

Cultivate Life!

MAGAZINE

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Cultivate Life! magazine

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Affirmation for Fearless Living:

Pain goes away when the lesson is learned.

—*Guy Finley*

The Complicated Human Existence by Frank DeMarco

. . . we are confronted, at every new stage in the differentiation of consciousness to which civilization attains, with the task of finding a new interpretation appropriate to this stage, in order to connect the life of the past that still exists in us with the life of the present, which threatens to slip away from it.

—C.G. Jung, *The Archetypes And The Collective Unconscious*, p. 157

And of course the inner processes are very patient. The puzzle of humanness is apparently not meant to be a simple affair to be easily mastered. Whatever deals with human lives is naturally patient.

—Wilson van Dusen, *The Natural Depth in Man*

A human being is very complicated. It is a temporary collaboration of many forms of energy, all of which have to work together more or less harmoniously. You shouldn't be surprised when something goes wrong. You should be surprised and grateful that so much goes and remains so right, so long, with so little attention needed from the person-group for whom the work is done.

You are a part of nature, remember. Your body is of the earth—that is, it exists subject to physical laws. It exists only because of the interplay of vast physical forces usually unnoticed. This is not merely a matter of genetics or food and drink and exercise, or a balance of rest and activity. It is not even as simple as proper interplay of electrical and chemical signaling systems, though these are essential. It is not at all the automatically functioning mechanism you experience it to be, any more than Star Trek's Enterprise is an automatically functioning mechanism. The control systems, the active monitoring intelligences, function behind the scenes or below decks, or however you want to put it. But the active, functioning, unresting intelligences that run your bodies are of a different order of being than the person mind recognizes, so it all happens "auto-magically."

The intelligences that coordinate activity to run your bodies are of a different order, because they are shaped for a different order of task. They don't watch Star Trek with you; they monitor the glucose level moment by moment, instead, or they regulate adrenaline, or seek out unwanted presences in your bloodstream and seek to destroy them. At this level your body is run by intelligences very similar to the level of mind that enables a tree root to seek minerals or go around a rock.

So when you do your healing work, on yourselves or on others, this is a layer of intelligence that must be accessed, but obviously you and it do not have a common language. You do not in fact inhabit the same mental world, if you will forgive us describing the intelligence that processes blood sugars as having a mental world. We know that sounds strange to you, but how else would you put it?

At the other end of the scale of cooperating intelligences are minds more like what you are accustomed to, but functioning in a different way because in a different environment and on a different scale. Us, in fact. We see wider, longer, we have vastly more foresight, better perspective, uninterrupted consciousness, if of lower intensity.

And in the middle, still several layers. You as person-mind, living in the moment, coordinating or at any rate surviving the interplay of various strand-minds that are of the complexity to have previously been person-minds themselves. But also you as ultimate coordinator of hidden and uncomprehended forces, more abstract than tangible, in a way. Chakra energies. The organs. Groupings or conceptions you use in addressing your body's intelligences—talking to a shoulder, for instance, finding the underlying cause of a trauma. These concepts you use work, but they are only epicycles. And there are all your innumerable past selves of this lifetime—you 10 years ago, you on March 12, 1956, etc. (Yes, yes; many of you weren't even alive in 1956; it's just an example.) All this needs to be sorted out into various levels of mind, each with its own characteristics.

It's too much to expect to sketch in all the detail at once. The crucial point was, and is, that the human body-mind is a vast intersection of many types of energy, each of which has its own characteristic intelligence, its characteristic qualities and the defects of those qualities. Nothing is dead, or mentally dead, not your fingernails, not your red corpuscles. But you must not expect your red corpuscles to read Milton or do algebra or understand speech or the concept of people. What it does, it does well, and it can only do it well by being designed for it—which means being designed to be unable to do things of a nature different from its own. The same may be said of anything, from the simplest kind of mind to the most complex.

Remember this. Just as you came to realize that everything in the world is alive, realize that everything partakes in some form of intelligence characteristic to it. A rock's intelligence will not resemble yours any more than its life is even recognizable to you. Nonetheless, if you think any corner of physical creation is without life and without intelligence, you are thinking there is some absolute separation in reality, and there is not. Is not. How could there be? ###

The above excerpt from, *The Cosmic Internet: Explanations from the Other Side* by Frank Demarco courtesy [Rainbow Ridge Books](#).

[Click here](#) to purchase your copy.

For a stand-alone PDF or ePub download of this article go to: <http://bit.ly/gi2qOI>

Frank DeMarco holds an M.A. in History from the University of Iowa and a B.A. in History from George Washington University.

His work as co-founder and (for 15 years) chief editor of Hampton Roads Publishing Company brought him into close association with many brilliant and insightful minds,

including psychics, remote viewers, channelers and mystics, and showed him the human side of extraordinary abilities.

In 1992, his psychic abilities opened up at a Gateway Voyage at The Monroe Institute in central Virginia. Since then he has been engaged in first-hand exploration of the nature and limits of all things psychic, especially including such areas as healing and guidance, direct access to knowledge, communication with past lives, and the integration of the spiritual dimension into everyday life.

His autobiographical work *Muddy Tracks: Exploring an Unsuspected Reality* describes the first stages of his discovery of the key to expanded awareness, and offers pointers for those just beginning their quest. In his weblog, hologrambooks.com/hologrambooksblog, he shares the journey and the results of continuing explorations. His blog, "I of my own knowledge..." investigates what individuals can know first-hand about the purpose and conduct of life.

The Cosmic Internet

Explanations from the Other Side

Frank DeMarco

If you could communicate directly with the non-physical side of life, what would you ask? Wouldn't you want to know the meaning of our physical lives? Wouldn't you want to know if in fact after our physical lives are concluded, we continue to exist in some way? The Cosmic Internet is the record of just such conversations with non-physical beings. These conversations, as the author makes clear, are not the result of a special gift, but are the sort of communication available to anyone willing to make the effort. In the tradition of Jane Roberts (Seth) and others, this book poses significant questions about the nature of our lives, and produces valuable new insights into the purpose of life and how the universe works.

"Clear and fascinating, and extremely important. Connecting to the cosmic Internet is connecting to a deeper or higher reality, and through that reality to the cosmos. This book is a manual for doing just that." — Ervin Laszlo, author of *Science and the Akashic Field: An Integral Theory of Everything*.

"*The Cosmic Internet* is a book filled with provocative insights, great intelligence, warm humor, and above all, the passionate quest for truth . . . it stands as an eloquent testimony to the author's courage in publicly grappling with the central questions of human existence: Who and what am I? What is my life purpose? What is 'reality'?" — Joseph M. Felser, Ph.D, author of *The Way Back to Paradise: Restoring the Balance between Magic and Reason*.

[Click here](#) to purchase your copy.

Act On What You Know Is True **by Guy Finley**

Truthful principles can only act as agents of change for us when we choose to enact them. Their capacity to restore self-command, grant us a mind at peace, or deliver us from fearful dark states is only as great as our willingness to call upon their powers. That's why we must do the personal work it takes to put higher principles into practice. Napoleon Hill, one of the early great pioneers of personal development, asserts: "We can become complete masters of ourselves, if we so desire. The main thought to hold in mind is first to gain the knowledge, and secondly to act upon it." And then act upon it! Wisdom is the seed of freedom, but only in action do we see it flower.

Study the special lessons that follow closely. Welcome their insight by allowing the wisdom they contain to remind you of their corresponding part in your own consciousness. Little by little, but surely as the acorn becomes the oak, you will know and grow into their power. New courage will flow into all of your actions, and the change will be unmistakable. Instead of reliving old reactions that take you nowhere, your path will become one of ceaseless transformation. And the fuel that drives this upward spiral of self-renewal is simple. You are learning to act on what you know is true about negative states, instead of allowing them to tell you what is true about *you*.

1. Understand that any lingering sense of discontent belongs to an inconsolable level of self *that believes it can escape its pain by reliving it*. Giving yourself over to this kind of unconscious suffering is like falling off a boat at sea and hoping that a great white shark will save you if you promise to feed it a small sardine. You *know* what happens next! Now, have the courage to *act on this knowledge*:

Refuse to ever again hand yourself over to a nature that loves to complain about its circumstances, even as it does nothing to change them. Your reward: Being released from the false belief that dark thoughts or feelings have any power to improve your life.

2. Understand that there are parts of you that always want to take the easy way—to do things half-way, to avoid unnecessary challenges, to coast whenever possible and pedal only as needed. Now have the courage to *act on this knowledge*: Deliberately choose to take the more difficult path, and finish whatever you start. Walk into what you'd rather walk away from, and persist with what you know is true for you until all resistance to your new actions proves itself a lie. Your reward: Discovering that on the other side of the resistance is the flow that always takes you, effortlessly, beyond yourself.

3. Understand that being anxious—rushing to or through things—does nothing but drive you nowhere faster! When you find you're in a mad rush, remember that what you're really trying to get to is a quiet mind—that peaceable state of your original Self reached only through this realization: There's no place more empowering for you to be than in the present moment. Now have the courage to *act on this knowledge*: Deliberately slow down your life.

Dare to stand directly in the stream of your own rushing thoughts and feelings—instead of allowing them to carry you away. Your reward: The deeply refreshing realization of what it means to be “washed clean” of anxious states.

4. Understand—in spite of the highly polished performances to make you believe otherwise—that everyone you meet suffers in much the same way as you do. No one wants others to know the weight of their unspoken pain. And yet, all are burdened with broken dreams, shattered hearts, and whatever other sorrow walks with them through their day.

Now have the courage to *act on this knowledge*: Refuse to ever again add to the pain of another, even a small measure of your own. Whatever suffering you agree to shoulder in this way not only helps to lighten the load of those in need, but also serves to awaken within you the strength you need to be a real “friend in deed.” Your reward: The birth of a whole new kind of compassion that not only flowers when faced with the weakness of others, but whose fragrance helps heal all those who are touched by it. Always remember:

Your original Self cannot help but act from what is right, bright, and true any more than the sun has to remember to shine each day. ###

(Excerpted from *The Courage to Be Free*, Weiser Books, 2010)

About Guy Finley

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

Guy is the acclaimed author of [*The Secret of Letting Go*](#) and more than 37 other books and audio programs that have sold over a million copies in 16 languages worldwide. For more information about Guy Finley and his life-changing work, visit www.guyfinley.org.

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~ 5 Free Life-Changing Downloads ~

by Guy Finley

Brighten your relationships, free yourself from stress and worries, and discover the fearless life you've always wanted! Sign up below to receive these free downloads from best-selling author Guy Finley.

Go to <http://bit.ly/dLmvkD>

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~ *The Secret of Being Unstoppable* ~

by Guy Finley

If you are one of the rare few who are NOT content with "life as usual," and you long to better yourself, your loved ones, and the world at large, then this message was meant just for you.

The *secret of being unstoppable* is only revealed to human beings who long to go beyond who they have been...it is reserved for those rare individuals who are weary of limitation, and who instinctively know — deep down inside their heart — that they were meant for an ever-expanding life filled with Peace, Love, Mystery, Success, and Freedom.

Over 14 hours of breakthrough material.

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

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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>

Why Does It Take So Long to Make Progress? **by Chuck Gallozzi**

Part of the spirit of human nature is a desire to make progress, or positive change. We all want to improve some area of our life. Perhaps we want to improve our finances, relationships, health, or education. We may want to control our emotions, develop self-discipline, or grow more tolerant. But why is progress so slow?

Part of the reason lies in not asking the above question. Rather than ask ourselves what's holding us back, we shrug our shoulders and sigh, "Well, I guess that's what is meant to be." However, what happens to us is not the result of what is meant to be, but the result of the actions we take or fail to carry out. So, if we find ourselves in less than satisfactory circumstances, let's start by considering the major roadblocks to our success. And once we have identified them, let's ask ourselves how we can overcome those hurdles. Finally, after arriving at a solution, let's act on it.

Thus, a simple 3-Step Plan can launch us on our way:

1. Identify what is holding us back.
2. Figure out what steps we need to take to overcome the obstacle.
3. Take action! Implement our plan.

Major Roadblocks that Slow Our Progress

1. Living by default instead of by design. That is, rather than plan our actions, we usually just automatically respond to whatever happens to us at the moment. And when we act automatically, we just continue doing what we have always been doing, which is the definition of NOT making progress. The solution is to stay alert, vigilant, and **think** before we act. Before acting, ask yourself if what you are about to do will improve your life, keep it the same, or make it worse.

2. Making excuses instead of making plans. Success is not a matter of luck that happens to us. Rather, it is created by us because of the actions we take. When we accept responsibility for our actions, we empower ourselves, but when we deny our shortcomings and rationalize our poor behaviour, we condemn ourselves to mediocrity or failure. For as Shirley Chisholm wrote, "You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas."

3. We listen to our Inner Child instead of our Inner Adult. We constantly hear two voices within us. One suggests how we can improve our lives. This is the voice of our True Self, Inner Adult, or Inner Wisdom. Unfortunately, the inspiring words of our Inner Adult are often drowned out by our Inner Child, which is the stored memory of our childhood. Our Inner Child is a Fraidy Cat or scaredy-cat. It is afraid to try anything new or to step out of its comfort zone. When you act without thinking, you usually turn over control of your life to your Inner Child. To succeed in life, we need to listen to our Inner Adult and act courageously.

4. Fear of being wrong. As children, we were afraid of making mistakes, being criticized, denied affection, appearing stupid, breaking the rules, or being punished. For when we were ‘wrong,’ we were made fun of, humiliated, or scolded. Unless we remain vigilant, these childhood fears will carry over and direct our present action. Remind yourself that you are no longer a child and resolve to act courageously.

5. Fear of our own inner power. We all know we have vast inner power. We know this by observing the great deeds of others. For we share the same human nature. If others are capable of greatness, so are we. But we are afraid to use our power. Maryanne Williamson explains:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and famous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Why are we so afraid? Here are some reasons:

- a) If we acknowledge our power we have to accept responsibility and can no longer make excuses or blame others for our failure.
- b) We may be afraid of working hard and prefer to loaf.
- c) We may be afraid people will expect too much from us or take advantage of us.
- d) Friends may become jealous of our success and abandon us.

6. Lack of self-reliance. In childhood we learned that we could not take care of ourselves. We relied on mom and dad to provide us with food, shelter, and safety. They told us what we had to do, when we had to go to school or see the doctor, when to go to bed, when to go out and play, and when to study. As a child we came to believe we could not look after ourselves and we had to rely on others. If we do not remain careful, remnants of those early beliefs will remain, and as adults we will continue to search for help outside of ourselves instead of relying on our inner resources.

7. Chasing after what we *want* rather than what we *need*. For example, satisfying our craving for sweets instead of our need for nutritious food is self-defeating and will sabotage our plans for good health.

8. Making wrong choices. For instance, students partying instead of studying, young working men purchasing expensive sports cars instead of saving for the future, and families spending more than they earn and going heavily into debt. Wrong choices weaken our stance and make us ill-equipped to handle future emergencies.

9. Allowing our past to rule our present. Tom's parents divorced when he was just three years old and his single mom had to work two jobs just to survive. Tom received very little guidance from his mother because she was away working most of the time. Today, Tom is confused and not very successful. "I can't help it," he says, "I never received proper guidance, so I'm all screwed up and don't know how to succeed." Tom is allowing his past to rule his present. It's true that we cannot change our past, *but we can change how we perceive it*. Instead of focusing on the lack of guidance he received from his mother, for example, Tom could have focussed on his mother's self-reliance. Even though Tom's father wasn't paying child support, his mother worked hard enough to raise him. He could learn a lot from his mother's devotion, dedication, and perseverance. Instead of interpreting his past as depressing and discouraging, he could have found it inspirational by learning from his mother that we can survive even in very tough situations. Besides, Tom is no longer a child. What's to stop him now from going to the library or bookstore to get the guidance he didn't receive in his youth? If he were to do so, he would be receiving guidance from the top experts, giving him the edge over most of his peers.

10. The wrong mindset. It is surprising that many people continue to believe that their suffering is caused by external events, failing to realize that it is their attitude that is the cause of their problems. More than 1,800 years ago Epictetus taught "Men are disturbed not by things but by the views which they take of them." Similarly, around the same time, Marcus Aurelius taught, "If you are pained by external things, it is not they that disturb you, but your own judgment of them. And it is in your power to wipe out that judgment now." Instead of bemoaning your present problems, why not rejoice, which you can do simply by adopting the attitude, or mindset, that *no matter what happens to me, I'm going to benefit from it one way or another*.

11. Postponing future success for immediate gratification. It's silly to deny ourselves the exhilaration, satisfaction, and pride of lasting success for temporary pleasure. But our brains are programed to favor pleasure over the 'pain' of making an effort to succeed. That's why procrastination is rampant. But procrastination is the postponement of life. That doesn't make sense does it? Despite our programing, we can override it by making conscious decisions to make the effort to succeed. After all, the rewards of success far outweigh the 'rewards' of partying, TV, playing games, and other diversions.

12. Not willing to pay the price. We don't seem to mind paying for the tickets of sports events, concerts, and the theater, so why do we resist paying the price for success? We cannot succeed unless we first recognize that anything worthwhile has a price. So before you begin any endeavor, cheerfully promise yourself that you are willing to pay the

price for success. If you're not willing to put in the time and effort, you're just wasting time dreaming about success or making halfhearted attempts.

13. Avoiding problems. Problems aren't the problem, but avoiding them is. Why don't we already have the degree of success we want? Because there are problems, obstacles, and hurdles blocking the way. Isn't it obvious we have to solve the problems before we can succeed?

14. Lack of resilience. The path to success is not smooth. There are bumps in the road. We are bound to stumble, trip, and, perhaps, fall. Successful men and women are resilient. They know how to get up after each fall and how to maintain a positive attitude, regardless of the difficulty. If you could use more help in developing resiliency, I heartily recommend this book: [The Resilience Factor, 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles.](#)

Doubtlessly, you understand the importance of progress, for it is what narrows the gap between where we are and where we want to be. But we mustn't mistake aimless action for progress, for as Alfred A. Montapert wrote, "Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress."

Another reason for the importance of progress is that we are either progressing or regressing. There is no standing still in life. Charles Caleb Colton explains: "He that is good, will infallibly become better, and he that is bad, will as certainly become worse; for vice, virtue and time are three things that never stand still." ###

About Chuck Gallozzi

Chuck Gallozzi lived in Japan for 15 years, immersing himself in the wisdom of the Far East. 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, and seminar leader. 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**

End confusion about the nature of happiness and discover how to lead a life of boundless joy!

Happiness is the natural state of infants. But, as they are raised in a cynical world, they grow into children, adolescents, and adults who become jaded. They grow to believe happiness is no more than an elusive dream. Yet, this need not remain so, for we can reclaim our natural state of happiness.

This practical guidebook teaches you how you have been misled, the mistakes you are making, and how to once again experience the adventure and joy of life. This clearly written roadmap will lead you to your birthright of happiness.

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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.

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

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

The Greatest Gift **by Beca Lewis**

When our family gets together we often play a card game called Sixty-Five. It's something we can all do together because it is easy, fun, and all ages can play.

This is a game in which each time a new hand is dealt there is a different wild card, which means you have to remember which number it is each time you look at your hand. Often someone will throw the wild card away saying, "It doesn't fit."

I used to run along a highway. Cars usually moved a bit to the side as they passed me, and I was always grateful for the courtesy that showed. One day two cars zipped down the highway one right after the other; neither moved to the side. The draft of the wind after they passed blew my hat off.

My first reaction was irritation. My second was one of awareness. From experience I know that two cars, going fast, one right after another, will cause a wind tunnel. I should have held onto my hat.

We decided that it was time to buy a couch for the family room.

After some searching we found the perfect couch, but it was backward from what we wanted. We explained to the salesman that we wanted the arms on the couch and lounge the opposite way that was being displayed in the showroom. After much drawing and explaining to him, the salesman wrote down which version of the couch we wanted and ordered the proper orientation.

We were excited when the couch arrived, until it was set up in the room, because it was the same orientation that was in the showroom. Obviously all the drawing and explaining didn't get across what we wanted. The delivery crew left the couch as a loaner so we could reorder the right orientation.

My first reaction, again, was a feeling of irritation until we looked again. We realized that the orientation of the couch that was delivered worked better than the one we had worked so hard to buy. All the other pieces of the room came together because the wrong couch was delivered.

Because we were willing to re-look at the situation, it turned out to be better than the one we had tried so hard to make happen.

This is why intention is so important.

If our intention had been to be right, and make the salesman wrong, we would still be waiting to be comfortable in our family room. But, our intention was to make an open

inviting space where everyone would feel welcome and comfortable. This intention allowed the filter of our current way of seeing things to widen, letting in more information, and allowing us to see that we already had the perfect couch.

In the card game, if the intention is to have all the cards in order, then it is easy to throw down the card that could win the hand. If the intention is to win the game, we will hold on to what is needed to accomplish this.

It was the intention of the drivers of the car to get somewhere, which may mean they never even saw me. If it was my intention to make them wrong for their intention, I would have only made myself miserable since they were long gone. Instead, my intention was to enjoy my run and to learn to keep my hat on my head.

When giving gifts it is wise to examine intentions before buying.

Is the intention to spend a lot of money? Is the intention to give the most expensive present? Is the intention to be original? Is the intention to let others know they are loved?

Deciding our intention first we can avoid being swept up into the worldview that spending money equates with satisfaction and love.

The same thing applies when receiving a gift. We often throw away a gift because it appears to not fit, or we haven't seen it for what it truly is.

We must be willing to look again. Not with the same personal or worldview that set up the situation, but with an open hearted willingness to know that a gift just might look different that we expected, and that in itself can be the greatest gift of all. ###

About Beca Lewis

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

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

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

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

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

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Stations of Stillness **by Steve Wickham**

Thus says the LORD to you: 'Do not fear or be dismayed at this great multitude; for the battle is not yours but God's'.

~2 *Chronicles 20:15b* (NRSV).

Each day we pass them; the stations of stillness.

Whether we comply with their helping demands is the question.

Stillness is not some Treasure Island experience; it's here, amongst us, every moment of every day, even in the hustle and bustle.

Stillness is an inside job - to decide for it.

If we're given to stress, then we need stillness - the countermeasure. Why, therefore, do we not obey our own compelling needs?

PHYSICAL STATIONS

Being Australian, I decided to overlay the stations of the Southern Cross over my city, as a means of marking my own sacred ground in the name of the Lord.

These positions were chosen to form a set of sanctuaries - my 'stations of the cross' - for which to regularly visit for God-revealing Sabbath rest.

These stations, where I can choose to be still, are mine and mine alone. Nobody in the whole world will have chosen these stations at the times in which I will occupy them.

This is the freedom that God gives all of us; to choose our own flavour of stillness by location in this physical world.

These physical stations are a reminder of the battle won by the Lord - to give us these places.

METAPHYSICAL STATIONS

From the physical to the not-so-physical, we come. This is even more private, and more unique, to us. Theoretical stillness is designed in the mind's eye as God reveals it to us.

This sort of stillness is an invention test for us. God gives us the divine mind - again, if we choose for it - and the tools of innovation; then it's up to us.

This can seem awkward and abstract, but only as we limit ourselves to a knowledge apart from ourselves. In other words, confusion reigns only when we're least in touch with what our truer self actually needs.

God has graced us, mostly, with minds able to align with divine purpose; in this case, stillness.

SPIRITUAL STATIONS

These stations are stations of the mind and heart.

They are both, separately, manifest by either choice or by the status of our prevailing equilibrium - that is, the level of faith, hope and love that's present within our monetary personas.

A spiritual station of stillness is the quieted soul, anywhere. Here we have the ability to feel still disregarding the physical place or situational circumstance we find ourselves in.

* * *

The relevance of the 2 Chronicles passage, abovementioned, is that stillness is possible even in battle, as we trust God *within* trauma. Whether by physical, metaphysical or spiritual circumstance, we have a station of stillness to ward away the fear of battle, and the impending din of distress, so we'll actually achieve soul stillness. ###

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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The Secret of Good Health **by Roseanna Leaton**

Can you remember your mother saying to you as a child "Early to bed and early to rise makes a man healthy and wealthy and wise"? Or perhaps somebody may have suggested that if you ate all of your "greens" you would grow up to be big and strong? These "old fashioned" sayings are clearly based on fact. To get a sufficient amount of sleep is important for good health, and to sleep when the sun has set as opposed to when the sun is high in the sky suits most people's physiology best. There is also abundant evidence to prove the importance of nutritious green vegetables in our diet.

We are proffered endless dietary and lifestyle tips, each aimed at promoting a state of good health. Few of us however are aware of how our thoughts and attitudes impact upon our physical health. We tend to think of our minds and bodies as completely separate parts of our reality, and yet this could not be further from the truth. Every single thought you have starts off a chain reaction within your body. Each thought creates an emotion, a feeling, and this in turn triggers a chemical reaction within our body. And so each thought has the capacity to trigger neuro-transmitters and hormones which send messages to every cell in your body.

Michael Bernard Beckwith has been quoted as saying :- "The question frequently asked is "when a person has manifested a disease in the body, can it be turned around through the power of right thinking?" and the answer is absolutely, yes". This implies that not only can your thoughts help promote a constant state of good health, but your thoughts can also promote healing within your body. Many people who have experienced serious illnesses, such as cancer, have learned the power of visualization and positive thought in fighting and mastering disease.

All of your thoughts have energy, which vibrates at a particular frequency. Positive emotions vibrate in a positive manner and have a relaxing, soothing and healing effect upon our physiology. Negative emotions have the opposite effect and research has shown the part they play in the promotion of illness and disease. According to the principles of vibration, all you need to do is to emit the emotion that is opposite to the negative emotion which you don't want to experience, and one vibration will negate the other. Thus the negative emotion disappears and soothing emotions can be experienced instead and these will be a salve to your physiology. In this way you are providing your body with the emotional environment which allows self-healing to take place.

Research using brain imaging techniques has shown that your brain does not know the difference between something that's real and something that's vividly imagined - this is fact. Research has also shown that you can use your imagination creatively to release endorphins which give a feeling of well being whenever you want to. Once again, the effect is to provide your body with the environment in which self healing is actively promoted. Your mind can be used to boost your immune system, to produce an

endorphin release and to maintain a state of good health in general. It is truly amazing how powerful your mind is, once you learn to direct and focus upon good health and well being.

The key which opens the door to your mind and this type of self-healing is hypnosis. Hypnosis is a state of relaxation, and it also allows your creative mind to come to the fore. Hypnosis allows mental thoughts and images to have greater clarity and focus, and it allows feelings such as self-confidence, well-being and harmony to be more easily evoked. These emotions in turn promote self healing and good health. You don't even have to visit a hypnotherapist in person to set this ball rolling. You can get a self hypnosis download instantly in your own home and try it for yourself.

As you learn to focus on images of good health and wellbeing this is what you will be attracting into your reality. You can use hypnosis downloads to help re-train your brain to focus on good health and well being and feel fantastic in every way. This really is the top tip for the promotion of good health. ###

Roseanna Leaton, specialist in hypnosis downloads for health, balance and well-being. With a degree in psychology and qualifications in hypnotherapy, NLP and sports psychology, Roseanna Leaton is one of the leading practitioners of self-improvement. Grab a [free hypnosis mp3](#) from <http://www.RoseannaLeaton.com> and peruse her extensive library of [hypnotherapy health downloads](#) for well-being

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Natural Home Remedies, Asthma **by Dr Maria**

Causes of Symptoms: Asthma is a disorder of the respiratory system characterized by severe paroxysms of difficult breathing. The onset of an attack is sudden, though the patient starts feeling uneasy, drowsy and irritable a little before the difficulty of breathing starts. Respiration becomes difficult and the breath comes with a wheezing and sometimes whistling sound. The general belief is that asthma is a chronic disease and that once gotten continues to dog its victim till the day he dies.

In fact, asthma is caused by excess of phlegm and the inability of the body to expel it. If the patient gives up foods which tend to increase the phlegm, e.g., rice, flour passed through a sieve, sugar, lentils, milk and curds, he can find relief. He should be put on foods, which discourages phlegm, such as green vegetables, fruits, and the like. That would tend to reduce the amount of phlegm present in the body and the disease will leave him. Unfortunately, under the false impression that asthma being a weakening diseases, the patients are fed on high protein diets like meat, fish, milk and milk products and fats and that makes their condition worse.

Treatment: An asthma patient must select foods, which help contain the amount of phlegm in the body. For breakfast he should take food like orange, tomato, papaya, guava, mango and rose apple and vegetables like carrots. His dinner and lunch should consist of boiled vegetables. His bath is recommended in the morning and evening to perk up his digestive powers. Taking a walk is also recommended, if jogging is beyond the capacity of the patient.

Asthma, particularly when its attack is severe, tends to destroy the appetite of the patient. He should not be forced to eat. He should keep fasting till the attack is over. The only thing he should take is a cup of warm water every two hours. An enema taken at that time would be doubly beneficial. If this regimen is followed, the attack will not last for more than 36 hours and its virulence in case of a recurrence would be very much less.

An asthma patient should regularly fast one a week and takes an enema the morning after the fast to clear his bowels. If he is unable to fast regularly, he must not hesitate to stop eating the moment the attack comes. A fortnight after the treatment has been started the patient can take cow's unboiled milk or curd with a breakfast of fruit. The sufferers from this disease should be extremely careful in his eating habits. He must never overeat. The amount of food taken at one time should be so measured that he must feel extremely hungry at the time of the next meal. A salt-free diet would be the best.

At the onset of the attack, soaking of the feet in the warm water can relieve the agony to a large extent. A chest pack can also help, even though on application it may seem to aggravate the attack. The pack applied in the afternoon and immediately before sleep

would do wonders. The main aim of natural treatment of asthma should be to augment the vital force of the body with the help of proper diet and a natural living in which clean water and sunshine play an important part.

The above regimen is helpful in dealing with tonsillitis also. ###

[Natural Home Remedies and Herbal Treatments](#)

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Happiness: Has it Become a Science or is it a Question of Luck? **by Gabriella Kortsch, Ph.D.**

Are we born more prone to be happy or sad? Is it a question of genes? Does our environment make a difference? Our socio-economic status, the level of our intelligence, our emotional satisfaction, or the state of our physical health? Or could it be that we can decide how happy or unhappy we are?

Happiness and Our Bodies

According to recent psychological research, people who show the highest results in tests of happiness, optimism and contentment

- Develop about 50% more anti-bodies than average when subjected to flu vaccines
- Have a reduced risk of cardio-vascular disease
- Show a lower index of pulmonary disease
- Show a lower incidence of diabetes
- Have less hypertension than individuals who are less content
- And as indicated in a 2004 study carried out in Holland, further reduced their risk of death by 50% over a period of nine years

Clearly, the neurochemistry of happiness, in other words, how the brain looks and reacts if you are happy, has a great deal to say about your physical health and even the length of your life.

Plasticity of the Brain & Adult Neurogenesis

Neuroscientists have found that the brain is highly plastic, meaning that depending on the type of experiences it undergoes, it is capable of rewiring itself. Depending on an individual's activities – both physical and intellectual - the brain can grow new connections or dendrites between cells – and has recently been proven to be capable of adult neurogenesis, or new cell growth after adulthood, contrary to *all prior research* – and thus to become more active, even in old age. Even negative experiences can be beneficial, according to Richard Davidson from the University of Wisconsin's [Laboratory for Affective Neuroscience](#). Therefore, not only can the brain reach higher levels of happiness, but – as Davidson published in 2004 - it can deliberately induce a state of happiness.

Are Depression and Happiness Emotional States Beyond Our Control?

Most people believe that depression and happiness are emotional states beyond their control. Breakthrough data – happily - shows otherwise.

The New York Times and Time Magazine have been publishing fascinating research on what is being called the new science of happiness. The American Psychological Association has been receiving and bestowing grants in order to study the elusive mystery of what does and does not make people satisfied with life.

What Makes Us Happy?

So let's cut to the chase: what exactly makes us happy according to the latest research?

Wealth? Once our basic needs are met, additional income does little to raise one's sense of satisfaction with life.

Good Education or High IQ? Much as they are assets to have in a lifetime, neither does much to raise one's sense of satisfaction with life either.

Youth? Not this one either. In actual fact, research indicates that older people are more typically satisfied with their lives than the young, and the young have been found to be sad more frequently than the older populations.

How About Marriage? Here research indicates that by and large married individuals are generally happier than singles, but this may be caused by the fact that they were happier to begin with.

Sunshine? Further studies show us that this also is *not* what makes us happy.

How About Religious Faith or Spirituality? In this case research demonstrates that religious faith or spirituality truly does appear to lift our spirits, although it is not conclusive whether this is due to the spiritual part or the community part that spiritual and religious practice imply.

What About Friends? A 2002 study clearly indicates that friends belong to the strongest contributing factors to happiness. Thus it becomes clear that close connections to friends, family and community, as well as a desire to spending quality time with them, highly influences an individual's state of happiness. More recently, in October 2006, [Daniel Goleman's article in the New York Times addresses the biology of emotional healing](#). He refers to "emotional contagion, the tendency of one person to catch the feelings of another, particularly if strongly expressed" and the possibility that this further explains why family and friends contribute to our happiness and not only emotional, but also physical well-being.

Most Important Components of Happiness

Martin Seligman, author of [Authentic Happiness](#), has demonstrated through his research that there are three components of happiness:

- Pleasure: what makes me feel good.
- Engagement: how deeply I am involved with my family, work, romance and hobbies.
- Meaning: using my personal strengths to serve some greater purpose.

How Can We Become Happier?

One of the most compelling issues in happiness research is how much our happiness is under our own control. Do we influence it, is it due to genetics, or is it pure luck? Specifically, what can we do to become happier?

- Keeping a Gratitude Journal. Amazingly, the most important component to maintaining and/or raising our level of happiness is accomplished by keeping a gratitude journal. By writing down - on a daily basis - five things we are grateful for (the blue sky, the fresh smell of a baby's skin, a delicious cup of latte, having beautiful eyes, being capable of thinking on one's feet, etc.), physical health is improved, energy levels are raised, even pain and fatigue can be relieved.
- Performing acts of altruism and kindness gives a significant boost to test subjects.
- Figuring out your strengths and finding new ways to use them.
- Having or developing a capacity for love and kindness is another factor that raises levels of happiness, hence it is in your own interest that you consciously work on these aspects of your personality.
- You can consciously work on changing your DNA.
- Water crystals and the body's molecules show similar results as the above indicated DNA research.
- Emotional-energetic barometer.
- Using mind-body observation leads to greater consciousness and awareness of the self which leads to a greater capacity to use the information you are receiving in your own benefit and in raising your levels of happiness.

Is Happiness Luck or is it up to us?

So, going back to our original question, contained within the title of this article: has happiness become a science, or is it a question of luck, we are now definitively in a position to say, that while it has become more and more the focus of much concentrated academic and scientific research, more than ever, happiness is in the hands of the individual, in your hands, depending on what you do, how you think, how you react, and above all, how conscious and aware you are of yourself in those moments when you feel less than happy and when you could actually begin to change that and make yourself rise to another level of feeling.

The knowledge that your happiness is in your hands, that you have choices to make, is the beginning of a new way of looking at your well-being, and how you go about your days and your life. In it, as in all other aspects of becoming conscious and aware, lies freedom. ###

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](http://AdvancedPersonalTherapy.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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How Would You Answer This Simple Happiness Question? **by Joyce Shafer**

Do you ever compare where you are now in your life to where others are, or to where you thought you should be by this time? If you do and don't feel happy, the question and comments here may help.

I have a friend who recently set up a Facebook page and began to reconnect with long-lost friends, learning who was doing what now. She shared that temporary depression settled upon her, as she compared her life now to the lives of some she connected with. I say "temporary" because she eventually realigned her true feelings about this. My friend is, in the main, happy in her life and has good reason to be.

"Back in the day," others saw her as a leader, a person going places, high places, in her life. The reality is a health condition started nearly two decades ago and altered that "predictable" path. She felt she'd let everyone down because she isn't in a high-powered position or owns her own company, or whatever else she and they may have expected, and as some of her friends experience. (I add here that we never know a person's complete story, despite what their successes appear to be. And sometimes, even when we know what's not working in their lives, we still dwell on something they have that we feel we lack.)

Comparing ourselves to others has a not-so-funny way of making us forget in what measure we're actually happy with where and who we are. No one lives a life without challenges or feeling a range of emotions; but we are often generally happier, for the most part, than we recognize—or can be.

As I thought about what I wanted to say to my friend, an image came to mind and I share it with you here.

Imagine you enter a magnificent hall. There's a table in the middle of the room and you walk up to it. There's only one thing on the table: a beautifully bound book with your name engraved on the cover. You open the book to the first page and find this written on it:

Please choose one of the following two options. Know that whichever one you choose will design the map of your life. Question: Do you choose to do and be what makes others happy and win their approval or do you choose to be happy?

I pictured posing these options to a child of age four. It seems easy to imagine a child choosing to be happy—because the child wouldn't have a clue what the first option might take to succeed at it, but is, likely, darn sure she or he knows what "happy" is.

As adults, and if we're honest about it, we've learned how exhausting the first option can be; yet, we may still feel conflicted about choosing the second option because we're indoctrinated by our families and every element of society to go for the first one.

In my image, the page with that question appears periodically so we can revisit this choice at different life stages. However, it isn't beyond imagination that this page "appears" in our life book whenever we think it's time to consider our options again, especially when we feel we aren't living an authentic life and, possibly, aren't even sure what that means to us after years of disregarding it.

The pain of inner discontent drives us to seek external balms and remedies, to seek instant gratifications, which are usually just bandages covering emotional bruises or wounds about authenticity. But these externals and pursuit of or craving for them does not address what begs for nourishment inside of us. Whatever word(s) we use—secure, prosperous, successful, loved, and so on—we ultimately want to feel good, in harmony, about who we are. We've become confused about how we can arrive there after years of asking ourselves what others expect of us—so we're accepted and approved of—instead of what we want for ourselves.

I recently read, "There are many types of success and they aren't all about getting ahead." To be consumed with external, tangible success completely or more than inner, intangible success smacks of "I'll be happy when" thinking/feeling. That kind of thinking/feeling ignores present-moment happiness, which is a form of self-abuse.

We forget to count our successes that no one can measure but us, because we're conditioned to focus on how others think we measure up. If we remembered to genuinely appreciate all our successes often, we'd feel a great deal happier. We can also look at any area of our life we feel needs a positive shift and ask, "What can I do—that I will do—to allow me to do better than this?" It doesn't have to be huge, just effective. Don't talk about it; start where you are, and do something differently.

So, the question is: Do you choose to do and be what makes others happy and win their approval or do you choose to be happy? Like the four-year-old child—are you clear about what that overall feeling means to you?

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). Find out how to get *Design Your Magnetic Life and Business Vision* free, see her books and e-books, and read her current free weekly newsletter at <http://stateofappreciation.webs.com>

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Happiness Is Being in the Present Moment **by Gina Lake**

Love naturally flows out of the present moment, which is the only moment that exists. The present moment is what is real. When we bring a memory from the past, a fantasy of the future, a fear, a judgment, or any other self-centered thought into the present moment, those thoughts draw us out of the present-moment reality, where love and the potential for happiness exist, and into the ego's world, which is a world of discontentment, judgment, striving, and desiring. All of the pain in the world is created by identifying with such thoughts. The antidote for this pain is simply moving into the present moment and out of our thoughts about life, about ourselves, and about others.

One of the main ways suffering is created is by hanging on to the past by thinking about it and telling stories about it. We hang on to painful events at least as much as we try to hang on to happy memories, even though there is nothing left to hang on to. The past is gone, and all we have is a memory of it—a thought. Is a thought the past? Can a thought change the past or re-create the past? No. A thought is impotent, powerless. But it's worse than that: When you bring a memory of the past into the present moment, your experience of the present moment is changed. You are no longer experiencing life purely, but colored by either the pain of the past or the longing for the past. When you do this, you won't be able to experience the joy, love, and peace that are available in the present moment.

When we are fully in the present moment instead of absorbed in our thoughts about the past or the future or thoughts about ourselves and how our life is going, life feels good, we feel happy and at peace. However, if we bring thoughts into this moment that cause us to feel unhappy and discontent with the present moment, we won't experience that inherent happiness and peace. We will think that our life isn't good, that happiness isn't available, when it is.

Thoughts create our unhappiness, not circumstances. This is one of life's great secrets. It is a secret because it seems like the opposite is true—that if we could just get circumstances to change, we would finally be happy. But that just isn't true. Happiness is a potential in any moment, and it is what we bring into this moment through thought that causes us to feel unhappy and discontent with life. Memories are some of the most common thoughts that rob our happiness, but even fantasies of the future do this, simply because they take us out of the richness and aliveness of the present moment and into a made-up reality. The mind's reality is a two-dimensional reality; it doesn't have the fullness, realness, aliveness, or depth of reality, and it never will, no matter how engrossed in a fantasy we become.

Happiness is not found in thinking, as fun as thinking can be sometimes. Absorption in thoughts about the past and the future and about ourselves is not really fun. We feel compelled to think about ourselves, our past, and our future, but just notice how

contracted and tense these thoughts make you feel. Such thinking doesn't result in happiness, but confusion, worry, fear, stress, and discontentment.

Forgiving and forgetting the past allows us to stay in the present moment, to drop the memories and attempts at fixing the past or being right and just be here right now and see what life is offering now in this moment. Once you allow yourself to really experience the present moment, you discover that it has everything you have ever wanted. It has the peace, happiness, contentment, and even excitement that you long for. When we are in the moment, we experience the excitement and adventure of not knowing what is coming next, and we also experience the joy our Being feels in being alive and existing in this amazing universe. When you come into the present moment, you come into contact with the real you, with your Being, which is in love with life and enjoying it all! ###

Gina Lake is a spiritual teacher who is devoted to helping others awaken and live in the moment through her many books, online courses, and intensives. She is also a gifted intuitive with a master's degree in counseling psychology and over twenty years experience supporting people in their spiritual growth. Her website offers information about her books, free e-books, book excerpts, a free monthly newsletter, a blog, and audio and video recordings: <http://www.radicalhappiness.com>

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Who Is Running the Show of Our Life? **by Jahiel Yasha Kamhi**

Have you ever asked yourself why some people succeed in life and others do not? What is the secret to success?

Let me try to answer some of these tough questions, with a help from Dr. Wayne Dyer interview with Dr. Bruce Lipton, in November 2010.

Bruce H. Lipton, PhD, bestselling author of *The Biology of Belief*, is a cellular biologist. He is studying how environment and perception control genes.

According to Dr. Lipton, for many of us, to change our “bad luck,” is to change our negative perception of life.

Why?

Simply: The brain translates thoughts into chemistry, and chemistry controls the cells and genes. If we change our negative perception, we change our “biology of belief.” This is how the mind/body connection works.

The Mind/Body Connection

With a negative perception of life, the whole organism is under the attack of stress hormones. Do not expect positive results with negative input.

Perceptions and attitude (a mental state involving beliefs and feelings) are big contributors to our success in life.

Our minds, the conscious and the subconscious mind, are the next contributors. What can we learn from these two minds?

Our desires, ideas, and creativity come from the conscious mind. Whatever we want or wish comes from the conscious mind.

The subconscious mind

The subconscious mind is a different story. Dr Lipton: “In the subconscious mind, we tape our life’s experiences. Whatever we learn and experience in our life, especially in the first six years of childhood, is in our subconscious mind.”

We taped everything from the environment around us (parents, teachers, and peers), with no power to choose what to tape. It is a natural process of growing up.

At an early age, we learned about fear, anxiety, phobias, insecurity and many other things. We learned our limitations. We had no choice but to accept whatever we were taught or saw. We were “a tape recorder.”

Is the subconscious mind bad for us?

The subconscious mind helps us not to repeat the process of learning again and again. First, we learned with our conscious mind how to walk, talk, read, or ride a bike. After that, this knowledge went to the subconscious mind.

Where is the catch?

Dr. Bruce Lipton: “Well, the catch is that 95% of the time, we live our life from the subconscious mind, and 5% of the time, from the conscious mind, which represents our desires and our goals.”

During our whole life, we are listening to the same tape recorder -- our subconscious mind. We are operating from the same tape which we taped even when we had no real conscious mind, when we were a child.

It sounds pretty pessimistic?

No, it is the natural process of learning for everyone.

The subconscious tape is self-limiting, and comes from an early age of our life, when we had no power to choose what to tape, and we had no real conscious mind.

Secondly, our own tape is invisible for us, because the tape comes from our subconscious mind. We are running our tape subconsciously, and only other people can realize what is on the tape.

This is the reason why experts teach people not to blame life or circumstances. We are not victims of the universe. The truth is that we subconsciously live the programming of others!

It is good when the subconscious mind plays good programs: what if the subconscious mind plays bad programs?

Unfortunately, we struggle in life. We struggle because of the bad subconscious programs on our tape -- and we blame life! If we want to succeed in life, we need to look at what we have taped on our subconscious mind.

Conclusion: Our perceptions, minds, beliefs, personality, attitude and environment are running the show of our life, contributing to it by 90%. Our genes and heredity contributes to our success by only 10 %. ###

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

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

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Sitting Peacefully Doing Nothing **by Karen Wright**

Sitting peacefully doing nothing Spring comes and the grass grows all by itself.
~ Zen Proverb

When I first read this statement I felt peaceful and a soft sigh left my lips. And then, unable to just let me enjoy the moment, my mind began its inevitable analysis and commentary.

"Sit peacefully doing nothing?? The grass doesn't have bills to pay!"

"When am I going to find the time to just sit?"

"Do nothing? What a waste of time!"

"Well, grass might grow all by itself, but I'm not a plant!"

Once again, my relentless mind stole my peace. I shouldn't be too surprised, I suppose. The Zen proverb left no room for the mind to be. Its existence was inconsequential to the quietude of the moment. Imagine that - the mind being of no consequence. That statement feels so right on one level and yet, so wrong on another.

Over the top of my computer screen, as I sit here now, I see a most glorious maple tree with its leaves fluttering in a gentle breeze. Surrounding the maple's trunk are a profusion of flowers in every color and size. Beyond the flowers, the green grass does indeed grow all by itself. And down the hillside, a massive river flows northward before beginning its 640 mile journey west to the Pacific Ocean.

All of this activity - synchronized perfectly - asks nothing of me. It simply happens. I've watched that river from my lawn swing many times. Sometimes flowing quickly with spring melt from snow-capped mountains. Sometimes so smooth it mirrored the whip cream clouds perfectly. Billions of gallons of water passing by day after day. Unaware of my existence.

How we struggle as humans to just live. We toil and resist and force. Each day seems to be a battle. With what? Against whom? For what purpose?

More and more I believe we engage in the struggle just to feel alive. Imagine that - peace simply isn't dramatic enough! We create strife and conflict and discord. We push and pull. So caught up in the drama that we fail to see that life goes on in spite of our clamoring. The dawn breaks. Night falls. Seasons come and go and come again.

Might we be missing the eternal truths of this life, distracted by our self-enacted theater? Perhaps we'd each remember who we really are if we simply sat peacefully doing nothing while we watched nature dance. We're part of that dance - if we remember - if we choose. We fit into its rhythm. It doesn't fit into ours.

Go, trade in the pixels on this screen for the glorious parade of life outside your window. Look to the sky and let your heart soar with the birds. Feel the breeze on your face and smell the wonder of life unfolding as it should. Let its peace find a home in you. Flow as the river flows. Steadily, unmindfully. Breathe it all in. This is life. The one you'll remember when all the struggle and drama lose their appeal. When you see through the inconsequence of it all. This is home. It's always been your home. ###

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.

The Sequoia Seed
Remembering the Truth of Who You Are
by Karen Wright

“Karen Wright's "The Sequoia Seed" is a spiritual journey carefully divided into short lessons of internal awareness and empowerment. Wright speaks to the soul in transition and provides gentle, profound advice for those seeking guidance through periods of personal growth or significant life change. It could even be said that this book offers a flashlight for those who feel lost in the dark. Wright's wisdom and empathy makes this book a comforting read for anyone experiencing transition in their life.”

—Rebecca J. Rowley

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Taking Action on the Wrong Things **by Kevin Ngo**

Have you ever gotten a lot done only to find that you were not any closer to your main objective? What I'm talking about is spending too much of your time doing things you think are important but really aren't. When you learn to focus your actions on the few things that make the most difference in your results, you will not only save time, you'll also reach your goals much sooner.

I remember doing a lot of little useless things in my days as a sales person. The main key to becoming good at sales is to spend the majority of your time selling. That's something a 2nd grader could figure out. So what did I spend my time doing? I organized my desk, filed papers, made contact sheets, set appointments with non-decision makers, learn more sales skills, etc. Needless to say, I failed miserably at being a sales person. I spent the least amount of my time doing the most important thing that would guarantee an increase in my income.

Have you ever done something like this? You actually think you're being productive just because you're doing stuff even though you know there are a lot more important things you could be doing. I mean, how many times does your email have to be checked during the day anyway?

One of the keys to success that you probably already know is to take massive action. The problem is that many people get into the habit of taking busy action, things that just keep you busy instead of bringing you closer to your goals. You can spend an entire week taking massive amounts of action, getting all sorts of tasks done only to realize that you barely got any closer to achieving your goals.

So what should you do about this? First, you need to figure out the 2 or 3 things that are the most critical to your achievement of your outcome. Then, schedule out your time so that you are spending at least 70% of your time engaging in those 2 or 3 things. Anything that isn't part of those 2 or 3 things should be pushed to the end of the day or not be worked on at all if possible. Of course, you will have things that aren't important but need to be done anyway. For these things, you might want to consider delegating it to someone else if you can so that you have more time to focus on the things that will bring you the most results. Being able to focus your actions on doing the few things that make the biggest impact on obtaining your end result is a skill, that once mastered, will put you ahead of the majority of people. Your goals will be achieved faster and your life will improve tremendously. Continue wasting your time on doing a lot of things that don't matter and you'll probably be where you are now a year from today and that's a frustration you can do without. ###

Visit the website: www.motivational-well-being.com

Turn Conflict into a Breeze Instead of a Storm **by Dr. Alan Zimmerman**

Yeah, yeah, yeah. I know what all the books say, that conflict is an opportunity to identify problems and to improve relationships.

While that is true, I still hate conflict ... even though I wrote my doctoral dissertation on the topic of constructive conflict resolution.

The basic fact is ... you're going to have conflict in every relationship you have or ever going to have. After all, people have different wants and needs, and communication at its best breaks down quite frequently.

Dennis Scarrow gave an example of that. He talked about the hardware store where he worked. One day the manager was writing out a bill when he turned to Dennis and asked, "Hey, what are these nuts worth?" A new clerk looked up and said, "I thought we were getting seven dollars an hour."

Tara Cappadonna gave another example. Before she took off on her business trip to Tulsa, she called the hotel where she would be staying to see if they had a gym. The hotel operator responded with an obvious note of irritation in her voice when she said, "We have over 300 guests at this facility. Does this 'Gym' have a last name?"

So the question is not whether or not you like conflict. The question is ... can you deal with conflict appropriately and effectively. Here are a few tips I recommend from my program on [Cooperation and Conflict: Working Together Instead Of Coming Apart](#)

1. Never assume that anybody knows anything.

Some people are afraid to admit they don't know or don't understand something. They're afraid of being ridiculed. Or as I've often observed, many people would rather remain stupid than appear stupid.

Other people need more time to process information before they "get it." If you're a fast-moving, fast-talking individual with a short fuse, people won't feel comfortable asking for your help. So, if the job's not getting done right, the problem could be your inability to communicate clearly and consistently, rather than their inability to do the job properly.

2. Provide lots of information.

In other words, communicate, communicate, and communicate some more. And even though your team mates might say they hate all those meetings, memos, and e-mails, they hate it even more not knowing what is happening. You've got to keep them fully informed. It prevents a lot of conflicts as well as resolving other conflicts.

A part of the information you need to be sharing is SPECIFIC BEHAVIOR feedback. If you tell a person he needs to have "a better attitude", he might leave the meeting with the best of intentions, but his definition of "a better attitude" may not match yours. You've got to describe the behavior you want to see ... behavior that communicates "a better attitude" ... such as smiling at customers when they walk in the door and sharing a cheerful greeting.

You'll know specific behavior feedback is needed when someone says, "You don't _____" and you know you do. Reply with a simple, "I would like to do _____." What aren't you seeing that you would like to see?"

Without clear communication, two things happen: 1) the right people get discouraged and quit, and 2) the wrong people become empowered to create chaos. What you don't want to happen in your workplace is what one employee described as: "I feel like I'm part of a mushroom farm; left completely in the dark and fed manure from time to time."

3. Listen and then listen some more.

As one very wise individual put it, when you're in deep water, the best thing to do is shut your mouth. Take time to listen and to explore the other person's "story," even though you may be tempted to talk, explain, and defend your position. Just shut up and listen.

Unfortunately, in our time-crunched business lives, most of us are so busy, it's very difficult to take the time to provide lots of information (point 2 above) and then listen fully to the other person's reaction (point 3 here). Everything seems to be crunched into very short time frames.

It's like the cartoon I saw in "Business Week" magazine. The TV interviewer turned to a political consultant and said, "Political campaigns seem so simplistic and superficial. In the 20 seconds we have left, could you tell us why?"

Take time and make time to listen.

4. Find a professional way to process your anger.

Many times, conflict involves more than a difference of opinion as to what is needed or how things should be done. It often involves some emotional anger. And that anger can make conflict resolution very difficult if it's not handled well by the parties involved.

To get through the anger, everybody needs to ask him/herself this question: "What am I expecting but not getting?" In most cases we get angry when our expectations are not being met. Fair enough. But when we look deeper into our expectations, we may discover they aren't reasonable. And even if they are reasonable, we can often find a more effective way of dealing with the issue than just getting mad about it.

I think Rubel Shelly, the preacher, educator and author, has some good advice for all of us. He says, "If criticism is mistaken or mean-spirited, rise above it. Maintain the high

ground when you're under fire. No victory is worth winning at the expense of picking up the mud that has been slung at you and throwing it back."

5. Avoid putdowns.

When you're angry, you can probably think of a lot of things you'd like to say but know you shouldn't. Follow your gut instinct. Don't say them. If you ever say some things you wish you hadn't, they're almost impossible to take back or forget ... and the damage can last a long time.

The problem is ... we've been fed a steady diet of "cute" and "clever" putdowns in almost every sitcom for the last 20 years. For example, in just the last few days, I heard such putdowns as:

- Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- Some people are like Slinkies ~ not really good for anything, but you can't help smiling when you see one tumble down the stairs.
- Why do Americans choose from just two people to run for president and 50 for Miss America?
- Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
- While we may think they're funny on TV and may be tempted to talk in a similar manner, it's NOT funny in real life.

Putdowns are destructive ... pure and simple. Avoid them no matter how juicy they might appear.

6. Paraphrase.

Ask clarifying questions. Rephrase what the other person said to make sure you heard it the way he/she intended it. It not only defuses some of the anger, but it also eliminates the possibility of more conflicts popping up due to a simple lack of understanding.

And yes, I know, paraphrasing sounds rather old fashioned and mechanical. But it's still necessary because the same words mean different things to different people. For example, some people define listening as quietly taking in everything another person is saying, while other people define listening as asking questions and sharing their own experiences.

When a person is stating his side of the conflict, look for the key points he is making. And then feed them back to the person by saying something like, "It sounds like you're saying our customers are upset because our return policy is too restrictive" or "What I'm hearing is that you're really upset about the fact you're getting a different set of priorities every other week. Is that right?"

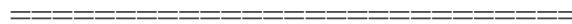
When a person feels truly heard and understood, his/her anger tends to dissipate. You've created some clarity that makes problem solving much more likely to happen.

In short, conflicts are inevitable. But most of them are resolvable ... if you use techniques such as these.

Action:

Practice paraphrasing the next time you're in a conflict. Before you automatically respond to the other person's comment, paraphrase what you heard. And if the other person confirms your understanding, then and only then should you make your reply.
###

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



~ **Pivot** ~

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What's Your Shelf Life? **by Marlene Buffa**

Louise Hay tells us that all relationships are temporary. In fact, most things on the planet are temporary, or at the least, always evolving and shifting. As humans, we're on our glorious planet for mere blips in time, yet we observe the brevity of our environment. Recognizing a natural deterioration, food processing companies stamp an expected longevity on the packaging, instructing us that we'd better consume the food quickly before it spoils. In turn, we can look inward and ponder the vitality of our spirit and consume life itself with gusto and delectable fulfillment before our time, too, runs out.

Attitude

One of the few things we control about our lives is our attitude. While good and bad things happen to all of us, our outlook on every situation determines our level of contentment and happiness. We learn we cannot always prevent negative things in our lives, but our ability to approach them with a sunnier disposition offers us the benefits of more smiles, lower blood pressure and relaxed relationships.

When we lose sight of our positive approach, we grow cynical and angry. How long can you genuinely sustain your optimism? Take a closer look and understand that when your automatic response to any situation is positive and loving, it's no longer a struggle to remember to see the glass half full. A long shelf-life of empowered thinking may sustain you for the duration of your life.

Life-force

We all know someone who defied science and outlived other family members or a physician's prognosis. We also know of people who smoke several packs a day or consumed great amounts of alcohol who lived healthy lives well into their 80s and 90s. Then, we see others die at childbirth, in youth or in their productive prime of life. We share stories of people in hospice announcing their final days then requesting the company of loved ones. At some time, does your spirit subconsciously know its time to leave?

Many of us eat healthily, exercise regularly and follow the "rules" for living a long life. In spite of all that, none of us gets off the planet alive. The health advocate may die in an accident, or someone who took fastidious caution against disease may succumb to an airborne virus, demonstrating over and over that life's ironies are never lost. At some point perhaps we agree that our time is limited and we've accomplished all we could. The shelf-life of our years on earth is but only one expression of the essence of our being.

Ideas

Everything begins with an idea. From the first wheel to the light bulb, to space exploration, original ideas propelled mankind from darkness and isolation to light and

connectedness. When in relationship with one another, we use ideas to springboard into other ideas and so the domino effect of creative thought and progress beings.

Looking internally, we examine our own ideas, no to be confused with opinions. As beings with insight and understanding, we can either build upon the good ideas of others or create our own patterns of forward movement. Examine the shelf life of your ideas - are they tired and worn out, or simply mirror someone else's? Or do your ideas burst from the inkwell of who you are and of what you are capable? The ideas which endure from generation to generation rank equally with the ideas than transform the here and now.

Spirit

From sports to passion, the term spirit connotes an embrace of, and enthusiasm for something outside of oneself. We hear stories of people with a fighting spirit to continue overcoming obstacles that repel others. "...in the spirit of..." terminology indicates that one acts in the manner of, or likeness of, another. Keeping enthusiasm for something outside of ourselves eternal, we perpetuate that which we admire, or whom we admire.

Our true spirit lives within us, and not as objects separate from us. We base our spirit, our nature, our soul-recognition, on that which we are, not that which we represent or imitate. How sustainable is your spirit in this context? Do you love and admire yourself enough to maintain the fire within to aspire to even greater life experiences?

Passion

A gift that cannot be given or received, passion for life begins in the core of our being. We can share our passion for people, activities, and even our work and play, yet true butterfly-in-your-tummy type of passion cannot be induced. Identifying passion allows us to enjoy life with temporary blinders on, ignoring all around us to focus on that one thing. Passion reminds us that we're alive.

Some of us, as we age, grow complacent and resigned to our state of affairs. That which once thrilled us with the excitement of a child, now bores us with drudgery and familiarity. At some point, we may wake up to notice this change and attempt to discover when the flame of passion extinguished, or not. What is the shelf-life of your passion? Do you trade one passion for another - in spouses, sports, activities, foods, etc.?

We come to the planet to learn and to grow, through the context of relationships. In the human form, our time is a mere blip on the grand expanse of universal existence. When Henry David Thoreau noticed that most people "live quite lives of desperation" he saw the flame within many of us snuffed out long before our earthly bodies ceased to exist. Some of us live life to the fullest and our shelf-life endures exactly as long as the body. Others among us lost our zeal long ago yet continue to play out the game of life with someone else's chess pieces. ###

Marlene Buffa

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

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Your Heart Is the Compass for Your Soul **by Anne Hartley**

Imagine if there was an easier way to navigate through life that changed your perception of the way life could be. How much easier could your life be if it came with a map which showed you how to get from where you are to where you want to be? And what if that map showed you how to easily change decisions and choices you made in the past which limit you?

I believe that life really does come with a map, it's just that most people get so caught up in their judgements about life, themselves and other people that sometimes they can't see what is right in front of them. Your heart is the compass for your soul. Your heart's desires are your soul's way of motivating you to follow the path that will make you happiest and I want to clarify what I mean by heart's desires before we go any further. We live in a society where we have been conditioned by the corporate giants and the media to want more, more, more and sometimes it's easy to confuse accumulation with your heart's desires.

Your heart's desires are about personal fulfilment, not accumulation. America has one of the highest standards of living in the world yet on a 'happiness index' scale 1, which was carried out in one hundred and forty eight countries. America ranked fourth out of fifty on this scale, proving that simply having more possessions, or a better standard of living, doesn't necessarily make you any happier. Australia ranked quite high coming in around eleventh and New Zealand ranked eighteenth.

Passion and fulfilment result from trusting your heart and choosing goals that you feel are your personal calling. You may dream about being happily married, having happy well-adjusted children, writing a book, climbing a mountain, being a life coach or starting a business. Dreams from the heart are not about accumulation. There is nothing wrong with wanting money or possessions, as long as they don't own you and they do not represent your self-worth. Goals which come from the heart have a lot more positive energy behind them therefore making them easier to achieve.

I believe the reason we have become a society which is so stressed is because we have allowed our intellect to govern our life choices and the consequences of not trusting your heart is that you often miss the signs that could make your life easier, happier and more prosperous.

I had a conversation one day with a man who was trying to convince me that it's not good for us to have desires. He said that we all have emotional needs, as defined by Maslow's hierarchy of needs e.g. food, shelter, love and so on but desires take us away from inner peace. This viewpoint may appear to be in conflict with my statement that your emotional needs are the compass for the soul, it doesn't have to be. There is nothing wrong with emotional needs or wanting material possessions, it is only our attachment

to them that can take us away from inner peace. I believe that our emotional needs guide the soul as to the direction and choices that best serve our spiritual evolution.

I often say that there is an epidemic of confusion in our society today and confusion occurs when you stop listening to your heart and you allow your intellect to rule your life. You also disconnect whenever you make a judgment of any kind, particularly when you make a judgment about your needs. That judgment could be that you shouldn't have such needs because they aren't altruistic enough or they are beneath you. Or, you shouldn't need something or someone because you should be stronger.

Wayne Dyer said at one of his seminars that he became a teacher because it was a job that promised to give him a degree of freedom, something that was really important to him. However, once he worked as a teacher he found that his time was still quite regimented and he noticed that school counsellors had more freedom, so he became a counsellor. Each career move was motivated by his need for freedom, which eventually led him to give up paid employment to become a full time author. Wayne's books have sold tens of million of copies and his talks have inspired countless people around the world. This would not have happened if Wayne had ignored this need.

You only have to look at your life to see if you are listening to your heart and following the path most suited to you, because when you are your life flows, it's easy and you feel happy. ###

Anne Hartley is an author and the creator of the Heart Process, a model for happiness based on trusting your heart and living by your values. Read more about Anne's work by visiting annehartley.com.au.

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

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A Course in Miracles

Lesson 46

God is the Love in which I forgive.

God does not forgive because He has never condemned. And there must be condemnation before forgiveness is necessary. Forgiveness is the great need of this world, but that is because it is a world of illusions. Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. As you condemn only yourself, so do you forgive only yourself.

Yet although God does not forgive, His Love is nevertheless the basis of forgiveness. Fear condemns and love forgives. Forgiveness thus undoes what fear has produced, returning the mind to the awareness of God. For this reason, forgiveness can truly be called salvation. It is the means by which illusions disappear.

Today's exercises require at least three full five-minute practice periods, and as many shorter ones as possible. Begin the longer practice periods by repeating today's idea to yourself, as usual. Close your eyes as you do so, and spend a minute or two in searching your mind for those whom you have not forgiven. It does not matter "how much" you have not forgiven them. You have forgiven them entirely or not at all.

If you are doing the exercises well you should have no difficulty in finding a number of people you have not forgiven. It is a safe rule that anyone you do not like is a suitable subject. Mention each one by name, and say:

God is the Love in which I forgive you, [name].

The purpose of the first phase of today's practice periods is to put you in a position to forgive yourself. After you have applied the idea to all those who have come to mind, tell yourself:

God is the Love in which I forgive myself.

Then devote the remainder of the practice period to adding related ideas such as:

God is the Love with which I love myself God is the Love in which I am blessed.

The form of the application may vary considerably, but the central idea should not be lost sight of. You might say, for example:

I cannot be guilty because I am a Son of God.

I have already been forgiven.

No fear is possible in a mind beloved of God.

There is no need to attack because love has forgiven me.

The practice period should end, however, with a repetition of today's idea as originally stated.

The shorter practice periods may consist either of a repetition of the idea for today in the original or in a related form, as you prefer. Be sure, however, to make more specific applications if they are needed. They will be needed at any time during the day when you become aware of any kind of negative reaction to anyone, present or not. In that event, tell him silently:

God is the Love in which I forgive you.

Commentary by Allen Watson

The whole of the Course's teaching on the Atonement principle is contained in the first sentence: "God does not forgive because He has never condemned." Over and over the Course emphasizes that God is not a God of vengeance, that God is not angry with us, that He knows nothing of punishment. God does not condemn; He never has. His heart remains eternally open to us all. To me specifically.

In this world of illusions, where mutual condemnation has become a way of life (or death?), forgiveness is necessary-not God's forgiveness, but our own. Forgiveness is the way we release ourselves from illusions. All condemnation is self-condemnation; the guilt we see in others is our own reflecting back at us, and as we release others from our condemnation, we are released. "As you condemn only yourself, so do you forgive only yourself".

As later lessons will make clear, our whole purpose in this world is to bring forgiveness to it, to release it from the burden of guilt that we have laid upon it. This is what returns our mind to the awareness of God. We find God by liberating those around us, lifting our judgment from them, and acknowledging them as worthy creations of God along with ourselves. "God...is approached through the appreciation of His Son".

Lifting the chains of judgment from everyone that I know puts me in a position to forgive myself. It brings a warm feeling inside when I can say, "God is the Love in which I forgive myself". I may not even be aware of any guilt consciously, but when I bless myself with forgiveness, something melts, and I know that the forgiveness was needed. There is a subliminal self-criticism that is nearly always going on; and when I break into it, picturing the Love of God pouring over me like molten gold, knowing and accepting (maybe just in that moment) His total acceptance of me, I rarely escape the moment without tears of gratitude. ###

~ **The Journey Home** ~

(*Course in Miracles*)

by **Allen Watson**

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

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