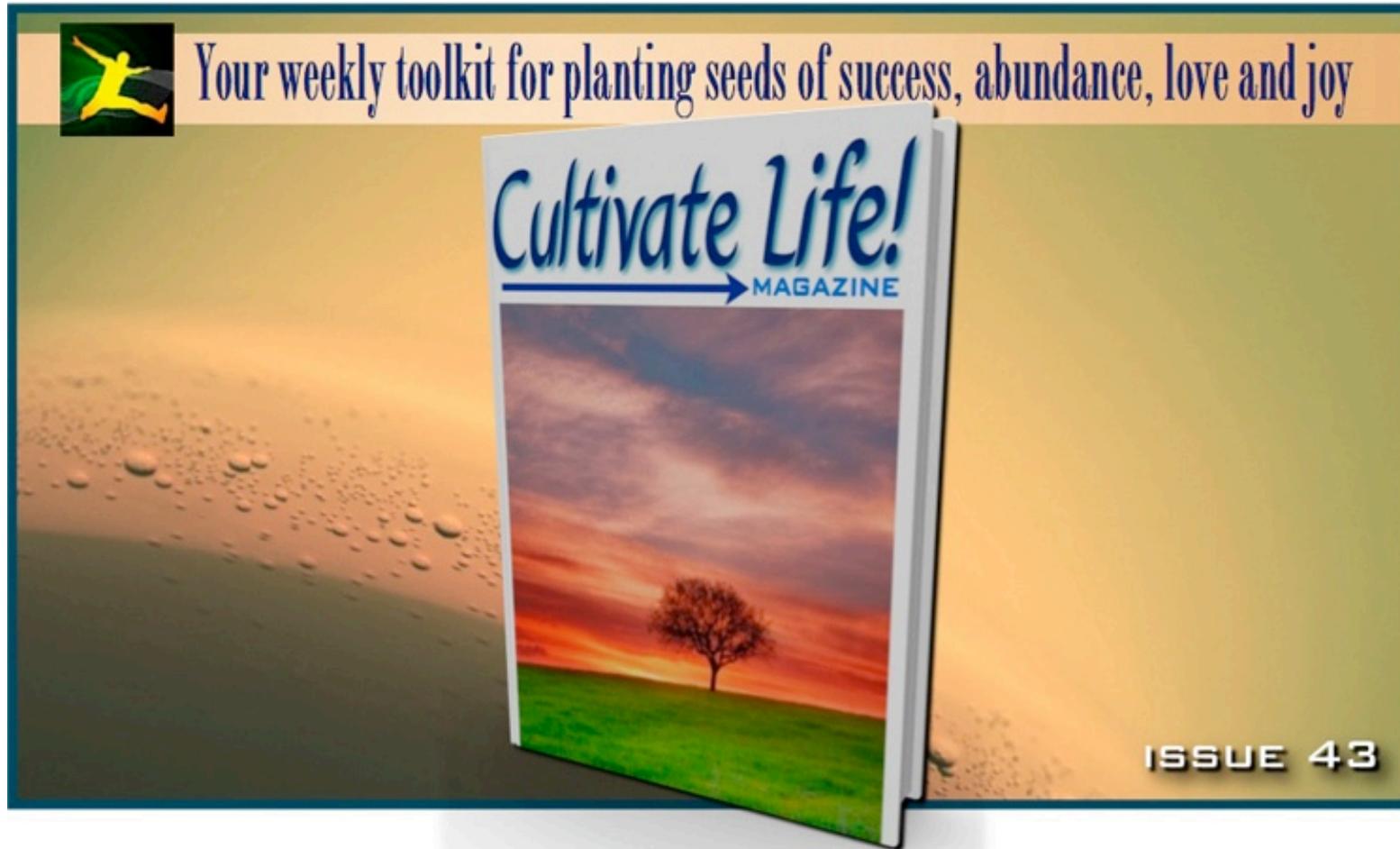


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Cultivate Life! magazine

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Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question:

I'm stuck. I know what I have become and I detest it. How do I discover who I really am? How do I find MY-self?

Philosophy: I'm a Christian by birth and have continued to practice in my adult years. I, however, am open to practices of other faiths.

Hopes and aspirations: I hope to transform and inspire the lives of as many women as I can, one person at time, through one on one interaction.

Question: Growing up, I remember being a very quiet, gentle child. I was rather introverted and spent a great deal of time thinking and reading. I was also described as "very obedient" by various authority figures in my life, particularly my mother and mothers of my childhood friends. My mothers and her friends would openly praise me in front of my siblings and the other children. I became the standard for girls around me. I hated conflict in any form and so I would do exactly what I was told, when I was told and how I was told to do it. I learned that, in order to receive compliments and approval from the adults around me, I had to comply, no questions asked. Unfortunately, this trend continued right through my life: saying 'yes' to people, things, tasks, jobs, relationships and behavior that I, quite frankly, resented with all my heart.

I was never really consciously bothered about this pattern until I turned 30 this year. I felt a very strong need - almost like a persistent voice inside me - compelling me to closely examine my life. The results brought my 'perfect' world crashing down on me. I found myself unable to answer the question, "Who am I?" Indeed, I discovered that the person I am now is like a really pathetic jigsaw puzzle: all I am now, is really bits and pieces of other people in my life - bits and pieces that are expertly held together by approval from others and fear of conflict.

I'm numb on the inside. There's no spark or excitement. I lack joy and energy. I badly want to be true to myself, to live an authentic, conscious and fulfilling life. But I'm stuck. I know what I have become and I detest

it. I want to be myself, but I don't know who that person is. I don't know if she still lives. How do I discover who I am? How do I find MY-self?

ANSWER:

Thank you for your heart felt questions. Your cry from deep within is the voice of the truth seeking expression. Who you are, is definitely not, who you think you are.

Your description of the ego is poetic and accurate. You feel like "A pathetic jigsaw puzzle." And "Bits and pieces" of approval are exactly what hold together the ego. The ego is the learned; image self, not the real self.

You are the victim of extremely effective positive conditioning. You were formed into an image every time your behavior was reinforced by praise. I was also conditioned to be a perfect daughter. Ah, to be the perfect friend, the perfect psychologist, the perfect lover... ugh. How small and tight is the box a perfect person lives in.

While there are many healthy things children need to learn from their parents, children are extremely vulnerable to the effects of positive conditioning. As a result, parents often teach their children to negate their authentic feelings, emotions, intuition and inner knowing. Soon the child learns to completely deny her authentic self.

This is the reason you do not know who you are. The consequences are devastating. You are passive, afraid of conflict and trapped inside a frozen wall of energy. The more you negate your real self, the greater your risk of mental illness, emotional distress, physical disease and suicide.

Of course, you wanted to please your parents. Of course, loving children do not want to inconvenience their parents. Unfortunately, this love and caring is used against the child to force them into perfect behavior. Many well-meaning parents do not realize the grave damage they are doing to their children by conditioning them into perfect behavior.

Honestly, people who are conditioned with praise have a much harder time undoing their unhealthy learning than the children who were

punished. I know this may come as a shock to many mental health professionals and parents so let me explain.

When you have been reinforced for being perfect you have a great deal to lose by breaking free of your conditioning. You lose your special status. You lose approval. You lose society's approval. Your parent's approval. Your own approval. Alas, you will no longer be special. Approval is a very hard thing to let go of.

In contrast, the children and adults who have been criticized for doing everything wrong and bad do not have anything to lose. They are already on the outside. They do not have approval. They are not accepted by society. As a result, bad children are freer than the good children who have become automatons.

Bad children can run, dance and act out more easily. This allows them to keep some of the spark of their own personality alive. Whereas, good children are so obedient, they do not have much of a spark left. Or more accurately, their spark is harder to access and bring forth.

A perfect child is a perfect example of what John Watson meant when he said, "Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select - doctor, lawyer, artist, merchant-chief and, yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors."

Fortunately for you, Watson was only partly correct. Parents can condition you to be anything they want you to be. But once you are an adult, you do not have to continue to live a conditioned, controlled life. You can unlearn anything unhealthy that your parents taught you. You can find, access and use the hidden gems within your body, heart and soul.

So, rejoice, all of your natural tendencies, talents and innate abilities are deep within you. From my 35 years of experience as a holistic psychologist I can honestly tell you that your authentic self is intact. I have never meet anyone, no matter how sexually abused, physically

traumatized and positively reinforced, who did not possess all of the gifts they were born with.

Nothing that has ever happened to you can destroy your authentic self. You can be conditioned to doubt your feeling and emotions. You can be praised into distrusting your inner knowing. You can be brainwashed into rejecting your body and sexuality. But nothing can destroy your wonderful, innate, organic, juicy energy inside of you. Nothing. This is a law.

So your joyful, natural energy is calling out to you. It is the same voice that Socrates listened to and followed. The Greeks called this voice, the *Daemonion*. Your *Daemonion* is strong and you are strong to listen to it.

The authentic self is composed of flowing energy, which takes the form of feelings and thoughts within your body and soul. These energies are palpable and you can learn to sense them. The reason my holistic psychology approach is based on energy is because this is the only way to know, expose and separate from your ego self.

Be grateful you are listening to the voice within you instead of denying it.

Here are the steps toward transformation you have taken:

1. The voice from deep within occurs.
2. You listen and acknowledge the cry.
3. Your perfect world comes crashing down.
4. You become aware of how passive you were conditioned to be.
5. You realize your perfection is an image, an ego state and not authentic.
6. When you see your ego for what it really is, you hate it.

This is where you are stuck. You see your ego and detest it. You are on the precipice of the first major block to transformation. This same precipice is also a doorway, through which you can pass, into a life-changing breakthrough. When you go through this doorway, you enter a vibrant moment, a new way of being alive.

Millions of people are stuck in this state where they cannot find, access and use their natural energy. They do not know how to turn the energy block into a breakthrough.

The first thing you need to learn is the difference in energy between your ego and your authentic self. For example, your poetry obviously comes from your authentic self. Once you know for sure which energy is which, you then have the ability to make choices. You can separate from all things fake, false and phony!

After you learn to sense, in your body, the difference between real energy and unhealthy, conditioned energy you can follow your heart. If you follow your vital energy, which is your emotional self, you will end up knowing your soul. The emotional self leads you to your purpose in life, which sits within your soul.

This journey to your soul happens naturally and organically. All you need to do is get your learned, positively reinforced self out of the way. Your ego is blocking and controlling you.

When you get your ego out of the way, you can heal your emotional self. This is another problem good boys and girls have; they have not been abused, so what pain do they have?" Many psychologists, parents and teachers completely miss how much pain good boys and girls are in.

Working with my therapist during my early 30's, I discovered pain is completely subjective. My emotional distress was valid even though my parents loved me and took care of me. Everyone's pain is equal. The good child's pain is as great as the bad child's pain. (I do not have the space to explain this in more detail.)

Your pain is great and you are confused. You were controlled by love. This means you need to learn the difference between the energy of real love and approval. See the chart on the difference between an unhealthy, care-taking relationship and a healthy, loving relationship here. <http://www.drjeanette.com/caretaking.html>

Blocks Can Become Breakthroughs

It was in Goa, India where I first confronted my ego. Quivering lips, vibrating involuntarily, after a morning physical exercise on the beach, brought me to my knees. Suddenly, images of me being a jerk flashed across my conscious mind. It was as if the images were stored in my lips.

The more my lips shook, the more the images came. Me, the perfect one, saw myself having to be right. Having to be number one. Having to be perfect. Being rigid. Being a 'tightass.' Ugh. I saw the part of me I had denied and pretended was not there.

As soon as I saw my ego, I hated myself. I was horrified and could not believe anyone would love me again. How could I go on? Terrible images of my perfect self would not go away. I did not want to ever be seen again. What was I to do?

A cashew nut tree, my body, my knowledge as a psychologist, my soul and Ocean Mother helped me through this horrible day. Just as the sun set, I went from blocking my energy to allowing my energy to flow.

The tears flowed. I was not perfect or special. I never had been. "Dr. Tightass," my self-righteous ego, showed me I was the same as everyone else. I was no better or worse than anyone. I let go of having to be perfect.

I became part of humanity. I realized I was equal to everything and everyone. A big burden lifted off my shoulders. I could relax and be myself. I did not have to work so hard to please others any more. What a relief!

If you want to break free, your next step toward transformation is to let go of control. This means you relax your body and allow your physical, mental and emotional energy to flow. When you let go of control you cry and feel your pain. You are the same as everyone else.

Then you can move, dance and be yourself. You do not have to work hard at being perfect any more.

Action Steps to Take

1. **Name your ego.** I call mine, "Dr. Tightass." Naming the ego helps tame it. It also helps you separate yourself from this unhealthy energy so you can break free. If you know the name of something, you have mastery over it.
2. **Use your body to help you break free.** Physical awareness exercises, massages, body awareness and bodywork are essential to receive and use in your daily life if you want to breakthrough instead of block your energy. Getting to know and love your real body is essential for transformational work.
3. **Let go of control.** Not an easy thing to do, but one that will always help you move forward. The natural process knows how to resolve itself, if you get your controlling ego out of the way. Read more about how to let go of control: <http://www.drjeanette.com/lettinggo.html>
4. **Learn the difference in energy between your ego and your authentic self.** After you learn to sense, in your body, the difference between real energy and unhealthy, conditioned energy you can follow your heart to your soul. Study and use over and over again, the "Opening the Heart" audio and E-book, to learn to sense the difference energies in your body and heart. Read more and order: <http://www.drjeanette.com/heartanswers.html>

Readers of Cultivate Life! get a bonus discount worth 30.00 off the "Opening the Heart" audio, if purchased before March 1. Put LIFE! in the coupon box.

Doris Jeanette is a licensed psychologist with 35 years of experience helping men and women break free from conditioning. All of her self help holistic psychology products help you become more aware of your energy, body and emotions. In-person energy sessions are currently available in Glenwood Springs, CO. If you would like Dr. Jeanette to visit your area and conduct a workshop, or if you want to set up a session and sign up for her free holistic psychology newsletter, "The Vibrant Moment," visit: <http://www.drjeanette.com/>

Is There Science Behind 2012 Prophecies? Dr. Laurie Nadel speaks with Gregg Braden

Curious about the gloom and doom 2012 prophecies? Scientist Gregg Braden, the best-selling author of "Fractal Time," puts it into real-time perspective.

Did you know that the Earth is presently moving across the equator of the Milky Way? When we talk about the changes that are coming up in 2012, some of those visible Earth changes are apparently in response to the astronomical changes that are being created by the Earth's crossing of the Equator of the Milky Way.

In an interview with Dr. Laurie Nadel, Gregg Braden talks about the Mayan 2012 prophecies and what they mean to us today.

Q: You say that 2012 is not the end of the world but the end of a world age—a 5,125-year cycle of time?

Braden: Some people speak about 2012 like any other news story that you hear about every day. Others who may not have heard anything about 2012 say, "What's the big deal about a date?"

Q: Maybe they think it's like Y2K.

Braden: Precisely! I was an engineer, working in the defense industry in the 1980s when I first began hearing about the year 2012. Some people were saying, literally, "It's the end of the world." Others said, "It's the end of the world as we know it." And some even said, "It's the beginning of a thousand years of peace."

Everyone I asked had a different opinion. What I discovered as a scientist was that the only way that I would know what 2012 was all about was to understand the people who created the calendars that tell us about 2012. And the only way to understand them was to understand great cycles of time.

Q: What do you mean when you say, "cycles of time?"

Braden: Science now is telling us that we, on this planet, our lives, and our planet in general, are under the influence of great cycles of time; cycles within cycles, within cycles. Some of the cycles we know about, like the 24-hour cycle of the day for day and night, or the 28-days of a woman's cycle. But the great cycles cover such vast periods of time that we don't remember them from one civilization to the next. Our present great cycle is a 5,125-year-long cycle linked to an astronomical event that occurred in the year 3114 B.C.

Q: Now, that's almost incomprehensible for people—3114 B.C.

Braden: It ends on December 21, the Winter Solstice, December 21, 2012 A.D.

Q: And in that moment or on that day, the sun, you say, is going to move into an alignment with the equator of the Milky Way.

Braden: What happens during this time—and we have to be really careful when we talk about this—there is an alignment that's occurring because Earth does this little tip and this little wobble over long periods of time. As Earth changes — tips and wobbles in its orbit, it changes the scenery of the night sky. It changes our orientation in space with respect to the center of our own Milky Way galaxy.

Scientists have discovered—and they are publishing this openly—that the center of our Milky Way galaxy is a very powerful source of magnetic energy. The term they use is “magnetic filaments” that radiate from the center of our Milky Way. Where we are, in relation to that source of energy, has a huge effect on planet Earth. Sometimes we're further away, and we're tilted away from it, and the effect is less. Sometimes we're closer or we're tilted toward it, and the effect is greater.

On December 21st in the year 2012, we have a straight shot—a linear shot, unobstructed by any other planets or any other bodies in the solar system—where we have direct access to that field of energy.

Q: Now, does this mean that the magnetic poles are going to shift, and we're going to have three days of darkness?

Braden: There is no scientific evidence to support that.

Q: I'm glad to hear that.

Braden: There has been a lot of speculation about it. The magnetic poles have certainly reversed in the past. I can tell you as a former geologist that we can see that in the geologic record, 14 times in the last 4-1/2 million years.

Each time, before the magnetic fields reversed, they had to weaken to a certain point before that reversal happened. Even though we have seen a decrease in the magnetic field strength of the Earth over the last 100 years or so, it is still so much higher than the measurement that is needed for it to reverse that the probability of this happening in the next three years between 2009 and 2012 or even a year or two after, it looks like it's a slim probability. We've got so many other things to worry about.

Q: Are there new discoveries that show that we can think of time as an essence that follows the same rhythms and cycles that govern everything from particles to galaxies? Can we think of these things that happen in time as places within cycles?

Braden: The bottom line is that time is essentially a wave that is moving in one direction. Right now it's moving from the present to the future. So, the seeds for things that are happening today and events like 2012 that are yet to happen have already occurred in the past.

If we know where to look into the past, it gives us a good idea of what we can expect in the present and the future. Time's waves follow natural rhythms, cycles, and natural progressions. This means that we can measure, calculate, and predict when the seeds – the conditions — for an event are going to happen again, and again, and again. This means that we can take the year 2012 calculate backwards, using natural rhythms to the times in our history when the seed for 2012 was planted. Looking at the seed, we can determine when the patterns and events that will happen in 2012 were set into motion. We can go into the geologic record to see what was happening then on the planet. Or we can go into the archaeological record to see what was happening to

people to give us a really good idea of what we can expect over these next few years.

Q You talk about how the conditions for the Mayan end-date of 2012 have already happened in our past.

Braden: Absolutely!

Q: What can we do to prepare for Earth changes that are going to happen in 2012?

Braden: To prepare for whatever is happening, we have to understand what it is that's going to happen. This is the value of knowing precisely where to look in the past to understand what we're about to experience or what we're already experiencing now.

Q: Now, you talked about Pearl Harbor and 2001 as being years that were kind of hot dates when, in fact, the United States was, both times, attacked. What are some of the other hot dates that you refer to in the book?

Braden: For 2012, the records show that when we've look into the history of the Earth, into the ice cores in Antarctica, for example, it preserved a record of Earth's past. When we look into those ice cores at the dates that are the fractals or the seed patterns for 2012, they tell us that in those dates the magnetic fields of the Earth became weaker. The energy from the sun was stronger so that the ice on the poles began to melt. The oceans began to rise, the climate began to shift, and the weather patterns began to change.

Q: We are experiencing that now.

Braden: Precisely, and that is the whole point. Has the Earth gone through a big change? Yes. Does it mean that something is wrong or something is broken? No! It always happens when we reach this point in a great cycle. When we are this distance from the energy source at the center of our Milky Way, when Earth is tilted and oriented the way it is, apparently, this is what always happens.

Therefore, to a large extent, we are already experiencing the great changes that so many have predicted. We are already seeing cities wiped off the face of the Earth near shallow coastlines. We are already seeing major magnitude earthquakes and tsunamis. We are already seeing forest fires ranging them across vast, open spaces. We are seeing millions of people die from disease. The United States is blessed in that we're not experiencing as much here as in other parts of the world. But such change can happen anywhere and everywhere.

Q: The take-away message...?

Braden: It is good for us to prepare and to help other people that are having the problems of feeling the brunt of these changes. But here is the core: The geologic records show that the changes are intense; absolutely intense, but that they're brief. They don't last for generation, after generation, after generation. The archaeological records show that when past civilizations reach the point in their cycle where we are in right now, they made a mistake that we don't want to repeat today.

Q: What was that mistake?

Braden: When the world began to change, civilizations of the past didn't understand the change. They began to fight one another for the resources. In that violent competition for what was left when the world was changing, everyone lost. Nobody won. The civilizations collapsed. For example, Egypt's 20th dynasty absolutely collapsed during precisely this period of time and no one even knew about them until thousands of years later.

We are at a point right now where we must choose to work together for this brief period of time to bring ourselves through this time of change. If we make the mistakes of the past and everyone loses. This why I feel that this book is so important right now.

Q: A lot of people kind of feel helpless when they start listening to stories about ancient civilizations collapsing. They think about tsunamis and Katrina, and it's very hard for people not to feel overwhelmed by the great scope of planetary movements and fractal time. For what can people hope?

Braden: The Global Coherence Initiative is all about our relationship to the Earth through heart-based living.

Q: What is heart-based living?

Braden: In the past few years, our own science has made a radical, revolutionary discovery that changes everything about the way we think of ourselves and the world. What they found is that when we create heart-based feelings of gratitude, appreciation, care—literally, using the muscle of the heart to create these feelings—what we’re actually doing is generating a magnetic field inside our bodies that is part of the magnetic field of the Earth that undergoes the change.

The Earth’s magnetic field rises, falls, and regulates everything from climate to ice caps and sea levels. This magnetic field joins all life on Earth from a blade of grass, to an ant, to a goldfish, to a hamster, to us. When many of us come together and create a common feeling, that experience is called “coherence.” “Coherence” can actually be measured. It is 0.10 Hertz. That is the measurement of the coherence created between the heart and the brain.

Scientists first found out about this during 9/11 when our satellites 22,000 miles in space began to register changes in the magnetic field of the Earth, when humans were having feelings about September 11th and the World Trade Center. This is a surprise to science. They asked, “Why would people experiencing 9/11, why would that possibly affect the magnetic fields of the Earth? There’s no connection, right?” Well, wrong. They found that there is a connection and this has led to what is called the Global Coherence Initiative Project.

Scientists are now building the sensors that can measure these magnetic fields and put them up onto the website where you can watch the fields change everyday in real time. In addition to measuring this field, the Global Coherence Project aims is to teach people how to create coherence in their everyday lives. It’s not a hard thing to do, and you don’t have to change your lives to do it. You don’t have to change your meditations, your prayers, or any practice. It’s a way of being in our hearts as we go throughout the day that’s very easy to learn.

Q: So, it’s kind of an awareness or biofeedback-type training.

Braden: That is part of it. When we create this coherence inside our bodies, it triggers about 1,400 biochemical changes. Anti-aging processes begin. DHEA level—the life-giving hormone—surges in our bodies. Our immune systems become really strong. We think more clearly. We become less aggressive. The magnetic fields of the heart are now being documented. We are facing the greatest challenges of 5,000 years of recorded human history. As we face the great challenges of our time, we are asking, “What can we do?” Here’s what we can do: We can learn the language of the magnetic field that is creating the changes and help bring that field from chaos into order.

We can influence the very fields that are creating the change. The fear about 2012 is stressing a lot of people but we have the ability to regulate the magnetic field by regulating the way that we work together through our hearts. The key is: we’ve got to work together to do it. ###

Interview by Laurie Nadel, Ph.D.
Host of [The Dr. Laurie Show](#)

Laurie Nadel, Ph.D. has a dual career in psychology and journalism. She spent 20 years as a journalist for major news organizations, including CBS News and *The New York Times*. The author of the best-seller *Sixth Sense: Unlocking Your Ultimate Mind Power* (ASJA Press, 2007), she has appeared on “Oprah.”

Dr. Laurie completed post-doctoral training at Harvard Medical School’s Institute for Mind/Body Medicine. In addition to her formal education and professional experience, she draws on her apprenticeships with traditional healers to help others overcome their fears and live their dreams.

She specializes in coaching people around the world who want to tap into their creativity and intuition so that they can think ahead of the curve and be ready for change.

Visit: to www.laurienadel.com and www.Reiki4PetsUSA.com

The Ant Philosophy by Jim Rohn

Over the years I've been teaching children about a simple but powerful concept - the ant philosophy. I think everybody should study ants. They have an amazing four- part philosophy, and here is the first part: ants never quit. That's a good philosophy. If they're headed somewhere and you try to stop them; they'll look for another way. They'll climb over, they'll climb under, they'll climb around. They keep looking for another way. What a neat philosophy, to never quit looking for a way to get where you're supposed to go.

Second, ants think winter all summer. That's an important perspective. You can't be so naive as to think summer will last forever. So ants are gathering in their winter food in the middle of summer.

An ancient story says, "Don't build your house on the sand in the summer." Why do we need that advice? Because it is important to be realistic. In the summer, you've got to think storm. You've got to think rocks as you enjoy the sand and sun. Think ahead.

The third part of the ant philosophy is that ants think summer all winter. That is so important. During the winter, ants remind themselves, "This won't last long; we'll soon be out of here." And the first warm day, the ants are out. If it turns cold again, they'll dive back down, but then they come out the first warm day. They can't wait to get out.

And here's the last part of the ant philosophy. How much will an ant gather during the summer to prepare for the winter? All that he possibly can. What an incredible philosophy, the "all-that-you-possibly-can" philosophy.

Wow, what a great seminar to attend - the ant seminar. Never give up, look ahead, stay positive and do all you can.

To Your Success,
Jim Rohn

About Jim Rohn:

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

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

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

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

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

The Spiritual Secret that Allows You to Defeat any Discouragement

by Guy Finley

As we all know, there are trying times when states of discouragement literally dog us—following us around as if they're waiting for us to fall down, never to rise again. On these days, our own lackluster emotions are hounded by thoughts barking at us that nothing is right with our lives. Sound familiar? On these same days, even our smallest wish to part ways with these painful states gets pushed under by waves of doubt so that our resolve to not sink into a malaise feels like a futile struggle against the inevitable!

When falling into deeper and deeper states of feeling discouraged, we can almost hear these unspoken words within, "What's the point? Why bother?" Then, as though we have heard from the Fates themselves, we accept the dreariness of some *can't do* negative state as our guide. Is this how it must be? Must we identify ourselves with what discourages us? The answer to these questions is decidedly *no!* But to free ourselves from the spell that discouragement casts over our consciousness requires that we uncover the ways that this negative state steals our will and turns us into will-less toadstools! So, let's begin our journey with a great truth: All discouraging feelings are a lie.

Now perhaps you are already wondering how something with the power to wreck a human life can be unreal. Please make the mental note that this initial truth doesn't mean that we don't feel the weight of bleak moments; and neither does it mean that many of us don't fall beneath their spell and become trampled under their powerful illusion.

No, discouraging states of self can land upon us with the force of a thousand regrets. They sneak in and steal our vitality, infusing the very atmosphere around us with misgivings about our lives. Clearly, just contending with such an adversary is a task, let alone overcoming its negative influences and coming out on top. But that is exactly what we are going to do, beginning with this surprising insight: it makes no difference why we feel the presence of some discouraging darkness within us. When it comes to our eventual conquest of our feelings of discouragement them, the actual cause of them is of no consequence. Let me explain this revelation.

Sometimes we feel discouraged because our past efforts to meaningfully change our lives have not prevailed over what challenges us. We think, why bother to try now? Perhaps we are disheartened because one of our main hopes for happiness suddenly proves hopeless. Maybe we get downcast some days because our body, or our mind, is no longer capable of doing what it once could in our younger years and all we see on the horizon are more limitations.

When it comes to these dispiriting states, the point is it makes no difference what they would have us believe is to blame for their bitterness. The truth is that these dark states don't need to find a reason outside of us to wreck us. They draw upon all the cause they need to exist within us from the content of our own past experience! What does this mean?

Negative states, all dark energies that enervate us, only succeed at draining us because they are capable of making us see mentally and emotionally charged images of past defeats. These images, drawn from the storehouse of our memories, seem so real that they validate the existence of our negative conclusions, which brings us to a key lesson deserving of our special attention. *The only power dark, discouraging states hold over us is that they get us to identify with feelings of being powerless.* And when such strong feelings of futility are accompanied by what is seen, in our own mind's eye, as being valid because we are given over to unconsciously recall the considerations that make them so, then boom! The trap is sprung. We become the unwitting captives of our own negative imagination! Had enough of feeling like you are never enough? Good! Let the following truths do their healing work.

When we feel discouraged it is just that: we are without the courage we need to attempt whatever it is before us. Feeling emotionally drained and mentally depleted, we seem to have nothing to call upon to overcome life's challenges. We never feel so alone as when we are in the company of dark, discouraging thoughts and feelings, but this dreaded sense of isolation is actually a secret part of its punishing plan. All such hopeless thoughts and feelings *want* us to feel alone.

Here is a quick glimpse of an amazing insight to help us defeat this darkness at work within us: discouraged states of self can only breed

themselves in a specialized sense of isolation, in a dark medium that is able to effect in us the illusion that we have been cut off from the endless resources of Real Life. In other words, the reason why discouraging states hold us captive as they do is that they convince us that the limited darkness of their reality is all there is for us to live within! But such small states only have this last word about the world we live in as long as we agree with what they tell us is true about our possibilities. We can do better than consent to live like this, and here are the steps that ensure our freedom:

First, we must know in our hearts that our True Nature is not created to live as a captive of any dark condition. If you have never heard this before, then hear it now: no power on earth can restrain the soul that seeks its liberation in the uncontainable truth.

Next we realize, to whatever depth we can conceive, that our own awareness is a living and intelligent feature of the ever-present Now within which it dwells—and that this same timeless Now is omnipresent. It dwells everywhere already, knowing no boundaries. And here we catch a glimpse of another timeless truth: nothing in the universe can capture our awareness any more than a cloud has the power to envelop the sky.

What these last few discoveries teach us is that our awareness of discouragement, or any negative state for that matter, transcends its boundary and already dwells beyond the limits of its confining darkness.

This brings us to this discouragement-busting truth: whenever we will lend our attention to the inner task of working to transcend some dark state at work within us, then in that same moment, even if we don't see the immediate fruits of our effort, we will have already begun to release ourselves from its restrictions. **For our effort to be conscious of our condition instead of remaining its captive, fresh energies flood over and through us, lifting us into the new understanding that who we really are can never be held back! Our willingness to bring that dark, discouraged state into our awareness of it, instead of allowing it to define what we are aware of, has changed our very relationship with life!**

Now the upward path ahead, which was closed off to us only a moment before, opens wide its narrow gate as we open ourselves to the endless resources of a Living Truth. The Now nature newly active within us cannot be walled in by anything, which means that the limitations of former restrictions no longer exist for us. The darkness that once dominated us is literally dismissed because we have chosen the Living Light itself to be our advocate.

So now we know: the Way is already made for us to live in perfect contentment; we need never again suffer for no reason. More than this, we may take great comfort in knowing that nothing in the universe can stop us from realizing this victorious order of our own being, because the Divine has already seen to the truth of it. We need only agree to pay the cost of this higher consciousness, and we will find that the coins we need are already right there in our pocket. ###

(Excerpted from *Let Go and Live in the Now*, Red Wheel Weiser)

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.

For more information about Guy Finley and his life-changing work, visit www.guyfinley.org.

Feeling GUILTY? What a SHAME! **by Chuck Gallozzi**

If you're feeling guilty, that's a shame. Why? Because guilt, shame, and other negative emotions have the potential to rob us of happiness and limit our growth. For convenience I may refer to emotions as "positive" or "negative." However, emotions are neither. They are simply signals to inform us how we feel. It is our reaction to those signals that are positive or negative.

Let's look at an example that includes fear, anger, guilt, and sadness: Tom had a grueling day at the office. When he gets home, he nearly slips on the kitchen floor that his wife, Betty, had mopped moments earlier. Tom is angry and calls his wife, who comes rushing in from another room. "You idiot!" he screams, "I could have fallen on the wet floor, banged my head, and gone unconscious!"

Betty bursts into tears and explains, "Jimmy (their five-year-old son) spilt milk on the floor, and I mopped it up." Tom now feels guilty and says, "I'm sorry honey. Although it's no excuse, perhaps the combination of my stressful day and the near fall upset me. I know it was terribly unfair of me to get angry at you and call you names. Will you forgive me?" Betty answers with a kiss and embrace.

When Tom started to slip on the kitchen floor, he was gripped by fear. This emotion was simply signaling him that he was in a dangerous situation. Thanks to that signal, he quickly braced his body against the sink and corrected his balance, preventing a fall. Even though he avoided the fall, the thought that he might have been injured by Betty's "carelessness" upset him. The anger he felt wasn't negative; it was merely a signal that an explanation was necessary. But his reaction to that signal was definitely negative. He accused his wife of wrongdoing without getting the facts.

When Betty started to cry, he realized he was causing her pain, making him feel sad and guilty. The sadness he felt was a reminder that he was hurting someone he loved. And the guilt he felt was a signal that he owed his wife an apology. Thankfully, Tom responded very well to those signals, and his apology brought him and Betty closer. Ideally, Tom will

learn from this experience and whenever he gets upset in the future, will stop and think before acting.

The rest of this article will deal mainly with how we can harm ourselves with guilt and how to overcome it. But before starting, a word about shame. What is the relationship between guilt and shame? Simply put, we feel guilty for what we do and feel shame for what we are. To avoid having a low opinion of ourselves, it is important to resolve our guilt. In my example of Tom, after resolving his guilt by apologizing to Betty, he felt good about himself. If, on the other hand, he were to regularly argue with Betty and fail to repair their relationship, he would be contributing to his own low self-esteem.

Some Harmful Effects of Guilt

1. A major problem with this emotion is that guilt in one area of life can easily compound the problem by creating guilt in another area and escalate into an ever worsening situation. For example, let's say that Tom regularly succumbs to anger and fails to resolve his problem. As a result of constantly attacking others, he will be destroying his relationships at work and at home. He will find this very painful, and perhaps to numb the pain, he will turn to alcohol, creating another problem. Because of his drinking, he may waste a great deal of money on booze, which would cause more guilt, further pain, and a greater need for relief, which would lead to even more drinking. This can escalate until Tom becomes an alcoholic, gets fired, divorced, and ends up homeless.

2. People suffering from guilt feel uncomfortable among innocent people. To lessen the pain they feel, they may belittle others to make themselves look and feel better. However, such behavior destroys friendships and alienates them from others, adding to their pain.

3. Considerable energy is required to live the life of our dreams. Guilt saps our energy, making us more vulnerable to obstacles and easily defeated.

4. The pain of guilt grabs our attention, shifting our focus from what we can do to improve our lives to what we can do to reduce our pain. But, if we remain alert and resist the urge to run from pain in search of

pleasure, we can resolve our guilt by making up for the harm we have done.

5. Just as thieves believe everyone is a thief, guilty people believe everyone is guilty. So, they are unjustly suspicious of others, and their suspicions ruin their relationships, resulting in a loss of power.

6. Those who hide their guilt, such as husbands who abuse their wives, cannot live in peace because they live with the fear of detection.

7. We are raised to believe the guilty should be punished, so when we have unresolved guilt, we may *subconsciously* punish ourselves by deliberately creating self-defeating setbacks and failure. For example, a ruthless corporate executive climbs to the top by destroying those beneath him. Even though he becomes successful, his subconscious may direct him toward gambling, for example, to make him lose his "undeserved wealth."

8. When we are responsible for the suffering of others, guilt is an appropriate feeling, and it is hoped that we would respond appropriately by making up for the harm we have caused. But, at times, people feel guilty about things that are not their fault at all. This is called neurotic guilt. An example would be someone who feels they must look after the needs of others before looking after their own needs. This doesn't make sense because if we fail to look after our own needs, we will be in a weakened position and unable to fully attend to the needs of others. Take care of yourself first so you will be in a better position to help others, and don't feel guilty about it.

9. Guilt is often used to manipulate and control others. Don't poison your relations with manipulation and don't allow others to manipulate you by making you feel guilty. To learn more about guilt and manipulation, see the following articles: <http://www.personal-development.com/chuck/manipulation.htm> and <http://www.personal-development.com/chuck/emotional-blackmail.htm>

10. Since you cannot do two things at once, the time spent consumed by guilt is time spent away from the excitement, pleasure, and joy of life.

11. Unresolved guilt can develop into anxiety and even depression. So, don't allow it to linger. Rather than wait until you have a chronic problem, nip it in the bud by acting quickly.

12. The guilty suffer three times: once when they act irresponsibly, again when they see others behave responsibly, and third when they have to pay the consequences.

Caveats

1. If you're accused of wrongdoing, don't try to dismiss it by saying something like, "Everybody does that. Boys will be boys. It was just a little indiscretion. Everybody makes mistakes. I didn't mean any harm." Rather, assume responsibility for your wrongdoings and use it as a springboard for self-improvement.

2. Don't weaken your character and lose the trust of others by denying responsibility for your misdeeds. Denying your responsibility is bad enough for it shows cowardice, but trying to escape culpability by blaming others is far worse, for it is nothing less than treachery. But if you do slip and make serious errors, all is not lost. We can always recover. Do your best to repair the damage that was done, learn from it, and move on.

3. Be quick to judge yourself and slow to judge others (or better yet, don't judge others at all). Remember, "There but for the grace of God go I."

By now it must be clear that if we allow unresolved guilt to fester, it will greatly reduce the quality of our lives. For this reason, let's now explore what we can do to resolve it.

First Steps in Resolving Guilt

1. If you can make amends do so. The party you have injured may not forgive you, and you don't have a right to demand their forgiveness. But at least do whatever you can to make up for the harm you have done. Once you have done your best to rectify the situation, forgive yourself, learn from your mistake, and commit to not repeating it.

2. Question your behavior and look at it closely. Are your feelings of guilt justified or are you experiencing neurotic guilt? Neurotic guilt can

easily flourish in the shadows of our subconscious. But carefully examine it in the light of day, for often awareness and close scrutiny are all that is needed to overcome it. After all, once you prove to yourself that you are not responsible for what happened, you will be able to let go of guilt.

3. Defuse the negative feelings of guilt by asking yourself what the benefits are. What can you learn? How can you use the mistake you have made, not only to repair your relationship, but to make it stronger? What opportunities does your guilt offer you? Once you peel its bitter skin, you may find a sweet fruit. But before you can find it, you have to look for it. The best way to overcome guilt is to use it to improve ourselves.

The Complete Cure

What is the cure for the malady of irresponsibility? It is “Response-Ability.” That is, the ability to respond suitably. It is the ability to make the right choices. We can heal ourselves of irresponsibility by following the AAA steps (Admit, Analyze, Atonement). First we need to ADMIT or acknowledge that we made a poor choice. We have to confess to ourselves that what we did was wrong.

Next, we must ANALYZE our behavior. What is the reason for our poor choice? What action should we have taken in its place? What are the consequences of inappropriate behavior? How can we avoid making the same mistake? What action will we now take to stay on track?

When we choose to act properly, our action coincides with what is best for us. Another word for this is integrity. Integrity is what we have when we behave in accordance with our beliefs. The word is related to integration, and it refers to the integration of our heart, spirit, goals, and actions. When everything comes into alignment, when everything is at one, we reach the third step, at-one-ment (ATONEMENT).

When we follow these three steps, our past feeling of guilt will be replaced by responsibility, our past pain will be replaced by a wish to improve, and our past regrets will be replaced by a plan to do better. So, let’s scrape off the rust, tarnish, and blemishes of guilt and let our natural goodness shine through!

Reference

Learn more about guilt in the free, online encyclopedia of *Psychological Self-Help*:

http://www.psychologicalselfhelp.org/Chapter6/chap6_132.html

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>

Forgive Us Our Debts **by Beca Lewis**

Debt is everywhere. If you think I mean debt as in credit cards, I do. But, not just debt as in owing money, but also debt as in owing anything at all to anyone, anywhere.

As Life Guides Del and I spend most of our time listening. What we hear is people drowning in debt. For example, recently we spoke to a couple with two kids in high school. They love their children and understandably want to provide everything they can for them. What they don't realize is they feel indebted to their children, which produces in their lives a debt of time and a debt in "credit." And this debt is drowning them with no relief in sight.

They are not alone. All of our lives are submerged in debt. We are in debt to exercise so we can have good bodies, in debt to food to remain healthy, and in debt to time to get things done. We are even in debt to the past and the future. In fact, although debtor's prison has long been abolished, a free ranging prison of debt in which we live most of our lives most of the times has replaced it without our appearing to notice.

Can we ever recover from such massive debt? Yes. But it cannot be done beginning with the symptom, appearing as debt, but by uncovering the problem hiding beneath the symptom. Once that is done we can eliminate its hold on our lives forever and the symptom of debt will naturally dissolve.

Here's the problem. It's not what you think.

It's expectation. We expect that the world owes us a living. We expect that the world owes us all that is good. We expect to receive all that we want, health, activity, work, purpose, love, and completeness from the world. The problem is we expect to receive it from matter in its disguise as person, place or thing.

Sometimes we don't believe we deserve it, sometimes we fight it, and sometimes we accept it, but always in the end we expect that we should have it. In all that we do we expect matter to provide for all that

is in our lives. We live each moment of the day as if the world, matter, OWES us!

You can see where this expectation based on good from matter has led us. If the world, or matter, owes us than we owe it! "The consequence of expecting good from matter is that mankind is in debt to matter at every point." (John Hargreaves)

Letting our children continue to live in the expectation that their good comes from person, place or thing places them in prison. For now, we as adults may be paying the bill, but one day our children will find that they owe too.

Expecting that matter owes us means that we owe matter. It's that simple.

Isn't it time to escape? To escape from this debtors prison we would first have to give up the expectation that matter, in all its forms, is our debtor. We would have to stop looking to person, place or thing to provide us with what we want, including love and money.

A key to our escape lies in the word "Forgive" as in "The Lord's Prayer," which states, "Forgive us our debts."

Taken literally the word "forgive" means to "give for or in place of". What we must do is replace our sense of indebtedness to matter with a Truth that will "Set us free." We have already heard this Truth; we just forget that all expectation, satisfaction and good flows from this Truth not matter.

The Truth that we know is that Love as Divine Principle is all. We must replace, or forgive, our debt to matter and return to the awareness that the One Mind is the only cause and creator. We must return to the awareness that all provision is already present. It only takes a consistent shift of perception and willingness to leave the old beliefs behind to see it.

Divine Principle does not need the medium of matter to provide for anyone. When we shift from a material expectation of good to a

Spiritual Perception we will all be released from being indebted to expecting satisfaction and happiness in matter in all its forms.

Let's forgive, and replace our concept that matter owes us with knowing that Love has always provided. We can replace our material sense of good with our spiritual sense that "your Father knoweth what things ye have need of, before ye ask him." (Bible: Matthew 6:8)

Let's shift our perception from expectation of good in matter to the knowledge that the omnipresent Principle of Love has already provided. Then we will find that happiness and good appear naturally. Good in the form of person, place or thing will be the result of living in the spiritual perception of provision.

There is no need to continue to live in debt caused by the expectation of good coming from matter. Escape from debt now by knowing that, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." (Bible: James 1:17) ###

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>

Why Leave a False Impression When a Simple Apology Shows Your True Strength?

by Steve Wickham

Perhaps this has happened to you. Enter work to a clear schedule with hope to ease through the day - an uncommon luxury. Then, in the midst of juggling three tasks, a call comes through requiring both recall and conscious thinking ability (a combination I find frustrating when the cognitive space is maxed).

You try to be polite, but after the call's finished you have the opportunity to reflect; it wasn't good. There was little grace in the exchange from you to them.

At least some sense of wisdom has caused you to promise to call them back.

Apology - Language of the Second Chance

The follow-up call, to confirm details, is a great excuse to smooth any degree of ruffled feathers or false perception of what you're really about. At the tail end of the call you don't excuse your behaviour on the earlier call so much as you own it.

The apology is as quick and forthright as it's genuine, so it's therefore believed and integrity's intact. Seems they understand.

On a par with healing miracles, this is a miracle too, for the facts are in and they stand up; the relationship looks to be resurrected - or it's certainly not destined for the scrapheap yet. Indeed, to surmount such a small challenge fortifies it for bigger ones.

Forgiveness in the World

Allowance can be made for Christians' thinking that forgiveness is an exclusive concept saved for them; for Christian-only interactions.

Forgiving earlier indiscretions because there's an admitted reason - so long as that reason is credible to them - makes sense for the most part. What's really being said is, *"For the way I treated you, I don't blame you if you got upset - I would have too."* It also says, *"I was in the wrong,*

not you." Or try this: "I'll do better from now on if you can forgive me." (It's funny though; forgiveness rarely needs to be asked for in the secular world. Other words and means get us there.)

Those ideas above are compelling statements for redeeming ourselves.

Apology affords the grace of the second chance for us, and it facilitates something special for them too; it's healing at a personal level and it's healing for the hesitant, broken rapport - between both parties.

Healing Long and Lost - Waiting to Be Re-Discovered

The foregoing is astoundingly simple, yet for want of practice some find it hard. Whether it's pride or a lack of know-how or confidence is irrelevant, this art of instantaneous relational healing stands within reach of everyone.

All it takes is a grasp on truth and the self-held value of fairness - then a pinch of courage.

Blessed is the person who's at home owning their mistakes; apologising to the satisfaction of the majority, not bothered for the unpleasable minority. Best of all, the person at home in apology redeems the false impression, for we're all nice people when the evil within is purged by the light of humility. ###

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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/>

Are All Synthetic Fats Unhealthy? by Dr. Andrew Weil

Question: What can you tell me about synthetic fats? Are they all bad for you?

Answer: Synthetic fats are commercially produced substitutes for the real thing that provide fewer calories or no calories at all. The best known of these, olestra (Olean™), was approved for use in foods by the FDA in 1996. This synthetic oil passes through the digestive tract without being digested or absorbed, which sounds like you could get a free pass on such normally high calorie foods as potato chips and French fries if they're made with it. But olestra hasn't worked out too well. Although it is still used in some potato chips and other snack foods, it never lived up to its initial commercial promise because it can cause intestinal cramps, gas, loose stools and, sometimes, anal leakage.

Olestra was also found to hinder absorption of antioxidant carotenoids as well as vitamins A, D, E and K. Some "light" chips are still made with it, but the manufacturer, Procter & Gamble, is now mostly using it and related products in non-food applications, such as the manufacture of eco-friendly paints and lubricants.

The synthetic fat Simplesse, made from whey protein, is currently used in commercially produced salad dressings and sauces, yogurts and other cold foods. It breaks down when heated.

The newest of the synthetic fats is Z Trim, a no-calorie, no-fat product invented by a U.S. Department of Agriculture chemist. It is made from bran fiber (from corn, oats, soy, or other grains) and water and reportedly can substitute for about half the fat in recipes, thus cutting calories in half. An article in *Consumer Reports* in 2007 suggested that Z Trim was available directly to consumers via mail order, but the manufacturer's website indicates that it now can be found only in commercially prepared foods including baked goods, snacks, dairy products and processed meats.

I recommend avoiding all synthetic fats. They don't contribute to the development of good eating habits, and may be bad for you. Natural fats should account for about 30 percent of our daily calories. You don't have to be afraid of them - they don't make you fat, but I urge you to focus on the healthy ones, such as extra-virgin olive oil, nuts (especially walnuts), avocados, and seeds, including hemp seeds and freshly ground flaxseeds. Here are more of [my views on dietary fats](#). ###

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

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

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

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

Reduce Stress Through Hypnosis **by Chris Robertson**

These days it seems everyone is stressed about something. Whether it's the daily pressures of life in general or a major life-changing event such as divorce, death of a family member or a medical injury, some people can cope better than others. If you're experiencing a stressful time in your life and want to seek relief without medications, hypnosis might be the right option for you.

Hypnosis aims to train the subconscious mind to relax and think things through instead of always being anxious and impatient. Stress can be caused by any number of things, but typically people who become stressed easily can be triggered by many happenings or feelings throughout the day. Being worrisome is part of their personality and very difficult to overcome. Through hypnosis, a person that tends to become stressed very quickly can change bad habits and overcome the constant stress being experienced.

Symptoms of Stress

Stress reveals itself in many forms. The symptoms can vary from one person to the next. Some of the most common symptoms include stomach/digestive problems, irritability, low self esteem, sweating and dizziness, trouble with breathing, headaches, bladder problems, dry mouth, tension in the muscles, sexual problems, tingling in the hands, legs or feet, and uncontrollable temper. One should also monitor eating habits as well as any addictions that may develop (drugs, smoking or alcohol).

How Can Hypnotherapy Help?

A hypnotherapist will use hypnosis to gain access to the patient's subconscious. Once this has been achieved, the hypnotist will utilize various therapies to help the mind change its pattern of thinking and ultimately the person's behavior patterns. Through hypnosis, one can learn to overcome stressful feelings and work through problems rationally as they arise. If the subconscious mind is prepared for problems and already knows how to react, it's much easier to avoid stress throughout the day.

*Example: Let's say you usually get stressed every time "bill payment day" arrives. You worry about how all the bills will be paid and how you will ever catch up on finances. Perhaps you've experienced several months of low finances already, and the stress is making things worse. Through hypnotherapy sessions, your thought process will change, and you'll be prepared for "bill day" each month. Instead of worrying about how the bills will be paid, you can think about possible solutions and act on your ideas. You'll realize that it's not the end of the world if a bill doesn't get paid on time. After all, what's the worst thing that can happen? There are more important things in life!

Hypnosis can potentially help you overcome fears and phobias, quit smoking, gain self-confidence, lose weight and more. Many people go for "stop smoking" programs because these are heavily advertised; however, don't miss out on other important opportunities through hypnosis. It's a great way to overcome any of life's obstacles without turning to anti-depressants and other mind-altering drugs.

If you're ready to reduce stress through hypnotism, do some research online to learn more. Find a professional, licensed hypnotist near you by doing a simple online search. Type in specific locations (e.g. South Shields, North Shields, Durham, Gateshead, Newcastle Upon Tyne, or Sunderland). You'll never regret trying hypnosis for stress relief....there's nothing to lose except all that worry that's been plaguing you for years! ###

Chris Robertson is an author of Majon International, one of the worlds MOST popular [internet marketing](#) companies on the web. Learn more about [Hypnosis](#).

Lessons from Rome by Dr Chris Kanyane

I recently attended an international conference that was themed: "Reclaiming and Living out the Values of a Just and Caring Society." The conference started lamenting about low base morals and values characterizing people and organizations across the globe. The conference discussed the following values as key to building of the world's people:

1. Integrity and Honesty
2. Justice
3. Respect and Acceptance
4. Responsibility and Accountability
5. Industriousness (self worthiness and self-reliance)
6. Compassion and Care

But during the conference, as a trained historian, I wondered about the ancient Roman virtues which every Roman embraced during those times. These virtues made Rome, which was a barely significant, uncivilized, rural market town in a farming community, to rise ultimately to become the master of the entire Mediterranean world. It would prove so successful that its glory and myth would endure more than 2000 years even to our modern times.

The ancient Romans knew exactly what it takes to succeed. The character traits as displayed by the ancient Rome are age old traits and we do well to pay our attention to them so that we may practice them in our daily lives. We are living in the modern times where everybody seemed not to care, so that the majority of people are driven by short term enjoyment or fun, at the expensive of the grander scheme of things.

When I was educated as a historian, I immersed myself in the ancient records and annals about ancient Rome. Studying these ancient records and annals one gets the clear impression that there was not much kidding around with the ancient Romans. They disliked disorder and luxury (meaning excess). The legend of how Rome was founded is a case in point. Romulus and Remus were raised by a she-wolf. Remus

refused to follow Romulus' strict orders to behave over the sacred boundaries of Rome. Remus jumped over the sacred boundaries as if they did not matter and Romulus killed him. The moral of the story is that serious things should not be taken lightly. True virtue subordinates the individual to the state. With this solid base of gravitas the Roman Republic was established in the 6th century BC.

The Romans were a conservative people, and so they wanted strong leaders, but not too strong. So the city's wealthy aristocrats, the patricians who monopolized state office, elected two of their kind to the executive office of consul, but only for 1 year. These consuls had vast powers but they were constrained by law and custom as well as the powers of the senate, the main legislative branch. Since the consuls after one year will leave the office to sit as senators for the rest of their lives, it was a foolish consul who will ignore or defy the will of the senators.

The Roman soldiers also mirrored this image of hard beaten society. Every soldier provided his own equipment, which meant he had to have a farm or some kind of property so that he could have the necessary resources to buy a shield, helmet, a sword and spear. If you did not have all these you did not get into the army. So the landless poor did not fight, they were called the proletarian because their only contribution to the state was their proles (their offspring). They did not pay taxes, and they did not have a say in how the city was run.

The primary attraction to the army was the spoils of war. At the beginning of Roman conquests, the Roman army fought in the phalanx, a tight formation without any room for maneuvering. But then they switched to smaller self contained units of 120 men called maniples. Three maniples made a cohort of 360 men, and ten cohorts made a legion. This was in a checker port formation that allowed room for flexibility. But they also made great demand of the individual soldier and they could only be perfected by strict training and discipline. These soldierse proved superior in discipline and determination to the cruder troops of their neighbors. And by the middle of the 3rd century BC this small insignificant city called Rome controlled nearly all the peninsula.

What made Rome so successful were the virtues in which they believed. The virtues Romans admired were all related to discipline and

self discipline. These Roman virtues were accepted and recognized by every conscious thinking Roman as *mos maiorum* (ways of the fathers), and characterized their disposition, conduct and behavior.

The Romans believed in:

Dignitas: "Dignity." A sense of self-worth, personal pride. Strength that is clothed in dignity. And never in a hurry about anything, patience and orderliness in carrying one's tasks.

Firmitas: "Tenacity." Strength of mind, the ability to stick to one's purpose. "Good people strengthen themselves ceaselessly." "I am more than I appear to be, all the worlds strength & power rests inside me."

Frugalitas: "Frugality." Economy and simplicity of style, without being miserly.

Gravitas: "Gravity." A sense of the importance of the matter at hand, responsibility and earnestness. Can be translated to mean dignity, but it was taken by the Romans to mean weightiness. It was this weighty quality, sober conduct that was enduring amidst great difficulties that characterized every sensible Roman, his system of government, in fact all things Roman. Enduring strength rather than breaking under pressure; power and brutal force rather than delicacy. Driven by facts, not emotions or flimsy imaginations.

Honestas: "Respectability." The image that one presents as a respectable member of society.

Humanitas: "Humanity." Refinement, learning, and being cultured.

Industria: "Industriousness." Hard work. The courage to act and the courage to endure - never to quit regardless of the circumstances. Understanding that they are bigger than circumstances is what gave every Roman the courage to succeed.

Pietas: "Dutifulness." More than religious piety; a respect for the natural order socially, politically, and religiously. Included in these are practical ideas of patriotism and devotion to others.

Prudentia: "Prudence." Foresight, wisdom, and personal discretion. Follow your life's mission and calling, develop joyful thoughts. Sow a character - you reap your destiny.

Salubritas: "Wholesomeness." Health and cleanliness. "Health is very important part of the whole system of causing immortality and longevity."

Severitas: "Sternness." Gravity, self-control.

Veritas: "Truthfulness." Honesty in dealing with others.

So Rome went on to conquer the entire Mediterranean world and that included North Africa, that is Carthage Empire (present day Tunisia). But with Carthage it was a close call as Carthage had a great general by the name of Hannibal.

In 218 BC Hannibal set out from Spain to invade Italy. He had about 40,000 soldiers and 700 African elephants. These elephants were meant to strike terror in the hearts of Romans. By the time Hannibal crossed the Alps, however, he had less than half of his soldiers and no elephants. But still Hannibal was so brilliant a general that he weakened Rome. He outwitted and outfought them and by 216 BC he was camping under the walls of Rome itself.

Fortunately, when Hannibal called on other Italian cities to join him against Rome they turned a deaf ear. Rome's liberal policy and attachment to them had paid off. While Hannibal hang around looking for support, the Roman fleet cut off his supply and then landed troops first in Spain, then in North Africa near Carthage itself. Hannibal was forced to go back home to defend his territory and Rome was saved. And when Carthage foolishly went to war one more time with Rome two centuries later, the Romans obliterated the city of Carthage, literally tearing it down. ###

Dr Chris Kanyane is a friendly and simple humanitarian rising from one of the dirt mud villages in Limpopo province of South Africa, where he grew up with no electricity, plumbing or shoes.

Lessons from Geese **by John Murphy**

As geese flap their wings, they create an uplift for the bird following. By flying in a V formation, the whole flock adds 71% greater flying range than if any bird were to fly alone. If we share a common direction and a sense of community, we can get where we are going more quickly and easily because we are traveling on the thrust of one another!

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. If we have as much sense as geese, we will stay in formation with those who are headed where we want to go, and we will be willing to accept their help as well as give ours to others.

When the lead goose gets tired, it rotates back into formation and another goose flies at the point position. If we take turns doing the hard tasks and sharing leadership as with the geese, we become interdependent with one another. The geese in formation honk from behind to encourage those up front to keep up their speed. If we "honk," we need to make sure it is positive and encouraging.

When a goose gets sick or wounded or is shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. They then launch out on their own, with another formation or catch up with the flock.

If we have as much sense as geese, we too will stand by each other in difficult times, as well as when we are strong. Let us all try to fly in formation and remember to drop back to help those who might need it!

Behold the Power of Teamwork

The greatest accomplishments in life are not achieved by individuals alone, but by proactive people pulling together for a common good. Look behind every winner and you will find a great coach. Look out in front of every superstar and you will see a positive role model. Look alongside every great achiever and you will find caring people offering encouragement, support and able assistance.

Rising to this level of interdependent thinking can be challenging and difficult. Looking beyond oneself, asking for help or accepting help can feel risky. But people are not given life to simply take from one another. We are here to give. Our mission in life is to offer our gifts to benefit one another, to create mutual gain in the world. This is called teamwork, a win/win mindset stemming from a genuine commitment to the rules that allow it to happen. ###

An excerpt from *Pulling Together* by **John Murphy**. The author presents the ten rules for high performance teams in a way that every person in your organization can understand. John is a highly recognized author (7 books), speaker and management consultant who has helped some of the world's leading organizations create environments that value and reward teamwork.

Moving Forward by Moving Within by Lisa Marie Jansen

Change happens no matter what; sometimes crazy and abrupt, other times slow and purposeful. We've all experienced sudden changes in relationships, jobs, or day to day circumstances. We can move forward effortlessly through gentle inner nudges or by sudden unexpected jolts that feel as though a bomb has exploded. Personality and past conditioning affect our ability to go with the flow of change causing us to sometimes experience the force field of an energetic bomb.

In recent years there has been much written in new age spiritual texts that encourage us to move ahead and create change. We are instructed to attract what our hearts desire in order to live the life we have imagined for ourselves. When operating from the mental body, this can be easier said than done.

With the change of season I felt nudged, pushed, and guided to make changes. I found that in order to move forward with grace I had to move deep within first. Finding my anchor by connecting to the space below my naval gave me a strong and steady connection to my own source. This steered me away from outside influences, external pressures, past conditioning, unwanted fears and anxieties, and gave me ample support to make instinctual choices that were in line with my soul's purpose.

In the past (before having a strong awareness practice through yoga), when I was ready to make a change I would feel muddled. Worry and fear created mental scenarios that kept me from cruising through life in a state of grace. Practicing embodiment exercises and yoga provided a deeper connection to mind body sensations that showed me how to release fear and move forward with grace. I can now maneuver my way through life like a gazelle swiftly moving through the grass in the African jungle.

As a yogi and teacher my practice is to embrace all of life with awareness. This creates a balance between stability and openness. It builds strength in both the internal and external environments.

The meditation below can be used at any time during your day to assist in making decisions, allowing for spontaneous creativity, and opening to the flow of a productive day that fulfills the heart's desire...

1. Find Your Center, the hara, the point below the naval. Take your awareness therestay awhile.
2. Inhale into the haraexhalelet the weight of your back body merge into the earth.
3. Continue to inhale into the hara and exhale allowing for release. Feel the energy spreading down your legs, through your feet, and down into the heart of mother earth. Stay here as long as you can. Let your mind be still. Stay in your body, notice.
4. Sense and allow for any release of held energy. Continue to feel your back body open and connected to the earth.
5. As you get quiet and feel the support of the earth make a connection to the feeling state.

Come back to this state any time it's necessary or you feel spun out.

Play with this... over time more abundance, support and contentment will fill your day as you hold your ground. ###

Lisa Jansen (Certified Yoga Instructor and Cranio Sacral Therapist) has 13 years experience as a certified yoga instructor and energy healer. Her teaching includes both yoga and energy healing. You can find out more about her by visiting <http://www.lisayoga.com>

Guilt: Useless or Useful? by **Gabriella Kortsch, Ph.D.**

Your feelings of guilt are threatening to drown you. *How could I - you ask yourself – have ever done such a thing?*

You were unfaithful
You lied to your best friend
You told your mother (because you wanted to have lunch with the cute new lawyer you met at the gym) that you couldn't take her to the dentist until next week, so she drove herself, had an accident, and now she's in bed with a broken leg
You arrived late for your kid's graduation ceremony.
You cheated on an exam.
You stole some money from your dad's wallet
You screamed at your brother for walking in on you while you were changing
You embezzled your firm's money
You refused to speak to your father for two weeks because of his hard-ass behavior
You convinced your sister to lend you her car – against her better judgement – and now you crashed it
You fell off the wagon and had a drink again
You gossiped about someone, without even knowing whether the gossip was true, and now a lot of people are talking about it, and have judged that person based on your gossip
You forgot your wedding anniversary

And now you feel guilty. So, so guilty.

You Are Meant to Feel Guilty

And of course, you believe that this feeling of guilt is meant to be. That by feeling so awful about what you did, you are atoning. It's kind of what you were taught ... maybe your parents, maybe church, maybe just society in general. This is the price you pay for having done something you should not have done.

Punishment.

Atonement.

And maybe, if you grovel enough, or if you are contrite enough, somehow, someone will forgive you. But generally, even when you are forgiven, sometimes *precisely* because you've been forgiven, you continue to feel guilty. After all, you seem to believe, by continuing to show your guilt, you continue to show the world that you know that what you did was wrong. It's atonement. If you discard the guilt too quickly, you believe, others may think you are not truly sorry.

But what if you are feeling guilty about something that happened a long time ago, and the person is dead? Who will forgive you then? Does that mean you need to feel guilty about that event for the rest of your life? Or what about if you are truly contrite but the other person refuses to forgive you? What now?

Does Your Guilt Have a Purpose?

So let's examine it. Is guilt useful? I would say it is, although only long enough for you to recognize that whatever it was you did was wrong, that it should not be repeated, and that therefore you take the conscious decision to attempt to make amends, or apologize, or both, and then decide – very consciously and very deliberately - not to ever do that particular thing again. Period. The guilt had one main purpose: to teach you the lesson not to repeat that particular action ever again. No more, no less.

Beyond that, in my opinion, *as long as you have taken the lesson on board* - guilt is utterly and absolutely useless.

Guilt Can Be Self-Serving

If you remain guilty beyond the above described circumstances, you are, in fact, self-serving. You serve the part of yourself that *needs to feel bad in order to feel better*. As long as you remain guilty about something, you can say to yourself that you are making amends by feeling awful about what you did. But does this serve the other party? The person against whom you committed this act? Of what good is it for them that you feel guilty? What if they have died? They can't benefit from your guilt. Or perhaps they no longer speak to you. Again, they can't benefit from what they don't know is happening. Or perhaps they do know about your guilt, and have said you can move on, that it is no longer an issue, but you insist on feeling guilty. Does it do them any good? There might be one instance where the other may benefit from

your guilt, and that is a person who continues to bear you a grudge, and relishes seeing you throw figurative ashes on your head. But such a person needs to look at themselves for a whole other set of reasons, and ask how they are benefiting by having such an attitude, and that topic is not within the scope of this article.

So, back to the question: is there anything useful about guilt, beyond the recognition that you have done something wrong, that you need to make amends, and that you need to learn a lesson from this moment of your life and decide not to do such a thing again?

The Benefits of Guilt

Here's what would be of benefit, not only to the injured party, if you still have contact with them, but also to yourself, and most particularly, to all those with whom you come in contact from now on. If, on recognizing that what you did is not something you ever want to repeat again, and hence have learned an important lesson that will serve you well for the rest of your life, you will have changed a part of your inner psychological, emotional, and spiritual make-up. You will have become, to some degree, a different person, with a higher set of values, a set of values that takes you to another level. As you continue in such a line, your life can – should you so desire – continue to grow and expand in such a way that you are in a continual quest for self-improvement.

So in that sense guilt can be highly useful and positive. But only because it leads you in that direction of growth, and not because you remain mired within the actual feeling of guilt. ###

About Gabrielle Kortsch, Ph.D.

Dr. Kortsch holds a doctorate in psychology and dedicates herself to integral coaching, clinical hypnotherapy, relationship coaching, and energy techniques. She is an author and professional speaker and broadcasts a live [weekly radio show](#) in English that is available on the Internet or for listening on her website, and has appeared in numerous television programs in English and Spanish. She can help you move towards greater personal and relationship success with her integral approach to life and offers training and workshops in the field of self-development and choosing responsibility for the self. Visit [Advanced Personal Therapy.com](#) and sign up for her cutting-edge newsletter in English or Spanish, or visit her blog for more timely articles.

Do You Feel Empty or Full?

By Joyce Shafer

Perhaps you have certain feelings or longings that are vague, or sharp. These are callings from your soul, drawing attention to areas of you that need to be filled.

At one time or another, you may feel one or more of the following:

- Depressed or at least that you could feel happier
- Desirous of more meaning in and for your life
- As though there is a void inside you and you don't know how to fill it
- Disillusioned about life and relationships
- (Your own longing here)

Just as a desire (different from a wish) to do or be something means you have the capacity to achieve it, so does feeling a sense of longing mean your soul craves fulfillment and full expression.

You, as so many do, may look to satisfy this longing from outside of yourself with more of something: money, material objects, sex, control, a perfect job, a perfect relationship, and so on. Perhaps you get these and discover you still feel empty. There's a reason for this.

We've confused meeting our soul's needs with solving what we call problems in our lives (more money, material objects, sex, control, a perfect job, a perfect relationship, and so on). Somewhere along the way, we've brainwashed ourselves (with the help of others who are also brainwashed in this way) that a proper life is problem-free, perfect. You are a soul having a physical experience, and you did not come here to have a problem-free, "perfect" experience. You came here to expand the depth of who you are; and to do this you must move through a depth of experiences and glean from them the value they hold for you so you can expand how you feel about your experience of being.

Your soul (your true nature) is a quality as much as it is an entity, so it (you) seeks experiences to enhance the quality of your life—the one you live inside your self. You can expand your understanding of this if you think of what the term Soul Food means: food that nourishes and pleases your physical and emotional senses, your sense of community, your memories. Soul Food provides a specific quality of

experience. You go to a Soul Food restaurant deliberately to have such an experience. So does your soul enter a physical life for the same reason.

We confuse ourselves with the belief that life would be what it's "supposed" to be if it were free of what troubles us. Yet, inside each trouble, problem, or issue is a message from our soul and the answer that will satisfy it. We rush to get rid of anything we label negative rather than look at it, which would help us discover more about ourselves in a way that would further nurture and feed our souls. This exploration and its positive results, rather than denial, is a primary reason life coaching is now such an integral part of our society's evolution. Coaching doesn't dwell on issues, but dives into them just long enough to find the root and pull it up painlessly. Trimming weeds never gets rid of them; you must deal with them from the root, give them a relatively quick yank from the soil. **Not addressing troubling issues that hold our attention is a form of soul deprivation.**

Let's look at the feeling that your life isn't as meaningful as you believe it can or should be. That emptiness is your soul's message to discover what IS meaningful for you and to include it in your life. An empowering question to ask about this or anything you feel you lack within is, **"Can you feel a desire for more meaning (or whatever) without feeling disempowered?"**

We tend to latch onto the feeling of disempowerment when facing issues. But are we ever truly disempowered? No. **And, what do we avoid when we feel disempowered? We avoid experiencing more of what would fill us: more often than not, giving and receiving more love and care to ourselves and others.** "I'm discontent so I HAVE to be rude (or some other negative expression of our discontented, fearful selves)," is how we justify certain behaviors that never bring our ultimately-desired results.

You cannot have light without shadow or darkness. You can shine light into shadows and darkness in order to see what's really there. More often than not, what we find there is a BELIEF that we can't deal with or won't want to see what lurks there. A belief is not a solid thing, though it creates real experiences in our minds and oftentimes in our lives. What

you entertain or thrash in your mind is what your brain believes is actually happening, and it responds with either good feelings or bad ones that create good experiences or bad ones, first at the inner then eventually the outer levels.

What can you do for this symptom of the soul? Be fully where you are rather than in a regretful past or anxious future. Choose to live each moment with an open mind and heart, trusting that you can adjust as needed, trusting that you are always empowered just by being. You can live your moments differently, deliberately, which can bring you through any situation with conscious awareness and the ability to see and use the soul value of it.

Denial is how you alienate yourself from your life and the fullness you might create in it. Denial keeps you from discovering your true nature and its strengths and beauties, then expressing these in your life. What does any level of suffering reveal to you? The answer will never be found in avoidance, only in a caring conversation with your soul self.

This approach not only can enrich your life and soul experience, but you can offer this to others as well. What will support you is to accept that you (and others) are in progress at all times. Let go of the belief that you are supposed be perfect. That isn't what your soul seeks. Listen to your soul's whispers and shouts for what needs filling, address these in the moment you're in, and you'll begin to feel emptiness being filled.

You are what you practice. ###

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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>

Rules to Follow, Rules to Ignore **by Dr. Linda Sapadin**

Should you follow the rules? It depends.

We all know that some rules are made to be broken, don't we? If you're the owner of an obsessive personality, however, it may feel tough to ease up on any of the rules. (A 7 o'clock invite means you're there at 7 promptly.)

Other rules, rooted in custom, are not so easily ignored without consequence. A pang of consciousness and a strong rebuke are likely outcomes if you were to forget to say something nice to your Mom on Mother's Day.

Still other rules are new to the scene. They may quickly go viral - even when the ideas behind them are poorly-formed, misleading or harmful. Pseudo rules have so proliferated our stream-of-consciousness that you may respond with a sigh when told once again how you must "constantly reinvent yourself", "develop your passion" and "nurture your ambition" to live a worthwhile life.

If you have been twisting yourself inside out in a futile attempt to conform to the latest rules of the game, you know something's wrong. Though you try hard to conform to what you "should" be doing, happiness still eludes you, your ambition is still thwarted, your relationships are still conflicted. And so you conclude that there's something's wrong with you.

Not true. *What's wrong is this:*

For rules to work, they must be respectful of your life style, your energy, your age, your history, your commitments, your interests. You must start by knowing "who you are" and "what you're about". Otherwise, you'll be straining to fit your life into someone else's rules with little success. The upshot: you'll find yourself scattered, confused, knowing something's wrong but not knowing what it is.

Rules work well when they function as creative guidelines, not immutable pathways. If you are trying to follow rules that feel contrary to your individual nature or at odds with your life experience, stop.

Go to a quiet space. Be still. Go within. Notice what emotions are bubbling up for you. Notice what your body is experiencing. Don't think. Just let yourself be. Let a rule emerge that's right for you.

How do you know if it's right? What, are you judging yourself already? Putting obstacles in the way? No, don't judge.

If a rule is in tune with your values, if it is respectful of your life experience, it will be right.

You may feel uneasy if the rule that emerges is vague. What does "take it easy" mean? What does "take a chance" mean? You may not know the answer right away. Give yourself time. Let your mind make new associations to your first associations. As you do, many things will become clearer. And only then will you know what rules to follow, what rules to ignore. ###

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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.

Part 18. Staying focused

by Pam Garcy

This is Part 18 of a multi-part article by Pam Garcy. Each week Cultivate Life! Magazine will bring the next section until the article is complete.

If you're still with me, then you've been doing a great job of listening to your inner guidance as you decide upon your life pursuits. Give yourself a pat on the back!

You probably are opening up to many possibilities that life holds for you! Kudos to you!

In these pursuits, I would like to encourage you to **stay focused**. "Stay focused upon what?" you ask. Upon the purpose and values which have inspired you to travel upon your current road--the still small voice which has called upon you to do exactly what you are doing now.

Staying true to yourself is something that may come more easily now that you've been following all of these editions of Insourcing, but it is easy to become blasé; about the principles that got you here and to forget to re-center.

So, this edition is a loving nudge to you to remind you to **take that time out for yourself**.

I've heard that some folks talk about doing a "gut check" and others talking about "checking-in." We already know how important it is to honor ourselves, or it wouldn't be part of our vernacular.

Still others talk about getting "off-track" or "off-course." This language reflects the societal wisdom that we already have about our human tendency to become sidetracked by everything that is going on outside of ourselves.

So, how can you stay focused? How can you concentrate your energy upon what really matters, especially in the middle of the distractions of life?

Here are a few tips to help you stay focused:

1. Take some time to journal. Write about what is going on in your life. Let some time pass and then read what you've written with fresh eyes.

What can you learn about yourself and your life, if you look at it through the eyes of your higher self?

2. Take some real time to simply relax and breathe. Slow and deep breathing reflect your respect for the sanctity of your own life. Breathing was the first thing that you did upon entry into the world. Return to your breath and return to your core.

3. Return to nature. Take a day off to become an observer, sitting and enjoying the natural beauty of the world, of which you are a part!

4. Hug the people you love. Connecting with people on a heart-to-heart level can be soothing, enjoyable and revitalizing! Recognize the value of touch and connection in your life and the lives of those you touch. We are all connected and interdependent. Hugging each other helps us to remember this in the best possible sense.

5. Re-read and follow the steps in *The Power of Inner Guidance: Seven Steps to Tune In and Turn On*. These steps are designed to help you to create a robust focus upon what is important to you.

The time you take to nurture yourself almost always pays off. Feeling centered and focused will help you to walk upon your own path with greater confidence and ease. You deserve this! ###

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 34**

I could see peace instead of this.

The idea for today begins to describe the conditions that prevail in the other way of seeing. Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extend outward. It is from your peace of mind that a peaceful perception of the world arises.

Three longer practice periods are required for today's exercises. One in the morning and one in the evening are advised, with an additional one to be undertaken at any time in between that seems most conducive to readiness. All applications should be done with your eyes closed. It is your inner world to which the applications of today's idea should be made.

Some five minutes of mind searching are required for each of the longer practice periods. Search your mind for fear thoughts, anxiety-provoking situations, "offending" personalities or events, or anything else about which you are harboring unloving thoughts. Note them all casually, repeating the idea for today slowly as you watch them arise in your mind, and let each one go, to be replaced by the next.

If you begin to experience difficulty in thinking of specific subjects, continue to repeat the idea to yourself in an unhurried manner, without applying it to anything in particular. Be sure, however, not to make any specific exclusions.

The shorter applications are to be frequent, and made whenever you feel your peace of mind is threatened in any way. The purpose is to protect yourself from temptation throughout the day. If a specific form of temptation arises in your awareness, the exercise should take this form:

I could see peace in this situation instead of what I now see in it.

If the inroads on your peace of mind take the form of more generalized adverse emotions, such as depression, anxiety or worry, use the idea in its original form. If you find you need more than one application of today's idea to help you change your mind in any specific context, try to

take several minutes and devote them to repeating the idea until you feel some sense of relief. It will help you if you tell yourself specifically:

I can replace my feelings of depression, anxiety or worry [or my thoughts about this situation, personality or event] with peace.

Commentary by Allen Watson

The most helpful thought I ever heard in relation to this lesson was this: Notice that it says, "I *could* see peace," and not "I *should* see peace." It is far too easy to take this lesson as another reason for guilt. "Terrible me! I should see peace, but I am seeing this mess instead. What is wrong with me?" That is not how this lesson is meant to be applied.

The opening paragraph contains such a wonderful summation of the Course's philosophy of peace:

Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extend outward. It is from your peace of mind that a peaceful perception of the world arises.

Peace is the motivation for doing this Course. Our goal is what a later part of the Workbook refers to as "a mind at peace within itself". Peace must begin with our thoughts and extend outward from our minds. The focus is on the mind.

We can replace our negative feelings and our unloving thoughts with peace. We have that power. We can choose peace if we want peace. Notice that the practice instructions for applying the lesson to "adverse emotions" suggest that we repeat the idea "until you feel some sense of relief". This practice is meant to have tangible effects.

At times I have found that even in an extremely upsetting situation, repeating these words, "I could see peace instead of this," has a decidedly calming effect on my mind, *even if I cannot, in that very moment, see peace*. In a very subtle way, it helps to convince my mind that the awful things I am seeing are not rock solid, immutable reality. I am seeing something other than peace, but if I really *could* see peace

instead, then what I am seeing must not be as real as I think. Even that level of relief is worth the time it takes to practice.

I used to believe that when upsetting situations occurred, I had to deal with the situation and change things around in order to be at peace. Through the practice of this lesson, I have learned that I can respond to any situation much more effectively if my mind is at peace *first*. I have discovered that I can bring my mind to peace without having first "solved" my problems. It really is possible to see peace instead of whatever seems to be upsetting me. And when I do, if response is required, I act calmly and without fear. Panic is not conducive to productive action; far better to seek peace first, then act. ###

The Master Key System by Charles F. Haanel

The Master Key System teaches the laws at the very foundation of all attainment and success. Whatever you desire, *The Master Key System* will teach you how to bring it into your life. **Cultivate Life! magazine** is presenting the full twenty-four part course material on a fortnightly basis. In this way you will have time to work through the text and exercises as they were originally designed to be studied by the author, Charles F. Haanel.

Part Nineteen

Fear is a powerful form of thought. It paralyzes the nerve centers, thus affecting the circulation of the blood.

This, in turn, paralyzes the muscular system, so that fear affects the entire being, body, brain and nerve, physical, mental, and muscular.

Of course the way to overcome fear is to become conscious of power. What is this mysterious vital force which we call power? We do not know, but then, neither do we know what electricity is.

But we do know that by conforming to the requirements of the law by which electricity is governed, it will be our obedient servant; that it will light our homes, our cities, run our machinery, and serve us in many useful capacities.

And so it is with vital force. Although we do not know what it is, and possibly may never know, we do know that it is a primary force which manifests through living bodies, and that by complying with the laws and principles by which it is governed, we can open ourselves to a more abundant inflow of this vital energy, and thus express the highest possible degree of mental, moral, and spiritual efficiency.

This part tells of a very simple way of developing this vital force. If you put into practice the information outlined in this lesson you will soon develop the sense of power which has ever been the distinguishing mark of genius.

PART NINETEEN

1. The search for truth is no longer a haphazard adventure, but it is a systematic process, and is logical in its operation. Every kind of experience is given a voice in shaping its decision.

2. In seeking the truth we are seeking ultimate cause; we know that every human experience is an effect; then if we may ascertain the cause, and if we shall find that this cause is one which we can consciously control, the effect or the experience will be within our control also.

3. Human experience will then no longer be the football of fate; a man will not be the child of fortune, but destiny. Fate and fortune will be controlled as readily as a captain controls his ship, or an engineer his train.

4. All things are finally resolvable into the same element and as they are thus translatable, one into the other, they must ever be in relation and may never be in opposition to one another.

5. In the physical world there are innumerable contrasts, and these may for convenience sake, be designated by distinctive names. There are sizes, colors, shades or ends to all things. There is a North Pole, and a South Pole, an inside and an outside, a seen and an unseen, but these expressions merely serve to place extremes in contrast.

6. They are names given to two different parts of one quantity. The two extremes are relative; they are not separate entities, but are two parts or aspects of the whole.

7. In the mental world we find the same law; we speak of knowledge and ignorance, but ignorance is but a lack of knowledge and is therefore found to be simply a word to express the absence of knowledge; it has no principle in itself.

8. In the Moral World we again find the same law; we speak of good and evil, but Good is a reality, something tangible, while Evil is found to be simply a negative condition, the absence of Good. Evil is sometimes

thought to be a very real condition, but it has no principle, no vitality, no life; we know this because it can always be destroyed by Good; just as Truth destroys Error and light destroys darkness, so Evil vanishes when Good appears; there is therefore but one principle in the Moral World.

9. We find exactly the same law obtaining in the Spiritual world; we speak of Mind and Matter as two separate entities, but clearer insight makes it evident that there is but one operative principle and that is Mind.

10. Mind is the real and the eternal. Matter is forever changing; we know that in the eons of time a hundred years is but as a day. If we stand in any large city and let the eye rest on the innumerable large and magnificent buildings, the vast array of conveniences of modern civilization, we may remember that not one of them was there just over a century ago, and if we could stand on the same spot in a hundred years from now, in all probability we should find that but few of them remained.

11. In the animal kingdom we find the same law of change. The millions and millions of animals come and go, a few years constituting their span of life. In the plant world the change is still more rapid. Many plants and nearly all grasses come and go in a single year. When we pass to the inorganic, we expect to find something more substantial, but as we gaze on the apparently solid continent, we are told that it arose from the ocean; we see the giant mountain and are told that the place where it now stands was once a lake; and as we stand in awe before the great cliffs in the Yosemite Valley we can easily trace the path of the glaciers which carried all before them.

12. We are in the presence of continual change, and we know that this change is but the evolution of the Universal Mind, the grand process whereby all things are continually being created anew, and we come to know that matter is but a form which Mind takes and is therefore simply a condition. Matter has no principle; Mind is the only principle.

13. We have then come to know that Mind is the only principle which is operative in the physical, mental, moral and spiritual world.

14. We also know that this mind is static, mind at rest, we also know that the ability of the individual to think is his ability to act upon the Universal Mind and convert it into dynamic mind, or mind in motion.

15. In order to do this fuel must be applied in the form of food, for man cannot think without eating, and so we find that even a spiritual activity such as thinking cannot be converted into sources of pleasure and profit except by making use of material means.

16. It requires energy of some kind to collect electricity and convert it into a dynamic power, it requires the rays of the sun to give the necessary energy to sustain plant life, so it also requires energy in the form of food to enable the individual to think and thereby act upon the Universal Mind.

17. You may know that thought constantly, eternally is taking form, is forever seeking expression, or you may not, but the fact remains that if your thought is powerful, constructive, and positive, this will be plainly evident in the state of your health, your business and your environment; if your thought is weak, critical, destructive and negative generally, it will manifest in your body as fear, worry and nervousness, in your finance as lack and limitation, and in discordant conditions in your environment.

18. All wealth is the offspring of power; possessions are of value only as they confer power. Events are significant only as they affect power; all things represent certain forms and degrees of power.

19. A knowledge of cause and effect as shown by the laws governing steam, electricity, chemical affinity and gravitation enables men to plan courageously and to execute fearlessly. These laws are called Natural Laws, because they govern the physical world, but all power is not physical power; there is also mental power, and there is moral and spiritual power.

20. What are our schools, our universities, but mental powerhouses, places where mental power is being developed?

21. As there are many mighty powerhouses for the application of power to ponderous machinery, whereby raw material is collected and converted into the necessities and comforts of life, so the mental powerhouses collect the raw material and cultivate and develop it into a power which is infinitely superior to all the forces of nature, marvelous though they may be.

22. What is this raw material which is being collected in these thousands of mental powerhouses all over the world and developed into a power which is evidently controlling every other power? In its static form it is Mind - in its dynamic form, it is Thought.

23. This power is superior because it exists on a higher plane, because it has enabled man to discover the law by which these wonderful forces of Nature could be harnessed and made to do the work of hundreds and thousands of men. It has enabled man to discover laws whereby time and space have been annihilated, and the law of gravitation overcome.

24. Thought is the vital force or energy which is being developed and which has produced such startling results in the last half century as to bring about a world which would be absolutely inconceivable to a man existing only 50 or 25 years ago. If such results have been secured by organizing these mental powerhouses in 50 years, what may not be expected in another 50 years?

25. The substance from which all things are created is infinite in quantity; we know that light travels at the rate of 186,000 miles per second, and we know that there are stars so remote that it takes light 2,000 years to reach us, and we know that such stars exist in all parts of the heaven; we know, too, that this light comes in waves, so that if the ether on which these waves travel was not continuous the light would fail to reach us; we can then only come to the conclusion that this substance, or ether, or raw material, is universally present.

26. How, then, does it manifest in form? In electrical science a battery is formed by connecting the opposite poles of zinc and copper, which causes a current to flow from one to the other and so provides energy.

This same process is repeated in respect to every polarity, and as all form simply depends upon the rate of vibration and consequent relations of atoms to each other, if we wish to change the form of manifestation we must change the polarity. This is the principle of causation.

27. For your exercise this week, concentrate, and when I use the word concentrate, I mean all that the word implies; become so absorbed in the object of your thought that you are conscious of nothing else, and do this a few minutes every day. You take the necessary time to eat in order that the body may be nourished, why not take the time to assimilate your mental food?

28. Let the thought rest on the fact that appearances are deceptive. The earth is not flat, neither is it stationary; the sky is not a dome, the sun does not move, the stars are not small specks of light, and matter which was once supposed to be fixed has been found to be in a state of perpetual flux.

29. Try to realize that the day is fast approaching -- its dawn is now at hand -- when modes of thought and action must be adjusted to rapidly increasing knowledge of the operation of eternal principles.

Silent thought, is, after all, the mightiest agent in human affairs.
—Channing

Study Questions with Answers:

181. How are extremes placed in contrast?
They are designated by distinctive names, such as inside and outside, top and bottom, light and dark, good and bad.

182. Are these separate entities?
No, they are parts or aspects of one Whole.

183. What is the one creative Principle in the physical, mental and spiritual world?

The Universal Mind, or the Eternal Energy from which all things proceed.

184. How are we related to this creative Principle?

By our ability to think.

185. How does this creative Principle become operative?

Thought is the seed, which results in action and action results in form.

186. Upon what does form depend?

Upon the rate of vibration.

187. How may the rate of vibration be changed?

By mental action.

188. Upon what does mental action depend?

Upon polarity, action and reaction, between the individual and the Universal.

189. Does the creative energy originate in the individual or the Universal?

In the Universal, but the Universal can manifest only through the individual.

190. Why is the individual necessary?

Because the Universal is static, and requires energy to start it in motion. This is furnished by food which is converted into energy, which in turn enables the individual to think. When the individual stops eating he stops thinking; then he no longer acts upon the Universal; there is consequently no longer any action or reaction; the Universal is then only pure mind in static form -- mind at rest. ###

The Master Key System, Part Twenty will be included in Cultivate Life! magazine issue number 45 in two weeks.