

Cultivate Life!

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Cultivate Life! magazine

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Judging crystallizes; love changes.

—*Guy Finley*

Science Discovers Intelligent Life-In Every Cell! **Bruce H. Lipton, PhD speaks with Sound True**

Nearly twenty years ago, Dr. Bruce H. Lipton's startling research at Stanford University revealed scientific insights with huge implications for spiritual seekers: that our cells are far more receptive to the energy of thoughts and feelings than we ever imagined. The deeper revelations of this “new biology” are the topic of Dr. Lipton's first audio learning course, *The Wisdom of Your Cells*, and the subject of this interview.

Sounds True: What is the New Biology?

Bruce Lipton: We have been conditioned to believe that genes control and give character to our lives. Since we apparently don't select the genes we come with and since we can't change the genes that we have, we have acquired the belief that our lives are pre-programmed by the genes we acquired at conception. This is referred to as genetic determinism. But the mechanism of genetic determinism would require an excess of up to 150,000 genes to create a gene-controlled biology. When the human genome project results came in, we found that there are approximately only 25,000 human genes. This means that there are not enough genes to account for a human as a genetically controlled automaton. There has to be a second genetic code that is more powerful or overrides the functions of the primary DNA genetic code to account for human complexity.

The name of the field of science that describes this new genetic mechanism is called epigenetic control. The significance of this is indicated in the name epigenetics, which refers to any control above the genes. As an organism goes through a changing environment, its genes are continuously changing as well. Epigenetics refers to the results of the interactions between an organism and its environment. The significance of this is that our interactions with the environment are not only from direct experiences such as whether it's cold or hot out, but by our perceptions or beliefs, which also trigger a physiological response. So we can learn how to positively affect our physiology by becoming conscious of how to better use our thoughts and feelings.

Sounds True: Is this why you called your book *The Biology of Belief*?

Bruce Lipton: The mechanism of epigenetic control is that the behavior of the genes is mediated by our perception of the environment. Lower organisms sense their environments directly via stimulus/response. When you get to humans, our response to the environment includes our interpretation of the environment, and that is where the variabilities arise. Sometimes our perceptions are correct in their interpretation, and sometimes our interpretations are incorrect. Either way, it is our perceptions that control our biology. I could have called the book *The Biology of Perception*, but since not all of our perceptions are accurate, it was preferable to call the book *The Biology of Belief*. The idea is that once you understand how your beliefs change your life, you know that if you want to change your life, you have to change your perceptions.

Sounds True: And how would one do that?

Bruce Lipton: Where do we get our perceptions? Through our experiences. Our mind is like a tape recorder that records our experiences. If the stimuli associated with our past experiences reappears, the mind replays the same response it's been programmed to play from the previous experience. If in this process we acquire information that is dysfunctional to our happiness or health, it doesn't matter—our mind will continue to act out the same self-sabotaging, limiting behaviors for the rest of our lives until these programs are changed.

The significant issue here is that we all have two minds that are working in tandem: there are the conscious and the subconscious. The subconscious mind is a million times more powerful as an information processor than the conscious mind. So, although we think we can control our lives by using our conscious mind, our subconscious programs operate our biology for 95-99 percent of the day, so our lives are actually mostly controlled by our subconscious programs. This explains why we can have great intentions to be healthy, happy, successful, etc., and continuously fail to meet our goals, because 95-99 percent of our behavior are actually rerunning programs that don't necessarily reflect what we want or think at all.

Sounds True: But our environment does have some direct affect on us as well, doesn't it?

Bruce Lipton: There can be physical environmental causes for our responses as well as emotional, psychological influences. For instance, the American Cancer Society recently recognized that over 60 percent of cancer is totally avoidable solely by changing lifestyle and diet. And the same thing applies to cardiovascular disease. Dr. Dean Ornish taught his cardiovascular patients how to have better diets, how to better manage their stress, how to improve their communication skills, and how to meditate. And he found that cardiovascular disease could not only be stopped, but that his patients actually regenerated their cardiovascular system. And the important point is that it wasn't done with medication; it wasn't accomplished through changing the chemistry, which is the old paradigm that genes control our chemistry and our chemistry controls our biology. But Dean Ornish's work is a direct example of how much we can influence our lives by our behavior, and as our beliefs often form the basis of our behavior, to change our beliefs can be the easiest way available to us to create the lives we want to live.

Cancer and cardiovascular illness are the two leading killers, but this process has also been proven to affect diseases such as diabetes and arthritis. The significance of the new biology is where before we saw ourselves as victims of our biochemistry, we now recognize that we are the masters of our biology. But the problem is that we are generally completely unaware of our subconscious programming. We think we are controlling our lives but usually we are not, because our subconscious mind has been programmed by our previous experience—much of it before the age of six—and so we don't see how it is controlling us, or know how to change our behavior. And when these programs are running, we're not aware of them, and therefore when our lives don't seem to work we look to outside causes of the problem, not

being aware that we are self-sabotaging or limiting ourselves. In other words, as Henry Ford said, “If you think you can, or if you think you can't, you're right.”

Sounds True: What is something that anyone can do to begin to get some control over their subconscious programming?

Bruce Lipton: The primary thing is to learn how to practice Buddhist mindfulness. When you are being mindful and conscious, you are not operating off the prerecorded tapes that typically invisibly lead us off-track. Mindfulness practice encourages people to get into the practice of being more conscious in their day-to-day lives.

Sounds True: What kind of wisdom do our cells have?

Bruce Lipton: Human hubris has us believe that we are intelligent and considers everything far less intelligent than we are. And when we get down to the level of cells, we essentially don't consider them as possibly having intelligence. We think of ourselves as a singular entity, but the reality is that we are an interactive community of 50 trillion individual cells. It is their technology and their intelligence that created us. The reflection of their intelligence is in their technology—they can manage their environment and manage their world with technologies that we haven't even comprehended yet. For millions of years, their social activities have made possible the evolution of all life forms on this planet. In fact, we are struggling on this planet with how to form a cooperative world with only about 7 billion people. Within us there has been a cooperative world of about 50 trillion citizens that have created a philosophy and politics of life that has enabled them to live and thrive over a million years. And what is unique about these cellular civilizations is that they can live in total bliss, which is reflected in the health and vitality that we experience.

Sounds True: How do our cells learn to live together?

Bruce Lipton: When life first appeared on this planet, for the first 3 billion years it consisted of singular cells living in a very diffuse community. But about 700 million years ago, cells learned how to cooperate and form community. Those communities of cells—which now may be as small as 10-20 cells or up to hundreds of trillions of cells—are all based on a cooperative dynamic. Every cell is a sentient being, and every cell participates and works to support the nature of the community. Some cells become heart cells; and others become bone cells; and others, nerve cells. And by specializing in their functions and working in cooperation they are able to create these unimaginable cooperative communities.

Sounds True: So, in a way, evolution is not based on survival of the fittest but is actually based on cooperation.

Bruce Lipton: Absolutely. Evolution is a reflection of cooperation. Evolution isn't one animal against another—it's animals learning how to live in harmony with each other. Maintaining our belief in a Darwinian struggle of survival of the fittest is totally counterproductive to our actual evolution. And its destructive consequences of this belief of

survival as a perceived struggle are responsible for most of the problems that we have on the planet today.

Sounds True: So, then, changing our perceptions of our individual evolution would change the future evolution of our species?

Bruce Lipton: Exactly. And it can be seen in the instructions to seek the answers within. In other words, if you want to figure out the rules of a successful community, the answer is to look inside yourself as a thriving community of 50 trillion individual cells. It can be a model of a diversity of people living in community. It turns out that we must understand the nature of the biology to understand the responsibility we have in the unfolding of our individual lives, but also, in a larger sense, the challenges we face as a part of the larger community of the world.

Sounds True: So the first step to our taking responsibility for our own lives and future evolution is to realize that we are not the victims of our environment or even our programming, but that we are the creators of our present through the process of interpretation.

Bruce Lipton: Right. And the key word is knowledge. Knowledge of self is power. When we gain this kind of knowledge, we begin to experience true self-empowerment. The absence of this kind of knowledge is the fundamental issue that keeps us from experiencing the Garden of Eden here on earth. ###

Bruce H. Lipton, Ph.D. is an internationally recognized cellular biologist who taught cell biology at the University of Wisconsin School of Medicine and later performed pioneering studies at Stanford University's School of Medicine. His breakthrough research on the cell membrane in 1977 made him a pioneer in the new science of epigenetics. He is author of *The Biology of Belief* and a sought after keynote speaker and workshop presenter, and has appeared on radio and television.

Visit the Bruce's website <http://www.brucelipton.com/>

For more of Bruce H. Lipton on Sounds True go to <http://bit.ly/h2bFTK>

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How Can Judgment Serve Us? **by Joyce Shafer**

If you have ever attempted to shift from judgment to non-judgment, you may have found that challenging. It is because something important was missing.

There are two types of judgment: self-judgment and judgment of everything and everyone else. Judgment can serve us, if we know how to let it.

Judgment, in regard to laws, rules, and regulations, is in place in an effort to restore balance when an action creates too great a contrast; that is, exceeds an acceptable level of contrast and impacts others in a negative way or has the potential to do so. Nearly seven billion people on the planet have been exposed to different cultures and beliefs, as well as have unique personalities, so will, understandably, find it a challenge to behave as a homogenous society. Contrasts will happen.

The important missing aspect is that judgment of the self, others, or a situation is like a neon sign flashing the words “Contrast Exists Here” and, what that actually means for us. Whenever anything contrasts with our perception of how we, another, or a situation “should” be, we turn to our familiar “friend,” judgment. Being in a judgmental state about others or situations, lets us believe we are what we deeply want to feel: that we are in the right. We fear being in the wrong or incorrect.

In past writings I said it is important to release self-judgment. My thinking has shifted about this for a specific reason: it is a worthy goal, but there is a step that needs to be taken to get there. Plus, non-judgment may not mean what you think it does (keep reading for a different definition). When self-judgment is triggered, it alerts us to the fact that something we believe about ourselves needs exploration, that a truth or personal truth waits for us to discover it and understand how it fits, or doesn't, into our PERCEPTION of reality, including how we perceive ourselves.

The next time you feel judgmental about yourself, another, or a situation, ask what the contrast is that you feel. Let the contrast reveal an important message to you. That is its purpose.

Contrasts can assist you to discern a perception vs. a truth or personal truth. Consider the not-enough-information syndrome. Have you ever jumped to an assumption and believed you were looking at the whole truth, only to discover or realize later that you were not? “Do I have enough information to justify my judgment” is a question you might write down and put where you can easily see it.

Anthony De Mello wrote in his book, *Awareness: The Perils and Opportunities of Reality*, that we do not like to admit we are not always right. When we discover we are wrong, or know we are, it is uncomfortable because we (and others) hold a judgment that it is a form of failure to be wrong or incorrect, rather than a part of life and learning and growing. Contrasts are opportunities to expand our awareness.

So, I now modify my statement to release self-judgment and suggest you practice easing up about judging that you judge. Also ease up on your attachment to how you believe self-judgment is “supposed” to be experienced and processed. Allow any form of judgment you feel to communicate what it wants you to discover about YOU.

It is tempting (and programmed in us) to believe contrasts are about others or situations, and that the solution or resolution is for “them” to change. Action taken because of this belief is like nailing your shoe to the floor and turning in circles: you go nowhere and you repetitively cover the same ground, deepening the rut you are in as you go. You keep your focus on the shoe and miss the fact that you are the one keeping your foot in it, and that only you can remove your foot (discover and understand the message for you and about you in the contrast) from the shoe (the contrast, which is a manifested reflection of what is going on inside of you).

See if this different definition of non-judgment resonates for you: no old programs, tapes, or memories running. How do you do this? Ihaleakala Hew Len of Ho’oponopono fame and co-author of the book, *Zero Limits*, wrote, “Peace begins with me. My problems are memories replaying in my subconscious.” Think about this and see where it leads you; see what it reveals to you and for you. Dr. Hew Len describes how to do this in the book, if you are intrigued enough to learn more. ###

Shift self-sabotaging behaviors & discover your authentic self through Your Personality Blueprint with Joyce Shafer (jls1422@yahoo.com), You Are More! Empowerment Coach, author of **I Don’t Want to be Your Guru, but I Have Something to Say** & other books/ebooks. Articles & Extras in her free weekly newsletter; more about **Your Personality Blueprint** profiles & coaching; get **How to Have What You REALLY Want** free when you subscribe at <http://stateofappreciation.webs.com>

Free read or download 18 thought-provoking articles by Joyce Shafer in one convenient pdf at: <http://www.scribd.com/doc/23362264/Joyce-Shafer-You-Are-More>

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Awaken the Courage to be Kind **By Guy Finley**

I know someone who drives me crazy, and I want to help him by sharing the truths I am learning. Without using interfering tactics, how can we help others to come awake to themselves?

One of the most difficult aspects of our work is learning to bear the unpleasant manifestations of people around us. But this can also help us grow quickly. If by interfering tactics you mean, "make someone see the light," it is impossible. But if we will do our work, which often requires waiting out our own unpleasantness before speaking, then not only can we lend someone a helpful word or action, but they will see that we are behaving differently. This willingness on our part to inwardly accept the weight of our own burdens first is really the best invitation to others to become interested in this Work.

I see a great opportunity arising soon to speak the truth to someone about something, but I am deathly afraid to do so! Where can I find the courage I need to proceed?

If you can see the truth of the following insight, it will lend you a surprising form of strength: Refusing any life-lessons increases their density. Besides which, there is no escaping the lessons that life would have us learn. Don't think about the outcome of being truthful; consider instead the effects of living with lies. Then, come awake and proceed!

If we know ahead of time that the right action is going to cause someone to suffer because of his or her falseness, that doesn't mean we shouldn't take the action, does it? If that is the case, what is the limit to inducing suffering to others?

Whenever a right action presents itself to be taken, it should be taken. But let's be careful for a moment about "right action." One good way to know if your action is a right one as it concerns "straightening out" someone else is what you feel if you don't take that action. This is sensitive ground. One must be careful. Sometimes we must say certain corrective things to others. But one especially valuable inner practice is to wait for some period of time before expressing our view. This pause allows whoever takes it the chance to inwardly taste the nature that wants to make the correction. If there is pressure to correct someone, you can be fairly certain your correction is not a right one, even if the words spoken are true. On the other hand, some of the best moments to point out confusion in others are when you are most afraid to do so. Then the odds are that not only is your action right, but that person is likely to benefit from it as well. ###

Excerpted from "Seekers Guide to Self-Freedom" by Guy Finley, © 2002, Llewellyn Publications.

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About Guy Finley

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

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

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

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~ *The Secret of Being Unstoppable* ~

by Guy Finley

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Personalizing the Puzzling and Phenomenal Placebo Effect

By Chuck Gallozzi

We all know what the placebo effect is (“placebo” is derived from Latin, “plase”, which means, “I shall please.”). The placebo effect is self-healing. But it is not done consciously. Rather, it takes place subconsciously. For example, Tom has a physical problem, sees a doctor and receives a pill, treatment, or surgery, and he recovers. However, the recovery was not brought about by the treatment, but by Tom’s subconscious. The cure is triggered by **belief**. As long as we believe it will work, it does. This phenomenon is identical to that of a patient in a remote African village that sees a witch doctor. The differences are just window dressing. Here, the treatments often take place in temples called hospitals. No matter how elaborate the healing ritual is, it's the subconscious of the patient that determines whether the treatment will work.

Our body’s ability to heal itself is phenomenal, but what is puzzling is how scientists use the placebo effect. They merely use it as a measure to test the efficacy of drugs. Why are they studying how to ‘cure’ people with toxics and invasive procedures when they should be studying how to harness the power of belief and make it accessible to all? Cynics may say it is because there is no money to be made in teaching everyone how to heal themselves. But I wouldn’t be so harsh on the medical community. After all, what do doctors do when they get sick? They don’t heal themselves, but see other doctors. That’s because they have been brainwashed like the rest of us into believing that we cannot heal ourselves.

Yet, if we care to, we can learn how to tap into and apply the amazing power of self-healing. Where and how do we begin? We first need to undo the brainwashing, propaganda, and pharmaceutical sales pitches we have been subjected to. But before we can begin, we have to be willing to challenge our assumptions and beliefs. You have to be willing to believe the truth rather than what makes you feel comfortable. Whenever researching a new subject, we are tempted to believe what we like and reject the rest. But when we act in such a manner, it is not the research we believe, but ourselves. So, if a new subject raises doubts in your mind, follow the example of Gareth Stubbs (<http://www.garethstubbs.com/>) and ask yourself, “What will happen if I doubt this doubt?” Remember, if you don't change your beliefs, your life will remain unchanged. Is that what you want?

Assuming you are willing to approach this subject with an open mind, visit your library or bookstore and browse the health and well-being section. Study the works of such authors as Norman Cousins, Bruce Lipton, Frank Kinslow, Bernie S. Siegel, Deepak Chopra, Wayne Dywer, and Joseph Mercola. You can find hundreds of articles on belief [here](#). Next, specifically study what is known about the placebo effect. Forward thinking on this subject can hardly be called new.

As far back as 2,500 years ago, Hippocrates (circa 460~377 BC) taught, “The natural healing force within each one of us is the greatest force in getting well.” And during the same period, or earlier, ancient Chinese and Indian medicine clearly saw a link between

mind and body health. And in modern times, in his 1937 speech to the American College of Physicians, W.R. Houston said, “The great lesson . . . of medical history is that the placebo has always been the norm of medical practice.”

Just as a phoney pill can physiologically heal a patient because of his or her belief, a fake pill can also have harmful side effects if the patient expects it to. This latter effect is called the nocebo effect.

Thus, beware of negative beliefs, for they can harm or even kill you. For example, Jonathan Parker, Ph.D. (<http://www.jonathanparker.org/>) relates this case.

“A man accidentally locked himself inside a refrigerated box car. Try as he did, he couldn't get out. He recorded his progress by writing on the side of the car. The first entry indicated he was slowly getting colder and colder. He said there was nothing to do but wait. He probably banged on the side of the car and yelled for someone to help him, but there was no one nearby to hear. Finally, he wrote, ‘I'm slowing freezing to death. These may be my last words.’ They were. The next day the man was found dead there on the floor of the box car. He had died, but not because he froze to death, but because he believed he had. He knew he was in a refrigerated car and knew that it would have subfreezing temperatures—that is, under normal circumstances, but the refrigeration unit was out of order. The temperature in the car was actually 57 degrees Fahrenheit, and there was plenty of air. The man died of his own self-created illusion. This is certainly a dramatic example of how the power of beliefs and thoughts can affect us. Beliefs and thoughts create feelings and expectations of happiness or sadness, success or failure, and based on those perceptions, a person is either spurred toward success and accomplishment or bogged down by accepting failure or mediocrity. Our lives unfold according to how we think.”

A leading proponent of the power of the placebo effect is American developmental biologist, Bruce Lipton, who startled the world by announcing that genes and DNA can be manipulated by a person's beliefs. Author of *The Biology of Belief — Unleashing the Power of Consciousness, Matter & Miracles* and *Spontaneous Evolution: Our Positive Future and a Way to Get There from Here*, he is a renowned researcher of DNA, stem cells and their behaviour, traveling the world lecturing. The message he has to share includes the following:

- We are not victims of our heredity, or genetics, for our lives are not controlled by our genetics, but by something above or beyond it (epigenetics). And that something is our beliefs, for they create changes in our body on a molecular level. In a word, we're not limited by our genes, but by our perception of the world we live in.
- Although our genetic code is a blueprint, its readout is not fixed, for there are over 30,000 possible variations per blueprint. So, our genetic code is not a map of what we will become, but a map of possibilities. And the possible outcomes are dictated by our beliefs. Each time we alter our beliefs, we rewrite our genetic code. It doesn't rewrite our DNA, but it changes its readout.

The above principles make it easier to understand why Dr. Bernie S. Siegel's comment is so true, "Patients who get well when they're not supposed to are not having accidents or miracles or spontaneous remissions. They're having self-induced healing (brought about by positive thoughts, opinions, beliefs, and emotions)."

For patients suffering from knee joint pain and limited movement, knee surgery is commonly practiced. The procedure consists of Arthroscopic lavage (flushing out grit resulting from the gradual, persistent erosion of cartilage surfaces in the joint) and debridement (the surgical smoothing of rough edges and the removal of bony outgrowths). Yet, when a surgeon and his assistant tested the value of the procedure, they were surprised by the results. Here's what they did. They divided patients into three groups. The first group received Arthroscopic lavage, the second, debridement, and the third make-believe surgery. That is, patients in the third group received two incisions and the surgeon pretended to do some work, but did none, other than stitch up the patient. What was the result? All three groups benefited by the same degree. In other words, the surgery was unnecessary.

Collaborating this, the September 11, 2008 edition of the *New England Journal of Medicine* has an article stating that arthroscopic lavage and debridement of osteoarthritic knee cartilage may have no significant benefit for patients. Interestingly, on the very same day the Toronto Globe and Mail newspaper reported on similar findings in Canada. To quote the newspaper, "A landmark Canadian study has found that one of the most common and widely performed knee operations is ineffective and doesn't provide significant benefits for osteoarthritis patients. Researchers found that patients who had arthroscopic knee surgery fared no better and had no long-lasting pain relief compared with those who were treated with a combination of physical and medical therapy."

The power of belief is of great significance because our health, success, and happiness depend on it. Take the case of Russian weight lifter Vasily Alexeyev, for example. Before the mid 70's, it was believed that it was impossible for a human to lift 500 pounds overhead. And the world's strongest weight lifter, Vasily Alexeyev, seemed to prove that point, for although he had lifted 499.9 pounds before, he never could reach the magic 500 pound mark.

For one important competition, his trainers told him to forget about trying to lift 500 pounds for now, for if he repeated his 499.9 pound lift, he would still be the clear winner. Vasily made the lift and won the competition. But he didn't lift 499.9 pounds; he lifted 500.5 pounds, a new world's record. You see, his trainers lied to him about the actual weight, and Vasily believing he was going to repeat what he had already done before, **believed** it was possible, and was able to pull it off. Once the imaginary limit of 500 pounds was removed, other weight lifters were able to do the same. And Vasily was able to go on to lift 560 pounds.

Once you open your mind and assess the evidence, you will be able to believe in the power of belief. But believing in it and being able to access its power are two different things. How

can we personalize the phenomenal placebo effect, owning its power and applying it to our lives?

How to Harness the Power of Belief

1. To unlock the power behind the placebo effect, wanting to do so is not enough, for you will also need a system, method, or process to follow. That system is here: [The Secret of Instant Healing](#). Another of Frank Kinslow's books, *The Secret of Quantum Living* (found on the same web site) is a perfect companion to the *Instant Healing* book. While you're on the web site, be sure to download the [free mp3 files](#). Also, watch five videos [here](#). Although Frank Kinslow's book is all you need to release your power to heal, we are all unique, and some may respond better to a different approach. For that reason, I'm including other methods to consider.

2. Most of us are plagued with some degree of self-doubt. We doubt our capabilities. Yet, we are bound to occasionally succeed. And when we do, not surprisingly, each success causes us to grow more confident. But did you realize that imaginary successes can boost our confidence too? That's because our subconscious cannot tell the difference between real and imaginary experience.

Here's an example. Suppose Harry is a sales rep trying to sell advertising to small businesses. The amount of rejection that he has to deal with can be very discouraging. But each sale he makes increases his confidence. During the day, Harry gets one or two sales, far from the five or six he would like to make. So, in the evening he relaxes at home, where no one will disturb him, closes his eyes and imagines getting five or six sales a day. He imagines his presentations growing more powerful, his customers smiling and thanking him for his service, and his sales manager praising him for his consistent, outstanding performance.

Harry spends about 20~30 minutes a day doing this. His subconscious cannot distinguish between his real and imaginary performance, so as he regularly repeats this exercise, his subconscious eventually believes he is making five or six sales a day. And the role of the subconscious is to make the external world (reality) match its beliefs. So, once the subconscious believes Harry is making five or six sales a day, it will do everything in its power to make that belief a reality.

In other words, 24 hours a day, Harry's subconscious will be working, planning, scheming, brainstorming, looking for and seizing opportunities to make sure Harry makes five or six sales a day. The working of his subconscious will happen in the background, and Harry will be unaware of its activity. But Harry will find himself spontaneously changing, doing things differently, and growing increasingly successful. This approach to harnessing the power of belief is called **visualization** or imagery. You probably already know about it. But the question to ask yourself is, if I know about it, how come I'm not using this power now? [Here are books that will help you master this formidable force.](#)

3. Here is a technique that may appeal to those who are left-hemisphere oriented. They are swayed by logic and reason rather than feelings and emotions. It is called The Questioning Method. Proceed as follows:

a) Write down this question and its answer. What behaviour do I engage in that is preventing me from becoming a great success? (Example answer: procrastination)

b) Write down this question and its answer. What belief do I likely have that would cause me to act that way? (Example answer: I probably procrastinate because I'm afraid I will fail.) Try several different answers until one resonates with you or feels right to you.

c) Write down the answers to these questions:

i. Is my belief an undeniable fact? (Example answer: No, I cannot say with certainty that I will fail.)

ii. How well does that belief serve me? (Example answer: Not very well.)

iii. Is there another belief that would serve me better? (Example answer: Yes, it would be better to believe that I will be a great success.)

iv. What actions would I take if I completely accepted the new belief? (List the steps you would take.)

v. **Take those actions now.**

4. Here's another approach from Tony Robbins (www.anthonyrobbins.com). "All personal breakthroughs began with a change in beliefs. So how do we change? The most effective way is to get your brain to associate massive pain to the old belief. You must feel deep in your gut that not only has this belief cost you pain in the past, but it's costing you in the present and, ultimately, can only bring you pain in the future. Then you must associate tremendous pleasure to the idea of adopting a new, empowering belief.

A Short History of Medicine

(Taken from the Internet)

"Doctor, I have a headache."

2000 B.C. — "*Here, eat this root.*"

1000 B.C. — "*That root is heathen, say this prayer.*"

1850 A.D. — "*That prayer is superstition, drink this potion.*"

1940 A.D. — "*That potion is snake oil, swallow this pill.*"

1985 A.D. — "*That pill is ineffective, take this antibiotic.*"

2000 A.D. — "*That antibiotic is artificial. Here, eat this root!*"

Living a Life of Health

1. Eat a healthy diet.
2. Exercise.
3. Maintain a positive mental attitude.
4. Practice a stress reduction program (such as, meditation, mindfulness, walking, yoga, tai chi)
5. Believe in self-healing.
6. Plan. If you believe it's going to rain, you prepare for it. Similarly, if you believe you are going to heal, plan now on doing what your illness was preventing you from doing. And start doing it as soon as possible. ###

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>

~ Daring To Be Yourself ~

by Peter Shephard

You can create a new life. A life revised in small but crucial ways—or perhaps you will totally change the way things have been up to now. You choose, of course. But first you need to know just who you really are and to shed the conditioning imposed on you by decades of conforming to other people's expectations and other people's interpretations.

This book—a blueprint to the life you really desire—has been developed by Peter Shepherd, author of *Transforming the Mind*. A step by step approach is followed throughout to help you uncover and remove the barriers to self-knowledge and freedom of expression and action.

To purchase as pdf format ebook go to <http://bit.ly/c2Gj4D>

To purchase as Kindle format go to <http://bit.ly/fmOtZe>

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Pruning Your Life To Bloom **by Beca Lewis**

The grocery store was selling beautiful African Violet plants. I bought three, brought them home, and grouped them on our dining table. As Del and I talked over breakfast I stared at the flowers.

They were beautiful. Each one was a shade of purple, with velvet green leaves. Each plant was different, each deeply gorgeous in its own way. As I stared at them, I realized that some of their blooms were spent, and some of their leaves had faded, so I began to pinch off the dead blooms and leaves.

Of course every gardener knows how important it is to prune a plant so that none of its energy goes towards maintaining what is dead or dying. Pruning allows all of the essence of the plant to go to its budding and blooming.

The plants became even more beautiful as I pinched and pruned and the older blooms and leaves were removed. With more light and air in the center of the plants I could see a large number of new buds in various stages of bloom.

How like our lives because most of us are not pruned well. We hold on to what is no longer needed in our lives, fearful of letting go of people, places, and things. We often live in the past because we believe that there is no future, not realizing that there are already new buds appearing. But, when we let the old remain, our energy and attention is drained away.

Just for a moment imagine yourself as a beautiful plant. Are you planted in nutritious soil that encourages, supports and feeds you? Or are you living in depleted soil? Are you well watered, or do you allow periods of drought, perhaps playing a game with yourself called, “let’s see how long I can survive without this?”

Are you a plant that loves shade or sun? Where are you planted? Does it support what you need? Do you feed yourself well?

Are there still dead and dying blooms and leaves on you? Do you just wait for them to fall off or do you prune them quickly? Do you see how beautiful your current blooms are? Can you see how many new buds are forming that will continue to express what you are? Are you allowing yourself to bloom?

You live in a garden, called the universe. Have you noticed the beauty of the other plants around you?

In an episode of the TV show “Rebecca’s Garden” she spoke of how beautiful a garden becomes with a large variety of leaf, branch, flower shapes, and color. It is the diversity of

the garden that brings its beauty to life. How diversified is your life? Are you trying to survive isolated from what supports you?

The worldview constantly suggests that it is possible for our lives to not bloom. This worldview fosters fear by using the principle of lack as the groundwork of life. It encourages us to keep what we have, even if it no longer serves us. Although widely agreed with, either through discouragement, fear or ignorance, there is no need to live within these conditions. It is only a perception, and all perceptions can be shifted.

It's an active choice.

The shift to seeking and understanding the Principle of omnipresent intelligent Love, the governing force of all that is, reveals the ground of our being as a continual expression of the beauty of Life.

Each of us contains all that we need, and will continue to contain all that we need to bloom. All that is required of us is to make an active choice to tend our gardens well, and to let go of what is over so what is to come has room to bud and bloom.

After pruning the plants I headed to my office, with at least a slight hint of self-satisfaction. Later that day I stopped by the violets to admire their beauty. They did look beautiful.

However, lying right beside them on the table was a pile of dead blooms and leaves. I had forgotten to throw them away. As we prune those dead leaves and blooms out of our lives we may be feeling very beautiful, however don't forget to completely throw them away rather than leaving the remains for others to clean up. ###

About Beca Lewis

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

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

Beca and her husband Del Piper are constantly working to develop new ways to support and reach out to others. Much of what they have been developed can be found for free at their membership site [Perception U.com](http://PerceptionU.com). They also founded The Women's Council with the intent of "strengthening the connection to yourself, to others, and to the Divine."

Sign up for **Beca's** free Shift Ezine and Ecourses here: <http://budurl.com/lwyr>

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~ Living in Grace ~
The Shift to Spiritual Perception
by Beca Lewis

We're the prisoners of our perception. "*Living in Grace: The Shift to Spiritual Perception*" is a profound, practical, thought-provoking and complete guide to shifting the perceptions that stop us from realizing the relationships, the love, the work and the joy we desire in our lives.

Chapter by chapter, the reader is taken on an inner journey that encourages her to achieve her goals, and in so doing, lead a spiritual life. The 7 Keys to Grace and an eight step-by-step system based on the word GRACIOUS, along with worksheets, help the reader break out of prison into Heaven on Earth.

Find it at <http://bit.ly/f38V4T>

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Accepting and Appreciating Our Formation by Steve Wickham

Appreciation's the way,
To understand why we are,
Knowing harmony today,
And not emotionally afar.
Reduces the dissonance,
Beckons the peace,
Producing sound cognisance,
Generating release.

* * * * *

Coming to an acceptance of who we are, as a platform for moving on with our lives, is a critical first step before any other real emotional and spiritual growth can occur. This is about coming to terms with all our experience, and seeing all that's occurred with and to us as a big part of the reason we see the world the way we do.

This also, somewhat, explains how we can understand and be patient with those in our midst who trouble or try us.

None of us have subsisted in a vacuum in this life. We're all a product of our unique experience.

Formation is the process of who we've become to this point. It also describes the journey we're on throughout the remainder of our lives. Formation arguably has its conclusion at death.

ACCEPTANCE FIRST

There are probably three classes of people, two of which find it easier to accept who they are.

These two are the normally developed and the especially blessed. The third group were, during development, especially neglected or abused. Acceptance is a harder journey to the outcome for these. But, power is known more fundamentally to them, as journeys to such depths also reveal significant blessings.

Notwithstanding the above, all three groups must journey to their own God-blessed and God-provided sense of self-acceptance.

This is the comfort-ability of humility whereby we can honestly sit with ourselves, and present a lucid truth-bare picture resplendent in healthy vulnerability.

Importantly, we're taking one sense of vulnerability - that which is unhealthy and unsafe - and protecting ourselves via self-appreciation, and we're developing another form of vulnerability - one based in honesty and courage - to become stronger people with honour.

This can only occur when we accept ourselves.

APPRECIATING SECOND

This is a positive tack. We turn from a healthy start of accepting ourselves and where we've come from, achieving a peace that transcends understanding, and we augment it further by embracing growth.

This is not so much about affirmations as it's about taking positive steps to recognise and reward the achievement of good deeds and goals, for we all have such achievements.

Taking some time to give some credence to what has formed us is giving at least some credit back to a God who's allowed these things to occur; yes, for a purpose - one consummated in the you and me we see today.

But we cannot get here without first accepting. Acceptance is a form of salvation that opens the door to appreciation. ###

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

~ Are You Ready To Start A New Life? ~

Start a New Life! is a complete personal development course which can really turn your life around. Clearing mental and emotional blocks will enable you to look at the world with a more aware and open mind. No longer suppressing your needs, wants and feelings, you can start to live your life's purpose! And so begin a new life of greater fulfillment and happiness.

Start a New Life! is based on principles which have helped thousands of people, endorsed by experts over the centuries. It is developed by Peter Shepherd, author of *Transforming the Mind* and *Daring to be Yourself* - the former is free to read online and the latter is a special bonus that is only available in digital format with **Start a New Life!** !

For full information go to www.trans4mind.com/new_life_course/

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Can You Be Addicted to Sugar? **by Dr. Andrew Weil**

Question: Is there such a thing as sugar addiction or do people just use the word loosely to explain cravings or tastes? If there is a real addiction to sugar, how do you get over it?

Answer: Some evidence from animal studies suggests that sugar can be addictive. A Princeton University research team has shown that lab rats accustomed to sugar display the cravings and the relapses that signal addiction, as well as brain changes similar to those associated with addiction to narcotics and nicotine. For example, the investigators found that the brain chemical dopamine is released when hungry rats drink sugared water and that a surge of dopamine occurs in the brains of hungry rats that binge on sugar. Over time, these increased dopamine levels resulted in fewer of a certain type of dopamine receptor and more opioid receptors in the animals' brains. The same studies showed that rats deprived of sugar exhibited anxiety characteristic of withdrawal.

Other intriguing findings in this area come from the Monell Chemical Senses Center in Philadelphia. In 2010, a research team from the center published a study showing that children's response to intense sweet taste is related to a family history of alcoholism and a child's own report of depression. The investigators noted that sweet taste and alcohol activate many of the same reward circuits in the brain. They found that among those kids who had both a positive family history of alcoholism and also reported depressive symptoms, liking intense sweetness was more common than among the other children. These kids preferred a level of sweetness equivalent to about 14 teaspoons of sugar in a cup of water - twice the sweetness of a cola.

While we can't say on the basis of these findings that humans can become addicted to sugar as they can to drugs, we know that individuals can experience very strong cravings for certain foods that they describe as "addictions." Cravings affect 97 percent of all women and 68 percent of men. Women tend to crave sweets while men go for meat.

Cravings for chocolate and other comfort foods may be explained in part by the fact that these foods increase levels of serotonin, the brain chemical that may be involved in depression. The female hormones estrogen and progesterone may also play a role, particularly in the cravings of pregnant or premenstrual women.

You can try to control cravings, including sweets, by paying attention to what sets them off and then focusing your attention elsewhere. Hypnotherapy can help, too, and if stress is a factor, you should practice breathing techniques or progressive relaxation and try to get more exercise. In addition, mindfulness meditation has been shown to help reduce the frequency of compulsive binge eating in some individuals. ###

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

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

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

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

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~ 8 Weeks to Optimum Health ~

A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power

by **Dr. Andrew Weil**

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For full information go to <http://bit.ly/eOLan5>

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The Mind-Body Connection and Your Health **by Roseanna Leaton**

Scientific research has shown that if you are feeling down or depressed this will have a negative impact up on your health. When you are feeling low mentally you are inevitably left more vulnerable to physical illness.

Needless to say the majority of research into these areas concentrates upon the more "major" diseases such as susceptibility to heart disease or cancer. We less often think about the mind-body collection in relation to minor illnesses such as the common cold or food poisoning or viruses. This fact was brought home to me in the last week as I succumbed to a rather nasty episode of food poisoning.

Unusually for me I was feeling rather low about something on the Saturday and even kept saying things like "I just can't lift my spirits about this". You know those days don't you? Something happens which is outside of your control, or keeps on happening until eventually you feel like you have been mentally run over by a bus. In reality, when you hit one of these events, you are probably being told something to the effect that you are trying to do something the wrong way or you at the very least need to step back and rethink.

Never the less, on Sunday morning I woke up feeling rather uncomfortable, and by afternoon it was clear that I had food poisoning. My boyfriend, a bio-chemist, immediately pointed out that my mood the day before was what had paved the way to making my physical body more vulnerable. The mind-body connection was abundantly clear to both he and I.

As he pointed out there are bacteria in your intestines and stomach all of the time. Problems occur when they are allowed to accumulate in too large a quantity. I had been very aware that everything about my physical body had been slow and sluggish during the previous day - I had walked more slowly without any bounce in my step, my back wasn't held straight and so on. My body language was displaying a sinking, lowering, turning down tendency. Goodness only knows what the impact was beneath the surface of my skin!

The mind-body connection is totally amazing when you begin to contemplate it. Every thought which you have has the potential to impact greatly upon your health and well being. It pays to learn how to only allow uplifting and positive thoughts to hold your primary focus in life. I'm usually pretty good at this, although like everyone else I have a few weak spots!
###

Roseanna Leaton, specialist in hypnosis mp3 recordings for health and well-being. With a degree in psychology and qualifications in hypnotherapy, NLP and sports psychology, Roseanna Leaton is one of the leading practitioners of self-improvement. You can get a [free hypnosis download](http://www.RoseannaLeaton.com) from <http://www.RoseannaLeaton.com> and learn how to [generate endorphins naturally](#) and beat the winter blues.

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~ **Secrets of Spiritual Success** ~
The Lost Elements of Enlightenment
by Guy Finley

Realize a genuine success that is perfect, confident, and totally secure!

Discover the secrets of awakening a new part of yourself that can brighten and empower every area of your life -- both in the material world, and in higher worlds as well.

Find out exactly how in *Secrets of Spiritual Success: The Lost Elements of Enlightenment* — a 7-hour audio album that was recorded live during Guy Finley's 2010 *Talks in the Pines* 5-Day Workshop.

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Trouble Making Decisions? **by Linda Sapadin, Ph.D.**

Do you have trouble making decisions? Are you hesitant about committing yourself to tough tasks? Are you forever undermining yourself by focusing on what you did wrong?

If so, here are two ways to help you become more decisive and confident.

1. Recognize that making no decision is - in fact - making a decision.

Postponing decision-making - then doing nothing - is, in fact, a decision. If this is your modus operandi, you place yourself at the mercy of others or at the mercy of fate. Is this your aim? Do you really want others to make decisions for you about the direction your life is going? Do you really want fate to take its own course - with no input from you?

If you answered "yes" to any of these questions, it's time for further self-examination. Please, take a few moments to ponder these questions:

Why do you think you're incapable of making your own decisions?

What would be so bad if you made a decision and it didn't turn out as well as you expected?

If you don't decide things for yourself now, when will you?

Don't confuse not making a decision (avoidance) with postponing a decision. Yes, it may be wise for you to:

Postpone a decision till you have more information;

Postpone a decision till you feel less overwhelmed;

Postpone a decision till you speak with others whose opinion you value.

But don't fool yourself. Differentiate between avoidance and postponement. And realize that it's usually counter-productive to go down the avoidance path.

2. Be your own best friend by encouraging and supporting yourself.

Your first impulse may be to turn to others for decision-making, encouragement and support. Good! It's terrific that you have supportive people in your life. But don't let that prevent you from building your own strong foundation.

If you're frequently asking others how to handle a situation before you even come up with your own ideas, you're reinforcing your dependency on them. In effect, you're saying, "I can't do this all by myself." Such a statement diminishes both your confidence and competence, building an ever more fragile future for yourself.

Certainly, it's good if others are there for you, helping you out if you need it. Hence don't cut yourself off from outside help. But do resist the temptation to turn to others before you turn to yourself. To foster self-reliance, ask yourself these questions:

- What do I think would be the best decision?
- What would I like to do?
- What specific resources might I explore before I make my decision?
- What options are available to me?

Asking yourself such questions clarifies your own thinking. Then, if you do seek input from others, you won't come across as weak (i.e. I can't do this.) but as strong (i.e. I'd like to receive your input about my ideas.)

Encouraging yourself is especially important when you're feeling down. When things haven't gone the way you expected them to, take a sober look at what went wrong. Learn from your mistakes. Cultivate your inner resources. And believe in yourself. ###

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

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

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~ It's About Time! ~

The Six Styles of Procrastination and How to Overcome Them
by Linda Sapadin, Jack Maguire

Overcoming procrastination is one of those things we'll get around to--eventually. It's About Time! goes beyond time management books on this eternal problem by tracing procrastinating behavior to personality traits and early family dynamics. Using quizzes and case studies, psychologist Linda Sapadin helps readers find their own personal style and then helps them tailor an individual program for change.

Get it at <http://bit.ly/eVxGF1>

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Extraordinary Decision Making by Arman Darini, Ph.D

Today we'll take a deep dive inside THE single most important ability you have as a human being. If you are poor in this area, then... well, it's rough to be you. And if you excel at it, then the whole world is at your fingertips. However, even if you excel at it, I know that you are not nearly as good as you can be. How come I know?

Because all of us without exception (ok, maybe there are a few extraordinary individuals out there) were NOT taught this ability. We picked it up at random in the childhood, by watching adults, who in their turn picked it up at random in their childhood, ad infinitum. Somewhere at the beginning of this great ancestral chain is a not-so-smart monkey, if you catch my drift.

So you have more chances of winning a lottery - twice, than being really good at it right now. But, I **know** from years of training experience, that you CAN become **amazingly** good at it. With results so far reaching and important for your life, that your grand grandma will wake up and hug me for teaching you this skill.

"Enough of pulling my leg. WHAT IS IT?"

Drum roll Decisions, decisions, decisions. How well (or how badly) you make decisions. Not any specific decision, but how good is your **process** of deciding. Bet you never even thought about that!

During the last 100 years, psychologists have studied how people make decisions. How great generals do it, how Olympic champions do it, how house moms with ten kids do it, how lonely priests do it. The results are inspiring.

They (psychologists) have figured out the structure of extraordinary decision making AND the most common psychological traps all of us fall into. I will talk about some of the most frequent traps that your mind stumbles in (trust us, it does - hundreds of experiments have verified this) in the next article. Today we are taking a closer look at the structure of extraordinary decision making.

The structure is the sequence of steps you must follow to get the result you want. If you skip or change the steps, you get different results. If you mess up excellent decision making steps, you get messed up results. Of course, once you become an excellent decision maker, you can be more creative with the steps, but until then it pays to follow what those people do who are already amazing at it.

There are three steps to extraordinary decision making:

- 1) Frame the problem.
- 2) Collect information.

3) Draw conclusions.

Let's look at each of these steps in detail.

First, you frame the problem by asking a specific question that you want answered: Do I want Chinese or Italian today? How do I double my salary? Where can I find the love of my life? That question forms the frame for the decision, because it highlights some aspects of the problem while pushing others into the shadow. EVERY question that you can possibly ask will focus your attention on one thing and hide another thing. For example, I might have also liked to get some sushi, but that alternative is outside the frame. It might be just as easily possible to triple my salary, but that's outside the frame. Maybe instead of searching for my love, it's better to wait and have her find me, but that's outside the frame as well.

The moment you frame the problem, you delete chunks of reality from the consideration. So be careful what you delete. Way too often the initial decision frame crops the best alternatives out. Examine a few decisions you made recently - how much time did you spend on framing the problem? It should be 5-20% of the total decision making time.

Second, you collect information that you don't already know. And this is key. What you think you don't know and what you actually don't know are light years apart. Time and time again, experiments have confirmed that we are GROSSLY overconfident in our knowledge (we don't have the time or the inclination to do it here, but at our trainings we demonstrate that fact to you beyond any doubt - it's highly worth having this etched into your mind).

The single best strategy to avoid overconfidence (let's not confuse confidence with competence here) is to ask disconfirming questions. You are probably used to asking questions that confirm your intuitions and beliefs. You need to do just the opposite - ask questions that disconfirm your opinions. For example, suppose one of your alternatives for doubling the salary is to get a second job. A confirming question would be: "How will getting a second job double my salary?" A disconfirming question would be: "How can getting a second job fail to double my salary?" Think of it as playing the devil's advocate with your decision alternatives. Only then you can make sure you have got solid, high quality information essential for extraordinary decision making.

Third, you take all the information and the decision objectives, and make the best conclusion. How you come to the conclusion is important. Some people flip coins, others hesitate until they grow so frustrated they latch onto the first conclusion they see. Yet others trust their intuition, and a few even apply linear models (weighing pros and cons). None of these is the best all the time, each has its own uses. I personally would flip a coin to decide on the restaurant, weigh pros and cons to triple my salary, and trust my intuition to find the love of my life (don't try this last one yet - intuition CAN be an incredible tool, but you have to develop it first, lest it gets confused with inner chat). What's important is that you are aware of the method you use to draw conclusions, and know when to use it and when to switch to something more effective.

So there you have it, extraordinary decision making in a nutshell. Of course, to master it you need a few more details. And lots of practice, the opportunity for which, luckily, happens several hundred times a day. ###

Arman Darini, Ph.D. is the director of Holographic University, the author of weekly Tips for Creating an Extraordinary and Meaningful Life, and a certified international NLP Trainer. As the leader of a dynamic team of Life Trainers and Coaches, Arman's motto is "I don't believe in your limitations".

Go to <http://www.xmarks.com/site/www.holographicuniversity.com/>

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Where is your Second Brain? **by Jahiel Yasha Kamhi**

I can hear you screaming: “What are you talking about? Are you insane?”

My answer is simple: “Thank you for asking; I am fine.”

If you really want to know where the second human brain is located, just keep reading. I have no intention of writing a scientific paper, but I will explain, in plain English, some scientific facts known for many years.

Just a basic understanding of how everything is connected in the human organism, helps us to improve our life.

In the early 1970’s, Dr. Robert Ader, Professor at the University of Rochester in NY, discovered something very unusual and interesting: The immune system, which protects us from illnesses, can be trained to learn to remember to respond to outside signals.

Dr. Ader’s experiment

Dr. Ader’s famous experiment was simple, but very profound and understandable.

What was the experiment all about?

He gave rats saccharin (sweetener), together with Cytoxan, a drug which reduces the immune system. As a result, the number of the immune system’s cells (T- cells) dropped, which is a normal reaction to the drug that was given.

What is not “normal” is this: when Dr. Ader gave the rats saccharin **alone**, without a drug, the result was the same: a low count of T-cells.

Dr. Ader’s conclusion was this: The immune system has learned and memorised to suppress T- cells in response to the saccharin, even when the drug Cytoxan is not actually given!

And now, you tell me: Which human organ can learn and memorise?

Did you say: the brain? You are right, but you are not the first one who has suggested that the immune system is the “body’s second brain”.

Francisco Javier Varela (1946 – 2001), was a biologist and neuroscientist who first described the immune system as “a second human brain”.

Now you know: my question at the beginning of this article was correct and logical.

Back to Ader’s experiment.

This experiment was a demonstration that the nervous system can affect the immune system, for the reason that the nervous system communicates with the immune system.

This experiment was the beginning of the new science Psychoneuroimmunology, studying the interaction between the human mind (psycho), the nervous system (neuro), and the immune system (immunology).

Ader's next conclusion was: If saccharin alone reduced the immune system, by association with the slowing down of the immune response drug, is it possible that stress has a similar effect on immune system?

The rest is history.

The experiment demonstrated that the nervous system can affect the immune system and the immune system can affect the nervous system.

Today, it is a proven fact that the brain, the endocrine system (the system that secretes hormones), and the immune system communicate with each other. This proven fact can heal us, or kill us. Our behaviour can change immune functions, and immune responses can modulate our behaviour.

There are messengers that transmit positive feelings from the brain to the immune system. There are messengers that transmit negative feelings.

It is not science fiction when we teach people that the immune system "listens" to our emotional state. This is the mind-body connection at work.

When the mind is sick, the immune system is sick as well, and vice versa. This well known fact about the emotion-body connection helps us to understand how to heal ourselves.

Do not ignore signs of feeling down, depression or panic attacks. Ignoring these signs could lead to illness.

Now, we better recognize the role of positive beliefs, thoughts and emotions and how they affect our health. ###

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

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

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It's Not What, Rather How **by Rob McBride**

We generally know "what" we want. How to achieve it, is a different story. At this time of the year we tend to review what has worked well for us and set our minds on doing better in the future. It's only natural for us to want "more" in life, though this "more" varies greatly for each of us. Following are some examples of what we may want:

- MORE love
- MORE money
- MORE prestige
- MORE peace and harmony
- BETTER transportation
- BETTER relationships
- A BETTER house
- A BETTER job

What we want comes easily. How to get what we want is more elusive and requires more thought. Fortunately, we can cut any objective into smaller pieces to better determine how to achieve it.

For example, one thing many of us want is more money. "How" to earn more money tends to be fairly simple though not always easy. We simply need to "sell" more of what we offer to the world.

You may be thinking, "I don't sell anything." Though initially this may seem to be the case, we all sell something. We sell ourselves every day. We sell our capacity to be a good employee. We sell our ability to be a good friend. We sell the fact we are a good colleague. We sell our capability to be good parents. We are constantly selling. If we want more, we need only sell more!

Here is another example. Let's suppose we want is to have a better business relationship with each our clients to increase our profitability with them. While there are many ways to achieve this, we can start with this question. What does our client really want? Some of the answers might be:

- Better attention
- Better payment terms
- Technical expertise to optimize the use of our product
- A product or service which better satisfies their specific needs

With these answers we can begin to create new strategies to provide them with better service, more favorable payment terms, technical support and products which better meet their specific needs. While it's quite possible we cannot directly influence or provide each of

these elements, this process leads us to focus on "how" to give them what they want so we in turn can get what we want.

"How" to achieve any objective depends on each individual and there isn't a magic answer which works for everyone. One of the most wonderful things about life is that we are all different and there are indeed many means to achieve our objectives. When we clarify "what" we want, we can then determine "how" to achieve it and implement a plan daily to give direction to our destiny. ###

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

Visit his website at: <http://www.inspire.com.ve/rhm/>

~ A Special Gift ~
Journey to Excellence
by Rob McBride

Embark on a journey to excellence with Juan José, a young man on a mission to find his "Special Gift." He is determined to find his reason for being and a foundation for living a plentiful and productive life. His travels are filled with adventure. Those he meets along the way are blessed with profound wisdom they share as he ventures on his Journey to Excellence. A Special Gift is a heart-warming story of a young man's transition to adulthood. Juan José's adventure is for young adults and for those young at heart. One is never too young to begin learning life's valuable lessons nor too old to re-evaluate the lessons learned.

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How Can I Think More Positively? by Pamela P. Garcy, PhD

My coaching clients and therapy patients often ask me, "How can I correct my thinking errors?" Thinking errors are those thoughts which we have which lead to contraction and which often get in the way of productive thought, accomplishment, and fulfilment.

These suggestions are based on SOME of what I use when I work with therapy patients and coaching clients. Before I give you these suggestions, know the following points:

1. When you are feeling unhealthy negative emotions, you are feeling them for a reason. The reason is usually linked back to your thoughts. Use your unhealthy negative feelings as a signal that it is time to look at what you are telling yourself - what is the story that you tell yourself? What do you allow yourself to believe about the situation?
2. As you start the process of correcting your thinking error, remind yourself that thinking errors are normal to make and are encompassed under normal human error. As human beings, we are designed to make mistakes. So, just because YOU make a thinking error, it doesn't make YOU wrong, bad, inadequate, crazy or a loser.
3. Why do we make these mistakes in thinking - why are we designed to do so? We do so because we are trying to simplify. We simplify to increase efficiency. The goal of efficiency is to improve our own (1) self-protection and (2) self-enhancement. However, it is when we realize that our thinking errors (1) decrease our self-protection and (2) are usually self-defeating that we begin to allow ourselves to correct these errors.
4. Start by identifying the thinking error (see my book [*The REBT Super-Activity Guide*](#) for definitions of the thinking errors below) and then look at the table to find ways to correct it. It takes diligent work to break a habit, but it can be broken.

Here are the corrections I often use with clients, to help correct thinking errors. I hope you can use them too:

TO CORRECT OVERGENERALIZATION:

Look for exceptions to your rule

TO CORRECT BLACK AND WHITE THINKING:

Look for the shades of gray

TO CORRECT LABELING:

Define the label. Find instances in which the person doesn't meet the criterion for the definition.

TO CORRECT MAGNIFICATION & MINIMIZATION:

If exaggerating, try on the understatement. If understating, try on the exaggeration. Then, look at this with relative thinking.

TO CORRECT JUMPING TO CONCLUSIONS:

Slow down and get more data for your conclusion - ask yourself if you have all the information. If you spot yourself fortune telling, do several prediction experiments and see how accurate you are. If you are not 100% accurate, recognize that you don't have a crystal ball.

TO CORRECT MIND READING:

Ask questions to determine whether your assumption about others is right or wrong. Work to find the actual reasons for the person's behavior.

TO CORRECT "SHOULD'S," "MUSTS," "HAVE TO'S" AND "NEED TO'S":

Change the demand into a preference OR explain the opposite to "should." Remember that just because someone could, doesn't mean they must.

TO CORRECT BLAMING:

Look for other contributing factors. Draw a responsibility pie chart to determine how much blame could realistically be assigned to one factor.

TO CORRECT IGNORING INFORMATION/SELECTIVE ABSTRACTION:

Open your eyes to remaining information. Ask: what is the rest of the story? If you are focusing on the negative, spend 5 to 10 minutes discussing the positives that you are ignoring.

TO CORRECT "I feel therefore it is so" ALSO CALLED EMOTIONAL REASONING:

Look at the evidence for and against your conclusion. Recognize that your feelings may be related to other causes (for example, something happened earlier, person reminds you of someone, etc.).

TO CORRECT AWFULIZING OR CATASTROPHIZING:

Finish the sentence, "At least....." (For example, at least he still has a job or at least we are still talking.) OR the sentence, "It could be worse. It could be that" List lots of examples of how it could be worse. Ask yourself what good could come of this?

TO CORRECT LOW FRUSTRATION TOLERANCE OR "I-can't-stand-it-itis" OR "I want what I want when I want it" THINKING:

Remind yourself that you are already "standing it" or you wouldn't be alive! Then work to develop even higher frustration tolerance and patience. Challenge yourself to tolerate whatever it is that is going on but not focus exclusively on it. When you are not working on reducing the thing that is blocking you from your goal, work on finding things you can

enjoy outside of the frustrating event. For example, you can work to accomplish another goal or to find pleasure in another life area.

TO CORRECT FUSION OR "I am my feelings/I am my problems":

Recognize other feelings that you have had in the past that are different from the one you have now. Then remember that just because you feel a certain way, it doesn't make YOU into your feeling. Recognize other problems that you've solved in the past. Then remember that just because you are facing a life problem, it doesn't mean that YOU are the life problem.

Here are some ADDITIONAL TECHNIQUES you can try with any of the thinking errors (these are more techniques I use with my clients): Examining the evidence for and against your idea, experimenting to test your idea, looking at whether the idea is helping you or not, finding other explanations besides your conclusion, asking yourself how you'd talk to a friend in the same circumstance, asking other people how they'd see it, rephrasing what you say to be more kind, confident, etc.

Please note that sometimes people are stuck in an ingrained vicious cycle of thought and benefit from help, which is one aspect of the work I do as an REBT/CBT therapist and coach.

REBT is Rational Emotive Behavior Therapy, a therapy founded by Dr. Albert Ellis in the 1950's. It is the first of the Cognitive Behavioral Therapies (CBTs), and since that time CBT also encompasses a variety of additional methods.

In this category of therapy, a person's emotions and behaviors are seen as a direct result of their thinking. Thinking thereby becomes the vehicle through which emotions and behaviors can be changed. Because both healthy and unhealthy emotion are directly related to what we allow ourselves to believe, we can achieve powerful shifts in emotion and behavior by relinquishing ideas which lack validity and utility, and subsequently replacing them with more accurate and helpful realizations. (This is the focus of *The REBT Super-Activity Guide*, now available on amazon.com.)

I use REBT and CBT principles and techniques in both therapy and coaching. I use this type of therapy when deeper emotional healing is the person's goal. In coaching, people are specifically striving to reach a target goal and a thought process is impeding them from taking an action. Therefore, I also employ techniques from REBT and CBT to (1) help people shift into helpful action and (2) help them to create and sustain motivation as they work to reach their goals.

Once you correct the thinking error, you release the block.

Once you release the block, you can feel relaxed, joyous, peaceful, and harmonious, which I believe are the states which lead to greater self-trust, healthier choices, and better outcomes.

###

Pam Garcy, PhD is a Psychologist and Coach in Dallas, Texas. If you'd like a partner in reaching your goals and overcoming the obstacles that seem to stand in your way, please contact Dr. Pam for coaching at drgarcy@aol.com. Dr. Garcy offers a special 10% coaching discount to all valued subscribers of Cultivate Life and to customers of Trans4mind.com. Dr. Pam's best-selling books - including the bestsellers [The Power of Inner Guidance: Seven Steps to Tune In and Turn On](#) and Wake Up Moments of Inspiration <http://www.myinnerguide.com>

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Bad Bosses Are Bad for Business by Dr. Alan Zimmerman

In a well-known Gallup poll of more than 1 million employed U.S. workers, a bad boss is the number 1 reason people quit their jobs. As Gallup said, "People leave managers not companies ... In the end, turnover is mostly a manager issue."

It's also a bottom-line issue. A poorly-led workforce is 50% less productive and 44% less profitable than a well-led workforce.

And finally, it's an emotional issue. As Tim Pflieger, the founder of the Team Leadership Center (TLC) in Door County, Wisconsin, puts it, "We are the only species that elects, selects and appoints leaders who are incapable of leadership, and that wouldn't be so bad, but then we let them hang around ... Geese and wolves wouldn't do that." Yes, we let them hang around and stink up the workplace and depress the workforce.

So that begs the question ... "What do employees want/need from their leaders?" I believe they want/need four things...

1. Direction

Call it vision, purpose, conviction, or direction, people want their leaders to have it. And they want their leaders to lead them SOMEWHERE better than where they are right now.

Before that can happen, however, the leader has to create the vision, communicate the vision, and sell the vision, so everybody understands it and everybody buys into it.

...Provide direction by "walking the talk"

And a big part of that process will be the leader's example. A leader can't expect people to listen to his advice and ignore his example. As noted in a book called the "Balancing Act" by Patterson, Grenny, McMillan and Switzler, "The higher you climb up the flagpole, the more others can see your rear end."

If you're going to give people "Direction," if you're going to have a vision that enlists the full and willing cooperation of others, you've got to walk your talk. After all, your employees are constantly watching you to see if you're doing what you're telling them to do. They're watching your "Direction."

One leader thought he had a pretty good way to walk his talk and reinforce the "Direction" he was giving out. So he purchased an expensive coffee mug with a fancy depiction of the vision statement for each employee. It was his way of breathing extra life into the vision or "Direction" he was imparting.

...Provide direction by "talking the walk"

What he didn't understand was that you have to do more than walk the talk ... if you're trying to lead a somewhat cynical or demoralized workforce. You also have to talk the talk. You have to explain the intentions behind the "Direction" you're giving. Otherwise, you'll have a workforce that can easily misinterpret your leadership "Direction." They'll read between the lines, inserting meanings you never intended.

That's what happened in the coffee-mug situation. Many of the employees assumed the coffee mugs were a thinly veiled cost-cutting device ... because the new mugs were a full ounce smaller than the older ones. They thought it must be an underhanded attempt to get people to drink less coffee.

In another situation, one executive had a vision of greater work-life balance for his workforce, and in his "Direction," he urged his employees to balance their personal and professional lives, rather than sacrifice their family relationships for their work. And to lead the way, he decided to take a month off and travel to China with his 19-year old son, who was about to leave the nest.

When the word got out that he was taking the vacation, several employees thought the executive was looking for other jobs. Others said he was distancing himself from problems that would hit while he was gone, and others interpreted the action in even worse ways.

When the executive caught wind of the rumors, he decided it was time to talk the walk. At the next all-employee meeting, he talked about the fact he hadn't taken a vacation in 10 years and the price he paid for that. He talked about how he sacrificed his family for his job. He spoke personally about his relationship with his son and their 10-year dream of going to China. He talked about the value of work-life balance. And then his people understood.

He followed up his trip by encouraging others to get more balance in their own lives. He supported people who needed to leave a meeting a little early to attend their kids' soccer game or attend a family reunion. He walked his talk and he talked the talk.

When you do that, you give your employees the first thing they want and need from their leader. You give them "Direction" ... "Direction" they can understand, accept, and follow.

2. Trust

It's the second thing employees want from their leaders. They want their leaders to be "trustworthy." But what does that mean?

...Being worthy of trust

First of all, trustworthiness has to do with integrity. As stated in the "Army Leadership Values," integrity is doing what is right legally and morally.

Trustworthiness also has to do with courage. As the "Army Leadership Values" go on to say, you need to have "Personal courage -- to face fear, danger, or adversity." Or as Rudolph Giuliani states in his "Six Principles of Leadership," you must "Have courage. This is not

the absence of fear. It is the management of fear, of having fear and making the right decision anyway."

And finally, trustworthiness has to do with candor. Gut-honest candor. Giuliani advises, "Communicate honestly and directly to your people."

...Giving respect to others

So employees want their leaders to be trustworthy, but they also want their leaders to trust or respect them. It's the flip side of the same issue. And sometimes leaders inadvertently disrespect their people and wonder why there's so much tension and dissension in the workforce.

Roger Chavalier talked about that in "A Manager's Guide To Improving Workplace Performance." He talked about a Coast Guard officer who was leading a group of trainers. He was impressed by the group's self-discipline. They were all there and already at work when he arrived at 7:30 each morning. To honor their dedication, he began arriving at 7:15, when they did. Pretty soon, however, his trainers were arriving at 7:00. The reason? Their goal was to arrive a respectful 15 minutes before the boss.

Spurred by the desire to be #1, the officer began arriving earlier and earlier until he was getting there at 6:30. At this point, his group had had enough and started showing up at 7:30, at the last possible moment. After they all met and talked this out, the leader learned his lesson: Respect respect.

3. Hope

It's easy to say we're going through tough times right now, but the truth is ... we're always going to have tough times. And that's why employees want their leaders to provide this third element ... hope.

...Starts with optimism

Employees want a leader who believes a better future is possible. Employees want a leader that ignites their optimism. And people are inspired when they hear their leaders say something like Christopher Reeve did after he was paralyzed. He said, "This appears limiting, but let's see what can be done."

That's exactly the way Giuliani handled the devastating attack of 9/11 on New York City. In his memoirs he wrote, "Be an optimist. People do not follow pessimists. They follow people who solve problems and have hope."

...Continues with action plans

But hope is more than nice, rah-rah motivational talk. It's also fueled by clear step-by-step actions. As Morten T. Hansen wrote about a Yale University study in "Collaboration," a group of students was given information on the tetanus disease, along with pictures of convulsing patients suffering from it. The students were then asked if they thought it was important to get a vaccination to prevent this disease.

Most everyone in the group said "yes." Then a portion of those students were given a map to a medical clinic where the vaccine was being administered. They were asked to review their schedules and find a convenient time to get the vaccination.

When the researchers tracked the number of students who actually got the vaccine, only 3% of those who saw the pictures and said "yes" to getting the vaccine went to the clinic. But 28% of the students who received the map to the clinic got the vaccination.

The researchers concluded that giving people hope was not enough. They had to do more than indicate there was a vaccine out there that would prevent tetanus. They had to outline the step-by-step actions ... or the detailed map that had to be followed ... before there was much in the way of desired behavior change.

So as a leader, you need to give your people hope, but you also need to show them what they have to do to make that hope become a reality. And finally,

4. Results

People want their leader to bring about results. After all, as executive coach Dan Coughlin puts it, "You're not paid to do activities; you're paid to improve results."

That's right ... improve results ... by bringing out the best in your people. "Your job as a team leader," says leadership consultant Adele B. Lynn, "is to help people live up to their best intentions."

And that invariably leads to more training. You can't expect your people to do better if they're not trained and equipped to do any better.

Unfortunately, there are some "leaders" who think they don't have the time or can't spare the money to give their people any more training. They may even wonder if the training is necessary.

I can help you answer that question by asking you two more questions. Do the majority of your people have talents that are not being tapped in their present jobs? And are you under pressure to produce more results without hiring more workers?

If you answered "yes" to both questions, you automatically know two things. First your people have unused capacity ... which you desperately need to get the results you want. Second, it's time to start developing that talent.

In summary, employees want four things from their leaders: Direction, Trust, Hope, and Results. When you provide those four things, your people tend to stick with you, and they perform exceedingly well. You're creating an environment where excellence is automatic and prevalent.

One of my clients, Medrad, a medical imaging products maker, puts it very well. As president and CEO, John Friel says, "I don't do anything. I don't make anything. I don't design anything. I don't sell anything, so the real work of this company is all done by other people. My job is to create the environment for those people to be successful, and I believe if I'm out and get a feel for what the real workers are doing, then I think it enables me to do a better job of creating the environment for them. Employees will know whether you're living this stuff or not. They're very smart."

Action:

If you're a leader, ask five of your subordinates to grade you on the elements of Direction, Trust, Hope, and Results. Ask them where you are the strongest and where you most need to improve. ###

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

=====

~ **Pivot** ~

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by Alan R. Zimmerman

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Coloring Outside the Lines by Angel Shadow

I used to think
That life would be
What others need
And expect from me.

But now I've learned
And lifted the view
I will lead myself
Down the long, winding trail.

My life is mine
To create or destroy
I will be brave and strong
Not wound like a toy.

My page is blank
I create my own lines
To color outside of
To see how they shine.

I will no longer color within these four walls
I've knocked them all down
And created new halls.

These halls have no end
And my eyes they will see
The many new hallways
That are open to me.

I explore these new halls
A new life to start
I notice their blankness
I remember my part.

For these new walls are lifeless
I create their design
Standing forever
Through the passage of time.

From **Wicked Winds**, (go to <http://bit.ly/hMLvc2>) , a book of poetry by Angel Shadow about healing. The healing of individuals and humanity as a whole. It is about acceptance

and release. The poetry in Wicked Winds speaks from the heart and captures the author's emotions from different points in time over the past ten years. Some are intense and deep, while others are emotional and vulnerable. ###

About Angel Shadow

My ancestry is Irish and Cherokee Indian and I have a gypsy spirit that refuses to be fenced in. I am definitely not a conformist. Much of my life was spent under the control of others. I have now found my own personal freedom, based on my own personal truth and nothing could be more liberating. To read more of Angel Shadow's articles, visit her blog at: [Angel Shadow](#).

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Four Secrets of Consistent Winners **by Philip Humbert**

As a coach and student of consistent high achievers, I'm often asked, Why are some people winners time after time, while others work just as hard but never seem to "put it all together?"

I believe the answer falls into two basic categories, one that makes a small contribution, and a second that makes (essentially) ALL the difference.

The first category, which accounts for very little of the difference, is talent. Whether you call it talent or genius or aptitude, it's clear that inherent abilities do play a (small) role. It's important to know our strengths and use them to our advantage.

If I want to play basketball, being tall and quick does help. Chuck Yeager is said to have had extraordinary eye-sight, and as a test pilot that must have made a difference. For an engineer, a gift for numbers and math will obviously make things easier.

Last week I had a wonderful conversation with a man who studied under Albert Einstein at Princeton almost 60 years ago and he noted that Einstein was NOT a particularly gifted mathematician! He struggled to balance his checkbook, but he had a remarkable imagination and the ability to immerse himself in a problem until he found the answer. THAT made all the difference.

In my study of top performers, the difference that really matters time after time is that winners have a SYSTEM. Most people tackle problems in a haphazard way and they get haphazard results. Winners don't do that!

Here's a simple four-step process that consistent winners use over and over again:

1. First, they get very (VERY!) clear about exactly what they want. They picture their desired outcome in precise detail. They never set out to make "more" money. Instead, they set out to "make \$25,000 this month." Some people refer to this as visualization, while others call it an affirmation. All I know is that winners know what they want and they picture it in detail, all day long, every day, in advance until it becomes their reality.
2. Second, winners use precise "cognitive systems." That means they have clear strategies, they think rationally and continuously about the problem and their desired solution. They do careful research and ask experts for help. They invest in education, skills, tools and resources to put the odds in their favor. They are passionate and can be emotional, but when it comes to winning, they are calm, cool, and collected. They are good, clear thinkers.
3. Third, winners use what I call Personal Eco-Systems, to improve their chances for success. There's a reason Thomas Edison practically lived in his lab. There's a reason Martha Stewart is so elegant, even in her garden. There's a reason writers surround themselves with books and hang out with other writers. Winning athletes watch films, they

study (and memorize) the stats of their heroes. Surround yourself with an environment that makes it hard to fail!

4. Fourth, winners work harder than losers. You may not like this part, but winners work very, very hard. They practice. They study. They sacrifice and make hard choices. They are the first ones to work in the morning and the last ones to leave at night. Based on their visualizations, their carefully-thought-out strategies, and supported by the environment they've created, they take massive ACTION.

The truth is that while talent and genius are helpful, the winners in life simply have better systems. They study winners. As Tony Robbins says, "success leaves clues" and winners use strategies that have worked for other people. They surround themselves with a rich environment that inspires them, and they work very hard. ###

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

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A Course in Miracles, Lesson 42

God is my strength. Vision is His gift.

The idea for today combines two very powerful thoughts, both of major importance. It also sets forth a cause and effect relationship that explains why you cannot fail in your efforts to achieve the goal of the course. You will see because it is the Will of God. It is His strength, not your own, that gives you power. And it is His gift, rather than your own, that offers vision to you.

God is indeed your strength, and what He gives is truly given. This means that you can receive it any time and anywhere, wherever you are, and in whatever circumstance you find yourself. Your passage through time and space is not at random. You cannot but be in the right place at the right time. Such is the strength of God. Such are His gifts.

We will have two three-to-five-minute practice periods today, one as soon as possible after you wake, and another as close as possible to the time you go to sleep. It is better, however, to wait until you can sit quietly by yourself, at a time when you feel ready, than it is to be concerned with the time as such.

Begin these practice periods by repeating the idea for today slowly, with your eyes open, looking about you. Then close your eyes and repeat the idea again, even slower than before. After this, try to think of nothing except thoughts that occur to you in relation to the idea for the day. You might think, for example:

Vision must be possible. God gives truly,

or:

God's gifts to me must be mine, because He gave them to me.

Any thought that is clearly related to the idea for today is suitable. You may, in fact, be astonished at the amount of course-related understanding some of your thoughts contain. Let them come without censoring unless you find your mind is merely wandering, and you have let obviously irrelevant thoughts intrude. You may also reach a point where no thoughts at all seem to come to mind. If such interferences occur, open your eyes and repeat the thought once more while looking slowly about; close your eyes, repeat the idea once more, and then continue to look for related thoughts in your mind.

Remember, however, that active searching for relevant thoughts is not appropriate for today's exercises. Try merely to step back and let the thoughts come. If you find this difficult, it is better to spend the practice period alternating between slow repetitions of the idea with eyes open, then with eyes closed, than it is to strain to find suitable thoughts.

There is no limit on the number of short practice periods that would be beneficial today. The idea for the day is a beginning step in bringing thoughts together, and teaching you that you

are studying a unified thought system in which nothing is lacking that is needed, and nothing is included that is contradictory or irrelevant.

The more often you repeat the idea during the day, the more often you will be reminding yourself that the goal of the course is important to you, and that you have not forgotten it.

Commentary by Allen Watson

Question: Why can we not fail in our efforts to achieve the goal of this course?

Answer: Because God wills us to achieve it.

If that answer sounds somewhat demeaning to you, don't be surprised at having such a reaction. With our minds permeated by ego thinking, it can seem personally insulting to be told that the guarantee of our success is that "God wants it that way," as if we don't have any choice in the matter. But the fact is, we don't.

As the introduction to the Text puts it:

It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time.

The curriculum is learning who we are, and we don't have any say in establishing that; we are what God created, and we cannot change that. The only choice is how long it takes us to accept the fact of what we are, instead of trying to be something we are not.

The Text talks about how separation took root in our minds when we refused to accept ourselves as creations of God and wanted to create ourselves. We're still fighting that same silly battle. It still seems insulting to be told that the outcome is inevitable; we are what God created and can't be anything else, no matter how much we might wish for it.

It is God's strength and not ours that gives us our power. We can't give ourselves vision, but neither can we forever refuse His gift to us. Even if we resist, eventually we will capitulate. And if we cooperate, our success is guaranteed.

Werner Erhard, the founder of Erhard Seminars Training (est), once said that it is easier to ride the horse in the direction in which it is going. That is what the Course is asking us to do; to join our will to God's, and to recognize that we really do want exactly what He wants to give us, and has given already. "What He gives is truly given".

If we can accept that our will and God's are the same, we can enter into spiritual life as a sure thing. We can say, "Vision must be possible. God gives truly". Or "God's gifts to me must be mine, because He gave them to me". We can walk through life with a calm

assurance. "Those who are certain of the outcome can afford to wait, and wait without anxiety".

There is an idea that gets tossed into the middle of this lesson, seemingly unrelated, although it is closely related. "Your passage through time and space is not at random. You cannot but be in the right place at the right time". The more you go on with this path (and similar ones) the more you know this is absolutely true. There are no random events; everything has a purpose. And you cannot miss! You can't screw it up. Oh, you can make mistakes; the Course is quite clear about that. It tells us: "Son of God, you have not sinned, but you have been much mistaken". But even our mistakes can be used by the Holy Spirit for our benefit: "The Son of God can make no choice the Holy Spirit cannot employ on his behalf". Even if you make the "wrong" choice, nothing has really happened; no permanent damage has been done. "Nothing is ever lost but time, which in the end is meaningless". The Holy Spirit can take whatever you give Him and turn it to your good.

So you can't help being in the right place at the right time; you can just relax in life and enjoy the show, instead of being anxious about it all. Why is this so? Because of the strength of God, and His gifts. Your reaching the goal is His Will, and what God wants, God gets. After all, He's God.

One further comment: In the instructions for practice you are asked to let thoughts occur in relation to today's idea; this kind of rehearsing of related thoughts is another type of meditation that is quite common in the Workbook. Then it says, "You may, in fact, be astonished at the amount of course-related understanding some of your thoughts contain".

You may, however, instead be very puzzled over what the heck this means! The first time I tried this exercise my mind was virtually blank. Remember that the Workbook often assumes that you have studied-not just read, but studied-the Text before you began these exercises. It isn't a requirement, but it is assumed to be the general case.

For anyone who has done that, related thoughts will indeed come easily, or if you are on a repeat pass through the Workbook, same thing. If, after trying for a minute or two to find related thoughts, you find that they do not come easily, take the advice given a little further on in the lesson: "If you find this difficult, it is better to spend the practice period alternating between slow repetitions of the idea with the eyes open, then with eyes closed, than it is to strain to find suitable thoughts". The presence of this kind of instruction shows that the lessons can accommodate people who haven't already studied the Text in depth. ###

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~ **The Journey Home** ~

(*Course in Miracles*)

by **Allen Watson**

A Course in Miracles teaches that the whole spiritual journey is a journey home, home to God whom we have never really left. Allen Watson describes this spiritual journey, as seen in the Course, identifying the stages we pass through as we move from fear to love, escaping from darkness and emerging into the light. Watson presents a map that we can look at as we set out, giving us an idea of the spiritual destination the Course is taking us to, and what we must go through to get there. This map helps us be aware of and prepared for the pitfalls and detours that occur along the way. "The Journey Home" also offers Course guidelines and instructions for dealing with some of the difficult passages on this journey.

To secure your copy go to <http://bit.ly/fYi7Z3>

~ **Course In Miracles** ~

by **Foundation For Inner Peace**

Spirituality For the Non-Religious Thinking Person.

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

In the part which I have the honor to transmit herewith you will find that money weaves itself into the entire fabric of our very existence; that the law of success is service; that we get what we give, and for this reason we should consider it a great privilege to be able to give.

We have found that thought is the creative activity behind every constructive enterprise. We can therefore give nothing of more practical value than our thought.

Creative thought requires attention, and the power of attention is, as we have found, the weapon of the Super-man. Attention develops concentration, and concentration develops Spiritual Power, and Spiritual Power is the mightiest force in existence.

This is the science which embraces all sciences. It is the art which, above all arts, is relevant to human life. In the mastery of this science and this art there is opportunity for unending progression. Perfection in this is not acquired in six days, nor in six weeks, nor in six months. It is the labor of life. Not to go forward is to go backward.

It is inevitable that the entertainment of positive, constructive and unselfish thoughts should have a far-reaching effect for good. Compensation is the keynote of the universe. Nature is constantly seeking to strike an equilibrium. Where something is sent out something must be received; else there should be a vacuum formed.

By observance of this rule you cannot fail to profit in such measure as to amply justify your effort along this line.

PART TWENTY-THREE

1. The money consciousness is an attitude of mind; it is the open door to the arteries of commerce. It is the receptive attitude. Desire is the attractive force which sets the current in motion and fear is the great obstacle by which the current is stopped or completely reversed, turned away from us.
2. Fear is just the opposite from money consciousness; it is poverty consciousness, and as the law is unchangeable we get exactly what we give; if we fear we get what we feared. Money weaves itself into the entire fabric of our very existence; it engages the best thought of the best minds.
3. We make money by making friends, and we enlarge our circle of friends by making money for them, by helping them, by being of service to them. The first law of success then is service, and this in turn is built on integrity and justice. The man who at least is not fair in his intention is simply ignorant; he has missed the fundamental law of all exchange; he is impossible; he will lose surely and certainly; he may not know it; he may think he is

winning, but he is doomed to certain defeat. He cannot cheat the Infinite. The law of compensation will demand of him an eye for an eye and a tooth for a tooth.

4. The forces of life are volatile; they are composed of our thoughts and ideals and these in turn are molded into form; our problem is to keep an open mind, to constantly reach out for the new, to recognize opportunity, to be interested in the race rather than the goal, for the pleasure is in the pursuit rather than the possession.

5. You can make a money magnet of yourself, but to do so you must first consider how you can make money for other people. If you have the necessary insight to perceive and utilize opportunities and favorable conditions and recognize values, you can put yourself in position to take advantage of them, but your greatest success will come as you are enabled to assist others. What benefits one must benefit all.

6. A generous thought is filled with strength and vitality, a selfish thought contains the germs of dissolution; it will disintegrate and pass away. Great financiers are simply channels for the distribution of wealth; enormous amounts come and go, but it would be as dangerous to stop the outgo as the income; both ends must remain open; and so our greatest success will come as we recognize that it is just as essential to give as to get.

7. If we recognize the Omnipotent power that is the source of all supply we will adjust our consciousness to this supply in such a way that it will constantly attract all that is necessary to itself and we shall find that the more we give the more we get. Giving in this sense implies service. The banker gives his money, the merchant gives his goods, the author gives his thought, the workman gives his skill; all have something to give, but the more they can give, the more they get, and the more they get the more they are enabled to give.

8. The financier gets much because he gives much; he thinks; he is seldom a man that lets anyone else do his thinking for him; he wants to know how results are to be secured; you must show him; when you can do this he will furnish the means by which hundreds or thousands may profit, and in proportion as they are successful will he be successful. Morgan, Rockefeller, Carnegie and others did not get rich because they lost money for other people; on the contrary, it is because they made money for other people that they became the wealthiest men in the wealthiest country on the globe.

9. The average person is entirely innocent of any deep thinking; he accepts the ideas of others, and repeats them, in very much the same way as a parrot; this is readily seen when we understand the method which is used to form public opinion, and this docile attitude on the part of a large majority who seem perfectly willing to let a few persons do all their thinking for them is what enables a few men in a great many countries to usurp all the avenues of power and hold the millions in subjection. Creative thinking requires attention.

10. The power of attention is called concentration; this power is directed by the will; for this reason we must refuse to concentrate or think of anything except the things we desire. Many are constantly concentrating upon sorrow, loss and discord of every kind; as thought is

creative it necessarily follows that this concentration inevitable leads to more loss, more sorrow and more discord. How could it be otherwise? On the other hand, when we meet with success, gain, or any other desirable condition, we naturally concentrate upon the effects of these things and thereby create more, and so it follows that much leads to more.

11. How an understanding of this principle can be utilized in the business world is well told by an associate of mine:

12. "Spirit, whatever else it may or may not be, must be considered as the Essence of Consciousness, the Substance of Mind, the reality underlying Thought. And as all ideas are phases of the activity of Consciousness, Mind or Thought, it follows that in Spirit, and in it alone, is to be found the Ultimate Fact, the Real Thing, or Idea."

13. This being admitted, does it not seem reasonable to hold that a true understanding of Spirit, and its laws of manifestation, would be about the most "practical" thing that a "practical" person can hope to find? Does it not seem certain that if the "practical" men of the world could but realize this fact, they would "fall all over themselves" in getting to the place in which they might obtain such knowledge of spiritual things and laws? These men are not fools; they need only to grasp this fundamental fact in order to move in the direction of that which is the essence of all achievement.

14. Let me give you a concrete example. I know a man in Chicago whom I had always considered to be quite materialistic. He had made several successes in life; and also several failures. The last time I had a talk with him he was practically "down and out," as compared with his former business condition. It looked as if he had indeed reached "the end of his rope," for he was well advanced into the stage of middle-age, and new ideas came more slowly, and less frequently to him than in former years.

15. He said to me, in substance: "I know that all things that "work out" in business are the result of Thought; any fool knows that. Just now, I seem to be short on thoughts and good ideas. But, if this "All-Mind" teaching is correct, it should be possible for the individual to attain a 'direct connection' with Infinite Mind; and in Infinite Mind there must be the possibility of all kinds of good ideas which a man of my courage and experience could put to practical use in the business world, and make a big success thereof. It looks good to me; and I am going to look into it."

16. This was several years ago. The other day I heard of this man again. Talking to a friend, I said: "What has come of our old friend X? Has he ever gotten on his feet again?" The friend looked at me in amazement. "Why," said he, "don't you know about X's great success? He is the Big Man in the '_____ Company' (naming a concern which has made a phenomenal success during the last eighteen months and is now well known, by reason of its advertisements, from one end of the country to another, and also abroad). He is the man who supplied the BIG IDEA for that concern. Why, he is about a half-million to the good and is moving rapidly toward the million mark; all in the space of eighteen months." I had not connected this man with the enterprise mentioned; although I knew of the wonderful

success of the company in question. Investigation has shown that the story is true, and that the above stated facts are not exaggerated in the slightest.

17. Now, what do you think of that? To me, it means that this man actually made the "direct connection" with Infinite Mind -- Spirit -- and, having found it, he set it to work for him. He "used it in his business."

18. Does this sound sacrilegious or blasphemous? I hope not; I do not mean it to be so. Take away the implication of Personality, or Magnified Human Nature, from the conception of the "The Infinite," and you have left the conception of an Infinite Presence-Power, the Quintessence of which is Consciousness -- in fact, at the last, Spirit. As this man, also, at the last, must be considered as a manifestation of Spirit; there is nothing sacrilegious in the idea that he, being Spirit, should so harmonize himself with his Origin and Source that he would be able to manifest at least a minor degree of its Power. All of us do this, more or less, when we use our minds in the direction of Creative Thought. This man did more, he went about it in an intensely "practical" manner.

19. I have not consulted him about his method of procedure, though I intend doing so at the first opportunity, but, he not only drew upon the Infinite Supply for the ideas which he needed (and which formed the seed of his success), but that he also used the Creative Power of Thought in building up for himself an Idealistic Pattern of that which he hoped to manifest in material form, adding thereto, changing, improving its detail, from time to time -- proceeding from the general outline to the finished detail. I judge this to be the facts of the case, not alone from my recollection of the conversation a few years ago, but also because I have found the same thing to be true in the cases of other prominent men who have made similar manifestation of Creative Thought.

20. Those who may shrink from this idea of employing the Infinite Power to aid one in his work in the material world, should remember that if the Infinite objected in the least to such a procedure the thing could never happen. The Infinite is quite able to take care of itself.

21. "Spirituality" is quite "practical," very "practical," intensely "practical." It teaches that Spirit is the Real Thing, the Whole Thing, and that Matter is but plastic stuff, which Spirit is able to create, mould, manipulate, and fashion to its will. Spirituality is the most "practical" thing in the world -- the only really and absolutely "practical" thing that there is!

22. This week concentrate on the fact that man is not a body with a spirit, but a spirit with a body, and that it is for this reason that his desires are incapable of any permanent satisfaction in anything not spiritual. Money is therefore of no value except to bring about the conditions which we desire, and these conditions are necessarily harmonious. Harmonious conditions necessitate sufficient supply, so that if there appears to be any lack, we should realize that the idea or soul of money is service, and as this thought takes form, channels of supply will be opened, and you will have the satisfaction of knowing that spiritual methods are entirely practical.

We have discovered that premeditated, orderly thinking for a purpose matures that purpose into fixed form, so that we may be absolutely sure of the result of our dynamic experiment.

—Francis Larimer Warner

Study Questions with Answers:

221. What is the first law of success?

Service.

222. How may we be of the most service?

Have an open mind; be interested in the race rather than the goal, in the pursuit rather than possession.

223. What is the result of a selfish thought?

It contains the germs of dissolution.

224. How will our greatest success be achieved?

By a recognition of the fact that it is just as essential to give as to receive.

225. Why do financiers frequently meet with great success?

Because they do their own thinking.

226. Why do the great majority in every country remain the docile and apparently willing tools of the few?

Because they let the few do all their thinking for them.

227. What is the effect of concentrating upon sorrow and loss?

More sorrow and more loss.

228. What is the effect of concentrating upon gain?

More gain.

229. Is this principle used in the business world?

It is the only principle which is ever used, or ever can be used; there is no other principle.

The fact that it may be used unconsciously does not alter the situation.

230. What is the practical application of this principle?

The fact that success is an effect, not a cause, and if we wish to secure the effect we must ascertain the cause, or idea or thought by which the effect is created.

Nurture your mind with great thoughts; to believe in the heroic makes heroes.

—Disraeli



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