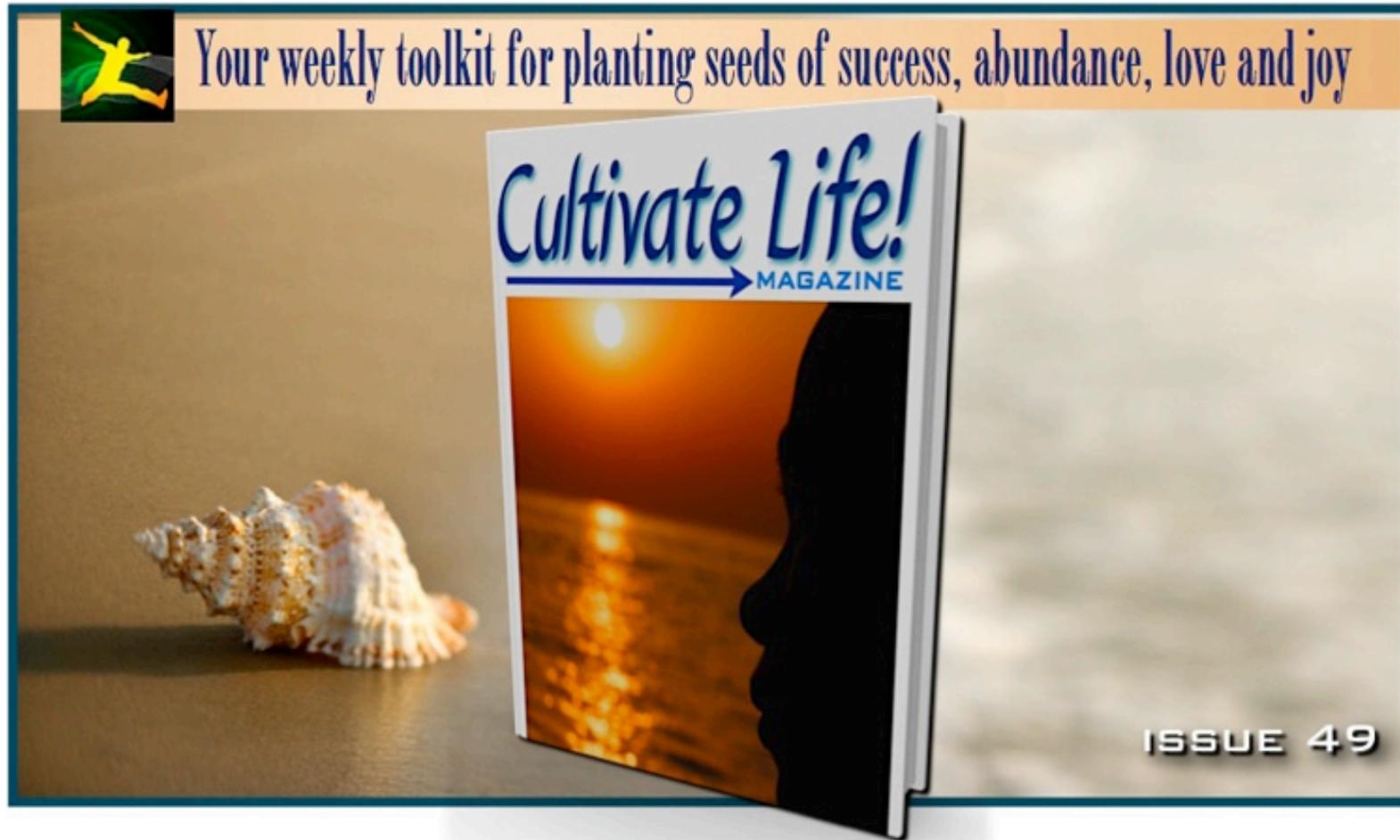


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Cultivate Life! magazine

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Heart to Heart Coaching:

Coach Doris Jeanette, replies to the question:

Things just feel like they are a total mess—how can I move forward in my life?

Country: USA

Philosophy: All things work toward good.

Hopes and aspirations: I activate my best life, love and work to live a fulfilling and contented life.

Question: I am seeking counsel and ideas on how to move forward in my life.

I am a 43 year old woman with four children ages 16, 11, 8, and 3. My husband of 10 1/2 years passed away 15 months ago suddenly from heart disease.

I am a nurse and ought to be able to find a decent job to support us. Yet it has been a struggle to find hours and location, which will work around the kid's schedule. I had four W2s last year. I am doing pickup work where I have worked in a nursing home for the last ten years. I gave up my job in the hospital six months after my husband died. My home is literally on the chopping block. I don't know which direction it is going to go.

I put my heart out there and liked a man last year. It turned into a total fiasco where he started going out with one of my children's friend's mom on the sly and messing around with me, too. Ugh. I don't want to go thought that again. I am hurt and had to stop my children from staying involved with that child since there was deceit and lies regarding the situation. I had to be firm in that situation to be true to myself.

Things just feel like they are a total mess. I have been sober 17 years and go to meetings. I have a strong faith and pray. Lately I have just felt like 'what am I doing wrong God'. I went back to a grief group to attempt to settle out any unfinished business with my husband so I can encourage moving on. Of course it's not easy. I plan to write him a letter and see if that will help. I am just trying to make good decisions on my own for the five of us and it feels impossible at this time.

Answer

Thank you for your question. Things ARE a total mess in your life. Often people do not seek counsel until there is so much pain they cannot bear what they have created.

When you are a mess and can admit that you are a mess, you are ready for transformation.

If you seek holistic psychology counsel and follow through with positive actions, you can move forward. You need to learn how to let go of control and allow your energy to flow in a healthy, empowering fashion.

This is the natural process of transformation. You let go of control so you can become the truth. Seeing and being the truth naturally allows you to sink until you hit the bottom of your unconscious. This stage in the transformation process is called the surrender. Think of the hanged man image in the traditional tarot cards and the hanged one in the non-sexist, round Motherpeace tarot cards. <http://www.madamelulu.com/tarot-decks/mother01.htm>

Once you hit the bottom, you will naturally rise up to the top. From there, you will move forward if you stay aware and continue to take appropriate actions to keep your ego from controlling everything. I define the ego as your learned, conditioned, controlling image self. It is composed of a wall of frozen energy that blocks love and light.

Going with nature works, going against nature does not work.

If you let go of control, you will naturally rise up from the bottom. Think of what happens when the ocean wave throws you to the sand. If you let go and relax, nature quickly throws you up to the air so you can breath again. On the other hand, if you tighten up your body and try to stand up, you could end up drowning.

Hence, the reason you have not moved forward is because you are tightening up and trying to control everything. You are avoiding the truth and your ego is in charge.

Your story is a perfect example of the more you avoid the truth, the more of a mess you make. If you do not begin to be honest with yourself, things can get worse.

Avoidance behaviors are deadly.

When your husband died, you must have gone into high avoidance. You tightened up and tied to control everything. As a result you created a mess. I am sure you already had the habit of avoiding your feelings and reality or you would not have done so at this point.

This habit of avoiding your feelings, which is the same thing as avoiding reality, will cost you dearly if you do not change it. The way to transform your life is to stop and take responsibility for the mess you have created.

You must look in the mirror and OWN your mess.

You are accountable for your actions and behaviors. Look in the mirror and acknowledge your mistakes. They are yours and no one else's. Then, and only then, will you be able to transform your life into something meaningful, rich and healthy.

Being a mess is not all that "terrible" from some points of view. We have all been a mess before. People can empathize with you.

Being a mess feels awful when you judge yourself and make yourself wrong about your mess. Your ego loves to make you "wrong" and "bad." But if you look at your mess from another point of view, it is not so terrible. Step outside your ego and see other points of view.

My point of view is with any open heart. An open heart has the energy of compassion moving in and out. I see you where I have been and do not judge you. I also know I will be a mess again! I know from my own experience that you are unaware of how you are acting out your past learning.

I know you are reacting to life events, instead of being in charge of your life. Therefore, I feel deep compassion for you and your mess. So you could have compassion for yourself and the mess you have made.

You could also take your soul's point of view. Your soul does not consider you being a mess a terrible thing. As a matter of fact, your soul is quite happy. It hopes you choose your glorious soul energy over your controlling ego. Your soul knows you can hit the bottom, bounce out and clean up your mess!

So you could look at yourself from the cosmic point of view and laugh at yourself and the terrible mess you made. Humor is always good medicine.

If you use compassion and humor instead of self-judgment, you can learn your lessons and become wiser. Then you can dedicate your life to learning how to feel your feelings instead of avoiding them.

The positive results will be:

- More effectiveness in making money
- An open, happy heart
- A stronger body
- More time to relax and enjoy being alive
- A better relationship with yourself
- Better relationships with your children
- Better relationships with others

Due to your history of addiction, I am going to say something controversial. I do not agree with the traditional psychological treatment of drug and alcohol addiction. In terms of learning research, it does not make any sense.

Avoiding alcohol does not produce any long lasting, positive results. Trying to solve a problem by an avoidance behavior is ineffective based on everything we know about avoidance behaviors! This is obvious by looking at the high relapse rate of drug and alcohol treatment programs.

Your story gives us even more proof. You have successfully avoided alcohol, yet you have not solved your problems. They seem to have gotten worse. There is no way you can solve your problems until you feel your feelings instead of avoiding them.

For example, it is helpful that you returned to your grief group. It is not helpful that you seem to have an unrealistic, impatient attitude over the time the natural grieving process takes. This judgmental attitude will always stop your forward movement. It is the every present lose-lose energy dynamics of the ego.

Your impatient behavior reveals your lack of authentic feeling and emotion. You are thinking, pushing, controlling. You are not feeling your body, emotions, energy and surroundings. You are still thinking and trying to control the outcome.

You need to give yourself two years to grieve from the time you start to grieve. So far, you are avoiding your feeling surrounding your husband's death. So it will be two years from the time you start to feel your authentic emotions. This time frame is a rough estimate but it is a realistic period of time to grieve.

After the sobering look in the mirror, give yourself a hug and be kind and gentle as you cry. Commit yourself to learning how to love yourself.

Action Steps

Get in counseling with someone who will not allow you to avoid your feelings and emotions. You need a firm, seasoned holistic professional to guide you and teach you how to let go of control safely and securely.

Allow yourself to grieve. Grieving is a process. This means, it does not happen all at once. It hurts and you need to stay with yourself in the hurt until it is healed. I highly recommend listening to the free Internet radio show with author Gloria Lintermans on "Live at the Edge" radio and buy her book. <http://www.drjeanette.com/gloria.html> Also, the "Opening the Heart" audio was made to help you stay in your grief so you move through the hurt and out of it to become stronger. In addition, it teaches you to heal your childhood wound so you stop repeating the unhealthy patterns of your past. <http://www.drjeanette.com/loss.html>

Read past columns on transformation, letting go, self-esteem, and emotional maturity. Search here: <http://www.trans4mind.com/life-coach/answersA.html>

Get in tune with nature. Go with nature instead of against her. Use nature to help you let go and flow. Spend at least 30 minutes in nature everyday. To learn how to go with nature and develop your intuition, sign up for the April 30, Nature Workshop in Cape, May, NJ, USA. <http://www.drjeanette.com/natureworkshops.html>

Doris Jeanette grew up on a North Carolina farm with her bare feet in the earth. As the Philadelphia Inquirer noted, "her co-therapist is nature" and she does the "work of the gods." She is a holistic psychologist who is also licensed. Dr. Jeanette has been helping people move through the natural process of transformation with more ease and grace for 35 years. If you want to become certified in holistic psychology explore the Center for New Psychology training and mentoring programs. Sign up for Dr. Jeanette's free newsletter to get started: <http://www.drjeanette.com/holisticpsychologyschools.html>

Shamanism and Spiritual Light by Sandra Ingerman / Tami Simon

Tami Simon speaks with Sandra Ingerman a shamanic practitioner, psychotherapist, and educational director for the Foundation for Shamanic Studies who has taught workshops on shamanism around the world. Sandra is the author, along with Hank Wesselman, of the Sounds True book [Awakening to the Spirit World](#). Sandra discusses our connected web of consciousness, understanding our individual spiritual aspects, and how developing our shamanistic qualities can benefit others.

Tami Simon: Today I speak with Sandra Ingerman. Sandra is a shamanic practitioner, a psychotherapist, and the educational director for the Foundation for Shamanic Studies, who has taught workshops on shamanism around the world. She is the author, along with Hank Wesselman, of the Sounds True book *Awakening to the Spirit World: The Shamanic Path of Direct Revelation*, and the three-part online event, “21st-Century Shamanism: Contemporary Practices for Direct Revelation,” which begins August 5 at 8 p.m. ET, at [Soundstrue.com](#).

In this episode of “Insights at the Edge,” Sandra and I spoke about our connected web of consciousness, understanding our individual spiritual aspects, and how developing our shamanistic qualities can benefit others. Here’s my conversation with Sandra Ingerman.

Sandra, I wanted you to start today by having you explain something that I encountered here in the Sounds True studio when you were at Sounds True, it must have been five years ago, recording a program with us. I walked down into the studio to say “Hi” to you. You were taking a break; you had just finished a recording session, and the studio felt unlike any other time I had walked into it, meaning the room felt glittery. And I was actually overwhelmed with a kind of what I would call ecstasy, actually. I don’t know if you remember it.

Sandra Ingerman: Yes, I remember it well.

TS: I looked at you and I said, “What did you do to our studio?” And you looked at me and said, “I didn’t do anything to the studio, Tami. I

did something to myself.” What did you do? What was going on in there while you were recording?

SI: Well, I was recording the CD, “Miracles for the Earth,” and the principle with the work that I was teaching actually comes out of classic shamanism, which is that our outer world is a reflection of our inner state of consciousness. And in today’s world, we’re very focused on the outer. We’re always looking at what we can do to change the world that we live in, our personal lives, and the planet at large. One of the great teachings from shamanism is that if you really want to change the world that you live in, to move your focus inward because we’re actually dreaming the “outer world by the invisible world of substance that we’re building within us.

On “Miracles for the Earth,” what I was teaching people how to do is to really start to learn how to shift more into a spiritual way of being, because we get so attached to everything in the material world and that is a reflection of our body and our mental thoughts. But if you take away the body and the mind, what we are is spiritual light. In that CD and also with the other CDs that I’ve recorded for Sounds True, and what I’ve written about in my shamanic books, is that as we tap into our own spiritual nature, our presence changes. And it’s through that change in presence that the world around us is also affected, because every change in consciousness that we make ripples throughout the entire web of life.

You happened to walk into the studio after I had led a meditation for being able to dissolve the body, let go of the thoughts temporarily, and get in touch with one’s spiritual light. And you got that real glitter, that radiant light, and felt tangibly the change that had happened. With the other CDs that I’ve also recorded at Sounds True, those people who were working on the production went through the same thing that you did when you actually experienced that shift in presence.

TS: Now, what do you mean by “spiritual light”? And when you say, “When you drop the body and the mind,” I mean, I’m in my body. What do you mean exactly?

SI: Well, I love how the Egyptians talk of how their body is the temple of their spirit. When you travel really deep within yourself—and we are a body, but when you go within the body, you see the body of clothing [as] another aspect of ourselves. In our culture, we speak of “body, mind, and spirit,” and we have an understanding of what we mean by “body” and “mind,” but in a Western world, we’ve really stopped exploring from a Western scientific point of view what the spiritual aspect of ourselves means. And the spiritual aspect of ourselves is invisible, so it’s really hard to put words to. Different traditions find different words to talk about spirit.

From a shamanic point of view, and from an esoteric point of view, when you travel really deep within yourself, and you go beyond your body as clothing your spirit, you start to notice that there’s a presence of light, and it’s an invisible part of us that reflects basically the creative force of the universe, which is also seen in many traditions as light. It really takes a sinking into your inner self. If you get into a still place, you don’t perceive form. Oftentimes when people get into a very still place, [they] move into a place of formlessness, which oftentimes is perceived as light.

TS: Sandra, you’ve been a shamanic practitioner and now a teacher for over three decades. Can you talk to us a little bit about how you first were introduced to shamanism?

SI: Well, I first got introduced to shamanism when I was going for my masters degree in Counseling Psychology. I was always a spiritual child. I had three near-death experiences in my life, and always had a spiritual outlook in life and always seemed to be able to hold a bigger perspective than what I was just seeing on an ordinary level. I didn’t have a structure for that spirituality; I didn’t know what to do with it. I saw spirits. I embraced the world from a bigger perspective, but I didn’t really know how to integrate that spiritual knowledge into my day-to-day life.

In 1980, I took a course on shamanic journeying when I was studying at the California Institute of Integral Studies. In learning how to journey, I actually received a structure of what I could do with my spirituality so that I learned how to access spiritual guidance for myself to start to

learn how to improve my own life. As I learned how to use shamanic journeying to improve my own life, as I was a therapist at that time it started to give me the guidance on how I could help my clients tap into their own spiritual guidance. I also learned how shamans work with looking at illness. I saw how to start to use spiritual work to help people in a modern-day culture, in our time; I learned how to move through depression and some of the emotional illnesses and also the physical illnesses that we’re dealing with at this time. That led me into being very interested in the planet at large and how we could actually help the planet. [Also] I started with the personal [perspective] of really looking at how shamanic journeys and tapping into my own spiritual guidance could help me on a personal level. And then it started to help me with my work in other fields.

TS: So let’s [stay on] track here with the listeners with your life story. So starting at the personal level, you mentioned that even before you learned to journey, that you saw beings? What kinds of beings did you see?

SI: Well, when I was a little kid, I grew up Jewish, so my parents never really understood where I was coming from. Jesus used to appear to me in my room every single night before I went to bed. And I had lots of animal dreams, which is really classic in shamanism. I was hit by lightening when I was seven years old and went to a great beam of light where I experienced unconditional love. From a shamanic perspective, it was those deep initiations where a person actually experiences some kind of light or spiritual being. That path is laid forth for gaining shamanic knowledge over time in one’s life. I just had these initiation experiences as a child of seeing spirits, and also having that experience of unconditional love and unconditional light from a creative force of the universe.

Then when I got into shamanic journeying, I have to be really honest about this, because I’ve been thinking about my path with shamanism this morning and how I started initially and where I’ve come to now. When I first started journeying, my big question to my power animal was how I could lose weight. I was really stuck in the personal level, and everything was around my own life and my own body. At that time, I needed to lose a bit of weight so it was about diet. What shamanism

and my journeys led me to do was look at more than my own body, but that maybe the weight issue I was dealing with at that particular time in my life had to do with not feeling fulfilled in my life.

In working with my helping spirits, they started to lead me to the changes I would need to make in my life that would bring about more of a sense of well-being and meaning in my life, so I felt more passion in my life and didn't turn to food but to other parts of life that would really feed me on a different level. I started with really personal, down-to-earth questions about how to change my body, and over time that really led me to working with other people, and again, looking at more of a global perspective.

I know that I'm moving out of the range of your question, but I was really reflecting this morning on how my own journeys around my own personal being led me into a different way of working. I was thinking about [it] this way because I recently read some information about how during the Olympics some of the Canadian athletes turned to a woman who called herself a "Sport Shaman" to find out who their power animals were [in order] to help them in their competition and to help them be able to win a medal. And I was thinking about how we're all on a particular journey in life, and we start with shamanism at a particular evolution of consciousness where we might only look at our own personal lives. But when we start to work with the spirits, they start to lead us to a broader perspective and start to lead us to a deeper evolution of consciousness.

TS: There are a lot of questions in here for me. The first is that you actually had three near-death experiences and were struck by lightning in your early life, before you were twenty.

SI: Yes, being struck by lightning was my first near-death experience, and it was a really amazing experience. I was in my house in Brooklyn, New York, and my mother was standing right behind me in the kitchen and just a weird bolt of lightning came in and threw me across the kitchen. I came back and said, "Mommy, I died!" And my mother said, "No, you didn't." And it was later on in life when I worked at San Francisco State University that I learned about near-death experiences and the work of some of the writers in that area.

TS: OK. Now these early visits from Jesus, how do you understand that? What do you think? Do you think this was some kind of beam of a cosmic vibratory pool called Jesus, or an actual being called Jesus? Who was actually visiting you?

SI: Well, this was when I was pretty little again, growing up in Brooklyn. I wasn't thinking in that particular realm. Now as an adult looking back on that, I really perceived that as an energy of love that was surrounding me as a child and giving me guidance about the power of love, which is where true healing come from. It's not "techniques" that heal but love that heals. I think that I was really being held in the loving arms of the universe, and getting that loving structure that would help me in my work with others.

TS: But still, I guess the question that occurs to me, because here you are, in a Jewish family, so there wouldn't have been a lot of talk about Jesus or teachings about him. But yet, Jesus is the being that came to you?

SI: Right. And you know, I actually see that as true for people who are brought up in a particular religion. When we're brought up in a particular religion or structure, oftentimes we receive images and teachings that we were taught where there are collective energies, like the energy of Jesus or Mary or Buddha, that actually can come into a person's life who didn't have that teaching from a particular culture imposed on them, which actually makes it a more powerful teaching.

TS: I have so much curiosity about appearances, like the appearance of Jesus or Mary, maybe because I'm somebody who doesn't see those kinds of things, so it has such curiosity for me. And I wonder how to understand it. And what I really want to know is how you understand it. You've worked with so many different people who see so many different beings appearing to them. What's your map of this?

SI: Well, again, I started from one place and one understanding, and because I have been a real spiritual seeker throughout my entire life and now being in my late fifties, I keep evolving into different understandings of knowing.

I was at a workshop many years ago where I was teaching, and I was teaching people how to merge with a helping spirit that they work with to get understanding. I was doing a demonstration of what that would look like. And one of the helping spirits that I work with who I write about in my books is the Egyptian goddess Isis. So I had merged with Isis in this group, and I told the group that they could ask Isis whatever questions they wanted and she would answer them. One of the participants in the group asked Isis, “Can you see all of our power animals and teachers sitting in the room here?” And Isis gave a really interesting response. She said that we give the spirits a form by giving them a name, but that actually the spirits don’t have a particular form. We give them a form.

People who journey see bear as a power animal, or [they see] eagle, or some people have Jesus, Mary, or Buddha as a teacher. In reality, they don’t have these names or personalities. But it’s our need from a human perspective to be able to know that we have this bear or eagle or Jesus with us, but the spirits who work with us actually have a formless energy, which gives them the unlimited potential to create the healing that we need on a personal level and on a planetary level.

What was happening for me as a child in seeing the form of Jesus and what that meant for me, I don’t know. Maybe there were stories that I heard when I was a child at school that made this particular image safe to me. But now as a woman in my fifties, Jesus is more of an energy of teaching. We limit the power of the spirits because we get so attached to their form. And when [we] actually put a form on the spiritual energies, we end up limiting their potential.

TS: What you’re saying is, we tune into more of a frequency or signature, but then we call it something?

SI: Exactly.

TS: But what about an instance where somebody enters a journey, they meet some kind of frequency, and they say to that vibration, “Tell me who you are; tell me what you are.” And they hear something that they’ve never heard of before?

SI: Right. That’s the actually the beauty of shamanism. It’s the surprise element that you never get what you think you’re going to get. That frequency, from a shamanic point of view, whenever we start to enter into a world of shamanic journeying, the universe creates a really individualized learning plan for us. If five of my students have bear as their teacher, they are going to have five different types of journeys. Bear isn’t going to tell them the same thing.

To think about this on a rational level, our own psyches start to call in a particular frequency of help and guidance that we need in our life at a particular time. That changes over time, and we are all going to evolve and have different needs, [different] lessons and frequencies that we need to call on for guidance. At a particular time in our life, we might find that there is a particular comfort and kind of wisdom and knowledge that we need, so our psyche calls forth a particular form. It might be coming from our subconscious so we’re not even aware that we’re calling in this particular form, but it’s a call that’s being put out to the universe, and the universe is responding to our call.

TS: Our subconscious may have knowledge of a name we’ve never heard before—an archetype or mythological being or something like that?

SI: Right, absolutely. And knows the knowledge that it needs at that time.

TS: OK, we’re tracking from the personal aspects of shamanism to your discovery that you could use these techniques in working with other people. Can you talk a little bit about that? What kinds of issues or problems can shamanism address, and how it goes about that?

SI: Sure. The wonderful thing about working with the spirits is that the spirits have a different perspective on life than we do. I love the metaphor that a friend of mine, who is a shamanic teacher, who talks about being at a ball game and that we as humans are the players on the field and the spirits are on the bleachers. They can see everything that’s going on from a different perspective. We don’t always have the perspective that we need because we’re right there on the field and

don't have that 360-degree perspective that those in the bleachers have.

How I was able to help other people was number one, being able to lead people to be able to meet up with their own helping spirits who could give them personal wisdom and guidance on how to find passion and meaning in their life, what changes to make in their life to create a healthier way of being. That's one way to really help people, to help them get in touch with their own personal spiritual guidance, which is something people really crave right now. People are tired of giving their power away to other people. They want to tap into their own spiritual wisdom for themselves, and shamanic journeying gives that.

At the same time, what we look at in shamanism with emotional and physical illness is what is spiritually out of harmony or balance. There are classic causes of illness from a shamanic perspective that shamans work with. One is that the person may have lost their helping spirits and power. This creates chronic depression, suicidal tendencies, illness, and misfortune. A person may have, through trauma, from suffering a physical trauma or shock, lost a piece of their soul, their vitality, their essence. That would cause post-traumatic stress syndrome, depression, disassociation, chronic illness, or immune problems; people who feel like they are more observing life, as if they're watching a movie and not fully participating in life. Or what we call a "spiritual intrusion" may have come into the body because a person has lost their power or a piece of their soul. There is an opening in their body, and the universe cannot stand a void so something might come in to fill up that space. A person might have a spiritual blockage that is causing an illness such as cancer or a neck problem or a knee problem.

Shamans look at what's happening on an invisible level for a person, and either retrieves something that has been lost—like a power animal or guardian spirit or a piece of a person's soul—or removes a spiritual blockage or some spiritual intrusion that has come into the body. Then through shamanism, [they] teach the person about the changes that they need to make in their life to live from a place of passion and meaning, and to move back into a place of living life from a place of appreciation, gratitude, honor, and respect, and connecting with nature

and life itself in order to restore long-term healing and not short-term healing. There are a lot of elements that go into how shamanism can really work with people at this time on the planet.

TS: OK. Let's break some of this down a little bit. When you give the example of the baseball field and the people in the audience, isn't it possible to think about these helping spirits and power animals or guardian spirits that are in the audience as extensions of who I am? They aren't really separate from me, but in the way that you talk about it, it sounds like there is this power animal over here and this guardian spirit over there, as if they are outside of me.

SI: Right. Again, it goes back to the evolution of consciousness. I actually hold both perspectives. From Sandra Ingerman who is an ego, and who from an "egoic" point of view I experience myself as a separate being. When I am in a place of separateness, I'm filled with fear about life and what I'm going to lose and what is going to happen to me—you know, all of the trauma, dramas, that we experience as an egoic being when we forget that we're all part of a web of life and held in the loving arms of the universe. As a spiritual being, we can't be hurt. The Sandra Ingerman who is the ego receives incredible comfort in knowing that I have these guardian spirits surrounding me, who are like guardian angels who are taking care of me and helping me to grow, evolve, and heal.

But in life, we have to look at the different aspects of ourselves. On one level, we are part of a physical universe of form, and for most of us in our daily lives, we perceive ourselves as an ego and we perceive ourselves as separate. When we transcend that state of separateness, which shamanism also teaches us how to do, and we [see that we] are a spirit, once we experience ourselves as a spirit, as divine or spiritual light, then we are our power animals and our teachers. There is no difference because it's all spiritual energy.

I think that as human beings, unless you came into the world as a transcendent being— You know, there are a lot of spiritual masters who come into the world already embracing a state of oneness all the time. But for most of us who live a regular life, we go back and forth between perceiving ourselves as an ego and feeling that great comfort

of knowing that I have a bear, an eagle, an Isis, or a Jesus surrounding me and protecting me. At other times, we move through a dance into a different paradigm where it's all one energy and there is no separation and we are those spiritual beings. That's a part of the paradox of life in this world that we live in, [a world] of form and formlessness, and learning how to dance in both of those worlds.

TS: OK, so as an ego being, as a form being, I have power animals and guardian spirits, everyone does. And in the shamanic view, illness can be [caused] because I've somehow lost contact with some of my guardian spirits or power animals. How would I lose contact with them? What would happen? Why? Did I begin as a little infant in perfect contact?

SI: I get that question a lot in workshops. From what I can tell from a shamanic point of view, there isn't a real answer to [those] "why" questions—or what causes that disconnection from our own helping spirits. From what I have learned, helping spirits stay with us through a particular time in our life, and then when we're ready for new lessons or opportunities they move on, and new ones come in to take their place. Sometimes the new power animal or helping spirit doesn't come in to take its place, and a person is left without power. But the exact "why's" of all of that is really not understood.

TS: But you believe that everybody has helping spirits and power animals?

SI: Yes. Again, we're looking at every different shamanic culture around the world. You really can't find cultures that didn't practice shamanism at some time in their history. When we're born, from a classic shamanic point of view, certain helping, compassionate spirits volunteer themselves to us to act as what we would call "guardian spirits." From a Judeo-Christian point of view, they act as guardian angels in our lives.

TS: Going back to what you were saying earlier, that we name these spirits or guardians according to our own language and needs for those kinds of labels. Would it be possible to say that each one of us has some kind of unique grouping of frequencies that are here to help

us and [are] outside of our ego structure? And we can call on [them] and we can also call them names and label them if we want. But we don't have to?

SI: Right. I've also felt a little schizophrenic in my own shamanic teaching at the moment because I still teach workshops and I still practice classic shamanism where I work with these helping spirits. And then when I teach workshops on healing with spiritual light—When you had walked into the studio that day and felt a real shift in presence, I was teaching about how to work with formless energies in order to be able to heal ourselves and the planet. We're the guardian spirits, the power animals; there is no difference anymore because we're tapping into our own spiritual mastery, we're tapping into our own creative power in that particular evolution, paradox, and paradigm of working. There's no longer a need to label, give a name or a form anymore because it's only one creative energy—the same energy that the creative force of the universe created this planet with. So sometimes I feel a little schizophrenic because I'll be teaching a class of shamanism about going to your power animal and asking a certain question, then the next week I'll be teaching a workshop saying that there are no power animals and the power is with you.

I think it goes back to again about what people need in their life. Some clients actually show up and they need the form of a "power animal retrieval" or what we would call "soul retrieval" or a specific shamanic technique to actually make them feel like they've been healed. And some people can embrace more of a spiritual perspective of oneness, a lack of separation, and can really embrace a healing that comes from just being in a presence of light. Everybody needs different things, and it depends on the time of life that we're in. Shamanism can really speak to all the different paradoxes and paradigms of the levels of life, whether we're coming from an ego, [from a] separate state at that particular time in our life or evolution of consciousness. Or when we're in a state of expansion, shamanism can also rise to help us to experience the invisible energy of life that runs through each and every one of us and connects us all.

TS: What I'm really appreciating, Sandra, about this explanation and the way you're presenting this, is the flexibility of perspectives that you're bringing forward.

SI: Yes. There's no judgment of where we are. We all move through different states. There are certain times of our life where we're suffering loss, and we move into a real egoic state of fear and grief about what we've lost on the material [plane]. Then there are times in life where we can embrace the bigger mysteries of life and realize that there's a bigger picture going on. For most of us in life, we move back and forth between those two different perspectives.

TS: Now, we have been moving from shamanism in the personal sphere—how to heal oneself—then how to work with other people. And now this third step, talking about shamanism today and the state of our world. I'm wondering if you could talk some about that. I know this is something that you're very passionate about. What do you think the applications are of shamanic practice to the global ills that we are facing?

SI: One of the applications is that shamanism teaches us that there's a web of life that connects us all. Shamanism teaches us that there are no borders. We see America and Haiti and Europe. We love to put borders on things. But when we really look at the web of life, what we're talking about is one global community. One of the teachings of shamanism is that when you can engage more than one person in a healing process, the power of the healing becomes exponential. If you bring two or three shamans into the picture, the more people that you bring into the picture, the more power you bring into the healing.

In working from a global perspective, what we start to see from a shamanic point of view is that as we gather as a community, we do have the power to create exponential change. Shamanism also teaches us that the world that we're living in is a dream, and if we really want to change our experience of the outer world, we have to change what we're dreaming about in our inner world. That has to do with really looking at our thoughts and what we're thinking about throughout the day, because shamanism teaches us that everything in the invisible world manifests physically. Our thoughts and our words

are what are often the invisible energies that form the outer world that we live in. If we want to change the planet, we have to start to change our thinking.

For example, if we keep on thinking the world has gone too far, we're actually dreaming a defeatist attitude into being in the world. And from a shamanic point of view, if we would start to come together as a global community, and focus our thoughts, words, and daydreams on the actual world that we do want to live in, instead of focusing our thoughts and words into complaints about what's not working but [instead] focusing on what we want to see working, that's how we actually change the world that we live in.

Specifically what shamanism really teaches us is that there's a web of life that connects us all and a principle of unity and oneness, and the power that comes from working together in unity instead of from a place of division. Division is really what we're seeing today. The real healing that needs to come in is to see that we are all part of this planet and we all need to work together to focus our thoughts, words, and daydreams on the world that we want to be living in together as one world community. To live a life of honor, respect, and gratitude, and that's a real way to change the world that we're living in also.

TS: When you talk about shamanic practitioners coming together and the power of the work that they can create together, what are you imagining? What can practitioners do together that would be effective?

SI: Well, I've actually have been bringing groups together to work in this particular way of really learning. This is a difficult and challenging thing, but it is also a very exciting thing, [namely] to actually be observant of our moment-to-moment thoughts throughout the day. How many times do I start to move into a place of, "Oh my God, there's too much happening in the world!" or "There's too much pollution, anger, violence in the world! I just don't know where this is all going to end up." The more that I focus on those thoughts, the more I'm feeding the anger, the pollution in the world. [Instead we could be] trying to really get people to really focus on "Peace is possible." We have unlimited potential to be able to reverse the environmental pollution in the world.

We are creative beings and spiritual light. We can start to project beauty onto the world.

Here is an example of what happened in Haiti during the earthquake. There was a group of shamanic practitioners who were starting to daydream about a Haiti that was rebuilt in a good way, where there wasn't poverty, and children all had the potential for going to school. They started to focus their thoughts on those ideas. And as we continue this line of thinking, from a shamanic point of view, you start to move that invisible world of substance that you're daydreaming into an actual physical reality. It really takes a group of people to start what they're daydreaming about, and that's what I've been trying to inspire people to do as communities. I want to encourage people to daydream about the type of world that they want to materialize.

TS: And how would somebody go about invoking the help of their guardian spirits / helping spirits in that process?

SI: Well, to actually ask their helping spirits to start to give them some teachings on their own creative potential. What we're missing in our way of thinking right now is that we all have the ability as human beings to create a better world, just as the creator created this world into being. What we really need to do right now is to own our own creative brilliance.

Where the helping spirits can help us is by inspiring us to tap into our own creative potential. I can go to my own helping spirits and ask, "How would I want to change my thoughts? Can you give me some ideas on how I can change my thoughts and the words that I use throughout the day? And please show me the power of what I'm doing on an invisible level that will create those positive changes on the physical level for my own personal life and for the planet itself." That is how I can start radiating my light into the world that's going to change the presence of the world, just like you had experienced that change in presence at Sounds True.

TS: I know that we're just a couple of years away from the date of 2012, and there are a lot of different views about prophecies related to

2012 and earth changes related to that date. What is your perspective on 2012, Sandra?

SI: Well, I actually think that 2012 is here right now. If you follow what we're seeing right now, if you follow the earth changes or energies that we're seeing on the planet right now, we're seeing where this is going to. But I do believe and absolutely believe (and this was the very first vision I got as a child) that we do have the possibility as human beings to create a world of peace, joy, and abundance for all. What my helping spirits keep on telling me is that our future is created by our present. We need to stop focusing on 2012 and start focusing on what we're doing right now.

I think it's very important for people to find some spiritual practice that calls to them to engage with, so they can start to learn how to change their thoughts [and] words, and how to feed light into the world instead of feeding the unrest and pollution that we're seeing. What we're seeing right now is where the world is going to go in 2012 unless we actually start to do some work right now, today, at this moment. I do believe that if we start to believe that 2012 is about the end of the world, that is exactly what we're going to create.

I believe that we're seeing a death of an old way of living. It's not the death of the material world or our lives, but of a new evolution of consciousness coming in. The more people who are willing to answer the call to start to find spiritual practices that start to feed the world with light, that lead to a life of honor and respect, [the more] we are going to see all of [the] earth changes and unrest turn around. I think it's going to be faster than we ever believe that it could happen, as long as we come together as a global community and unity and start to work together to daydream the world that we actually want to live in, and to learn how to live a life of honor and respect, and gratitude.

TS: Sandra, you said that you had a vision when you were young and a vision that you'd be true to all the way until your death. What exactly did you see?

SI: I actually saw that we were born to live a life of joy, and that [this] was our birthright. I made a decision. I remember sitting on my couch

in Brooklyn, New York, as a very young child saying that I wasn't going to give up on creating a life of joy and helping others to do the same until my last breath. And that's some of my frustration with what I see right now, is that there is so much energy into a defeatist attitude around the prophecies of 2012, that the world is ending, and meaning that on a physical and material level.

It's almost like people have given up. Why would you want to give up? Why not go for giving everything that you have to use your creative potential to turn things around, and be in a place of hope and to inspire people into the possibilities of what could come out of changing our way of life to a healthier way of living for ourselves and the planet? I'm trying to inspire people to not give up. There's no reason to give up yet. We need to really tap into our creative potential and find those spiritual practices that call to you and will ripple throughout the entire web of life and change the world that we live in.

TS: Now, I'm going to take this one step further, Sandra, about 2012, because you and I had a conversation once at dinner about a year and half ago, and you mentioned something that I didn't quite fully understand but I wanted to understand, so I'm going to try again. It was something about how you could see that there might be some kind of dimensional split or something related to 2012. Maybe you could remind me of what you said and help me understand it.

SI: Sure. I think about this every day. I live in Santa Fe, New Mexico, and I love to visit Anasazi ruins. The Anasazi were a very ancient people, and they lived in the southwest, [in] New Mexico, Utah, and Arizona. From an anthropological perspective, nobody could really explain what happened to the Anasazi, but it looks like they actually all disappeared in the middle of dinner at the same time. It has always been a scientific mystery around where the Anasazi people went. When I personally visit Anasazi ruins, I feel the presence of the people still there. I feel a peace, a vitality, and a life. What I've always felt, from an intuitive point of view, is that the Anasazi [live] on a vibrational level, and they're still living on the land there, they are just living in a different dimension.

When I look at the world today, there's so many thousands of people who are being called to a spiritual path. They are radiating light into the

world and doing the self-exploration that is needed right now to find peace, light, and love within, and to start to move out of separate states of consciousness to a perception and living of life as being connected to nature and to each other, to a perspective of unity. You see a lot of people who are actually shifting their vibration and who are shifting their frequency right now to a more expansive state of consciousness.

Then you see people who are moving deeper into a place of hate, violence, hopelessness, and separation. It's almost like those energies are becoming stronger and stronger. You have more people being called to a more evolutionary way of living their life. And you have people who are moving more into a denser way of living life and to a more separate and violent state. You can actually see and experience those energies pulling apart.

What my spirits showed me at forty years old, when I had a vision of this, was moving into a place, like the Anasazi where part of the population is living in one vibration and the other part is living in a different vibration, [is that] it's all about choice. What choices do you want to make? Are you feeding a denser view of reality, or are you feeding light and a more expansive state of oneness? People are going to shift basically into two different dimensions. You can actually see the split happening at this particular point, and it's something that you have to tap into on a feeling level to really get what that split is about. You have part of the population moving into one frequency, and you have part of the population dropping into a denser state of consciousness. At some point, that creates two different dimensions and ways of living in the world. Whether or not we end up as the Anasazi did, where it looks like one part of the population has actually left, but they are still living in the world just [as] invisible [beings], because they are living at a different vibration. I don't really have all the answers to that part, but does that make sense?

TS: It sort of makes sense, but it also stretches my rational mind here a bit, meaning that the Anasazi are no longer physically with us? They died?

SI: They died. We can't see them.

TS: And yet when I look around the world, I am with you in that people are at different vibrations and levels of consciousness. It certainly feels like we're living in different worlds, but physically we're in the same world.

SI: Right.

TS: But it sounds like what you're pointing to is that there might be, at some point, that these vibrations are so different between people who have awakened to spiritual light and the people who are continuing to contract in their sense of division, that we actually live in different physical realms?

SI: It could be. Yes.

TS: I think that's where I go, "What? What? What?"

SI: (Laughs) Yeah. I'm one of those people who love the mysteries of life and so I just kind of live in that excitement of "I wonder what will happen," if there's actually going to be two different worlds that are created because there is such a split, or if we all lived together in the same world and dimension and we're all just operating at different vibrations and having a completely different experience of life. I really don't know the answer to that question.

For myself, personally, I'm fine with that. I can live in that state of wonder. And I don't know the answer to that and I don't think anybody really does because, as I said from what my spirits are saying, is that the future is created from the present. We really don't know where the future is going at this time because it really has to do with that moment-to-moment life that we all engage in on a daily basis together. That's what's going to end up creating the future for this planet.

TS: Sandra, I want to thank you so much for being with us on "Insights at the Edge." It was really fabulous to talk with you.

SI: Yes! Thanks, Tami. It's always really great to talk with you also.

TS: Sandra Ingerman is the author, along with Hank Wesselman, of a new book at Sounds True called *Awakening to the Spirit World: Contemporary Practices for Direct Revelation*. She has also created several audio recordings with Sounds True, including a program called *Miracles for the Earth* and *The Beginner's Guide to Shamanic Journeying*. ###

Sandra Ingerman, MA, is the author of eight books including *Soul Retrieval*, *Medicine for the Earth*, *Shamanic Journeying: A Beginner's Guide* and *How to Heal Toxic Thoughts*.

Sandra teaches workshops internationally on shamanic journeying, healing, and reversing environmental pollution using spiritual methods. She has trained and founded an international alliance of Medicine for the Earth Teachers and shamanic teachers. Sandra is recognized for bridging ancient cross-cultural healing methods into our modern culture addressing the needs of our times.

Sandra is devoted to teaching people how we can work together as a global community to bring about positive change for the planet.

Sandra is a licensed Marriage and Family therapist and Professional Mental Health Counselor. She is also a board certified expert on traumatic stress as well as certified in acute traumatic stress management.

To find a local shamanic teacher, Medicine for the Earth teacher, or shamanic practitioner in your area visit www.shamanicteachers.com.

<http://www.sandraingerman.com/>

Sounds True was founded in 1985 by **Tami Simon** with a clear mission: to disseminate spiritual wisdom. Since starting out as a project with one woman and her tape recorder, we have grown into a multimedia publishing company with more than 80 employees, a library of more than 600 titles featuring some of the leading teachers and visionaries of our time, and an ever-expanding family of customers from across the world. In more than two decades of growth, change, and evolution, Sounds True has maintained its focus on its overriding purpose, as summed up in our Vision Statement:

Sounds True exists to inspire, support, and serve personal transformation and spiritual awakening.

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Peace and Happiness by Owen Waters

Peace resides in the human heart. Inner peace creates outer peace in your relationships and in the effect that you have upon the global consciousness.

Peace is a choice. It respects your boundaries and it respects the boundaries of others. When you set your boundaries and stop others from intruding into your space, when you respect other people's boundaries and do not intrude into their personal space, then it is possible to move on to the next step, a state of mutual cooperation.

Mutual cooperation means that you support each other in ways that come from your heart. You help people because you love the spirit within them. Their outer personality is not the important focus here; it is their inner light, their inner spirit that you can always love, regardless of their outward actions. This, then, is the foundation for unconditional love.

The best model for unconditional love is right above you in the daytime sky. The Sun shines on everyone alike, without any judgment.

Love and support are the key requisites for lasting peace. The more people embrace peace in their own lives, the more they affect the global consciousness that we all share on this planet.

Happiness is the fruit of the tree of life. It is the needle in the compass that tells you that you are on track, that you are 'on purpose' in your journey through life.

True happiness is inner joy, that deep and genuine joy which lasts forever. It comes from being in resonance with your inner purpose, with your inner self.

Your inner self is your soul, the part of you which lives forever, the part of you that is always there to help, guide and protect you.

Within this inner soul burns the flame which connects you to the entire cosmos of Creation. It is your connection to Infinite Being, to the All That Is.

In this heart of your spiritual connection lies a wonderful essence. This is the essence of spirituality and joyful living. As your conscious connection with this essence grows, so does your level of happiness.

A connected life is a purposeful and rewarding life. It is one where you apply your efforts exploring the exact situations that you came here on Earth to experience. With love and wisdom, you transform these situations into lasting success.

Through life, you experience the endless variety of Creation. Through life, you journey back to that source from which you came. Through life, you find the inner flame which is the key to eternal joy and happiness. ###

Owen Waters is editor and cofounder of Infinite Being LLC. He promotes a philosophy of spiritual empowerment through inner connection to the source of your ultimate potential. For more Spiritual Words of Empowerment subscribe to his [free weekly newsletter](#). For the full picture, read Owen's book, [The Shift: The Revolution in Human Consciousness](#).

Escape to Freedom by Guy Finley

An evil sorcerer once hypnotized a group of captives into believing that whatever he wanted was what they wanted. It was a powerful black spell. Not only did it keep each of his psychic slaves unconscious to his own unhappy feelings, but it also made him believe that he had no choice but to feel that way.

And so these poor men and women worked willingly for the sorcerer even though they were often commanded to act in ways that made them go against their own true nature. Year after year they went on hurting one another as they continued to toil unknowingly under the evil influence of his cruel spell. Then, one day, right in the middle of carrying out one of the sorcerer's wicked wishes, one of the captives had a startling insight. It came to him like a bolt of lightning. He wondered why he had never before thought to ask himself such a simple question. Here is what he wondered even as he was struggling to complete his unpleasant appointed task.

"If I am doing what I want to do, how come it hurts me to do it?" There was no way for him to know it right then, but this seemingly unimportant question was the beginning of a great miracle that would one day allow him to command his own life once again.

From that point on, every day and every time he would find himself unexplainably unhappy he would ask himself this same question: If I am doing what I want to do, how come it hurts me to do it? What he didn't know was that each time he asked this of himself, he was, at that same moment, delivering a smashing blow to the hold of the sorcerer's evil spell. Soon the happy day arrived when he just couldn't find any more good reason, in his own mind, to go on hurting himself. This final realization spelled the end of the evil influence in his life. He escaped his unhappy existence and fled home to freedom.

No one really wants to talk about it, but the truth is there is a kind of "evil spell" hanging over each of us and our world as well. In fact, part of this global spell is our denial of its existence. It is called suffering.

Everyone does it—and like the hypnotized captives in our story—everyone believes that their suffering somehow benefits them. That's how the spell works. Why else would anyone punish himself with unhappy feelings unless he had been tricked into somehow perceiving self-hurt as self-help?

Let's examine one of these instances. First of all, to be angry is to suffer. It doesn't help anyone to get angry. Anger hurts whoever is angry. It burns. Anger ruins relationships, causes heartache and regret, and devastates health. And yet, in spite of all of these facts, when we are angry it feels right. Somehow, in some unseen way, anger proves to whoever is experiencing its heated feelings that he or she is right even though, in the eyes of reality, nothing could be further from the truth. The same scenario holds true of worry, anxiety, resentment, doubt, guilt or any other dark state. How can something so wrong seem so right? Here's the answer: negative emotions feel like they are in your best interest because, at the time of their intrusion into your life, they temporarily fill you with a powerful false sense of self. However, just like the sorcerer's evil spell in our story, this sense of self born out of fierce but lying feelings can only exist without your conscious consent or awareness of its being there. Why? Because this negative-self's interests are not in your best interest. This conjured-up temporary identity is nothing but a self-of-suffering. No one chooses to lose.

This lesson may seem difficult at first, but with your persistent wish to understand it, you will one day wonder how you were ever tricked into feeling bad about anything. Truth wants you to know that it is never in your best interest to unconsciously suffer, no matter how inwardly convincing it may feel to you that you will be betraying yourself or someone else if you don't. The only way that any suffering feeling can prove to you that you need it is to hypnotize you with a flood of itself. Step back from yourself. Learn instead to listen to the quiet stream of higher insight that runs softly through your True Nature. It sees through sorrow. Let it show you that suffering proves nothing. If you want to receive some special help for helping yourself escape yourself, always remember the key question that freed the hypnotized hero in our story. It freed him from his psychic captivity. Let it do the same for you. I'll repeat it for you: "If I am doing what I want to do, then how come it hurts me to do it?" The truth guarantees you will stop doing what you

don't want to do once you know what you have been doing against yourself.

(Excerpted from *The Secret of Letting Go* by Guy Finley, Rev. Edition, Llewellyn Publications.)

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.

Inspirational Leaders Are Committed to Making a Difference by Chuck Gallozzi

Immediately following the devastating earthquake and tsunami, the world came rushing to the aid of Japan. After all, people are generous by nature and eagerly and willingly help those that are obviously in need. But often there are others who suffer silently and go unnoticed. Strangely, the needs of people in far-off lands may become more known than those near at hand. Members of our own family, coworkers, and countless others that we interact with on a daily basis have needs that we somehow overlook.

Because they are not trapped under collapsed buildings, their needs do not scream out for our attention. Yet, many are crushed by the weight of low self-esteem and a lack of confidence. They feel unappreciated, unloved, and unsure of themselves. Some are out of touch with the grandeur of life. They are lost souls, failing to understand that life is a magnificent adventure. They are wounded warriors in need of help. They need to be encouraged to get up after falling. They need to be inspired and uplifted. Here's where you come in. You can make a difference in their lives. And when you do so, you make a difference to life itself.

What can you do? Recognize their accomplishments with praise. Listen to what they have to say with interest. Don't scold, but smile. Mend their broken spirits with kindness. Remember, no seed ever sees the flower it will become. No one you meet ever sees the magnificent being they can become. That's why your presence is needed. You can nurture their spirit with inspiration and encourage them to grow into all they can become.

Some people moan, “I NEED to know what my purpose in life is. Why am I here? How can I find my purpose? It's all so confusing.” It may become confusing when we focus on what WE need, but the answer clearly appears when we focus on what THE WORLD needs. It needs our help. We are here to act, for we are life's way of getting things done. We are here to contribute to life, to make a difference.

You must not underestimate the significance of your contribution. For when you pick up the torch and lead the way, others will follow, passing on the torch to more people. Each day we can start a chain of positive action or ominously break a chain started by another. That's what happens each day. We either contribute to despair or hope. Which is it that the world needs? Noam Chomsky's remarks may help us answer that question: "If you assume there is no hope, you guarantee there is no hope. If you assume that there is an instinct for freedom, there are opportunities to change things, there's a chance you may contribute to the making of a better world. The choice is yours."

We all want to become successful. The good news is it is extremely easy to become so. You see, if we measure success by the contributions we make to life, we can easily play an important role. Martin Luther King, Jr. explains, "Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve... You only need a heart full of grace. A soul generated by love."

You don't have to do anything earth-shattering to make a difference. You will find the small stuff will often have the biggest effect. A smile, a cheerful expression, a kind word, a little encouragement, undivided attention, these are some of the steps you can easily take every day. The smallest of steps can be significant, for when you contribute to the self-esteem and self-confidence of another human being; you are offering a priceless gift.

Each day we need to stop, become aware of what we are doing, and ask ourselves, "Is this why I am here?" Then ask yourself, "What can I do today that would make a difference in my life and the lives of those around me?" When trying this for the first time, you may be filled with self-doubt, believing you won't or can't make much difference. But the fact is, until you believe you are special you won't be. And you are special, for no one else is like you. After all, we are all unique, with different experiences, talents, and strengths. No one else can contribute to life exactly as you can, so if you fail to act, you will be denying the world of your unique gift.

We are here to do great things; mainly, to relieve the suffering of others through acts of kindness. We should view each interaction as an opportunity to make a difference. It is within our power to make

everyone who meets us feel better. Each morning we should wake up with anticipation and excitement because of the many chances we will have to contribute to life. As Norman B. Rice elegantly expressed it, "Dare to reach out your hand into the darkness, to pull another hand into the light."

WHY SHOULD WE CARE ABOUT CONTRIBUTING?

1. To be part of something greater than ourselves. Here's how Leo Rosten (1908~1997) explained it, "The purpose of life is not to be happy - but to matter, to be productive, to be useful, to have it make some difference that you have lived at all."

2. We do it for ourselves. Mohandas Gandhi (1869~1948) was laboriously serving the people of a remote village when he was asked why he was doing it.

"Are you doing it for humanitarian reasons?" he was asked.

"Not at all," Gandhi answered, "I am here to serve no one else than myself, to find my own self-realization through the service of these village folk."

Every time we help another, we help ourselves, for when we dig another out of their troubles, we find a place to bury our own.

3. To return to life the many blessings it freely offers. As another has said, "We have all drank from wells we did not dig and have been warmed by fires we did not build." So, isn't it only right that we give back? Robert L. Payton adds, "We are temporary stewards with an obligation to manage the inheritance in such a way that it can be passed along even better and stronger than it was when we received it."

4. Not to give back is not to live. Or, as it was put by Eleanor Roosevelt (1884~1962), "When you cease to make a contribution, you begin to die." Ethel Percy Andrus (1884~1967) agrees: "The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live."

5. To leave a legacy. Albert Pike (1809~1891) clarifies: “What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.”

6. To experience peace and happiness. World renowned expert on stress, Hans Selye (1907~1982), said, “If you want to live a long life, focus on making contributions.”

7. To be a role model. Many lost souls are still trying to figure out why they are here. Your exemplary behavior may finally help them realize the simple truth that we are here to help one another.

8. To receive. We have to give away what we wish to receive. It is only when I respect, help, and encourage others that others will respect, help, and encourage me. But our actions must never be motivated by the desire to receive because if it is, others will see through our shallowness and insincerity, and our actions will be counter productive. No, we must do what is right because it is right, because it is needed, and because we want to make a difference.

“There are certain things that are fundamental to human fulfillment;” says Stephen R. Covey, “the essence of these needs is captured in the phrase ‘to live, to love, to learn, to leave a legacy’. The need to live is our physical need for such things as food, clothing, shelter, economical well-being, health. The need to love is our social need to relate to other people, to belong, to love and to be loved. The need to learn is our mental need to develop and to grow. And the need to leave a legacy is our spiritual need to have a sense of meaning, purpose, personal congruence, and contribution.”

Contributing to life satisfies all these needs while helping to build a better world. In a word, the measure of a man or woman is the degree to which they make a difference in the lives of those they touch. Don't you agree? May our goal be to see the needs of others, recognize our obligation, and become the solution. But we mustn't wait too long before we act, and he who gives when he is asked has waited too long. Nobody can do everything, but everyone can do something. So, act like you make a difference. Because you do. ###

Chuck Gallozzi lived, studied, and worked in Japan for 15 years, immersing himself in the wisdom of the Far East and graduating with B.A. and M.A. degrees in Asian Studies. He is a Canadian writer, Certified NLP Practitioner, Founder and Leader of the Positive Thinkers Group in Toronto, speaker, seminar leader, and coach. Chuck is a catalyst for change, dedicated to bringing out the best in others, and he can be found on the web at:

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

Present To Be Noticed **by Beca Lewis**

I had a very short time to get from one gate at the airport to another. I was intent, focused and clear about what I had to do. As I walked very quickly from gate to gate it appeared as if the pathway would open up before me making it easy to get there.

You think I am telling you something good here don't you? After all, I was focused, clear on my intent, and I did arrive at the gate in time to get on the next plane.

But, wait—there is more to the story.

When I arrived at the gate people starting asking me, “Did you see him? Did you get his autograph?” I stared at them as if they were crazy and asked, “Who?”

“Are you kidding,” they replied. “Michael Jordan was walking right in front of you the entire time. You were just a few feet behind him. Didn't you see him? Didn't you see all the people pointing at him? Didn't you see people asking him for autographs?”

Now, I felt as if I was crazy, because no I didn't. In fact I looked right through him. For me he was invisible. I missed what was already present, because I was going somewhere else.

In our busy, busy, full of information world that we live in, don't we all do this a lot? We look at what needs to be done; what reports, what cleaning, what calls, what emails, and we are intent on getting them done. Imagine what we miss because it is invisible to us.

I used to run through a beautiful old cemetery on the Wesleyan campus in CT. One day it was especially beautiful. Between rains it was misty and green, full of birds singing and flowers blooming. As I ran I noticed the many flowers on the graves and I wondered if while those people were alive were they invisible to those who miss them now because there was so much to do and so many places to go.

I stopped running and started walking instead. I stood still for a long time and saw what was present, abundance; present to be noticed and appreciated at any time.

But, we don't.

Instead we agree to play the worldview game called “not enough” which requires us all to focus on the intent of going somewhere to get something by a certain period of time.

That game never ends. There is never a point that we will get it all done or have enough.

The clothes and dishes need to be washed again, kids need to be picked up and clients need to be contacted. Gardens need to be weeded, garbage needs to be taken out, and repairs need to be done. Money is spent and then money must be earned.

Sometimes in the middle of the worldview game called “not enough,” it is hard to remember that the game only hides the Truth of abundance. The game never creates or co-creates the Truth; it makes what is present invisible.

When a mist covers the landscape it doesn't change it. As the sun rises it dissolves the mist revealing what was present all along. No matter how long or how well we play the worldview game of lack it never changes the Truth of abundance. It is a mist (missed perception) that hides it from us. When the illumination of what is True rises it reveals what has never changed, unlimited abundance.

As I write this I am hearing the song, “Stop In The Name of Love” playing in my head. Yes, let's stop in the name of Love and notice and enjoy what is present now. Stop in middle of the game and notice abundance. Look at a single leaf or a pedal on a flower. Spend some time, and really look at it. Let what *is* present to you reveal what had been invisible.

Let's not be so intent on doing and going somewhere that we hide from ourselves what we have now. Instead of doing and going to get, let's practice being aware of and present with what *Is*. ###

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>

What to Do With Negative Energy by Steve Wickham

Riding a bicycle to work on humid summer days makes for debilitating work, especially with hills or headwinds to deal with. Reaching the destination can be as much about energy conservation and focus as anything.

Energy drains - or worse, negative energy - can affect us in the same ways, only mentally, emotionally and spiritually.

Maybe we can liken this to days of spiritual humidity, where the ether is thick with complexity we can't rationalise. We feel it but we cannot see it.

It's also occurring outside of ourselves, in the realm of relationships too. Some people seem quite content to propagate their unproductive energies via control, ascendancy and warmongering.

We can see the advent of negative power as something that subsists in, or is contingent on, the relational sphere - whether with ourselves or others.

ADDRESSING NEGATIVE ENERGY WITHIN OURSELVES

We all have not-so-good days; times when for want of rhyme or reason our energy has flown out the window.

But sometimes negative energy can come from a prevailing nuance in our self-talk. What have we been pondering and what has our mind and heart been saying about it?

This can often be a clue. If the self-talk isn't productive and it doesn't abide to truth, we should actively resist it, calling lies, suspicion and innuendo what they are. We are readily fooled at the level of the mind. It's important to allow God to speak truth into our thinking.

NEGATIVE ENERGY WITHIN OTHERS AS IT'S INTENDED TO AFFECT US

Some people maybe totally oblivious to the fact we feel their negative energy, and whilst some are negative for a time, or over an issue, others seem permanently negative. There are at least two positive and countering standpoints.

We can accept the negative energy as an aberration, in the case of someone's mood, or in the case of a negative person, we can respectfully challenge - at truth - the negativity. Truth is always sound basis for challenge, so long as we can remain objective.

Both of these positions ensure that the negative energy is not affecting us. The former is about ignoring or absorbing it, without thought over it, unless to appropriately empathise. The latter is gently bringing the person to account, accepting that some people will refuse. They're beyond help, so we limit our involvement with them; we're free to do this as much as our worlds allow. That's a sufficient freedom.

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

Journey of Healing by Kathy Keel

When I speak of healing I speak from my own experience. My personal search for healing has been an epic journey of hit and miss. I have experimented with dozens of different techniques. I have worked with more healers and spiritualist that I wish to mention. Some have helped, some have not, and some have contributed just pieces of the puzzle. I've spent much time, energy, tears and money on my long search for the elusive sense of feeling at peace within.

What I have found is my process is that there was never just one thing that did the trick. It was the actual collection of the successes and failures. Sure, there were some things that helped more than others. Obviously those are the techniques I chose to learn and practice. However, even those modalities were not a magic pill that just made it all better in and by themselves.

I dreamt and prayed of the day I'd finally reach my destination. Ironically, it was exactly my never ending search that kept failing me. I was looking for this type of "ending". The end of emotional and mental baggage with no worries, no anxiety, no fears. I desperately anticipated the day I would wake up and be this total enlightened being.

Eventually I came to the realization that there could be no end. How could there be when life itself is an ever changing progression? Everything that I was, am and ever will be are all very important contributions to the growth of my soul. Every single situation, relationship and person that has ever been in my life, has contributed to who I am today, and who I am becoming in the future. Very precise and intricate pieces to my puzzle.

Reaching this conclusion allowed me to finally stop looking and start living. Bringing with it the ability for me to "JUST BE ME". To forgive myself, forgive others even to forgive God for those painful experiences I had once viewed with the "why me" attitude. When I understood and found appreciation for the tough times and situations as well as the good times is when I sincerely came to a sense of peace.

During your own pursuit of healing its very important for you to remember that everyone's healing process is not the same. My path to healing may not be your path to healing. There are different lessons that each soul must experience and go through. There are many "Spiritualist" that will try to convince you that their way is the ONLY way to peace and healing. You have to follow what resonates with YOU. I invite and urge you to learn, explore, experiment with yourself. Keep what works for YOU, and toss the rest out. This life and the lessons it contains is about your own journey of what works for you in the never ending progression of self discovery. ###

Kathy (a.k.a. brigitwhispers) is an Intuitive Empathic Spiritual Reader, Healer/Teacher and Lightworker. Her goal is to help others on their journey of their own Awakening. If you've found your way to this site, we are certain it's because you have either experienced or are in the process of your own Awakening. This can be a very confusing, painful and scary time for you if you don't understand exactly what it is you're experiencing. Below, we've listed some of the symptoms that you may be experiencing as a result of your Awakening.

<http://www.deepawakenings.com>

The Wonders of Epsom Salt by Carol Belanger

Epsom salts are named for the mineral rich waters of Epsom, England, where they were known at least as far back as Shakespeare's day. When bathing, the magnesium sulfate (Epsom salt) is absorbed through the skin and is an inexpensive and natural way to reduce stress, treat skin problems, and draw toxins from the body.

Epsom salt has been a long time remedy natural remedy for a number of ailments. An Epsom salt bath is known to relieve aching limbs, muscle strain and back pain. In addition, it has been known to heal cuts, reduce soreness from childbirth and relieves colds and congestion. Furthermore, Epsom salt will flush toxins and heavy metals from the body.

Epsom Salt is a natural stress reliever too. Stress drains the body of magnesium. An Epsom salt bath absorbs magnesium into our body thus helping to relieve stress. The magnesium helps to produce adequate amounts of serotonin, a mood-elevating chemical within the brain that creates a feeling of calm and relaxation.

Epsom salt has many uses, as an all body exfoliate to remove dead skin cells and promote circulation, as a foot soaking agent to smooth, relax and refreshes your feet and neutralize odors, and as a facial exfoliate.

Below are some easy skin care recipes using Epsom salt. The cost is minimal yet very beneficial for your skin.

Just Like the Spa!

Massage a handful of Epsom Salt mixed with 1-tablespoon bath oil or olive oil and rub all over wet skin to cleanse exfoliate and soften the rough spots! Rinse well. Note recommended on freshly shaved legs.

Easy Facial Cleanser:

Mix ½ Tsp of Epsom Salt into cleansing cream for a deep-pore cleansing. Massage on skin. Rinse with cool water. Pat dry.

Epsom Salt Detox Bath Recipe:

1 Cup Epsom salt
1 handful sea salt
2 Tablespoons bath oil

Pour the ingredients into the tub while the tub is filling.

Epsom salt has wonderful properties and uses that are beneficial to the mind, body, and soul. In addition, the cost of a box of Epsom salts is so minimal compared to all the fancy packaged skin care products, that you can indulge yourself as much as you like.

For those people that suffer from high blood pressure, heart problems, or diabetes, you should consult your doctor prior to using an Epsom salt bath. Additionally, the information provided above is not intended to replace the care or advice of a physician if you suffer from skin disorders, severe stress or anxiety, or other health problems.

Epsom salt can improve skin, draw toxins and heavy metals from your body, and reduce stress. ###

Carol Belanger, author of [300+ Skin Care Recipes](#)

For more wonderful skin care recipes and products, visit [Complete Skin Care Therapy](#)

Vibration and the Family by Annie Burnside, M.Ed.

Last week on the way to my alley loaded down with both garbage and anxiety, I felt dense and tired. I was seeking help from earthly sources on an issue that needed to be resolved. The help had not yet come through, so I was feeling slightly worried. After discarding all of my unnecessary physical baggage into its proper receptacles and neatly placing the bins on the alley, I felt a little bit lighter. I took a deep breath and walked slowly back towards my house. As I did so, while appreciating my beautiful, snow covered-yard and warm home, a higher, more peaceful energy began to spread internally throughout my whole body. I laughed out loud in joyous remembrance as I recognized my divine flow energy feeling reminding me that I didn't actually have to do anything to resolve this issue. I suddenly felt in my interior the deep sensing that the Universe had my back, as always. I recalled that my own vibration, my energetic input/output, is the determining factor in my ability to create and physically manifest what I desire. I smiled in relief as I remembered that assistance from another human being, while much appreciated, actually pales in comparison to what I can create while offering my highest potential to the world through a sustained, high vibration. What a stress-buster! I felt empowered, joyful, loving, appreciative, grateful, and totally free in the knowledge that help could only physically show up, if I first helped myself through the unlimited power of my own vibration.

We teach our children that their interior is their most prized possession. It is to be cared for, excavated, adored, and factored into every situation and relationship. Their interior determines their unique vibration, and what they in turn emanate outward unto the world at-large. What they emanate then determines their reality and so on and so forth. Once this circle is introduced to your children and offered on a daily basis as a means of sharing and decoding life experiences, they integrate the truth of it much faster than you might imagine. It becomes simply the process called life rather than a new paradigm shift that often stymies many adults who remain much more entrenched within a victim/villain mentality.

Since we are an integral part of the infinite and eternal energy of the Universe entire, we have access to the magnificence and awesome power of universal energies at all times. We teach our children that their number one job is to remain as open and receptive as possible to the divine flow of energy of which they are very much a part. We teach them that it is not necessary to expend great effort to push something into physicality if the steps do not intuitively and readily appear. This does not mean that they do not offer up their best efforts, it simply means that they awaken to the underlying energy in life situations and relationships. Children can be taught to not only think their way, but to feel their way through life experiences to know which next step is best for them in any given situation. It takes practice, this discernment of energy, but in time becomes quite natural, as it actually is the natural way for a spiritual being to consciously create his or her reality.

Full allowance and readiness for a desired outcome through a high vibration should always be both the starting and the ending point in any given circumstance. Optimal human potential can best be expressed when appreciation, love, joy, and empowerment are the most palpable threads woven throughout the life experience at hand. These high vibration threads are your point of power. No matter what occurs in your external reality, the goal should always be to dissect, work through, process, and release what is unnecessary so that you can once again align energetically with your internal source of universal energy. Of course, earthly assistance is part of the equation; it's just that it is not the only part or even the most important part, as many currently perceive it to be. Children will come to understand that divinely inspired and divinely directed assistance is the only kind they will ever really need if they are fully aware of their own deep, inner connection to All That Is.

Remind children on a daily, moment-to-moment basis that the Universe has got their beautiful, sacred, divinely connected back at all times. Assistance can always be found deep inside of them, as their own source of power, where physical beingness merges with spiritual beingness. Once that power center is pierced in the form of self-love and acceptance, children will come to understand that while they still have the capacity to feel and express every possible human emotion

(and should), the gateway to co-creative manifestation of a true heart's desire lies in utilizing their own high vibration to attract like energy. This understanding will bring freedom and peace to your child that is beyond what you imagined possible for yourself at that age. The children of today are ready to live in a new way; it is their destiny. All they really need from us is permission to do so. I encourage all parents to model living as a conscious, vibrational being, first and foremost, and observe your children intuitively follow suit. ###

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

Developing Your Child's Self Identity **by Esther Andrews**

There is no need to explain why it is so important for your child's development to have a sound and positive self identity. How your child thinks about herself will determine her future, her destiny.

You, the parent, have a major role in the development of your child's self image. You can influence this development deliberately and at will.

Here is a technique to do just that. This is appropriate for school age children. However, if your child is younger, you can adapt it to your child's individual age and development.

Start by having a conversation. Ask your child how peers at school would describe her. Make a list of features and character traits your child comes up with. Then ask how teachers and other adults in her life would describe her, and keep writing them down. Next add to the list the character traits that your child would like to have. What kind of person would he like to be? How would he like to be seen by his friends? If your child doesn't immediately come up with a reply, let her think about it. This is not an exercise that you do in minutes. You can also make suggestions, but let your child decide which traits he chooses.

You will want to do this process with your child regularly, and the list will change over time.

After you feel that you have a good list, take out anything negative or with a negative connotation, and leave only the positive in your list.

Now ask your child to describe each trait in the list. Write down the description of each trait. What does it mean to her?

Go to a dictionary, and understand with your child exactly what the dictionary definition is of that trait.

With each step, for each word, decide if you want to include this word or not. You will discover that some words are not appropriate to keep.

You can also use a thesaurus to find other words that describe more closely what both of you wanted to include.

Keep the whole list for future reference, however at this point, it is advisable to choose the most important 3 or 4 character traits.

When you get to this point, know that you have done a tremendous amount of work. Pat yourself on the back, and praise your child enthusiastically.

Please know that this whole process can be spread over several days, and done while you are driving, eating dinner or doing many other activities. The important thing is to remember and write down the character traits your child and you come up with.

Once you have the 3 or 4 most important features, write them down in a sentence, in present tense. Example: "I am a strong, intelligent person. I am hard working and a leader". This is now a sentence you want to repeat as often as you can. You can use arts and crafts to create a wall hanging or a poster and hang it up in your child's room. You can create together a screen saver for the computer, so that the first thing your child sees when he goes to the computer is this sentence. Repeat it to your child at least a few times a day. Sing it - see if your child can come up with a melody to turn it into a song. Use your creativity and imagination to see in how many ways you can have your child repeat it, read it hear it, sing it in a day. Make it a routine.

This process will benefit your child, but what about you? You can use the same process for you too, it will change your life!

The proof is in the pudding: does your child improve her skills? Is her confidence improving? Please write to me and tell me about your successes, so that I can share them with the rest of us. esther@all-gifted-children.com ###

Esther Andrews has grown 2 highly gifted children, and managed the 'School of Gifted Education' for many years. In her newsletter, 'Develop Your Child's Genius' she shares her experiences and provides information about fun and easy activities you can do with your children, to develop their intelligence in a few minutes a day. You can [subscribe here](#).

Do You Vibrate to a Tune that Serves You Well? by Gabriella Kortsch, Ph.D.

Recently I drove through horrendous road construction going on in my area. It was still very hot, the traffic was murderous, and due to the fact that cars were stopping and starting, the cooling system did not work as well as possible. Dust abounded. Stopped once again at yet another traffic light, I was overjoyed to see a gorgeously vibrant purple flower arising from the dirt at the side of the road, very close to my window. I actually laughed out loud when I saw it, because it seemed to exemplify a point I try to make so often: *do you vibrate to a tune that serves you well?*

How do you vibrate? Is it an inner vibration that only allows you to see the tedium, the dirt, the noise, the delays, and the uncomfortable heat, or is it an inner vibration that allows you to see the flowers arising from the dirt?

I remember visiting the city of Cordoba with its culturally rich mixture of Roman, Moorish, Jewish, and Spanish architecture, history, and religion in the sweltering heat one August Sunday morning, and overhearing a couple complain loudly about the lack of air conditioning as they visited one of the many sites in the Jewish quarter (*la Judería*). What they were vibrating to, was their physical discomfort, as opposed to seeing the immense variety of traditions and inter-mingled history this nearly 2000-year-old city has to offer. It is simply a question of perspective. *What are you focusing on ... what do you vibrate to?*

These two examples are hugely important analogies applied to everything we do in life. The perspective that we *choose to have* because of our inner vibration *can bring beauty to an outwardly ugly moment or ugliness to an outwardly beautiful moment*. You choose.

But to be fair, long before you choose to focus on the purple flower at the side of the road instead of the insufferable traffic and noise, and long before you choose to focus on the lack of air conditioning in Cordoba's Jewish quarter, *you have spent years making tiny choices here and there, over and over again, that eventually led you to such a vibration*.

So that is it in a nutshell: choices you make every day, all your life, bring you to this place or that, just as following a specific road on a map, can bring you to New York, or Moscow, or Santiago de Chile. *But*, let's say you are well on that road towards NYC, and you realize - due to any number of circumstances - that it would be much better for you if you actually were traveling towards New Orleans, or Cape Town, or Riyadh. Then all you have to do is *make minor adjustments* in order that bit by bit, you would actually find yourself on the road to the new city.

Again, that's it in a nutshell: even if the choices you have made every day of your life to this point in time have brought you to an inner vibration that does not allow you to see the magnificent purple flower raising its head above the dust, by making *new choices* every day from now on, you will find yourself traveling towards a whole new perspective of life.

So: how do you begin to make new choices?

People who attend my workshops, or come to my speeches, or clients, or those that write to me to make a comment about one of my articles, tell me over and over again (not in so many words, but by how they react to my answer), that they want the answer to that question about how you begin to make new choices to be a one-time deal. In other words, whatever it is they have to do, they want it to happen as a result of that one time that they do it, that one major effort that they put into it. Which reminds me of Zig Ziglar's quote: "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

And in the case of beginning to make new choices, you make the conscious decision to *remember to do it daily*. Even if that means pasting numerous post-it notes to yourself all over your house, office, computer monitor and car. If you don't make new a new kind of choice on a daily basis, nothing in your perspective will change. *And it is your perspective that entirely colors how you see your world*. And that means that it also colors how you feel at *all* times, how you interpret *all* events, and how you react to *anything* at all.

Here are some of the ways you can begin to make new choices:

When you're at the gym ... or doing any kind of other physical exercise (which in and of itself is a *great* choice to make) instead of thinking about problems while you are there, find five things to be grateful for at that moment in your life

Wherever your eyes land, whether you are inside a building, your home, or out somewhere, make a point of reminding yourself to look for something beautiful ... and if necessary, because you truly can't anything beautiful in that particular place, simply look inside and find the beauty there

Be present ... be here and now as often as possible, as opposed to living in the past or the future. Here's another secret: *being present - being in the now, is the fastest way to co-creating your reality in the way you desire*.

Be attentive to your gut feelings, to any intuitive knowing that comes to you ... it will generally give you more information about how you could choose to do things or react to things in a way that is good for you

Stop being *reactive* (reacting blindly to events and people), and be *proactive* instead (reacting to events and people after taking an inner reading about not only *how you feel about this situation* and what your immediate response would be, but also *about how you will feel if you put that immediate response into action* and whether that will be worth it, and then asking yourself what other choices of reaction you have). There are *always* other choices.

Do something at least once a day that aims at raising your inner energy and sense of well-being.

These are merely some suggestions ... there are myriad other ways you can discover to make new choices. But know this: making new choices *will* bring you towards a different path in your life. Furthermore, if by making those choices you intend to bring yourself to a place

where you *can* see the glorious flowering growth amidst the dust and dirt, your life *will* change, your perspective about everything in your life *will* change, and the changes in you will bring about a vibration to a much greater tune tune that includes the word *freedom* in its title. ###

About Gabrielle Kortsch, Ph.D.

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

The Person We Think We Are And The World We Think Is Real by Robert E Darby

Who Are You?

What if you suddenly discovered that the person you think you are and the world you think is real is actually just a product of your mind's ability to create imaginary realities and for some reason one day you woke up and decided that one of those realities was the real actual world and that your imaginary image of yourself was also the real you? But you are not aware of making such a decision, or perhaps it was not convenient for you to remember at the time. This is the fundamental process by which we deceive ourselves into believing whatever is comfortable and pleasant for us to believe. But, what happened to the real world? Where did it go? Is there even a real world at all?

In order for us to deceive ourselves on a regular basis, we have to figure out a way to get away with it so we don't have to be aware of what we are doing, at least until the act of self deception becomes a habit we no longer pay attention to and so do not realize what we are doing. The best way is to create an imaginary identity of ourselves and then create an imaginary reality for our imaginary identity to live in and superimpose both on the real world and then give that reality the power of our attention until we actually believe that it is the real world. Once the replacement is complete, we are good to go, we can just create any deception that serves our needs and desires and because it all fits into our imaginary reality we won't have to be faced with things like personal responsibility.

So You Think That's Crazy?

I know, this is dancing dangerously close to the edge of sanity, but don't we all live in some kind of bubble world where seldom is heard a discouraging word and the skies are not cloudy all day? Think about it. If we actually perceived that imaginary identity as the real us and that imaginary reality as the real world and believed it, wouldn't it seem to be real to us? Think of the wonderful benefits of such an arrangement, not the least of which is that we don't have to really cope with the actual real world in which all things are changing every second of every moment in time, which demands a great deal of personal awareness and responsibility that constitutes the process of maturing

into an adult life form and leaving behind our adolescent self serving level of development.

I know this all sounds crazy, but it is actually the real situation in our world today. I like to think that it has come about as a response to the overwhelming nature of the world we have created as a result of our long term neglect and complacency. And it might not be so bad except for the fact that all this was done by the adolescent mind, which means that not only is the new ego identity likely to be underdeveloped and immature, but the version of reality or the new world that we create is also likely to be a little sideways as well.

What Are My Symptoms?

I stumbled upon this myself as a result of my desire to raise my level of self awareness through meditation. When we fool around with self awareness, things are likely to happen out of nowhere at weird times and places. In my case it was while I was driving my car. I have always considered myself an excellent driver and when I'm out there on the streets it's all about me against a world full of morons who can't drive worth spit! I rant, I rave, I wonder where my box of hanganades has gotten to, I wonder why there is never a hanganade around when I need one. I imagine pushing a button and a fifty caliber machine gun rises up from the hood and my mind is consumed with thoughts of destruction. I was so bitchin and everyone else in the whole world was dysfunctional.

I drove around like this for decades, my beautiful daughter watched me behave like this and learned, and then self awareness kicked in and I saw myself clearly for just one brief moment in time. OMG! Who was this person? What kind of world did this person live in? Actions speak louder than words and my behavior gave it all up. Of course, back then I wasn't strong enough to deal with such intense revelations all at once, but the door was opened a crack, and in time I began to learn some very unpleasant things about myself and that allowed me to change them.

But it was the realization of how I could have been living in such a strange reality and be such a strange person for so long that ultimately

enabled me to begin to dismantle that world and begin living in the actual here and now, which is the only time and place that the real world and the real us can exist. Also, I keep a close watch on the activities of my mind these days. I never again want to suddenly wake up and find that I have been living in a conceptual representation of reality created by my own mind for the purpose of avoiding the realization of who and what I really am and what the real world is truly like. I never again want to find myself living in a world of thoughts rather than the world of direct experience where I can feel the sun on my skin, feel the vibrations we call sounds, see the vivid colors of the rich tapestry of life and the beautiful environment that host it. ###

Robert Darby is a self change and personal development specialist who writes for many organizations including [The Agenda Of Life Foundation](#). He focuses on developing personal power since that is usually the cause of all Human problems. Largely due to his fearless exploration of the true nature of our inner reality, R.E. Darby is emerging as an important writer of our time.

Juggling Chainsaws by Marlene Buffa

Years ago, the television show *Saturday Night Live*, included a skit where Billy Crystal and Christopher Guest played blue collar workers discussing their masochistic habits. Describing painful physical events, absurdly orchestrated, the opposing character grimaced and replied, "Ooh, I hate when that happens." The audience laughed not only because of Crystal's comedic timing or splendidly delivered line, rather they recognized the irony of self-destructive behavior. When we realize the chainsaws we juggle of our own volition grind away at the solid trunk of our foundation, we see our well being felled at the very hand wielding the instrument of our self-destruction.

Juggling

Lovingly, life presents us with three major aspects which comprise our existence. We opt to savor them one at a time, or we grab each precious experience by the handful, wondering how to make sense of the bounty and diversity of gifts. One by one, we examine fully each component - our work, our play and our relationships. With the luxury of time and patience, we fully appreciate the role of each aspect in our life, and set two aside to examine the third. But what happens when we neglect two to actualize the one portion of our life? Sitting on the sideline, waiting for engagement, the two orbs of life pretend to operate on their own, while we gaze into the crystal ball in our hand. When we can't assimilate all portions of our life, in equal balance and tenacity, the neglected suffers.

Handling life en masse, portends the possibility of either synchronous success or bouncing and out-of-control failures. When we hold in our hands work, play and relationships, we shift, one at a time while keeping an eye on the other two, all the while precariously preoccupied with the very real probability of losing it all. Therefore, every aspect suffers because we're not living any of them fully.

Focus in the Moment

The loudest chainsaw in our life gets the most attention, just as the squeaky wheel. When we find ourselves crying out loudly for healing of

one aspect over another, we recognize the imbalance and seek to correct it. We grab the mechanical expression of our empty hand and upon closer inspection realize it's only a physical manifestation of an internal issue. We inherently create tangible representations of that which requires focus to better symbolize what inside of us needs attention and work.

As in juggling, coordinating the areas of life requires skill, timing and a keen knack for unison movement. Struggling to keep all parts of ourselves alive continuously requires tireless effort and eventually leads to fatigue. Focusing on one portion over another produces the failure of the whole. Knowing the role of your hands and eyes takes skill only repetition and practice bring. The futile practice of rotating three or more items for no one real gain requires incredible dexterity yet nothing gets accomplished except the honing of your skills to live in the moment.

No Results

Juggling itself produces no results. Look at your life. In what ways is your life enriched by your constant attention to balancing the flow? Your energy and spirit grow more in tune with the process than with the work, play and relationships themselves. Foregoing two or more for one produces failure. Fatigue in the entire ritual produces breakdown. I guess failure and breakdown are results, but certainly not the ones you juggled for in the first place!

In some ways, our buzzing martyrdom wants attention! "Look at me!" it cries. "I'm trying soooo hard to make all these horrible things in my life work. I'm doing my best to handle it all." To what end? So you can keep rotating the horrible?

Why Chainsaws?

When things are good, they don't require juggling. Only the perceived difficulties require shifting to avoid our feeling bad too long with one thing at a time. We never hear of juggling and struggling our perfect health, our happiness, our abundance. As humans we interject the dramatic and find a reason to experience the "I hate when that happens" at own expense.

When we look what we're juggling in life, we see it's an absurd struggle! Misery requires focus, energy and perpetual motion to exist. The good news is, when one ball drops the others soon follow.

Take a look at your success in your three aspects of life. Why are you juggling, on what are you focusing (hence creating more of the same) and what are you juggling (how does it show up in your life)? Someday you may realize the thing in your life you've desperately tried to keep in motion is not anything you ever wanted or needed. If it doesn't empower you and move you forward drop it - and LOVE when that happens! ###

Marlene Buffa

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

<http://www.WordsOfMind.com>

The Killer Compliment by Steven Burns

We all like compliments don't we? When a friend, family member or complete stranger walks up to us and pays us a genuine, sincere compliment it can have a profound, positive impact on our emotional state. It makes us feel special and significant and, if delivered in the right way can be like verbal sunshine...

Think back right now to a time when you received a compliment like this. Remember in as much detail as possible what you saw, heard and, most importantly, felt...

Somewhere deep down your neurology lit up didn't it?

Genuine compliments are an excellent way towards making an emotional impact on people. There is, however, a down side to compliments. The more we give a person compliments the more they begin to become suspicious that our intentions are insincere...

It's a bit like the door to door salesman that takes one step into your house and says: "Wow your house is the nicest house I've seen today!"

People tend to be fairly sceptical about compliments when they are delivered in this way so by just dishing them out left, right and centre there's a good chance the you'll get the opposite of the desired response. As the old adage goes, "Flattery will get you nowhere!"

Therefore, instead of dishing out compliments every couple of minutes, save them all for one sincere killer compliment.

I first came across the killer compliment when I read Leil Lowndes book, How to make anyone fall in love with you...

Lowndes says that the killer compliment is not something like, 'Hey, I like your tie'.

A killer compliment is a knock-em dead, on target, out right compliment that literally takes the person's breathe away...

A killer compliment is completely unique to the person you are communicating with and must be used sparingly. In fact, Lowndes recommends that you not use the killer compliment any more than once per month or it will begin to lose its power...

One way to get a sense of what a person's killer compliment may be is to go inside for a moment and ask yourself, 'What is the outstanding, positive quality that this person has?' it may be something that you wouldn't normally comment on but something you know deep down is within this person. This quality does not even have to part of their personality; it can also be a physical quality.

Examples of these could be:

"You move with extreme grace"

"You are a shining example of genetic perfection"

"You have warmth about you that I have never seen before"

"You have a terrific sense of humour"

"You have the most unique way of looking at the world I have ever come across"

"You have a really nice way about you"

"You have such a wonderful heart"

"One of the things I like about you is that you are such a giving person"

Once you have a sense of what the killer compliment is, look directly at the person, deliver it with absolute congruency and then watch the person glow. ###

Steven Burns is an NLP Trainer from Scotland, well known as "The People's Coach," and has recently started specializing in helping people let go of social fears and become more socially confident. Check out his latest work at <http://www.trans4mind.com/recommended/?social> Guide to Social Confidence.com

This new program will help you turbo-charge your social confidence, improve your skills when dealing with others, and raise your overall level of attractiveness - so that you can be more persuasive and get more of what you want from life. If you would like to have any of the following:

Become supremely confident

Become comfortable with yourself irrespective of your flaws

Attract the right people into your life (personally and professionally)

Become a lot more attractive to people in general

Re-ignite the attraction in your current relationship

Become even more attractive to your current partner

Let go of social fears, anxieties and shyness

Boost your sense of self worth

Meet new people effortlessly

Expand your social circle

Rapidly improve your social skills

Be able to talk to anyone

Exude value and self-worth from the inside out

Connect with people at a deep level that is honest and natural

Be more persuasive before you say a word.

Leave a powerful, positive impression on people.

...then you'll love <http://www.trans4mind.com/recommended/?social>

The People's Coach Guide to Social Confidence.

A Course in Miracles lesson 40

I am blessed as a Son of God.

Today we will begin to assert some of the happy things to which you are entitled, being what you are. No long practice periods are required today, but very frequent short ones are necessary. Once every ten minutes would be highly desirable, and you are urged to attempt this schedule and to adhere to it whenever possible. If you forget, try again. If there are long interruptions, try again. Whenever you remember, try again.

You need not close your eyes for the exercise periods, although you will probably find it more helpful if you do. However, you may be in a number of situations during the day when closing your eyes would not be feasible. Do not miss a practice period because of this. You can practice quite well under any circumstances, if you really want to.

Today's exercises take little time and no effort. Repeat the idea for today, and then add several of the attributes you associate with being a Son of God, applying them to yourself. One practice period might, for example, consist of the following:

*I am blessed as a Son of God.
I am happy, peaceful, loving and contented.*

Another might take this form:

*I am blessed as a Son of God.
I am calm, quiet, assured and confident.*

If only a brief period is available, merely telling yourself that you are blessed as a Son of God will do.

Commentary by Allen Watson

There is no escaping the importance the Workbook attaches to actually trying to practice as instructed. In this lesson, whose practice is in one sense a relaxation from yesterday's and in another sense an intensification, you cannot read these words and think that the author believes that it does not matter whether or not we follow the instructions:

No long practice periods are required today, but very frequent short ones are *necessary*. Once every ten minutes would be highly desirable, and you are *urged* to attempt this schedule and to *adhere to it whenever possible*. If you forget, *try again*. If there are long interruptions, *try again*. Whenever you remember, *try again*.

Attempt...try...try...try. The more often we can repeat the lesson, the more impact it will have on our mind. How can you have a "course in mind training" without some kind of mental discipline? You can't; it's that simple.

At the same time notice that there is no "guilting" going on here. The author anticipates our indiscipline and expects (or allows for) our forgetting, and for "long interruptions". He knows we lack discipline; that is exactly why the practice is so "necessary." But he does not judge us for it. He says, simply, "If you forget, try again." Don't let forgetting, even for long periods of the day, be an excuse to give up for the rest of the day. Every time we remember, we add a link to the "chain of forgiveness which, when completed, is the Atonement".

He goes to the trouble of pointing out that just because you can't get alone and close your eyes, that is no excuse for not practicing. "You can practice quite well under any circumstances, if you really want to".

The practice for today is, very simply, making positive affirmations as often as possible. "I am blessed as a Son of God. I am calm, quiet, assured and confident". This might take ten or fifteen seconds, perhaps a little longer to think of a new list of attributes that you might

associate with being a Son of God: "I am serene, capable and unshakable." "I am joyful, radiant, and full of love."

Can any of us really consider it a trial to engage in practice like this? Our egos do, and they will resist. I am no longer startled, but still astonished, at the variety of ways my ego finds to distract me and keep me from practicing my own happiness-for that is all we are doing here. Observing my ego's constant opposition to my happiness is one thing that has convinced me of the truth of that line in the Text: "The ego does not love you".

Because of what I am, an extension of God, I am entitled to happiness. The ego *has* to resist that idea because its existence depends upon my believing that I have separated myself from God; therefore the ego wants me to be unhappy. It wants me to believe that I do not deserve to be happy. Maybe it doesn't want me totally miserable-that might prompt me to reconsider everything. Just "a mild river of misery," as Marianne Williamson puts it. Just a vein of sadness and impermanence running through even my best times. Just enough to keep me from listening to The Other Guy Who talks about my union with God. And definitely not *happy*. Happy is dangerous to the ego. Happy says separation isn't true.

And it isn't! ###

The Master Key System, Part Twenty-Two by Charles F. Haanel

In Part Twenty-two you will find that thoughts are spiritual seeds, which, when planted in the subconscious mind, have a tendency to sprout and grow, but unfortunately the fruit is frequently not to our liking.

The various forms of inflammation, paralysis, nervousness and diseased conditions generally, are the manifestation of fear, worry, care, anxiety, jealousy, hatred and similar thought.

The life processes are carried on by two distinct methods; first, the taking up and making use of nutritive material necessary for constructing cells; second, breaking down and excreting the waste material.

All life is based upon these constructive and destructive activities, and as food, water and air are the only requisites necessary for the construction of cells, it would seem that the problem of prolonging life indefinitely would not be a very difficult one.

However strange it may seem, it is the second or destructive activity that is, with rare exception, the cause of all disease. The waste material accumulates and saturates the tissues, which causes autointoxication. This may be partial or general. In the first case the disturbance will be local; in the second place it will affect the whole system.

The problem, then, before us in the healing of disease is to increase the inflow and distribution of vital energy throughout the system, and this can only be done by eliminating thoughts of fear, worry, care, anxiety, jealousy, hatred, and every other destructive thought, which tend to tear down and destroy the nerves and glands which control the excretion and elimination of poisonous and waste matter.

"Nourishing foods and strengthening tonics" cannot bestow life, because these are but secondary manifestations to life. The primary

manifestation of life and how you may get in touch with it is explained in the Part which I have the privilege of enclosing herewith.

PART TWENTY-TWO

1. Knowledge is of priceless value, because by applying knowledge we can make our future what we wish it to be. When we realize that our present character, our present environment, our present ability, our present physical condition are all the result of past methods of thinking, we shall begin to have some conception of the value of knowledge.

2. If the state of our health is not all that could be desired, let us examine our method of thinking; let us remember that every thought produces an impression on the mind; every impression is a seed which will sink into the subconscious and form a tendency; the tendency will be to attract other similar thoughts and before we know it we shall have a crop which must be harvested.

3. If these thoughts contain disease germs, the harvest will be sickness, decay, weakness, and failure; the question is, what are we thinking, what are we creating, what is the harvest to be?

4. If there is any physical condition which it is necessary to change, the law governing visualization will be found effective. Make a mental image of physical perfection, hold it in the mind until it is absorbed by the consciousness. Many have eliminated chronic ailments in a few weeks by this method, and thousands have overcome and destroyed all manner of ordinary physical disturbances by this method in a few days, sometimes in a few minutes.

5. It is through the law of vibration that the mind exercises this control over the body. We know that every mental action is a vibration, and we know that all form is simply a mode of motion, a rate of vibration. Therefore, any given vibration immediately modifies every atom in the body, every life cell is affected and an entire chemical change is made in every group of life cells.

6. Everything in the Universe is what it is by virtue of its rate of vibration. Change the rate of vibration and you change the nature,

quality and form. The vast panorama of nature, both visible and invisible, is being constantly changed by simply changing the rate of vibration, and as thought is a vibration we can also exercise this power. We can change the vibration and thus produce any condition which we desire to manifest in our bodies.

7. We are all using this power every minute. The trouble is most of us are using it unconsciously and thus producing undesirable results. The problem is to use it intelligently and produce only desirable results. This should not be difficult, because we all have had sufficient experience to know what produces pleasant vibration in the body, and we also know the causes which produce the unpleasant and disagreeable sensations.

8. All that is necessary is to consult our own experience. When our thought has been uplifted, progressive, constructive, courageous, noble, kind or in any other way desirable, we have set in motion vibrations which brought about certain results. When our thought has been filled with envy, hatred, jealousy, criticism or any of the other thousand and one forms of discord, certain vibrations were set in motion which brought about certain other results of a different nature, and each of these rates of vibration, if kept up, crystallized in form. In the first case the result was mental, moral and physical health, and in the second case discord, inharmony and disease.

9. We can understand, then, something of the power which the mind possesses over the body.

10. The objective mind has certain effects on the body which are readily recognized. Someone says something to you which strikes you as ludicrous and you laugh, possibly until your whole body shakes, which shows that thought has control over the muscles of your body; or someone says something which excites your sympathy and your eyes fill with tears, which shows that thought controls the glands of your body; or someone says something which makes you angry and the blood mounts to your cheek, which shows that thought controls the circulation of your blood. But as these experiences are all the results of the action of your objective mind over the body, the results are of a

temporary nature; they soon pass away and leave the situation as it was before.

11. Let us see how the action of the subconscious mind over the body differs. You receive a wound; thousands of cells being the work of healing at once; in a few days or a few weeks the work is complete. You may even break a bone. No surgeon on earth can weld the parts together (I am not referring to the insertion of rods or other devices to strengthen or replace bones). He may set the bone for you, and the subjective mind will immediately begin the process of welding the parts together, and in a short time the bone is as solid as it ever was. You may swallow poison; the subjective mind will immediately discover the danger and make violent efforts to eliminate it. You may become infected with a dangerous germ; the subjective will at once commence to build a wall around the infected area and destroy the infection by absorbing it in the white blood corpuscles which it supplies for the purpose.

12. These processes of the subconscious mind usually proceed without our personal knowledge or direction, and so long as we do not interfere the result is perfect, but, as these millions of repair cells are all intelligent and respond to our thought, they are often paralyzed and rendered impotent by our thoughts of fear, doubt, and anxiety. They are like an army of workmen, ready to start an important piece of work, but every time they get started on the undertaking a strike is called, or plans changed, until they finally get discouraged and give up.

13. The way to health is founded on the law of vibration, which is the basis of all science, and this law is brought into operation by the mind, the "world within." It is a matter of individual effort and practice. Our world of power is within; if we are wise we shall not waste time and effort in trying to deal with effects as we find them in the "world without," which is only an external, a reflection.

14. We shall always find the cause in the "world within"; by changing the cause, we change the effect.

15. Every cell in your body is intelligent and will respond to your direction. The cells are all creators and will create the exact pattern which you give them.

16. Therefore, when perfect images are placed before the subjective, the creative energies will build a perfect body.

17. Brain cells are constructed in the same way. The quality of the brain is governed by the state of mind, or mental attitude, so that if undesirable mental attitudes are conveyed to the subjective they will in turn be transferred to the body; we can therefore readily see that if we wish the body to manifest health, strength and vitality this must be the predominant thought.

18. We know then that every element of the human body is the result of a rate of vibration.

19. We know that mental action is a rate of vibration.

20. We know that a higher rate of vibration governs, modifies, controls, changes, or destroys a lower rate of vibration.

21. We know that the rate of vibration is governed by the character of brain cells, and finally.

22. We know how to create these brain cells; therefore,

23. We know how to make any physical change in the body we desire, and having secured a working knowledge of the power of mind to this extent, we have come to know that there is practically no limitation which can be placed upon our ability to place ourselves in harmony with natural law, which is omnipotent.

24. This influence or control over the body by mind is coming to be more and more generally understood, and many physicians are now giving the matter their earnest attention. Dr. Albert T. Shofield, who has written several important books on the subject, says, "The subject of mental therapeutics is still ignored in medical works generally. In our

physiologies no references is made to the central controlling power that rules the body for its good, and the power of the mind over the body is seldom spoken of".

25. No doubt many physicians treat nervous diseases of functional origin wisely and well, but what we contend is that the knowledge they display was taught at no school, was learned from no book, but it is intuitive and empirical.

26. This is not as it should be. The power of mental therapeutics should be the subject of careful, special and scientific teaching in every medical school. We might pursue the subject of maltreatment, or want of treatment, further in detail and describe the disastrous results of neglected cases; but the task is an invidious one.

27. There can be no doubt that few patients are aware how much they can do for themselves. What the patient can do for himself, the forces he can set in motion are as yet unknown. We are inclined to believe that they are far greater than most imagine, and will undoubtedly be used more and more. Mental therapeutics may be directed by the patient himself to calming the mind in excitement, by arousing feelings of joy, hope, faith, and love; by suggesting motives for exertion, by regular mental work, by diverting the thoughts from the malady.

28. For your exercise this week concentrate on Tennyson's beautiful lines "Speak to Him, thou, for He hears, and spirit with spirit can meet, Closer is He than breathing, and nearer than hands and feet." Then try to realize that when you do "Speak to Him" you are in touch with Omnipotence.

29. This realization and recognition of this Omnipresent power will quickly destroy any and every form of sickness or suffering and substitute harmony and perfection. Then remember there are those who seem to think that sickness and suffering are sent by God; if so, every physician, every surgeon and every Red Cross nurse is defying the will of God and hospitals and sanitariums are places of rebellion instead of houses of mercy. Of course, this quickly reasons itself into an absurdity, but there are many; who still cherish the idea.

30. Then let the thought rest on the fact that until recently theology has been trying to teach an impossible Creator, one who created beings capable of sinning and then allowed them to be eternally punished for such sins. Of course the necessary outcome of such extraordinary ignorance was to create fear instead of love, and so, after two thousand years of this kind of propaganda, Theology is now busily engaged in apologizing for Christendom.

31. You will then more readily appreciate the ideal man, the man made in the image and likeness of God, and you will more readily appreciate the all originating Mind that forms, upholds, sustains, originates, and creates all there is.

All are but parts of one stupendous whole, Whose body nature is, and God the soul.

Opportunity follows perception, action follows inspiration, growth follows knowledge, eminence flows progress. Always the spiritual first, then the transformation into the infinite and illimitable possibilities of achievement.

Study Questions with Answers:

211. How may sickness be eliminated?

By placing ourselves in harmony with Natural Law which is Omnipotent.

212. What is the process?

A realization that man is a spiritual being and that this spirit must necessarily be perfect.

213. What is the result?

A conscious recognition of this perfection - first intellectually, then emotionally - brings about a manifestation of this perfection.

214. Why is this so?

Because thought is spiritual and therefore creative and correlates with its object and brings it into manifestation.

215. What Natural Law is brought into operation?

The Law of Vibration.

216. Why does this govern?

Because a higher rate of vibration governs, modifies, controls, changes, or destroys a lower rate of vibration.

217. Is this system of mental therapeutics generally recognized?

Yes, there are literally millions of people in this country who make use of it in one form or another (and obviously many more world-wide).

218. What is the result of this system of thought?

For the first time in the world's history every man's highest reasoning faculty can be satisfied by a demonstrable truth which is now fast flooding the world.

219. Is this system applicable to other forms of supply?

It will meet every human requirement or necessity.

220. Is this system scientific or religious?

Both. True science and true religion are twin sisters, where one goes, the other necessarily follows.