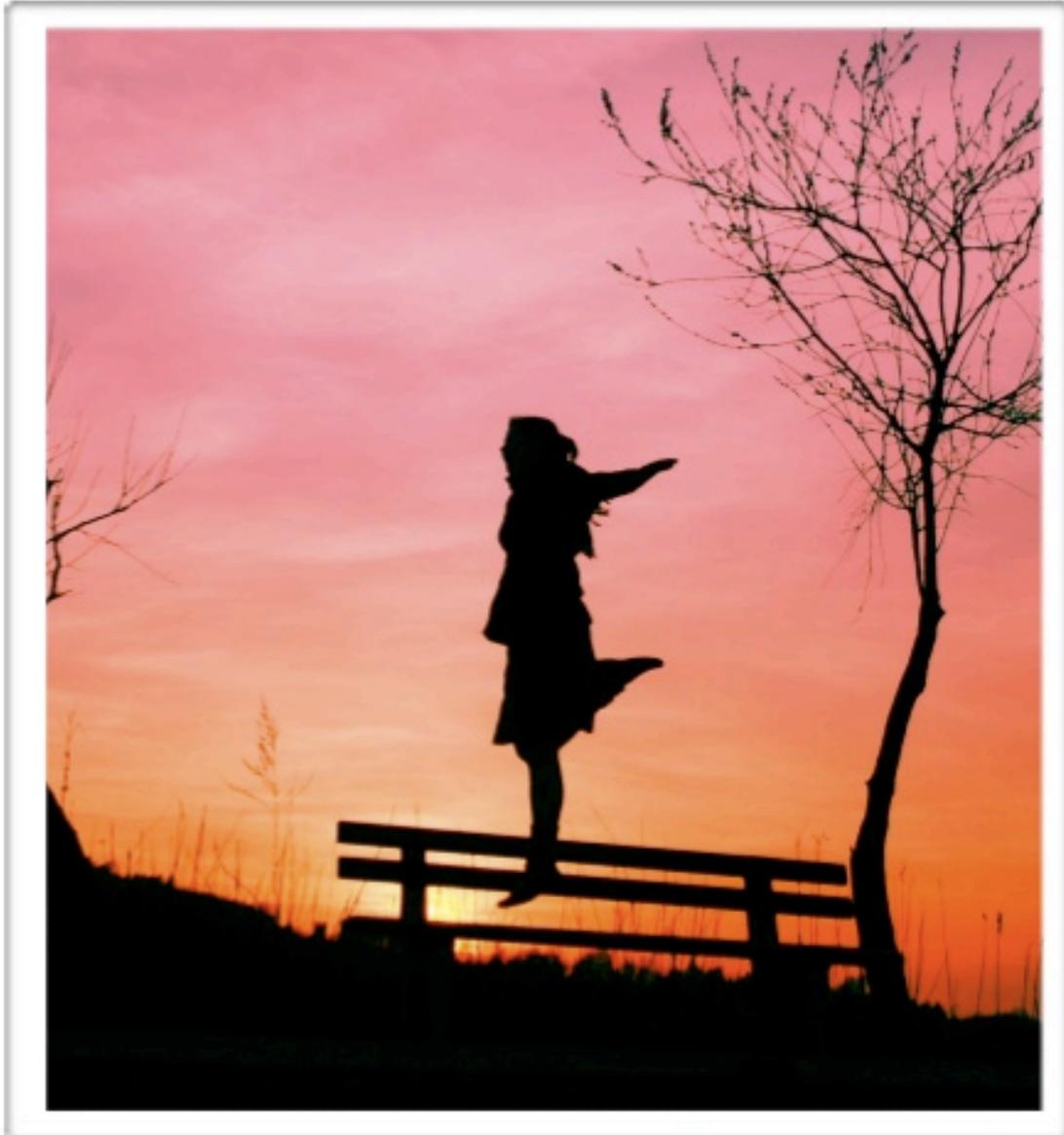


# Cultivate Life!

MAGAZINE

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# ***Cultivate Life! magazine***

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If I can change my point of perspective, I can change my perception.

—*Guy Finley*

## **Think Quantum, Be Creative** **by Dr. Amit Goswami**

Quantum physics says that objects are possibilities for you to choose from. Really, the primary ongoing question of your life is: are you going to choose same-old, same-old, or are you going to explore new possibilities? In other words, are you going to live in the conditioned but comfortable cocoon of your ego, or are you going to take some risk, aspire for the new, and explore your quantum consciousness?

If you lived in a Newtonian world, as materialists claim, the question of choice between creativity and conditioning would be moot. In the Newtonian world, depending on which scientist you are talking to, you are the atom's way of knowing about itself, or your genes' way of preserving and spreading themselves. In the latter view, your genes have managed to evolve a brain from their chance mutations driven by survival necessity. At best you are a by-product of your brain, the software of your computer-brain hardware. You were programmed through your evolutionary history and environmental conditioning as you grew up. Any computer is potentially capable of doing, and perhaps better than you, what you call your creative acts.

Fortunately for you, and for all of us, including the materialist, the real world is quantum, and so the question of choosing creativity over conditioning is real. In the real quantum world, your consciousness is the only reality and your brain is the by-product of the evolution of consciousness to make better and better representations of all the mental meaning available for you to explore in all the different contexts you can discover for your exploration. True, your past explorations produced conditioned way stations for your personality and character, but you don't have to be stuck in any one of them. You can always move on, changing your old order, replacing it with the new.

You can easily intuit that this is an exciting journey. I submit that the meaning of our lives rest in this journey, and that we have been engaged in this journey for many lives, something like the hero of the movie *Groundhog Day*.

### **Thinking Quantum**

No one has to tell you how to think according to the dictates of your conditioned way station that you call your ego. It comes to you quite naturally. You often do it quite helplessly.

Creativity is far from this; creativity is not this ego stuff. This statement does not seem to help much until we put some structure to it. To that end, let's consider the rudiments of quantum thinking about creativity.

Quantum thinking consists of realizing that creativity ultimately consists of choosing the new among the quantum possibilities of meaning, giving us a new thought, discontinuous

with all previous thoughts. Quantum physics says that the process is something like this: before you choose, waves of possibilities of meaning are developing in consciousness, in your consciousness, but you are not separate from them. This is called unconscious processing.

The virtue of a theory of conscious experience, is that, with its help, we can now formally distinguish between the unconscious and the conscious. “Unconscious” is when your consciousness is not separate from the possibilities that you are processing; “conscious” refers to awareness of the subject-object split—your consciousness is separate as a subject to the objects you are experiencing. (Slight misnomer here, thanks to Freud. Unconscious really means unaware.)

Ordinary thoughts follow a stream of consciousness. They are continuous, one more or less causally following the other. A creative thought does no such thing; it follows no cause, no other thought before. The passage from all the previous thought to the new creative one is fraught with discontinuity. You become separate from your stream-of-consciousness thinking, suddenly caught in a wonderful feeling of surprise. Aha!, a new thought, a creative insight. But you have no idea where the thought came from or how it arose in your awareness. Do more quantum thinking: a creative insight is a discontinuous event of thought, a quantum leap.

If a creative insight is a quantum leap, from what and to what is it a leap? In other words, where do creative insights come from? Perhaps you’ve already figured this out from the contents of your own creative ahas. Creative ideas come from the archetypal domain of our consciousness. In creativity, we take a quantum leap from the mind to the supramental.

If you catch yourself in that “aha!” moment of a creative insight, you see that your surprise not only involves the novelty of the object of your insight, but also the novelty of the subject of the insight. The “you” that is having the insight is a cosmic you; it is not the usual you with a personality, but a holistic you.

In the process of quantum leaping, your conscious identity has leaped from your ordinary state of consciousness, the ego, to a nonordinary cosmic unity of superconsciousness, which you may call your quantum self.

Realize that whereas you exist in a seemingly continuous state of arousal in your waking state, the arousal of the quantum self is quite discontinuous from this ordinary state of your consciousness. Realize that whereas you in your ordinary ego are local, quite identified with your local personality and history, your quantum self is nonlocal; its identity is the whole cosmos.

And here is the most subtle aspect of the creative experience, observed by only those few who want to investigate the very nature of this creative cosmic quantum self. The quantum

self arises in awareness codependently with the new insight, the object in consciousness in its suchness.

In ordinary thinking, you think your thought; you are the head honcho—seemingly, the causal level. The thoughts seem to be secondary to you; they seem to be the caused level. What you have is a simple hierarchical relationship between you and your thoughts. But this is not so in creative thinking when there is codependency of the thinker and the thought—a codependency in which who causes what is blurred. This is a tangled hierarchical relationship.

So whereas you in your ego exist always in a simple hierarchical relationship with your thoughts, your quantum self is tangled hierarchical in its relationship with objects in consciousness.

Quantum collapse events are ideally discontinuous, nonlocal, and tangled hierarchical. Previous experiences, their memories really, corrupt this ideal situation. Since we have a habit of sifting a previously experienced stimulus through reflections in the mirror of memory, this corruption conditions our response to the present stimulus in favor of past responses. As experience accumulates, this corruption tends to dominate our meaning processing. So what we collapse tends to become conditioned—continuous, local, and simple hierarchical.

In every creative event of insight, creative people (let's call them "creatives") rise beyond their conditioning and collapse what is discontinuous, nonlocal, and tangled hierarchical. The mathematician Carl Friedrich Gauss wrote about one of his creative experiences, "Like a sudden flash of lightning, the riddle happened to be solved. I myself cannot say what was the conducting thread which connected what I previously knew with what made my success possible." The poet Rabindranath Tagore wrote about composing his first poem, "The unmeaning fragments lost their individual isolation and my mind reveled in a unity of vision." You can easily read discontinuity, nonlocality, and tangled hierarchy in such comments.

But there is no need to be vicarious about creativity. Anyone can be creative. Anyone can take a trip to the unconscious supramental and directly process the archetypes, albeit unconsciously. Do more quantum thinking. Who are you when you unconsciously process the supramental in search of the new? You are your quantum consciousness, of course. It is only convention to say that whenever there is the new in your unconscious, God comes to process for you. And when God chooses collapsing the creative insight, there is the experience of the quantum self. But think quantum again. Who is having the quantum self experience? Only you. And then there is the experience of the ego with the memory of the "aha!" and you make a mental garland of the supramental flowers of insight. Do you see what adventures you are missing when you think that only geniuses can be creative?

When we are children, we have creative experiences many times; these experiences give us the conditioned contexts of our ego identity. Learning how to be creative when we are

adults is learning how to penetrate the ego conditioning when the situation arises. Learning how is not, however, a regression to childhood, negating the ego entirely. It is reclaiming again and again some of our childhood innocence, in spite of the ego, in fact, using the ego.

is the only real play there is in a quantum universe. However, the shadows (memories) of these creative ideas in our mind-brain complex give rise to conditioning, a tendency for homeostatic repetition. Conditioning sets us in a seductive shadow play, making the world appear to be a play of dichotomies: creativity and conditioning, good and evil, consciousness and matter, activism and non-doing, and so forth. To be creative is also to penetrate this oppositional camouflage and develop the ability to integrate the dichotomies. ###

The above excerpt is from ***HOW QUANTUM ACTIVISM CAN SAVE CIVILIZATION***

By Amit Goswami, Ph.D. © 2011 by Amit Goswami, Ph.D.

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Goswami is the author of the highly successful textbook **Quantum Mechanics** that is used in Universities throughout the world. His two volume textbook for nonscientists, **The Physicist’s View of Nature** traces the decline and rediscovery of the concept of God within science.

Goswami has also written many popular books based on his research on quantum physics and consciousness. In his seminal book, **The Self-Aware Universe**, he solved the quantum measurement problem elucidating the famous observer effect while paving the path to a new paradigm of science based on the primacy of consciousness.

Subsequently, in **The Visionary Window**, Goswami demonstrated how science and spirituality could be integrated. In **Physics of the Soul** he developed a theory of survival after death and reincarnation. His book **Quantum Creativity** is a tour de force instruction about how to engage in both outer and inner creativity. **The Quantum Doctor** integrates conventional and alternative medicine.

Dr. Goswami began the conversation of activist thinking and activist living in the award winning documentary film, **The Quantum Activist**. In **How Quantum Activism Can Save Civilization**, Dr. Goswami continues his call-to-arms to all who believe that change is needed and necessary if we are to start leading meaningful lives.

In his private life, Goswami is a practitioner of spirituality and transformation. He calls himself a quantum activist. He appeared in the film “[What the Bleep Do We Know](#)“, “[The Dalai Lama Renaissance](#)“, and the award winning documentary “[The Quantum Activist](#)“.

Visit the author’s website [www.amitgoswami.org](http://www.amitgoswami.org)



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## **How to Win Your Own Life** **by Guy Finley**

No human being has any authority over you. Your life belongs to you and to you alone. No scowling face or irritated manner, no challenging posture or threatening tone has any power to make you feel nervous or anxious, frightened or angry.

What this means is that if we are not living life completely on our own terms -- if there is anyone in our life that dominates us -- it isn't because life has given that person an unfair advantage or power over us. The fact is simply that we have given away our true estate in life, a forgotten heritage that calls to us now to remind us that our True Self cannot be dominated by anyone or anything. Each of us is entitled to be a wholly independent and totally free human being. Truth declares that nothing real stands between you and this noble life, and it invites you to recover the real pleasure of living life on your own terms.

"I can actually feel the rightness in this idea, and there are times when it seems I am able to live life on my own terms. Then there are those other times when, for some unknown reasons, it feels like I have no life of my own. For instance, sometimes I agree to do things for people I don't really want to do at all, or I find myself in places where I don't really want to be -- with people I don't really like -- and yet I can't seem to leave. And sometimes I feel so much resentment toward the very people whose approval means the most to me... it just doesn't make sense. When these times come, not only am I unsure of why I am acting the way I am, but I don't even like myself. It doesn't add up! How can a person be in charge of his own life one minute, and in the next minute find it in someone else's hands?"

The truth is it will never add up as long as you are figuring in flattering but false notions about yourself. Plug this new self-insight into your equation and see if things don't immediately make more sense: Whenever you do something that you resent doing but feel compelled to do, you must unconsciously be more concerned with how others feel about you than you are with how you are really feeling. This is what it means to live in conflict.

"I can see that this must be the case. It explains almost everything except for why I would want to treat myself this way. Why do I care at all about how I appear in the eyes of others?"

Please follow this explanation carefully. It will set you back on the road to having your own life. You have always believed that the better people feel about you, the better you can feel about yourself. However, you may have never really considered that the opposite of this belief must hold equally and unhappily true, and that is: The less you are approved by others, the more alone and uncertain you feel. This helps to explain why you think you have to please people, as well as why you resent those you feel you must please. Being approved by others has become a strange kind of life-support system wherein, after a lifetime of depending on it, you unconsciously believe that there won't be life without

someone there to approve you into existence. Just the opposite is true. The more you depend on others to confirm you to yourself, the less real life you have of your own.

The chief cause of why our lives so often wind up in the hands of others is not that they are superior or that the world is too strong for us, but that we don't want to face the uncertainty and aloneness that we think we are too weak to bear. This is the real cause of all of our wrong relationships in life. We have been betrayed by a belief in our own weakness.

The conscious refusal to go along with your weakness is what invokes and finally delivers real inner confidence. This new kind of strength gradually becomes the cornerstone of a true individual existence -- the life you've always wanted. The stakes are actually eternal -- but self-victory is as certain as the fact that light always triumphs over darkness. If you will stay in the middle of this struggle for true self-possession, not asserting your individuality but allowing it to flourish and to blossom -- bearing what you must bear by refusing to submit yourself to negative, self-betraying influences -- you will come to know the highest approval that life can award: Reality itself will approve you. And when it does, all of your struggles will become a thing of the past. You will possess yourself. No one around you will suspect that you now live in a new kind of bright inner world -- a world that is always on your terms, because your terms and the terms of this happy new inner world are never in conflict. You have won your own life.

This article is excerpted from *The Secret of Letting Go*

### **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](http://www.guyfinley.org).

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## ~ 7 Words to Turn Painful States Into Healing Powers ~

by Guy Finley

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## **The Evolving Nature of Positive Thinking** **by Chuck Gallozzi**

Is there something negative about positive thinking? Judging by the titles of some books and the headlines of some newspaper and magazine articles, I can easily see how people could become confused. For example, an article in the May 2011 issue of Scientific American plants seeds of doubt with this title, Can Positive Thinking Be Negative? And the July 4, 2009 issue of The Times (London, England) boldly proclaims, Positive thinking has a negative side, scientists find. Repeating positive phrases may backfire when used by the very people who are in need of them the most, a study suggests. Finally, a well written article on Facebook announces, The peril of positive thinking – why positive messages hurt people with low self-esteem.

The three articles were all based on the research of Professor Joanne Wood, which is described in The Times' article as follows:

“Researchers (Professor Wood's team) sought to assess how positive thinking affected people with varying levels of self-confidence. They questioned dozens of men and women, measured their self-esteem using the standard psychological methods and then asked them to write down their thoughts and feelings.

“In the middle of the exercise, some were assigned to tell themselves: ‘I am a loveable person’ every time a bell was rung. After the exercise, they were asked a series of further questions to measure their self-worth and optimism. The scoring system ranged from 0 to 35.

“The confidence of those with high self-esteem appeared to have been boosted further by repeating the phrase. They scored an average of 31 compared with an average of 25 for those with equally high self-esteem who did not.

“Those with low self-esteem who repeated the statement scored a dismal average of 10. Their peers with equally low self-esteem who were not asked to do so managed a rather more chirpy average of 17.

“The findings were published in this year's (2009) Psychological Science journal.

“Joanne Wood, Professor of Psychology at the University of Waterloo in Ontario, Canada, and an author of the report, said it seemed that repeating positive statements worked only if it reinforced what the person already believed. “It appears that positive self-statements, despite their widespread endorsement, may backfire for the very people who need them the most,” she said.

“I think that what happens is that when a low-self-esteem person repeats positive thoughts, all they do is contradict what is there already. So if they're saying, ‘I'm a

loveable person', they might then think, 'Well, I'm not always loveable' or 'I'm not loveable in this way'. Then these contradictory thoughts may overwhelm the positive thoughts."

"Professor Wood said that positive thinking might be effective when it is used as part of a broader programme of therapy. 'But on its own it tends to have the reverse effect of what it is supposed to do.'

Recapping, we have been told that positive thinking can be harmful by three different sources merely because Professor Wood did a small test of a single affirmation, that wasn't worded for effectiveness, and which was practiced for an extremely short period. How does this small test lead Professor Wood to conclude, "...positive thinking might be effective when it is used as part of a broader programme of therapy. But on its own it tends to have the reverse effect of what it is supposed to do."? But my purpose here is not to find fault with Professor Wood, but to point out how stories about possible 'harmful' effects of positive thinking develop and flourish. Some authors rail against 'positive thinking,' but in the process of doing so, they completely change the meaning of positive thinking.

So, what is positive thinking? Although it can be traced back to ancient times, we have Dr. Norman Vincent Peale to thank for revitalizing it and burning it into our psyche with his landmark book [The Power of Positive Thinking](#), which was first published in 1952. But the question remains, what is it? It's based on a simple premise; mainly, we create our lives with our thoughts, (which is a teaching of Buddha as well). In other words, if I spend most of my time harbouring negative thoughts, I will have negative experiences and an unhappy life. On the other hand, if I 'accentuate the positive,' 'walk on the sunny side of the street,' and look on the bright side, I will enjoy life.

Positive thinking is pragmatic because it works, and negative thinking is illogical because it is self-defeating. It is also helpful to think of positive thinking as any type of thinking that empowers us, makes us stronger, more capable, and better able to cope with and enjoy the adventure of life. For this reason, I like to think of positive thinking as expansive and ever growing.

Who gets more done and enjoys life more, the pessimist or the optimist? Hope in the future, faith in ourselves, and enthusiasm about life empower us. Cynicism, doubt in ourselves, and despair about the future dampen, if not crush, our spirit. Isn't that reason enough to choose to be a positive thinker?

Let's now consider how positive thinking is possibly expanding. In his 1967 book, [New Think: The Use of Lateral Thinking](#), Edward de Bono coined the phrase Lateral Thinking, which deals with out-of-the-box, creative, or problem solving thinking. What has this got to do with positive thinking? Well, coping and dealing with life's challenges requires creative and solution oriented thinking doesn't it? Can you be a positive thinker without

knowing how to solve life's problems? I think not. Therefore, I see Edward de Bono as a contributor to positive thinking.

In 1973, Robert H. Schuller — who was mentored by Dr. Norman Vincent Peale — released his book [Move Ahead with Possibility Thinking](#). In it, he expanded our horizon, urging us to go beyond the obvious and explore the infinite possibilities that await those who seek them. How do we know what new things are possible? Easy, think of the impossible. For if you can think it, you can bring it about. All great inventors are inspired by 'what cannot be done,' and have little interest in what can be done. Why should you and I act any differently? And if we are positive thinkers, how can we not act in that way?

A little over 20 years ago, Rosalene Glickman, Ph.D. introduced us to [Optimal Thinking](#). She added a helpful tack to positive thinking by suggesting that rather than merely trying to be better and achieve more, why not aim for being the best and achieving the most possible.

And in 1997 Jerry L Fletcher and Kelle Olwyler challenged our thinking even further with their delightful book [Paradoxical Thinking: How to Profit from Your Contradictions](#). To take a good look inside the book, [click here](#).

Then, in 2003, James Mapes consolidated many of the great ideas of seekers of sound thinking. Striving to take a quantum leap forward, he aptly named his book, [Quantum Leap Thinking: An Owner's Guide to the Mind](#). Sprinkled throughout the book are quotations, tips, lists, callouts (boxed text), and QLT (Quantum Leap Thinking) Theorems. I'll share some of the many theorems here.

## **QLT THEOREMS**

If you think the way you have always thought and do what you have always done, you will get the results you have always gotten. Many of you will already be familiar with this maxim, which is widely quoted in the self-improvement field, but it is well worth repeating.

Turning judgment into curiosity opens the channel for learning. We will never know how much we failed to learn because we were too busy judging others instead of being curious enough to learn from them. Hint: whenever we strongly disagree with what we hear, it is a signal that there is more for us to learn; so, at such a time, it would be wise for us to listen with an open mind and actively try to learn something new.

If you can't see the possibility, that doesn't mean it doesn't exist. This bit of wisdom was well understood by Robert H. Schuller, which explains why he taught us to be constantly on the alert for and to seek out new possibilities.

Assumptions are the death of possibility. This is clear enough, making further comments unnecessary.

If you believe something is impossible, you have before you a signpost to the possible. This is similar to my earlier comment that if you wish to learn what new things you can accomplish, think of what is ‘impossible.’

Change creates the threat of loss and the threat of loss creates resistance. This is important to understand, for it prepares you for the resistance you will feel whenever you try to change.

Change can occur only after the pain of realizing that current behaviour can no longer be tolerated. This is why addicts may be unable to change until they hit rock-bottom.

In order to create change, you must be consciously aware that pain is often a signal for change. It is wise advice to heed the signals of our bodily sensations and emotions, for they tell us when and how to act (if we listen).

Once a choice is made, all other possibilities cease to exist. You can’t change horses in the middle of the stream, so think before you make your decision.

What you believe determines what you pay attention to. And what we pay attention to determines what we do and what happens to us. If we are unhappy with what is happening to us, it signals that we need to change our beliefs, thoughts, and subsequent actions.

You choose your thoughts moment to moment. Awareness of your power to choose gives you the freedom to choose anew. We all recognize the adage “use it or lose it,” but we won’t begin using our power until we become aware of it.

Commitment makes the invisible visible. We cannot overstate the importance of commitment (the decision to do whatever it takes to succeed).

Sometimes taking a risk involves change. Sometimes taking a risk means committing to remain in your present circumstance. Wise advice. Enough said.

As we have seen, positive thinking evolves along with our understanding of the power of thought and the mind. Let’s not be satisfied with merely being positive, rather let’s embrace the promise of hidden possibilities and awaken to the exuberance of life’s adventures. I choose to call the thinking that guides me positive thinking. You may choose to call it by another name. No matter. Whatever we call it, let’s join forces and try to make our planet better because of it. ###

**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 the author of the book, *The 3 Thieves and 4 Pillars of Happiness, 7 Steps to a Life of Boundless Joy*. He is also a Certified NLP Practitioner, speaker, seminar leader, and coach.

Corporations, church groups, teachers, counsellors, and caregivers use his more than 400 articles as a resource to help others. Among his additional accomplishments, he is also the Grand Prix Winner of a Ricoh International Photo Competition, the Canadian National Champion in a Toastmasters International Humorous Speech Contest, and the Founder and Head of the Positive Thinkers Group that has been meeting at St. Michael's Hospital, Toronto since 1999. He was interviewed on CBC's Steven and Chris Show, appearing nationally on Canadian TV. Chuck is a catalyst for change, dedicated to bringing out the best in others and his main home on the web is at: [www.personal-development.com](http://www.personal-development.com).

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## **The 3 Thieves and 4 Pillars of Happiness: 7 Steps to a Life of Boundless Joy by Chuck Gallozzi**

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## **Seeing the Invisible** **by Beca Lewis**

Outside the trees were swaying, the clouds were racing across the sky and the top of the bird feeder was barely staying attached. It occurred to me that if I didn't know about the force called wind I might attempt to explain away all these occurrences as a mystery, because there was no wind to be seen.

No matter how hard I looked, I saw nothing that could explain why the trees swayed, clouds raced, or bird feeder tops rattled.

We all know that wind is invisible. If somehow wind could walk by with causing anything to move we wouldn't know it was there. The result of its presence is what we see. On faith we believe it to be something called wind.

A few days before watching the wind, I got up one morning and opened the freezer to get one of the glasses that we keep there so that we can pour soymilk into them and enjoy the frosty result. However, I didn't see any.

I realized that they were all sitting in the sink to be washed. This meant that I would have to use a room temperature glass. Del, sitting in the other room, heard me open the freezer and said, "I put a green glass in there for you."

Looking in the freezer again, I saw the green glass. It was invisible to me the first time because I was only looking for the clear glasses that we normally use. What I needed and wanted had been provided for me, but my clear glass viewpoint had hidden it from me.

I realized that I should have started from the perception that since Del was up first he would have obviously noticed that the glasses were not in the freezer, and since it is in his loving nature to make sure there was a glass for me, he would have done so.

If I had started my thinking from this viewpoint, I would have immediately seen the green glass. But, I didn't.

This is the way it always is. Our perception, our viewpoint, our accepted paradigm tells us what is present even when we don't see it, or hides it from us even when we are staring right at it.

As I watched the wind in the trees I thought about Spirit, Divine Love, Infinite Mind and Its invisibleness. Always present we only know it because of the results of Its presence.

There is a big difference between wind and Spirit however. We accept the results of wind. We debate, hide from, and discount for the most part, the results of Spirit.

Which brings us back to symbol of the glasses in the freezer. We don't see the results of Spirit, Divine Love or Infinite Mind because we are looking for it the way we expect it to be rather than absolutely knowing that because it is Divine Love's nature to provide, what we need must be present now.

In fact, we do the exact opposite. We talk about, read about, learn about, discuss, plan, prepare, and worry from the point of view that what we need is not here now, and most likely not here in the future either.

With this point of view, is it possible to see the green glass in our lives? No. Yet we agree that Spirit's nature is to give, give always; give without restraint, prejudice, care, time frame or limit. Yet we don't constantly live our lives from this viewpoint.

Wouldn't it be amazing if we all practiced even just a few minutes a day, to open our perception and look for the results of the infinite invisible Divine Love, Infinite Intelligence of Spirit? Since perception determines the outcome, why not choose to actually think from and live from this infinite viewpoint?

Separate yourselves from the worldview thinking that is full of opinions, philosophies and "how to do it." Shift your perception, and then open the freezer dear Loved One—the glass is ready for you. ###

### **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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## **Restoring the Love of Respect** **by Steve Wickham**

There is a sanctity of respect found in courting days that's so quickly lost when the relationship 'settles in' to the groove of companionship. For men, those sacrosanct areas of their woman partner's body become home ground - not that she's that rapt in that - and for women, hubby's now expected to provide in many unsaid ways. These are just salient examples.

What's lost is respect - one for the other, and for the marriage union itself.

Another way of seeing it is the safety of marriage is taken advantage of. It's not honoured as it was intended, initially, to be honoured. To go this way, unfortunately, is a default-of-complacency; we've learned to take each other for granted.

But restoring the love of respect is just as easily learned.

### **AN IDEA OF INTENTION**

Going against a myriad form of relational complacency is about intentionality.

Can love be defended more positively or effectively than via respect - a matchless honour, one to another?

It starts as an idea, then something is communicated; an ardency of candour - a regal wish. Respect is a thing bringing meaning to love. It gives it safe, positive, and behavioural direction.

A respectful intention is a note of honour bestowed on another person.

This intention, however, needs to be taken beyond intention to actuality; a re-commitment.

### **A RE-COMMITMENT**

Once a decision has been made, a commitment decided, action is planned, and execution is commenced. A new day can now dawn - a revisitation to those times when our partners were truly special and little effort was ever really needed to be expended.

Love was intended to grow, not shrivel, and now love - fuelled by the hallowed nature of respect - takes on new meaning in the re-commitment.

Accountability measures are designed in, to make this new power of respect stick.

Re-commitments are fine, but they need to be backed up in a plan for fruition. Plans can comprise:

1. Soliciting from the other the behaviours that are felt personally respectful and disrespectful.
2. The giving of permission to our partners to hold us gently to account.
3. The establishment of "go" and "no go" zones which are agreed together, bringing delight to both at mutual acceptance.
4. Regular dates to check on progress.
5. The giving of feedback for encouragement purposes.

Re-invigorating our marriages is appreciating the sanctity of life itself. This is never more directly done than via the love of respect, which is the language of honour - the apportionment upon which every marital partner deserves. ###

2011 S. J. Wickham.

**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/>

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*~ 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.

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## **Best Bets for Memory Sharpening?** by Dr Andrew Weil

**Question:** What do you think of Prevagen, a product being promoted for memory repair?

**Answer:** I wouldn't depend on Prevagen to aid memory or "boost brainpower" as its promoters claim. I've seen no compelling, independent evidence that it helps with either. If you're concerned about memory loss, some degree of which is normal with aging, I would focus on more proven protective strategies. Keep your mind active by reading newspapers and books, doing word puzzles, playing card games or musical instruments, participating in ongoing education, and learning a new language.

In addition, accumulating scientific evidence suggests that physical exercise helps keep your mind sharp and your memory from slipping. A study at the University of Pittsburgh found that brain volume increased in areas associated with memory in seniors who took 40-minute walks three days a week for one year. And a study in mice at Columbia University found that exercise triggered blood flow and cell growth in brain areas linked to age-related memory decline.

Other evidence suggests that staying socially connected lowers risk of dementia and age-related memory loss. I believe that social and intellectual engagement is highly protective and an important strategy for healthy aging.

As for supplements to help memory, these are your best bets:

**Ginkgo biloba** is a well-studied botanical remedy with a reputation for enhancing memory. It may also slow the progression of dementia in early onset **Alzheimer's** disease. Look for products standardized to 24 percent ginkgo flavone glycosides and 6 percent terpene lactones; the dose is 60 to 120 milligrams twice a day with food. (Ginkgo may cause mild stomach irritation.)

**Acetyl-L-carnitine** (also called ALC or ALCAR) is an amino acid derivative that has improved cognitive performance and memory in Alzheimer's patients in several clinical trials. The dose is 500 to 1,000 milligrams twice a day on an empty stomach. ALCAR is nontoxic, but expensive. (It is combined with another beneficial natural product, **alpha-lipoic acid**, in Weil Juvenon, a product that I recommend.)

**Phosphatidyl serine** (PS) is a naturally occurring lipid component of cell membranes that is considered a brain nutrient. Human studies have shown positive effects on memory and concentration: PS may improve cognitive function in normal adults and may help reverse age-related cognitive decline. These supplements are fairly expensive. The starting dose is 100 milligrams two or three times a day; if improvements occur after a month or more, it may be possible to take a lower maintenance dose. Like the other supplements listed above, PS is nontoxic. ###

**Please note:** Health advice given in this publication may not be right for your particular case and you should seek your own profession opinion before acting on said advice.

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

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## **Fabulous Foods for Fabulous Women!**

**by Amy Otis, RN**

**ALMONDS:** rich in heart-healthy vitamin E and fiber.

**APPLES:** A good source of pectin, a soluble fiber that provides bulk and digests slowly, helping you feel full.

**BLUEBERRIES:** contains the most antioxidants of any fruit

**BOK CHOY:** high in folate

**BROCCOLI:** great source of cancer fighting phytonutrient

**CARROTS:** loaded with beta-carotene, low in calories, and rich in fiber.

**BROWN RICE:** A source of complex carbohydrates, which provide sustained fuel and prevent fatigue. It's also rich in the B vitamins that help turn food into energy.

**FISH:** excellent source of protein and omega-3 fatty acids

**KIWI FRUIT:** most nutrients per calorie of any other fruit !

**CANTALOUPE:** It satisfies a sweet tooth but is low in calories

**OATMEAL:** high in fiber, iron and B vitamins

**ORANGE JUICE:** One of the best drinks there is. Vitamins C, B, potassium, antioxidants, and the list goes on and on! And of course, drink Florida orange juice. (Because that is where I live).

**POMEGRANATE JUICE:** This juice is delicious and refreshing. It has more antioxidant power than any other drink. Yes, more than red wine, green tea, blueberry juice, cranberry juice, orange juice and Noni juice. Antioxidants are extremely important because they guard your body against free radicals. Free radicals are molecules that can cause premature aging, heart disease, Alzheimer's, even cancer.

**RAISINS:** high in iron and fiber

**RED GRAPES:** packed with resveratrol, a cancer blocker

**SALMON:** highest concentration of heart protective omega-3 fatty acids

**TEMPEH:** soy isoflavones from this fermented soy product

**TOFU:** full of cholesterol lowering soy isoflavones

**YOGURT:** full of calcium and “friendly bacteria”

### **Important Vitamins for Women (and men too).**

**Vitamin A:** (Beta carotene) Essential for good vision, healthy skin, hair, teeth and bones; can also boost immune function and help protect against cancer. Recommended amount: 10,000 IU per day.

**B Vitamins,** including Folic Acid: Folic Acid, B6 and B12 work together to prevent anemia, manufacture red blood cells and build genetic material. Folic Acid also has been proven to reduce the risk of birth defects. The latest research also shows that these B vitamins may improve memory and reduce levels of homocysteine (a chemical found in the blood that may help predict heart attack and stroke risk), thereby lowering your risk of heart disease and stroke. Folic Acid is also being studied as a means to ward off colon and breast cancers. Recommended amount: Folic Acid 0.4 mg. per day, B6 (pyridoxine) 50 mg. per day; B12 300mcg. Per day (micrograms).

**Vitamin C:** Helps prevent heart disease and cancer. Contributes to wound healing, immune functions, the production of collagen (connective tissue) and healthy gums. It also helps the body absorb iron. Recommended amount: 500 mg. per day

**Vitamin D:** Maintains healthy bones (by helping your body to absorb calcium) and promotes immune function; may help protect against the loss of lean muscle mass associated with aging. New research suggests it may also protect against breast and colon cancers. Recommended amount: 400 IU per day

**Vitamin E:** Helps form red blood cells, muscle and other tissues. In large quantities, it may protect against cancer causing cell changes, reduce your risk of heart disease and enhance immune function. New research indicates that E also may slow the progression of Alzheimer’s Disease and be a useful therapy for diabetes (it improves glucose control) and arthritis (it reduces inflammation). Recommended amount: 400 IU per day. Do not exceed 400 IU per day without the advice of your doctor.

**Folic Acid:** Take 0.4 mg daily when trying to get pregnant as this prevents some birth defects.

### **Important Minerals for Everyone**

As with vitamins, it can be difficult, to get the amounts of minerals needed for optimum health through diet alone. Mineral supplements can help you make sure you are getting all the minerals your body requires. Below is a list of essential minerals we recommend.

**Calcium:** Calcium is vital for the formation of strong bones and teeth and for the maintenance of healthy gums. It is also important in the maintenance of a regular

heartbeat and the transmission of nerve impulses. Calcium lowers cholesterol levels and helps prevent cardiovascular disease. It may increase the rate of bone growth and bone mineral density in children. It may lower blood pressure and prevent bone loss associated with osteoporosis as well. RDA: 1000 mg. per day, 1500 mg. per day after menopause.

**Magnesium:** Magnesium assists in calcium and potassium uptake. Supplementing the diet with magnesium can help prevent depression, dizziness, muscle weakness and twitching, and premenstrual syndrome, and also aids in maintaining the body's proper pH balance. Recommended amount: 750 mg. per day. **Potassium Role:** This mineral is important for a healthy nervous system and a regular heart rhythm. It helps prevent stroke, aids in proper muscle contraction and works with sodium to control the body's water balance.

**Selenium:** Selenium's primary function is to prohibit the oxidation of lipids (fats). A vital antioxidant, especially when combined with vitamin E. It protects the immune system by preventing the formation of free radicals, which can damage the body. It has also been found to function as a preventive against the formation of certain types of tumors. Selenium and vitamin E act synergistically to aid in the production of antibodies and to help maintain a healthy heart and liver. This trace element is needed for pancreatic function and tissue elasticity. Recommended amount: 200 mcg. (micrograms) per day

**Potassium:** Important for chemical reactions within the cells and aids in maintaining stable blood pressure. Recommended amount: 50 mg. per day

**Iron:** Perhaps the most important of iron's functions in the body is the production of hemoglobin and myoglobin and the oxygenation of red blood cells. Iron is the mineral found in the largest amounts of the blood. It is essential for many enzymes, including catalase, and is important for growth. Iron is also required for a healthy immune system and for energy production. Recommended amount: 30 mg. per day (if you take a supplement, this can cause black-looking feces and constipation).

**Zinc:** Assists with digestion and metabolism. This important mineral may help prevent acne and regulate the activity of the oil glands. It promotes a healthy immune system and the healing of wounds. It protects the liver from chemical damage and is vital for bone formation. Recommended amount: 15-50 mg. per day. The above dosage recommendations vary from source to source. Taking these vitamins individually may be costly and time consuming. Look for a balanced vitamin preparation with which you are comfortable. Ask your pharmacist for recommendations. ###

**Please note:** Health advice given in this publication may not be right for your particular case and you should seek your own professional opinion before acting on said advice.

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

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## **Honesty Speaks Loudly in Many Languages** **by Ian Vickers**

Lately I've been thinking about the leadership characteristic of integrity. Several years ago, I worked for a leader who lived out that quality. In fact, if you looked up the word "integrity" in the dictionary, I think you'll see his face posted next to the word. It was great working with a person I could trust – knowing I could believe what he said and that his motives were true.

I recently traveled to China with four businessmen to participate in an ethics and management forum for Global Partners in Hope (GPiH). During one of our luncheons, two of the men had a very lively discussion about honesty in the workplace, with both agreeing it was extremely important.

As I watched their animated conversation in which they talked excitedly and nodded their heads in agreement, I was blown away by how strongly they felt about this issue. One of the men said, "Hey, if an employee will lie about a small thing, then count on them lying about the big stuff, and I can't afford to have employees who are dishonest." The book of Proverbs in the Bible states, "It's better to be poor than a liar." I think we underestimate the impact of a lie and how it affects relationships.

During the forum in Beijing, one man told of how dishonesty had affected both himself and his family. He spoke with tears and it was clear he was wrestling with how to function with real integrity in his business.

Honesty is important in most cultures, but how we define honesty can be confusing. What one might call "negotiations" another culture might call a "bribe." In certain cultures, negotiations are expected as a rule in business. For example, at the Silk Market in Beijing, a person is expected to barter for a certain product. If you don't, it's not "sporting" or much fun. Most of the fun is in the bartering, right? There seems to be a clear definition between a negotiation and a bribe. The merchant would not consider this process as being dishonest.

How about in the workplace when an employee who calls in "sick," but he or she actually is just fine and simply took the "sick" day to play tennis. Is this acceptable? Should we just accept this in the workplace? Should an employee lose their job over a "little lie"?

A line should be made clear in the workplace about honesty and what is acceptable. The leader has the responsibility to model this for those they lead. Why? Because it builds trust, and trust is the foundation for healthy relationships. If trust breaks down, then relationship will break down. Employees want a leader they can trust and employers want employees they can trust.

Regardless of the responsibilities of a leader, some leadership characteristics have universal value. Honesty is a key component of integrity, and any leader looking to lead effectively will not overlook its significance. ###

**Ian Vickers** is chief executive officer of Global Partners in Hope (GPiH). The organization aims to bring hope to communities around the world through partnerships between people who can help and people who need hope. To read more about the difference GPiH is making in communities internationally, visit <http://www.globalpartnersinhope.com>

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## Character = Integrity by Joel Suarez

Without character, the puzzle of achieving success falls apart. It is most important of all pieces to life's puzzle. Without character, you can make money. But it will be worthless to you and to those around you. Look out in the world today: drug dealers and con artists have money—but they lack character.

If you go to all the work of achieving success, you don't want to mar it with a lack of character that will make people pity you as you age and become less than you were intended to be.

Character equals integrity. Integrity is doing the right thing all the time, even when no one else is watching. You don't have anything to fear when your integrity is intact, because you have nothing to hide. You experience no guilt and no fear. And without those two traveling companions, it's much easier to climb higher and farther, faster!

What does this mean in a practical sense? It means that you will put the right philosophy (the golden rule) in to practice in all that you do. You will not step on someone else to climb the corporate ladder; you will not stack bodies in order to reach the CEO position that you desire. You will treat people with respect, honesty, and trust. You will behave towards others how you want (and expect) them to behave towards you.

You will be the model of "doing the right thing" in your office, even if it isn't appreciated or understood. Chances are very good that if you're the only one doing the right thing, you won't last where you are, but you will find something better where your integrity is appreciated and applauded.

Character realizes that the most important things in life are not office- or work-based. They are family and a sense of responsibility to that family. Character will not sacrifice your family on the altar of "I've got to finish this project," nor will it tell you children, "Maybe next time, hon," when asked to play catch.

Your character will shine through as you put your family before your work, as you purposefully schedule time with them (and then keep those appointments you put in your planner), as you "date" your spouse and remember why it is you got married in the first place, and as you set an example that your spouse and children can be proud of.

The most important thing to remember as you consider character is that your children will grow up to be just like you. John Maxwell once said, "We teach what we know; we reproduce who we are." So as a person who is full of integrity and character, you will reproduce those same traits in your children as you climb towards success in your life. And isn't that really what it's all about, anyhow? ###

**Joel Suarez** is an established online marketer and publisher. His expertise field is in direct marketing and multi-level marketing. He specializes in developing new tips, tricks, ideas, and tools to help new and pro's alike Internet marketers to start, develop, and establish their businesses online. - <http://www.homebiz4u2profit.com>

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## **Do Your Relationship Boundaries Contribute to Your Well-Being?** **by Gabriella Kortsch, Ph.D., CHT**

Having healthy boundaries means that an individual has established visibly defined limits to the types of behavior by others (partners, children, colleagues, friends, etc.), which he/she considers permissible, and to clearly indicate the kinds of consequences that will befall the perpetrator, should those boundaries be ignored or violated.

*So what does that mean?*

### **Honor Yourself**

It means you place a value on yourself. It means you honor yourself. It means you hold yourself in such high esteem, that you would “do” this for yourself.

### **Consequences**

Having established a boundary, a consequence merely says, “If you do not respect this boundary that I have established, then this will happen.” Boundaries need not be harsh or resemble an ultimatum, but they might have to, depending on the circumstances, as these examples indicate:

- To a spouse if both work: If you do not do the marketing, I will not have time to cook dinner and we will have to eat sandwiches (this should only apply if you like sandwiches and the other person does not...because consequences are not meant to cause you problems or difficulties, only the other person...see the next example in this sense as well)
- To an older teenage son or daughter: When you smoke marijuana in this house, you place us at legal risk and it is a fire hazard, so if you do it again, you will not be allowed to use the car for one month, but since I will not be able to drive you around, you will have to walk or use public transportation. If after that time you use marijuana again, it may happen we will need to consider whether you may continue to live in this house .
- To a person you are dating: When you phone me at the last minute without having previously made plans with me, expecting me to drop everything in order to see you, it makes me feel as though I have no importance in your eyes, so if you do it again, I will not be available to see you.
- From one woman to another: When you dump me two hours before a dinner date with me in order to go on a date with a man who has just given you a last-minute call, you make me feel as though you do not value our friendship, so if you do that again, I will have to re-think our relationship

- To a chronically late employee: When you arrive late, you make the entire production line lose time, so if you continue to do it, I will begin to dock your pay by half hour increments. If it is then repeated, you will lose your job.
- To a partner who lies: When you lie to me, I feel as though you place no importance on my feelings, so if you do that again, I will want a trial separation from you.
- To an emotionally abusive partner: When you do such-and-such, it is very hurtful to me, so if you behave like that again, I will have to remove myself from this relationship

### **Basic Tenets of Boundaries**

Don't forget the basic tenet of establishing boundaries: if consequences are not set up, then there is no boundary. However, you might want to explain your feelings to the other person first, as in these examples, in order that he/she understands what the specific behavior does to you, your family, your health, your safety, your business, etc.

### **Do Unto Others...**

Setting boundaries is one of the first steps to psychological health because by doing this, you are clearly telling yourself that you are loved (by yourself), that you are worth it, and that you will not allow others to do unto you, as you would (hopefully) not do unto them... ###

### **About Gabriella Kortsch, Ph.D.**

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

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**~ The Essential Laws of Fearless Living ~**  
*Find the Power to Never Feel Powerless Again*  
**by Guy Finley**

YOU have an unlimited storehouse of untapped energy lying dormant in your own heart and mind. It is the secret source of all that is wise, loving, timeless, and truly you.

**To touch this vibrant force of Life is to be lifted above any limitation...** given the solution to any painful problem... and gifted with a whole new way to look at a life whose beauty never fails to amaze you.

The way to contact this core power is through a whole new way to use your attention. Used consciously, attention acts just like a bridge — it connects you to what your heart desires. **The secret to being fearless and free is to use your attention** to connect yourself to the living ground of the present moment.

For more information go to <http://bit.ly/gYTTNU>

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## **In Harmony with Ourselves**

### **By Jahiel Yasha Kamhi**

Our ultimate goal as people is to live life in harmony with ourselves, in concordance with our capability, our actions, our own limitations, and our own opinion about ourselves. We need to learn to be ourselves, not attempting to be any other person.

Of course, we should learn from other people's experience and knowledge, but we would not try to be them.

#### **Life harmony**

In general, we can describe "life harmony" as agreement between ourselves and our attitude, goals, and our ability to reach those goals.

With harmony with ourselves, our lives will be like harmoniously written pieces of music. Only one question remains: "How do we reach a harmonious life?"

In this article I'll explain my point of view on how to achieve this harmony.

I believe that my own opinion is complementary with Positive Psychology and Positive Thinking teaching.

#### **Life with meaning**

When we live life with meaning, reachable goals and expectations, moment by moment, in the present, with our loved ones, accepting whatever comes in our way with hope, and with understanding and calmness – we can say: We live life in harmony with ourselves.

Developing a harmonious life requires effort from our side, the right attitude, and positive self-esteem. If we don't have these things, we need first to change whatever stands in our way.

We cannot have a solid and harmonious life without inner peace, a positive outlook, a good social life, and positive feelings about life itself.

People who can say they live life in harmony are emotionally rich people.

In most cases, life harmony does not depend on material possessions; each and every person deserves a harmonious life in accordance with their life styles.

#### **Life's opportunities and possibilities**

Many of us have limitations, but a harmonious life is not about limitations. It's about opportunities and possibilities: what we can do about our lives.

Those of us, who can shift our focus from the material world to the world of meaningful and pleasurable activities, helping ourselves and others, are lucky to call themselves happy.

If we are able to contribute to other people's lives with desire, knowledge, and courage – our lives will be harmonious. Misery, anger, envy, greed, and blaming ourselves and others are not the way to achieve a harmonious life.

I understand that life brings us problems and sufferings; this is unavoidable. We need to expect that life will have its conflicts and expect that life will continue to have them.

### **There is no life without problems and ups and downs**

We do not all have the same amount of material goods, the same health or education, nor the same freedom; but despite of all these adversities and struggles, we all have a duty to use our capacity to make our lives harmonious and emotionally rich for one main reason - we deserve it.

With the focus and attention on making the most out of what we have in life, with the emphasis on destination and journey, our life will be a harmonious piece of music.

To compose a harmonious life without commitment to demonstrate faith and beliefs in ourselves and without the ability to create our own reality is simply impossible.

The belief that only a big bank account is associated with a harmonious life is not correct. A harmonious life is not about having - it's about being.

When we meet the basic needs of a modest average life, many studies teach us that we can call ourselves people who live life in accordance with happiness.

Solving everyday problems will bring us a good feeling about life and ourselves, which is in concordance with a harmonious life.

With calm in our hearts and calm in our minds, we live harmonious lives - lives in harmony with ourselves. ###

**Jahiel Yasha Kamhi** holds a degree in Medical Biochemistry and a Bachelor's degree in Chemistry. Jahiel writes regularly for [www.personal-development.com](http://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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## **Furry Gurus** **By Karen Wright**

Recently, I wondered why we seem compelled to seek out guidance from others instead of listening to our own inner wisdom. If you're like me, I've been a life-long learner. That sounds very admirable, but I'm not so sure the second half of that phrase is truly accurate.

I've most certainly been seeking enlightenment all my life. Yet, I wonder if learning has been the result of that pursuit. I wonder (if I'm really going to tell the truth here) if learning was my real intention. For me (you perhaps too?) this single-minded quest for the holy grail of spiritual truth was a very effective way to keep me from owning up to my own life, my own thoughts, and my own results. As long as I kept looking for answers, I wasn't quite yet responsible for any of it. I was a 'work in progress.'

But, knocking on the door of sixty very soon, I must stop and take a cold hard look at how I've been avoiding what we must all finally admit to: this IS my life as I'VE created it. Every last morsel of it. I am the author, the heroin, the villain, and the critic. No one else is responsible. No one else can fix any of it. And no one else savor its sweetness.

This idea of pursuit flashed through my mind this morning while I sat on the toilet. I know...TMI! Like none of YOU would ever admit to sitting on a toilet! I know some people read; I tease my kittens on the other side of the door. They love reaching their paws through the small gap at the bottom. I threw down a pen I had handy and Punkn tried and tried to pull it back to his side of the door. He'd almost get it and then he'd bump it and back it would roll.

I felt great appreciation for my thumbs while watching this kitty game. What would have been simple for me was quite a tricky endeavor for my little four-pawed friend.

Then I notice something interesting. Even when he had the pen almost totally on his side of the door, he'd pop it back to me. And like a flash it struck me. He wasn't interested in HAVING the pen. He wanted to keep the game going. He liked the chase; the pursuit.

It reminded me of another furry friend of mine, Boo. Boo is a daytime outdoor cat and he loves to hunt. Birds, mice, lizards, spiders. If it moves, he'll chase it. The first time he caught a bird I was heartbroken. He hadn't quite killed it, but death might have been preferable to its continued agony. Do birds experience agony? I picked it up, tears rolling down my face and apologies whispering through my lips. I gently tossed it into the sheltered gully beside my home for one last airborne flight.

But, it was the mice he caught that came to mind this morning as Punkn kept our game of pass-the-pen going. When Boo caught a mouse he'd play with it. Catch and release. It would scurry away hoping, I'm sure, for an escape hatch. Boo would lie there watching it dart off and leap back onto it moments later. When he did finally get around to killing the

poor thing, he'd continue flipping it up into the air and pouncing on it. Over and over. Then he'd get bored with the limp adversary and walk off. He could care less, it seemed, about HAVING the mouse. He just wanted to hunt.

Lessons come in all shapes and sizes and even from furry gurus. Are we all just interested in the hunt? The pursuit? Perhaps in your life you've noticed what I have. After I get what I've been chasing - full of excitement for reaching my goal - the joy wears off pretty quickly. The new job begins to look and feel a lot like the old one. The new car smell fades. The new house gets dirty too.

Somehow having what I wanted wasn't nearly as fun or exciting as before having it. The chase just felt more engaging and alive. I'm sure that's why we don't take much time to savor the moment of accomplishment before setting of on the next worthy quest.

Back to that pursuit of knowledge and truth. Could it be that we've been unconsciously avoiding knowing the truth? Maybe that's why we continue to look outside ourselves to others for our answers. Deep inside we know they can't possibly know our answers, yet we keep knocking on their doors, going to their seminars, reading their books, seeking their advice.

I once heard someone describe achieving their goal as a little death. The challenge had been met and the game was over. Is it possible that just beneath our level of conscious awareness we believe that to truly know the truth about who we are and what this life is ends the game? Ends the pursuit? Subconsciously, the end is death. And we'll avoid death at all costs.

If you've been seeking all your life and still haven't found, there's really only two explanations. Either there's nothing to find or you don't want to find it.

Just something to think about next time *you're* sitting on the toilet. ###

**Karen Wright** is author of *The Sequoia Seed: Remembering the Truth of Who You Are*, a great read for anyone who is seeking understanding or guidance, inspiration or clarity in his or her life. *Waking Up*, the free bi-monthly ezine, was created to help you activate your natural motivation to move beyond mere existence and to really LIVE your dreams.

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## How to Break the Complaining Habit by Dr. Alan Zimmerman

"If you have time to whine and complain about something then you have the time to do something about it." ~Anthony J. D'Angelo, author of "The College Blue Book"

As I speak to hundreds of organizations and thousands of people across the country, I've learned that complaining is at an all-time high. The economy has shaken many people's sense of security. Our leaders don't seem to have the answers to fix the problem. And so complaining goes on the upswing.

But even if the economy was good, the world would still have negative, whining, complaining people ... because complaining has become a habit for way too many people. As William A. Bennett quoted an anonymous poet in "*The Book of Virtues*,"

"The ones who miss out on the fun  
Are those who say, 'It can't be done.'  
In solemn praise they stand aloof  
And greet each venture with reproof.

Had they the power they'd efface  
The history of the human race.  
We'd have no radio or motor cars,  
No streets lit by electric stars;  
No telegraph or telephone,  
We'd linger in the age of stone.  
The world would sleep if things were run  
By those who say, 'It can't be done.'"

As we're about to feast this week of Thanksgiving, let me make a radical suggestion. Go on a complaining fast. Don't utter a single negative comment for an entire week. It may be one of the hardest things you will ever do, but it will also be one of the most rewarding things you'll ever do.

Of course, you may be wondering HOW you can stop the complaining habit, or you may be wondering what you can do INSTEAD of complaining. Try these five techniques.

### **1. Practice an attitude of gratitude.**

You've probably heard the old song that says, "Count your blessings, one by one." Turns out that advice was not only theologically correct but scientifically correct as well. Research shows that when you count three blessings a day, you get a measurable boost in your energy, your spirit, and your overall happiness. It's physiologically impossible to be stressed and thankful at the same time.

So if you're practicing an attitude of gratitude, you can't be negative. You will also energize and engage your coworkers by letting them know you are grateful for them and their work.

## **2. Appreciate yourself.**

Instead of being your own worst enemy, try being your own best friend. Instead of putting yourself down for all your shortcomings and mistakes, pump yourself up for the good that lies within you.

This may not be easy. After all, as a child, you were probably cautioned about "tooting your own horn" or being conceited. Again, not bad advice, but taken to the extreme, you fail to give yourself credit when credit is due or beat yourself up for the smallest of mistakes. And that shuts down your heart, contracts your energy, decreases your happiness, and feeds your complaining habit.

One way to start appreciating yourself is to stand in front of a mirror and talk to yourself at least once a day every day. Tell yourself, "You're kind ... You're patient ... You're compassionate ... You're a hard worker" or whatever you appreciate about yourself.

You may feel uncomfortable, silly, and stupid. In fact, the more uncomfortable you feel, the more you need to work on appreciating yourself. But over a period of time, it will become easier to list reasons for liking and loving yourself.

And it's a mighty healthy thing to do. Even the Bible taught 2000 years ago that "You should love your neighbor as YOURSELF."

More recently, the psychiatrist Dr. Nathaniel Branden re-affirmed that teaching when he asked, "How do we keep our inner fire alive? It takes an ability to appreciate the positives in our life ... Every day, it's important to ask and answer this question: 'What's good in my life?'"

Branden is right. But he also alluded to the next thing you've got to do to break the complaining habit. You've got to...

## **3. Be action oriented.**

The happiest, most successful, most esteemed, and most respected people are action oriented. They simply don't waste their time complaining. Instead of wasting one precious moment complaining about what is not working, these people invest their time learning and doing ... and then learning and doing some more. They get in the habit of getting good ideas and acting on those ideas.

Somehow or other, non-complaining people have learned what President Franklin Roosevelt learned. As he said, "Happiness lies in the joy of achievement and the thrill of creative effort."

When I quoted Dr. Branden above, I only gave you half his quote. His entire quote went like this: "How do we keep our inner fire alive? Two things, at minimum, are needed: an ability to appreciate the positives in our life ... and a commitment to action. Every day, it's important to ask and answer these questions: 'What's good in my life?' and 'What needs to be done?'"

So ask yourself what needs to be done and do it. Develop a sense of urgency. After all, time is one of the most valuable commodities you'll ever have, and when you get right down to it, every business seminar has something to do with using your time more effectively and more efficiently. The better you use your time, the more action oriented you are, the less complaining you will do. And that will never be more true than those times you...

#### **4. Serve others.**

Bill Lee is one of my role models when it comes to this point. Bill says, "Based on my experience ... the best and least expensive cure for depression is to be proactive about doing something for someone who is worse off than you are." And Bill knows what he's talking about.

But let me tell who Bill Lee is. He's one of eight members of an elite group known as "Master Speakers International," eight professional speakers who are tops in their field and a household name to millions. I've had the privilege of being one of those eight members for the last twelve years, and those seven other people have blessed my life and my career in ways I never could have imagined.

Bill taught me that one of the best ways to stop complaining is to start serving others. Eleven years ago, Bill was introduced to mission work at an orphanage in Mexico. Since then, in addition to his full-time speaking and consulting business, Bill has made 50 trips to Mexico to work with the orphaned and abandoned children of Casa Hogar La Familia ... all at his own expense.

As Bill puts it, "I can't possibly say enough about the personal benefits of giving service to others. I have learned so much about happiness from a group of 30 children who have no material things whatsoever." No toys. No electronics. No brand-name clothing. In fact, each child has a cubby hole in their dorm room that is 15 inches wide and 36 inches high that contains 100% of everything they own.

"And I tell you this," Bill continues, "these same children are enormously happy. They almost never fight ... cry ... or complain. I never return from a mission trip that I am not amazed ... compared to other nations in the world ... how rich we are in this country ... and how much time we spend complaining that we don't have even MORE."

Because most of these children have been abandoned by their parents ... virtually all of them have good reasons to be bitter and selfish. Yet they're not. They are amazingly generous in their service to others.

Take Arturo, for example. Bill has seen him grow from age 5 to his present age of 16. Arturo is the second oldest of four children ... all of whom have lived at La Familia virtually all of their lives. And like the other children, Arturo has no personal possessions.

During one of the mission trips Bill led to La Familia, one of his team mates gave Arturo a straw hat he had purchased to wear while in Mexico. On the last day of our mission trip, they bought a large cake and had a big birthday party for all of the children who were celebrating birthdays during that particular month. One of the birthday boys was named Cesar.

During the celebration, Arturo came running over to the man who had given him the hat and was rattling off a mile a minute in Spanish. The man didn't speak any Spanish, so he asked Bill what Arturo was saying. Bill told him that Arturo wanted permission to give his hat to Cesar as a birthday present.

You have to understand ... Arturo loved that hat. He wore it every minute of the day. He even slept in the hat. After all, that straw hat represented 100% of everything Arturo owned in this world, yet he wanted to give it to Cesar as a gift.

As Bill finished his commentary, he said, "Living a life that includes being of service to others ... is always more beneficial to the giver ... than it is to the recipient." You learn to practice an attitude of gratitude when you're serving others and you just naturally stop the complaining habit. Finally,

### **5. Change things for the better.**

As writer Maya Angelou advises, "If you don't like something, change it. If you can't change it, change your attitude. Don't complain." She couldn't be more right.

Jill Blashack Strahan, the President of Tastefully Simple, and Kay Watson, one of her consultants, call it "Divine Discontent." Effective, productive, successful people focus on "kaizen" or continuous improvement instead of complaining.

As Jill says, "Divine Discontent. What an absolutely awesome phrase. I love being with people who have Divine Discontent, people who are always looking for ways to improve and are never quite satisfied because they know they can always be better."

Of course, some people might say, "Whew! That sounds like too much work ... always trying to improve things. Why can't you just accept the fact that life can be a real bummer? And what's so wrong with blowing off a little steam once in a while and do some griping when griping is justified?"

Well, Jill knows there are some tough things in life that can't be changed. She says, "Accepting the things we can't change is the key to peace and contentment. Sometimes we have to be willing to lie down in the water and let the current take us where it flows."

HOWEVER, "When we look for ways to make things better, it's like pushing against something to build a muscle. That creates positive results. Divine Discontent is knowing that there are so many things you can change ... for the better." And doing them. Then, Jill concludes, "Life becomes one big candy store!"

This may be Thanksgiving week with an official "Thanksgiving" day. That's nice. But what really counts is making your life a "Thanksgiving" life that is free of complaints. And you can start by implementing these 5 strategies today.

**Action:**

Find someone to serve this week that is worse off than you are! ###

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](#)

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## **Developing Your Child's Self Identity**

**by Esther Andrews**

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

You, the parent, have a major role in the development of your child's self image. You can influence this development deliberately and at will. Here is a technique to do just that. This is appropriate for school age children. However, if your child is younger, you can adapt it to your child's individual age and development.

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

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

After you feel that you have a good list, take out anything negative or with a negative connotation, and leave only the positive in your list. Now ask your child to describe each trait in the list. Write down the description of each trait. What does it mean to her?

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

With each step, for each word, decide if you want to include this word or not. You will discover that some words are not appropriate to keep. You can also use a thesaurus to find other words that describe more closely what both of you wanted to include.

Keep the whole list for future reference. However, at this point, it is advisable to choose the most important 3 or 4 character traits. When you get to this point, know that you have done a tremendous amount of work. Pat yourself on the back, and praise your child enthusiastically.

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

Once you have the 3 or 4 most important features, write them down in a sentence, in present tense. Example: "I am a strong, intelligent person. I am hard working and a leader".

This is now a sentence you want to repeat as often as you can. You can use arts and crafts to create a wall hanging or a poster and hang it up in your child's room. You can create together a screen saver for the computer, so that the first thing your child sees when he goes to the computer is this sentence. Repeat it to your child at least a few times a day. Sing it - see if your child can come up with a melody to turn it into a song. Use your creativity and imagination to see in how many ways you can have your child repeat it, read it hear it, sing it in a day. Make it a routine.

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

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

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

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## **When the Student is Ready...** **By Edwin Harkness Spina**

In October, I was on the Ascension Panel at the Conscious Life Expo in Los Angeles. I offered to give everyone who stopped by our booth later that day a "hit of energy" so they would feel what higher vibrational energy was like.

Close to a hundred people took me up on my offer. Most of them signed up for my free series of lessons and I sold all the copies of my book, *Mystic Warrior*, my Energy Center Clearing package and my Total Love Immersion CD that I had. It was a great day for everyone.

A few weeks later, a reader wrote to tell me how much she enjoyed meeting me at the expo and reading the lessons, which she described as "amazing." Then she told me that she had me "looked at" by her energy healer.

Her healer told her that there was negativity connected with my energy path. She made it clear that she would not purchase any of my products, unless I could "win over" her healer.

I wrote back that one of the primary lessons that any true mystic teaches is to listen to your own inner master. While it's often valuable to solicit outside advice, your ultimate source of wisdom lies within. I told her that if she enjoyed the energy boost and found my lessons "amazing," she would likely appreciate my books and CDs, but that she would have to decide on her own. I was not going to "negotiate" with her teacher.

This is not the first time I have come across a student who has come to over rely on his or her teacher. In some cases, I've watched as students, far more gifted than their teachers, gave away their power to them and let them direct every aspect of their lives.

In one extreme case, I listened to a "teacher" complain, "The hotel people can't do anything right," "I'm not getting any support from my staff," and then yell at her assistant for not waking her up when she had "obviously overslept."

I explained to her, "You get more of whatever you complain about." She was disempowering her students and training them to be victims. My words fell on deaf ears. As Dan Kennedy, a popular direct marketer, once said, "Most people are running around with their umbilical cords in their hands looking for another place to plug it in." Relying on anyone to direct your life is contrary to the mystic path that I was taught.

My first mentor, "Sophie," made this exceedingly clear to me. She is a true master who "chooses" her students when she deems them worthy and ready. You cannot buy her services at any price or even find her, unless she decides to be found. My earnestness

attracted her attention. She opened me up energetically and advised me on numerous subjects.

You can imagine how lucky I felt to have such advice. But as soon as she decided I was at the level where I should be "self-sufficient," she disappeared, leaving no forwarding address or phone. I couldn't even connect with her in my meditations. The message to me was painful, but clear: do not become reliant on any source of wisdom, other than your own inner master.

Krishnamurti was another master who did something even more dramatic. At the height of his popularity, when he had thousands of devoted followers, he disbanded his organization. He wrote a beautiful, open letter to them all, in which he explained that he didn't want his followers to become reliant upon him.

A few years ago, while on a tour of Tibet, I met two Buddhist monks, who had been monks for 8 and 14 years, respectively. During our final dinner, I decided to celebrate by drinking a local Tibet Green Barley Beer. The less experienced monk told me, via a translator, that my violation of the law against drinking alcohol had me headed for a future life as a dog.

I laughed and politely disagreed with him, arguing that all laws must be interpreted spiritually, that there was no absolute rule in this area. The ultimate master lies within. The more experienced monk agreed with me and added that it was one of the most difficult lessons that new monks must master.

To her credit, my new reader emailed me back after I drafted this article. She is trying to reconcile the advice of her "infallible" teacher and what she experienced.

Most people give up and leave the dissonance to fester in their mind, unresolved and awaiting a new, more painful trigger, one which will eventually force them to deal with the issue. She is persistent, however. If she goes within and contemplates her situation, she may come to an acceptable resolution. Hopefully, she will choose to rely on her own inner master.

As a corollary, since I'm the one who introduced the dissonance and "forced" her to think, she may throw away both me and my teachings. However, that is not my concern. Throughout history, people are famous for "shooting the messenger," i.e., deriding the bearer of bad news.

In my view, the role of the teacher is to inspire their students to go within, seek answers themselves and become self-sufficient.

It occurs to me: when the student is ready the teacher will appear; when the student is sufficiently advanced, the teacher may disappear. ###

**Edwin Harkness Spina** is an award-winning author and speaker. Ed is dedicated to presenting practical mystical techniques to improve people's lives and expand their minds. His workshops and seminars emphasize the practical application of these techniques to help others manifest their dreams. If you would like to increase your potential for intimacy by clearing your energy centers, please visit [Energy Center Clearing](#)

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## **Does Your Subconscious Insist That You Resist?** by Joyce Shafer

Resistance is an automatic reaction to undesirables in your life. Resistance may seem natural, even right, but some instances of resistance cost you big-time.

**Resistance creates more things to resist.** It creates a constant stream of negative thoughts that lead to negative feelings expressed verbally, physically, or internally through health imbalances and uninspired life experiences.

Look at anything you resist in your life: status of relationships, finances, career, etc. If your desire is strong for anything to NOT be what it is, you are in Resistance. No matter what you do or say about it, this resistance will cause what you do not want anymore of to continue and possibly expand.

**Note:** You have a right and responsibility to NOT engage with anything or anyone you know you are better off without (negative people, news, events, etc.) when you can choose otherwise. And, as challenging as it may seem, you really can choose what you feel and therefore think, say, and do.

**“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.”** — [Richard Buckminster Fuller](#)

You can choose to release your insistence that something or someone in your life be different (insistence really does not work) and take action(s) required in and for your best interest, without being tense (tension does not shift anything). Doing this is a way to get your subconscious programming aligned with your conscious choices and actions.

One big resistance that may challenge you is to NOT include or allow any past experiences in the NOW. This is a challenge because your subconscious will play back tapes of previous struggles and will do this with lots of detailed images. This causes you to recall, focus on, and feel specific past struggles, as though they are happening in this moment. They are not. You may have present-moment matters to address, but past ones are over. They only affect the moment you're in now if you allow them to.

As long as you believe those old tapes are your current reality—or react to them as though they are, you resist any positive present-moment shifts: “I HAVE to fear and feel THIS because I once (or more often) experienced THAT.” **This approach blocks your good, and serenity, from coming to you.** Your release of resistance gives the Universe permission to deliver your good; it allows serenity in.

You learned certain aspects of resistance from others who learned them as well. It is the tape your subconscious plays in its belief that this will help you survive. **Your subconscious focuses on what helps you survive; your conscious mind focuses on**

**what helps you thrive.** You want them to work as a team, which means you have to NOT listen to old, negative tapes when they run. **You want to create new tapes and run THEM.**

Ernest Holmes wrote: “Healing, then, is accomplished by uncovering, neutralizing and erasing false images of thought, and letting the perfect idea reflect itself through subjective mind into the body. When one realizes that everything is Mind and that nothing moves but Mind . . . he will see that nothing can permanently heal unless it be accompanied by right thinking.” Healing can refer to anything in your self or your life or your business that you feel is not whole, healthy, joyful, and fulfilling.

Pay attention to when and how often you run such tapes and put right thinking into practice until it becomes natural to you, whatever time that takes. Practice self-observance rather than self-judgment as you move through this process. Self-judgment is a form of resistance. **Practice makes progress.**

Release the belief that you will (eventually) never repeat old patterns. Maybe that will happen and maybe it will not. Belief that you must never repeat them is . . . Resistance. It is more important you observe when you resist so you can consciously choose to embrace what you really want rather than emotionally engage what you don't want.

You are what you practice. ###

You Are More! Empowerment Coach **Joyce Shafer**, author of *I Don't Want to be Your Guru, but I Have Something to Say* ([jls1422@yahoo.com](mailto:jls1422@yahoo.com)). Get free empowerment gifts, access the link to her interview about relationships, see which of her books and e-books may meet your needs, and read her current free weekly newsletter at <http://stateofappreciation.webs.com>

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## **Exploring The Landscape Of Perception**

### **By Robert Darby**

What if someone told you that there is a very good chance that you don't live in the real world perhaps 90% of the time, that we only directly experience life maybe 10% of the time? I remember that I laughed when I first encountered this idea. But even while I was laughing I knew that there was a small voice deep in the back of my consciousness that was trying to sound an alarm or send a message or something. Whatever it was, I reacted with fear and ran away from the whole idea telling myself that it was silly, and even crazy, and in this way was able to dismiss the thoughts and avoid pursuing it any further. But I was unable to completely forget that little voice, and years later while meditating I accidentally opened that door again. But this time I was stronger.

#### **The Fear of Intuitive Perceptions**

What if someone told you that there is a very good chance that you don't live in the real world perhaps 90% of the time, that we only directly experience life maybe 10% of the time? I remember that I laughed when I first encountered this idea. But even while I was laughing I was aware of a small voice deep in the back of my consciousness that was trying to sound an alarm or send a message or something. Whatever it was, I reacted with fear and ran away from the whole idea telling myself that it was silly, and even crazy, and in this way was able to dismiss the thoughts and avoid pursuing it any further. But I was unable to completely forget that little voice, and years later while meditating I accidentally opened that door again. But this time I was stronger.

The idea that we don't live in the real world sounds crazy. And if that is true, just what world do we live in? The truth here is not so much about a geographical location or place, as it is about a state of awareness resulting from our perceptions. Few of us ever question our perceptions much less the concept of perception itself and I personally probably would never have thought about this stuff if not for my adventures with a certain meditation technique called Vipassana. But if you want to get your mind blown, put your fear of those intuitive perceptions aside for a short time and take a look at the landscape of perceptions.

#### **I Saw Myself See Myself**

The fact that we rarely examine the activities of our own mind represents our greatest mistake, and makes us completely vulnerable to the very power of that same mind. Put another way, an infinitely powerful tool (mind) not consciously controlled, can become an extremely dangerous and unpredictable liability. If we don't control it, it can control us and how would we know not only that we were being controlled, but how and with what consequences?

Mindfulness is the ability of our mind to be aware of our mind without attachment to the activities of the mind. And it is with mindfulness that we are able to become aware of the landscape of our perceptions. Normally, we are unaware of not only what thoughts our mind is producing, but also what affect those thoughts are having on our feelings and

behaviors, that is, how we are reacting and responding to those thoughts. Suppose we take the simple act of hearing a sound as an example of the process and levels of perception.

Our species is capable of many levels of perception but there are two basic types of perception. We can experience phenomenon directly or we can experience a filtered version of that same phenomenon. The filtered version first goes through the thinking processes of our mind and gets conceptualized and intellectualized. It gets categorized, defined, labeled, visualized and described until by the time it gets to our awareness it is just another abstract word symbol.

The direct version is entirely different. A sound occurs in our immediate environment, it is made up of very specific vibration that enters our ears and vibrates the physical receptors of that sensory organ which converts those vibrations into electrical impulses and sends them to the brain and our mind experiences a sound in such rich detail that we may never forget the experience. We never labeled it bird, bell or plane, we just experienced it directly. It was a physical, mental and emotional experience, not intellectual.

### **Apples and Oranges**

The difference is stunning, but the implications of these different levels of perception are of global importance. One is sterile, impersonal and safe, the other is very personal very involved and very risky and therefore courageous. One allows us to be indifferent to the reality of pain and suffering, while the other demands caring and compassion for ourselves and others. One represents the surrender to fear and ignorance and the other represents the courage, faith and commitment to intelligence and an open heart.

When and why we lost touch with our ability to perceive and experience our world directly is valuable to know but is not as important as the "how", because when we know the how we did something then we also know how to change it. The only question remaining is; do we want to change this situation? No! It's not as crazy as it sounds. If it is true that we spend 90 % or more of our conscious lives in the conceptual version of reality, then we have been doing this for a very long time and this behavior is very well entrenched and we are very comfortable with it, so why would we change it?

It is about what our hearts know to be true, and there is a small voice deep in our consciousness that is ringing the alarm with ever growing urgency for us to wake up and begin the journey toward developing our potential as the most powerful adaptation of life ever to appear on this world that we currently know of. We need to abandon our adolescent self serving mindset and find the courage to mature into the magnificent life form that we are destined to become. ###

**Robert Darby** is a self change and personal development specialist who writes for many organizations including [The Agenda Of Life Foundation](#). He focuses on developing personal power since that is usually the cause of all Human problems. Robert takes a

practical approach in that he looks at the various tools and techniques out there that are designed to help us achieve our mental, spiritual and emotional goals.



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## **A Course in Miracles**

### **Lesson 44**

#### **God is the light in which I see.**

Today we are continuing the idea for yesterday, adding another dimension to it. You cannot see in darkness, and you cannot make light. You can make darkness and then think you see in it, but light reflects life, and is therefore an aspect of creation. Creation and darkness cannot coexist, but light and life must go together, being but different aspects of creation.

In order to see, you must recognize that light is within, not without. You do not see outside yourself, nor is the equipment for seeing outside you. An essential part of this equipment is the light that makes seeing possible. It is with you always, making vision possible in every circumstance.

Today we are going to attempt to reach that light. For this purpose, we will use a form of exercise which has been suggested before, and which we will utilize increasingly. It is a particularly difficult form for the undisciplined mind, and represents a major goal of mind training. It requires precisely what the untrained mind lacks. Yet this training must be accomplished if you are to see.

Have at least three practice periods today, each lasting three to five minutes. A longer time is highly recommended, but only if you find the time slipping by with little or no sense of strain. The form of practice we will use today is the most natural and easy one in the world for the trained mind, just as it seems to be the most unnatural and difficult for the untrained mind.

Your mind is no longer wholly untrained. You are quite ready to learn the form of exercise we will use today, but you may find that you will encounter strong resistance. The reason is very simple. While you practice in this way, you leave behind everything that you now believe, and all the thoughts that you have made up. Properly speaking, this is the release from hell. Yet perceived through the ego's eyes, it is loss of identity and a descent into hell.

If you can stand aside from the ego by ever so little, you will have no difficulty in recognizing that its opposition and its fears are meaningless. You might find it helpful to remind yourself, from time to time, that to reach light is to escape from darkness, whatever you may believe to the contrary. God is the light in which you see. You are attempting to reach Him.

Begin the practice period by repeating today's idea with your eyes open, and close them slowly, repeating the idea several times more. Then try to sink into your mind, letting go every kind of interference and intrusion by quietly sinking past them. Your mind cannot be

stopped in this unless you choose to stop it. It is merely taking its natural course. Try to observe your passing thoughts without involvement, and slip quietly by them.

While no particular approach is advocated for this form of exercise, what is needful is a sense of the importance of what you are doing; its inestimable value to you, and an awareness that you are attempting something very holy. Salvation is your happiest accomplishment. It is also the only one that has any meaning, because it is the only one that has any real use to you at all.

If resistance rises in any form, pause long enough to repeat today's idea, keeping your eyes closed unless you are aware of fear. In that case, you will probably find it more reassuring to open your eyes briefly. Try, however, to return to the exercises with eyes closed as soon as possible.

If you are doing the exercises correctly, you should experience some sense of relaxation, and even a feeling that you are approaching, if not actually entering into light. Try to think of light, formless and without limit, as you pass by the thoughts of this world. And do not forget that they cannot hold you to the world unless you give them the power to do so.

Throughout the day repeat the idea often, with eyes open or closed as seems better to you at the time. But do not forget. Above all, be determined not to forget today.

### **Commentary by Allen Watson**

The first paragraph presents a rather amazing picture of what this world we see is. It says we made darkness, and then we thought we could see in it. What we call "seeing," then, is simply imagining that we can see in darkness. "In order to see, you must recognize that light is within, not without. You do not see outside yourself, nor is the equipment for seeing outside you". What we call light is not true light. Light is not outside of us; it is within us. It is not physical, it is spiritual. And we do not see truly with external eyes but with inner vision.

The light for true seeing is within us, and the goal of today's lesson is to reach that light. Once again the Workbook takes us into an experiential exercise of meditation. This kind of meditation, and the experience it seeks to produce, is clearly a major component of Course practice. The emphasis placed on it is nothing short of amazing.

We are told that it is a form of exercise that "we will utilize increasingly". It "represents a major goal of mind training". Longer times are "highly recommended". We are urged to persist despite "strong resistance". It represents a "release from hell". We are reminded of "the importance of what you are doing; its inestimable value to you", and that "you are attempting something very holy". The lesson closes with these words: "But do not forget. Above all, be determined not to forget today". There is no mistaking the awareness that Jesus, as the author, considers this kind of meditation practice exceptionally important.

Why is that? There are a few indications within the lesson. In the third paragraph, the lesson notes that this kind of practice-sitting quietly, sinking inward, slipping by our thoughts without being involved in them-"is a particularly difficult form for the undisciplined mind". It is difficult because it "requires precisely what the untrained mind lacks". It is the very difficulty that proves our need of it, just as getting out of breath when you jog for fifty yards proves that you need aerobic exercise. "This training must be accomplished if you are to see". In other words, meditation practice is a requirement for developing inner vision. How can we see with inner vision if we do not know how to find the inner light?

These are training exercises. We will find it difficult at first. We will encounter resistance. The exercise is clearly labeled an "attempt" at reaching the light, indicating an understanding that we may not do so all at once, any more than we will run a marathon the first few times we begin jogging. It is a goal of our mind training to reach the light, and we will likely not reach the goal right away, although it is "the most natural and easy [form of practice] for the trained mind". We are in the process of acquiring the training that will make reaching the light seem easy and natural, but it is not that way now because our minds are still undisciplined.

We are "no longer wholly untrained". If we have been following the instructions we have had forty-three days of practice leading up to this day. Still, we may "encounter strong resistance". To the ego what we are doing seems like "loss of identity and a descent into hell". But we are attempting to reach God, Who is the light in which we can see; that is not a loss. It is escape from darkness.

When we begin to build up a history of experiences with the light, of feeling relaxation, sensing our approach to it, and even being aware of entering into it, we will know what the Course is talking about. And we will crave more. There is nothing like the experience. These holy instants are foretastes of Heaven, glimpses of reality. They will motivate us in our journey like nothing else. There is a sense of reality so real that what seemed real before pales into insubstantial shadows by comparison. When we have entered the light we will recognize that we have been in darkness, thinking it was light. That is what gives these experiences their "inestimable value." ###

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**(Course in Miracles)**  
**by Allen Watson**

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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.

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