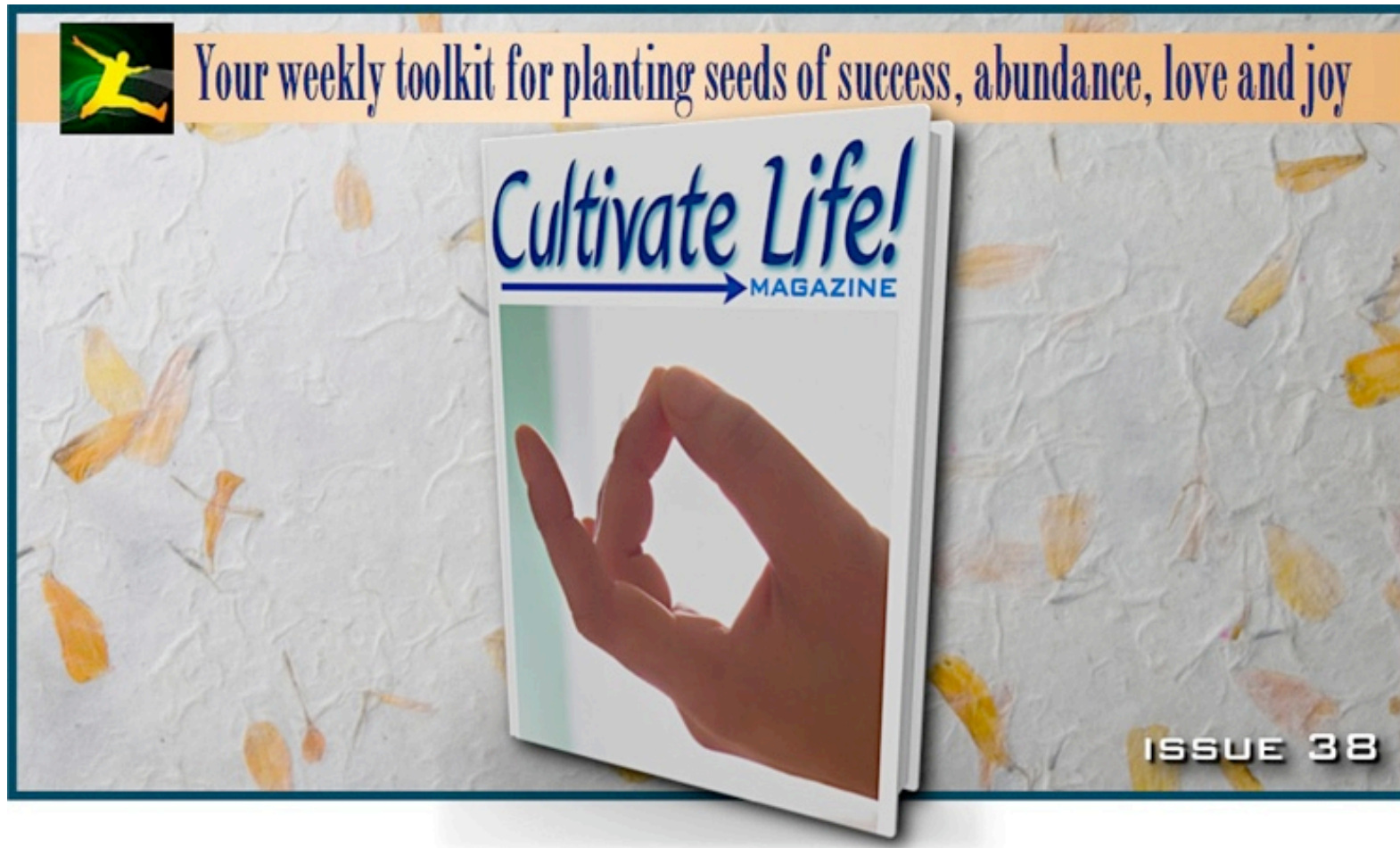


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Cultivate Life! magazine

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Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question:

After a lifetime of abuse, I have survived and I aspire to be the best I can be. However I'm homeless, no job and no money! What now?

<http://www.trans4mind.com/life-coach/life-challenge3/question263.html>

Gender: female

Age: 42

Country: USA

Relationship: single

Occupation: Paralegal by trade, it pays the bills. Also, struggling to start and maintain several small business ventures.

Philosophy: I would have to say that my philosophy on life is spiritual, but not religious. Although I believe in God and was raised in the church, at this point in my life, it merely is not enough. I have this yearning to learn more about Buddhism, Tai Chi, and other forms of meditation and philosophies, and combine those with my traditional beliefs. I am a true believer that one should "never accept the status quo, always strive for continuous change."

Hopes and aspirations: My only hope is that when I leave this life, I leave behind something for my children and grandchildren that will make their lives easier. Not just money, a house, car, jewelry, etc., but a legacy of strength, courage, and wisdom that will stand the struggles and hardships of life, and inspire and encourage them to seek their own inner peace. My greatest aspiration is to be the best me I can be!

Question: Where do I go from here? When I was 3 or 4, my mother would have sex with my father's first cousin in front of me. I never told anyone. At the age of 6, after watching my cousin and I play Barbie, in which she took their clothes off and rubbed their bodies together, and made kissing sounds with her lips, her father awoke me from my sleep,

took me into his bedroom and molested me. I never told anyone. At the age of 7, my best friend kissed me in the lips. A couple days later, her brother, who was about 18, picked me up and kissed me in the lips too. I never told anyone. At 11, I woke up to my cousin performing oral sex on me, the same one I played Barbie with. I never told anyone. At 11, her brother came to live with us, and began raping me repeatedly. I finally told both our mothers. But they did nothing! By 14, I aborted twice from my cousin's rapes. My mother said it was my fault! At 15, I had my first child, a girl. At 18, my mother told me that my father was not my real father. At 19, I met my son's father, who was 30 years old. At 21, I gave birth to our first son. At 22, I gave birth to our second son. After my youngest son was born, the man that I knew as my father, died. From 23 to 36, I was in survival mode and destroyed everything that crossed my path. My sons' father was an alcoholic, used drugs, and was physically abusive. But, no one was safe from me, not even my family, because I fought to the death. I sold drugs and bounced checks to care for my kids. At 27, the cousin that raped me came to see me after 4 years in jail. Three days later he was shot and killed. At 30, I confronted the uncle that molested me, and he died 6 weeks later of cancer. At 32, I married, but got divorced only 1 1/2 years later after finding out that my husband spent time in jail while in the military for rape. I'm 42, kids all grown and in college, I have a new grandson, 2 associate degrees, many certifications, homeless, no job, and no money! What now?

Answer:

Thank you for bringing to our attention, this hard-to-look-at and almost impossible-to-accept, reality of sexual abuse in our world. Your story makes us sensitive souls shudder in disbelief. Yet, this planet is full of abusive behavior and out of control sexual energy.

I have had the good fortune to work with many women and several men who have been sexually abused. These women, men and their children suffer throughout their lives until they begin to unlearn all the unhealthy things they learned as a result of their sexual abuse.

My heart goes out to you and your story. Bless your sacred body and spirit. It is not acceptable that any child is ever sexually abused. It is always the adult's responsibility in all cases to protect any child, no

matter what, from sexual abuse. Sexual abuse is never the child's responsibility or fault.

I am glad you finally had the courage to tell the truth. Telling the truth is one of the necessary behaviors that will help you heal. If you continue to tell the truth it will be extremely therapeutic. When you speak your truth, you bring the nasty energy in your unconscious up to the conscious mind. Once any material is in the conscious mind you can expose this energy to the daylight of sanity.

This is the reason becoming aware of anything in the unconscious is freeing and liberating. The nasty, dark, dense energy in the unconscious can control you and hurt you if you keep it in the dark. However, once you bring unhealthy energy to the conscious mind, it cannot survive in the presence of light, truth and sanity.

If you also welcome your truth with love, your healing will begin. Notice how this open, loving way of relating to your past breaks the pattern of your negative learning. Your mother did not welcome, valid and support you. Your mother did not protect you from sexual abuse.

Instead she blamed you and told you it was your fault. It "had " to be someone's fault, so it better be yours not hers. This means your mother, psychologically was highly invested in not hearing your story.

Unfortunately, I find this to be common with mothers when their children have been sexually abused. Mothers do not valid the reality of their children. This shocking behavior on the part of mothers shows us how out of balance our species has become. When mothering mammals do not care for their young, first and foremost, there is a serious survival problem. I do not have space to fully explore this issue here.

My guidance to therapists, counselors and psychologists who are working, or will ever work with sexual abuse, is that you have an ethical responsibility to valid your client's stories. You must welcome all stories. Each story is that person's truth. It does not have to be and is not anyone else's truth. If you cannot welcome their personal story and valid their reality, then you need to refer them to someone who can.

Each person in a family, or at a crime scene, has very different memories. Each one is valid. This is the reason you must always valid your clients stories. For example, my sister and I have totally different memories of every single event in our life. It is like we lived in a different family. My sister does not valid anything I remember. Does that mean it did not happen to me?

Denial, lying, psychosis and distortion each have their different energies. As a psychologist or healer, it is imperative that you know how to tell the difference. If you cannot tell the difference you need to learn to read energy enough so that you know when someone is telling his truth or not. Your job is to validate truth, health and authenticity. It is also your job to expose lies, unhealthiness and falsehood.

Therefore, I gladly and boldly valid your painful, heart breaking story. I welcome your truth with love and tenderness. Your precious little child who first saw your mother having sex with your father's first cousin has been wounded to the core and you have survived. The fact that you have not killed yourself is a salute to your strength and courage. You have much more strength and courage than most people.

If I were working with you privately I would explore your strengths, connection to spirit, soul and other inner core qualities. It seems clear from your description of your spiritual self that you have always had a connection to your spirit. Your desire to "be the best me I can be!" shows an amazing amount of resiliency. Your connection to your spirit is probably the reason you have been able to be so strong in the midst of such horrible earthly abuse.

I strongly recommend reading Victor Franklin's book, "Man's Search for Meaning." He survived the holocaust and became a psychologist. His book will inspire and teach you. As a German scientist friend of mine has noted, man is the only species that produces a vast range of behaviors. Most species exhibit the same behaviors. However, human behaviors range from those who create exquisite music and beauty to those who create torture and grotesqueness.

From now on, I want you to purge yourself of other people's dark, dense and heavy energies. "What you learned is not who you are." Keep saying this to yourself and remember this reality every step of the way. "What you learned is not who you are." And it isn't! Thank goodness. If it were, we would all be in deep "do do."

You are that precious bundle of joy that was born onto this physical planet. This precious, authentic part of you is the real you that you need to identify with more and more. This authentic part of you includes your emotional self who was wounded by the sexual abuse. For more about how to heal your emotional self read the past columns on emotional maturity and the process of healing your emotional self.

You want to identify less and less with the part of you that acts out your pain on yourself and others. Your learned self is composed of what you learned from your mother and family. This part of your learned self is your ego. It is a monster. Your monster has hurt you and others and will continue to do so until you tame it.

You learned to hate yourself based on how others treated you. This you can unlearn. You need to stop treating yourself like your mother and the other adults in your family treated you. They were unhealthy, out of control, needy, insecure, disconnected people. Thank goodness you can change how you relate to yourself so that you do not follow in your mother's footsteps.

Your parents were inadequate. They were not responsible for you and they did not protect you. Instead they hurt you and scared you. Thus your trust was broken. You need to repair your trust by learning to treat yourself with respect, love, kindness, understanding and patience.

To answer your question of "What now?"

You unlearn anything that you learned that is unhealthy for you. You can do so with joy and excitement. You became what you learned. But you do not have to continue to be that which you learned. You can unlearn the unhealthy ways of relating to yourself and replace them with healthy life affirming ways.

Look around for healthy models. See how some people respect each other and are sensitive to each other's needs. See how loving mothers relate to their children. See how loving husbands treat their wives. Notice how sacred and special some people treat each other. You can even use the sane mammals all around you to show you how to be nourishing.

For example, the kangaroo mother can help you learn how to protect and love your little girl who is so scared and hurt. Just imagine how wonderful it feels to be safe in her pouch! Or how about hanging from the tail of a mother opossum? At first, it might be hard for you to relate to yourself with love. But will become fun as well as empowering.

With sexual abuse there are additional challenges that need to be addressed.

A major problem in healing sexual abuse is that you have disconnected from your body. Your disconnection from your physical form is greater than most people's. You probably disconnected from your body during the first sex abuse act against your body.

Leaving the body is very common when the body has been abused. As a result of this you have very little body awareness. People with sexual abuse often have depersonalization, dissociations, numbness, depression and multiple personalities.

Your relationship to your body must change in order for you to unlearn the negative learning. You have to reconnect with your body, accept it and love it in order to heal your wounds. At this point you blame your body. You blame it for many, many things. You are probably almost as mean to your body as your mother was to you. This needs to shift.

Another challenge of unlearning sexual abuse is the memories your body holds. Once you get back into your body, you have to deal with the memories you have been avoiding your whole life. The realities your body lived through are the realities your body lived through. They are right were you left them, waiting for you to heal.

Many therapists are afraid to deal with body memories. They also want to avoid them. They are frightened of this energy and do not know how to help you. Please stop working with professionals who are afraid of any of your experiences. Their discomfort will reinforce your negative learning. Thus they will actually make you worse, not better.

Sexual abuse, like any abuse is stored in the body. You cannot reclaim your body's physical and sexual strength until you release these painful body memories. You need to find a sex therapist that is comfortable with pain and sex abuse memories. She can help you bring up the unconscious material without raising your anxiety and fear level too high. If your anxiety and fear level gets too high you will go back into an unconscious, numb state.

There is no way you can avoid flashbacks and you do not want to avoid them. You want to allow them to move so they can be healed and released. This needs to be done in an organic, natural way. Never push or force anything. You want to be in total charge of them so that you are deconditioning the negative learning. Then they will leave your body and mind so that your body can relax and return to health.

The turning point for you will be when you stop blaming yourself. Your mother blamed you, so you blame yourself. You really believe it is your fault these things happened to you. So the way to solve this problem is to stop blaming yourself. When you eliminate your own self-judgments about being abused, you will turn the corner.

Know that you can cleanse yourself of these lower energies and rise up to the great spirit that you are. Take one baby step at a time toward loving your body and your emotional self.

"My only hope is that when I leave this life, I leave behind something for my children and grandchildren that will make their lives easier. "

Know that you have already improved the world by your presence. Thank you for sharing your touching story.

Action Steps to Heal Sexual Abuse

Continue to tell your story to emotionally safe people. In the US we are blessed with many organizations and agencies to help women with sexual abuse. Search for local support groups and join them. For people in other countries such as India where 53% of the child are sexual abused the situation is grave. I found this helpful organization in India: <http://www.supportrahi.com/adhm.html> Search online for support. Peter's newsletter is also offering support to the world community and healthy psychological information to everyone. Bless him.

Find a body therapist, healer, holistic psychologist or Rosen practitioner who is not afraid of body memories. Work with her to reclaim your positive, healthy, flowing sexual energy.

Give up blame. Blame is nasty and connected to guilt. Read the article in the free library about how to stop blaming others and apply it to yourself: <http://www.drjeanette.com/blame.html>

Heal your emotional self of her deep wounds. Find, accept and love the wounded, frightened little girl inside of you who is scared. I recommend the "Opening the Heart" audio, which guides you into finding your wounded child and teaches you how to love her back to wholeness. <http://www.drjeanette.com/heartanswers.html>

Readers of Cultivate Life! Get a \$30.00 discount off the "Opening the Heart" audio by putting the word LIFE! In the coupon box when you place your order before Jan. 23.

Doris Jeanette is grateful for all the painful stories she has felt in her heart. Each person's truth has made her stronger, deeper and richer. She is available for emotionally safe phone sessions. Contact information is at <http://www.drjeanette.com/contactus.html>. The Center for New Psychology has a Holistic Psychology Mentoring Program <http://www.drjeanette.com/mentorprogram.html> and offers Certification in Holistic Psychology to people who are interested in learning how to read energy and become emotionally safe. <http://www.drjeanette.com/holisticpsychologyschools.html>

Things I've Learned about Parenting

by Lori Radun

While my lessons are invariably different than the parenting lessons you've received, I thought I would share five lessons that have become clear to me over the years.

You will never be finished learning about parenting.

I have been a parent for almost 19 years now, and can you believe, I am still learning. I've read oodles and oodles of parenting books, and I'm still learning. Just like relationships, parenting is complex because we're dealing with human beings. If we had human beings all figured out, we wouldn't have any scientists still studying human behavior. Just when we think we have this whole parenting thing figured out, along comes a new phase, a new situation, or a new child. And we are learning something new to help us and our children through life. But that is one of the things I love about parenting - it's never boring. I am a lover of learning, and there is always something to keep me growing and on top of my game.

There is no such thing as equality in parenting.

No matter how hard you try, you cannot treat your children totally equal. You can't spend an equal amount of time with each child, so don't let the guilt that you aren't get you down. The other day my teenager says to me "I saw how much money you guys spent on Ian's summer activities. Why don't you ever spend money on me like that?" I swallowed my hysterical laugh, but I did remind him that I am paying over \$6000 per year for him to go to college. I did not mention that I spent money on him for summer activities too. It can be easy to fall into this trap of thinking we have to do everything equal with our kids, but that is impossible. Kids have different needs for attention. They have different interests that require different amounts of time. Children have different personalities and some require more training and teaching, while others learn the first time. Different ages receive different privileges and consequences. So don't focus on equality. Instead, concentrate on treating your children fairly.

You are not to blame for everything that happens with your child.

When a child acts out, it is so easy to point the finger at the parent. If you yourself are not saying "I should have, I could have, I wish I would have", someone else is probably saying it. You cannot live in the past, and you cannot predict the future. You don't know without any amount of certainty if anything in your life or with your child would be any different if you had made different choices. My younger son was recently diagnosed with depression and anxiety. My husband is convinced that if I had allowed him to spank when he was younger, this wouldn't have happened. Depression and anxiety in a child is way too complicated to blame it on one person. And besides, what good does that do anyway? Each and every child is different, and they interact and respond to the world in their own way. Much of what they experience, in my opinion, is part of the plan. As a good friend said to me, "my niece is autistic and my grandfather is left-handed. It was not caused by their parents - it is just the cards they were dealt in life."

You can trust your intuition.

If you really pay attention to your children, and truly tap into one of your greatest resources, you will always know intuitively what is best for your child. People can give you advice, and you can read books, but the real answers lie within you. And God is your source for the greatest parenting wisdom there ever was. He will give you any answers you don't have, if you listen to him long enough. I remember one day when my son Ian was 2. My older son was trying on some new clothes, and all of a sudden we heard Ian start crying. He had slipped on some magazines and fallen. As I held him and observed him, I knew he was really hurt. My husband was sure that he was okay, but my intuition was strong that evening. I didn't know exactly what was wrong, but I knew it was something far more serious than my husband thought. I'm glad I trusted my intuition and took him to the hospital. Ian had snapped his femur bone in half and was in a body cast for the next six weeks.

Parenting is hard! (Gosh darnit!)

I don't care how hard someone tries to prepare you, or how much you love your children, parenting is hard! I suppose it could be easier for some parents, but I know for me, it's been hard. And I happen to believe there are a lot of moms who feel the same way, even though they may not talk about it. So much has been blamed on moms that I believe

moms are afraid to talk about the "real" challenges they have. And that to me is sad because we need all the support we can get in raising our children. There is no shame in seeking professional help. There is no shame in struggling. There is no shame in having a child that doesn't fit the norm, whatever that is. You can admit that parenting is hard, and you don't have to compare yourself to the mom next door that appears to have everything together. You can accept the mom that you are today, and your children can be who they are today. We are all growing and learning, and we are all imperfect. That's what makes motherhood perfect! ###

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Lori Radun is a certified life coach, inspirational speaker and author of the award winning book "The Momnificent! Life - Healthy and Balanced Living for Busy Moms". To receive two free special reports plus 52 weeks of guided journaling topics, join her Momnificent Mom Club community at <http://www.momnificent.com>.

Is Genetics our Destiny, —or Not?

by Jahiel Yasha Kamhi

Recently, I was talking to an angry parent. He was upset with his son's behaviour, his marks in school and his lack of desire to achieve any goal.

"I don't blame my son, but I blame my family's 'bad genes'. My son is like my father. How can I expect anything better from my son? Am I right?"

In short, the point of this angry father's comments was that genes are responsible for his son's problems. Actually, the disappointed father raised a very important question: "Is genetics our destiny, - or not?"

Let us see what science has to say about this dilemma.

Neuroscience is a good place to go and learn how the brain, biology and education work.

The real questions could be, "Are we, as healthy newborns, born equally at birth? Do we have the same potential, or does everything depend on our genetic makeup? "

According to scientific information, all healthy newborns have the same capacity at birth. They are born with roughly 100 billion brain's cells (neurons).

What' makes the difference in a human's life is not the number of neurons, but what he or she learns through life.

During the process of learning, children are changing the shape of their brain, and most importantly, they improve their intelligence. A child is not born as an "intelligent person"; a child becomes that way due to many other factors, not just because of genes.

Intelligence only partially results from genes, but mostly results from other very complex things. Sure, genes play a role in life, but the crucial factor for developing full potential is children's own social environment and ability to learn new information. We can improve a child's intelligence, if we know how to do that.

Children learn how to study, or how to have proper behaviour from their role models. Children can change and improve themselves, with the help of adults.

Do not take genes as a limitation or an excuse.

As we have already said, all healthy newborn babies have roughly the same amount of brain cells.

However, there is one misconception about brain cells (neurons). How smart we are does not depend on the number of neurons. It depends on the number of synapses.

As we can learn from www.brain.ubc.ca, "A synapse is the basic unit of communication in the brain, and research on synaptic function is central to understanding how we think and learn. Building the correct network of synapses is essential for brain development".

Can we add more synapses into children's brains? Yes, we can. How? Very simply: just by helping them learn and memorize new skills. The process of making more synapses is actually the process of learning.

Children have an enormous capacity to learn. Exposing a child to new learning means making more synapses, which makes a child smarter.

Conclusion: Is our angry father, from the example above, right in blaming genes for his son's problems?

Probably not.

Children's destinies depend on, but are not limited by -genes. The only limit is the ability to develop more synapses by learning and memorizing more and more facts. Stimulating the social environment, physical activity and a good diet will support optimal function of children's cognitive abilities.

It' is possible that a child came to school with poor behaviour, but it' is always possible to do something about that, as well.

Blaming genes for everything is simply-- wrong. We are not born with good or bad behaviour, with or without motivation, or as a clever and successful person.

No, we became that. At birth, we come with an equal opportunity to reach our maximum.

There is no limitation because of genes, race, gender or social status. As parents we need to make an adequate environment for our children; a system of support and belief, self-esteem, and the ability to develop brain potential.

Without love and attention from parents, children can not reach their maximum. Blaming genes for not developing full potential or for not being able to utilise a good education is just an excuse.

Our goal should be how to help children to get the most out of their brains, and improve their quality of life. We need to help children to stay engaged and active, setting short-term and long-term goals for them.

Of course, we know; there are hundreds of malformations and sicknesses at birth due to "bad genes", but we are not talking about pathology here. We are talking about the healthy population whose parents complain and blame genes for their children not reaching their maximum.

For each healthy child who comes into this world, what happens after birth is crucial, not just what happen at -birth. ###

Jahiel Yasha Kamhi holds a degree in Medical Biochemistry and a Bachelor's degree in Chemistry. Jahiel writes regularly for www.personal-development.com and other magazines. He also delivers presentations that inspire others to find more meaning and balance in their lives. He is passionate about writing, and conveying positive ideas that help people live life with more passion and purpose.

Jahiel's mission is to promote a good mental and physical health.

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The Secret Understanding That Makes Painful Events Disappear by Guy Finley

We may deny that we value our aches, but on the other hand, we think about them all the time. We have yet to recognize the fact that our thinking about any painful event as something real, solid and unavoidable is one of the conditions that perpetuate it. Take one thing out of the conjunction, and it is no longer the same event. When we stop giving our life energy to any moment which seems overpowering, it loses its illusion of power. In that moment is also lost our prior belief that we have to submit to its punishment.

This shows us that no negative state or event has any individual, independent existence. We can begin to free ourselves from the event when we understand the truth about its power over us. Until now, we thought from our suffering instead of toward our suffering. Now, however, because of our new understanding, we can see through our suffering instead of through its eyes. And what a world of difference this difference makes!

What we see is that our perception produces what we experience, and our experience is made up of many different small elements that by themselves mean nothing. When our perception combines and organizes these events, and connects itself to them through an expectation or desire, the thing takes on a kind of life. It appears to us as a whole, dark, permanent entity that has the power to hurt us, but it isn't that at all. It's only a conjunction of events that has conditional dependence, and the primary condition that gives it power is our perception. When all these conditions are stirred up and "baked in a cake," that cake has reality to us. But in fact, the cake is made up of individual facts that will simply pass if we let them.

Why have we not seen this for ourselves? Why have we not let those facts just pass by without grabbing onto them? It's because we have become so used to being in a storm, we aren't at all sure who we are without something to suffer over. As strange as it may seem, we welcome the painful experience because it makes us feel real. But who is it who feels real? It's the false self -- the intimate enemy.

Can you see what good news this is for those of us who wish to free ourselves from false suffering and find the higher life? It means that all those conditions that seemed so real and painful are just the creation of faulty perception. Our belief that the event had the power to hurt us is what made it so punishing and continued its existence, but now we understand that if the events are left to themselves, they must move on. The expression "This too shall pass" is now revealed in all its wisdom. Every temporary conjunction of events must pass as long as we don't keep it going through our own thoughts.

The bitter cake can't exist if one of the ingredients is displaced. In our own lives, we have kept the achy cake baking; but now that we see the facts, we no longer need to be a victim of our own misunderstanding. We can inwardly say to that suffering state, "You are not a power. You only feel like one. The knots in my life that have me all tied up have no power over me outside of my own misperception. That misperception put the stone in my shoe, but now I will learn to see things as they really are."

Now that we know negative events are not powerful in themselves, we can turn away from what we perceive as permanent punishment toward what can be called permanent pleasure. This is the same thing as turning toward Truth.

Everything passes. There is great beauty in this, both in the passing of pain and in the passing of pleasure. When things present themselves to you as permanent, don't believe it. Exercise a reasonable doubt. Discover from your own experience that the negative event that seems so overwhelming is not the power it presents itself to be. As your perception changes, a critical ingredient in the cake will change, and then the entire cake must change. ###

Excerpted from *Who Put That Stone In My Shoe?* (c) by Guy Finley

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.

Guy 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.

Guy 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.

To Bear Misfortune Is to Overcome It by Chuck Gallozzi

We may not agree with everything that happens in life, but what should we do when we are embroiled in events that we would not willingly choose? Should we fight them or accept them as the inevitable cost of being alive? Ah, that is the question! The key is balance between **accepting** what is unavoidable and **struggling** to change things for the better. But how do we know what is unavoidable? How do we know what can and should be changed? How do we distinguish between paths that lead to a futile fight with one that leads to a valiant victory?

Making the wrong choice leads to much heartache, regret, and suffering. Yet, it is not easy to distinguish between correct and incorrect action. It takes wisdom to do so. And wisdom rests firmly on knowledge, experience, common sense, and rational thinking. Let's look at some examples.

Tom discovers that people often treat him and others rudely. Not because of anything Tom has done, but merely because they are thoughtless people. As expected, Tom does not welcome rude behaviour. But since he, like all of us, must deal with people regularly, he is forced to experience rudeness. So, how should he respond? His natural inclination may be to get upset. We don't have any control over emotions that unexpectedly rise within us. However, once we are aware of anger or any other negative emotion, we can choose between letting it go or dwelling on it and giving in to it. So, after Tom feels a momentary flash of anger, he can brush it aside and get on with life or give in to it and react with hostility.

How should he respond? How would you respond? The correct response requires wisdom. And wisdom, to repeat myself, needs knowledge, experience, common sense, and rational thinking. Using these tools, let's take a closer look at Tom's problem. Is the rudeness he experiences unavoidable or can it be changed for the better? Sometimes it can be changed. For example, Tom can practice assertive behaviour and say to a store clerk, "Excuse me, Sir, after making a purchase, I don't want you to throw my change on the counter like that

because I feel like you are treating it or me like trash. Instead, I would like you to return the change politely to all your customers." To which the clerk may respond, "Whoops! Sorry about that; I must have been daydreaming." Yes, sometimes we can change things for the better.

On the other hand, the clerk may respond by saying, "Buzz off!" Now what do you do? You could speak to the Manager. But the Manager may defend the clerk by saying, "The store is very busy and he is under a great deal of pressure. He simply doesn't have time to be, as you put it, 'polite.'" The point is, sooner or later, we will discover that we cannot force **everyone** to be polite. We will also discover our choices have costs. For instance, we will learn that if we allow ourselves to become angry about the behaviour of others, we rob ourselves of happiness. For how can an angry person be a happy person? That's what Buddha meant when he taught, "You will not be punished **for** your anger; you will be punished **by** it." To rob ourselves of happiness is self-defeating and, therefore, irrational.

Putting everything together, Tom gained the **experience** that people are sometimes rude. After taking various actions, he gained the **knowledge** that you cannot change everyone for the better. He also experienced the pain of getting upset over something that is unavoidable. Later he experienced the peace and restoration of happiness that follows from letting go of negative feelings. Therefore, **common sense** and **rational thinking** led him to conclude he is better off accepting, not fighting, what cannot be changed. This conclusion was based on **wisdom**. Can you see how when we bear (accept) misfortune, we, in fact, overcome it?

The wise are never disturbed by rudeness. For they have learned it is an opportunity to grow by practicing assertiveness, patience, compassion, and forgiveness. The unwise who have grown up in a culture that glorifies violence as manliness, are afraid of appearing weak. So, they fight rudeness every step of the way. How ironic it is that in their attempts to appear strong, they reveal their own weakness. Another paradox is that those who 'give in' to rudeness by not getting upset are the ones who help eliminate it by their good examples.

There are times, however, when we should resist, such as for grievous injustice. The world needs the liberating influences of people like Martin Luther King, Jr. and Nelson Mandela. It also needs those unsung heroes who are lawyers in certain repressive countries that dare to challenge the authorities or tradition. They boldly defend those who have been condemned to die by stoning because of adultery, premarital sex, or having the 'audacity' to be raped.

Of these great men and women who have fought injustice, it will be said, "Choosing to die resisting rather than to live submitting, they fled only from dishonor, but met danger face to face." (Taken from a funeral address delivered in 431 BC by Pericles, the statesman largely responsible for developing Athenian democracy.) Our duty is to follow the noble examples of past and present leaders by helping to end injustice, in whatever way we can, in our own community.

Let's return to Tom and another problem. His doctor told him he has a terminal disease and will live for a year at the longest. What should Tom do? Should he calmly accept his death sentence or should he fight it? We have already learned that it is irrational to fight the unavoidable. After all, the inability to accept what is and what cannot be changed leads to unhappiness. But we also learned about the role of knowledge, experience, and common sense. Without these ingredients, we cannot make a wise decision.

Is Tom's early death unavoidable, as the doctor claims? Well, sometimes a prognosis is not a fact, but an opinion. Psychoneuroimmunology (the field of medicine that deals with the effect of our thoughts and emotions on our immune system) clearly shows that a positive attitude (joyfulness, faith, hope, courage, and the love of overcoming challenges) can have a profound influence on illness. Many of us know people that were told to prepare for death many years ago, but beat the odds and are in the best of health today. So, what should Tom do? Armed with the above knowledge and experience, common sense tells us that Tom has nothing to lose and everything to gain by maintaining a positive attitude. Wouldn't you agree? Today's lesson, then, is that we should accept what we cannot change, try to bring about

change where it is needed, and develop the wisdom to distinguish between what can and cannot be changed. ###

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>

Choosing The Filter

Beca Lewis

My daughter asked, “Didn’t you get my email?” That’s when I realized that I hadn’t been receiving my main email account for over a week. This meant that for at least 7 days I didn’t notice that emails that come every day had not arrived, that people who usually write to me weren’t, and that I wasn’t receiving notices of orders from our websites.

It took seven days before I realized that things that usually happened – weren’t. Once I became aware of the problem I knew what I had done to cause it. With an amazingly complete lack of awareness I had stopped an important flow of information. Because I was receiving so many spam emails calling me “shift” I decided to filter the word “shift” in my email account. That sounds reasonable except for the fact that my email account is shift @ theshiftcenter. Voila! In one second of not thinking clearly I had stopped getting information intended specifically for me.

Therefore, I had to ask myself, “In what other ways this past week did you filter out, not see, not hear, not notice what was important, and intended for you to know?”

Because this is exactly how paradigms and perception work isn’t it? With millions of tidbits of information coming at us at all times our accepted personal paradigm of “this is how it is, this is the example of how life works, this is what I believe, this is what I have been told, this is the perception I agree with,” works exactly like a spam filter. We only receive, hear, notice, and think about what our predetermined personal perception paradigm has agreed to receive, hear, notice and think about.

No wonder we are all stuck in a cycle of repeating events. Perhaps it is with different characters, and different venues, but the same cycle. Our “spam filter” called perception only lets us receive what we have determined we can and want to know.

How do we know what is our current perception, our current stories? It’s surprisingly simple. The world as we each receive it is exactly what we

have agreed to perceive. Listen to how you describe yourself and your life. Listen to the stories you tell. That’s your perception and your story, of “how it is”. We love our stories. Good stories, sad stories, inspiring stories and depressing stories. Stories are the fabric of the life we live in this agree perception called the “earth state of consciousness”. But stories filter. Stories determine results. In reality, our stories are our prisons.

The answer of course is to change the filter – or perception. Expanded perception equals expanded information. In order to break out of our paradigm we must accept a new one. But which one shall we choose?

Since “what we perceive to be reality magnifies” then it would seem to be wise and practical to magnify the most abundant reality possible. Why not choose one that is omnipresent infinite, omniscient, omnipotent Intelligent Mind and Love? Why not choose a Spiritual Perception?

Then those important messages directed specifically to us won’t be filtered out by a paradigm of limitation. We will see, hear, and know only abundance. Then our personal spam filter will become our servant rather than our master and will only filter out information aggressively attempting to manipulate us to purchase and live within the worldview of lack.

It’s our choice if we want to maintain our current filter or change it to be open to the Infinite, where there is no paradigm or perception shift required. The results of being willing to release each story can be an immediate and permanent increased awareness of the truth that abundance is Reality and that everything has already provided for us in that infinite abundance.

Since shifting perception and then living from that shifted perception is all that is necessary to dissolve all problems why not open the flow of information from a Spiritual Perception and filter out the flow from material perception? If at least once a day we each inspected our perception filter and adjusted it to receive the infinite and discard the rest, imagine the results! ###

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>

Changing Moods by Addressing Triggers by Steve Wickham

Moods are states that seem quite mysterious and what leads to them cannot always be consciously known. But the truth is moods are so often propagated via a trigger or triggers.

If we can identify the triggers we have a better chance of controlling both our own moods and influencing for their better the moods of others.

Triggers are those things that evoke emotional responses, whether good or bad, happy, angry, sad or glad.

Our triggers were wired into us, generally through our experience of life, mostly in our childhoods. Of course, triggers have adapted and continue to adapt even today. What might have triggered a certain response a few years ago may not trigger the same response today. Similarly, we might respond to a trigger today that we weren't even aware of six-months ago.

Getting Inside Our Own Minds and Hearts

If we do not know our own triggers and master them the best we can, how can we expect to adequately manage and facilitate others' triggers?

Changing moods is made easier if we can at least change ours - or at least be honest with ourselves and others when we're just allowing the mood to take us for awhile. (Some moods are just best ridden-out.)

We should never underestimate the power advanced to our own credibility for being honest with ourselves and others regarding our own moods and triggers.

Getting Inside Others' Minds and Hearts

Some might suggest, "No, you cannot do that - get into others minds and hearts!" I'm sorry, but if you're a parent or in any sort of supervisory role, yes you do.

Most adults are in some fashion a 'supervisor'. It warrants the supervisor, then, to attempt to understand the makings, machinations

and wirings of the people who need to be influenced in order to get 'the job' done.

Influence, here, is not about anything against the person. It's always working with them and for them, especially if it is adults or teenagers we're talking about.

The Key to Success is Motive

Whenever we're appropriately motivated we're set to succeed. It doesn't always mean it will happen, but at least we've done all we can.

When our motive is simply to engage with people fairly and we do that, things do generally turn out for the best.

Perhaps best of all is having the preparedness of empathy for all people's moods. To a point, we cannot predict incoming triggers and the respondent moods, so we best have an approach that can live with the status quo as it attends.

It Has to Be About Love!

To summarise and symbolise such a motive, it has to be about love. Love is the thing that opens the door to an unthreatening awareness, and it is awareness that can then be acted upon, if the person subjected to the awareness is willing.

Awareness roams free, without recrimination, within the bounds of love.
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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/>

Carrot Juice the Benefactor by Rachel Broune

Carrot juice contains many healthful benefits. Carrot juice is widely used in the diet. Carrot juice is very effective for the health and contains the body essential vitamins. Now a day carrot is used as treatment for the specific diseases. Carrot juice is a valuable protective agent in the building and maintenance of health in both children and adults. Carrots are used for their anti-cancer properties. One pound of carrots will make approximately six to eight ounces of carrot juice.

Carrot contains the various terms which are helpful for the various diseases. One pint of fresh vegetable juice provides approximately the same vitamins, minerals, and enzymes as two large salads. Carrots contain the vitamins A, B, C, D, E, and K; the minerals calcium, phosphorous, potassium, sodium, and traces of other minerals; and a trace amount of protein. Juicing a carrot removes the indigestible fiber.

Many people find the taste of carrot juice enjoyable and surprisingly sweet. Many of the aches and pains related with being older, will be far less if carrot juice is in our diet on a daily basis. Carrot contain more amount of vitamin A. Deficiencies in Vitamin A can cause dryness and damage to the skin, nails and hair. Drinking carrot juice as well as eating carrots is thought to be especially beneficial for prenatal health. To make carrot juice you need a heavy duty juicer powerful enough to separate the carrot pulp from the carrot juice.

Active components of Carrot:

The active components of the carrot are helpful for the improvement of health. There are so many benefits are available in the carrot juice.

Beta carotene is the most active form of carotenoids.

Vitamin A promotes growth of bones and teeth, the maintenance of healthy body tissues.

Falcarinol is toxic in large amounts but to obtain a lethal dose you would have to eat 400 kilograms of carrots at once.

Calcium helps to strengthen bones, teeth, and the intestinal walls.

Carrot juice can help your eyesight.

The benefit of carrot juice is with the heart and malignancy cells.

Carrot juice has anti-carcinogen properties.

Carrot juice contains many healthful benefits. Carrot juice is widely used in the diet. Carrot juice is very effective for the health and contains the body essential vitamins. Now a day carrot is used as treatment for the specific diseases. ###

Rachel Broune writes articles for [Benefits of Carrot Juice](#), [Health Care](#) and [Beauty and Makeup Tips](#).

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

Improve Asthma

by: Sarah

Asthma is common condition that affects thousands of people all over the world. There is no cure for asthma but there are definite ways to improve your quality of life. Living with asthma can be easy as long as you can figure out what triggers your asthma attacks and how to avoid these triggers. By improving your stamina, avoiding triggers, and taking the right precautions you can live a happy, healthy life with asthma.

Stop smoking. Smoking is a very nasty, unhealthy habit. Regardless of its danger to the body, smoking is also a toxic pollutant. Smoking decreases lung functioning which in a person with asthma lung function is already decreased due to inflammation and narrowing of the airways. If you smoke and don't have asthma, smoking cigarettes can actually cause you to develop asthma. Not only does smoking affect asthma but also secondhand smoke is the leading irritant for people with asthma. If you live with someone who smokes, make him or her smoke outside. This decreases your exposure to the secondhand smoke, which is sometimes deadlier than smoking itself. Purchase an air filter to eliminate remanence of smoke within your home. Although your best bet is to stop smoking or get your family to stop smoking.

Increase your water intake. We all know that the body is made up of 75% of water, however most people don't take in enough water on a daily basis. Our body excretes water very easily through digestion, going to the bathroom, spit, and sweat. All of this water needs to be replaced somehow. It is recommended to drink 8, 8 ounce glasses of water a day. Who do you know that does this? Well whatever the reason is that you don't, its time to start doing it. If you have an adversity to water, drinking tea or adding lemon to your water is also good for you. When you have asthma, rapid breathing can cause dehydration. Therefore avoiding dehydration is easily mastered by drinking enough liquids throughout the day.

Breath from the diaphragm. The diaphragm is the most efficient muscle used to help breathing. However when someone has asthma the diaphragm can become weak and flattened due to the increased pressure during asthma attacks. The diaphragm is important to effectively breathe in oxygen rich air and breath out the by-product

carbon dioxide. To strengthen the diaphragm do exercises in breathing 3-4 times a day for about 5 minutes. You can sit or lay down but to do it correctly. Your belly should push outward when you breathe in and the abdominals should contract when you breathe out. If you start to have an asthma attack, it is important to slow down the breathing process. This allows more oxygen rich air to enter the body and keep the pressure within the lungs the same as outside the body. If not breathing becomes too rapid and shallow which increases the pressure negatively and doesn't allow enough oxygen rich air into the lungs. Take deep, slow breaths while relaxing the entire body, which reduces the demand upon the body.

Swim. Swimming is the best cardiovascular exercise for the body. Additionally for people who have asthma it also seems to lessen the spasm of the bronchial tubes. If you don't like water or can't swim walking or biking are also good to improve cardiovascular stamina. Start slow and build up. Don't over do yourself. If you feel a spasm coming on stop exercising.

Don't stop your medications. It is never a good idea to stop taking a prescribed medication without consulting your doctor, especially if the medication is for asthma. Inhalers are an important lifeline for people with asthma and have saved many lives. If you are trying to control your asthma through alternative medicine, I applaud you; however keep your inhaler for extenuating circumstances. Additional asthma medications are available for people with acute asthma. Anti-inflammatories and Bronchodilators are the two types of medications on the market. Anti-inflammatories reduce the swelling of the airways while bronchodilators relieve the symptoms of asthma. Talk to your doctor about the medications you are on and what can be done for additional relief.

Check your allergies. Many people who have asthma have additional allergies, which can trigger an asthma attack. Allergies are an immune disorder, which causes hypersensitivity to specific environmental allergens. A simple allergy test can be done to see if desensitization shots may help relieve the problem. Ask your doctor about allergy testing.

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Meditation Meets Western Efficiency: How Visual Feedback Assures Success

by Carol E. McMahon, Ph.D

They say "practice makes perfect." When it comes to meditation however, the rule doesn't apply. "After twenty years," warned a Zen master, "you can finally say you've begun to learn how to sit." Practice skill in meditation (and its associated benefit) is slow to develop. Indeed, you can get even less effective with practice!

How is this possible? As a research psychologist interested in skill learning, the paradox drew me. I gave meditation a critical look and found the root of the problem. From this followed a solution so simple you'll be amazed it hasn't been seen before. Let me show you how feedback, added to meditation, accelerates progress and assures success.

What Is Feedback and Why Does Meditation Need It?

Meditation takes many forms. Some methods sit, some move, some are vocal, some silent. All methods however have one thing in common. All have the same "active ingredient." It is attention. Attention (focused on a mantra, a candle flame or the breath for instance), makes meditation work. With sustained attention, practice skill grows and meditation moves mountains. Without attention you wander and while away time.

"Feedback" is known in psychology as the knowledge of results necessary for learning. Skill learning requires feedback, and attention is a learned skill. To see why feedback is necessary, imagine practicing darts wearing a blindfold. To become skilled at darts you need to see what you are doing -- you need feedback to correct your aim. Meditation without feedback is like shooting darts blindfolded. Your target is attention, but you can't see your target. You may sit down to meditate with the best intentions, but attention slips away unseen. You lose attention without even knowing you are losing it. (You find out later when you wake from a daydream.) To become skilled at attending you need to see what you are doing. You need to monitor attention. You need feedback.

How Can You Add Feedback to Meditation?

Adding feedback to meditation is surprisingly easy. Indeed, visual feedback has been right before the eyes of meditators all along and unrecognized. You've heard of the "light" of enlightenment? If you've meditated with open eyes you may also have seen it -- visual distortion in the form of light. This light is feedback -- proof of attention. It is caused by attention itself. It works like this. Attention holds the eyes still. This creates a stabilized retinal image. Photo pigment on the retina is used up, causing visual distortion. When you zero in and focus on the light, you literally attend to attention. Halos of light (or other distortions) are feedback signals confirming attention.

Focusing discs have been specially designed to facilitate feedback. These are freely available at <http://www.StraightLineMeditation.com>. Focus on the screen or print one out, or make a disc at home if you like. Draw a two inch circle on a sheet of paper. Add a pea sized bull's eye and you have a basic focusing disc. Now simply focus with a gentle gaze on the bull's eye. Soon you'll see distortion (usually light.) This is feedback signaling attention. As soon as your mind wanders, however, your eyes too will wander. Visual distortion then vanishes, signaling you to re-focus on the bull's eye. Thus feedback allows continuous self-monitoring. It lets you take charge and 'mind your mind.' The advantages are endless.

What are the Advantages of Feedback?

Now consider the advantages of feedback. First and foremost comes fast, sure-footed practice skill development.

Fast Practice Skill Development

In meditation, your aim is attention. As in shooting darts blindfolded, however, traditional methods offer no way to perfect your aim. Practice skill improves slowly, if at all. Feedback solves the problem. Seeing what you are doing, practice skill improves automatically, and great gains come from doing this better, not necessarily longer.

Accelerated Progress

Buddhist tradition says: "Just sit... and eventually, maybe after many lifetimes, you will come upon the truth." This assumes many lifetimes of drifting and dreaming. With feedback to harness attention, however, a

butterfly mind takes a bee-line. Quality, not quantity of practice counts most here -- not hours spent meditating, but minutes on target. Beginners have instant success. Advanced practice has breakthrough intensity. Feedback prevents wandering, and when you don't wander you cover ground fast and every second of practice time counts. This is straight-line meditation: the shortest distance between you and your goal.

Complete Self-guidance

Often, meditation students are taught there is no right or wrong way to do it. They sit passively, hoping for luck. Why is meditation so passive? Because it has to be. Being aggressive would be like running full speed when you're not sure where you are going. Feedback lets you see where you are going. It lets you correct your course. With guidance from feedback you can run full speed to your goals.

Attainable Goals

You can tell if someone is driving blind. He is all over the road. Inconsistent results of meditation show the same directional instability. It is all too easy to meditate in circles. Some meditation teachers encourage students by saying there is no goal. Some even say there is nothing to be gained, but this puts a damper on motivation to practice. Who wants to work toward no goal? Feedback takes care of this too. You can set goals, you can move directly toward them, and you can aim high.

You Can Aim High

Many meditate for relaxation, but that's like attending a banquet and eating crumbs off the floor. With feedback you feast at the banquet. Traditional meditation gets you into the banquet hall, but feedback sits you down at the table to feast. You can aim high, and most important of all, with feedback success is assured.

Success Is Guaranteed.

Meditation is a trial and error process but with traditional methods, most error goes undetected. Without confirmed attention there's no guarantee of success. Use feedback to harness attention and success is guaranteed. ###

Today the feedback meditation method is fully developed, researched and presented in Straight Line Meditation: How to Restore Awareness and Why You Need to by **Carol E. McMahon, Ph.D.** with Master Deac Cataldo. Sample the Focusing Discs at <http://www.StraightLineMeditation.com>. With feedback you'll "see the light" in more ways than one.

As a National Science Foundation Trainee, Carol earned a Doctorate in psychology from Penn State University. Her book WHERE MEDICINE FAILS (paperback 2009), was a driving force in the holistic health movement. Carol is the author of STRAIGHT LINE MEDITATION: HOW TO RESTORE AWARENESS AND WHY YOU NEED TO with martial arts Master Deac Cataldo. She makes her book available free of charge to retreat center and prison libraries.

More at: <http://www.StraightLineMeditation.com>.

Let's Meditate! by Hai Liang Tan

The mention of meditation usually brings to mind an old sage sitting crossed-legged in a cave. You don't have to be old or go to a cave to practise meditation. In fact, meditation is something that everyone can learn and practise in our daily life so that our mind is calm and free from worries. In today's hectic and stressful world, many people are often tensed, anxious and unhappy. Meditation is a useful tool to help us overcome stress and find the much needed inner peace.

The essence of meditation is to quiet the mind. Each day thousands of thoughts race through our mind. As a result, we do not have a clear and focused mind. It's like rough sea churning up sediments causing the water to be murky. When the sea is calm, the sediments will settle and the water will then become clear. Similarly, through meditation, we learn to calm the mind and rid ourselves of distracting thoughts so that our mind will become clear and alert. We will also feel more relaxed and refreshed. When we master meditation, we can also easily change our mind from troubled to peaceful or from negative to positive. Thus, we will become happier and feel more peaceful.

Meditation is not something that is difficult to learn. The key is to keep practising. The length of time to meditate depends on how much time you have. On a busy day, you may choose to just spend 10-15 mins meditating. If time permits, you can always try to meditate for longer period of up to an hour.

Try these simple steps for a start.

- * Find a quiet place so that you will not get distracted by noise.

- * Sit in a comfortable position. You can choose to sit with your legs crossed or otherwise. You can also sit on the chair if you like. Try to keep your back fairly straight so that your mind will not become drowsy and you won't feel sleepy so easily.

- * Gently close your eyes and breathe naturally through your nose.

* Turn your attention to your breathing. As you inhale, notice that your stomach expands. When you exhale, notice it contracts. This movement of expansion and contraction in your stomach as you breathe is the focal point for you when you meditate. If you can't feel much of the movement, gently place your hand over your stomach and you will be able to feel it better.

It is very common that after a short while of noting the movement of your stomach, your mind starts to wander off and you start thinking about other things. When you notice this, slowly bring your attention back to the focal point and start noting the stomach movement again. Every time when your mind goes astray, just come back to the focal point again. Don't feel frustrated or give up easily if you find you can't concentrate for long on the movement of your stomach. Be patient and continue to practise. With practise, you will realise that your concentration improves and your mind wanders off less. Keep an open mind and allow yourself time to experience the true benefits of meditation.

When our mind is peaceful, we can experience true happiness. Ask anyone if he or she wants to be happy and the answer is most definitely "of course!" So meditation is for everyone, regardless of age, race or religion. As long as we want to experience happiness and inner peace, meditation can help us achieve that.

Hai Liang Tan is the co-founder of PersonalDevelopment4All.com which aims to help others succeed in Love, Life and Finances through the power of personal development. For more information please visit PersonalDevelopment4All.com

How To Meditate Yourself To Bliss In 6 Easy Steps by Kip Mazuy

As you may already know, meditation has been proven to be one of the most effective ways to experience inner peace and happiness and dramatically improve every aspect of your life. So it can truly be a life changing event to learn how to meditate.

But let's face it, there is such an overload of bad info out there about meditation that it is difficult to pull fact from fiction.

So I am going to teach you how to meditate in 6 easy steps, skipping all of the beliefs and dogmas often needlessly associated with meditation.

I will start with the very basics on how to meditate and then cover the real golden secrets on how to meditate like a Zen Master!

At the end of this article you will not only know how to meditate, but you will have all of the guidance you need to experience incredible peace and bliss that is as good for you as it is pleasurable.

Let's begin:

Step 1:

If you want to learn how to meditate, first you should learn how to sit.

You can sit on the ground if you like, but it is just as effective and perhaps more comfortable to sit in a chair, feet flat on the ground. What is important is that you keep your back as straight as possible, preferably without back support.

This is easiest if you sit on the front edge of your seat, using a pillow at the base of your vertebrae to help keep your back straight.

If you are slouching or leaning back in a chair, it is more likely you will fall asleep! And if you are slouching, it might cause back problems over time. So make sure your back is straight. Ideally, you would be sitting on

your tail bone, shoulders would be in line with your hips and your back slightly arched.

Step 2.

Close your eyes. You can meditate with your eyes open by focusing on a candle flame or picture. But it is easiest to learn how to meditate with your eyes closed.

If your eyes are open, it is much easier to become distracted by your surroundings, and thus distracted by your thinking. In meditation, you are looking inwards, not outwards. Closing your eyes makes this easier.

Step 3.

Here is a great step that will really help you learn how to meditate deeply: For the amount of time you are meditating, let go of the past and future.

Think about it: You are constantly lost in your thinking about what happened in the past and anticipating what will happen in the future. You are thinking about work tomorrow and what you have to get done, what someone said to you yesterday, what you had for lunch. Thinking about the past and future goes on and on forever.

So if you have the intent that for this time in meditation, you are going to let go of the past and future and focus only on the present moment, learning how to meditate is going to be a heck of a lot easier!

Even when the thoughts arise about what you have to do tomorrow, you will consciously note: "wait, I said I would give up the past and future for my time in meditation" then you will be willing to let go of that thought and come back to the present moment.

Seems like a silly little thing to do, but this will make your meditation much more effective.

Step 4.

Watch your breathing. When you are learning how to meditate, there probably is no easier and effective technique than to watch your breathing.

Either notice the sound of your breath or notice the feeling of your breath moving in and out of your nose. The great thing about breathing is that it is happening now. So if you are aware of your breathing, you are present. And being present is what meditation is all about.

This step alone forgetting everything else can lead you to very deep meditations.

Step 5.

If you want to learn how to meditate, this step is extremely important. It is usually the step that no one ever really teaches you. And then when you practice meditating, it feels forced, stressful and void of any peace and bliss. Missing this step is why so many people simply give up meditating.

So please take note of this step: To really learn how to meditate correctly, you must allow yourself to be as you are.

Allow your experience to be exactly as it is in this moment. Allow the thoughts to come and go. Allow whatever emotions are there to be. And allow yourself to feel whatever sensations you are feeling in this moment.

Most people try to control their thoughts, control their feelings, and control their experience. They judge it, define it, describe it and then try and change it. All of this only leads to stress.

It is this false notion "I should be different than I am. Things should be different than they are." That causes all of the stress in the first place.

So the moment you allow yourself to be as you are and you allow your experience to be as it is, stress disappears and automatically there is peace. Watching your breath will help you stay present with whatever you are experiencing, and then all you have to do is allow yourself to experience whatever is there.

Learning how to meditate means learning how to accept yourself as you are. Because when you allow yourself to be as you are, you can be

aware of how you are. And it is this awareness that does everything, it heals everything, it brings the peace and bliss. Awareness is the power.

Step 6.

Always bring yourself back to watching your breathing.

When you are learning how to meditate, you will get caught up in your thoughts. You will forget about watching your breathing and end up getting caught up in your thoughts.

This is inevitable. But what separates those that really learn how to meditate successfully and reap incredible benefits from those that don't get anywhere is that the successful ones notice "wow, I'm caught up in my thinking and am not present at all."

Simply by seeing this and admitting this brings great awareness in itself. Then you can come back to watching your breathing and enjoy the peace of being present once again.

It is this step of always coming back to the present moment that will deepen your meditation very quickly. ###

Source: ArticlesFactory.com

ABOUT THE AUTHOR

Kip Mazuy is the founder of Bliss Music & Creator of Ocean Euphoric, an audio program repeatedly proven to put the listener into a deep states of peace & bliss for meditation & [relaxation](#).

For Free Teachings on How You Can Experience Deep Blissful Peace in Meditation Visit <http://www.bliss-music.com/enlightenment.htm>

Cleaning your Clutter by Dr. Linda Sapadin

Stuff, stuff and more stuff. How are you going to deal with all that stuff?

Somewhere within the deep recesses of your brain, you know what you should be doing. Create categories for your stuff by deciding what to keep, what to toss, what to file, what to organize, what to put back in its place. Do this and soon your closets, your bedroom, your basement, your garage may actually look like "AFTER" photos in a "House and Garden" makeover article.

Wow, wouldn't that be great! Go ahead, revel in your illusions a little longer. But before too much time passes, return to reality. When you do, it will be obvious that your stuff in disarray contributes to your feelings of dismay. It's easy with a lot of clutter to throw up your hands, heave a deep sigh, and remind yourself that you're a disgrace. You'd die of humiliation if the "got it all together" people got a first-hand glance at the disorder in your life.

Of course, you will not die of humiliation. You will survive. You will go on to the next day and the next and the next. But will you live your life with a defeatist attitude? Or, will you get your blood pumping as you take action and build confidence? I hope your answer is the latter. If so, here are some ideas that just might make it happen for you.

—Lower your goals. Forget about having a model home. Your goal should not be to have a place free of clutter, but simply to tackle a task or two that makes your life easier, your place neater, your stuff more organized.

—Set a kitchen timer for fifteen minutes. Then make rapid-fire decisions about what to do with the stuff in your messiest area. Toss it, file it, put it back where it belongs, or create a home for it. Rush around and do as much as you can until the timer goes off. You'll be amazed at how much you can get done when your adrenaline is pumping.

—During those fifteen minutes, did you get stuck on making any specific decision? If so, take a deep breath then on the exhale tell yourself, "it

just doesn't matter." When cleaning clutter, it's more important that you do something rather than get stuck on what's the right thing to do.

—If you view yourself in divergent ways (i.e. you're wildly ambitious yet admittedly lazy), make room to express both sides of your personality. Though your lazy side may need no encouragement, your ambitious side probably does. So, at least once a week, put your ambitious side in charge. Let it give commands and demand follow-through until there are visible results.

—Regret for wasted time is more wasted time. So, if you're feeling regret for what you "should" have done, stop. Instead, focus in on what you could do right now to move forward.

If you still harbor doubts about your capability, heed the wisdom of Dr. Seuss:

"You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own and you know what you know.
And you are the one who'll decide where you'll go." ###

Linda Sapadin, Ph.D. is a psychologist in private practice who specializes in helping people enrich their lives, enhance their relationships and overcome self-defeating patterns of behavior. For more information about her work, contact her at lsapadin@drsapadin.com or visit her website at <http://www.psychwisdom.com/>.

Visit her newest website www.sixstylesofprocrastination.com which is devoted to understanding and overcoming debilitating procrastination patterns.

How to Get People to Work Hard Together by Dr. Alan Zimmerman

The true measure of a leader is not getting people to work; neither is it getting them to work hard. The true measure of a leader is getting people to work hard TOGETHER!

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army. On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair.

On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth.

On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years.

Obviously, Herman and the Army had not learned to work TOGETHER ... or at the very least did not communicate very effectively. And those are two of the critical tasks of leadership. After all, the main reason people quit their jobs ... if they choose to do so ... has very little to do with the job or even the organization. According to a Gallup Poll reported by Jim Hunter in "Leadership Wired" magazine, two-thirds of the people who quit their jobs quit because of their bosses.

So how does a boss or a leader get people to do more than work or work hard? How does a boss or a leader get people to work hard TOGETHER? Here are a few tips from my program on "Teams That Win: Tips And Tactics For High Performance Results." To look it up click here: <http://www.drzimmerman.com/keynotespeaker/speakingprograms/program06.htm>

1. Project self-confidence.

It is contagious. If you feel good about yourself and believe in yourself, chances are you'll get better results from others ... because team members like to work for winners.

Indeed, to be an effective leader, you've got to have so much self-confidence that you don't "need" the approval of others. Oh sure, it would be nice to have their approval, but it's not necessary. Even parents know they can't be effective parents if they're always worried about what their kids think of them or whether or not their kids are happy.

And the same thing is true in the world of work. You can't be a great leader if you spend too much time trying to win the approval of your team mates. Just remember, the teachers (and bosses) we respected the most were the ones who demanded the most and got the most out of us.

Of course, it takes a measure of self-confidence to be a bit demanding. So I recommend author Marcia Wieder's advice: "Focus more on your desire than on your doubt, and the dream will take care of itself. You may be surprised at how easily this happens. Your doubts are not as powerful as your desires, unless you make them so."

2. Exhibit a "can-do" attitude.

When all is said and done, team members want leaders who have a vision, who have a purpose, who offer direction, and back it up with lots of passion. They want leaders who will give them an optimistic, "can-do" attitude. In fact, that's what the elections of 2008 and 2010 boiled down to. Whoever seemed to offer the most hope for a better future got the most support.

Tonya Cook and her colleagues at the South Dakota STAR Academy know that. After attending my seminar in Pierre, she wrote to tell me that she and a handful of her colleagues are "constantly promoting an 'Attitude of Gratitude' at work. They know the more positive and enthusiastic they are, the more other people tend to get on the bandwagon of working hard TOGETHER.

As mayor, Rudolph Guiliani had six principles of leadership. One of them said, "Be an optimist. People do not follow pessimists. They follow people who solve problems and who have hope." That leads naturally to ...

3. Stamp out negativity.

Nothing demotivates people more quickly than negativity. And nothing destroys teamwork more quickly than negativity. So effective leaders do their best to stamp it out.

Reggie Clifton from Offutt Air Force Base attended one of my seminars and told me how he did it in his office. As he wrote, "I was continually trying to keep little fires from flaring up in our office, little things such as employees talking about others ... their job performance, dress, or whatever. But it wasn't working."

"Finally I had had enough of the negativity and put a Complaint Jar out in the middle of the office area. Whenever an employee complained to a fellow employee about an office policy or another team mate, he had to follow up his complaint with a constructive solution. If not, he had to put a quarter in the Complaint Jar. The employees policed themselves, and the result was a quick and dramatic reduction in the petty complaints. And whatever money we did collect was used for pizza and drinks at the next office meeting."

Very cool! Reggie's idea not only helped stamp out negativity, it also brought out the problem-solving creativity of his group. As C. Gene Wilkes describes in his book, "Jesus on Leadership," teamwork is superior to individual effort ... because "teams provide multiple perspectives on how to meet a need or reach a goal, thus devising several alternatives to each situation." As Wilkes concludes, "Individual insight is seldom as broad and deep as a group's when it takes on a problem."

4. Help team mates make connections.

Most people are a little uncomfortable when it comes to meeting new people, so they tend to sit in the same place next to the same people at every staff meeting. And they tend to talk to the same people in the company cafeteria about the same things.

But a leader who wants her people to work hard TOGETHER will help her people make unexpected connections. She will organize and lead to ...

conversations among people who don't normally interact with each other.

Consultant Bill Lee even takes it a step further. He tells his clients to "Host events for employees and their families. In some cases, employees spend more time in the workplace than they spend at home, and when they're at home, they are often talking about friends at work. Take advantage of opportunities to bring employees and their families together. Summer picnics, award banquets and Christmas parties are great opportunities to allow employees to introduce their spouse and kids to coworkers. At your next Christmas party, invite a Santa Claus. Make your employees' kids happy and odds are you will make the employees happy."

5. Balance praise with challenge.

It's one of the best ways to keep people working, working hard, and working together. Effective leaders know they have to be good at praising the good results their teams bring about, but they also have to leave room for continual improvement. They have to instill courage and stamina for the tough times ahead.

Perhaps you've had an employee tell you that a difficult task has gone well, but you know that he had been worried about it nonetheless. Try this approach to balance out your praise with challenge.

Congratulate your team mate on a job well done. Then ask a few questions to uncover the difficulties he encountered along the way. You might start off by saying, "Good job on meeting that deadline. I know that had to be hard. What gave you the most trouble?" Your praise becomes much more meaningful because your team mate knows you understand the complexity of the task. But you're also giving your team mate a chance to expand on his achievement.

That's the praise part. And then balance it out with some challenge. If you're especially concerned about a particular aspect of the task, ask about it. You could say, "Getting the product out on time has always been the most difficult step in that procedure. How did you manage that?" You'll gain some useful knowledge to share with others who are doing similar tasks. But you're also giving your team mate a chance to

do a little bragging at the same time realize he can handle the challenges that come with the job.

6. Recognize the little things.

Every once in a while, the world or an organization changes dramatically and quickly. More often than not, however, the world and our organizations change an inch at a time, not miles at a time. As author Edward S. Finkelstein puts it, "Bigness comes from doing many small things well. Individually, they are not very dramatic transactions. Together though, they add up."

So an astute leader is always on the lookout for progress and improvements, and he's always ready to celebrate. Dan Tully of Merrill Lynch does that. He says, "It's amazing what you can do when you don't seek all the credit. I find nothing is really one person's idea."

When it comes to leadership and teamwork, you've got a choice. You can be a big fish in a little pond or you can live in the ocean. To get the good things that come with the ocean, to get people to work hard TOGETHER, try these six strategies.

Action:

Find five "little things" your team has done well this week and praise them for the "little things" that contribute to your team's overall success. ###

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](#)

A New Way to View Goals and Desired Outcomes by Joyce Shafer

Goals and desired outcomes seem to come in two *flavors*: the ones easier to achieve and the ones we struggle with. There's a word you can apply to both that can shift the quality of your experiences and take some of the "charge" out of struggle.

Goals and desired outcomes—personal and professional—are imbued with an aspect we are, hopefully, aware of but sometimes aren't. That aspect is our *Why*—why we want or feel motivated or inspired about what we say we desire to experience. Your *Why* can be enhanced with this word I'll share with you in a moment.

You may feel you have passionate commitment, yet experience blocks when you wish to get started or to move forward. These blocks are about beliefs: assumptions, presumptions, habitual limiting thoughts, a need to reframe so you tell yourself a supportive story rather than an unsupportive one, and so on.

If you feel blocked about going for what you want or having the quality experience you desire, identifying what holds you back can feel like one more task added to your list, and not necessarily a small one.

Although identifying blocks so you can go beyond them is important, here's a suggestion for a more gentle way to assist you to shift this. Its power is in choosing to use one specific word, and to always start with your *Self*: Reverence.

To be clear, the definition I mean is not religious or to be in awe, but *to regard with deep respect*, and even love, when appropriate. Deep respect can also be viewed as *profound* appreciation.

If you struggle with weight or health issues, how does it feel to view doing what it will take so you do what you need to do, if you apply the word *reverence* to caring for and honoring your body and well being as defined above? How might it feel to take needed steps if you view each step with reverence?

If you struggle with feeling confident or any of the words you could fit into this category to feel strong and authentic, what's the feeling you get when you consider feeling reverence for your personal journey and process as you explore and expand who you really are underneath layers of limiting beliefs?

Take a moment to apply this word, reverence, to the following: happiness, financial well being, creativity, integrity, enjoyment, life purpose, spirituality, relationships, how you apply yourself in your work, view others, view your *Self*, life, humanity.

When we work towards goals—even small ones, we often attach judgments about how we're doing. When we do this, our experience may not be "boring," but neither is it necessarily a more pleasant one or open to conscious awareness and easier personal expansion at the inner level. And no matter what we think about desired outcomes, we cannot separate the fact we desire them, because we wish to feel a certain way.

Reverence gives you permission to be, permission to honor yourself as you are, and as you choose to become or unfold. It gives you permission to ask yourself questions that help you align with genuine appreciation for you and the path you walk through life, to move forward with fewer emotional burdens so often carried on your "shoulders" like a bag of rocks.

You want to know your *Why* for doing anything. Then, ask yourself what every moment and choice would be like if you stepped into reverence. This can help you have a better chance of aligning with how you can move forward with more grace and ease, to take all the steps with a better perspective. This can assist you to make conscious choices. It helps you see reverence cannot co-exist with judgment of any kind, which is another block, created in the mind.

Experiences and how we move through them are not solely the means to ends. They are ends in themselves. Imagine viewing means and ends with reverence. How does this feel for you? ###

You Are More! Empowerment Coach **Joyce Shafer**, author of *I Don't Want to be Your Guru, but I Have Something to Say* (jls1422@yahoo.com). Get free empowerment gifts, access the link to her interview about relationships, see which of her books and e-books may meet your needs, and read her current free weekly newsletter at <http://stateofappreciation.webs.com>

Atlantis Rising Spirit by Maurice Turmel PhD

Atlantis provides the fundamental framework for where we are today versus where we are going in terms of our spiritual quest. We are leaving Old Atlantis behind, that is its second phase that morphed into greed, competition and annihilation of others who were not like us at the time.

We are returning to the original Atlantis before the Fall. That was a time of serenity and peace where all were concerned with celebrating creation and the abundance the Earth provided.

We were silicon based at that time, crystalline, like those old radios from the 1950's. In other words, we could receive abundant energy and transform it into light. We could create with such ease then. All we had to do was visualize and within moments, there it was before us, the object of our manifestation.

We created through our mind's eye which sent out information into the ethers, to have it returned as the fully formed product or service we desired. We created voraciously then because we were on a mission to populate the Earth in all manner of life forms, including ourselves.

We refined the products of our manifestations until they were just so. Flowers and plants, animals and insects, all that we could conceive of was brought to the fore. It was like having a Fairy Godmother. Whatever we wanted, she would deliver.

But it wasn't about possessions then. It was about the sheer joy of creativity, the very same joy the Great Creator experienced when She/He created us. We were born and evolved into God's likeness then. And we were capable of recognizing that fact as we went about our daily lives.

Many of us today avow that reincarnation is a fact. As souls we have reincarnated many times. This is also true of Advanced Souls and some Ascended Masters. Take Jesus Christ for example. He was also there in Atlantean Times as a teacher and healer, along with his beloved Mary

Magdalene. They were demonstrating then what was possible in terms of DNA restructuring and advancing the light of creativity.

There is only one reason for creativity and that is growth. God wants to grow. She needs us to grow. He needs us to keep expanding and reaching further into the atmosphere of life, here on Earth, and everywhere else in the Universe. There is no end to this function. It just is. Creativity is an ongoing process, moving steadily forward, like a river flowing across a grassy plain.

We are God's creators who create again and again. We send out messages into the Universe, messages of love and abundance, and God returns that which applies best to the situation at hand. It happens often that what is returned far surpasses what one originally conceived. You may be shaking an apple tree with the hopes of getting plenty of apples and instead, you get an avalanche of oranges because that's what you truly need. She who knows best sent you oranges because you had a vitamin C deficiency that caused you to crave apples. Who knew? Well somebody did!

The Great Creator works in mysterious ways and that's OK by me. I'm here to do my best and deliver my best. If God wants to help me make my contributions even better, so be it. I like surprises and I like unexpected windfalls. Don't you?

Well of course you do, we all do. That is the nature of creativity. It is one of the most rewarding aspects of our Divinity and willingness to share. We get to see each other's creations emerge; and we get to watch each other flower. Isn't that amazing? Can't beat that now, can you?

Imagine this. An earth where all of us cooperate with each other, help each other and support each other while standing our ground within our own identity. No competition! No envy! Just relaxed observation and integration, for only one purpose, to help the Great Creator grow. Can you believe that we have been given the privilege to do that? That's like getting to hang out with your favourite movie star or musical artist. You keep company with the very best and no one is short-changed.

That's the world we are moving into as we ascend into the 5th dimension of consciousness, or rather, return to the state of consciousness we enjoyed prior to the Fall of Atlantis. This shift will no doubt be convulsive at times, even frightening I would guess. But we who are engaged in the process will move forward with the knowledge that we are protected and guided by good spirits assigned to ensure our well-being during this period of transition.

The more we align with Divine sources of energy and light, the more we are in tune with our individual destinies and life mission. That is our purpose here at this time, to see this transition through, to be part of it and integrate ourselves within it. This transition is a passing phase whose convulsiveness will end once we reach the other side. It's like giving birth to ourselves, our true selves, only this time we can see everything that was promised as we work our way through the process.

All major life changes are convulsive. There are steps taken forward, and occasional retreats. But the overall movement is consciousness moving forward, always forward, into a wider and more comprehensive view of the earth and our place aboard this most wonderful planet.

We are on this Earth, but not of it. We were born in the stars and the Master saw to it that we had all the experiences we needed to become the loving individuals we were destined to be. What else is there to do here on this splendid planet, but to grow and prosper?

We have seen banking fraud. We have witnessed illegal wars. We have seen Catholic priests abuse children. We have observed pharmaceutical companies invest millions into products we don't need, except by their say so. We have witnessed mad men on Wall Street prey upon the public and each other with their self-serving lies, all in the name of greed. We have seen public figures and corporations abuse each other in a manner that seemed unimaginable just a few decades ago.

We have seen where egos and power politics lead. We have witnessed the lies and the fatal results. Someone always gets hurt under the guise of Free Enterprise. Right now, during this housing market meltdown, we

have seen families financially and spiritually crushed, then thrown into the street.

So where are we to go now? There's nothing out there that we can truly believe in or trust. There's no unblemished religion that we can stake a claim with. There's no public institution that can save us from the crazies who just brought on the global economic meltdown. There is no individual who can wave a magic wand and make all our perils go away. We are each responsible for ourselves. The lesson from the Fall of Atlantis is simply this. "Listen to Your Heart and stay connected to Source." This is the framework of spiritual success.

For those of us involved in therapy, healing and personal growth, this has been a hard won set of circumstances, sufficient to bring us to our knees. We have a choice. We can continue to squander our rich personal resources, or, we can turn them over to God as was the original plan.

That plan was being gloriously played out in the first phases of Atlantis, which was an absolute jewel in the Atlantic Ocean and a breeding ground for creativity unparalleled since those times. It truly was a magical place, populated with people like us who interacted daily with the angels and cherubim who also occupied that 5th dimensional space. This was the Garden of Eden because we lived in union with all dimensions of life and treated our Earth home with dignity and respect.

As a species, we were happier then, filled with hope and promise. As the Fall approached we became aware that certain cosmic forces were beginning to experiment with the Dark, with Control, with Competition and with Greed.

We could see the approaching demise of our light-filled lives and our lighter-than-air bodies. We could see the beginnings of 3rd dimensional matter swirling all about us. We felt the clutches of density consciousness envelop us and take us downward.

Those of us who could, held onto the light and preserved that glorious knowledge for this time in our history. We can each access that light

more readily now as we move into this new future and take advantage of this Cosmic opportunity to return to our true place in the Sun.

We will become ephemeral again. We will float among the stars and we will return to the course the Great Creator set out for us in the beginning, the path we abandoned when we slid into the Fall. We will transition back to the 5th dimension and pick up where we left off, benefitting from all these lessons accumulated since our spiritual ship ran aground. The new age of consciousness is here and available to all who seek it. It is your Free Choice to do so.

We will soon be remembering who we were back then and who we truly are today. We will surrender to that inner pulse that guides us like a beacon in the night. Because we are now looking inward and managing our lives from the inside out, we will no longer be savaged by others' conceptions of 3rd dimensional material reality. We will know the truth for ourselves and have no more excuses for running our lives into the ditch.

Can you believe we've come this far? Can you believe that Lightworkers, Starseeds, Wayshowers and Walkins all over the world are united on this front? Can you believe we are finally moving in the right direction and we all know it? How long have we laid in the dark anyway? Too long I'm afraid. But that's over for me now. How about you?

Today's humanity is Atlantis' Rising Spirit returned, that indomitable spirit we once enjoyed. And with it will come all of our life memories intact.

We will know who we were back when Jesus Christ walked the Earth the last time around. We will remember what we stood for and what we did during those heady days in Atlantis when creativity was our sole purpose. We will resume our trust in the Saviour of Mankind, that inner Divinity that is us at our core.

We are God incarnate! We knew it before and will remember it soon. This false trail we've been on has run its course. There is no other way to live than through the Divine Template we were created from.

This is what it means to have Atlantis Return. This is what it means to be part of Atlantis's Rising Spirit. Are you ready for more? Then get on board and fill your heart with the new directions, coming at us from every angle possible, including those marvellous crop circles that speak directly to our soul. Treasure Island is to be found within and your heart already knows the way. Home is where the Heart is, remember? ###

About Maurice Turmel

"My name is Maurice Turmel, also known as "Dr Moe". The latter is my performing name when I'm out playing my music which announces the coming New Age of 5th dimensional consciousness. I do have a PhD in Counseling Psychology and was a practicing therapist for nearly 25 years. I thought that was going to be my only career, only to find out that the Divine within had other plans for me, plans which we made together before I incarnated into this sphere.

"Yes, I'm here as part of the Grand Ascension which is about to take place within the next 2.5 years. That time frame will take us to March, 2013 when the transition from the end of the Mayan calendar, December 21, 2012 has been completed.

"If you are reading this then you have your own inner promptings which are taking you to sites like this. We, those of us called Lightworkers and Wayshowers, are part of the vanguard of instruments that are here to bring these truths to the world. The earthly calamities we are all facing pale in comparison to the inner work we have to do in order to make that successful transition to 5th dimensional consciousness.

"As we cleanse ourselves, meditate and practice good faith in our Divine origins, then listen to those who guide us, we undertake the necessary restructuring of our physical nature from carbon-based to silicon crystalline-based physical bodies. This is necessary for a number of reasons, but most importantly, in the short term, to help us navigate and survive that transit from Dec. 21, 2012 to the Solstice of March 21, 2013. During that time the energies of the Sun will be so powerful that all carbon based entities on this planet will be wiped out. That is a truth and prediction from many Sources all around the world, one which I share.

"So I welcome you to my blog at <http://atlantisrisingspirit.com/> where I will share what they, my guidance and Higher Self, instruct me to share, which includes what I've learned over the past 40 years of personal awakening. The ember of inner truth always burned within me from as far back as I can remember, and over the past 18 years has grown into a full fledged bonfire the fruits of which I offer here.

"Trust your own inner knowing. I do not know what You need to know. Your inner self, your Higher Self, your Divine Nature are your sources of comfort and truth. God expresses itself in many ways and through all of us who are open. You can judge for yourself the merit of these sharings by the reverberations you experience within. You will receive a palpable "Ah Hah" whenever a piece of information strikes a chord with you. That is your inner reference. Trust that above all else."

Visit atlantisrisingspirit.com

Zen Games — Imagination: a new way to free your mind! by Louis Daintree

Zen Games is an innovative new way to bring your mind to higher states of consciousness. It is no secret that perceiving a world without the filters we put up by living in everyday reality can stop us from experiencing the great beauty of true nature. But as ancient practices that once allowed us to see deep into the reaches of our own mind and far out into the void of the Universe are forgotten it is becoming difficult to find our true purpose. I have used my knowledge as a designer to bring you an entirely new way to free your mind and open yourself up to a new level of conscious awareness.

I have spent many years researching and practicing different techniques to open my mind and break down the filters that stop us from perceiving the Universe as it really is. But I noticed an inaccessibility to many people mainly due to the context we all live in today because of our modern society. I was really only able to practice many of these techniques through sacrificing a lot of modern luxuries and having the luck of being brought up in an ideal environment. Although for the majority, there is no such luck. Although you still have a deep-seated need to reveal to your consciousness this True Reality.

With my years of study and education in fields of design I have applied this system of semantic processing to develop games that utilise these techniques in a much more universally accessible way.

The key with many of these ancient techniques is that they are, for the most part, essentially identical. They use similar metaphors, facets and functions of the mind and the body, and reveal insight to a very common ideal. Almost every religion attempts to bring the practitioner to a similar state, whether it is one of the Abrahamic religions or even the Eastern beliefs of Buddhism or Hinduism. The main issue for many people is the irrelevant context these belief systems are now part of. To understand the references and metaphors someone was making thousands of years ago when they first conceived of them whilst living off a diet of raw meat and inhabiting caves is a heavy task for someone who spends fifty percent of their day in an office and a car and has access to the Internet.

So even though these beliefs have been lost in translation, the essence of them is not dead. We can still practice and relive the experiences

these wise elders recorded in various ways for the blind wanderers of today. This is why I spent the last couple of years researching and developing a new context, and a new way, to decipher the enigma of the mind. Currently I have two games available to download from my website, [Zen Games](http://zengames.net). And there are another two currently in development soon to be released.

The games really only require one thing to play. You. They involve very little printing (if any) as they are all paper based and are free to download in PDF format from the zengames.net website. You should ensure you are free from distractions while playing the game, and you are in a fairly calm setting to allow for maximum focus, and better results. I ensure that you have an entirely new understanding to how your mind works once you give these games a try.

One of the games is for a minimum of two players and can be easily played by people of all ages, I recommend playing it with children too! The other game requires only a little reading, but again I assure you that it is very entertaining and there is zero chance you and your friends won't enjoy attempting it. You can download and distribute the game as many times as you like and if you would like to know more and keep in touch with the website and the developments, you can join the Facebook page through the link on the site.

If you do like the games though, I ask you join the Facebook page, and tell your friends about it too, because we want to see the world change, raise its consciousness and so we can eventually become enlightened together! I also have a donate link on the Games page. I really only want to point this out because half of all donations will be sent to supporting families affected by Autism and funding Autism research. If you don't know what Autism is, there is a lot of information on the web, which you can find through a Google search.

Everyone deserves the free access to the best possible means to enlightenment, free your mind and open yourself to a higher level of consciousness. This is progress to our True Nature and our true purpose in the Universe. ###

Visit Zen Games, <http://zengames.net> today!

I Heard It Through the Grapevine **by Karla Brandau**

When you hear the words, *I heard it through the grapevine*, do you sing along with Gladys Knight and the Pips? Or Marvin Gaye? Both recorded the song originally produced by Smokey Robinson and the Miracles. Each put their own twist and sound on the music written by Norman Whitfield and Barry Strong.

If you "heard it through the grapevine" in your company, be aware that just like Smokey Robinson, Gladys Knight, and Marvin Gaye who all put their individual stamp on their music, so does the person feeding gossip through the office grapevine.

When you, as a leader, hear something through the office grapevine, don't believe everything that was said. When I was young and had my ego damaged by remarks from classmates, my mother would say, "Take it with a grain of salt" which meant to only believe half of what you heard and do some investigating to determine what part of the salt had lost its savor and needed to be thrown out.

As a leader you can prevent damaging gossip from running rampant through your organization by:

1. Having one-on-one sessions with employees. Frequent conversations with your direct reports that are open, honest and address their issues in a candid manner are extremely effective in dissuading gossip.

2. Proactively scheduling "anti-gossip" sessions. You would not advertise, "Hey, come to my anti-gossip session" but by regularly sponsoring group meetings where you address complex issues and the myths that are circulating does wonders to stop untruths. Some of the areas that are particularly vulnerable to gossip are:

—Uncertainty about the future of the company. In tough economic times, nervous workers can become negative very quickly unless you have regular meetings that keep them updated on the status of the company. Don't forget to ask them for solutions on cost cutting, new growth, etc. Ninety-nine percent of the time, they will have great ideas that are not obvious to management.

—Loosing benefits and retirement security. Wage reductions, benefit cutbacks, and retirement decreases are frightening to employees. By sponsoring a 'Lunch and Learn' with a financial expert, you can promote an open dialog about financial options.

3. Addressing individual work paradigms. Some employees feel they have excessive workloads. Others feel bored and not challenged by their work. Getting to know your employee's attitudes about their work can help you individualize your responses to work conditions that spawn rumors and spread negativity. Other work areas that feed the rumor mill are:

—Pay raises. Be mindful of the employee who believes that a lesser qualified coworker received a sizeable salary increase and they were overlooked. That employee will gossip to as many people in the organization who will listen to them. The issue is better discussed in private with you.

—Promotions. The sibling of pay raises is promotions. Most companies have limited promotion slots. When two excellent employees apply for the same promotion, the employee not getting the promotion requires special attention. Perhaps an assignment to work on a plumb project would alleviate disappointed feelings.

Applying these ideas for handling potential gossip problems can reduce employee distraction with rumors and focus workers on completing their work. ###

About Karla Brandau

Karla Brandau, CEO of Workplace Power Institute, is an expert in leadership, employee engagement and workplace productivity. She offers keynotes, workshops, and retreats to move your organization forward in the chaotic environment of the 21st Century. To bring Karla to your next meeting, email karla@workplacepowerinstitute.com or call 770-923-0883 for a free consultation or to check the availability of dates.

Go to www.WorkplacePowerInstitute.com for free articles and visit her blog at www.FromTheDeskofKarlaBrandau.com.

100 Words Peter Russell

Who Is Peter Russell?

Peter Russell, MA, DCS, is the author of ten books and producer of two awardwinning videos. His work integrates Eastern and Western understandings of the mind, exploring their relevance to the world today and to humanity's future. He was one of the first people to introduce human potential seminars into the corporate field, and for twenty years worked with major corporations on creativity, learning methods, stress management, and personal development. His books include [Waking Up in Time](#) and most recently [From Science to God](#).
www.peterrussell.com

Significant books in Peter's life:

[Impersonal Life](#), anonymous

[E.T. 101](#), Diana Lippi, Zoev Jho, Brandt Morgan, and James Finnell

[Lost in the Cosmos](#), Walker Percy

[The Atman Project](#), Ken Wilber

[A Course in Miracles](#), Foundation for Inner Peace

Insight of Peter Russell

Throughout human history, some people have awoken to the true nature of consciousness. We call them the "enlightened ones"—the mystics, seers, saints, rishis, roshis, lamas—the wise ones who have liberated themselves from petty human foibles. In the past, such people were few and far between. Today, countless people across the planet are actively treading this path, learning from each other and those who have gone before—rediscovering for themselves the timeless wisdom that will allow us to navigate our way safely through these troubled times. They are our greatest hope.

From the Shelf

Waking Up In Time

Finding Inner Peace In Times of Accelerating Change
by Peter Russell

In this new release of an award-winning bestseller, visionary scientist Peter Russell updates his classic manifesto for awakening to the mounting planetary crisis even while deepening our connection to inner tranquility. Russell powerfully demonstrates the need for a spiritual renaissance in the face of the dangers of ever-accelerating change. Amid fears of ecological catastrophe and political chaos, this book stands out for its message of sanity and hope. This tenth anniversary new edition features a new foreword by Ervin Laszlo, author of *Macroshift*, and new introduction by Peter Russell. Russell is the widely acclaimed author of the bestseller *The Global Brain* and other pioneering works. He earned degrees in theoretical physics and psychology at the Cambridge University in England, where he studied for a time under Stephen Hawking. His subsequent journey to India led to a lifetime exploration of meditation, Eastern philosophy, and the nature of consciousness.

"A celebration of emerging humanity, sung from the heart of a principal spokesman of the emerging science."—Gary Zukav, author, [The Dancing Wu Li Masters](#) and [The Seat of the Soul](#)

"A wonderful book, masterfully balancing ecological doom with spiritual renaissance." —Ken Wilber, author, [A Brief History of Everything](#)

Readers Reviews

A rare masterpiece

This book is one of those rare books that stays with me long after I've read it. I find myself frequently referring to it in conversations about how fast things seem to be changing these days. I was moved by the wisdom I gleaned in these melodic passages -- and impressed at how Russell can convey such intense feeling and truth in so few words. Difficult and challenging issues are presented and discussed with clarity that

provides just the right amount of tension, just as the most beautiful music creates moments of stress which are then relieved with passages of exceptional grace. Rare is the book that can aim to briefly summarize such topics as Materialism, Fear, Stress, Enlightenment, Meditation and Love... and succeed to touch one's heart, mind and soul so completely without ever hitting a sour note. I give this masterpiece of a book my highest recommendation for anyone interested in discovering what they can do to make their life (and life for all of us) the very best it can be.

An easy read on a complex subject, thoughtfully delivered.

Straight off: This is a great book! Mr. Russell writes intelligently and intelligably about where we've been, where we're probably headed and gives us some optimistic views on where some of the choices might lead us, if "we" are thoughtful about "our" choices.

This book presents some incredibly complex themes, and even delivers physics, understandably! The hallmark of any great writer, in my view, is to make himself or herself understood to the vast majority of people. Mr. Russell has accomplished that quite admirably. This is the best book on futuristic thinking I've ever read. Reading this book felt like having a conversation with this writer. A pure pleasure! And, a must read for any thoughtful person.

PARADIGM-SHIFTING/LIFE-CHANGING EXPERIENCE!

I love this book so much that I have already bought 3 and still planning to buy more to give out to my friends. This book combines science and spirituality so beautifully. What he describes in this book make logical sense. I have never been a believer of "God" in a form of superior being. And I have never been comfortable with organized religion. This book really confirmed and went further into the world of "consciousness." HIGHLY RECOMMENDED!

[Get Your Copy Here](#)

See other books by Peter Russell—[click here](#)

Pam Garcy

Part 13. Gathering the support of others (even though you don't HAVE TO by now!)

By now you have learned that you don't "need" the support of others in order to walk upon your own path. In fact, there are often times when you will encounter resistance as you move forward in your own direction. Sometimes your growth is threatening to others. You've learned that you can continue to walk on despite this. You've learned that there is a vast supply of strength within you, and that accessing your inner guidance is often all the support you may require.

That being said, you can also use your inner guidance to help you to find support. Though it is not always necessary to have the support of others, it is definitely easier to move forward . Do you have a friend, a group or a family member who understands you and encourages you? This feeling of support and belonging can help support your choices.

Using Inner Guidance to gather support.

Here are some questions that you can use as you turn inward:

Who can I go to for support at this time?

Who loves me? Who cares about me?

Who encourages me to make my own choices?

Who has access to resources that I don't have?

Remember to record your answers so that you can revisit them later.

Turning Outward for Support.

How can you gain this support? Part of the answer to this question depends upon what you are doing. The easiest place to find support for your efforts is with like-minded individuals. Think about what you are doing and who else is doing it. Go toward those individuals.

Sometimes, however, your search may involve a little more effort. You may find that it is best to seek support from new people. If this is so, it is good to take your time and get to know people. Begin conversations and ask others how they feel about issues that interest you. During these conversations, you might decide to gage whether the person is operating from a place of judgment or a place of understanding others.

Those who are supportive and attempt to understand others are also more likely to be good sources of support for you.

During these conversations, you might also wish to see whether the person is taking steps to be true to his or her values. In addition, what are the values that this person seems to hold, and do they match your desire.

Mastermind Groups.

Starting your own mastermind group or joining an existing mastermind group can be an important step to take. A mastermind group is a group of 2 or more individuals (works well when there are more than 2) who commit to meeting weekly for an hour or more to discuss mutual goals. There is a lot of information on google that can help you to develop your mastermind group. Napoleon Hill, the author of *Think and Grow Rich*, was one of the originators of this idea. He suggested that when 2 or more individuals gathered for the purpose of helping each other to reach a goal, there was an energy that was created that allowed these individuals to think of ideas that they would not have considered if they were on their own. I have personally found masterminding to be an outstanding source of support as I've set and reached goals.

As you create your group, remember to turn inward for guidance. Remember to be true to yourself in the process of gaining support as well!

REMEMBER: This is a process. Keep going to see ongoing results!
###

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 29

God is in everything I see.

The idea for today explains why you can see all purpose in everything. It explains why nothing is separate, by itself or in itself. And it explains why nothing you see means anything. In fact, it explains every idea we have used thus far, and all subsequent ones as well. Today's idea is the whole basis for vision.

You will probably find this idea very difficult to grasp at this point. You may find it silly, irreverent, senseless, funny and even objectionable. Certainly God is not in a table, for example, as you see it. Yet we emphasized yesterday that a table shares the purpose of the universe. And what shares the purpose of the universe shares the purpose of its Creator.

Try then, today, to begin to learn how to look on all things with love, appreciation and open-mindedness. You do not see them now. Would you know what is in them? Nothing is as it appears to you. Its holy purpose stands beyond your little range. When vision has shown you the holiness that lights up the world, you will understand today's idea perfectly. And you will not understand how you could ever have found it difficult.

Our six two-minute practice periods for today should follow a now familiar pattern: Begin with repeating the idea to yourself, and then apply it to randomly chosen subjects about you, naming each one specifically. Try to avoid the tendency toward self-directed selection, which may be particularly tempting in connection with today's idea because of its wholly alien nature. Remember that any order you impose is equally alien to reality.

Your list of subjects should therefore be as free of self-selection as possible. For example, a suitable list might include:

*God is in this coat hanger.
God is in this magazine.
God is in this finger.
God is in this lamp.
God is in that body.
God is in that door.
God is in that waste basket.*

In addition to the assigned practice periods, repeat the idea for today at least once an hour, looking slowly about you as you say the words unhurriedly to yourself. At least once or twice, you should experience a sense of restfulness as you do this.

Commentary by Allen Watson

The idea for today explains why you can see all purpose in everything. It explains why nothing is separate, by itself or in itself. And it explains why nothing you see means anything. In fact, it explains every idea we have used thus far, and all subsequent ones as well. Today's idea is the whole basis for vision.

Clearly, today's idea is pivotal in the Course's thought system, and not simply a nice, sentimental idea. Nor is it mere pantheism, which teaches that nature and God are the same. Elsewhere the Course clearly teaches, "There is no world!", so this is not saying that nature and God are identical. "Certainly God is not in a table...as you see it".

As I see things, nothing means anything. A table is merely a table, a flat surface to eat on or play poker on. It has no eternal purpose; its purposes are all ephemeral. Seen like this, the table does not reveal God, but helps hide Him.

God is not in the physical table, but He can be seen through or by means of the table. If the table shares the purpose of the universe, it must share the purpose of the Creator of the universe. That purpose is our happiness, our joy, our completion, which is necessary to His.

"Everything is for your own best interests. That is what it is for; that is its purpose; that is what it means"

"Purpose" is the key word in this and the last lesson. God is in everything I see because everything shares God's purpose. My sight is a veil across the truth that shines in everything, but vision can shine through that veil if I allow it. The way I perceive, God is not in everything; in fact, He is in nothing. If mere physical sight were enough we would all have seen God long ago. We made our sight to obscure Him, but seen with the vision of Christ, everything can reveal Him.

Nothing is as it appears to you. Its holy purpose stands beyond your little range.

As I first read this lesson I was puzzled by the statement that the idea for the day, "God is in everything I see," explained the earlier idea that nothing we see means anything. On the face of it, if God is in everything I see, it ought to give those things profound meaning; I would see them as sharing the purpose of the universe, the purpose of the Creator. How can I logically proceed from "God is in everything I see" to "Nothing I see means anything?"

Finally I noticed a distinction that should have been obvious from the beginning: the distinction made between "seeing" or "sight" and "vision." The Course makes this distinction quite consistently throughout, but because my mind still tends to think of sight and vision as the same thing, I failed to notice it here. "Sight" refers to our normal mode of seeing, our belief that what our physical eyes show us is real, instead of the result of a desire within the mind and the projection of meaning from the mind, imposed on what is seen. "Vision," on the other hand, is another kind of sense altogether, virtually unrelated to the physical eyes.

Notice that the lesson says, "Today's idea is the whole basis of *vision*" (emphasis mine). "When *vision* has shown you the holiness that lights up the world, you will understand today's idea perfectly" (emphasis mine). It is vision that reveals God in everything; mere sight does not reveal Him. God is in everything I see, but sight does not show Him to me; that is why nothing I see means anything. "You do not see them [with vision] now". God is there, but sight does not see Him; sight is overlooking the very thing that gives everything the meaning it has. We

could therefore revise the earlier statement to say: "Nothing I see means anything, *the way I see it.*" Meaning is there but I am blind to it.

The world you see must be denied, for *sight* of it is costing you a different kind of *vision*. *You cannot see both worlds*, for each of them involves a different kind of seeing, and depends on what you cherish. (, my emphasis on the words "sight" and "vision")

The idea that God is in everything is "the whole basis for vision". It is the foundation for a "different kind of seeing". In order to see with vision I have to be willing to deny, or disregard, my current mode of seeing, which is limited to the physical and reports back to me only what my ego wants to see. If I recognize that God is in everything, yet I do not see Him with my eyes, there must be a different kind of seeing, and I will be led to desire it. I will ask for vision.

The lesson speaks of the "little range" of our kind of seeing. Imagine, as an analogy, that God is only visible in the infrared part of the spectrum (of course He is not visible in any physical manner at all). Our eyes simply do not see infrared radiation, so even if it is present we see nothing. The range of physical sight is very narrow; there are all kinds of "light" we cannot see: infrared, ultraviolet, heat, radiation, radio waves, microwaves, and so on. God is in everything, but He is outside the range of our physical sight; we need a different kind of vision.

I think that in a sense the lesson is trying to arouse a certain discontent within us. It provokes the disturbing question: "If God is in everything, how come I don't see Him?" It makes us aware of the limitations of what we have believed to be "sight." It makes us aware of its limited range, and evokes within us the desire for a new kind of vision that sees beyond this limited range, and sees the purpose of the universe in everything. ###