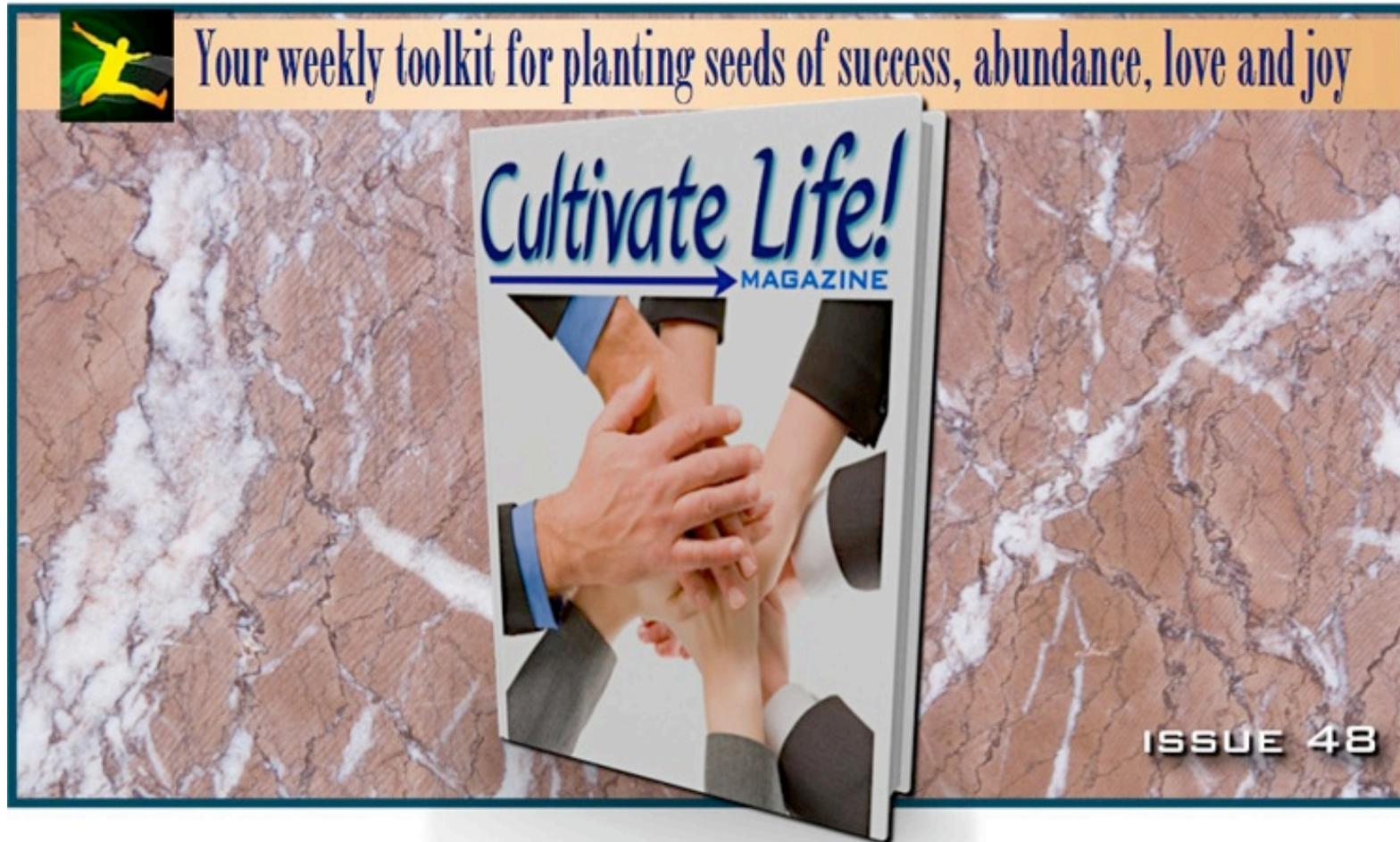


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Cultivate Life! magazine

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CONTENTS:

Heart to Heart Coaching:

Coach Doris Jeanette, *replies to the question: How do I get over my boyfriend frequently looking at porn, on TV and the Internet?*

Features:

Eldon Taylor, *A Beginning: Preparing for the Journey*
Margie Warrell, *What the Japanese can teach us about courage in crisis*

Cultivate Life Weekly Writers:

Guy Finley, *Learn Life's Great Lesson*
Chuck Gallozzi, *Spiritual People*
Beca Lewis, *Let The River Flow*
Steve Wickham, *Instantaneous Courage for Relationships*

Cultivate Health:

Rachel Broune, *New Self Treatment of Anxiety Disorders*
J. Brian Keith, *Diet Fads*

Cultivate Optimism:

Philip E. Humbert, *Winners Choose Optimism Over Realism*
Holly McDorman, *How to Boost Your Optimistic Attitude*

Cultivate Life Extras:

Laura M. Turner, *Personal Alchemy: Three Steps To Positive Transformation*
Jahiel Yasha Kamhi, *What have you done to improve your life?*
Alan R. Zimmerman, *How to Deal With the Complainers in Your Life*
Linda Sapadin, *In Defense of Disobedience*

Cultivate Life Partworks:

Pam Garcy, *Part 23 —Listening to the self: inner guidance and happiness*
A Course In Miracles, *Lesson 39 plus Commentary by Allen Watson*

Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question: How do I get over my boyfriend frequently looking at porn, on TV and the Internet?

About the Questioner

Philosophy: I am Christian

Hopes and aspirations: I hope to be open-minded and ok with most things life throws at me.

Question: I've been with my boyfriend for a year and a half now and months ago I caught him watching porn in the living room. Since then he hasn't done it when I'm home. But last week I looked on his PC and found out he's still looking at it. I asked him why he does it and he says its because they do things we don't. To be honest we don't do much. We are on opposite schedules and when there is time its normally just a "quickie." I do wish there was more time spent together so he doesn't resort to porn but for the time being I feel that's out of my hands. How do I get over him looking at porn mentally from now until we can be on the same schedule?

REPLY:

Thank you for your question. You bring us the nitty gritty of sex, love and spirituality in intimate relationships.

Your immediate concern is what is best for you to accept in your relationship? And what is best for you not to accept?

You are young so you have plenty of time to practice your relationships skills and pick and choose a good partner. Picking a partner to spend your time with is a very serious matter. You want to make a wise choice.

Your choice in partners will determine how successful you are in every goal you have in life. If you want to make money, be successful and fulfill your purpose in life, you need to choose a partner who will help you reach your goals.

If you were in an old, married relationship, I would definitely encourage you to be tolerant and spice up your love life to see if that would improve the sexual experience. However, you are not an old married couple, and if I were you, I would seriously question your choice of boyfriends.

For years, I wrote a column for several publications on, "Sex and Love" because I know sex is sacred. Your sexuality needs to express within the context of a loving relationship. In addition your sexuality needs to be integrated with your spirituality.

Sex is a human way to be fully alive and reverence. This means you do not want to engage in energy exchanges with people who have low vibrations. If you are an open, loving, spiritual person, you need to engage in sex with an open, loving, spiritual person.

Pornography is a very low vibration. Pornography does not occur between two equal, loving people who are enjoying each other sexually. Anyone who is addicted to pornography has a serious sexual health and mental health problem. They suffer from an addiction. Addictive behaviors are the most stubborn to transform. Ask yourself; do you want to spend your life with an addict?

However, if your boyfriend has lots of other high vibration qualities, that will take you far in life, keep him. Then you both can practice and improve your love and sex skills with each other. The single most important thing you and your sexual partner need to do is learn to relax your body.

All sexual problems occur because people are not able to relax and be in the moment. Healthy, divine sex is about being in the moment with another person. It is in the moment that you open your charkas and soul to each other.

While pornography has a low vibration, watching two mature adults enjoy sex together can be a wonderful educational tool. Watching sex education videos is an effective way to prime the pump for both men and women.

The relationship dynamics between two people making love is quite different from the relationship dynamics of pornography. Lovemaking is erotic, sensuous and loving. To watch two equal, openhearted people being vulnerable and intimate with each other can teach you how to do the same.

When I was being trained as a sex therapist we saw one educational sex movie after another to desensitize us so that we could talk about sex with our clients without blushing and feeling uncomfortable. The videos we saw depicted a variety of lifestyles and different ways to enjoy sex, including solo.

The Glide Methodist Church in California made the sex education movies we used at the Behavior Therapist Institute at Temple Medical School during the 1970's. Their sex educational films were the best I have ever seen. Unfortunately, they do not seem to be available to the general public.

So the solution to boring sex is to learn how to relax and be in the moment with your body, open your heart and share your soul. I assure you, there will be no lack of pleasure, excitement and joy. The fire, light and passion will be obvious and hot!

You mention your schedules as a problem. Time is rarely the reason a couple has a poor sex life. Spending time away from each other can be a great turn on. During the time apart you need to be preparing yourself so you can make love when you come together.

Separately, on your own, you need to learn how to:

1. Consciously breathe
2. Relax your body
3. Relax your mind
4. Let go of control
5. Feel your body feelings and your emotional feelings
6. Open as many of your charkas as you can, the more the better

Acceptance, not perfection, is the goal. You want to be as open as you can be in the moment. It does not matter what chronic tension and blocks you have, you can open up and let your energy flow instantaneously. This is always true.

No matter where you are or how much time you have---you can relax and open up. This is the relaxation skill you need to learn. It is called, overcoming your anxiety and letting go of control. When you let go of your anxiety, you can then feel and sense your body and energy.

Once you are in this open, relaxed state you are ready for lovemaking. Getting ready for lovemaking is extremely important. You need to do your homework and so does your partner. In addition to the above essential ingredients it is helpful to prepare yourself, as you would for a massage.

Your mouth, breath, body and energy field needs to be clean, fresh and attractive. Wear loose comfortable, sensuous clothes with the colors you

need to feel safe around you. Have candles and other wonderful vibrations in the environment.

Adding harmonious music and sounds is especially helpful in the beginning. Classical music is wonderful and you will find that your body moves to the music in a delicious, sensuous fashion. Later, you may become so sensitive that the outside sounds interfere with your ability to sense the more subtle divine energy.

Now you are ready for lovemaking. Lovemaking is the most scared act a spiritual person can do in the flesh. It is everything. To make love with your body, heart and soul is to experience the divine.

Remember what I said before, when you surrender to love, you do not surrender to the other person. You are surrendering to the divine energy within you, the divine energy between you and your partner, and the divine energy that exists in all the universes.

When you are ready for lovemaking, then you come together slowly and gently in the flesh with your partner. You need to stay aware of the wonderful feelings in your body, heart and soul as you come physically close to your partner.

The goal is to sense the divine energy that is present. Otherwise, you are tensing up and becoming anxious. Anxiety blocks your ability to feel the juicy, pleasurable feelings. You want to feel the pleasurable energy that is real and omnipresent.

Exercise to Help You Become Intimate With Your Sexual Partner

One of the first things you need to do with your partner is breathe together. Intimate people breathe together. This will happen naturally if you are relaxed and open. If you are having trouble coming together and

being close, then you need to consciously and deliberately breathe together.

In my acting classes I learned the first thing I needed to do with my acting partner was breathe together! I could not be in sync with my partner, without breathing with him or her. You cannot be intimate with if you are not breathing together.

So take the time to practice breathing together. Let the person who has the slowest, deepest breath lead the way. Then the other person can follow her or his breath and soon you will be breathing together. This will help relax your body so you can continue to sense the divine energy.

I need to mention the sacred temple priestess' of Babylon and Tantra Yoga since they been educating people on the art of lovemaking for many centuries. The future of lovemaking will use that we already know and advance forward. We will allow our energy and emotions to lead the way, instead of the brain dictating the body movements and timing.

Good luck with your partner decisions. Enjoy every delicious, divine step of the way as you move toward a healthy, uplifting love life that is fun and feeds the soul.

Action Steps to Take

- **Get a good sex education by reading.** Read the old goodies, The Illustrated Kama Sutra, The Joy of Sex and The Joy of Gay Sex. The problem with most books is that they are still too clinical or too pornographic. I get new sex book to review all the time and I do not like any of them. If you know a good one, tell me about it. Oh, and Nancy Friday's books are helpful in giving you permission to use your sexual imagination. Even men enjoy her books.

- **Get a healthy sex education by modeling people who know how to relax and make love.** When I do a Google search, for "high quality sex education films," I cannot find anything that is not pornographic. Here are two places that I work with, however, I have not seen most of their films. Therefore, please judge them yourself based on their vibration and your own good sense! Al and Pala are married and definitely include spirituality in their work: <http://tinyurl.com/6s7gxy> Dr. Joseph Kramer's new school offers lots of video and films, his focus is on the body energy: <http://tinyurl.com/4yjwd7>
- **Learn to breathe, relax and let go.** The number one place to start for men is the online course "For Men: Become a Better Lover." Most men report being able to slow down and savor lovemaking by the end of the third lesson. <http://www.drjeanette.com/becomeabetterlover.html> For women, learn how to let go and relax with the online course, "Overcome Anxiety Naturally." <http://www.drjeanette.com/anxietyonlinecourse.html>

Doris Jeanette is happy she studied relaxation therapy and became a sex therapist early in her career. Completing her post doc with Dr. Joe Wolpe, father of Behavior Therapy in 1976, was one of the best choices she ever made. Dr. Jeanette is available on the phone for sexual health consultations. For her contact information and to sign up for her free holistic psychology newsletter, "The Vibrant Moment" visit: <http://www.drjeanette.com> If you want to get into your body and learn to keep your energy grounded attend a Nature Workshop on April 30 at Cape May, NJ: <http://www.drjeanette.com/natureworkshops.html>

A Beginning: Preparing for the Journey by Eldon Taylor

Knowledge is an unending adventure at the edge of uncertainty.
~Jacob Bronowski

Our adventure begins with a prima fascia look at how we might acquire some, if not all, of our beliefs. I might ask, "Are you hypnotized?"

Not long ago I met a business associate from Germany in Las Vegas. He loves magic so we decided to take in a magic show while there. I was asked to assist the magician by pretending to have lost my watch, a watch that he would find. I wondered, how many tricks are really not tricks but rather staged events? Now, I have studied and used hypnosis for over thirty years and I know of certain hypnotic tricks that are absolutely not staged. Maybe next time we will take in a hypnosis act.

Speaking of hypnosis, and now the segue, this past week I gave a lot of thought to an idea suggested by Richard Bach in his book, "[*Hypnotizing Maria*](#)." Imagine that a stage hypnotist has hypnotized you. The experience will seem quite real even if it is a pure hallucination, negative or positive in nature. (A negative hallucination occurs when you fail to see what is there and a positive when you see what is not there). So imagine that you have been imprisoned in a room without doors. Further, imagine that the room is made of solid concrete like a bomb shelter or bunker and that the walls, floor and ceiling are several feet thick. You're trapped inside this room without exits.

Okay—think about this for a moment. Perhaps you circle on the stage floor walking around the room that only you can see. The audience has been told that you believe that you are trapped in a solid concrete

room. You touch the cold walls when the hypnotist suggests that you try to find a way out. They are hard. You push on them and find that they are not just cold and hard, but the surface is rough like a sidewalk. You kick the wall and hurt your foot. When prompted to by the hypnotist, you search for seams and find none. You begin to worry—how will you get out? What if the light disappears? Where is the light coming from? Fear begins to crawl over you.

Okay—now imagine that you are in the audience. You are witnessing a hypnotized individual trapped in an imaginary room. That is, the barrier perceived as a concrete wall does not actually exist. The walled in subject is trapped only by their beliefs. From your perspective in the audience, it seems almost ridiculous that this self-imposed belief, this hallucination, this state of mind in hypnosis, could possibly be real. You laugh at the antics of the hypnotized as they become frantic to escape. Their antics grow ever more panicked. You laugh louder and harder.

Okay—now imagine that you are living in a world full of your own self imposed limitations and you're doing so right now—right this very minute as you read this article. How many of these self-imposed walls have you been hypnotized to believe are real? Isn't that what accepting a suggestion is—a state of hypnosis? How many suggestions have you accepted by the world around you, your peers, the media, etc. that have become your walls, your barriers?

I want to stretch this idea some by suggesting that what we think is our direct experience of ourselves may indeed be a confabulation. What do I mean by that?

Imagine that you had been hypnotized and given a few post hypnotic suggestions. Let's say that one such suggestion was for aphasia (the loss or impairment of the power to use or comprehend words). As

such, the hypnotist informed you that when you awoke you would not remember the number 6. (Now we actually do things of this nature to demonstrate hypnosis). So, you are told that until the hypnotist does something like snap their fingers, you will not know of the number six. Now, when you're awakened from hypnosis the post hypnotic suggestion is still in place. The hypnotist asks you to count to ten and you do so skipping the number six. The hypnotist shows you a dinner bill for \$65.05 and you are prepared to pay \$5.05. To you, there is no number six.

Now suppose you were born on June 6th of 1966, how old are you? Let's take this a step further. Suppose the post hypnotic suggestion included something like this, "You will be able to watch television and listen to the radio but you will not consciously acknowledge the promptings from them that urge you to do something; you will do this and when I ask why, you will make up a reason for acting in such a way but you will not be aware that you are making up this reason." Okay, now you see a TV commercial that informs you to buy ABC Magic Cold Remedy because you will get a cold. You buy the remedy and when I ask why, you inform me that it is preventative, just in case you get a cold. You get the cold, of course, and later use your remedy.

Now does any of this sound familiar. Are you aware that studies have shown that people do just this sort of thing? For example, when exposed to a subliminal prime, a negative word matched with the picture of a person, when you are asked to rate this person on a positive scale, you will not only rate them negatively but you will have a reason for doing so despite the fact that you are totally unaware of the subliminal stimuli. This kind of research has led many serious researchers to believe that we all have "confabulators" just for making sense of some of the things we do and believe.

There are many areas of our lives where we fail to be “aware” of ourselves. Studies have shown that projecting subliminal cues that represent the characteristics of a significant other onto a target person leads to the transference of feelings about the significant other to the target person. One really interesting study showed that men on a somewhat dangerous bridge, when approached with a questionnaire by a pretty researcher who left them her phone number in case they wanted to know about the study she was conducting, were much more likely to phone and request a date than men who were relaxing on a park bench. Apparently, the risk, the danger, the level of arousal that resulted from this risk, was transferred to the female researcher causing her to appear more attractive and all of this decision stuff was again, outside of conscious awareness. In the words of researcher Jonathan Miller, “Human beings owe a surprisingly large proportion of their cognitive and behavioral capacities to the existence of an ‘automatic self’ of which they have no conscious knowledge and over which they have little voluntary control.”

I am particularly fond of the adage, “To thy own self be true.” One of the reasons this is true for me is the pure fact that knowing oneself is truly a journey—an exploration—and one which demands that we risk being wrong about everything we think we know or believe.

The hypnotic effect, the propaganda, the media bombardment and so forth, all influence us in both seen and unforeseen ways. The violence actually trains, or begets, violence. The constant stimuli systematically desensitizes our levels of arousal and the result, it takes more, and more and more sex, violence, gore, etc. to meet our stimulus/response requirement. Becoming “dehypnotized” takes much more effort than the snap of someone’s fingers. It is incumbent upon each of us to become aware of all the ways we are managed, manipulated and even ushered into a sort of hive consciousness if we truly wish to know who we are and why we are here. ###

Taken from [*What If? The Challenge of Self-Realization*](#)

For more information on a special offer for Eldon Taylor’s latest Hay House release, *What If? The Challenge of Self-Realization*, please go to:

http://www.progressiveawarenesspromotions.com/it/11c_b/index.html

Eldon Taylor has made a lifelong study of the human mind and has earned doctoral degrees in clinical psychology and pastoral psychology. He is the CEO of Progressive Awareness Research, an organization dedicated to researching techniques for accessing the immense powers of the mind, and is the author of the New York Times best seller, [*Choices and Illusions*](#).

Visit the website: www.eldontaylor.com

What the Japanese can teach us about courage in crisis

by Margie Warrell

Courage and honor lie at the very heart of Japanese culture. And amidst one of the most catastrophic disasters of modern times we have seen it shine through in the most inspiring ways.

The immensity of the disaster is still incomprehensible to me. As I sit in my comfortable home watching TV footage of what were once 'homes' to thousands of others being decimated by a devastating tsunami I am left with not only extra-ordinary compassion, but also with a sense of disbelief. And if I am honest, an element of gratitude that it is me. Four trains, including a bullet train with 400 passengers, have simply disappeared from the face of the earth. Four nuclear reactors are in various stages of meltdown and electricity blackouts roll out across the nation of nearly 130 million people. Fear of radio active exposure grows steadily by the day.

Thousands upon thousands of Japanese are spending today with very limited rations of food and water. At night, as the temperatures drop below freezing, they live in temporary shelters. They have no idea how long they will be there. And over the last few days thousands of bodies have washed up upon the shores. Bodies of people who only a week ago were going about their lives. It is only reasonable that those left behind are yet to fully comprehend what is so incomprehensible.

Yet amidst the destruction, the growing fear of nuclear radiation, and tragic loss of life, the Japanese have continued to display extraordinary calm, courage and dignity. There have been no reports of looting as we have at times witnessed following other catastrophic events. Scan the web or the TV and you will not find any video footage of drunks, bullies or people fighting over meager resources. What you will see are people standing in lines for hours, calmly waiting their turn to get

whatever share of the limited supplies there are. They take care of their elders and show deference to those who need extra help. To each other, they are civil and polite. Their dignity in the presence of disaster is both humbling and remarkable and it holds a powerful lesson for us all.

The behavior of those in Japan shows us that it is not what happens to us that matters, but how we choose to respond to it. Taking personal responsibility for our own behavior while respecting the needs of the larger community to which we belong is important always. But in a crisis, much less one of this magnitude, it is crucial.

And while you might feel like you don't share much in common with those whose lives have been turned upside down in a country thousands of miles from your own, I challenge you to think again. They are mothers and fathers, sons and daughters, brothers and sisters, just like you and I. Many have lost everything they own. Some have lost everyone they love. And while we cannot begin to imagine the depth of their loss or grief or shock, what we can do is consider how we can respond with greater dignity, courage and calm to the challenges in our own life. That, and dig into our pockets and support those organizations who will be helping these people rebuild their lives... even if not in the same place or in the same way they were before.

What the world may best learn from the great Japanese earthquake and tsunami of 2011 are simple concepts with names like courage, resilience, honor, dignity, civility, optimism, hope and generosity of spirit. May their example inspire us to live with a little more ourselves.

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Margie Warrell is an internationally Certified Professional & Life Coach, acclaimed Speaker and Best Selling Author who helps people Think Bigger & Live Bolder to achieve outstanding success in all areas of their life. To learn more about her award winning book [Find Your Courage](#) (McGraw-Hill), a range of powerful programs, and to receive her free monthly eNewsletter please visit <http://www.margiewarrell.com/>.

Learn Life's Great Lesson by Guy Finley

Our life on Earth is a spiritual path. Our life is our path. There is no other. The path to the perfected life, to fulfilling the promise of our True Self, must be found and traveled within.

Some of us realize this great lesson early on. Most of us have to learn it the hard way! Either way, we all eventually come to see that the recurring painful lessons in this life are no less than part of a secret Celestial Curriculum — a course in higher consciousness designed specifically for each one of us to help us let go and realize the divine life that already dwells within us.

When we recall the turning points in our lives, the times where we had no choice but to go through those wrenching self changes that come with personal crisis, it shouldn't be hard to remember how sure we were that these same trials heralded our doom. But looking back, as I invite you to do now, can't we see that the real crisis we faced was one born not so much of changing external conditions as it was of our being asked to take part in the birth of a new level of our own consciousness? A brief consideration proves this crucial, truth-filled finding:

Experience reveals that the actual nature of any painful moment in life has little to do with what we first blame our pain upon. For example, that "She wants to leave me" isn't the real pain; the real pain is that if she does, it means there has to be something "wrong" with me. Besides, without her in my life as she has been, I won't know what to do with myself; I'll be uncertain as to the worth of who I am, or how I should view myself. And so, being in fear of having to deal with what feels akin to the end of ourselves, we resist or deny anything that

threatens us with such an untimely demise. At this stage, our general response is to make unwanted compromises with ourselves, or otherwise somehow grovel to keep the passing relationship alive. However, try as we might, what will come to pass does just that. Maybe it takes years, months, or maybe only days, but we are slowly dragged through the doorway of a life lesson that is no longer avoidable. And what do we invariably find?

Behind each of these seeming impossible moments stands an unseen purpose: to bring us to a certain realization or experience of the truth about our self. But while this medicine may be bitter, it also heals us. How?

For starters, we realize (in hindsight!) that what has transpired was not only a gift in disguise, but that we are much better off for having worked our way through its challenging wrapping! Now we understand, beyond the shadow of any doubt, that we couldn't begin the next level of our life journey until we had completed these lessons now behind us. In other words, it's clear to us that what we first fought so hard to avoid was really a truth come to rescue us from self-ignorance -- a truth that not only explained why our lives were as they were, thus freeing us from a mistaken sense of self, but in the same moment set the stage for our further self-development. Can you see the truth of this recurring set of conditions and how it continually manifests itself through the course of our life experiences? We have reached the threshold of the Great Truth.

We have realized that our experiences in life ultimately serve the purpose of revealing some unseen truth about us, to us. As this is the truth, amply evidenced by our own accounting, then can we not begin to perceive that these very experiences, regardless of their content, must be an expression of the truth for the purpose of helping us discover the truth behind these same life experiences? To help you

more deeply understand this liberating insight, let's view it from a slightly different angle.

Each cycle of our life, as marked by each subsequent level of personal growth, comes to a happy close only when the lessons driving that cycle are finally learned. This much should be clear to us. But what remains cloudy is that each life lesson learned that served to close out each cycle came to us in the form of a needed truth. And further, that this same truth always arrives in some distinct realization about our own nature -- one that had not only been unconscious to us, but that is now recognized as having been secretly responsible for the events of that life cycle now being exited. Can you see the tremendous implications in this finding?

First, it means that in the middle of any unwanted experience, waiting there all along for us to realize it, is the truth that liberates and lifts us above our former limited understanding responsible for that very experience. In other words, our experiences revolve around, and are actually created to reveal, certain life lessons yet to be learned. And if we would dare see further (which we must if we would know Truth's victory), this discovery reveals the unimaginable. There exists behind these life lessons a timeless truth -- one that has not only perceived what we need before we do, but that somehow actively arranges our life experiences for the sole purpose of revealing itself to our soul.

We have set before us evidence of a completely compassionate, purposeful Intelligence -- a Living Truth whose silent operation not only reveals the meaning of our existence but serves in this capacity as seed, nourishment, and fruition of our incredibly diverse life-experiences. To grasp, even in the smallest way, that a Wisdom revealed to us as Truth (call it what you will) is the secret fabric of our lives, is to begin realizing a whole new order of self-victory. Here we come upon a success that has no opposite. Failure ceases to exist as

a fear. The painful idea of loss, of falling down and losing our way, forever loses its sting because in the light of our new understanding we see now that the universe itself not only wants us to be victorious individuals, but actually wills this special victory. ###

From *Seeker's Guide to Self-Freedom* 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.

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

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

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

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

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at Life of Learning Foundation headquarters in Merlin, Oregon. These classes are ongoing and open to the public. For more information about Guy Finley and his life-changing work, visit www.guyfinley.org.

Spiritual People **by Chuck Gallozzi**

Is It Time for Spiritual Psychology?

Lillian was hired as an office clerk. After several years of dedicated study and hard work she was promoted to middle management. A few years later, she joined another company to further advance her career. After further study and long hours in the office, she advanced as high as possible in the company. She then got a phone call from an executive recruiter.

He told Lillian, "There's an exciting opportunity that I'd like you to consider. If accepted, you will work directly with the Vice President, and he will teach you everything he knows."

Lillian listened to the news with mixed emotions. After all, how could she be sure that she would get along with her new boss? And was she capable of carrying out what would be her new responsibilities?

She decided to try, so she made an appointment and was hired after her second interview. On her first day at the job, her joy changed to a fearsome shock. Her boss was verbally abusive. At least once an hour he was shouting at her, calling her stupid, incompetent, useless, worthless, and retarded. The abuse went on daily.

After each day, Lillian was drained. And since she had nervous spasms during her sleep, she awakened exhausted. Although she dreaded going back to work, she mustered all her strength and forced herself to go to the office. If she were chewed out by her boss in a private office, at least she would have time, after he left, to lick her wounds and try to heal herself. But she didn't have her own office. Instead, her desk was right next to the boss in his office. So, from morning to evening there

was no relief from the poisonous atmosphere. He even insisted they eat lunch in the office. After three weeks, Lillian broke into tears as she confided to a friend. "I just don't know what to do." she said.

"I don't think I can take any more of this. What shall I do?"

What would you do?

I don't know what you would do or what advice you would give Lillian, but I know what psychologists would say. They would tell her, "Lillian, you've got to be assertive. You have to stand up for yourself. You don't have to take abuse from anyone. If someone treats you badly, don't smile and pretend it's okay. Remember, unkindness deserves a firm response; don't let anyone abuse you."

But what if your boss refuses to change despite your protestations? Besides, isn't fighting him contrary to Christ's teaching of "Turn the other cheek"? Isn't it also contrary to Buddha's admonition to love those who rob and beat us? Again, isn't it against the Qur'an (Koran) that repeatedly teaches it is better to forgive than attack another?

Isn't it also against the teaching of forgiveness found in Hindu scripture: "Forgiveness is a virtue of the weak, and an ornament of the strong. Forgiveness subdues (all) in this world; what is there that forgiveness cannot achieve? What can a wicked person do unto him who carries the saber of forgiveness in his hand? Fire falling on the grassless ground is extinguished of itself. And unforgiving individual defiles himself with many enormities." (Mahabharata, Udyoga Parva Section XXXIII)

Now, let's return to the question I asked earlier. If you were in Lillian's position, what would you do? What would be the right thing to do? If

your boss refused to stop harassing you, would you quit? Could you forgive him and stay?

The average person finds it extremely hard to live by the spiritual teachings I mentioned above. "Turning the other cheek" seems contrary to our natural instincts. Why is it so difficult to accept? Because we separate ourselves from others in our mind.

We think we are different. We believe there are good and bad people, kind people and jerks. Of course, in our mind, we always belong to the good and kind group while those who make us uncomfortable belong to the bad group and are jerks.

Spiritual people see the world differently. To them, all people are the same. Everyone cries when sad, laughs when amused, and attacks when he or she feels threatened. Some people will do nasty things, not because they're nasty, but because they are wounded inside. They don't act out of spite as much as they act out of pain. Understanding this, spiritual people can accept and forgive others.

Why should we be concerned about this subject? Because people are the source of our power and contribute to our happiness. The better we get along with others, the happier and more powerful we become. Do you remember the question I asked earlier? Would you quit or would you stay? Well, the choices we make determine the results we get, so let's explore this further.

But before we do, let me say it wasn't Lillian that was a victim of abuse, it was my wife. And when she asked me what to do, I replied with a spiritual approach, not a psychological one. I told her that despite his abusive behavior her boss was a decent person. I suggested she try to forgive him and put up with his nerve-racking behavior for three

months. I told her that if she still wanted to quit after that time, she should feel free to do so.

Yoko, my wife, stayed on and discovered that after three months she could tolerate her boss' rude behavior and stopped having spasms during her sleep. After six months her boss started to melt under the warmth of her patience, understanding, and acceptance. Shortly later they became the best of friends and he, the Chief Financial Officer, taught Yoko everything he knew.

Two years later, a Japanese printing press manufacturer opened an office and showroom fifteen minutes from our home. They picked a president to run the company and were looking for a CFO to be second in command. Yoko got the job. Within three weeks she discovered the president was a crook, stealing company funds. After reporting to the Head Office in Japan, she was instructed to fire the president, not to hire another one, and to take charge of the company, which she successfully did.

Can you see how a spiritual approach led to a successful conclusion? Imagine the exciting life and financial success that Yoko achieved BY TURNING THE OTHER CHEEK. Few people would have put up with the abuse of Yoko's former boss. But that's why few get to climb so high in life. By the way, what happened to Yoko is not an isolated case. I, too, had similar experiences of being verbally abused by people who became the best of friends that then opened new doors of opportunity.

Am I saying we should never stand up for ourselves? No, but before you do, stand up for the abuser, a wounded soul. If you don't, who will? My general policy is to give abusive people three months to begin changing. If they don't start to change, I then step in with conventional assertive behavior. I don't do it to protect myself, but to protect other victims. I also do it to help the abuser. For as long as no one objects,

he or she will continue along the same path. The abuser alienates others, destroys morale, and dampens productivity. So, by guiding the abuser toward proper behavior, I help them become more powerful and successful. By doing so, I not only improve the abuser's life but the lives of all those he or she deals with.

For information on how to stand up for your rights, see: <http://www.personal-development.com/chuck/harassment2.htm>

Over the years, psychology has made considerable progress. Its latest incarnation is called "Positive Psychology," a term that was first used by Abraham Maslow (1908 ~ 1970). Positive Psychology represents a shift in thinking. Rather than looking at psychology as the study of mental illnesses it is now seen as the study of optimal human functioning or wellness of being. It is Martin Seligman who is seen as the driving force behind Positive Psychology, for which we have to be grateful. But I would like to introduce the idea of Spiritual Psychology, an approach that includes the spiritual dimension as well as the mental one. Our story of Lillian / Yoko illustrates the application of "Spiritual Psychology." ###

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

Let The River Flow by Beca Lewis

One day I tried a new running route by the river. The first day of the new route I felt as if I had run a long way. On the second day I ran past the place where I had turned around the day before and realized that I had hardly gone far at all.

I knew that every time I ran that way again the next place to turn around would be further, and each time it would feel as if the point I stopped the day before was easy.

There's another thing about running. I like the idea of it until it's time to get ready to go. Then I hate it.

I think of all the reasons why I can't do it. It's too cold, too many things to do, I got up too late, people will see me, my hair is sticking out, my running clothes are ugly; the list is endless. It is actually harder to get myself to go out and run than it is to run.

On another day Del and I stood by the same river and watched a speedboat pass by leaving a wake that gradually spread out across the water affecting everything in its path. Its purpose was not to leave a wake, but to move down the river.

What you do in life is exactly the same. Wherever you pass, whatever you do, you leave a wake. But, leaving a wake is not your purpose.

Like the boat, your purpose is to move down the river. Your purpose is to follow your open path and not be concerned with producing a result. Like a wake, the result inevitably follows.

As we uncover and release fear our “life boats” can move down the river of abundance.

When we uncover and release fear, we reveal our life dream, which leaves us free to plan for them. The intent is to plan what needs to be done to protect and prepare for the future, while not sacrificing the joy of the present. All of this is done from the True perspective, from a Spiritual Perception.

Protecting and planning for the future from a material or false perception traps all of us in either sacrificing the joy of the present, or in the fear of the future. Starting from a Spiritual Perception we begin instead within the knowledge that what everyone needs and wants is already present, simply hidden from view based on false beliefs and perceptions.

Although the outside picture may still appear as if we are protecting and planning for the future, we know that we all are really moving down the river knowing without a doubt that the wake or result will follow. There is no need to travel in fear of needing to make things happen; instead, we flow with the river in joy.

To run each day I need a bigger purpose. I have to think of something bigger than my excuses to not get dressed and step out the door.

In life we need a bigger purpose. When our purpose is to begin from, think from, and act from Spiritual Perception the river of joy supports and sustains us without any effort on our part. Our only job then is to be a witness to provision and beauty that flows around, through, and as our life. ###

About Beca Lewis

As an author and guide Beca Lewis is dedicated to bringing Universal Spiritual Principles and Laws into clear focus, to shift material perception to spiritual perception, which following the law “what you perceive to be reality magnifies™”, adjusts lives with practical and measurable results.

Beca developed an easy system to do this called The Shift® and has been sharing how to use this system to expand lives, and bring people back to the Truth of themselves for over 40 years.

Beca and her husband Del Piper are constantly working to develop new ways to support and reach out to others. Much of what they have been developed can be found for free at their membership site [Perception U.com](http://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>

Instantaneous Courage for Relationships

by Steve Wickham

Things do not change with ease in this life; not unless it's change that others - in their wisdom, or via their position - bring in and over the top of us. Add to this the fact that we'll never be taken seriously unless we act in courage.

These two phenomena enjoin to produce the requirement for courage if we're going to make any sort of real impact in our lives - personally or professionally.

But it's hard to be consistently courageous in the place of our rapport with people, because it involves the need to risk at uncomfortable levels for sustained periods.

We want to be one hundred percent honest with people and our situations, but dissonance comes because we will upset people if we can't get our points across skilfully enough. And nobody is consistently skilful in dealing with people. It's even worse for 'feelers' who'll tend to shirk the risk, picking a more conservative track with their interpersonal relations. Many want for courage.

Now... courage is the moral premise generating power for life at the level of truth.

ENLISTING COURAGE - SOME RELEVANT THEORY

With the above discussion out of the way we can readily see our need of courage for better life outcomes.

Enlisting courage is first of all about understanding that proactive change - the change we can and want to control - is within our realm; it always was and always is.

Second, it's knowing that when we're courageously honest in our dealings with people we'll shortcut many complicating problems, especially those due to communication failures of diligence. Most of our communications failures are due to a lack of foresight and care - diligence. It beckons understanding that most of our relationship issues are due to insufficient or inappropriate communication.

Courage in communication is vital; to be honest, and also faithful, in relating with people requires from us the moral fibre implicit of courage.

A REVIEW PROCESS FOR MORE COURAGE

Can courage be any more than a commitment to learn and do better? Certainly that's where it starts. We also have to acknowledge the importance of others. If we expect to be treated with value, we must treat others with value (Matthew 7:12). This motivates our courage - it's not just for us, but others too.

To enlist courage:

1. Start with a conscious commitment for courage and add triggers so as to enable the mind to consciously (and subconsciously) train itself.
2. Look for instances where truth is not lived; analyse these so better approaches against shrinking from courage might be used in future.
3. Make full use of good examples of relational courage by celebrating them. Use an appreciative mindset or, in other words, dig deeply into

the reasons you were able to be honest in the face of relational risk or fear, so confidence for next time is added. ###

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New Self Treatment of Anxiety Disorders by Rachel Broune

There are various treatments of anxiety include psychological and drug treatments and depend to a certain extent on the type of symptoms or disorder the person is suffering from.

Psychological treatments of Anxiety are often tried first. They may include learning about the symptoms and realizing that though they are frightening they are not medically dangerous. Relaxation techniques can also be helpful.

A persons full range of symptoms needs to be understood, this enables any underlying disorder that causes the Anxiety symptoms to be treated. In particular, if the Anxiety symptoms are secondary to a depressive illness then the focus of the treatment will be on the depressive illness.

The genetic basis of anxiety disorders may be further confirmed by studies of twins. Moreover, molecular biology today allows testing specific genetic hypotheses derived from clinical or neuro-imaging fields. With the aim of presenting a detailed and clear over-view of the genetic components of anxiety disorders and potential development of this idea we will discuss different anxiety disorders and their genetic background.

There are a number of drugs available that are specifically anti-Anxiety treatments. These include diazepam and lorazepam. These medicines are effective in quickly relieving the symptoms of Anxiety.

Anti-anxiety drugs, mild tranquilizers and antidepressants are prescribed for treating different kinds of Anxiety Disorders. A lot of

choices are available in each drug class but it is not established yet, for what kind of Anxiety Disorders which drug is most effective. The effect of medication varies person to person. One drug does not give the desired results then the other drug is tried. This does not necessarily mean a patient need to be experimented with a number of drugs. The patient only need to take care or to be cared and be in contact with an expert who will monitor the effect of drug, may suggest a change in drug or make a drug continue till the patient overcome.

You may learn specific relaxation techniques either by your doctor or on the internet. However, it is recommended that you practise these techniques under your doctor's guidance initially so that both of you are confident that you are able to practise correct relaxation techniques. Daily routine of these relaxation techniques is necessary for controlling anxiety. You should also practice them whenever you feel the inner tension rising or when faced with situations that normally lead to anxiety.

In 1998 the National Institute of Health conducted a study at the University of Arizona. For sixteen weeks during this study they looked at the effects of acupuncture on thirty-four patients that were classified as being seriously depressed. There were three groups during this study. The first received depression targeted treatment, the second received false treatment with needles in nonspecific area and the third was placed on a waiting list before they started treatment for eight weeks.

A good exercise program, for about 30 minutes a day, will help the brain to work better through promoting the better functioning of your neurotransmitters. It also will help to produce more endorphins; will help you to feel better. ###

Rachel Broune writes articles for [depression symptoms](#). Rachel also writes for [alternative medicines](#) and [mental health](#).

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

Diet Fads

by J. Brian Keith

The more you understand about any subject, the more interesting it becomes. As you read this article you'll find that the subject of Diet Fads is certainly no exception.

Knowledge can give you a real advantage. To make sure you're fully informed about Diet Fads, keep reading.

It might be actresses such as Suzanne Sommers and Jane Fonda, or models such as Christie Brinkley or Kathy Ireland. It seems that a number of celebrities today offer their own weight loss programs. The programs are appealing because we see these various svelte celebrities and we want to have bodies just like them. The celebrities are also highly likable, so we have a predisposition to be accepting of their products.

However, did you ever stop to think whether these celebrities have any nutritional training? Do they have medical training? Is the information that they offer nutritionally sound? Or is it just a good sales pitch?

Nutrition experts Annette B. Natow and Jo-Ann Heslin, authors of the book [*Get Skinny the Smart Way*](#), say that consumers should be leery of celebrity-inspired diet books. They point out that such books are often based upon nutritional fiction and that, while the diets outlined in these books may result in short-term weight loss, they can be far from healthy in the long run. Therefore, you might consider passing up the celebrity diet books and opting for those written by nutritional experts instead.

But celebrities aren't the only ones preaching fad diets. For instance, there's the so-called grapefruit diet which recommends consuming a grapefruit prior to each meal. Another fad is the cabbage soup diet,

which requires you to consume all the cabbage soup you can handle. Other fads call for eating all the eggs you can...consuming only raw foods...or fasting every other day. Such diets are not only based on nutritional misinformation—they can also be dangerous.

For instance, let's take a closer look at the cabbage soup diet. No major health organization has endorsed it. Moreover, the American Heart Association disapproves of it, noting that it can actually harm you. Promoters of this diet say that you can lose as much as 15 pounds a week by following it—what they don't say is that most of that weight is water weight. Once you begin eating normally again, you will see your weight rise once more. Some of the side-effects of the cabbage soup diet include a feeling of weakness, stomach pains, and diarrhea.

Yet another questionable diet approach is what's known as food combining. Such a diet assumes that you are overweight because you are not eating the right combination of food. The requirements of such a diet can seem quite arbitrary. For instance, you might be told that you can eat a banana only in the morning. This is rubbish, since your stomach can deal with a variety of different foods at one time. The idea behind such a diet is to eat food with fewer calories, but there are other methods you can use to accomplish the same goals.

Some companies even claim that you can shed pounds while you dream. They say that, if you use their product right before bedtime, you will lose weight. In actuality, no company can make such a claim with any degree of credibility. It is impossible to burn a large number of calories while snoozing. In other cases, you may be tempted to try to lose weight by consuming special milkshakes or candy bars. In essence, these products are just milk and candy with certain vitamins and minerals added. However, one rarely feels satisfied after consuming these products. As a result, you may find yourself actually consuming additional calories during the rest of the day. While you

might be able to theoretically lose weight in the short-term, you'll find it difficult to maintain the weight loss over the long haul.

The fact of the matter is that there is a great deal of money that can be made through the sale and marketing of diet products. As long as America has a large contingent of overweight people, companies will try to make a profit off of overeating. It is up to you to be savvy enough to recognize a diet fad when you see it and opt for a different approach to losing weight. You'll find that there are really no short-cuts to weight loss. Any successful diet program takes time, patience, and determination, along with a willingness to change your eating patterns.

Knowing enough about Diet Fads to make solid, informed choices cuts down on the fear factor. If you apply what you've just learned about Diet Fads, you should have nothing to worry about. ###

Winners Choose Optimism Over Realism **by Philip E. Humbert, PhD**

What is the biggest, most important key to success in life? Philosophers, coaches, teachers, preachers and consultants have wondered about that since the dawn of time. Fortunately, I think I have the answer!

I'm not claiming to have discovered it by myself. I'm not sure I can even claim to fully understand how it works. But, I do know what it is: *Attitude!*

Remember the old saw that, "Your attitude determines your altitude?" I'm convinced it's true.

I was reminded of it this week when I spent several hours driving to some appointments. I ended up scanning radio stations, listening to unhappy people of various descriptions. Unemployment claims were up this week. The government is spending too much, taxing too much, and generally doing lots of things people do not like, while failing to do things they would very much prefer. Even the weather was too hot, except where it was too rainy.

Bottom line: There's a lot of unhappiness on the radio!

Clearly, this is a troubled world and there are lots of problems out there. We can't deny that. But it's also true that, "what we focus on, expands." And, "we become what we think about most of the time."

For most people, optimism is in rather short supply. We are in a recession, and recessions are bad. We are concerned about world peace, terrorism, climate change, unemployment, and buying all the stuff our kids need for school. On a personal note, during that trip I

learned my truck needs a new "serpentine belt" that will cost over \$300! (Some of us remember when fan belts were \$4.99 and you changed them yourself on Saturday afternoon.) There's a world of trouble out there!

The good news--and it is truly Good News--is that there has never been more good news all around us. Most of us are healthy and are likely to stay that way. We can communicate with anyone, any place in the world, usually for free! We can read great books, listen to audio programs, or interview the most talented, successful people who ever lived! We have more "stuff" and access to more wealth than any people in history!

Even in tough times, we are rich beyond measure! And yet the news is almost uniformly bad, bloody and painful. We worry all day long--at least some of us do. People are angry, discouraged, and actively practicing their "victim" approach to life. How sad is that??

High achievers refuse to live with negativity! Winners have always looked for the good, emphasized hope, and found opportunity where others see only problems.

Successful people reason that if money is tight, folks are looking for bargains. Many of today's richest families got that way because a couple generations ago, Grandpa (or Grandma) made some very smart moves in the midst of the Depression. Winners note that if there is less money, there might be more time as a family. What if the family went on more hikes, picnics or visited more art galleries this fall?

Optimism comes naturally and easily to only a few. Perhaps they are "lucky" or simply wired differently, I don't know. But for the majority of people, optimism is a learned skill, a chosen approach to life. It's a conscious decision to see "the glass half-full." It's a habit of "whistling

while you work" and giving cheerful compliments to everyone you meet. It's something to be practiced (fake it if you have to), until it becomes automatic.

There are lots of good reasons to be pessimistic, but what's the point? Even if it is more "realistic," does it give you any advantages? I prefer optimism. Even foolish, unrealistic, exaggerated optimism. If I'm wrong, I may be briefly disappointed but I figure my "incurable optimism" will give me the momentum to keep on going, no matter what.

Optimism, trying stuff, doing stuff, learning stuff, constantly moving forward is the most fundamental, critical trait of life's happiest, most successful people. I highly recommend it. ###

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

How to Boost Your Optimistic Attitude

by Holly McDorman

Optimism is a state of mind. Therefore, it can be achieved with some exercise and useful tips. Being optimistic means looking on the good side of things and believing that even in a tough situation a good thing will come from it. Learning way to boost an optimistic attitude will bring more smiles to your face and lessen stress.

Train your thoughts

The biggest difference being optimism and pessimism are your own thoughts. However, if you are the type of person to thinking of the negative then you must find a way to promote positive thinking. This can be done with subtle reminders to think good thoughts. You could put a rubber band on your wrist, and then snap it on your skin whenever you find yourself thinking a negative thought. This type of training is reinforcement. Because you do not like the sting of the band then you will think less negative thoughts. This type of training can be applied with other things besides rubber bands.

Remembering the good things

A lot of times a person that is full of optimism will think that nothing good ever happens to them. One way to remember that this is not true is to write down the good things that do happen. It makes it much easier to remember if it is written down. Get a journal or any type of notebook and write down good things as they happen to you. Next time you start thinking that only bad things happen to you then you can look back and remember all of the good things.

Find a positive escape from reality

If you find it hard to think positive in your own reality then you can escape into someone else's reality. Reading a book or watching an

uplifting movie may be what you just need to start thinking positively. Comedies are great for a good laugh which will relax you and help you think clearly. Chicken Soup for the Soul books are full of inspirational passages for those that find themselves in a place of despair.

Learning how to turn bad situation into good things is the true mark of optimism. Messy rooms and divorce are just a couple of situations that I have experienced that I had to think of the positive in them. Everything has a good side, you just have to try yourself to find it. Some of these ideas might also help to learn to think more positive.

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Personal Alchemy: Three Steps To Positive Transformation

by Laura M. Turner

Lately, I've become intrigued by the idea or process of "alchemy." Funk & Wagnall tells me alchemy is a transformation, "a change in nature, form or quality." So how to take charge of your own personal alchemy? For me, it's about changes and transformations of mind, body and spirit. Therefore, in this article I've outlined three of my favorite ways to approach personal alchemy on the path to wholeness and health.

Step One: Dissect A Past Transformation:

It's easy to feel overwhelmed when thinking about the process of making a personal overhaul. Therefore, it's important to break this idea down to its least common denominator. To begin, recall if you can a positive transformation you've made in your life. It could be as simple as beginning and staying with an exercise program. In your mind locate and focus on one specific personal transformation.

Next, break down your transformation into its components: mind, body and spirit. I tend to look at everything in this tri-fold sense. I believe it is important to see the way a particular event contributes to the growth of each component. Right now, take a moment to observe the ways each of these components have contributed to your transformation:

Mind: Was your mind committed to making this positive change?

Body: What daily actions did it take to make this personal transformation effective and permanent?

Spirit: Was there a spiritual component at hand guiding you toward your positive goal?

Step Two: Begin The Uncovering Process:

Now that you've dissected a previous transformation, the uncovering process is simple. This process asks you to take some time with your journal and uncover a new personal transformation you would like to experience. With pen in hand, take time to make notes to yourself. Start small. What transformations would you like to make this year? Do some dreaming.

When you've finished, scan your list for one worthwhile goal that is achievable. If you are unable to commit to one on your list, try these ideas to complete your uncovering:

According to Louise Hay in her book "[*You Can Heal Your Life*](#)" these components will help you live a holistic, healthy life. Perhaps one may inspire you toward a worthwhile goal.

Nurture The Body: Practice sound nutrition. Aim to make the best choices for your body and choose food and beverages that make you feel well. When appropriate supplement with herbs, vitamins and homeopathy.

Practice a sound exercise program. Find a form of exercise that is appealing to you and is one that you will do. Choose from: aerobic exercise, resistance training, tai chi, yoga or Pilates. When appropriate use body work such as massage or reiki.

Nurture The Mind: Add to your daily practice, visualization, guided imagery, affirmations or dream work. Spiritual meditation is also a great way to quiet the mind and allow time to tune in to the divine.

Nurture The Spirit: Find time to practice prayer work, meditation, forgiveness and unconditional love.

Step Three: Find Answers In The Silence: Then Take Your Goals One By One

We can't possibly do everything. For as someone once told me "you have only, all the time there is." With this in mind, I am brought back to my earliest ideas about personal alchemy. This involves one of the most difficult, yet necessary practices: finding time for silence. Finding time is the challenge I most often face when looking at my own personal growth and aiming to find ways to simplify and speed up the process.

Silence. Why does it work? From a physics or scientific standpoint, the electrons within the molecules of the body actually speed up when the body slows down. It seems difficult to understand at first, but the key is its reciprocal process. When the body slows down, the energy surrounding the body and passing through the body speeds up, literally directing the body: instructing it.

Grace, balance and growth are often natural extensions of this process. When you take some time to be still and offer your goal up to the universe, you can then become aware of the divine direction. To do this, try to first become aware of your surroundings. Then aim to find time each day to move toward your worthwhile goal. Keep it close to your heart. Know that there are many distractions in life, but if you take time to rest and stop for one moment, it could be the moment you will receive your greatest inspiration.

When in doubt, there's always help! For a creative boost and further direction in your discovery process, please explore these sources:

[*The Artist's Way: A Spiritual Path to Higher Creativity*](#) By Julia Cameron.

[*Sacred Contracts: Awakening Your Divine Potential*](#) by Caroline Myss.

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Laura M. Turner is a 15-year veteran fitness instructor, fitness trainer, journalist, author and natural health practitioner. She hosts <http://www.beauty-and-body.com> a website dedicated to inspiring all to stay healthy, disease free and youthful both inside and out. Visit today to receive Laura's Best Health Tips and her 7 Easy Weight Loss Strategies eCourse, FREE! While you're there, check out her latest book *Spiritual Fitness: The 7-Steps to Living Well*: http://www.beauty-and-body.com/Spiritual_Fitness_Info.htm

What have you done to improve your life?

by Jahiel Yasha Kamhi

I was seated with a group of people when someone said to me: “What have you done to improve your life?”

I didn’t expect that kind of question, so I asked for clarification.

“I mean,” he said, “What have you done to study, improve or change your life? Probably, you’ve studied many years to get your credentials, but how many years have you spent studying your life?”

Fortunately, a friend of mine solved the problem when he declared that today’s topic was “How to improve our lives.”

This article is actually adapted from a conversation between friends about the topic I mentioned above, with no indication of who said which statement.

The very first question was: “Do you really need to improve your life?” We all agreed with one clear and obvious conclusion: yes, you do need to work to improve your life.

Your whole life is actually a permanent school for you. Only people who pay attention to the quality of life can expect satisfaction. Life is a process of learning not only job skills but also life skills.

To improve your life, you first need to learn who you are. Do you know yourself, or you are just guessing? Knowing yourself is crucial, because everything starts with you. Can you improve yourself if you don’t know yourself? If you don’t know where you are now, you might be heading in the wrong direction. I hope not!

Do you have a personal goal or a destination as a fixed point to reach in your life? What do you do for life, not just for living?

Write down your answers and read them on a regular basis, checking to see where you have improved. Learn what you have done for your life that particular week and try to get closer to your goals every week. After a couple of months or years, you will see improvements. Having a goal or a fixed destination is the best way to do something about your life.

Goals are important, but you must have more. What about meaning in life? Do you believe that meaning is within you or not? Who is “in charge” of meaning in your life? If you expect someone else to find meaning for you, unfortunately you’re on the wrong track!

Can you answer these simple questions: What’s your reason for living? What do you want from life? Do you have a real fascination about life? Are you living for ... or for ...?

The only one person who can answer these questions is You. To live a full life, you need to know your reason for living. Is your reason for living a healthy and good family life, or is it maybe your professional success?

Think about your reason for living. It will shape your destiny.

If you, like everyone else, think about how to get more money, or how to get a better position on the professional ladder in your work place, this is not a bad thing.

A bad thing is if you don’t do anything to improve your spiritual dimension of life (this isn’t necessarily religious). Your soul wants to grow and help you to live a life with meaning, reason, goals, and a

destination. Spirituality is part of a healthy way of living and you need it, especially when you are looking for any kind of mental support.

A person who applies his entire mind to living is not only a great human being; he is also a rich person. If you know how to apply your mind in everyday life, you will live an intellectually and spiritually rich life. Sometimes, your mental and intellectual potential is unused. You have the power to access that potential: each person's life has purpose and meaning if you know how to discover it.

Have you learned to forgive yourself first, and then to forgive others? Forgiveness is the key to inner peace, for inner peace is not determined by circumstances.

How "high" or "deep" is your life? You must learn this because your life is your source of wisdom, inspiration and meaning. Your personal inner wisdom is the basis for your knowledge of what is needed in your life, and it will determine your personal growth. Can you reach a higher level of being?

During our friendly conversation, we asked many questions and answered many of them with the sincere intention of bringing more knowledge into our own lives.

We know: there is no single recipe for a joyful and meaningful life; it's the individual's creation.

We all understand and agree with this message:

When we try to change things in life, the same life responds perfectly well. Help yourself to feel good because it's your responsibility to do

that. We need to be able to purify our spirit by making changes to our inner state.

Our quality lies in what we are, not in what we do for a living. ###

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

How to Deal With the Complainers in Your Life

by Dr. Alan R. Zimmerman

Remember your first couple of days at work? They were exciting. You had your orientation session, learned about the history of the company, became familiar with its products, and discovered the benefits of working there.

Or remember your first days as a new team leader, supervisor, manager, or even as a new executive? That was extra exciting.

Then some old timer came along side you and said, "That all sounds good, but wait until you've been here a while. You'll see what it's REALLY like!" And your feelings switched from excitement to trepidation. You began to wonder what you got yourself into.

Simple. You got yourself into the average workplace today ... where whining, complaining, griping, gossip, and excuse making are common. As Roxanne Emmerich points out in her book, "Thank God It's Monday," one out of every three payroll dollars is LOST due to negative, disengaged employees. And more than 91% of people spend a huge chunk of their day frustrated by their coworkers' dysfunctional behaviors and think regularly about quitting their jobs.

So what can YOU do if you're stuck in a work situation like that? You could quit and go elsewhere. But that may not be practical in today's economy. Besides that, another company may have just as many complainers. A better option is to learn how to deal with complainers ... in your organization, amongst your customers, or even at home.

1. Control your attitude.

In the beginning, you may have decided to simply ignore the complainers. It was no big deal. But they didn't stop. And their constant complaining began to irritate you ... even anger or depress you.

You can't let that happen to you. You can't let the complainers determine your emotional, financial, relational, or occupational destiny. You've got to do something to change yourself and the complainers when you find yourself in that situation.

You've got to start with your own attitude. Remind yourself that you've got a job to do. You're paid to do it. You're a professional. And you refuse to be brought down to the complainer's level.

But you've also got to take control of your attitude towards the complainers. If you think of them as a pain in the neck, if you approach them as the enemy, they'll become even more difficult to handle.

Instead, think of them as people with problems that need to be solved. With that kind of an attitude, you have a better chance of getting through to them and turning off their complaints.

2. Bring a specific complaint to the surface.

More often than not, complainers complain about a variety of issues a lot of the time. They act like a hose, spraying their garbage over anything or anyone in sight.

And it's no wonder. In 2010, The Conference Board research group reported job satisfaction has fallen to a record low of 45 percent, the lowest level ever recorded in 22 years of surveys! Extrapolating from that number, more than half (55 percent) of US workers say that they are "dissatisfied" with their jobs. And the most dissatisfied workers are

under the age of 25 ... where 64 percent of them say they are unhappy in their jobs.

Now you could sit down with your complainers and ask them to explain all their complaints in detail. But don't do that. You don't have that much time. As it stands, Emmerich reports that managers already spend 37% or more of their day dealing with dysfunctional behavior.

A better approach would be to get specific. Tell the complainer that you've noticed his apparent job dissatisfaction, and you would like to start the process of understanding his feelings.

Of course, the complainer may have several issues that are upsetting him, but it's almost impossible to deal with more than one issue at a time. Things simply get too emotional. So as a rule of thumb, I often advise leaders, managers, team members, and even families to stick with one issue at a time, one week at a time.

And once you've brought a complaint to the surface...

3. Honor the other person's perspective.

Show some respect for the other person's point of view ... even if it is way off base ... because to him or her, it is the truth.

The important thing at this stage of the conversation is honor ... not who's right and who's wrong. So show the other person your genuine concern for her feelings and your honest respect for her perspective. When you honor the other person's perspective, you reduce the intensity of her complaint.

Unfortunately, that's not happening in some workplaces. When someone complains about all the layoffs and the unreasonable work

load, she may be told to shut up, because "You should be thankful you've even got a job." While that may be true, it's not helpful.

When a worker gets that kind of response to her complaint, she may STUFF her feelings. With twice the work and half the friends, she may be so filled with fear and stress that she doesn't say anything, lest she end up in the unemployment line as well.

But let me remind you that a shut-up, non-complaining workforce is not necessarily a happy and productive workforce. As The Herman Group warns ... "just because employees are not leaving does not mean they are engaged ... in fact, over 45% of today's workers are disengaged, costing their employers millions."

That being the case, you're always better off HONORING the other person's perspective than ignoring it ... even if you don't agree with it. As the old "Farmer's Almanac" puts it, "Meanness don't jes' happen overnight." There's some history behind the other person's complaint, and that history needs to be understood.

4. Practice empathic listening.

Complaints and complaining people can be tricky. As American humorist Will Rogers acknowledged, "Lettin' the cat outta the bag is a whole lot easier 'n puttin' it back." So you need to have some excellent communication skills working for you.

Let the other person talk. Give him time to explain his complaint, share his feelings, and get it out of his system. Give him time to vent. As that's happening, let your nonverbals show that you're listening. Nod your head, maintain eye contact, and say "uh-huh." When the complainer begins to repeat himself, you know the venting is almost over.

Then move to clarification. Try to repeat exactly what he said. Don't put in too many of your own words because he might find something else to get upset about. You want the complainer to feel understood. You can even ask questions to get more information and more clarification.

And the best resource I know for improving your question asking and empathic listening is my book on "Brave Questions: Building Stronger Relationships By Asking All The Right Questions."

As Pamela Nimz wrote, "A few years ago, I purchased your book on 'Brave Questions' when I was engaged, and the book gave us a deeper and more meaningful relationship as we progressed through the book. But now let me tell you the rest of the story."

"Both of us had been single for 20 years, and believe me it is tough to move from a glowing courtship to the reality of figuring out how to be married and actually live together! Alan, without the strong communication foundations we established by patiently understanding each other with the help of your 'Brave Questions' book, there would have been so many times when we would have retreated into silence, hurt feelings, and gross misunderstandings. Instead, we had learned to be open and honest with each other. (Okay, there have been some ups and downs; but they haven't lasted very long!) Both my husband and I are so sold on your book that we gave it as a wedding present to one of our closest friends, and I have another book in my 'gift closet' just waiting for that next opportunity. Thank you, Alan! What a great gift you have given us all!"

As you practice empathic listening...

5. Avoid defensiveness.

Most people want to defend themselves when someone complains. They want to justify their actions, stand up for the company, or point the finger of blame somewhere else.

You've got to resist this at all costs. Don't make excuses or argue. At this point, it's your job to demonstrate the fact you're there for him with a statement such as "Tell me more."

Somewhere along the way, you might also say, with true sincerity, "I'm sorry." The statement has nothing to do with admitting fault, but it has everything to do with saying you're sorry he's upset. You're sorry he's frustrated. You're sorry he is not happy with something you or someone in your company did. Saying you're sorry expresses your empathy, avoids defensiveness, and diffuses negative emotions.

Let the complainer know that he or she is not alone. You're in this situation together, and together you can find some kind of solution.

It's kind of like Joe and Lars who came to America from the old country. As they traveled on an old, beat-up freighter crossing the North Sea, a huge storm arose. Joe said, "Lars, Lars, da ship is going down." Lars replied, "What do we care? It's not our ship."

The point is ... when there's a complaint in your organization; you can't ignore it ... because you're all in the same ship. And what affects one person probably affects a lot of other people as well.

Finally, in the process of dealing with complainers...

6. Work towards a mutually acceptable agreement.

You want to resolve the issue as quickly as possible. The quicker the resolution, the less it will affect your overall relationship. So thank the other person for bringing the issue to your attention ... because you want your communication to be as candid as possible.

Then ask him how he would like his complaint to be handled. And if you can do what he asks, just go ahead and do it. That's easy. That's the fun part in conflict resolution or customer service.

However, if you can't give the other person exactly what he wants ... which is often the case ... tell him what you CAN do to make things better. If you spend too much time telling him what you CAN'T do, he'll just get more upset. Stick with what you CAN do, and somewhere, in the give and take between the two of you, you will find an understanding or a solution that is better than the complaint you started with.

Jane Wagner said, "I personally believe we developed language because of our deep inner need to complain." I don't know about that, but I believe we can develop the communication skills to deal with those complainers. It's a part of my program on "*The Partnership Payoff: The 7 Keys To Better Relationships And Greater Teamwork.*"

Action:

Instead of getting upset with your complainers, use these tips to turn them around. ###

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

In Defense of Disobedience

by Dr. Linda Sapadin

To obey or not to obey? That is the question. And it's one that's not easily answered.

Sure, we want obedient citizens, soldiers, subordinates and students.

But there's a disturbing downside to the tendency to obey that needs to be understood.

This year is the 50th anniversary of the Stanley Milgram experiments on obedience. Perhaps you remember reading about these incredibly important studies from your Psych 101 days.

Dr. Milgram, a mentor of mine, designed studies in which he investigated whether people would obey an authority who told them that they must give incremental shocks to learners who answered incorrectly and "needed to be punished".

Most of the participants who administered the shocks did not do so casually – particularly when the shocks became increasingly painful.

But when the "authority" insisted that they stick to the rules of the study, 65% of them complied - despite feeling intense turmoil between their instinct to obey and their impulse to be more humane.

In reality, nobody in the study was actually shocked. The "learners" were actors who simulated agonizing pain, begged to be let out of the study, wailed about their weakened heart condition.

Dr. Milgram was not a sadist who enjoyed inflicting pain on others. He was a highly curious and conscientious social psychologist who was intrigued about how easily civilians and local authorities obeyed the Nazis in World War II. He actually believed that with an American population, compliance to authority would be atypical. We fact-find and we learn.

He ran several studies with different population groups. The results: blue collar and white-collar, men and women, students and adults – all had similar rates of obedience. And lest you think that Milgram's studies are old and therefore irrelevant, let's review a recent news headlines.

French TV reported a fake reality game show in which 81% of contestants administered more than 20 shocks to others - up to a maximum of 460 volts. Again, the shocks were simulated. Yet, less than 20% of the contestants disobeyed the verbal prodding from the host and audience to keep dishing out the torture, as they were "supposed" to do.

Milgram's studies prove what a potent force authority is. The majority of people will obey an authority, when they would never act the same way on their own. Sometimes the authority is official, such as the army, police, religious leaders - where men and women perform incredible acts of violence against others when told to do so. Other times the authority is more informal, like a mob, a heated political rally, a cyber bully where authority emerges from raging emotions set off with a rant and a rave.

To obey or not to obey? What shall people do in any given situation? Most often obedience wins out. After all, who wants a chaotic society in which everyone is running around, each doing his own thing, listening

to nobody? Yet, obedience should be balanced with independent thought and personal morality.

A few examples in defense of disobedience:

I wish many a nurse had questioned a doctor's orders instead of instinctively obeying his mandate. I wish a co-pilot had not silently acquiesced to a senior pilot's orders when he intuitively felt it was wrong. I wish every sexually abused kid could have disobeyed Father at the first inappropriate gesture that was made.

So, yes, I want an obedient society. And I want obedient kids the same way I want to have my favorite nail polish make me look thin. It's a fantasy. Reality is much more complex, requiring different behavior from us at different times. Sometimes it's appropriate for us to obey, sometimes to disobey. And it's always admirable if we can summon up the courage to do what we consider the right thing in any given situation. ###

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

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

Pam Garcy

Part 23. Listening to the self: inner guidance and happiness

In one way or another, these newsletters have been preparing you to get more in tune with what is in your heart so that you can allow your life to be about what is important to you.

How often do you get caught up in the hustle and bustle of the day, forgetting to take a moment to really stop and consider YOU? How might entering a state of joy and bliss lead you back to yourself?

If you'd like, you can experiment with this little exercise and see if it helps you to rekindle your innate connection to what is already within you.

Start by dedicating a small amount of time to yourself today. Even if it is only 5 minutes, these minutes can be very wonderful and revealing, and you will allow YOU to emerge in the process. While giving yourself more time can be helpful, it is also beneficial to take only a few minutes when longer breaks aren't as practical.

Once you've dedicated the time to begin this exercise, you might want to find a quiet place where you can close your door, turn off your phone, and even loosen any tight clothing. You might want to kick off your shoes as well. Finding a comfortable place to sit down or recline, you can allow yourself to experience a moment to just r-e-l-a-x.

During this special time, allow a moment for your body and mind to settle. Then, imagine any thoughts of your day floating and descending, landing in the corner of the room where they'll wait on you while you enjoy the moments which follow. They will return to you when you decide that it is time to return your attention to them.

Now, allow your attention to turn to your breathing. Taking a few moments, you may slowly breathe and exhale the gentle and soft air. Can you simply notice the air as it enters and leaves your body? As you do so, you may decide to take a moment to acknowledge your glorious body and appreciate that this automatic process of breathing can occur, even without your attention to it.

Once you feel more still and settled, you might want to allow the happiest version of your current self to appear in your mind's eye. Notice everything about this version of yourself. This beautiful individual is welcoming you and inviting you to see all that has led to the great pleasure. Perhaps you are learning something from this harmonious human, or perhaps you are simply getting in touch with the possibilities that already are within you--possibilities which include the expansion of what is already good and already within you.

Next, get in touch with how it feels to feel completely filled with happiness and joy. Experience the delight within your body, and throughout every cell. How does it feel to embody bliss?

Now simply ask yourself, am I here already? Maybe the answer is yes.

If it is no, then ask, "What can I improve now so as to arrive at this joyful place?" Watch and listen to whatever emerges, even if what emerges is silence, because the answer is a clue. If you learn something about yourself, see how you might begin to ethically honor the answer that emerges for you. As you begin to ethically honor yourself, you begin to walk upon your path, and this strengthens your trust in yourself. You now know that you will follow through on what is important to you, and this leads you to tuning in more frequently, and to running your life from a place of integrity. ###

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 39

My holiness is my salvation.

If guilt is hell, what is its opposite? Like the text for which this workbook was written, the ideas used for the exercises are very simple, very clear and totally unambiguous. We are not concerned with intellectual feats nor logical toys. We are dealing only in the very obvious, which has been overlooked in the clouds of complexity in which you think you think.

If guilt is hell, what is its opposite? This is not difficult, surely. The hesitation you may feel in answering is not due to the ambiguity of the question. But do you believe that guilt is hell? If you did, you would see at once how direct and simple the text is, and you would not need a workbook at all. No one needs practice to gain what is already his.

We have already said that your holiness is the salvation of the world. What about your own salvation? You cannot give what you do not have. A savior must be saved. How else can he teach salvation? Today's exercises will apply to you, recognizing that your salvation is crucial to the salvation of the world. As you apply the exercises to your world, the whole world stands to benefit.

Your holiness is the answer to every question that was ever asked, is being asked now, or will be asked in the future. Your holiness means the end of guilt, and therefore the end of hell. Your holiness is the salvation of the world, and your own. How could you to whom your holiness belongs be excluded from it? God does not know unholiness. Can it be He does not know His Son?

A full five minutes are urged for the four longer practice periods for today, and longer and more frequent practice sessions are

encouraged. If you want to exceed the minimum requirements, more rather than longer sessions are recommended, although both are suggested.

Begin the practice periods as usual, by repeating today's idea to yourself. Then, with closed eyes, search out your unloving thoughts in whatever form they appear; uneasiness, depression, anger, fear, worry, attack, insecurity and so on. Whatever form they take, they are unloving and therefore fearful. And so it is from them that you need to be saved.

Specific situations, events or personalities you associate with unloving thoughts of any kind are suitable subjects for today's exercises. It is imperative for your salvation that you see them differently. And it is your blessing on them that will save you and give you vision.

Slowly, without conscious selection and without undue emphasis on any one in particular, search your mind for every thought that stands between you and your salvation. Apply the idea for today to each of them in this way:

My unloving thoughts about _____ are keeping me in hell.

My holiness is my salvation.

You may find these practice periods easier if you intersperse them with several short periods during which you merely repeat today's idea to yourself slowly a few times. You may also find it helpful to include a few short intervals in which you just relax and do not seem to be thinking of anything. Sustained concentration is very difficult at first. It will become much easier as your mind becomes more disciplined and less distractible.

Meanwhile, you should feel free to introduce variety into the exercise periods in whatever form appeals to you. Do not, however, change the idea itself as you vary the method of applying it. However you elect to use it, the idea should be stated so that its meaning is the fact that your holiness is your salvation. End each practice period by repeating the idea in its original form once more, and adding:

If guilt is hell, what is its opposite?

In the shorter applications, which should be made some three or four times an hour and more if possible, you may ask yourself this question, repeat today's idea, and preferably both. If temptations arise, a particularly helpful form of the idea is:

My holiness is my salvation from this.

Commentary
by Allen Watson

The opposite of hell is salvation; the opposite of guilt is holiness. If guilt is hell, then holiness must be salvation. The question is: Do I believe that guilt is hell? Or do I, perhaps, feel that guilt serves a useful function in my life?

The Course teaches that guilt is at the root of all our problems, and yet at the beginning we don't even suspect guilt as the cause. We lay the problems at the feet of many different things, but rarely at the feet of guilt. "Of one thing you were sure: Of all the many causes you perceived as bringing pain and suffering to you, your guilt was not among them". Guilt is hell. This is part of what the Course is trying to teach us—a large part.

As long as you believe that guilt is justified in any way, in anyone, whatever he may do, you will not look within, where you would always find Atonement. The end of guilt will never come as long as you believe there is a reason for it. For you must learn that guilt is always totally insane, and has no reason.

All salvation is escape from guilt.

Guilt is interference, not salvation, and serves no useful function at all.

Perhaps we may object. Perhaps it seems that guilt is necessary to keep us from wrongdoing; but that presumes something within us that is inherently evil and perverse, something that will always do wrong unless it is kept caged, or punished when it misbehaves. Guilt serves no useful function; guilt is hell. Guilt is what we need to escape from.

Guilt does not keep us from wrongdoing; it keeps us locked into it. It is guilt that has driven us insane.

As this lesson says, if we wholly believed that guilt is hell, we would immediately understand the entire Text and have no need for a Workbook. We would have salvation, full and complete, for salvation is escape from guilt. This is not a part of the Course's message; it is the whole of it. This is why my holiness is my salvation; holiness is freedom from guilt.

Notice the emphasis in practice on "unloving thoughts". Unloving thoughts are guilty thoughts; they both stem from guilt and produce more of it. Holiness is lovingness. If my thoughts are unloving, I will be fearful and guilty; my holiness is my salvation from guilt. As we realize that our unloving thoughts are keeping us in hell, we will let them go.

Today's practice instructions are fiercely demanding: a minimum of four sessions of five full minutes each, with "longer and more frequent practice sessions...encouraged". Then there are shorter applications, "which should be made some three or four times an hour and more if possible". Plus there are responses to temptation. Today's idea must be very important! It must be very hard for our minds to absorb, so that we need to frequently immerse our minds in this thought. ###