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Cultivate Life! magazine

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Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question: *I live according to the expectations of other people - not to do what I want in life.*

About the Questioner

Philosophy: I believe in God, and that he knows our every move that we make...

Hopes and aspirations: I hope to have a successful life, with a loving husband. And working for God.

Question: My boyfriend and I have been dating for the past 18 months, we are in a distance relationship. My problem is that I feel sometimes he is so insecure and that is why I sometimes lie to him a lot. And he hates this so much, it hurts him a lot, I don't know how I can stop this. Most of the time in my life I feel like I am not being myself, like I like living according to the expectations of people not to what I want in life. Thus I end up not knowing what am doing, or I end up doing something that I had no intension of doing. I feel I have lost track of my life now. Please help me...

Answer:

Thank you for being honest about your dishonesty. You have lost track of your life because you have lost track of the energy of your authentic self.

Your human dilemma goes to the heart of the current problem with all of humanity. We desperately need to open our hearts and be true to ourselves.... or down the drain we may go!

Being true to yourself is what you are not able to do. You are caught up in reacting, rather than being. You are conditioned to respond with expectations so that you behave like a puppet instead of a human being. Your childhood conditioning invaded your autonomic nervous system, the lining of your stomach and muscles.

It is helpful, that you are aware of your lack of authenticity. Awareness will help you overcome your problems if you continue to become aware of the other truths that are in your unconscious, such as your real feelings and emotions. Awareness is the first step in transformation.

However, you are stuck. When you observe yourself saying something to your boyfriend that you do not want to, you cannot stop lying. How could this be? How could you be so out of control of your behavior that you cannot stop yourself from lying?

This is an amazing fact. Many people behave in ways they have no intention of behaving. This proves that awareness and intention are not enough to achieve personal mastery. From overeating to lying, humans are conditioned to act out their feelings, instead of feeling them.

This is the reason I would like to see learning research taught in the first grade as a basic course and continued until graduation in all countries. There is a huge body of information that is reliable, predictable and helpful. Then children would know how to decondition their past unhealthy learning and prevent future unhealthy conditioning from occurring.

To answer your question accurately, I would need to do a private consultation to explore your learning history and behavior.

The first thing I need to know is "the energy" you are referring to when you say your boyfriend is "insecure." Is he really "insecure"? Or is he being open and vulnerable? You could be mislabeling his behavior if vulnerability is distasteful to you. In which case you are being judgmental of his authentic feelings and emotions.

Did you notice the unkind words the actress Jane Fonda said about her philanthropic ex-husband, Ted Turner? She called him "insecure" in media interviews that were written and recorded all over the world. However, when I listened to what she was saying, looked at her body language and read her energy, it was clear she was closed and defended. Ted Turner is the one with a more open, loving, kind heart.

Here are some questions to answer:

When you experience your boyfriend being "insecure" what are your thoughts toward him?

Do you have any mental judgments against him?

What do you feel inside your heart when he is "insecure"?

When you lie, what are you thinking?

When you lie, what are you feeling?

What else triggers your lying?

How anxious are you in general?

How anxious are you when you are with your boyfriend?

I also need to know if you have lied to others. If so, you have a compulsive lying problem. Compulsive lying is extremely difficult to turn around. The reason? It is a symptom of total rejection of the real self. You dislike yourself so much you have created a fantasy world to live in.

As a holistic psychologist with 35 years of clinical experience, I also know this problem is usually compounded by the fact that you do not trust anyone. If this is the case, my heart goes out to you because you are alone, separated and isolated. When you do not trust anyone, this means you do not trust someone to help you. Trust is a prerequisite for a therapeutic relationship.

Your lack of trust is a serious relationship issue that must be restored before help is possible. You probably suffer from trust issues that go back to your early childhood. I am sure your parents rejected your real self; therefore, you learned to reject your real self.

This means you need to unlearn this rejection of your real self in order to stop lying. When you love your real self rather than reject her, you will be getting back on track. Then it will not be difficult to become master of your behavior.

But first, you need to find something or someone to trust. Perhaps you could trust nature? Nature is the most real, loving energy I know. I trusted nature a long time before I trusted people. Gravity is very reliable, so are trees! Trees are very giving; you can lean up against

them and feel their strong energy. My hope is, you can trust nature, if not, keep looking.

Some people trust God, as in the light. Since you know God sees everything you do, perhaps you can trust the energy of God to show you the way to truth. Nothing else but the truth will heal you. You need to walk your truths, speak your truths and live your truths. You will go down the drain if you are not truthful.

Whenever you lie, your body, heart and energy field become weaker. Perhaps you could find a holistic psychologist, spiritual teacher or relationship coach who you could trust? See if you can sense someone's loving energy coming from his or her heart. Then you could trust this person and let her help you.

Look around, because working in a therapeutic, healthy relationship with another person is the most dependable way to learn how to move from self-rejection to self-acceptance. In addition, if you work with someone who teaches you to sense energy, it is the fastest and most fun way to be successful. Investing in yourself is the best investment you will ever make in life.

The relationship dynamics between you and your boyfriend could also be that he is really insecure and you can feel this energy. If he is insecure, you could be compassionate, understanding and loving instead of hurtful and mean. The truth is, you are also insecure or you would not be lying.

Therefore the goal for you is to learn how to accept and love yourself when you are insecure. When you find, love and protect your emotional self you will be able to be compassionate toward yourself and your boyfriend when either of you are insecure or vulnerable.

Then you will not need to lie because you will be feeling your feelings instead of acting them out or denying them. How much easier your life will be! Then your body and energy field will reflect your truths instead of your lies.

Then you can have fun developing your intuition. When you use your intuition, you sense reality directly. This means you know the truth by directly experiencing it. Your lying ego will not be able to get control of you then!

You and your boyfriend could take a class together. As you help each other become more intuitive, you both will become more secure with each other.

Action Steps to Take

- **Find some real energy or some real person to trust.** Find that which is real and solid. Surrender to reality. Practice sensing the difference between the real energy you can trust and the lies coming from your ego.
- **Love your insecurities and vulnerabilities.** Your strength is in your vulnerability. Don't forget, "the meek shall inherit the earth." Find an open, vulnerable person you admire and become like him or her. Use famous people as models who are secure enough to admit they are insecure.
- **Develop your intuition.** When you access and use your intuition, you trust your real self. Your authentic self is intuitive. Your ego is not. To learn more about how to develop your intuition hear a interview with Louise Hauck (an intuitive, time traveler and author who saw people jumping out of the world trade centers on 9-11) at "Live at the Edge," free Internet radio: <http://www.ladybuglive.com/edge.htm>
- **Trust nature and use her as a guide.** Spent time in nature and take workshops that help you experience your energy in relationship to nature. This will help you sense real energy so you become more authentic, strong and healthy. Exercise to develop your intuition and imagination will be part of the group activities. Join me at Cape May, New Jersey, April 30 for a direct experience of your real self that will be hard to forget: <http://www.drjeanette.com/natureworkshops.html>

Dr. Jeanette's, "Opening the Heart" audio and eBook, guides you into finding, accepting and loving the real self. Read more and order at: <http://www.drjeanette.com/emotionalhealthaudio.html>

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Doris Jeanette is licensed psychologist with 35 years of experience teaching people how to be true to their body, heart and soul. She is available on the phone and in person for consultations. Dr. Jeanette offers holistic psychology mentoring and training programs for people interested in learning how to sense energy, develop their feeling ability and use sound and color for transformation. Sign up for her free newsletter, "The Vibrant Moment" at: <http://www.drjeanette.com/privatehumanenergy.html>

The Universal Law of Attraction

by *Abraham-Hicks*

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything that you see manifesting. It is the basis of everything that comes into your experience... An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live.

The Law of Attraction says: That which is like unto itself, is drawn... When you say, “Birds of a feather flock together,” you are actually talking about the Law of Attraction. You see it evidenced when you wake up feeling unhappy, and throughout the day things get worse and worse, and at the end of the day you say, “I shouldn’t have gotten out of bed.” You see the Law of Attraction evidenced in your society when you see that the one who speaks most of illness has illness; when you see that the one who speaks most of prosperity has prosperity... The Law of Attraction is evident when you set your radio dial on 630AM and expect to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must match. As you begin to understand—or better stated, as you begin to remember— this powerful Law of Attraction, the evidence of it, which surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it, all of it, no exceptions.

Giving Thought to It Is Inviting It

The more you come to understand the power of the Law of Attraction the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it, or not.

Without exception, that which you give thought to is that which you begin to invite into your experience. When you think a little thought of something that you want, through the Law of Attraction, that thought grows larger and larger, and more, and more powerful. When you think a thought of something you do not want, the Law of Attraction draws unto it, and it grows larger and larger, also. And so, the larger it grows, the more power it draws unto it, and then the more certain you are to receive the experience.

When you see something you would like to experience and you say, “Yes, I would like to have that,” through your attention to it you invite it into your experience. However, when you see something that you do not want to experience and you shout, “No, no, I do not want that!” through your attention to it you invite it into your experience. In this attraction-based Universe, there is no such thing as exclusion. Your attention to it includes it in your vibration, and if you hold it in your attention or awareness long enough, the Law of Attraction will bring it into your experience, for there is no such thing as “No”. To clarify, when you look at something and shout, “No, I don’t want to experience that; go away!” then what you are actually doing is calling it into your experience, for there is no such thing as “No” in an attraction-based Universe. Your attention to it says, “Yes, come to me this thing I do not want!”

Fortunately, here in your physical time-space reality, things do not manifest into your experience instantaneously. There is a wonderful buffer of time between when you begin to think about something and the time it manifests. That buffer of time gives you the opportunity to redirect your attention more and more in the direction of the things that you

actually do want to manifest in your experience. And long before it manifests (actually, when you first begin to give thought to it), you can tell by the way you feel whether it is something you want to manifest or not. If you continue to give your attention to it—whether it is something you want, or something you don't want—it will come into your experience.

These Laws, even if you do not understand that they do, affect your experience even in your ignorance of them. And while you may not be aware of having heard of the Law of Attraction, its powerful effect is evident in every aspect of your life experience.

As you consider what you read here and begin to notice the correlation between what you are thinking and speaking and what you are getting, you will begin to understand the powerful Law of Attraction. And as you deliberately direct your thoughts and focus upon the things that you do want to draw into your experience—you will begin to receive the life experience that you desire on all subjects.

Your physical world is a vast and diverse place full of an amazing variety of events and circumstances, some of which you approve of (and would like to experience) and some of which you disapprove of (and would not like to experience). It was not your intention as you came forth into this physical experience to ask the world to change in order to accommodate your opinions of the way things should be, by eliminating all things that you do not approve of and adding to the things you do approve of.

You are here to create the world around you that you choose, while you allow the world—as others choose it to be—to exist, also. And while their choices in no way hinder your own choices, your attention to what they are choosing does affect your vibration, and therefore your own point of attraction.

My Thoughts Have Magnetic Power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it... and brings that to you: Your attention to subjects, your activation of thoughts, and Law of Attraction's response to those thoughts is responsible for every person, every event, and every circumstance that comes into your experience. All of these things are brought into your experience through a sort of powerful magnetic funnel as they are vibrational matches to your own thoughts.

You get the essence of what you are thinking about, whether it is something you want or something you do not want... That may be unsettling to you at first, but in time, it is our expectation that you will come to appreciate the fairness, the consistency, and the absoluteness of this powerful Law of Attraction. Once you understand this Law, and begin to pay attention to what you are giving your attention to, you will regain control of your own life experience. And with that control you will again remember that there is nothing that you desire that you cannot achieve, and nothing that you do not want that you cannot release from your experience.

Understanding the Law of Attraction and recognizing the absolute correlation between what you have been thinking and feeling—and what is manifesting in your life experience—will cause you to be more aware of the stimulation of your own thoughts. You will begin to notice that your own thoughts may be stimulated from something you read, or watch on television or hear or observe from someone else's experience. And once you see the effect that the Law of Attraction has upon these thoughts that begin small and grow larger and more powerful with your attention to them, you will feel a desire within you to begin to direct your thoughts to more of the things that you do want to experience. For whatever you are pondering, and no matter what the source of stimulation of that thought... as you ponder that thought, the Law of

Attraction goes to work and begins to offer you other thoughts, conversations, and experiences that are of a similar nature.

Whether you are remembering the past, observing the present, or imagining the future, you are doing it right now, and whatever you are focusing upon is causing an activation of a vibration that Law of Attraction is responding to. At first you may be privately pondering a particular subject, but if you think about it long enough, you will start to notice other people beginning to discuss it with you as the Law of Attraction finds others who are offering a similar vibration and brings them right to you. The longer you focus upon something, the more powerful it becomes; and the stronger that your point of attraction is to it, the more evidence of it appears in your life experience. Whether you are focusing upon things you want or things you do not want, the evidence of your thoughts continually flows toward you.

Welcome, Little One, to Planet Earth

You may be feeling that it would be easier to be hearing these words if they had come to you on the first day of your experience upon this Planet Earth. And if we were talking to you on your first day of physical life experience, this is what we would be saying: Welcome, little one, to Planet Earth... There is nothing that you cannot be, or do, or have. You are a magnificent creator, and you are here by virtue of your powerful and deliberate wanting to be here. You have specifically applied the wondrous Law of Deliberate Creation, and by your ability to do that, you are here.

Go forth, giving thought to what you want, attracting life experience to help you decide what you want, and once you have decided, giving thought only unto that.

Most of your time will be spent collecting data—data that will help you decide what it is you want... Your real work is to decide what you want

and then to focus upon it, for it is through focusing upon what you want that you will attract it. That is the process of creating: giving thought to what you want, so much thought, and such clear thought, that your Inner Being offers forth emotion. And as you are giving thought, with emotion, you become the most powerful of all magnets. That is the process by which you will attract (what you want) into your experience.

Many of the thoughts that you will be thinking will not be powerful in their attracting, not in the beginning— not unless you stay focused upon them long enough that they become more. For as they become more in quantity, they become more in power; as they are becoming more in quantity, and more in power—the emotion that you will be feeling, from your Inner Being, will be greater.

When you think thoughts that bring forth emotion— you are accessing the power of the Universe. Go forth, (we would say) on this first day of life experience, knowing that your work is to decide what you want—and then to focus upon that.

But we are not talking to you on the first day of your life experience. You have been here for a while... Most of you have been seeing yourself, not only through your own eyes (in fact, not even primarily through your own eyes) but through the eyes of others; therefore, many of you are not now currently in the state of Being that you want to be.

Is My “Reality” Really All That Real?

We intend to offer you a process whereby you can achieve the state of Being that is of your choosing so that you can access the power of the Universe and begin attracting the subject of your wanting, rather than the subject of what you feel is your actual state of Being. For, from our perspective, there is a very great difference between that which now exists—which you call your “reality”— and that which your reality really is.

Even if you sit in a body that is not healthy or in a body that is not the size, shape, or vitality, that you choose; in a lifestyle that does not please you; driving an automobile that embarrasses you; interacting with others that do not bring you pleasure—we want to assist you in understanding that while that may seem to be your state of Being, it need not be. Your state of Being is the way you feel about yourself in any point in time.

Your words will not bring you immediate manifestations of what you are asking for, but the more often you say them, and the better you feel while you are saying them, the purer or less contradicted your vibration will be. And soon your world will be filled with these things you have spoken about... Words alone do not attract, but when you feel emotion when you speak, that means your vibration is strong—and the Law of Attraction must answer those vibrations.

What Is the Measure of Our Success?

The achievement of anything that you desire must be considered success, whether it is a trophy, money, relationships, or things. But if you will let your standard of success be your achievement of joy, everything else will fall easily into place. For in the finding of joy, you are finding vibrational alignment with the resources of the Universe.

You cannot feel joy while you are focusing upon something not wanted, or the lack of something wanted; therefore, while you are feeling joy, you will never be in the state of contradicted vibration. And only the contradiction in your own thoughts and vibration can keep you from the things you desire.

We are amused as we watch the majority spending most of their life seeking a set of rules against which they can measure their life experience, looking outside of self for those who will tell them what is

right or wrong, when all along they have within them a Guidance System that is so sophisticated, so intricate, so precise, and so readily available.

By paying attention to this Emotional Guidance System, and by reaching for the best-feeling thought that you can find right now from wherever you are, you will allow your Broader Perspective to help you move in the direction of the things that you truly want.

As you sift through the magnificent contrast of your physical timespace reality, consciously aware of the way you feel, and deliberately guiding your thoughts toward those that feel better and better, in time you begin to see your life through the eyes of your Broader Inner Being. And as you do so, you feel the satisfaction of being upon the path that you have chosen from your Non-physical perspective when you made the decision to come forth into this wonderful body. For, from your Nonphysical vantage point, you understood the eternally evolving nature of your Being and the promise that this Leading Edge contrasting environment held. You understood the nature of your magnificent guidance system and how, with practice, you could see this world as your Inner Being sees it. You understood the powerful Law of Attraction and the fairness and accuracy with which it responds to the free will of all creators.

By reaching for the best-feeling thought you can find, you reconnect with that perspective, and you shiver with exhilaration as you reconnect with your purpose, with your zest for life—and with You! ###

**Excerpted from the Abraham-Hicks New York Times Best Seller,
*The Law of Attraction***

Courtesy [Hay House](#)

For more information about Abraham-Hicks visit the website at:
<http://www.abraham-hicks.com/lawofattractionsources/index.php>

True Freedom Lies in the Womb of Forgiveness **by Debi Hebel**

Not too long ago, I cried what felt like oceans of resentful tears. After a short time my oceans of tears dried up leaving behind only begrudging bitterness. Carrying this around with me, I told the story of my victimhood to anyone who would listen and sympathize. Each time I talked or thought about it, I relived it in my mind causing myself even more hostility. I went through day after day with the loathsome feeling of hate decaying me from within. I had become oppressed from being enslaved by my own bitterness. Finally, I could not bear the feeling of this dark toxic ensnarement any longer. This was when I began to realize that forgiveness truly is the magic that frees us.

A misconception that appears to be prevalent is that forgiving is about letting someone off the hook. The truth is, no matter how much bitterness we feel, we cannot force another to feel responsible or guilty. This is something that only they have control over within them self. Hence, forgiveness is not about releasing them from anything, it is about releasing our self. When we are in a place of hostility we are held down by feelings of depression, anger, and fear. Forgiveness releases us from these feelings. If we no longer hold bitterness, then these dark side effects will disappear.

Just as we cannot force another to feel responsible or guilty, they should not have the power to cause us to feel a certain way. If we feel hostility toward a person and we allow it to impact our emotions, making it affect our behaviors, conversations, and our attitude, then we are giving away our personal power. We are enabling the situation and/or the person to continue to burden our life with negativity. Forgiving enables us to reclaim our power by letting go of the negativity making room for an amazing flow of positive conversations, people, and situations. This

ultimately will grant us an attitude that is strong, magnetic, and captivating.

The way to a forgiving place is through the understanding of path perspectives. We each have our own individual path in life. We all are in a different place upon the paths we walk. When we encounter situations along our path, what we experience and what we feel from that experience is different for each of us. It is from these experiences that we develop our own unique perspectives. We keep these perspectives with us for up coming situations. When something comes up, we pull out our perspective. Seeing the situation through the lenses of our perspective, we react and behave accordingly.

This is why when given the same situation, one person may be hurtful in their words and behaviors, while another can simply shrug it off and walk away. Our own personal perspective is all we have. Therefore, when we forgive we do so because we understand that the place that we are at gives us a different perspective than the place others are at. Our place on our path grants us a very individual point of view that others may not have because they are not where we are. If we were driving in a car and had just passed a large truck, we would now be able to see the road ahead much more clearly because the truck is no longer impeding our view. Yet, the car that was behind us before we passed the truck, cannot only not see the road ahead but they can no longer see us. This does not make their perspective of what they see wrong; it simply makes it different from what we see. We can forgive and release because we know people can only react based on where they have been, where they are at, and what they can see through the lenses of their perspective.

Forgiving based on our understanding of differing perspectives does not mean that we go back. We can forgive with Love and compassion due

to our higher understanding, but there was a reason we needed to forgive in the first place. This is due to the fact that many times what causes the conflict is that our perspective is far different from another's perspective. This can lead us to feel uncomfortable around some people. This is okay. Just because we forgive does not mean that we go back to what was uncomfortable. We should forgive and move forward. Surrounding ourselves with people who when we are around them we feel inspired, emotionally and spiritually strengthened, and most of all Loved.

Forgiveness does not stop when we feel the release from situations involving others. We also need to remember the most important type of forgiveness is self-forgiveness. Many of us have a way of holding ourselves prisoner due to situations of our past. These thoughts and memories play over and over in our mind. With every replay we feel resentment, bitterness, or maybe even guilt toward our self. If we replay the situation again remembering where we were at on our path at that time, what experiences had lead us up to that place on our path, and what our unique perspective was during the situation, then we will realize we did the best we could based on what we had available to us in that moment. We should not hold ourselves hostage for situations in our past, based on the growth and knowledge that we have gained for living today. It is time to forgive and release our self.

True pure freedom lies in the womb of forgiveness. Through our understanding of individual perspectives we have the tools we need to ultimately regain our personal power, release our self from the dark bitterness of resentment, and move forward surrounding our self with people who support and fulfill. It is through the freedom from forgiveness that we can skip along our journey with a clearer mind, Love in our heart, and uninhibited potential. ###

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Debi is a Certified Master Coach, focusing her efforts on helping clients raise their level of life-satisfaction. As a coach, she has been able to follow her passion of inspiring people to uncover their individual greatness allowing them to grow in self-confidence, self-awareness, and ultimately life happiness. In her coaching practice, [The Human Factor](#), Debi offers programs that take the most appropriate theories in psychology, life coaching, and emotional intelligence and uses them to help her clients advance and deepen their understanding of themselves. To contact Debi please email her [here](#).

Five Ways to Enjoy Stress-Free Living

by Guy Finley

1. We are stress-free when we no longer want anything to do with sitting in judgment of others, regardless of their perceived transgression. We realize that we live in an intelligent universe whose unerring system of justice ensures that no act—good or evil—goes unrewarded.

Exercise: Learn what it means to leave those who would punish you with word or deed to the bitter fruit of their own designs. Let go of the judge in you by recognizing we cannot hold someone's feet to the fire without getting burned ourselves.

2. We are stress-free when we never again feel envy for any other human being because of their position or possessions in life. We understand that regardless of external appearances, the quality of our life experience is not determined by what we may or may not possess, but only by what we have allowed to take possession of our heart.

Exercise: Catch and drop any part of yourself that wants you to think about yourself relative to others by comparing yourself to them. Serve your True Nature instead by choosing to remember that who you really are is incomparable.

3. We are stress-free when we never again allow ourselves to get caught up in some mad rush, regardless of what seems at stake. We know that wherever we are, whatever the circumstances, we are always in the right place at the right time to further our relationship with Life.

Exercise: Real victory in Life is always the discovery that we can't give ourselves away to negative states and experience a positive outcome. Detect and reject any feeling that wants to put its rush on you.

4. We are stress-free when not one part of us harbors any hatred or resentment for any other human being, regardless of how badly that person may have once treated us. We have seen for ourselves that giving any dark state a reason to exist is the same as supplying it with a hidden refuge in ourselves.

Exercise: Realize that it isn't our enemies who are burdened by those black wishes we hold for them, but it is we who are held hostage in the darkness of our unenlightened nature. To see that it is hatred that hates is to let it go.

5. We are stress-free when we have no fear of shouldering those moments when life brings more challenges than we have ever had to handle before. We understand the great law of Life that holds we cannot be harnessed to any load without being given the subsequent strength we need to succeed with it.

Exercise: Always accept a little more responsibility whenever conditions in life ask you to step up and test your inner resolve. Just as our willingness to risk failure is one of the prerequisites for learning to live without fear, so too is our willingness to reach the end of our power an invitation to realize a source of a power within us without end. ###

Excerpted from *Let Go and Live in the Now* by Guy Finley

About Guy Finley

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

Guy is the acclaimed author of [The Secret of Letting Go](#) and more than 37 other books and audio programs that have sold over a million copies in 16 languages worldwide.

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

The Love of Power versus the Power of Love

by Chuck Gallozzi

In their quest for power, some people manipulate, abuse, or destroy others. Their lust for power is based on fear. They erroneously believe that they have to control others, and whatever happens to them, in order to be in control of their lives. They have yet to understand that if we wish to control OUR lives, we need to control OURselves. Rather than trampling on others, we need to raise ourselves. And the best way to do so is to transcend ourselves. That is, we need to realize that there is more to life and the world than just ourselves. When we awaken to the fact that people are not here to serve us, but we are here to serve them, we awaken to a life of purpose, meaning, and significance.

We can live in one of two ways: in fear or in love. When we live in love, we live in a friendly, joyful world, but when we live in fear, we live in a hostile, scary world. The world we live in is a world of our own creation, for what we see is what we feel, and what we feel is what we believe. That is, if I were to believe that I live in a hostile world, that people are untrustworthy, and that life is full of suffering, that is exactly what I would experience, for our beliefs are self-fulfilling prophecies. An understanding of this is vital. For as Albert Einstein wrote, “The single most important decision any of us will ever make is whether or not to believe the universe is friendly.”

When we surrender to love, we become victorious over fear. But what do I mean by *love*? I mean the unconditional acceptance of all that is. That is, living without complaint and without demands. Another way to put it is, living with gratitude and appreciation. This way of life is natural and is the way we once were. Infants cannot help smiling, laughing, and squealing in delight, for they are in awe of life, trusting, fearless, and joyful.

So, what happened to change that? Caring for children who are anxious to explore and experiment with everything in sight is no easy task. Especially if mom is busy with two or more children at the same time. Her eyes cannot be everywhere. How can she remain vigilant and do her housework at the same time? Even the best of parents at times will lose their temper, express their frustration, or grow resentful. That's understandable, isn't it? But not to a 3, 4, or 5-year-old. For at that age, they lack the power of rational thought. But born with the capacity to recognize facial expressions, they know when mama and papa are angry, which makes them fearful.

Moreover, as children are exposed to occasional bouts of displeasure by their caregivers, they develop self-doubt. They grow to believe they lack the ability to fully cope with life. Born to live in love, they find themselves as adolescents and adults living in fear more often than not. The result? They experience frustration, shattered dreams, and mediocrity. Overwhelming success eludes them. At times they feel like prisoners of their own self-limiting beliefs, for their insecurities and fear limit their choices.

But for the fortunate few that live in love, their lives are characterized by freedom, empowerment, and happiness. For those who live without fear, there are no dead ends, only possibilities. They delight in what is, trust in the world, and have faith in themselves. Their relationships are free of conflicts and rife with cooperation, harmony, and mutual respect. For the contrast between living in love and living in fear, let's turn to a poem written by Sarah Nean Bruce, for she skilfully portrays the differences.

LOVE VERSUS FEAR

By Sarah Nean Bruce

LOVE IS UNCONDITIONAL (fear is conditional)

LOVE IS STRONG (fear is weak)

LOVE RELEASES (fear obligates)

LOVE SURRENDERS (fear binds)

LOVE IS HONEST (fear is deceitful)

LOVE TRUSTS (fear suspects)

LOVE ALLOWS (fear dictates)

LOVE GIVES (fear resists)

LOVE FORGIVES (fear blames)

LOVE IS COMPASSIONATE (fear pities)

LOVE CHOOSES (fear avoids)

LOVE IS KIND (fear is angry)

LOVE IGNITES (fear incites)

LOVE EMBRACES (fear repudiates)

LOVE CREATES (fear negates)

LOVE HEALS (fear hurts)

LOVE IS MAGIC (fear is superstitious)

LOVE ENERGIZES (fear saps)

LOVE IS AN ELIXIR (fear is a poison)

LOVE INSPIRES (fear worries)

LOVE DESIRES (fear Joneses)

LOVE IS PATIENT (fear is nervous)

LOVE IS BRAVE (fear is afraid)

LOVE IS RELAXED (fear is pressured)

LOVE IS BLIND (fear is judgmental)

LOVE RESPECTS (fear disregards)

LOVE ACCEPTS (fear rejects)

LOVE DREAMS (fear schemes)

LOVE WANTS TO PLAY (fear needs to control)

LOVE ENJOYS (fear suffers)

LOVE FREES (fear imprisons)
LOVE BELIEVES (fear deceives)
LOVE “WANTS” (fear “needs”)
LOVE versus fear: what do you feel?

Sarah Nean Bruce is a storyteller and filmmaker.

Read more from her at <http://sarahneanbruce.wordpress.com>

Shifting from Fear to Love; How Do We Turn Things Around?

1. In your dealings with people, choose to learn rather than judge. That is, instead of looking at people as good or bad, right or wrong, wonderful or nasty, look at them as good, right, and wonderful. Look for the good and you will find it and learn. Remind yourself that everyone deserves to be heard and understood. Use every interaction with people as an opportunity to practice love.

2. Would you do what a 4 or 5-year-old child told you to do? Every time you give in to fear, you are following the wishes of your 4 or 5-year-old inner child (your subconscious memories and beliefs). Isn't it time to acknowledge that you are now an adult and your happiness is more important than playing it safe? Gently take the hand of your inner child and lead it to freedom and victory. Tell it that it has nothing to fear because you are big and strong enough to safely accomplish whatever you wish. And prove it to it and yourself by taking action. In other words, stop acting on the false beliefs you inherited as a child, and start using your skills as an adult to build new, positive beliefs based on reality, not on the fears of a child.

3. You don't have to hold on to fear. You can release it. Let it go. For as Dr. Gerald G. Jampolsky says, “Love is letting go of fear.”

4. Start the day by choosing to feel grateful, looking for good, and remaining determined to make the world a better place for everyone you

meet. As you grow increasingly grateful for what you have, you will grow less fearful.

5. Why are we so afraid of criticism? Remember how we developed self-doubt in childhood? Well, because of it, we believe we are defective. And we don't want anyone to know our faults, so we build walls to conceal our imagined weaknesses. And once someone criticizes us, we believe our walls of defense have been breached, and the criticizer has discovered our defects. This embarrasses and angers us because of the fear of further discoveries. But if you remember that everyone shares the same fear and is equally vulnerable, you can change your feeling from one of fear to compassion. After all, why are you being attacked? It is only because of the insecurities of the attacker. Confident people who are at peace with themselves don't go around attacking others!

6. Fear is often a signal that we haven't yet coped with a situation. To overcome this fear, we need to face, think through, and resolve what is troubling us. Look at the issue for what it really is, not a 'problem,' but an opportunity to grow stronger and more creative. Once we embrace it, the fear will dissolve.

7. The surest way to get rid of fear is to do what we fear. For what blocks us is not horrible consequences of actions we wish to take, but horrible *imagined* consequences. And it is only when we act despite our fears that we discover they were the mere imaginings of a child. Allow this discovery to set you free.

8. It is important to remember that acquiescing to fear or standing up to it is a choice. You don't have to act automatically. You can stop and reflect. Before acting, you can decide to do what is best, rather than what is easiest.

9. Practice this fear-busting exercise. Pick a time where you can spend five minutes thinking about something you would like to do but are afraid of. Next, imagine what you would think, do, and say *if you were not afraid*. Now pretend to be unafraid and write in a notebook what you, as a courageous person, will think, do, and say. Next, complete the following sentence, “These are some of the first steps I can take now...” Follow this by completing this sentence, “This is the first step I *will* take now (today, tomorrow, or on this date)... Finally, take the action you committed to. Repeat as often as necessary.

10. Take the time to regularly enjoy laughter, inspirational material, art, and nature. There is nothing like beauty and inspiration to remind you how much you love the world. Don't get so busy or wrapped up in useless worry that you neglect this important practice.

Just as darkness is the absence of light, fear is the absence of love. To cultivate it, love those that hurt you, but never hurt those who love you.

And don't allow fear to kill your dreams. Rather, kill your fear, for the birth of dreams begins with the death of fear. Are you now ready to choose how you will live from this moment on? Will it be the way of fear or the way of love? ###

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>

Judged And Frozen By Numbers **by Beca Lewis**

Are you judged and frozen by numbers? When I was a Certified Financial Planner, I worked in the world that makes a point of seeing and judging everything through the lens of counting numbers. Numbers of people, numbers of dollars, numbers of appointments, numbers of sales, numbers of years; it's all about numbers. If we don't have the right numbers then “it” must not be working.

Of course, this is true everywhere isn't it? Success is measured and reported by the numbers. How young-by numbers-do you look, how much money-in numbers-do you have, how many people-in numbers-have you helped today, how well-in numbers-has your money performed today, how many numbers of income did you earn, how many numbers of people love you, what's the number of homes, toys, clothes and cars that you have?

What number of hours do you have to work to earn a living? What is the number of times you heard or said, “I love you” today? What number of words does this sentence need to be in order for it to be effective?

Numbers are everywhere, and judging everything from the point of view of numbers is the language of our times. We all have one time or another, become frozen by judging our lives by numbers. Obviously it's hard not to be sucked into this all-invasive and persuasive point of view.

When we are doing well, we celebrate; when we are not doing well by the numbers, we work harder to get them. If that doesn't work, we find ourselves slipping further and further into the belief that “numbers are who we are” and that means we are failing.

Usually we are not aware of how much we judge our lives and our purpose by how well we are doing by the numbers. However, using numbers as a tool for judging is how we are sold, persuaded, controlled and distracted from what is True.

Judging by numbers we enter the maze of the worldview of not enough, and no amount of anything—from money to love—will ultimately satisfy our needs.

People often asked me how I could possibly work with people's finances and "teach" spirituality at the same time. It appears that these are two distinct and separate worlds, and they are, if we are judging by numbers.

However, we all are working with finances and spirituality at the same time in our lives. We all are required to see through the lie of number judging and start every thought from only one number—One.

One Mind that is unlimited intelligence, One Love that gives constantly, One Principle that operates only from infinite abundance, One Truth of our spiritual being, One Soul that expresses beauty without measure, One Spirit that is the substance of all, and One Life expressing Itself in unspeakable joy.

I have a clear memory of standing outside my mentor's home many years ago as she spread her arms to embrace the beauty of her surroundings and told me of the day that she had finally freed herself from lack, by truly feeling and understanding that nothing could stop her from loving, and that Love was infinite.

Her life was proof that this simple, powerful statement is True and carries with it practical results.

What if we all lived this way and measured our lives only by how much we loved, starting with how much we love ourselves?

Judging and measuring from One Love means we can use numbers as guidelines and tools of awareness and understanding. Living in One we can unlock our frozen finite states of only so much, and let infinite supply flood through us, to us, and as us.

Beginning our thinking and taking action from the One we will find our innate freedom that does not have to be earned, only discovered. I know it's easy to say, and hard to do. However, we can do it.

Together in spiritual perception, moment-by-moment, we can give up our addiction to judging by numbers. As the addiction dissolves, our awareness of the number One will be our guide, strength, and support throughout each day, with practical results following without measure.

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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](#). 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>

Hard Day at Work? by Steve Wickham

If you had the sort of day that sees you miffed for want of justice then you fit with most of the rest of the world in your 'right now' moment. We all have them.

Yet, that sort of flippant everybody-has-those-days response doesn't empathise much does it? Surely we can do better.

Hard days happen for some of the following reasons:

1. You got some bad (some might call "constructive") feedback;
2. Hurt people hounded you and somehow you're implicated;
3. Change is being foisted on you, even though you're actually doing a great job;
4. The workload - which was once an exciting challenge - has ground you down;
5. Nothing went right or to plan;
6. You felt tired all day and just couldn't think straight;
7. Trying to get work done, you were interrupted by noisy colleagues.

Of course, the list would wind on and on.

The point is, there are many reasons for despairing at the end of our working days. It kind of makes us feel better that with a new 24-hour block of time a fresh start is mandatory. We can put yesterday behind us.

RESOLVING THE BAD DAY

It would be little help to leave the 'hard day' where it is in Complaint Land.

Many people drown their sorrows in a few alcoholic beverages, which every now and again wouldn't be bad. As a standard coping mechanism, however, it leaves much to be desired, not least our health, besides not actually fixing a thing.

Others take to coping by getting comprehensively distracted on things totally estranged to work.

And still others will talk it out with a spouse, a mentor, a friend, or process it with themselves — something for which journaling is good for.

Some make an intention of having a laugh about it - or sinking into some comedy.

Whatever method we use the test of how effectively the day's resolved is by how well forgotten the issue becomes. Unresolved issues have their way of combining and therefore recurring.

"EVERYONE HAS BAD DAYS"

Recall this is where we started. Again, to hear these words does little to help the person feeling frustrated and upset by their day. But it's still an important fact to bear in mind.

How good is it to find an example of someone who's had an even worse day than we have? We don't have to look too far. Turn on the News.

Self-pity is the dangerous temptation for us when we dwell over horrible days. It's better to understand, and accept, that - besides bad seasons - for every month we're alive we'll have a day or two of bad happenings.

Whilst everyone has bad days, the key is recovery. Putting the bad day behind us is important, but not as important as owning the bad day in the first place - it happened, but it's not the end of life as we know it.

Tomorrow's here soon enough. ###

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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/>

Can Chilly Rooms Promote Weight Loss?

By Dr Andrew Weil

Question: I'm wondering if turning the heat down in the winter and turning the air conditioner up in the summer would result in burning more calories and helping with weight control.

Answer: You raise an interesting and timely question. Researchers in Britain have suggested that the obesity epidemic may be due in part to the fact that over the past few decades residents of affluent Western nations have been turning up room temperatures in the winter. The investigators, from University College London, noted that between 1978 and 2008 average living room temperatures in England rose from 64.9 degrees Fahrenheit (18.3 degrees centigrade) to 66.4°F (19.1°C) and bedroom temperatures increased from 59.4°F (15.2°C) to 65.3°F (18.5°C). In the United States, living room temperatures remained stable between 1987 and 2005, but average bedroom temperatures increased from 66.7°F (19.3°C) to 68.4°F (20.2°C).

This warmer environment may have reduced the need for our bodies to burn calories to stay warm, thus contributing to weight gain. The researchers explained that cooler temperatures can activate brown fat, the type of fat that generates body heat. Earlier research suggests that 50 grams of maximally activated brown fat accounts for 20 percent of resting energy. That translates to burning 400 to 500 extra calories per day. The British team said that decreasing room temperature from 71.6°F (22°C) to 60.8°F (16°C) led to the activation of brown fat as demonstrated by positron emission tomography in almost all healthy volunteers tested. The investigators further cited research suggesting that when brown fat is fully activated it could result in calorie burning that would lead to a loss of 8.82 pounds per year.

The British team also considered the issue of whether appetite would be somewhat suppressed at higher temperatures, as earlier studies have

shown. But the investigators said that any loss of appetite that occurs in warm room temperatures is unlikely to fully compensate for the reduced energy expenditure of a warm environment.

Turning down the thermostat in winter and turning up the air conditioner in summer might result in some weight loss (of these two choices, the former is better for the environment, as it conserves energy). If that's all you're doing, the amount you'll lose over the course of a year might be nine pounds, if the studies are correct, but don't forget to eat right and exercise regularly if you're serious about losing weight. ###

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](#).

Never Underestimate The Benefits of Aromatherapy by Juliet Cohen

Aromatherapy is an art that has been around for centuries that consists of using certain scents to elicit certain responses. The benefits of aromatherapy are balked at by many who can't fathom that smelling certain aromas can cause someone to feel relaxed, rejuvenated, and they certainly can't believe that certain scents can relieve pain, but it's true. Just by smelling certain aromas, aromatherapy can relieve all sorts of symptoms. So, if you or someone you know still needs convincing as to the benefits of aromatherapy, it's recommended that you give it a try.

Choose Your Type

When testing out the benefits of aromatherapy, you have many options available to you. It all depends on your preference, as there is an aromatherapy product out there for everyone. If you like candles, aromatherapy candles are very popular. If you like incense, those, too, are very popular. However, many people choose to go another route. For those people, there are essential oils that can be burned in a diffuser, which releases a fine mist into the air, there are essential oils that can be rubbed on, such as those used by masseuses, and then there are organic aromatherapy products, such as shampoos, lotions, and more. No matter what type of aromatherapy product you choose, the benefits of aromatherapy can be had by all of them.

What Ails You

When you choose your aromatherapy product, you then have to choose which scents to use. Something to try if you're a beginner to aromatherapy is to get your hands on an aromatherapy starter kit. The starter kits typically come with a variety of scents with descriptions for each one. You will learn the name of the various scents as well as which aromatherapy benefits can be expected from each one. For example, chamomile is often used for relaxation, as is patchouli, which is typically

used for meditation. However, there are also scents that can rejuvenate you if you're feeling tired, there are scents that can liven up a romantic atmosphere and then there are some that can relieve joint pain, migraines and even muscle spasms.

The benefits of aromatherapy have been enjoyed by many people, for many years, and it's a travesty to outright dismiss them because you don't believe it's possible to feel a certain way by smelling a certain scent. Just open your mind, choose your product, your scent and see what kinds of benefits from aromatherapy you can receive, if any. You'll see that once you feel the benefits of aromatherapy, you'll be hooked and you'll want to tell all of your friends that aromatherapy isn't a myth, it's absolutely real. ###

Juliet Cohen writes articles for <http://www.beauty-makeup-guide.com/>, <http://www.beauty-makeup-skincare.com/> and <http://www.hairstyles-advice.com/> .

Ayurvedic Training Programs

by Dev Sri

Everyone who wants to lead life the healthy way, and guide others to this healthy lifestyle can take the special training programs on offer. You will learn lessons for healthy daily lifestyle management, seasonal lifestyle management, preserving your physical and mental health, and keeping your spiritual life active.

There are different training programs arranged. They include masseur training courses, panchakarma therapy, Ayurveda pharmacology, Dravya-guna-vignana (knowledge of medicinal plants & minerals), yoga & meditation, Ayurvedic food & cooking, etc.

The courses Yoga & Meditation and Ayurvedic Food & Cooking courses are suited for everyone who cares enough about a healthy life. Think about leading a healthy life in every aspect. Managing your food, daily activities, exercises and meditation can prevent almost any disease that affects you.

You can control conditions like diabetes, arthritis, beauty care problems, obesity, high blood pressure, heart problems, lethargy, migraines, stress, and hundred other things. The most important thing is, you can pass the knowledge to anyone you choose. Maybe, you should take a dual course on Yoga and Cooking, which will manage your daily exercise and eating.

The other training courses are for people who look to find employment in the Ayurveda sector. Ayurveda treatment centres worldwide need experienced assistants, pharmacists, panchakarma assistants, treatment centre assistants, etc. A training course of 4 to 12 weeks can qualify you for the jobs of an assistant.

The certificate courses are conducted by institutes recognised by Government of Kerala. The courses are at different Ayurvedic treatment centres within Kerala. Attendees get hands on training on all different applications of treatments, therapies and procedures.

They will also learn the history of Ayurveda, its development and the underlying concepts that has been the support for several centuries. If you are interested in a job at different Ayurveda centres as assistants, the different courses can help you. ###

Dev Sri writes extensively about Ayurvedic practices in Kerala. She invites you to read in detail about [Ayurvedic treatments](#), massage techniques, etc. Log on to <http://www.KeralaAyurvedics.com/> today.

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

Do You Focus on Being Positive?

by Joyce Shafer

Who wouldn't like to be in a positive state of mind all the time?! How's that worked for you so far?

Despite your best efforts, it's likely that staying in a positive state of mind all the time hasn't been your reality. Here's an important tip about this: it isn't realistic. So, you might want to ease up on yourself about this.

A good reason to ease up about it is that if you focus on forcing yourself to be positive all the time or believe you should be, it actually means you perceive yourself as mostly NOT positive, which means you energize being in a negative state. This creates inner struggle and self-judgment that shows up in your outer experiences as less-positive moments and events. This is just not fun! **Self-judgment or beating up on yourself is NOT the vibration you want Law of Attraction to match.** It also means your focus is on how you think you should be rather than on what will move you forward, which is like nailing your shoe to the floor and turning in circles. You do a great deal of spinning in place, but go nowhere.

Too often, spirituality-based people believe they shouldn't experience the full scope of our human emotions. How authentic is that, really? You don't have to run amok; but you aren't supposed to live in denial either. There is something you can do when you're in a negative state: you can use a proven method to shift this a bit or a lot. Even a bit is better than none. **An attitude improved even a small amount opens your mind and life to possibilities.**

This is especially important if you feel any sense of strain or stress in your life and/or business. You can use one of the six methods offered

below any time you feel your energy needs to be calmed, smoothed, soothed, or charged up. You'll find the following methods are great ways to open your mind and get head-and-heart alignment about what the next step is in any situation. It's important to start from where you are so you can figure out where to go next. The foundation of Self Energy Management is to know you CAN manage it.

Six Methods to Shift Your Energy and Emotions

1. Write the story of what you feel is happening. Scale how triggered you feel, with 1 being "Not much at all" and 10 being "Completely overwhelmed." I used this with an angry friend. She said she was at an 8. Next, we scaled what had made her angry, with 1 being "Somewhat inconvenient" and 10 being "Completely devastating". She ranked it a 3. She was giving level 8 energy to something she ranked a 3. Her expression was a Kodak moment.
2. What do you think is working now? Why is it working? What's not quite right yet? What would make it more right? How do you want to feel? What might your next action be, to feel more of how you want to feel?
3. Create a statement that allows you to move closer to how you want to feel. Think of this as a bicycle you're walking along a path. When you find the right statement, you'll be able to put your foot on the pedal and hop on. "I feel better," may be too much too soon. "I could feel better" may work or may still be too much. It's okay. You're looking for the statement that let's you get onto the bike and ride it. What about, "I want to believe I can feel better"? Maybe, "I want to believe I can believe I can feel better," is the one where you feel your foot on the pedal. Remember, no judgment. Honest answers allow you to create the first shift.

4. Ask questions like: What do I intend to do in this moment? How can I help myself do this? What can I do for myself right now? What are my choices (inner and/or outer levels)? What can I learn? How can I grow from here? What do I feel right now? How do I prefer to feel? What stops me from feeling this way now? In everyday matters, what usually stops you from feeling the way you prefer is your choice to do so. And, check to see if you're giving level-8 energy to a level-3 issue.
5. Write down what you don't want (I don't want to be undervalued and underpaid; I don't want a partner who doesn't listen to me). Some might say that if you practice Law of Attraction, this is not the thing to do. However, your don't wants are floating around in your mind, so you might as well give them the voice you've been denying them. Get them all out, every last one of them. Next, ask yourself what you don't want to feel (afraid, insecure, etc.). Let loose. Write it all down. Now, what do you want (getting new and repeat clients to be effortless, meeting my ideal partner to be effortless, etc.)? Write and don't censor. Next, what do you want to feel (in flow, abundant, successful)? Last, write a letter and tell Spirit what you want and why. Ask Spirit to show you how to open to receive this or what your next step is.
6. You suffer over most matters because of a belief. Often, the belief is, "This shouldn't be happening." "Pain is inevitable; suffering is optional." What core belief do you have about your issue or situation? Does this belief serve you? How does this belief manifest in your life? How do you feel about this? Ask yourself if you feel okay about making even a small shift now. Think of a similar time when you had a similar feeling (it doesn't have to be a similar matter or situation, just that you felt similarly then to how you do now), and it worked out. How did you manage yourself or work that one out? Maybe you used an inner process, an outer

process, or both. What worked then and how can you use what you did then now?

You now have a better idea of why you don't want to try to force a positive state or why it's important not to feel less when you do not feel positive. But you do want to pay attention to how often you use negative statements, even as a form of humor. The Universal Quantum Field doesn't get that you're trying to be funny through sarcasm. It takes each and every one of your comments as an instruction to fulfill or a feeling to match.

Shifting your energy allows you to shift your vibration so you attract something else, something better. When you are in a positive state, enjoy and make the most of it. When you aren't, as soon as you're ready, shift it.

Just remember to ease up on yourself. Recognize realistic expectations and goals and unrealistic ones. It's healthy and natural to challenge yourself to grow. It's self-defeating to expect yourself to always be in a positive state of mind as you move through your process of inner and outer growth. You will, however, experience positive shifts if **each night before you go to sleep, you repeat five times, "As I sleep, I have dreams that cause me to have energy and enthusiasm, financial serenity and abundance, and freedom from stress, as my way of life. And so it is."** ###

[Excerpts from: ***Reinvent Yourself: Refuse to Settle for Less in Life and Business***, available at Lulu.]

You are what you practice.

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Reveal what your soul wants to express through Your Personality Blueprint. Joyce Shafer (jls1422@yahoo.com), You Are More! Empowerment Coach, author of **I Don't Want to be Your Guru, but I Have Something to Say** & other books/ebooks. Benefit from empowering articles & Extras in her free weekly newsletter; see more about **Your Personality Blueprint** profiles & coaching; & get **How to Have What You REALLY Want** free when you subscribe at <http://stateofappreciation.webs.com>

Changing Negatives to Positives by Dan McKinnon

Do you ever recall a time when you felt so down that it almost seemed like nothing could bring you out of the depths of your depression? It felt as though although life was moving forward, but you were moving in reverse? Often depression can be a very powerful force to reckon with. If positive action is not taken, depression can take over and sacrifice your quality of life.

Learning to see the positive side of things during a negative experience can be difficult. This is especially true if you are the type of person prone to depression. Learning how to deal with negative emotions in a productive manner can help you develop personal development skills that will last a lifetime.

As many of us know, it can be difficult to pull yourself out of the depths of depression when you feel as though nothing will help. This is when it is essential to realize everything you have going for you.

Focusing more on what you have, as oppose to what you do not sets you on the right track towards success. When you focus on negative thoughts, guess what? Yup, that is what your life becomes, negative.

This is when you have to think to yourself what is being accomplished by thinking this way? Are you benefiting anything from thinking this way? If the answer is no, then ask yourself why are you doing it?

Did you know that by thinking negatively you are not only hindering your mental well being, but your physical well being? When you think negatively there is a change in the body physically and mentally, which can directly affect your quality of life and your happiness.

Studies have shown that people who have a history of depression are more prone to thinking negative thoughts. Over time this can change the chemistry in the brain and affect the serotonin levels. Serotonin levels are known for promoting mental well being and give us a feeling of contentment.

Positive thoughts can also directly affect brain chemistry. The more positive your thoughts are the more likely it is that you will do what you set out to do. This is because there is an influx in the serotonin levels in the brain.

Serotonin levels have been shown to be linked to mood. Therefore, the more positive and productive your thoughts are the better you will feel about yourself from within.

Often your confidence is also affected and everyone knows when you feel better you also tend to look better. Having confidence is one of those things you cannot fake, no matter how hard you try. So by starting with how you think and changing those negative thoughts to more positive and productive thoughts the more confidence you will build in yourself.

Learning how to change thoughts takes time, but the more practice you put into this exercise the more positive your life will become. The same philosophy holds true to this exercise as do many things in life. Sometimes the more difficult decisions are what are best for us. Even though they take time, these choices are well worth it in the end. ###

How Well Have You Analyzed All Your Issues?

by Gabriella Kortsch, Ph.D.

If you really want to get closure on all the past pain, difficult emotions, issues of abandonment, abuse and infidelity, you will need to deeply analyze them. And you will need to deeply understand why these things happened to you the way they did when they did. If not, it will be very difficult for you to overcome it all.

Right?

—Wrong!

In actual fact, *very* wrong. Our past, whatever it may consist of, is not something we are going to have to schlep around with us for the rest of our lives *if we choose not to*. And before I go any further with this, let me say that *choice* is the most important part of this process of releasing whatever it is that torments us. And in order to use our choices, we must be *aware*, not only of ourselves, and what we think, feel, and how we wish to react, but we must also be aware of that fact that at each of those points, we have choices.

Have you been in pain for years? Do the tears still roll down your cheeks when you think of whatever it was that happened to you when you were six? Or do you still feel angry, does irate and overwhelming heat arise in you when you remember the thing that happened in 1994? Or do you still feel the flush of embarrassment when you remember your reaction to that situation when you were 23? Or do you still feel the knife-like wounds of guilt that hack away at you whenever you remember what you did in 2004 even though you have been forgiven? What about that thing your mother did to you last year? Or the thing your spouse did to you the third year after you were married?

All these emotions that arise connect you to your past. In fact, they do not allow you to live fully in the present because each time you think about the event in question, what you feel is what you felt then. Maybe even worse, because you have given it such weight, you have thought about it so often, you have felt all these negative emotions connected to it so frequently, that the neural pathways in your brain that deal with this event, the neurons that fire when you think about it, continually create a stronger and stronger connection, making it more and more difficult *not to have your thoughts go in those directions*.

You may believe that the more you analyze it, the more you have a possibility of clearing the issue. And so you think about it, you dissect it, you journal and write about it, you talk about it, and all the while you are creating more and more connections to it and reinforcing its power in your psycho-emotional life. And while I certainly do not dispute the fact that at times, and under the right circumstances of awareness and choice and self-love, looking at past issues can be very helpful in order to understand present circumstances, and can indeed be helpful to resolve issues, what is most definitely *not* helpful, is to rummage around in the murk and morass of the past, re-living it over and over again, in the belief that by feeling the pain, you will be able to release the pain.

There are many roads that lead to Rome, and in the world of the psyche, as well as in the world of the spirit, that also applies. What I recommend here in this article is most certainly not the only path to follow. But it is one that can be very helpful, even for stubborn cases. Become aware of yourself and in so doing, become aware of the number of times your mind goes – often with no conscious push on your part to do so – to a painful memory. Recognize that you have a choice about this, and if you are already saying to yourself, as you read this, that you do not have a choice, please read the above cited articles. *We always have a choice*. In this case, your choice is to choose what you

think about. When your mind goes to the painful event, recognize that it has done so, recognize also that to date you have not yet found a manner with which to resolve this situation, but that you do *not have to choose to continue thinking about it right now*. Perhaps later. Perhaps tomorrow, but not right now. Right now, you can choose to focus your attention on something else. Something that gives you pleasure, perhaps one of your pets, perhaps a project or goal you are working on that is touching you in some important way, perhaps something beautiful in your immediate field of vision, perhaps something you are grateful for. By consciously choosing to focus on something else, you are *not* pretending that the issue has been solved, nor are you pretending your thoughts won't take you back to that same issue again at some other point in time. But you *are* acknowledging that if you choose to focus on something else, you are taking just a bit of strength from that particular pattern in your life. And each time your thoughts come back to that same issue in the coming days, if you choose to focus elsewhere again, you will be creating a totally new habit, one in which you are choosing to take care of your inner state of well-being, as opposed to *feeding* the pain of the issue in question.

This is not difficult. Henry Ford said: *Whether you think you can, or whether you think you can't, it's true*. And in the case of deep-lying issues, if you decide that this is going to be too difficult, it will be. And if you decide that it will not be difficult, it won't be. In the process, the new habit that you create will help you live your life in a more self-nurturing and psycho-emotionally healthy way. Will the issue be totally gone, totally eradicated? Will you eventually never think of it again? Will you eventually never again feel any of the pain? No. But it will have come to a place inside of you where you will be able to remember it without the immediate emotional reaction. You will be able to remember it without most of the pain, and if some pain does again well up, you will be able to deal with it. You will have come to the conscious realization that much

greater inner freedom lies in the place where you choose where you go with your thoughts and feelings at each and every moment of the day. And if today you were only successful 20% of the time, that is already a great success as compared to yesterday where you did not yet make these choices. *Become aware. Make good choices. Love yourself. ###*

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.

Action to Thought

by Rob McBride

"If you can dream it, you can do it.

~Walt Disney

In the magic of our mind we can create spectacular scenarios. The key to making these dreams come true is to convert thought into action. Normally, we know what we want and even know what we need to do to achieve it. The difference between accomplishing what we most desire and simply a nice thought is to apply Action to Thought.

This doesn't have to be so difficult. Thinking of all we need to do in order to reach a specific objective can be overwhelming though it doesn't have to be so complicated. To bring Action to Thought, it is essential to determine the steps necessary to begin our journey. A pen and a paper can set the wheels in motion. To achieve what the magic in our mind imagines, we must be disciplined, clear and persistent.

We have to put the "pedal to the metal" to jumpstart our internal engine. It's much easier to remain in the fantasy of what might be rather than doing what needs to be done to make it a reality. Playing the mental game of, "What will be of me?" will lead only to the result of, "It is not for me to be!" We can make excuses or we can be disciplined to bring Action to Thought, both cannot be done at the same time.

The clearer our objectives, the easier it is to achieve them. How would a soccer game be with no goal or a basketball game with no basket? Without a clearly defined goal, it is difficult to complete what our mind creates. Someone may ask us, "How much farther do I have to go?" To which we may reply, "Where are you going?" If they answer, "I don't know," we can in turn respond, "Then you have already arrived!" To quote one of the legends in profound thought, Yogi Berra says...

"If you don't know where you are going, you will wind up someplace else."

In order not to "wind up someplace else," it's fundamental to be clear in what we want.

When we are on well on our way to what we desire, we must be very persistent so as not to get sidetracked on the way. Napoleon Hill, a pioneer in personal development, expressed it this way...

"Most great people have attained their greatest success just one step beyond their greatest failure."

If everything were so easy, we would all have what we want right now. To get to "great," we must act "greatly." We all have a tendency to take the path of least resistance because it is much easier to go that way. For this reason, to become a shining star in the dark of the night instead of just one more in the mass of humanity it's necessary to be persistent in putting Action to Thought.

The difference between dreaming and achieving is the action we take to corral our imagination and take specific steps to make it happen. Our minds are marvelous machines which can create incredible images about what we want and how we want to live. Those who achieve greatness are those who first create their burning desire in their mind and then put Action to Thought. ###

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

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Timeless Wisdom for Modern Leaders

By Per Winblad

King Solomon, universally acknowledged as one of the world's wisest leaders, applied leadership principles that are as relevant and powerful today as they were in biblical times. This article examines the importance of self-leadership. We will only be successful in the long run, if we grow in understanding how to effectively lead ourself.

Become the Leader of Your Life

There are timeless truths — universal principles and laws — in the human dimension that are as firm as gravitation is in the physical dimension.

If you drop an object from the roof of a building you know it will fall to the ground. If you do it ten times it's not going to fall to the ground nine times and the tenth time go straight up in the air.

It's going to fall to the ground every time. You know this will happen every time you do it. The law of gravity is there and has always been there and we don't question it.

In the same way there are universal principles that create the very foundation of human effectiveness and interaction. These principles have, over thousands of years, helped people manage change, create personal development, and inspire success. When we live in harmony with these principles, they will lead us to self-development and long-term success. Such a universal principle is the law of sowing and reaping.

King Solomon says: "A man will always reap just the kind of crop he sows".

Our outcome and rewards in life will depend on the quality and amount of contribution we make. As we sow, so will we reap. What we throw out will come back like an unfailing boomerang.

Our Maker has given us the freedom to choose what to think and do. With freedom follows responsibility.

Our choices have consequences for us to be aware of. Certain choices create better results or reward than others. The Law of Cause and Effect is forever the ruler.

Our lives today are the result of a number of earlier choices and decisions. What we have given priority to learn, those whom we have chosen to socialize with, who we decide to live with, what we have chosen to believe in, and so on, all contribute to creating our outcome.

When we take new steps with regard to our beliefs, attitudes and our actions, we put into motion new development in our life and leadership.

What we are getting out of life will thus depend on the effort that we ourselves put in; how great it is, the quality of it and with what consistency we apply it.

Here's a basic understanding of the idea how to live a prosperous existence with quality of life and personal maturity: "By the fruit the tree is known."

Solomon says: "A man's conscience is the Lord's searchlight exposing his hidden motives."

Unlike animals, we humans have a conscience, a moral compass alerting us when we act against our inner convictions, standards and

values. Morality is what separates us from other animals and transcends mere instinct and learned responses.

This notion of right and wrong elevates us above all other creatures. When we neglect our inner convictions, we lose energy and self-respect. By developing an inner standard for our conduct and actions, we build the foundation for our strength as an individual.

Solomon says: "Have two goals: wisdom — that is, knowing and doing what is right — and common sense. Do not let them slip away, for they fill you with living energy."

The word wisdom may sound old fashioned and out of date. In the modern times we are living and working in now, the key words seem to be risk, speed, flexibility and being smart.

One of Sweden's great philosophers, Alf Ahlberg said: "Our world is full of knowledge but lacks wisdom".

Wisdom is different from knowledge, experience and intelligence. Wisdom is how we use those qualities in an ethical and morally sound way.

It's a deep insight of what's true, right and lasting, something that every human being has to value during a lifetime.

Solomon encourages us to take charge of our actions by bringing them into line with wisdom and common sense:

- * We allow our life to be guided by our values, not our feelings.
- * We let our decisions become more important than circumstances or desires for the moment.
- * We become strong and filled with living energy as we take responsibility to act based on a wiser and longer perspective.

Solomon says: "Determination to be wise is the first step toward becoming wise!"

We have all the potential to grow in wisdom and have a deeper connection with ourselves and our values so we will make wiser decisions contributing to a more fulfilling life and making the world a better place.

Wisdom indicates insight, common sense and sound judgment, and to be integrated and whole as a human being. It will take time, reflection, honesty, the willingness to constantly learn and most important of all, to make the decision to grow to become a wiser leader.

Solomon says: "Hard work brings prosperity; playing around brings poverty."

Our personal maturity and our well-being in life are linked to our choice to take control of our lives and our situations. Instead of reacting to situations, we constantly choose our responses to what happens to us and make our own future from the opportunities of the here and now.

Important issues for us will be: What choices are creating lasting value? How can we find our purpose and really make a difference? What track will we want to leave behind us in "The Sands of Time"?

Solomon says: "It is better to have self-control than to control an army."

For most of us, private victories come before public victories. We have learned to take full responsibility for our actions with the knowledge that we can choose our response to each situation we face. In this election, between what happens to us and how we respond, lies our freedom as humans.

When we are carrying out this freedom to choose, we develop our "self" and grow. We develop and shape our character.

Solomon says: "If you wait for perfect conditions, you will never get anything done."

The freedom to choose means that at any given time we are able to start the development of our lives. It begins with a decision to take part in life in an active way. I am the central power of my continued growing, or as someone once expressed it: "God will help those who help themselves."

Development is always a step-by-step process, so begin today by taking the first step and then yet another step. Decide right here and now that you want to grow in wisdom becoming a stronger, more secure leader of yourself and others — and one day, looking back on your life's journey, you will have that wonderful feeling inside that you really made a difference!

To become a wiser leader:

- * Decide what you will sow and, thus, you will be creating what you will reap. Your outcome and rewards in life will depend on the quality and amount of contribution you are willing to make.

- * Use your freedom to choose how you will respond to what happens to you and what you will think and do. It's not what happens to us — but what happens in us that really counts.

- * Decide to take part in life in an active way — You are the central power of your continued growth.

- * You are developing your life and your situation by developing your perspective in order to see opportunities and make choices that result in a new way of acting.

- * Discover your purpose in life - how you can make a difference.

- * Make a firm commitment to become the leader of your life.

Per Winblad, founder of Motivation Consultant Inc., a well-respected international training firm, is recognized as one of Sweden's leading management coaches and an experienced leader in achieving leadership excellence. He is the author of the award-winning leadership book [*The Wisdom of Leadership — Timeless Principles for Greater Purpose, Prosperity and Peace of Mind*](#), a best-selling book in Sweden that was recently released in the US. To find out more and get a free inspiring video, visit Per Winblad. <http://www.perwinblad.com/>

Pam Garcy

Part 22. Charity and Giving Without Strings Attached

Let's start with a few of the benefits of giving charity....

When we give charity, we give of ourselves. How does charity help you to start walking upon your own path?

Charity is a statement to YOURSELF that:

- * you are willing to support a cause in which YOU believe
- * you believe that you are abundant enough to share with others
- * you recognize what YOU already have
- * you trust that there is plenty to "go around"
- * you understand that we are all connected, so when you do something for others, you are ultimately doing something kind for yourself as well
- * you believe in yourself

Obviously, there are many ways to give. You can give of your time, of your energy, of your resources, or of your wealth. So, this discussion isn't limited to financial charity. However, there is also a spiritual concept that when you give, you will eventually experience greater gifts in return. Some traditions say that you'll be rewarded sevenfold. Abundance specialists refer to the Law of Circulation, and discuss how putting your money into circulation is of ultimate benefit to all because circulation leads to health & money in circulation leads to spiritual health.

Now a little question to consider....

When you give charity, do you give it with strings attached? If you give with the expectation of a pat on the back, a message that YOU might be giving to YOURSELF is that you need external validation for your actions. How do you know if you're doing this? You become angry or disappointed when others don't acknowledge your efforts.

When you give without expectation, this is a loud and clear message that YOU give to YOURSELF--and the message is that YOU feel free to do what you think is right and that YOU honor YOURSELF. Therefore, you do not require that others validate or acknowledge your efforts. You can still enjoy it if this happens, but you do not demand it.

Inner Guidance and Self-Directed Action.....

"How does this all fit into inner guidance?" you ask. As you take self-directed action and strengthen your belief in yourself, it becomes easier to tap into your inner guidance, because you are operating from a place of self-trust. This self-trust opens the door to your inner world. So, ultimately, charity benefits the giver as much (if not more) than the receiver.

I am not saying that you should go into hardship or give so much of your time that you are energetically wiped out. Certainly, this is not to anyone's advantage. You definitely want to take care of your own needs first, or you will not be in a position to give over the long term.

Some people advocate a tithe, which is giving 10% of your earnings to charity. If you give a percentage of your earnings, you will simultaneously help yourself and others. You may find that it strengthens your connection with your inner guidance.

Try it and let me know what emerges for you! ###

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 38

There is nothing my holiness cannot do.

Your holiness reverses all the laws of the world. It is beyond every restriction of time, space, distance and limits of any kind. Your holiness is totally unlimited in its power because it establishes you as a Son of God, at one with the Mind of his Creator.

Through your holiness the power of God is made manifest. Through your holiness the power of God is made available. And there is nothing the power of God cannot do. Your holiness, then, can remove all pain, can end all sorrow, and can solve all problems. It can do so in connection with yourself and with anyone else. It is equal in its power to help anyone because it is equal in its power to save anyone.

If you are holy, so is everything God created. You are holy because all things He created are holy. And all things He created are holy because you are. In today's exercises, we will apply the power of your holiness to all problems, difficulties or suffering in any form that you happen to think of, in yourself or in someone else. We will make no distinctions because there are no distinctions.

In the four longer practice periods, each preferably to last a full five minutes, repeat the idea for today, close your eyes, and then search your mind for any sense of loss or unhappiness of any kind as you see it. Try to make as little distinction as possible between a situation that is difficult for you, and one that is difficult for someone else. Identify the situation specifically, and also the name of the person concerned. Use this form in applying the idea for today:

In the situation involving _____ in which I see myself, there is nothing that my holiness cannot do.

In the situation involving _____ in which _____ sees himself, there is nothing my holiness cannot do.

From time to time you may want to vary this procedure, and add some relevant thoughts of your own. You might like, for example, to include thoughts such as:

There is nothing my holiness cannot do because the power of God lies in it.

Introduce whatever variations appeal to you, but keep the exercises focused on the theme, "There is nothing my holiness cannot do." The purpose of today's exercises is to begin to instill in you a sense that you have dominion over all things because of what you are.

In the frequent shorter applications, apply the idea in its original form unless a specific problem concerning you or someone else arises, or comes to mind. In that event, use the more specific form in applying the idea to it.

Commentary by Allen Watson

Toward the end of the lesson there is this informative line: "The purpose of today's exercises is to begin to instill in you a sense that you have dominion over all things because of what you are". In a much later lesson (190) the same idea is echoed:

There is nothing in the world that has the power to make you ill or sad, or weak or frail. But it is you who have the power to dominate all things you see by merely recognizing what you are.

Now, if you are like me, you probably don't feel as though you have the power to dominate all things or that you are "unlimited in power." You probably don't feel as though the power of God is made manifest through your holiness, that because of what you are you can "remove all pain, can end all sorrow, and can solve all problems". If you did feel that way, you'd probably suspect in some part of your mind that you were suffering from delusions of grandeur.

That's exactly why we need this kind of lesson. What we are, in reality, is so far above what we normally think we are that when we hear words like this lesson there is a part of us that whispers, "This is getting a little freaky here." We have no idea of the power of our minds, which were created by God and given the same creative power as His. When we get hints of how powerful we are, it scares us, and we try to forget about it.

What we really are is "beyond every restriction of time, space, distance and limits of any kind". We really do have the power to solve all problems, our own and anyone else's. If practicing today's lesson simply *begins* to instill this sense in us, it has been successful.

When I face a situation that is troubling me and repeat, "In this situation, there is nothing that my holiness cannot do," even if ninety percent of my mind is protesting against the idea, something shifts within me. A

little faith is generated. Maybe the percentage shifts from ten percent belief to eleven percent belief. And when I do it again, twelve percent. We've all read stories of people who overcame unbelievable odds just because they believed in themselves; that only hints at what the Course is talking about, but it illustrates the principle.

The Course is talking about the power of belief, but much more as well; it is talking about the power of what we honest-to-God *are*. And it is talking about the power of our holiness, not just belief. You and I are made out of God-stuff. When we actually get that, we can change the world.

True learning is constant, and so vital in its power that a Son of God can recognize his power in one instant and change the world in the next.

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The Master Key System, Part 21

Charles F Haanel

Part Twenty-One

It is my privilege to enclose Part Twenty-One. In paragraph 7 you will find that one of the secrets of success, one of the methods of organizing victory, one of the accomplishments of the Master Mind is to think big thoughts.

In paragraph 8 you will find that everything which we hold in our consciousness for any length of time becomes impressed upon our subconsciousness and so becomes a pattern which the creative energy will wave into our life and environment. This is the secret of the wonderful power of prayer.

We know that the universe is governed by law; that for every effect there must be a cause, and that the same cause, under the same conditions, will invariably produce the same effect.

Consequently, if prayer has ever been answered, it will always be answered, if the proper conditions are complied with. This must necessarily be true; otherwise the universe would be a chaos instead of a cosmos. The answer to prayer is therefore subject to law, and this law is definite, exact and scientific, just as are the laws governing gravitation and electricity. An understanding of this law takes the foundation of Christianity out of the realm of superstition and credulity and places it upon the firm rock of scientific understanding.

But, unfortunately, there are comparatively few persons who know how to pray.

They understand that there are laws governing electricity, mathematics, and chemistry, but, for some inexplicable reason, it never seems to occur to them that there are also spiritual laws, and that these laws are also definite, scientific, exact, and operate with immutable precision.

PART TWENTY-ONE

1. The real secret of power is consciousness of power. The Universal Mind is unconditional; therefore, the more conscious we become of our unity with this mind, the less conscious we shall become of conditions and limitations, and as we become emancipated or freed from conditions we come into a realization of the unconditional. We have become free!

2. As soon as we become conscious of the inexhaustible power in the world within, we begin to draw on this power and apply and develop the greater possibilities which this discernment has realized, because whatever we become conscious of, is invariably manifested in the objective world, is brought forth into tangible expression.

3. This is because the Infinite Mind, which is the source from which all things proceed, is one and indivisible, and each individual is a channel whereby this Eternal Energy is being manifested. Our ability to think is our ability to act upon this Universal Substance, and what we think is what is created or produced in the objective world.

4. The result of this discovery is nothing less than marvelous, and means that mind is extraordinary in quality, limitless in quantity, and contains possibilities without number. To become conscious of this power is to become a "live wire"; it has the same effect as placing an ordinary wire in contact with a wire that is charged. The Universal is the live wire. It carries power sufficient to meet every situation which may

arise in the life of every individual. When the individual mind touches the Universal Mind it receives all the power it requires. This is the world within. All science recognizes the reality of this world, and all power is contingent upon our recognition of this world.

5. The ability to eliminate imperfect conditions depends upon mental action, and mental action depends upon consciousness of power; therefore, the more conscious we become of our unity with the source of all power, the greater will be our power to control and master every condition.

6. Large ideas have a tendency to eliminate all smaller ideas so that it is well to hold ideas large enough to counteract and destroy all small or undesirable tendencies. This will remove innumerable petty and annoying obstacles from your path. You also become conscious of a larger world of thought, thereby increasing your mental capacity as well as placing yourself in position to accomplish something of value.

7. This is one of the secrets of success, one of the methods of organizing victory, one of the accomplishments of the Master-Mind. He thinks big thoughts. The creative energies of mind find no more difficulty in handling large situations, than small ones. Mind is just as much present in the Infinitely large as in the Infinitely small.

8. When we realize these facts concerning mind we understand how we may bring ourselves any condition by creating the corresponding conditions in our consciousness, because everything which is held for any length of time in the consciousness, eventually becomes impressed upon the subconscious and thus becomes a pattern which the creative energy will wave into the life and environment of the individual.

9. In this way conditions are produced and we find that our lives are simply the reflection of our predominant thoughts, our mental attitude; we see then that the science of correct thinking is the one science, that it includes all other sciences.

10. From this science we learn that every thought creates an impression on the brain, that these impressions create mental tendencies, and these tendencies create character, ability and purpose, and that the combined action of character, ability and purpose determines the experiences with which we shall meet in life.

11. These experiences come to us through the Law of Attraction; through the action of this law we meet in the world without the experiences which correspond to our world within.

12. The predominant thought or the mental attitude is the magnet, and the law is that "like attracts like", consequently the mental attitude will invariably attract such conditions as correspond to its nature.

13. This mental attitude is our personality and is composed of the thoughts which we have been creating in our own mind; therefore, if we wish a change in conditions all that is necessary is to change our thought; this will in turn change our mental attitude, which will in turn change our personality, which will in turn change the persons, things and conditions, or, the experiences with which we meet in life.

14. It is, however, no easy matter to change the mental attitude, but by persistent effort it may be accomplished; the mental attitude is patterned after the mental pictures which have been photographed on the brain; if you do not like the pictures, destroy the negatives and create new pictures; this is the art of visualization.

15. As soon as you have done this you will begin to attract new things, and the new things will correspond to the new pictures. To do this: impress on the mind a perfect picture of the desire which you wish to have objectified and continue to hold the picture in mind until results are obtained.

16. If the desire is one which requires determination, ability, talent, courage, power or any other spiritual power, these are necessary essentials for your picture; build them in; they are the vital part of the picture; they are the feeling which combines with thought and creates the irresistible magnetic power which draws the things you require to you. They give your picture life, and life means growth, and as soon as it begins to grow, the result is practically assured.

17. Do not hesitate to aspire to the highest possible attainments in anything you may undertake, for the mind forces are ever ready to lend themselves to a purposeful will in the effort to crystallize its highest aspirations into acts, accomplishments, and events.

18. An illustration of how these mind forces operate is suggested by the method in which all our habits are formed. We do a thing, then do it again, and again, and again, until it becomes easy and perhaps almost automatic; and the same rule applies in breaking any and all bad habits; we stop doing a thing, and then avoid it again, and again until we are entirely free from it; and if we do fail now and then, we should by no means lose hope, for the law is absolute and invincible and gives us credit for every effort and every success, even though our efforts and successes are perhaps intermittent.

19. There is no limit to what this law can do for you; dare to believe in your own idea; remember that Nature is plastic to the ideal; think of the ideal as an already accomplished fact.

20. The real battle of life is one of ideas; it is being fought out by the few against the many; on the one side is the constructive and creative thought, on the other side the destructive and negative thought; the creative thought is dominated by an ideal, the passive thought is dominated by appearances. On both sides are men of science, men of letters, and men of affairs.

21. On the creative side are men who spend their time in laboratories, or over microscopes and telescopes, side by side with the men who dominate the commercial, political, and scientific world; on the negative side or men who spend their time investigating law and precedent, men who mistake theology for religion, statesmen who mistake might for right, and all the millions who seem to prefer precedent to progress, who are eternally looking backward instead of forward, who see only the world without, but know nothing of the world within.

22. In the last analysis there are but these two classes; all men will have to take their place on one side or the other; they will have to go forward, or go back; there is no standing still in a world where all is motion; it is this attempt to stand still that gives sanction and force to arbitrary and unequal codes of law.

23. That we are in a period of transition is evidenced by the unrest which is everywhere apparent. The complaint of humanity is as a roll of heaven's artillery, commencing with low and threatening notes and increasing until the sound is sent from cloud to cloud, and the lightning splits the air and earth.

24. The sentries who patrol the most advanced outposts of the Industrial, Political, and Religious world are calling anxiously to each other. What of the night? The danger and insecurity of the position they occupy and attempt to hold is becoming more apparent every hour. The

dawn of a new era necessarily declares that the existing order of things cannot much longer be.

25. The issue between the old regime and the new, the crux of the social problem, is entirely a question of conviction in the minds of the people as to the nature of the Universe. When they realize that the transcendent force of spirit or mind of the Cosmos is within each individual, it will be possible to frame laws that shall consider the liberties and rights of the many instead of the privileges of the few.

26. As long as the people regard the Cosmic power as a power non-human and alien to humanity, so long will it be comparatively easy for a supposed privileged class to rule by Divine right in spite of every protest of social sentiment. The real interest of democracy is therefore to exalt, emancipate and recognize the divinity of the human spirit. To recognize that all power is from within. That no human being has any more power than any other human being, except such as may willingly be delegated to him. The old regime would have us believe that the law was superior to the law-makers; herein is the gist of the social crime of every form of privilege and personal inequality, the institutionalizing of the fatalistic doctrine of Divine election.

27. The Divine Mind is the Universal Mind; it makes no exceptions, it plays no favorites; it does not act through sheer caprice or from anger, jealousy or wrath; neither can it be flattered, cajoled or moved by sympathy or petition to supply man with some need which he thinks necessary for his happiness or even his existence. The Divine Mind makes no exceptions to favor any individual; but when the individual understands and realizes his Unity with the Universal principle he will appear to be favored because he will have found the source of all health, all wealth, and all power.

28. For your exercise this week, concentrate on the Truth. Try to realize that the Truth shall make you free, that is, nothing can permanently stand in the way of your perfect success when you learn to apply the scientifically correct thought methods and principles. Realize that you are externalizing in your environment your inherent soul potencies. Realize that the Silence offers an ever-available and almost unlimited opportunity for awakening the highest conception of Truth. Try to comprehend that Omnipotence itself is absolute silence, all else is change, activity, limitation. Silent thought concentration is therefore the true method of reaching, awakening, and then expressing the wonderful potential power of the world within.

The possibilities of thought training are infinite, its consequence eternal, and yet few take the pains to direct their thinking into channels that will do them good, but instead leave all to chance.

—Marden

Study Questions with Answers:

01. What is the real secret of power?

The consciousness of power, because whatever we become conscious of, is invariably manifested in the objective world, is brought forth into tangible expression.

202. What is the source of this power?

The Universal Mind, from which all things proceed, and which is one and indivisible.

203. How is this power being manifested?

Through the individual, each individual is a channel whereby this energy is being differentiated in form.

204. How may we connect with this Omnipotence?

Our ability to think is our ability to act on this Universal Energy, and what we think is what is produced or created in the objective world.

205. What is the result of this discovery?

The result is nothing less than marvelous, it opens unprecedented and limitless opportunity.

206. How, then, may we eliminate imperfect conditions?

By becoming conscious of our Unity with the source of all power.

207. What is one of the distinctive characteristics of the Master Mind?

He thinks big thoughts, he holds ideas large enough to counteract and destroy all petty and annoying obstacles.

208. How do experiences come to us?

Through the law of attraction.

209. How is this law brought into operation?

By our predominant mental attitude.

210. What is the issue between the old regime and the new?

A question of conviction as to the nature of the Universe. The old regime is trying to cling to the fatalistic doctrine of Divine election. The new regime recognizes the divinity of the individual, the democracy of humanity. ###