climb mountains, you need plenty of good, strong, healthy energy if you want to reach the top.

If you have 5 university degrees you certainly know a great deal of information. Yet, information alone is not enough to help you break free from the chains that bind you. From my observations, the people with the most education are sometimes the ones who have the hardest time relaxing, feeling comfortable in their own skin and enjoying life.

My first summer job was at a state institution in North Carolina, USA where children with low IQ's were living. The children with Downs Syndrome were particularly interesting because they were so happy. The first thing I noticed was how happy they were no matter what happened.

As soon as I arrived at work, the Down's Syndrome children all gathered around me with smiling faces, excited and eager to engage. They came out and greeted me before I entered the front door. I hugged and greeted them back as we moved through the building as a group of happy energy.

This was my first major lesson in happiness. Intelligence has nothing to do with what it takes to be happy. As a matter of fact intelligence seems to be a major deterrent. After studying human behavior for 34 years as a licensed psychologist, I must say that the way most humans currently use their brain contributes greatly to their misery.

The human brain is easy to condition and as a result humans are easy to control. Thus parents, governments and religions impose their biases and false beliefs on people. This is how Hitler was able to do such massive damage to so many people in such a short time. He conditioned people to do what he wanted them to do. And what he wanted them to do was heartless.

As my German friends have taught me, we need to learn from the Hitler experience and become wiser, stronger and freer. Most parents have not deconditioned themselves. Therefore, they unconsciously pass on all their unhealthy conditioning to their children. Children become adults who are inhibited and passive. Some children become adults who are out of control and aggressive instead of passive.

So my hope for you is that you gather the courage to begin to break free from your conditioning and unhealthy learning. To me this is the single most important thing you can do with your life. Not only will it make your life rich and rewarding, it will also help future generations live more freely.

It is helpful that you already know that you are trying to please other people. This is your conditioning. You learned to care more about what other people think, than what you think. You learned to seek approval from others instead of doing what is best for you. As a result, you play it passive. You keep a low profile and thus have an ordinary, mundane life. You have been conditioned to inhibit your natural, spontaneous, joyful, relaxed self.

In order to break boundaries and live an extraordinary, exciting, meaningful life you have to step out of your brain and leave your conditioning behind you. This is the pathway to what Yoga calls self-realization and Maslow calls self-actualization.

Worry is one of the ways you control yourself. I am sure it is not the only way. When you worry you keep yourself from breaking free. I would call worry a subset of anxiety. Worry is related to anxiety but it is not the same energy as an anxiety or panic attack. Worry is a very controlled mental activity. The results are massive body inhibition.

In contrast, anxiety attacks occur when the body is out of control. Usually people who worry do not have frequent full-blown panic or anxiety attacks. Worry occurs more in the brain and head; panic occurs more in the nervous system and body.

I come from a family of worriers. I grew up on the farm in North Carolina, where my father worried, "Will it rain tomorrow? If it rains it will ruin the hay in the field." He also worried, "If it does not rain this week, the corn will dry up." Notice that my Dad's worries are about real concerns that he could not control.

Worry starts out as a real concern that you care about and then your mental activity becomes a problem because you continue to think about it repeatedly. As you obsess over and over again your energy gets

tighter and tighter. The tighter your energy gets, the less you move freely in the world.

Soon worry becomes a habit and generalizes to many other areas in your life. As a result you are scared to move in more and more situations. Then you worry as a conditioned response when there is nothing to worry about! Therefore you do not live a life of freedom and adventure.

If you continue without breaking through your boundaries your life will continue to be mundane. If you use your desire to fuel you, you can begin to use more of your human potential and reclaim your natural, healthy self. Your passion, plus necessary education, effective coaching and correct actions, will help you break free from your chains.

A recent personnel study found that working with audio and manuals improved people's performance by 23%. Adding coaching "amped up" their performance to 88%! Reading and listening is helpful. However, following the guidance of the best coach, psychologist or mentor you can find will make sure you reach the top of your mountain.

If you take a look at your chains, you will see that they are composed of your own judgmental thoughts. Your mental judgments stop you from moving, dancing, being, breathing, expanding and having adventures. Judgmental energy makes you anxious and too scared to move.

You may think that you are controlled by other people's judgments and other people may or may not judge you. However, if you do not judge yourself, there will be no inhibition. It is only when you agree with the external judgments that they have the power to control you and stop you from moving forward.

De-controlling yourself is a process. Your judgmental thoughts can be reduced over time with deliberate, appropriate action. As a holistic psychologist I would not attempt to stop you from caring about what others think. Of course, you care. Your caring is a wonderful quality. Instead, start to care more about yourself and follow your own heart and desire instead of being controlled by outside factors.

My holistic approach is quite different from the Cognitive Behavior Therapy approach, which is currently popular. In my approach, the essential ingredient is to add energy to your body so that the excessive energy in your head is reduced. Changing your thinking from negative to positive, like Cognitive Behavior Therapy teaches you to do, will not permanently change your conditioning and body inhibition.

You need to shift your energy so there is energy moving throughout your whole body and not just your head. This is the reason I developed a unique, holistic psychology approach to anxiety, worry and negative thinking. By adding energy and body awareness exercises to my "Overcome Anxiety Naturally" classes and online course, I got much better results.

When you learn how to tame your thoughts so that they do not inhibit your body movements you will be much more positive. If you want to be assertive, which I highly recommend, you need to take an Assertiveness Training course. Then put into practice what you learn in the course. With practice and follow up coaching, you will become skillful.

Being assertive is a lifetime skill that needs to be continuously developed and improved. I have been teaching assertiveness skills to women and men for 35 years. Even though I am comfortable being assertive in most situations, life situations constantly throw obstacles, challenges and new fears in my path for me to face. So I am getting an assertive training "tune up" as I prepare for the telecourse I am teaching starting January 18.

Another realistic goal you can add to your new year's resolutions list is to not worry about how much you worry! Until you feel safer being yourself, you will not be able to give up worrying. You will feel safer as your self-judgments begin to disappear.

Then you will be able to step away from your conditioning and have many more fun, exciting and rewarding adventures.

Action Steps to Take to Break Free

- 1. Get physical.** Get up and move, dance, play, express yourself through your body. Engaging in any physical activity is helpful. The less controlling the activity, the better it is for you. I am not a big fan of most Yoga approaches because your brain tells your body how to posture. But Yoga is better than no movement so start somewhere.
- 2. Tame your thoughts and reduce judgmental energy.** Become aware of your judgmental thoughts and begin the taming process. To get started, I recommend the [Tame Your Thoughts](#) audio. (This audio is also included in the [Overcome Anxiety Naturally](#) online course which teaches you how to shift your energy so there is energy moving throughout your whole body and not just your head.)
- 3. Take an acting class.** Acting classes are great for breaking through boundaries. Find the best teacher in your area and sign up for her or his class.
- 4. Take an Assertiveness Training course.** If you took an assertive course a long time ago, sign up for a refresher course. Look around for local courses at community colleges and mental health centers. Or sign up for [Stop the World From Pushing You Around: Six Weeks to Solid Self-Confidence](#) an Assertiveness Training Telecourse starting Jan. 18th, 2011

Doris Jeanette, Psy.D, has ventured past her boundaries since she was 2 1/2 when she left home, looking for playmates. Join her mentoring and certification programs in holistic psychology and sign up for her free holistic psychology newsletter, [The Vibrant Moment](#)

Where Do You Go For Your Intellectual Feast

by Jim Rohn

Pity the man who has a favorite restaurant, but not a favorite author. He's picked out a favorite place to feed his body, but he doesn't have a favorite place to feed his mind!

Why would this be? Have you heard about the accelerated learning curve? From birth, up until the time we are about eighteen, our learning curve is dramatic, and our capacity to learn during this period is just staggering. We learn a tremendous amount very fast. We learn language, culture, history, science, mathematics . . . everything!

For some people, the accelerated learning process will continue on. But for most, it levels off when they get their first job. If there are no more exams to take, if there's no demand to get out paper and pencil, why read any more books? Of course, you will learn some things through experience. Just getting out there – sometimes doing it wrong and sometimes doing it right - you will learn.

Can you imagine what would happen if you kept up an accelerated learning curve all the rest of your life? Can you imagine what you could learn to do, the skills you could develop, the capacities you could have? Here's what I'm asking you to do: be that unusual person who keeps up his learning curve and develops an appetite for always trying to find good ideas.

One way to feed your mind and educate your philosophy is through the writings of influential people. Maybe you can't meet the person, but you can read his or her books. Churchill is gone, but we still have his books. Aristotle is gone, but we still have his ideas. Search libraries for books and programs. Search magazines. Search documentaries. They are full of opportunities for intellectual feasting.

In addition to reading and listening, you also need a chance to do some talking and sharing. I have some people in my life who help me with important life questions, who assist me in refining my own philosophy, weighing my values and pondering questions about success and lifestyle.

We all need association with people of substance to provide influence concerning major issues such as society, money, enterprise, family, government, love, friendship, culture, taste, opportunity, and community. Philosophy is mostly influenced by ideas, ideas are mostly influenced by education, and education is mostly influenced by the people with whom we associate.

One of the great fortunes of my life was to be around Mr. Shoaff those five years. During that time he shared with me at dinner, during airline flights, at business conferences, in private conversations and in groups. He gave me many ideas that enabled me to make small daily adjustments in my philosophy and activities. Those daily changes, some very slight, but very important, soon added up to weighty sums.

A big part of the lesson was having Mr. Shoaff repeat the ideas over and over. You just can't hear the fundamentals of life philosophy too often. They are the greatest form of nutrition, the building blocks for a well-developed mind.

I'm asking that you feed your mind just as you do your body. Feed it with good ideas, wherever they can be found. Always be on the lookout for a good idea - a business idea, a product idea, a service idea, an idea for personal improvement. Every new idea will help to refine your philosophy. Your philosophy will guide your life, and your life will unfold with distinction and pleasure. ###

This article was submitted to personal-development.com by Jim Rohn

About Jim Rohn:

For more than 40 years, Jim Rohn honed his craft like a skilled artist—helping people the world over sculpt life strategies that have expanded their imagination of what is possible. Those who had the privilege of hearing him speak can attest to the elegance and common sense of his material. It is no coincidence, then, that he is widely regarded as one of the most influential thinkers of our time, and thought of by many as a national treasure. Jim authored countless books and audio and video programs, and helped motivate and shape an entire generation of

personal-development trainers and hundreds of executives from America's top corporations.

Born to an Idaho farming family in the mid-1900s, Jim was ingrained with a work ethic that has served him well throughout his life. At 25, he met his mentor Earl Shoaff. And over the next six years he made his first fortune, yet didn't get into speaking until he moved to Beverly Hills, California, when a friend at the Rotary Club asked him to tell his success story, which Rohn titled "Idaho Farm Boy Makes It to Beverly Hills."

His speech went over so well that he received more invitations to share it, and better yet, they started paying him for it. In the beginning, he spoke in front of college and high-school classes and at service clubs, before moving on to seminars in 1963, which launched him into the personal-development business. From then on, Jim Rohn became a trailblazer in the self help and personal development industry, impacting the lives of millions through his life-changing material.

Jim Rohn focused on the fundamentals of human behavior that most affect personal and business performance. His is the standard to which those who seek to teach and inspire others are compared. He possessed the unique ability to bring extraordinary insights to ordinary principles and events, and the combination of his substance and style captures the imagination of those who hear or read his words.

To subscribe to the Free Jim Rohn Weekly E-zine go to www.jimrohn.com

Compassion and the Family

by Annie Burnside, M.Ed.

As we leave another holiday season, a time of much giving and receiving behind us and enter a brand new year, it is vitally important that we seek to deepen our family's understanding and outpouring of compassion. Beyond the way many traditionally view compassion, we can heighten our mission to assist and heal if we perceive compassion in a slightly new light. Most of us are taught that pity and compassion are close cousins, if not identical twins. Whether outwardly stated or not, often the energy behind the healing thoughts, words and actions that we extend towards others in the name of compassion is laced with pity surrounding their unseemly predicament or state of being. The assistance is well-meaning, to be sure, but usually along with a helping hand, the donor subconsciously doles out an energetic belief that matches the "unfortunate" situation, actually helping to sustain the current energy surrounding the state of affairs.

A soul nurturing perspective, however, shares that true compassion is not an I can do it for you vibe, but rather a YOU can do it for yourself vibe. In other words, the most healing offering that we can ever freely give to another is to fully see/feel him as who he really is beyond the physical mask and predicament—past the "human suit" and into his true eternal and infinite nature. The individual before us is a spirit, pure and simple, no matter what aspect of humanity he is currently exhibiting. It is imperative that we teach our children that it is another's highest potential as a self-realized spirit-embodied human being that we hope to ignite through our offerings, not simply a reinforcement of his perceived "stuckness" and misfortune. If we see an individual as lost, dis-abled, or down-and-out, then we only help to keep him there energetically. It is actually our change in how we perceive him that most offers him the gift of a lifetime—an expanded awareness.

Children must be taught to recognize the feeling underlying all gestures as the most important component of any offering, be it through thought, word or deed. As far as compassion, it is always the feeling behind the assistance that matters most to initiate true and lasting change in our good works. Compassion that leads to healing comes through nothing less than a heightened awareness of the other's divine essence.

Acknowledgement of this in our heart and mind as we offer the warm cup of coffee, the used clothing or the large financial donation is of utmost importance to both the giver and the receiver. It is the energy exchange that really seals the deal, for upliftment and expanded awareness are truly priceless.

Teaching children to see themselves in all others is an important first step. When they come to recognize their legitimate energetic connection to all that lies before them, they are better able to identify all others as part of the same divine whole. The old adage encouraging us to “put ourselves in someone else’s shoes” begins to carry an even deeper meaning with a new perception of compassion. It becomes no longer an outer possibility that we may someday face the same circumstances, but rather an inner revelation that we are all indeed one.

Throughout the year, I invite us all to give a gift that keeps on giving through a new understanding of compassion and let us encourage our children to do the same with their peers and all others. Offer compassion to those in "need" sans pity with a powerful punch behind it—an infusion of positive, empowering energy that speaks volumes without necessarily opening our mouth. Really see the individuals before us. Feel their presence. Acknowledge their magnificence as an aspect of infinite divine essence, for what stands before us is nothing short of a luminous soul in human form. Let’s teach our children the feeling behind loving service—Compassion Unplugged—and make an active healing difference in the lives of those we touch in 2011 and beyond.

Let’s make compassion and gratitude the most-used words in our home this year. Beyond the words, let’s teach our children the vibratory surge when the words are actually felt from a place deep within. We must choose to explain and model the true meaning behind these common terms so that our children understand their infinite power to create change.

"JOY to the World" can simply be sung or it can be deeply felt and offered up and out. It is always our choice! ###

Annie Burnside is an author, educator, parent, and soul nurturer specializing in conscious relationships and spiritual development. As a soul nurturer she helps others awaken to their *own* truth in all aspects of life by providing the tools and encouragement to experience direct divine connection in everyday reality. As a means to share her own spiritual evolution, Annie created a spiritual support practice in 2005 where she supports others in balancing the exterior world with an interior focus. Annie’s recent book [*Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*](#) (Wyatt-MacKenzie, June 2010) inspires parents to utilize everyday mediums to infuse greater spiritual awareness into daily family life. She also writes the *Soul to Soul Perspective: A Little Bit of Soul Goes a Long Way* blog for the Chicago Tribune and the family consciousness column for *Evolving Your Spirit Magazine*. Besides writing, Annie speaks publicly and teaches workshops. She lives with her husband and three children in Chicago, IL. More information about Annie can be found at www.annieburnside.com

Learn to See What's Right Before You

By Guy Finley

When we do finally learn the lesson, it isn't that the lesson wasn't always there, but that somehow we had been looking somewhere else. All of our lessons are never not evident... what's missing is something in us that is able to perceive these lessons.

The reason we don't see the lesson is what we need to understand. We have to ask, "What's obscuring truth? What's obscuring God? What's keeping me from what I need to learn about myself?" Of course, the reason we don't see the lessons that life has for us is that we're too busy telling life what we want from it!

Find out from life what it's trying to teach you. There is something inside of you that's in perfect inner relationship with life. You can turn to it anytime you want to. There's never a moment where it isn't present and from whose vantage point you can view life as opposed to the myopic way you are presently seeing it.

All of the individual lessons that are awaiting you in your life are evident right now. Why not have a life whose simple purpose is day after day to be able to hear and see more of that principal lesson that life is trying to teach you about what you already have within you? ###

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.

Give H.O.P.E. and Help Other People Enjoy life

Chuck Gallozzi

Once again it is that time of year (Christmas) when we think about gift giving. Holiday decorations, joyful music, and smiling faces create an atmosphere of happiness. But hidden from view are the poor, lonely, sick, homeless, unemployed, and disabled who find the season only increases their suffering. For when those in need witness the happiness of others, it feels like salt is being poured into their wounds.

So, as we have thoughts of gifts, let's consider giving away one of the most valuable to everyone we meet. The gift I'm referring to is HOPE. It is a priceless treasure that we all need, but one that is especially valuable for the less fortunate. For those who are filled with hope can remain cheerful even in the most desperate of circumstances. All who give hope to others are heeding the call to feed the hungry, clothe the naked, give drink to the thirsty, and to give sustenance to the weak. When we offer hope to others, we empower them. How much more can those who silently suffer take? With hope in their hearts, a great deal more.

I'm sure you agree with Anne Frank [1] who wrote in her diary, "How wonderful it is that nobody need wait a single moment before starting to improve the world." No, we need not wait for Christmas, or any other day, to give away the gift of hope. And when we do so, we are performing a valuable service, for hope and patience are two cures for all that ails us.

Before continuing, let me define hope. It is the feeling that we will eventually get what we want or need or that in the long run everything will turn out for the best, even if the final outcome is not what we want at this time. Hope requires faith and trust in life, oneself, and others, and is the opposite of fear, anxiety, and despair. It also leads to positive expectations.

What do you believe the future holds in store for you? Do you expect it to be bright or gloomy? Regardless of your expectation, you **may** be right or you **may** be wrong. Since you cannot predict the future, you can only take a guess. Although we cannot know the future, we can predict

the outcome of your guess. For if you believe your future will be gloomy, you will become anxious, unhappy, and less motivated. On the other hand, if you expect a bright future, you will be confident, enthusiastic, and happy.

As we cannot predict the future, we can only guess at the outcome. And that guess is a choice we make. Choosing to be hopeful is practical because it will free us of unnecessary suffering. And even if our guess turns out to be wrong and disaster strikes, we will be much better prepared to deal with it. For those who expect a tragedy grow so weary that by the time it comes they are completely drained of energy and incapable of taking constructive action.

To deliberately choose despair over hope is foolhardy. Moreover, hope not only makes our journey much more pleasant, but may even guarantee our success. Especially when it is combined with action. That is, besides expecting a successful outcome, do everything in your power to make it happen and look for evidence that you are approaching your goal. At the same time, stop doing whatever is counterproductive. When you combine the power of hope with that of action, you will have good reason to Have Only Positive Expectations (H.O.P.E.).

Before we can give hope to others, we have to have it ourselves. And in order to impress you with the importance of cultivating it, let me share two quotes:

"The men whom I have seen succeed best in life always have been cheerful and hopeful men; who went about their business with a smile on their faces; and took the changes and chances of this mortal life like men; facing rough and smooth alike as it came." (Charles Kingsley [2])

"Men and women are limited not by the place of their birth, not by the color of their skin, but by the size of their hope." (John H. Johnson [3])

CULTIVATING HOPE

1. Hope and self-esteem. Hope is closely linked with self-esteem because the two pillars of self-esteem are belief in one's ability to cope with the challenges of life and that one deserves success. We boost our

capacity for hope whenever we improve our self-esteem. To learn how to do so, read this excellent guidebook, [*Restore Your Magnificence: A Life-Changing Guide to Reclaiming Your Self-Esteem*](#) by Dr. Joe Rubino, Vision Works Publishing, 2003.

2. Support Groups. If you are finding it difficult to cope with mental or physical health problems, the death of a loved one, or any catastrophe, you can find hope in support groups. If there aren't any in your area, or you cannot attend one, try an online support group. Two examples are: <http://www.dailystrength.org/support-groups>
<http://www.opentohope.com/>

3. Self-Study. For an uplifting book on hope, read, [*Cultivating Hope: Weekly Readings to Open Your Heart and Mind*](#) by Karen Casey, Hazelden Publishing, 2009.

And before you give up hope, check your library, a bookstore, or the Internet for the inspiring biographies of countless men and women who relentlessly pursued their dreams in the face of seemingly insurmountable obstacles and went on to become victorious.

4. Inspiring Videos. Feed your spirit with inspirational videos.

5. Direct your attention on the positive. Focus on what you can do, not what you can't do. Dwell on your hopes, not your hurts.

6. Open your heart and release your love. When you do so, you offer others hope. This video may inspire you: <http://www.thepoweroflovemovie.com/>

Also, keep in mind this Alcoholics Anonymous acronym for HOPE: H.ear t O.pen P.lease E.nter. Steve Allen's [4] words, too, are worth remembering, "Human nature has grounds for hope, because love, in a sense, is inexhaustible."

CAVEATS

1. Don't be afraid to dare to dream. But it may be wise to balance your dream with realism. For example, if you are a talented writer and a horrible singer, it doesn't mean you cannot learn how to sing. But if you

worked on the talent you already have, you may develop into a great writer. Whereas if you focus on singing, you may become a mediocre singer at best. Here's how Joseph Addison [5] put it, "If we hope for what we are not likely to possess, we act and think in vain and make life a greater dream and shadow than it really is."

2. Living with hope is not about living with vapid wishes. Rather it is living with confidence in the future because one is already doing everything possible to make success a likely outcome.

3. Be hopeful, but don't be unprepared for a temporary defeat. That is, "Hope for the best, but prepare for the worst." (English Proverb) And "Hope for a miracle, but don't depend on one." (The Talmud [6])

4. Do you remember the pain you suffered in the past that you now look back on as "the good old days"? Hope is remembering that all problems pass. In other words, it is the recognition that all 'failures' are temporary setbacks and patience is called for. Here are how two others expressed this idea:

"Many of the great achievements of the world were accomplished by tired and discouraged men who kept on working." (Hermione Granger [7])

"Hope is the feeling you have that the feeling you have isn't permanent." (Jean Kerr [8])

5. Hope is an emotional fire, a catalyst.

"Hope is a vigorous principle... it sets the head and heart to work, and animates a man to do his utmost." (Jeremy Collier [9])

"Hope arouses, as nothing else can arouse, a passion for the possible." (William Sloan Coffin [10])

6. When you set sail, you unfurl more than one sail, likewise set many goals and have multiple expectations.

7. “Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.” (Vaclav Havel [11])

8. “The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.” (Barbara Kingsolver [12])

9. Because of the knowledge of our mortality, courage and hope are necessary for a fulfilling life.

10. “Hope works in these ways: it looks for the good in people instead of harping on the worst; it discovers what can be done instead of grumbling about what cannot; it regards problems, large or small, as opportunities; it pushes ahead when it would be easy to quit; it “lights the candle” instead of “cursing the darkness.” (Author Unknown)

Returning to the idea of giving the gift of hope, what type of hope shall we give? How about giving others hope in their own inner strength? It’s like teaching a man to fish so he can feed himself for a lifetime rather than feeding him a fish for a day or two.

What are your hopes? Mine include to laugh as much as I get angry, to dream as much as I plan, to give to life as much as I receive, to trust more than I doubt, to do more than I dare, and to love more than I am presently able. I am sure you can add to the list.

Let’s also remember that when we give H.O.P.E., we:

H.elp O.ther P.eople E.xcel
H.elp O.ther P.eople E.veryday
H.eal O.ther P.eople E.verywhere
H.elp O.pen P.eople’s E.yes

Final Thoughts:

“Hope sees the invisible, feels the intangible, and achieves the impossible.” (Charles Caleb Colton [13])

“We must accept finite disappointment, but never lose infinite hope.” (Martin Luther King Jr. [14])

“He who has health, has hope. And he who has hope, has everything.” (Arabian Proverb)

For more articles on hope, see:

<http://www.personal-development.com/chuck/gift-of-hope.htm>

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

[1] Anne Frank (1929~1945, German Jewish refugee, diarist)

[2] Charles Kingsley (1819~1875, British author, clergyman)

[3] John H. Johnson (1918~2005, One of America’s most successful and wealthiest entrepreneurs. Ebony, his flagship publication, is the nation’s number one African American-focused magazine with a monthly readership of over 10 million. In 1982, he became the first African American to be named one of the 400 richest people in America by Forbes magazine. In 1996, President Bill Clinton awarded him the Presidential Medal of Freedom, the highest civilian honor in the nation.)

[4] Steve Allen (1921~2000, American television personality, musician, actor, comedian, and writer)

[5] Joseph Addison (1672~1719, British essayist, poet, statesman)

[6] The Talmud (BC 500?~400? AD, Jewish archive of oral tradition)

[7] Hermione Granger (A fictional character in J. K. Rowling’s Harry Potter series)

[8] Jean Kerr (1922~2003, American author and playwright)

[9] Jeremy Collier (1650~1726, English theatre critic and theologian)

[10] William Sloan Coffin (1924~2006, American liberal Christian clergyman and long-time peace activist)

[11] Vaclav Havel (Born in 1936, Czech playwright, essayist, dissident and politician. He was the tenth and last President of Czechoslovakia and the first President of the Czech Republic).

[12] Barbara Kingsolver (born in 1955, American novelist, essayist, and poet)

[13] Charles Caleb Colton (1780~1832, English cleric and writer)

[14] Martin Luther King Jr. (1929~1968, American Civil Rights leader, 1964 Nobel Prize winner)

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:

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

Love Knows

By Beca Lewis

As my granddaughter nimbly climbed up onto the counter to open a cupboard I asked her if she was allowed to do that. Her answer, "But Mom doesn't know." When I asked her if that was a safe thing to do her answer was, "I am very careful with myself."

How many things do we do that our answer might be the same, "God doesn't know and I am very careful with myself."

Of course, her Mom knew, and of course, God knows because Omnipresence really does mean everywhere.

It works both ways of course. Since God is Omnipresence — or everywhere — then the good news is that there is nowhere that Love is not. It's easy to forget this Truth, as we appear to live our lives as individual personalities separate from Infinite Love.

Thinking ourselves separate from the Omnipresence of Love, we could find ourselves worrying over not having things that we need, or can't find, or family and even world problems. However, when we are willing to start with the premise of Omnipresent Love then it becomes apparent that the **perception** of separateness **is** the separateness.

Once we let go of our human sense of others and ourselves and shift to the Spiritual Perception of the Omnipresence of Love — and stay there — it must follow that what seems to appear outside ourselves will be more in tune with the Truth of Infinite Love revealed to us in practical useable forms.

Then there is the "I am very careful with myself." Good start isn't it? However, how careful can we be with ourselves when there is so much happening that we don't have any control over? The truth is we have no control over anything except our thoughts — our perceptions. Not to worry, controlling our perception will occupy enough time that we won't have to feel deprived of not being able to control anything else.

This control is not in the form of will power, or making it happen. This control is in the form of correcting our perception first of God, then of ourselves and others, then denying anything that is not of God, and then finally holding to the Truth of our Oneness as Spiritual Beings.

This is being very careful with ourselves. This is letting go of personality and how we think things should be and staying in the safety of Omnipresent Love.

The result will be the fulfillment of the promise: "Bring ye all the tithes (your perceptions) into the storehouse (Truth) that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Bible - Mal 3:10

"God comes to the hungry in the form of food." —*Mohandas Karamchand Gandhi*

About Beca Lewis

As an author and guide **Beca Lewis** is dedicated to bringing Universal Spiritual Principles and Laws into clear focus, to shift material perception to spiritual perception, which following the law "what you perceive to be reality magnifies™", adjusts lives with practical and measurable results. Beca developed an easy system to do this called The Shift® and has been sharing how to use this system to expand lives, and bring people back to the Truth of themselves for over 40 years.

Beca and her husband Del Piper are constantly working to develop new ways to support and reach out to others. Much of what they have been developed can be found for free at their membership site [Perception U.com](http://PerceptionU.com). They also founded The Women's Council with the intent of "strengthening the connection to yourself, to others, and to the Divine."

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

You Tell Me - What Was It Like for You?

by Steve Wickham

How can we possibly tell what the truth is so far as our relationships and performance outcomes are concerned when we only see one shallow fraction of reality - our own? We are best to seek feedback to augment our truth.

Our truth is never a tidy truth - it always has holes in it.

When assumptions, and attributions for others behaviour and responses, are fitted like band-aids over our living situations we run close to entertaining great falsity, and from there it never usually ends that well.

Better to be healthily and fearlessly curious.

Curiosity Cannot Harm Us

By simply asking questions to confirm how we think things are going or how they went, or just to establish what it is or was like for them, we open the window on a stinking hot day to let in the cooling sea breeze.

The breeze is not going to scorch us like we think it might. Sure, there may be some revelations we didn't expect to hear, but just simply the matter of asking has created in us the mode of accepting bravely what will come.

This shock is a better shock than one that comes later on, overblown and inflated.

Two Great Relationship Rules

1. Be Honest With People

It takes moral courage to be honest with people. Especially with children and subordinates at work we must be honest and give them the information they need so they don't feel compelled to make assumptions, which they will do if they're not given the information they need or don't naturally seek it of their own volition. (It is not normal for people to always go out of their way to confirm their assumptions.)

To be honest with people reveals a character in us that we genuinely care for them. Those who couldn't care less, however, will not risk it -

they do not have the moral courage to risk of themselves, and their own comfort, for others' betterment.

2. *Seek Confirmation*

This is reciprocal for point 1. It's too easy to rest well in the contentment of our own assumptions. What we risk, however, is that our belief in such falsity, will possibly, at some time in the future, shatter. This is never a good place to find ourselves in. We feel crushed for a time.

It would be better to use our moral courage to go and seek confirmation and feedback before it is egg that we find over our face.

Relationships - for Success - Require Moral Courage

For two people or two groups to co-exist in harmony, and lastingly so, there must be trust that's enjoyed between the two, and this is afforded only when one or best both enter into moral courage to stand in the gap of the relationship.

Someone, or better both, must *give* for the relationship to survive. ###

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Steve Wickham is a Registered Safety Practitioner (BSc, FSIA, RSP[Australia]) and a qualified, unordained Christian minister (GradDipBib&Min). His blogs are at: <http://epitemnein-epitomic.blogspot.com/> and <http://tribework.blogspot.com/>

The Worst Health Habits?

by Andrew Weil, M.D.

Question: If you had to give up one bad habit, what would it be? Can you rank the worst habits in order of how bad they are: smoking, stress, drinking, drugs, not enough sleep, not exercising, not flossing?

Answer: If I had to choose from your list, I would pick smoking, which is the single most preventable cause of major illness. In addition to the risk of lung cancer and emphysema, tobacco injures many systems of the body and raises risk of bladder cancer, cancers of the head and neck, and leukemia. It is especially dangerous to use tobacco if you are diabetic or are taking birth control pills or if you have any heart or circulatory problems, respiratory disease, urinary or prostate trouble, digestive disorders, a family history of cancer or increased risk of cancer for any reason, high blood pressure, seizure disorder or a family history of coronary heart disease.

Your list omits mention of an unhealthy diet. Eating refined, processed and manufactured foods is a major threat to health in the U.S. Americans are eating too much of the wrong kinds of fat and carbohydrates and are experiencing an epidemic of obesity that in turn increases risks of diabetes and heart disease and can cause or worsen many other health problems.

Not getting enough exercise also ranks high as a poor health habit. Our bodies evolved in very demanding environments and are meant to be used. If they are not used, they deteriorate faster than they should. Many of the illnesses that plague our society result from underuse of bodies. The prevalence of heart and artery disease correlates as much with lack of aerobic exercise as it does with unhealthy diet. Insufficient aerobic activity also predisposes us to musculoskeletal disorders, gastrointestinal problems, nervous and emotional illnesses and a long list of other ailments.

Stress is unavoidable in modern life and has physical and emotional consequences. The trick is to learn how to handle stress so that it doesn't take a toll on your health.

As far as the other habits you mention are concerned, I hesitate to rank them. Perhaps the most striking link between lack of sleep and disease comes from studies showing that the less people sleep, the more likely they are to become obese and develop all of the diseases associated with that.

If you drink alcohol to excess, you know it, and you also know that it presents huge risks to both physical and psychological health. Similarly, if you are addicted to illicit (or prescribed) stimulant or depressant drugs, I don't have to tell you of the dangerous risks you're taking. Not flossing? You could develop gum disease, which can lead to big dental bills, tooth loss and acceleration of atherosclerosis, the arterial disease that leads to heart attacks and strokes.

Don't worry, be happy...and **don't** smoke. ###

Andrew Weil, M.D., is a world-renowned leader and pioneer in the field of integrative medicine, a healing oriented approach to health care which encompasses body, mind, and spirit.

Combining a Harvard education and a lifetime of practicing natural and preventive medicine, Dr. Weil is the founder and director of the [Arizona Center for Integrative Medicine \(AzCIM\)](#) at the University of Arizona Health Sciences Center, in Tucson, where he is also a Clinical Professor of Medicine and Professor of Public Health and the Lovell-Jones Professor of Integrative Rheumatology. Dr. Weil received both his medical degree and his undergraduate AB degree in biology (botany) from Harvard University.

Dr. Weil is an internationally-recognized expert for his views on leading a healthy lifestyle, his philosophy of healthy aging, and his critique of the future of medicine and health care. Approximately 10 million copies of Dr. Weil's books have been sold, including [Spontaneous Healing](#) and [Why Our Health Matters](#).

Online, he is the editorial director of [drweil.com](#), the leading web resource for healthy living based on the philosophy of integrative medicine. He can be found on Facebook at [facebook.com/DrWeil](#), Twitter at [twitter.com/DrWeil](#), and Dr. Weil's Daily Health Tips blog at [drweilblog.com](#).

Tips for a Healthy and Shining Skin **Nishanth Reddy**

Tip 1: Drink Water

Water has long been considered as the most efficient natural treatment or an almost free treatment for any skin condition because of its being alkaline, with pH 7.3. It prevents dehydration which is capable of producing sebum or oil from the sebaceous glands. Your skin needs water in order for it to function best, thus doctors and nutritionists suggest that a daily intake of between 6 to 8 glasses of water per day is highly needed.

Tip 2: Watch Your Diet

Nutrition plays a vital role in skin health too. Specific foods such as those acidic foods and dairy products are said to be effective in causing an allergic reaction in some people. Also, one of the widely debated topics in the area of nutrition today is chocolates. Some say that chocolate does affect the condition of the skin, while others say it doesn't. Whatever the result may be, the best advice is just to follow a nutritious diet that has a number of fresh fruits and green-leafy veggies, as well as fiber.

Tip 3: Consider Exfoliants

Many experts say that exfoliating your skin is another great way to attain a beautiful skin. So, try to invest in a good body exfoliant as it is capable of eliminating the dead skin cells from your body. Accordingly, this should be done once or twice a week so to free the skin to breathe. What's more, exfoliants help to put off ingrown hair from developing.

However, it is essential to avoid using any body exfoliant on the skin on the face. The main reason for this precaution is that the facial tissue is more sensitive and finer than those tissues of the body.

Tip 4: Consider a Healthy Routine for Facial Care

When it comes to facial skin care, getting into a healthy beauty routine is not bad. Most of the doctors today greatly suggest that you cleanse, moisturize and tone your skin twice every day. When cleaning, never fail to remember cleaning the area on the neck, including your face. Apply a moisturizer or neck cream after.

Before going to bed at night, always bear in mind to remove all make up. Clean your skin before you sleep, no matter how tired you may feel. It was found out that during the night, the skin goes through a process of elimination and cannot breathe properly if it is clogged with make up. And, you may also find out that sleeping with your make up on will cause your skin to “break out” with spots on it.

When it comes to shaving for men, some men may experience shaving rashes. For many, these rashes lower their self-esteem, but this is actually not a big problem to think about. There are a lot ways to avoid rashes. Perhaps one of the best is to make sure that when shaving, the razor strokes are following the direction of hair growth. That’s simply it!

Tip 5: Heal Your Feet

When it comes to skin care, the feet are often neglected. So, if care you found no time for a professional pedicure, try to fill a football or basin with warm water and add your favorite essential oil. Soak your feet for about fifteen minutes. Then, dry them and apply a rough skin remover onto them. Rinse this off and dry you feet well. And, if you consider pedicure, simply add some body cream to your feet for an easy and quick fix pedicure.

Tip 6: Avoid Too Much Exposure to the Sun

One of the most common precautions when it comes to skin care is avoiding too much exposure to the sun. As you may know, over exposure to sunlight causes sunburn. So, while current sun blocks only block out the UVB rays and still let in harmful UVA rays, it is still wise to cover up before venturing into the hands of Apollo. If possible, use a wide brimmed hat while tending your garden to keep the sun from your face.

Tip 7: Exercise

Aside from considering a healthy diet, exercising your body also helps keep your skin healthy. Note that a proper exercise does not only keep the body fit by regulating the oxygen; it also improves the glow of the skin as well.

Tip 8: Take Enough Rest

One common problem that face people is stress; the one which is not normal. It was found out that when a person is stressed, the adrenal cortex converts adrenal androgens to the hormone testosterone in male and female, which in turn results in overactive sebaceous glands. These adrenal androgens are released causing a double amount of testosterone, causing the face to be oily, while other areas of the body are still dry from dehydration. So, taking proper rest that includes 6 to 8 hours of undisturbed sleep daily is the best way to rejuvenate the skin.

Nishanth Reddy, is an author and publisher of many health related websites. For more information and tips about Skin Care, Visit his website [Skin Treatment](#)

To find other free health content see [e-healtharticles.com](#)

Crisis and Alignment

By Peter Shepherd

Does the Law of Attraction have a role to play in the resolution of ecological and financial crises worldwide?

A friend pointed out to me: "I don't know if there will be some help from spiritual forces to help us make it through this time of human crisis, or if they are leaving us alone to see if we can make it from awakening after facing the truth. This environmental crisis is linked to our behavior, to our fragmented way of perceiving life and reality, and to our continuous demand of "goods" from the Earth System as if it were something apart from us that will last forever. Take a look at the 2010 Living Planet Report. You can download it for free in PDF format [here](#).

He was scathing at those who point to the Law of Attraction as any sort of remedy to the current situations of crisis in the world economy and ecology (two sides of the same coin, as he says). But "two sides of the same coin" is the point here too. It's not that the Law of Attraction is "wrong," it's that it was not fully represented in the film, *The Secret*. Too often it has been dressed up to appeal to the lowest common denominator (lazy people who want something for nothing) and make some money, but really it's the timeless and universal principle of congruent intention...

Without congruent intention followed by focused action toward manifestation in the real world, the originator of a vision is dissociating both him/herself and the world itself from the mental/spiritual vision and its creation, therefore invalidating and disempowering it. He's saying he doesn't really want it; he's not really involved; he's abrogating responsibility; he's separating from Source in spiritual terms. But with congruent (non-conflicting) commitment at all levels - belief, feeling and action aligned - synchronicities will then be able to occur, so that support arrives in terms of both circumstances and personal assistance.

Synchronicities are a kind of magic - accidents which aren't really, as the context has been setup for them to occur. Not a magic wand then, but more like "the whole is greater than the sum of the parts" because all the pieces when put together "magically" form a creation.

I think it's well-established information that to manifest an intent successfully - to achieve a goal - requires beliefs, feelings and behavior to be in alignment. Only then does the Law of Attraction have meaning, so the concept is pretty misleading unless it's used in the context of all the pieces being in place, which the "pop" version certainly didn't do. References to Law of Attraction in the various articles that have been included on Trans4mind are to a varying extent critical of the bland "mock up a Mercedes in the driveway" version.

But the idea of those who agree with each other - who are working on the same vibration if you like, who share a vision - being attracted to cooperate and support one another, is timeless observation and not recent American marketing. Not a scientific "law" but a workable principle, which is all we are dealing with in developmental psychology, including ways of understanding events and behavior such as Jung's synchronicities and archetypes, and many other helpful models such as those.

Fear and doubt is not the platform upon which to manifest a better world. It will attract more of the same. Neither are unrealistic optimism and rose-colored spectacles - we need to know about the issues my friend is pointing out! However: Love, compassion, service in action.... these are the crucial things that make a difference, that can save this world from decline and fall, and that can raise it in an ascension of consciousness. That is, our vision, feelings and behavior guided by non-judgmental, unconditional love.

Love is the key. If we start to express the spring of love within that is our true essence, our truth, our spark of divinity... and allow it to flow more... then all is revealed. Love becomes our guide in life, as well as our connection with and path back to Source.

Each of us can find that love within us; it is the purest aspect of our nature, the witnessing higher self, that views from above our habitual patterns of behavior and cultural conditioning. When we are silent and still and wordless, within and without, we become mindful of that viewpoint, which is our divinity. From that point of view we communicate, understand, have empathy, perceive what's needed and act on it.

Each of us can do our part, according to our means and talents - and that's no passive thing. It means making contact, taking risks, getting off our butts. Making it happen.

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

~Edward Everett Hale

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

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

Essential Law of Attraction Lessons From Wallace Wattles by Warren Wojnowski

In his book *The Science of Getting Rich*, Wallace Wattles lays out the formula by which any of us can put the "science" of law of attraction to work for ourselves and become rich and prosperous. And even though his book was written nearly a century ago, Wattles' formula for attracting wealth and prosperity is the same as that of pretty much every prominent modern self help teacher or guru on the planet.

How would you like to use the science of law of attraction to make a quantum leap forward in your life?

You keep hearing about how the economy sucks and that we're in a recession — maybe even a depression. Everything is getting more expensive, your retirement fund has shrunk, and your pay has been cut. What can you possibly do to begin to turn things around?

Can learning how to deliberately use law of attraction really help you? The answer, of course, is "yes". But by universal law, you get what you focus on.

So often, a large part of why we feel stuck or trapped in our life is because we're focused on either our past or present circumstances rather than on what we want. And because we're locked into focusing on our past decisions and outcomes, the tendency is to believe they are an accurate predictor of our future.

The trick to changing your results is to take responsibility for leading yourself to where you want to go rather than where you've been or where you are. You accomplish that by focusing on where you are going and what you do want instead of where you've been (or where you are) and what you don't want. This is foundational to understanding universal law and law of attraction.

In *The Science of Getting Rich*, Wattles teaches that you place the full attention and focus of your mind on the vision you desire for yourself, on crafting and layering specifics upon that vision, and by maintaining your full faith, belief and trust in that purpose. By doing that with gratitude in

your heart, you will begin to have thoughts and take actions that are inspired, and which thereby begin to attract your vision.

By becoming more clear about what you want and where you're going, you start to enable yourself to make new decisions and as a result begin to break the patterns that you've lived up to now. And as you build this new discipline of thought, you get better at paying little attention to your past or to your present circumstances — which frees up even more of your thought energy to focus on what you want and where you're going instead.

Pretty soon, you will find yourself becoming a more and more proficient master at attracting abundance and prosperity into your life.

Remember to let where you are going serve as your guide to the decisions you make — and always evaluate your decision based on whether or not they will move you closer to your goals. Your results will immediately begin to improve.

If you are feeling trapped or stuck, odds are it's because you are primarily looking at what was or what is. As Wallace Wattles points out in his book, *The Science of Getting Rich*, until you look at where you intend to go, nothing can change. So learn to drop the drama and storyline of your past. Release it and move forward.

By clearly focusing one step at a time on where you are going, and on one step forward you can take today — right now — to move you closer to that place, you in fact really will begin to move closer to that place. Then repeat the process over and over, day by day. By doing that you will suddenly find yourself harnessing the power of law of attraction, just as Wallace Wattles says you will. ###

Author's Bio

Want to learn more about how to use the law of attraction to get the happiness and prosperity you want? **Warren Wojnowski** is co-founder of the Inspired Abundance website. He is a dedicated student and teacher of law of attraction and how to systematically apply the teachings of Wallace Wattles and *The Science of Getting Rich*.

Subscribe to his daily newsletter and you'll also get the highly acclaimed *7 Steps to Happiness* eCourse for free: <http://www.InspiredAbundance.com>.

A Year of Discovery

By Marlene Buffa

When the clock struck midnight at the end of December 31st, we realized that even though we may not want to move forward into the New Year, we ran out of the old year. The end of the road. It's done, it's over, it's gone. When we put the new calendar on the wall, we begin with January and realize that we have 365 days to again create the life we choose to live. Instead of mindlessly crossing off each day as though it were something to endure, this year look at the coming months as part of a grand adventure. Open each monthly treasure with eager eyes and be willing to discover the gems of life!

January - Open Doors

Januarius, the Roman god of doors and gates invites us to step through time into the possibility of living a fully engaged existence. Our spiritual doors can either swing easily into the unknown or remain so warped and stuck that life pries them open as they creak and resist, pushing us reluctantly across the threshold. Providing a means to enter into the future, January welcomes us to start again, discover new ideas and possibilities and plan for the future.

February - Heartbeat

Life beats within every living creature, and in February we honor the rhythm of life. Our hearts celebrate Valentine's Day and the sharing of the most precious human emotion - love! Over time, the symbolic heart grew to represent love. The pulse of life which keeps our bodies alive, also keeps tempo with love. Our hearts may "skip a beat" when the subject of our affection enters the room, or our hearts may "sink" when we experience disappointment. When we discover the passion which fuels our spiritual engines, we know we've met our heart's desire.

March - Winds of change

Fresh air arrives in a flowing movement, on a current of ever changing composition. We sense a storm brewing, or smell oncoming rain. Wind brings with it a cleansing and sweeping away of old ideas and dusty routines and requires only that we allow it to "blow over" and experience the freshness of a new experience. Sure a strong breeze may stir up a

bit of dust and confuse things for awhile, but noticing which of our old habits ceremoniously blew away, we understand how much better off we are without them. Accepting constant change frees us to discover an ever changing climate of possibilities.

April - Preparing for growth

Just as the earth begins to prepare for planting crops with nourishing rain and warming temperatures, April offers us a chance to experience a downpour of blessings to ready us for new opportunities for growth. When we understand the storms of life not only serve to fortify us with revitalizing force, we see that our preparatory lessons - however harsh in impact - strengthen us to plant the seeds of what we choose to grow in our lives.

May - Planting ideas

Traditionally in May, we plan for our lessons in the coming year by planting seeds of inspiration notions of realization. From ideas which root from deep within our souls, to the wandering vines of far-reaching dreams, we create our future with the small little requests put into motion by digging deep in fertile soil of possibility. The Universe then takes over the germinating and sprouting of our ideas, no matter how big or small. You'll enjoy discovering that an emphatic intention, deliberately planted in the rich soil of your connection to the Infinite brings you!

June - Solstice

Like the farmer committed to his crops, June gives us a solstice of change along with the steadfast yet unseen growth of our energetic desires. The longest days of the year allow us extra time and light in which to tend to and grow our ideas. The solstice also represents a shift from days lengthening to shortening and gently reminds us that although the rules of nature never change, we can accept the transition from light to darkness and remain empowered by the cycle. In the moments of darkness we learn that when we remain eternally connected to the Infinite, we commit to living an ever changing life of discovery!

July - Freedom

Trapped in the grid of calendar days and months, the year stretches out before us as we plan our future. Take a revolutionary step from what you did this time last year and dare to discover something new to do. Think beyond what the month offers and in climate and leisure time, and break free from what Thoreau called "a life of quiet desperation." In the symbolic month of Freedom, this July dare to venture into the freedom of your mind, your thoughts and your desires!

August - Movement

Shifting from the summer months to prepare for the changes in autumn, we often look at August as a bridge between the vacations we knew as children to the school year ahead. Passing quickly, August reminds us our work is ahead of us and to amass the momentum gained from a few months of recreation to a life of *creation*. We discover that movement brings change as we look toward our goals and embrace the life lessons necessary to reach even higher.

September - Learning

We begin the harvest time of the year with eagerness to reap our life's work. After a hearty spring of planting, a summer of growing, fall's impending harvest gives us a chance to enjoy the nourishment we deliberately created. In the Autumnal Equinox of our lives, we reach a balance of work and restful resolve and discover that the spiritual work we consciously and subconsciously performed benefits us if we pluck it from its foundation and put it to good use!

October - New ideas

As Christopher Columbus found the new world, we venture out of our comfort zones in October to seek new ideas and meaning. Fat with the abundance of soulful crops, we are full-bellied with spirit and able to allow ourselves the luxury of imagining a greater life. Halloween invites us to put on a face of someone else, even for one night, to aspire to be something different, or perhaps even better than we perceive ourselves to be. Discover something new about yourself every day!

November - Gratitude

Giving thanks for all that we are, all we do, and all that we have keeps the laws of physics and energy in motion. Even when circumstances

appear dire, gratitude finds a way to peek through and remind us that a lesson dwells deep inside the well of uncertainty. Amidst a feast of gratitude our life works. Discovering a morsel of positive thought brings about a cornucopia of daily blessings.

December - Rejuvenation

Winding down the calendar year, the Winter Solstice shifts the planet from shorter to longer days. Our harvest long-since stored for use in the coming winter months, December offers time for rest and reflection. Our spirits celebrate the much anticipated lighter days while using the darkness to turn within and rebuild our souls. Take the time to discover all the ways you move from darkness to light, and from storing your good to gladly sharing it with the world.

As long as people attempted to capture time in a calendar, restrictions on timepieces, measurement and ceremony moved into our consciousness. Cultures created rules about when a ritual is performed, when crops get planted, and even when to celebrate and when to relax. As you flip through the man-made calendar, know that you alone hold the key to discovering how you will live in the coming days, weeks and months. It's your life! Live it well and cherish every minute.

Marlene Buffa

Taking a quiet sideways glance at life, Marlene offers insight through her words from experiences. . A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways.

<http://www.WordsOfMind.com>

I've Had It With Gloom and Doom!

By Philip Humbert

Back in 1979, President Carter delivered what became known as his Malaise Speech. He listed the discouraging trends and negative beliefs and low expectations that were afflicting America. It was pretty disheartening! And, not surprisingly, it didn't seem to do him as President or the American people much good. Whining and complaining rarely help the situation! And yet in some ways, I'm ready to do the same thing.

I believe that to a huge degree, each of us creates the world in which we live. Our actions and our focus, combined with our beliefs, experiences and attitudes, work to create a world of joy or fear within which we must live. Obviously the world "out there" -- the world of other people and statistics and economics -- plays a role. But to a large degree, in the privacy of our own hearts and minds and actions, we pretty much create our own lives. And so I'm struck by the level of unhappiness, fear, even despair that I sense in the American people right now.

Partly, of course, it's just the dark, gloomy skies of Oregon. We have lots of clouds, some fog and rain, and our share of cold and damp this time of year. It's not awful compared to the blizzards of the Midwest, but it's not much fun, either. Yes, I could turn up the bright lights, laugh and enjoy some good food with friends, put on some happy music, dance a little and have more fun. That's the logical, productive response. But it's raining again so I think I'll pout for a while.

And besides that, I've been watching too many politicians and pundits on television. I know, it's a waste of time and I should have better habits and avoid the toxic stew of watching our "leaders" squabble like little kids. Shame on me! But it's like driving past a bad accident -- who doesn't slow down to gawk?

And finally, with the world economy in recession (or is it depression?), with inflation (or is it deflation?) on the rise, and no hope whatever for my business, my future or my retirement, I have good and legitimate reasons to whine! I think I'll just pout and wait and worry some more!

Or maybe not. Several years ago during a previous recession, a friend wrote that he'd decided "not to participate" in that recession. What a great line! At any given moment we have the power to choose our own attitudes and I'm about ready to take charge of mine! I'm just about frustrated enough and angry enough and annoyed enough to get off my a\$\$ and take charge of my own life! How about you?

In all seriousness, I think it's about time we had a massive change in attitude around here! In talks with clients, before an audience of business leaders last week, and from my sense of the news and television, I'm amazed at the amount of gloom and doom "out there." Aren't you sick of it?

I know I can't change Washington or the housing market or unemployment on a national scale. But in my own life, with my own business and with my time and attitude, with my friends and family and colleagues, it's time for some FUN!

It's time for optimism and some wild, crazy and "unreasonable" expectations! It's time for adventure and daring. It's time to take some risks, try some stuff, pull out the stops and make things happen! It's time for optimism, energy and laughter! It's time to "kill some dragons" and build some castles and make life a heck of a lot better, richer and more fun! This moping and whining through a recession, in the rain, in winter, just isn't working for me.

Even during the Great Depression, some people did well and a few did very well indeed! Even during the "gloomy season" here in Oregon, some people are having a good time, making music and making love. They're laughing, throwing parties and starting new business ventures. Sure, credit is tight so they're starting small. Sure, sales are down so they've adjusted. Sure, the politicians are probably going to keep right on squabbling like spoiled brats, but what has that got to do with me, my family and my future? NOTHING! (Or at worst, very little.)

Whether you're in the U.S. or someplace else on this small planet, here's my challenge: Take charge! Be the boss of your own life. Nothing in the economy prevents you from taking control of your health, or your happiness. The politicians cannot stop a determined individual from

having fun, from being a loving, enthusiastic parent, a good spouse or a good neighbor. And nothing "out there" can prevent the human spirit from celebrating life!

Every year, Mary and I adopt a motto for the year. For next year we've adopted, "A little slice of Heaven in 2011!" I encourage you to join us. Or make up a slogan that suits you better, but do it boldly! The economists ("the gloomy profession"), the politicians and the news have little to do with your ability to survive, thrive, make a life and live well. Have some fun. Set your goals. And live with joy, love, confidence and abundance in 2011. ###

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

Masks

by Rob McBride

During the first months of our lives, those who surround us love us for who we are. When we are first born, we bring smiles and understanding. Even when we cry, people love us and know we cry not for attention, rather for good reason.

In time, the smiles turn to anguish and the understanding frequently to aggression. We begin to be "domesticated" by our parents, grandparents and others.

Do this!

Don't do that!

If we want the approval of others, we learn little by little we must act in certain ways. We begin to mold our behavior to receive the attention we desire. When we cry, people pay attention to us, though not always in the way we want. When we do some things, we are praised and given rewards. When we do others, we are chastised and reprimanded.

We begin to act in accordance to what we have learned. We know for example:

"Good kids don't cry."

"Kids should be seen and not heard."

As a result, we start to don a series of "masks" to obtain what we want. These masks begin as something quite simple like to get a piece of chocolate or other reward. The masks then develop, transform and become more complex with age. In order to achieve our objectives, we learn it is often better to put on our mask and act not according to what we feel inside rather with what we feel will get the best results.

"Who did their homework?" our teacher asks in school. Timidly we raise our hand knowing we haven't done it and then hoping we aren't asked a

question. When someone else's name is called, we breathe a sigh of relief content in our "good fortune."

At work our boss demands, "We need this done by tomorrow morning. You can get it done, right?" "Of course!" we respond knowing full well it isn't possible with what we know and what we have at that time. Then we leave bad-mouthing our boss as we leave for being so severe.

In time we realize many times it is better to tell people what they want to hear instead of what we are thinking. As a result, we begin to act and be not as we are, rather as we believe others want us to be.

It's difficult to imagine, and perhaps a bit scary to think about, all of us taking off our masks and revealing what we really believe at all times. Nevertheless, being open and honest with ourselves about what we feel and believe can pay great dividends.

When we stop using masks to please others we begin to live a life which is more transparent, abundant and authentic.

Copyright Rob McBride

Rob McBride is an International Public Speaker who motivates, inspires and trains people. His keynotes, seminars and workshops enhance effectiveness and increase corporate productivity with concrete, dynamic tools which enable people to take control of their professional direction and destiny.

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Five Ways People Screw Up Their Lives

By Dr. Alan Zimmerman

"The highest reward for a person's toil is not what they get for it, but what they become by it." - John Ruskin

Life itself is a fairly neutral process. It does not pre-select some people for success and others for failure. It does not pre-determine who will be rich and who will poor. And it does not pre-destine some people to a life of happiness while it leaves others stuck with a life of sadness.

Life is pretty much a neutral process ... coming to us one day at a time ... and pretty much shaped by the choices we take and the decisions we make. TO A LARGE EXTENT, we create the life we live.

That's right ... "to a large extent." I realize there are outside influences and unfair circumstances that come into our lives that are beyond our control. And I realize some people have more than their fair share of hard times and bad luck. But even in those situations, life is often what we make it.

So today I ask the question, "Why is it that life seems to be a JOYFUL ADVENTURE for some people ... no matter how much bad happens? And why is it for others that life seems to be a PAINFUL STRUGGLE ... no matter how much good happens?"

I've answered the first question ... of how to make your life and work more joyful ... in my book called "PIVOT: How One Turn In Attitude Can Lead To Success."

But what about that second question? Why is it that some people live a life of painful struggle ... no matter how much good happens? I think there are five ways people screw up their lives...

1. Ignorance.

They misunderstand how life works. Somehow or other, they think life should be simple, easy, and fair, and when it's not, they sink into depression.

By contrast, the Welsh got it right when they said, "There is no prosperity without adversity." In other words, struggle is an inevitable part of life, and if you handle it well, you'll be okay. In fact you'll be very okay.

Despite this life truth, author Tim Connor says, "Some people will go to any length to avoid struggle and failure ... I am not advocating failure for failure's sake. I am suggesting, however, that without failure it is very difficult, if not impossible, to accomplish great things."

The lesson from all this? If you want a life that is a JOYFUL ADVENTURE instead of a PAINFUL STRUGGLE, don't waste your time trying to avoid all the struggles and discomforts that come into your life. That's pure ignorance. Instead, take the time to work through the struggles and learn from them.

2. Irresponsibility

Other people have more than their share of pain in life because they refuse to take responsibility. When something goes wrong or doesn't work out the way they would like, they blame someone else or something else for their situation in life. After all, it's a lot easier to kick someone else's butt than kick their own butt into gear.

Unfortunately, the blame game never brings anyone any measure of joy in life. All it ever does is encourage someone to quit. And so we find millions of people bailing out of jobs, relationships and life in general. When things get a little tough or uncomfortable, when the results seem to be very slow in coming, the irresponsible ones say, "I'm outta here."

And that's too bad. The real joy in life comes from responsibility ... from sticking to a cause ... from getting up one more time than you fall down. Just ask any Olympic athlete. They'll tell you.

Stick-to-activity is one of the key pre-requisites for joy. But please, don't misunderstand me. I am not suggesting you stick with an abusive relationship, or stick with a boss that constantly degrades you, or stick with a business that should have died and should have been buried a long time ago.

But I am suggesting this. If your automatic, knee-jerk reaction to a difficult time in the economy, a failed attempt at a new job, or a stressful time in a relationship is to bail out, you're being irresponsible. You're not doing all you could to change things for the better. And your chances of ever experiencing life as a JOYFUL ADVENTURE are very slim.

3. Worry

You've only got so much energy, and if you waste a great deal of it on worry, you're going to experience more than your share of painful struggle.

Of course, that makes sense if you understand the original meaning of the word. In ancient literature, worry was depicted as a wolf sinking his teeth into a person's neck ... literally cutting off the flow of life from the brain to the body.

In modern terms, it's almost impossible to experience joy if you're focused on worry. And yet some 85 to 90% of people worry about something on an almost constant basis. They worry about their health, their career, their finances, their future, their kids, their relatives, what other people think of them, and life in general.

If you want more joy, you CAN'T live that way, and you DON'T HAVE to live that way. That's what Brenda Simmons, an Information Technology Specialist learned. As she wrote, "I attended your seminar at the Rock Island Arsenal on 'Taking Charge: Motivating Yourself To Achieve More Than Ever,' and it was life changing."

Brenda continued, "My son had recently died, leaving me with three other children. Worry took control of me. Every time the telephone rang, I panicked and wondered if I had lost another child. I know what the Word of God says about worry and how it tends to immobilize a person, but I could not stop. Then I purchased your CD on 'Eliminating Worry' at your seminar, and it has been a tremendous help to me. I am not completely worry free, but I have new ways of dealing with it. I no longer panic when my telephone rings, and when something does happen with my children, I react with concern rather than worry. Instead of being

immobilized, I am motivated into action. I can't wait for your next seminar."

4. Disappointment

Still other people live a life of painful struggle because they don't know how to handle disappointment. They fail to see disappointment as a natural, inevitable part of life ... the part of life where you want something but don't get it.

And there's nothing wrong with wanting certain things in life ... a particular accomplishment ... a special relationship ... or a new start. It's normal, healthy, and motivating.

It is not natural, however, to get EVERYTHING you want in life. As Connor puts it, "You can have almost anything you want - if you are willing to pay the price for it. But you can't have everything you want! It's just not that kind of world."

He's right. And the quicker you realize it, the less pain you'll experience and the more joy you'll have.

5. Ego

Call it ego, pride, or arrogance. But the fact is ... if you got too much of it, your life is filled with pain. After all, ego is nothing more than a camouflage for insecurity.

Oh sure, people with big egos LOOK like they've got it all together. They LOOK like they know it all. And they LOOK like they know what is best. But it's all an act ... an act to convince themselves ... and hopefully others that they're not as bad off as they really are.

Take Congress, for example. They're elected to represent their constituencies, but once they're elected, they often dismiss what their constituents want. They arrogantly pass bills or ramrod legislation their people detest, and then they wonder why their approval rating is at all-time low. They're suffering from a bad case of egomania.

And as author and speaker Zig Ziglar said, "Egomania is a very strange disease. It makes everyone sick except the person who's got it."

Quite simply, arrogance and ego cannot co-exist with true joy and happiness ... because arrogance and ego stifles communication and blocks relationship. And that's easy enough to understand when you realize arrogance and ego comes out in the following behaviors:

- *the unwillingness to see another's point of view,
- *the inability to listen well,
- *the need to be number one,
- *the need to be right, and
- *the unwillingness to admit wrong.

After all, who would ever want a relationship with a person like that ... a person who is unwilling to admit wrong. It's like the time David Dinkins, the mayor of New York City, was charged for not paying his taxes. Instead of admitting wrong, he egotistically responded, "I haven't committed a crime. What I did was fail to comply with the law."

If you want more joy, you'll need less ego. You'll need more honesty, more openness, and more vulnerability, and more transparency.

To pull it all together. Life is a neutral process. If you experience it as a painful struggle, it's probably due to some or all of the five factors above. But if you want to experience it as a joyful adventure you'll avoid those five factors. The choice is up to you.

Action:

Which of the 5 blocks to joy is most prevalent in your life? And what are you going to do about it? ###

As a best-selling author and Hall of Fame professional speaker, **Dr. Alan Zimmerman** has taught more than one million people in 48 states and 22 countries how to keep a positive attitude on and off the job. In his book, [*PIVOT: How One Turn In Attitude Can Lead To Success*](#), Dr. Zimmerman outlines the exact steps you must take to get the results you want in any situation. Go to Alan's site for a [Free Sneak Preview](#).

Dealing with Your Child's Temper Tantrums

By Debbie Pincus, MS LMHC

Why are temper tantrums so difficult for parents to handle? Besides the fact that they're loud, annoying and embarrassing, we often feel it's our job requirement to make our kids act the way we feel they should behave. If we can't do that, we feel ineffective. We also don't like the judgments that we imagine others are making of us when our kids are out of control. We don't know what to do, but feel we must do something--after all, we are the parents.

And of course, on a deep level we want our kids to learn how to calm down and act "normally." When they're not able to do that because they haven't yet figured out how to manage their own frustrations, it can sometimes cause us to have our own tantrums, which only adds more fuel to the fire. And when we feel a sense of helplessness, we often react by getting angry or giving in--and then we feel controlled by our kids' behavior. But attempting to manage our anxiety by trying to control their responses never works. I think it's better to focus on dealing with our own feelings of helplessness, embarrassment and frustration when our kids are having a meltdown.

Sometimes parents ask me if there are ways to stop child temper tantrums from happening. I don't really think there are--I think it's natural to have tantrums. We adults have them all the time. We can lose our temper when someone cuts us off in traffic or when our kids don't listen. Maturing is all about managing our emotions more effectively, and it's a lifetime project. In my opinion, we can't prevent tantrums, but we can impact how often and how long they go on by the way we respond to our children's outbursts.

I think when our children feel that we need them to behave "our way" in order for us to feel calm, it's a natural reaction for them to become defensive. You'll see an attitude of, "Oh yeah? Nobody can tell me what to do." Ultimately, they will just shout louder and create more of a scene.

We feel uneasy when we see our kids struggle, or be upset or uncomfortable, and this compounds the situation. As a result, we try to

manage the anxiety that this provokes in us. When we yell or give in, we're relieving our own distress rather than helping our children develop self control.

When Your Child Has a Tantrum in Public

When your child has a temper tantrum in front of others, there's an extra element of embarrassment and shame that we feel as parents. I understand how that happens--it's natural to react that way. We often think that being a good parent means having well - behaved kids all the time, so we imagine others are judging us by that standard. But as Total Transformation creator James Lehman says, "You are not a mind reader. If you try to imagine what others are thinking, 95 percent of the time you're going to read something negative there. That's because whenever we're negative, we interpret other people's perceptions of us as negative."

Look at it this way: the tantrum really isn't about us, it's about our child. While it's easy to personalize your child's tantrum and feel like it's about you when it's happening, trust me, it's really about your child. Try asking yourself at those times, "What is most important, what others think of me, or what I think an effective parent would do right now?"

If you're in public or with others, you can simply explain that your child is having a hard time, excuse yourself and move out of the situation. Leave the room, go to the car, or go home. Do whatever you need to do quickly and matter - of - factly. Remember, you don't want to give the tantrum attention, either positively or negatively.

What to Do Before the Next Tantrum

Hold on to your principles: In a relaxed moment, sit down and think about how you want to behave under the worst kind of stress. This is really key, because if you're going to go by your "emotion of the moment," you'll often end up losing your cool. Consider how you want to react, and hold that picture in your mind. The next time your child acts out, do your best to remain true to that image of yourself. It may take some practice, but eventually you'll be able to do it.

Know what you can handle: Be realistic with your expectations. Know what you--and your kids--can handle. If you try to go on 15 errands instead of one, many young kids will not be able to deal with it. If your child is a little bit older, let him know what you expect; prepare him for what's coming. You can say, "If you fall apart or start yelling for something, this is what's going to happen." Tell him what his consequence will be--and stick to it. If you are going to a store and your child tends to want everything in sight, provide him with a way to cope with his frustrations. For elementary school kids, I think it's helpful to have them bring a pad of paper and a pen and make a list of things they want. They can put things they see on their Christmas or birthday list. Smaller kids might draw pictures of what they'd like. I think it's helpful to have a little tool box, so to speak, of things for your kids to do so that they can help themselves stay calm.

Try to avoid your child's "triggers" if you can: Try to avoid triggers that you know will set your child off. If your children are older, you can teach them to observe themselves. Do this by pointing out what you see happening. You can say, "I know when you come home from school and you've had a bad day, you tend to take it out on your little brother. What can you do instead of yelling at him and picking a fight?" Your child might say, "Well, I can spend some time in my room listening to music instead." Your goal with your child here is to try some new things to avoid his triggers, and teach him how to see what sets him off in the process. Physical triggers are also very common. For younger children especially, make sure they're getting proper rest and food and that they're not over - extended.

Plan ahead and give yourself a pep talk: If you know certain things trigger your child's tantrums, plan ahead. Say to yourself, "We're going to the grocery store, and I know what typically can happen there. So I'm going to warn my child and talk about what my expectations are ahead of time. If he has a tantrum, I'm going to stick to my guns." Help coach him on ways to handle those triggers and let him know what you'll do if he cannot manage his frustration. With younger kids, from toddler to the age of six, you may have to just physically pick them up and move them out of the store. Prepare yourself for that eventuality.

Be a good role model: Be a good role model in terms of your own behavior. How do you feel when you're frustrated about something? What you do with those feelings is something your child is going to learn. Decide how you will behave, no matter how your child behaves. Step away from your own emotions to figure out thoughtful responses to these difficult situations. Ask yourself this question: "How can I calm down when my child loses it?" instead of "How can I get my child to calm down?" No one can control how another person feels, period. And the more you try to manage your child's reactions, the more he'll probably act out.

What to Do When Your Child Goes into Tantrum Mode

Here are some rules of thumb I've found to be effective when you're in the eye of the storm and your child has gone into tantrum mode.

Get yourself to zero: The first order of business is to get yourself under control; get calm, rather than trying to get your child under control. Put the effort there. Take a walk around the house, count to 100, take your own timeout. Call a friend. Do whatever you can do to get yourself under control, but again, try not to lose your temper. Remember, you're just trying to be the anchor in the storm that's calming the system down. If one person in a system can stay relatively calm, that's the best way to quiet any kind of upset or tantrum.

Remember that you're not responsible for getting your child under control: Remember, you are not responsible for the choices your child makes. Rather, you are responsible for how you choose to handle those choices. Try not to get engaged by your kids' angry outbursts. If it doesn't capture you, it won't capture them. Stay focused on staying calm. Do not react by yelling, worrying, hovering or giving in--all typical things that we do as parents.

Try not to lose it and have your own tantrum: This will only serve to escalate your child's anger and frustration, and make him feel more defensive. Remember, anxiety is contagious, and so is calm.

Do not give into your child's request: If you give in to your child's requests when he has an outburst, it will set up a pattern where you

create more tantrums. In effect, you've taught your child that the best way to get what he wants is to scream, yell and be out of control.

Isolate your child: I don't mean to put your child into an isolation booth, but rather, put your younger child in his room or in some spot where he can have a timeout or cooling off period and learn how to soothe himself. Make sure you're not continually engaging him in his tantrum.

Fake it if you have to: There's an old saying: "Fake it till you make it." While you ultimately want to get calm, I think it's okay to fake it until you get there. Of course you feel terrible inside: you're embarrassed, upset and frustrated, but try saying to yourself, "I'm not going to react to these feelings because this will not solve my problem." So in other words, you don't have to be truly calm at first. You will have uncomfortable feelings, but it's what you do with those feelings that matters. (And in the end, that's the same thing we're trying to teach our kids.)

Remind yourself that it's your job to teach your child: Remind yourself that you are the teacher. Your children can't handle these strong emotions yet and it's our job to help them learn how to do that. Remember, they are testing you--and believe it or not, they truly want you to win this particular test. On the surface, your child really wants you to give in, but on another level, he wants to see that there are strong parents in the room. Kids want to know that their parents are sturdy, strong and reliable and are people who mean what they say. They don't want parents who are going to fall apart. They need us to stay anchored so they won't drown.

What to Say During the Tantrum

Be clear and calm: Be clear and firm with your child. They want to see that you're in charge and that somebody is in control. That's going to come through your voice, expression and body language. You want to communicate that you are not losing it in any way. Keep your center and be very firm. You can say, "We are not staying here. We can come back when you can pull yourself together. We are leaving now."

Use empathy: When your child is in the middle of a tantrum, I think it's important to be empathetic but not give in or lose it. If it's appropriate,

you can say, "I know it's very frustrating, I understand you wanted to get this video game today." Empathy opens people up to being able to hear us; if we don't start with that, it shuts things down. I don't mean that you should spend lots of time delving into your child's feelings, but a tone, a look or a word of empathy can go a long way when your child is frustrated.

The little question you should ask yourself: Ask yourself "What do I want to do in this situation?" Rather than "What do I want my child to do." Just that little switch in thinking often makes a big difference. Because again, if I'm going to be working hard to get my kids under control, it's going to be a very different outcome than if I'm working hard to get myself under control.

When Kids Don't Learn How to Manage Their Emotions

If you give in to your child when he has tantrums--or throw one yourself in reaction to his outbursts--as he grows older and reaches adolescence, this will often turn into a chronic power struggle. Sadly, I've seen it many times in my practice. And temper tantrums in older children are no laughing matter. Your teenage son will become relentless; he won't take "no" for an answer. Your tween daughter will wear you down and become an expert at manipulating you. Or your child might become aggressive and fight with you all the time. What these kids learn is that they can get things by intimidating other people. They will not have learned how to regulate themselves so therefore their behaviors will be very reactive and extreme. And believe me, these power struggles do become battles.

Just look at a two - year - old throwing a tantrum and imagine what a 20 - year - old will look like. You might see him punching the walls, yelling, calling you names and intimidating you, and storming out of the house. And if you react in turn, on and on it goes. But here's a secret: it just takes one person to stop this pattern, and then the whole thing settles down. So decide not to hit the ball back next time. Don't let your emotions get the best of you when your child acts out. That will ultimately help your child to manage his strong emotions and frustrations.

So think about building relationships for the long term, rather than changing annoying behaviors in the shorter term. A lot of times, we just want to get our kids to stop the tantrum or acting-out behavior. We think, "I can't stand this anymore!" or "They're fighting all the time. It's driving me crazy!" If we simply want to get somebody to stop doing something, we can probably get them to do it, but we may hurt our relationship with them in the long term. On the other hand, if we want to work on a relationship that is going to have longevity ten or twenty years from now, we have to think of it in terms of building on it every time we respond to our kids. We need to thoughtfully respond to them so that we keep the relationship intact. And the way we can do that is by trying to influence them rather than control them. Influence comes through respecting our kids and their choices, and not getting mad at them or taking it personally when they have tantrums. In my opinion, this is the best road to building a strong relationship with our children. ###

For more than 25 years, **Debbie Pincus MS LMHC** has offered compassionate and effective therapy and coaching, helping individuals, couples and parents to heal themselves and their relationships. Debbie also facilitates parenting groups and is the author of numerous books for young people on interpersonal relations.

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100 Words Sonia Choquette

Who Is Sonia Choquette?

Sonia Choquette, PhD, has been a world-renowned visionary and revolutionary psychic and teacher. She specializes in helping people see their soul's plan which leads to satisfying and successful lives. She is the author of ten bestselling books, including [The Psychic Pathway](#), [Your Heart's Desire](#) and [Trust Your Vibes](#). Educated at the University of Denver, and the Sorbonne, Paris, in addition to holding a doctorate in metaphysics, Sonia has been featured on ABC, NBC, and CNN as well as in *New Woman* magazine, *USA Today*, *The Chicago Tribune*, and *The London Times*. www.soniachoquette.com

Books that have deeply inspired Sonia's life:

[The Nature of Personal Reality](#), Jane Roberts
[The Artist's Way](#), Julia Cameron
[Spiritual Dimensions of Psychology](#), Hazrat Inayat Khan
[A Course in Miracles](#), The Foundation For Inner Peace

Sonia's Insight:

"You are a Divine Immortal Being, a precious child of the universe. You are spirit—fiery, heavenly Intelligence created by God, unlimited in nature. There is no 'spiritual' to become, as though there is something fundamentally flawed in you, which you must correct or overcome. You are only spirit to embrace, express, grow, love, and enjoy. As a Divine child of the universe you are made only of love. Learn to love yourself as God does, fully, freely, and unconditionally. You are a Divine Creative Being, made of love, here on Earth to accept and master this truth."

From the Shelf

The Nature of Personal Reality: Specific, Practical Techniques for Solving Everyday Problems and Enriching the Life You Know (Jane Roberts)

By Jane Roberts

The words of Seth, the personality channeled through Jane Roberts, show readers that they possess hidden powers within themselves that have the potential to transform their lives. By learning to control their own experiences, they can create a new, fulfilling reality.

Reader's Review:

Profound, loving, wonderful. It changed my life.

This book is, along with "[Seth Speaks](#)", and a few of the other "Seth" books, the most important set of books I have ever read. The information comes from a personality known as a "Seth", a teacher who was channeled by Jane Roberts. Seth has lived many lives on Earth, and his perspective, as one who once lived here but now "resides" in another dimension, is riveting. I know many people will find it very weird to consider the idea that a "dead" person could channel information, but after reading this book I think you will be convinced.

The book is about meta-physics in the truest sense of the world - above physics. Unlike religion, which presents a set of dogmatic beliefs, this book presents non-judgemental information. The approach is "try it; if it makes sense to you, use it."

Some of the insights have to do with how we shape our own reality. Seth teaches us that we always have a choice about what is happening in our lives, and provides insights as to why seemingly bad things may be happening. In all cases, these things have to do with something that we have chosen. It's not about karma, or retribution, or atonement. It's more about creating the kind of life you want to have for yourself. Once you realize the mechanics of things and how the universe works, you can shape your life to better suit you.

This is what I mean by meta-physics. This book is almost a "how to guide" of the universe. Once you know what the mechanisms are, you have a much better time understanding how to use them.

I don't mean to say that this is simple. The lessons are often complex and difficult to make sense of. Part of that has to do with the notion that the way in which our earthly thought process works only captures a very small part of what the universe is all about. Our brains don't always "get it." But the good news is that our "souls" do.

I can honestly say my life was dramatically improved by this and the other Jane Roberts books. They take a lot of work - you have to be willing to let go of lots of concepts you've spent your whole life building. But if you do, the world starts making a whole lot more sense. What more can one ask of a book? ###

[Get Your Own Copy](#)

Pam Garcy

Part 11. Affirmations: What are they, how to create them, using your inner guidance and writing your own

Affirmations are present-tense statements which you say to yourself to program yourself toward an outcome. Usually, affirmations refer to positive statements. When you use a negative statement to program yourself toward an outcome, you usually wouldn't call it an affirmation. Negative statements usually fall under the category of worry or self-punishment.

Affirmations, when done correctly, can become a powerful tool, that I usually combine visualization. Together, these techniques can often propel you toward your desired goals more quickly.

HOW TO CREATE AN EFFECTIVE AFFIRMATION 101: THE BASICS YOU NEED TO KNOW

There are many methods for creating affirmations. My favorite was taught to me by the warm and loving mentor of mentors, Jack Canfield, at his Breakthrough to Success workshop in the summer of 2007. You can use another method, if you'd like. But, this is one which has worked (and continues to work) for me.

First, you create a vivid statement about yourself, in feeling and in action, achieving a desired specific outcome. You write this on an index card, because you will be reviewing it daily. Then, you read this statement aloud as you visualize yourself living what the statement says. Finally, you seal this in emotionally by feeling the feelings that you would feel if you'd already reached your goals.

If you are really serious, you can add "icing" to the cake by screaming it out loud with the greatest level of passion you can muster. The emotional energy that accompanies this series of actions often helps us to retain and live into our affirmations.

Here's an example of an affirmation:

I am eagerly typing my newsletter with clarity, ease, honesty and sincerity.

Here's the formula that I like to use when I compose my affirmations--you can use it to compose your own:

I am _____(feeling word goes here)
_____ (verb goes here) with/
of _____(detail here)!

More of my personal examples:

I am enjoying seeing my book rise to the top of the Barnes and Noble best-seller list!

I am happily sharing the news of my readers' beautiful success stories in my upcoming e-zines! (shameless plug)

I am exuberant as I notice 1,000 or more new subscribers to Insourcing this month!

Notice how I've included a feeling word & an action after the phrase "I am". This will help your mind to visualize yourself in action (stimulating cortex and motor areas in the brain) and to connect the image to the emotional brain (lymbic areas of the brain). Some believe that you are also activating the other-than-conscious, perhaps even the spiritual aspect of yourself by using this format.

SOMETHING NEW: USING INNER GUIDANCE TO HELP CREATE POWER-PACKED AFFIRMATIONS!

You can use your inner guidance to help you to identify that which you desire; these desires will become the topic of your affirmations.

Simply relax, close your eyes and take a few slow deep breaths. When you are feeling centered, ask yourself, "What is it that I desire for myself right now?" Write down all of the ideas that come into your mind. Return

to these a bit later and use them to help you to follow the steps listed above.

Like a cycle, your affirmations will then activate your inner guidance further. You will begin to get inspired thoughts. As you honor your inspired thoughts through action, you will move quickly toward your goals.

YOU ARE PRECIOUS, SO PLEASE HONOR YOUR INCLINATIONS!

By the way, in case you've forgotten, I'm going to remind you of something: You are precious. You have a right to be here and you have a right to honor your highest self. You may feel uncomfortable--it is okay to feel how you feel--often these are conditioned responses that you have learned. You have repeated a way of thinking that leads you to feel how you feel. The more you repeat it, the more you feel how you feel.

Some of you have learned to ignore your personal truth, so when you get too close to it, discomfort arises. Remember, though, that you are reading this e-zine because you don't want to ignore your truth anymore! You want to honor your higher self and this is wonderful, beautiful, mystical, transcendent and delicious of you!

One way to honor yourself is to keep a notebook or file in your computer for recording your ideas, wishes, desires, and wants as they arise. This will give you the added benefit of being able to come back to your later and to select the topics of your affirmations from those that seem most important. Moreover, you can return to this file years later to see how far you've come!

YOUR HOMEWORK: COMPOSE YOUR AFFIRMATIONS THE NEW WAY

Now that you know how to use your inner guidance to select your topic & how to compose affirmations using your inner guidance along the way, I would encourage you to get started in creating your own. Once you've created these, you can transfer each to index cards (one per card).

Alternatively, you can use a small pad of paper and write down one affirmation on each sheet.

Compose some of your own affirmations below for later transfer onto index cards:

How many should you have? As many as you want!

Now, read each one aloud as you visualize it already happening! As my friend life-coach Crystal Star says, "Declare it and Claim it!" Declare it loudly, by screaming it out and seeing it in your mind's eye! I don't know about you, but for me, this jump starts my inner guidance because I am inviting its wisdom loudly!

If you want to optimize this process, pick a time (often when you wake up or before you go to sleep) to read through your cards. As you read each card, visualize the outcome as though you've already received your desired outcome. Pretend in your mind that it is yours & feel the feelings. This will go more quickly as you repeat it & you don't have to yell anymore!

YOU ARE ACTIVATING YOUR INNER GUIDANCE TO SERVE YOU MORE FULLY

Like I said above, you may find that affirmations ignite your inspiration! This is so cool to me--I hope it happens for you too.

Here's what it feels like: Using affirmations is like repetitively programming the brain toward your goal. It is as though you are igniting the part of your brain that works on helping you to reach your desired outcome. Then, simple ideas (with hidden brilliance) begin to come to you easily--or you simply become more aware of ideas that have been there all along. When you follow through by taking action on these inspired thoughts, your ability to tap into your inner guidance will become stronger. You may find it easier to tap into this infinite source of guidance and you may use it to help you various steps along the way. The more that you honor your inspired thoughts, the more easy this process becomes. Some folks also record these in their idea file.

In the best cases, you may even feel yourself strongly connecting to a source of ideas and accessing it more easily!

REMEMBER: This is a process. Keep going to see ongoing results!
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Next issue: Part 12

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

A Course in Miracles lesson 27

Above all else I want to see.

Today's idea expresses something stronger than mere determination. It gives vision priority among your desires. You may feel hesitant about using the idea, on the grounds that you are not sure you really mean it. This does not matter. The purpose of today's exercises is to bring the time when the idea will be wholly true a little nearer.

There may be a great temptation to believe that some sort of sacrifice is being asked of you when you say you want to see above all else. If you become uneasy about the lack of reservation involved, add:

Vision has no cost to anyone.

If fear of loss still persists, add further:

It can only bless.

The idea for today needs many repetitions for maximum benefit. It should be used at least every half hour, and more if possible. You might try for every fifteen or twenty minutes. It is recommended that you set a definite time interval for using the idea when you wake or shortly afterwards, and attempt to adhere to it throughout the day. It will not be difficult to do this, even if you are engaged in conversation, or otherwise occupied at the time. You can still repeat one short sentence to yourself without disturbing anything.

The real question is, how often will you remember? How much do you want today's idea to be true? Answer one of these questions, and you have answered the other. You will probably miss several applications, and perhaps quite a number. Do not be disturbed by this, but do try to keep on your schedule from then on. If only once during the day you feel that you were perfectly sincere while you were repeating today's idea, you can be sure that you have saved yourself many years of effort.

Commentary

By Allen Watson

This is reminiscent of Lesson 20, "I am determined to see," to which a subtle reference is made in the first line: "Today's idea expresses something stronger than mere determination." It puts the desire to see into first place, "above all else." I want to see more than I want anything else. If we mean this, we will choose the path that leads to vision every time, no matter what other lesser goal might be tempting us.

The lesson recognizes that the idea may not be wholly true for us yet. Since desire determines vision, if it were now wholly true you would *already* see, and therefore would not need the lesson! So working with a lesson like this is not hypocritical; it is an exercise intended specifically for people for whom the idea is not yet wholly accepted, designed to move us closer to the day when it will be.

The phrase "above all else" may tempt us to think we are being asked to sacrifice. "Vision at any cost!" Therefore the lesson suggests that if we feel uneasy about unreservedly committing ourselves to vision, we should add this thought: "Vision has no cost to anyone". If that isn't enough, add, "It can only bless". Put them all together: "Above all else I want to see, and vision has no cost to anyone. It can only bless."

This hints at an idea stated clearly many times in the Course: this path does not believe in sacrifice. It says we are asked only to sacrifice illusions, and that this is in reality only an illusion of sacrifice. "Nothing real can be threatened"

Still, the lesson is leading us toward this kind of single-minded, unreserved determination to have true vision. *We do* need to be willing to put vision above anything that seems to compete with it. It may *seem* at times that we are being asked to give things up, and we may actually have to give them up, but when we do, we will realize we have given up nothing we truly wanted. The entire process is perfectly safe, and entails no real loss of any kind.

The practice requirements suddenly leap into high gear in this lesson: repeat the idea "at least every half hour". That's *at least* every half hour, "and more if possible. You might try for every fifteen or twenty minutes". (Things will ease up again tomorrow.) Specific structure, with a set time schedule, is recommended. All we are asked to do each of these times is to repeat the one sentence to ourselves: "Above all else I want to see." This is not a big deal. There isn't any reason we can't do it, even in the middle of a conversation-if we want to, if we are willing.

[The real question is, how often will you remember? How much do you want today's idea to be true? Answer one of these questions and you have answered the other.](#)

How often we remember will be the measure of how much we really want to see above all else. This will be a very revealing day!

Notice carefully how we are supposed to deal with the fact that we probably will forget and come nowhere near the ideal of every fifteen minutes. It says a lot about how the Workbook views this whole matter of "practice." Basically it says, "Don't let your 'failure' bother you; just get back on track immediately." All that it takes to save "many years of effort" is to, just once during the day, repeat the idea with perfect sincerity. To achieve that one time, many repetitions are needed. Simply do the best you can-but let it be the *best* you can do. ###