

Cultivate Life!

MAGAZINE

ISSUE 58



Cultivate Life! magazine

Cultivate Life! magazine is published by www.trans4mind.com

Editors: Greg Willson and Peter Shepherd

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To be punished by any past presence is to be a prisoner of my own past.

—Guy Finley

The Mind Wants You Dead **by Lisette Larkins**

The mind wants you dead.

This statement may come as a surprise since you may have assumed that you are your mind. Instead, you are an immortal being who has a mind that can be used for practical purposes and then put away until it's needed again; however, the role of the mind has grown out of control and has actually taken over the host, or you. In the same way that a cunning and manipulative servant can overrun the master of the house, the mind now pretends to be you, and has you subservient to it.

To imply that some “part” of you wants you dead may sound extreme. And yet, uncovering the actual dynamic of what is in fact taking place is the beginning of your ability to unravel its hold on you. If this idea sounds preposterous, then you have missed the essence of the actual depth and degree of the way and manner that the analytical mind has taken over you. If you look and listen deeply to the teachings of any awakened spiritual teacher, including Eckhart Tolle, you will encounter this precise message, although perhaps softened a bit so as not to offend; however, should you go more deeply into their teachings, you will no doubt find clues as to the true breadth of disruption leveled by the analytical mind on its host. Because you desire to awaken consciously—rather than as a result of near suicide and intense mental suffering as was the case with Eckhart Tolle or Byron Katie—then it is extraordinarily helpful to begin to recognize the exact cunning and disruptive nature of your own mind. The conscious process to self-realization is a virtually brand new development in human evolution. It therefore requires a new recognition, namely, that the “voice” of this most devious and destructive analytical mind cannot be trusted nor relied upon. Indeed, this book endeavors to bring to your awareness actual clues as to precisely how and when your mind's voice is pretending to be you. The egoic thought structure, as it now exists through eons of evolution, has far outlived its initial purpose, and in fact is on a reverse vector to ensure chaos and demise. This cannot be sugarcoated or stated softly. Even though it means the eventual demise of itself, the analytical mind exists to disrupt, tear apart, and eventually destroy your essence. Of course, ultimately this is not possible, because one's true essence is synonymous with the source of life; in fact, you are life. This is the essence of you, not your mind.

The mind is a tool that is animated and made possible by you, or your soul essence. But when the mind grows in such importance that it starts to pretend to be you, your essence becomes obscured, and in its place this near-demon wreaks havoc because it does not have sufficient character or spiritual maturity to be more than a servant. With its usurped power, it's literally a monster run amok.

Of course, this sounds outrageous, but almost no one questions the way and manner that this servant has entirely taken over every aspect of the household because it's so normal. When a person can be observed to quickly switch from gentle to meanspirited, it can be said that the mind has usurped "you" and if unchecked will establish itself as in charge. You often hear parents say, "You were so sweet as a child," or before the mind took over in adolescence and the child became a teenage terror.

Because it is so rare to observe the way and manner that the mind has obscured your inner essence, when you do finally take notice, the mind senses an attack and wants you out of the way; or, if you can tolerate knowing the actual way of it, it wants you dead. When this situation is recognized, a direct path to peace becomes possible because finally, the master of the house realizes how the servant has been allowed to dominate and create dysfunction. With this recognition, steps can be taken, described in the following chapters, that return the mind to its proper role as a tool, rather than a tyrant.

If the mind is not the same as your true essence, it would seem then that you have been split in two. What has really occurred is that the still, quiet, powerful true essence of you has been covered up. The degree to which your essence is obscured equals the degree of difficulty in living or being around you. If your essence is almost entirely obscured, then the people around you suffer in the extreme because the mind has no natural ability in dealing with the circumstances that arise in the present moment. This is why the mind, when it's chronically noisy, insists upon focusing on the past or the future, or on meaningless minutia.

When given any status other than that of a tool (its most benign state), the mind acts as though a person has turned over the reins of ruling a country to a self-centered and ignorant teenager. Naturally, chaos will become the norm. In its most disruptive state, the mind is nasty, aggressive, and mean spirited—a true demon. This whole idea may seem strange, especially when the mind conducting the tyranny is very intelligent; however, we're not bestowing special status on a brilliant mind with particular ability to solve puzzles and orchestrate thoughts to solve problems. Our discussion involves the usurping of the essence of a being by a tyrannical mind, whether or not the mind is smart or of average intelligence. In fact, often, the smarter the mind, the more havoc it wreaks—professionally, interpersonally, and spiritually.

The essence of you and your mind have two vastly different goals. The mind exists to prove that problems abound and to get you to stay focused on them. If there aren't any problems on which to focus, the mind will create some. You—the essence of you—needs nothing to feel complete since you are already deeply satisfied as the creative life force that animates everything. In fact, you and life are synonymous. Imagine asking a cloud what it needs to feel better. There's nothing that can be added by any kind of solid matter or form that would improve upon its beingness as a cloud. The same is true for you. Despite cultural conditioning to the contrary, you are complete as you are. Once self-realization occurs by dissolving all that obstructs right perception, you will know this to be true.

As soon as your inner essence—or as Eckhart Tolle has coined the term, “presence”—begins to take note of the dysfunctional patterns at work, the mind easily recognizes that its days may be numbered. Because it is narcissistic in the extreme, it doesn’t want to be demoted to the role of a tool; it adores the power of tyranny. This is when it attempts to reinstate its dominance by refuting that effective spiritual practice actually has any merit. And then, because you’re habituated into believing everything the mind thinks, you believe that it’s gospel. This point will be discussed again and again because it is not easy to awaken from your hypnotic state when the hypnotist prefers that you slumber. Putting into place simple but effective spiritual practice enables this presence to be reclaimed fully, which guarantees an immediate flourishing on all fronts. It’s as if all your telephone lines to life have been blocked and suddenly are opened, and everybody and everything are talking to you again; however, this communication is imbued with stillness not noisiness as you shift your awareness from a focus on chaos, to a focus on the quiet that underlies all of life. Ironically, you begin to recognize that the stillness holds all solutions.

As you awaken from this hypnotic slumber, your inherently powerful and creative presence is targeted for deactivation by the mind. Since the inner essence of you is complete in and of itself, needing nothing outside itself for a sense of completion, anything added is by the part of the mind that is in a chronic state of needing and wanting: the ego. As was discussed previously, the ego is concerned with self-seeking and upholding its identity. As normal as this may seem in our culture, an enlightened being does not concern himself with his reputation and other people’s opinions (opinions that arise from their egoic minds).

By its very nature, the egoic mind structure can never, ever be satisfied for any length of time because it is comprised of a false identity without any foundation. It virtually exists to find myriad ways to enhance itself and to use egoic reflection via others’ compliments and by trying to stand out and become special in order to sustain itself.

To clarify, there is nothing wrong with having material possessions, to strive for goals and to accomplish projects, and to become educated. The distinguishing factor here is whether or not you become lost in it. For example, should you lose things due to stock market declines, bank failures, divorce, etc., or lose status or physical agility due to age or failing health, only the person who has not become identified with such will not crash emotionally. It is this identification with something owned, earned, or fostered that creates suffering when lost. ###

The above is an excerpt from *Difficult People* by Lisette Larkins, Published by [Rainbow Ridge Books](#)

Lisette Larkins has had extraordinary paranormal experiences since childhood. Their import was to reveal to her the possibility of a “chronic state of well-being.” She has

published three books about these experiences, but it wasn't until she discovered the work of Eckhart Tolle on being "present" that a clear path presented itself. She began to apply these principles in her work as a publishing sales director, author, and spiritual guide. Stymied, she was guided in 2007 to take a job as the caregiver of a late-stage Alzheimer's patient, an experience that pushed her into a permanent state of "presence," and allowed her to formulate the principles expressed in *Difficult People*.

DIFFICULT PEOPLE

A Gateway to Enlightenment

by Lisette Larkins

"This book serves as an alarm clock. It's not that you're running late, it's just time to wake up, because you've been asleep long enough."

Difficult people have been for most of us the bane of our existence. They annoy, hassle, and irritate us and provoke various degrees of unhealthy reaction. What few of us have realized is that they also mirror our own dysfunctional mental states and provide an opportunity to heal them. In *Difficult People*, Lisette Larkins tells how providing care for an Alzheimer's patient clearly showed her the inherent resistance in the way every mind objects to *what is*. It's the root cause of all our anguish and mental suffering. By observing its operation in her "difficult person," the author clearly saw the same mechanism alive within herself. The result is an intensely personal exploration of how everyday problems and the DP's in our lives can act as a *catalyst* for spiritual awakening. For Lisette Larkins, it was by being totally present and non-reactive that she could provide her patient with the needed care. This eventually became for her a "chronic state of well-being," one which we can all attain by practicing "presence."

Difficult People is available now at the [Cultivate Life! Bookstore](#)

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

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Enter Into the Untroubled Now **by Guy Finley**

Waking up to ourselves describes a whole new level of being self-aware. We no longer know ourselves simply through the thoughts we have about ourselves, but we can now see these formerly self-defining thoughts as being only one small aspect of who we really are. So it can be said that awakening begins with being able to see that we have been asleep in the state of thought. Looking at this same idea from the other way around, to be spiritually asleep means that we are not conscious of our own thoughts, and are convinced these thoughts and feelings are the same as us. This sleep state has far-reaching implications. When we don't know we are in thought, then the choices these thoughts make can't be said to be our choices. This discovery explains much about how we often unwittingly choose our own undoing! Now, add to this insight that our lives move at the speed of our thoughts. Suddenly we can see why we tend to crash as often as we do. There is no real driver aboard! Once this discovery is confirmed in us—through observation of it by a part of us that can see into this thought nature instead of seeing from it—we become interested in making a whole new kind of choice in life. We want to be awake to ourselves more than we want the comfort of the dreams that our thought nature creates. We are willing to invest more of our attention in seeing where we go to sleep to ourselves in ourselves. When we will come wide awake, bringing ourselves fully into the present moment, thoughts cannot travel into it with us. With even a small willingness on our part to enter the Perfect Present, it is possible for us to experience the consistently new, thought-free, and untroubled Now. In this higher, timeless realm, we are free not to do what we no longer find worthwhile. For instance, we don't have to relive our past again and again. We don't have to fear the future, because it ceases to exist as a fearful place in the true here and now. With all of this in mind, use the following special lessons and exercises to help you come awake and remain in the untroubled Now. Whenever you do find you have suddenly come awake to yourself, your first inner task (besides welcoming this awakening) is to work to remain within this self-elevating presence. The difficulty is that this still, small, briefly awake part of you gets quickly overruled and run over by habitually sleeping "I's" effectively returning you back into a state of undetected psychic slumber. This is why, whenever you do find yourself a bit more awake than the moment before— wherever you may be, or whatever you may be doing— deliberately align yourself with this inwardly breaking light. Will yourself over to its will that you be awake. Seek ways to lengthen its stay within you by embracing these moments this awakened-ness has brought you. In other words, do all that you can to stay awake. One exercise in self-awakening is to begin to see that when certain types of thoughts or feelings pour into you, they bring certain pre-known qualities with them that lull you to sleep in their welcome familiarity. When detecting these agents, voluntarily struggle not to go to sleep. Refuse to recline in the comfort of these habitual states.

Other inner practices may include deliberately speaking with people at an undetected fraction of your normal speed so that while you are conversing, you will start to see and feel inside of yourself a whole host of thoughts never before known by you because of their formerly habitual pace and place within you. Through this now-conscious contrast created by consciously slowing yourself down you will be kept awake and rather than falling to sleep, and into trouble, you will gain new strength and insights into the truth of yourself.

Whenever you can, and as often as you are able (right now for instance,) just come aware of yourself, of that to which you are inwardly connected. This awareness of what you are in relationship with in the moment instantly changes your relationship. Come awake over and over again in this way, and watch how new and higher energies, and their commensurate inner states, make a happy home in you.

Excerpted from *Seeker's Guide to Self-Freedom*, © by Guy Finley. Published by Llewellyn Publications.

About Guy Finley

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

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.

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

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Transform Yourself by Chuck Gallozzi

he digital world is a hotbed of excitement because computers, digital cameras, cell phones, and other technological marvels improve at a breathtaking pace. But the social sciences (sociology, psychology, economics, politics) seem to move along at a much slower rate. Most psychology books, for example, continue to teach it takes three to four weeks to break a bad habit.

But is that true? Well, it usually is true when we believe it is. That is, our beliefs influence the outcome more than the circumstances do. The point is, then, when we want to change our habits or behavior, we should question the popular belief that it will take time to do so.

Why does it have to take time? Why not change instantly? In fact, we could say all change should take place N.O.W. The letters "N.O.W." stand for No Other Way. For there is No Other Way to change. After all, if I put off changing, isn't that procrastination? And isn't it true the only time I have the power to act is now? Besides, we have the innate ability to change instantly. But little or nothing is said about it. Therefore, we don't think about or take advantage of it. Let's consider an example.

You're walking down a crowded sidewalk, when suddenly someone hits you from behind with such force you are knocked to the ground. You are angry. Very angry. You get up to see what has happened and you see a blind man. Apparently, he stumbled into a hole in the sidewalk that you carefully avoided earlier. As soon as you realize what happened, your anger dissipates. It disappears in an instant! You have instantly changed from an angry person to a calm one.

You can use this principle to instantly change a negative emotion to a positive one. Here's an example. You go to a restaurant and order a steak. You specifically ask to have the steak well-done, explaining that you can't eat it if it's rare. Twenty minutes later, the waiter returns with a covered, sizzling plate and walks away. You uncover the plate and find the steak is rare. You are now angry.

You can choose to remain angry, but that would be unwise as it would ruin your meal. Instead, you choose to stop and think about the situation. You ask yourself how these stupid mistakes happen. As soon as you do, the answer appears. Mistakes happen because we're dealing with people, and people make mistakes. That's why pencils have erasers. Making mistakes is part of our nature. We're imperfect. And since you're a person, you, too, make mistakes and upset people.

After arriving at this conclusion, your anger is gone. You calmly call the waiter, return the steak, and ask him for one well-done. Also, you spontaneously add, "since I have to

wait again, perhaps you can bring me a free cappuccino to pass the time." The waiter answers, "I'll be happy to sir; I'll get you one right away."

You are proud of the way you responded and look forward to the pleasure of a cappuccino. This turn of events came about only because you changed your mental state. It is only in a state of calmness that your creativity can spring into action and think of "the cappuccino solution." Instead of ruining your dinner, you improved it! And the restaurant gets a chance to make up for their mistake. It's a win-win situation. Isn't the magical power that is at your disposal wonderful? Well, there are other instant-changing techniques that you can use as well. Let's look at some of them.

1. LIFE AS AN ADVENTURE.

Did you ever dream of climbing the Himalaya Mountains, exploring the great Australian Outback, or scuba diving for buried treasure? Wouldn't it take a grueling effort to do so? Yet, we willingly struggle through great difficulties all for the sake of adventure. As Louis L'Amour (<http://www.louislamour.com>, 1908 ~ 1988) wrote, "As I have said elsewhere, and more than once, I believe adventure is nothing but a romantic word for trouble... What people speak of as adventure is something nobody in his right mind would seek out, and it becomes romantic only when one is safely at home."

Once we recognize that ALL of life is an adventure and EVERY struggle that is conquered results in exhilaration and joy, how can we not embrace the struggle we are working through? If you are feeling pain instead of joy, you are focusing on the struggle instead of the adventure. Remind yourself that you are an adventurer and join the ranks of Ernest Shackleton, Sir Francis Drake, Christopher Columbus, David Livingstone, Sir Walter Raleigh, Joan of Arc, and others. How long does it take to change your focus from the struggle to the adventure? Just an instant. Learn to change your negative state of mind to a positive one in the blink of an eye!

2. BE AWARE OF YOUR CHOICES.

Life is not supposed to happen to you. You are supposed to happen to it. You happen or create yourself with your choices. So, if you don't like how you're feeling, change it; your feelings are of your choosing. Here's how to quickly end a negative feeling.

a) Ask yourself, "How do I feel?" That is, identify the feeling. For instance, are you angry, envious or jealous?

b) Ask yourself, "How do I want to feel?" Identify the desired feeling.

c) Then ask yourself, "How do I choose to feel?" This is a reminder that your feelings are your choice. True, a negative feeling may spontaneously occur, but after it does, you have the choice of keeping it or changing it.

d) Ask yourself, "How do I feel now?"

If the answer is negative, keep repeating steps b) ~ d) until you feel positive.

3. LETTING GO.

We don't need to change negative feelings to positive ones. Another method is just to let them go. Letting them go offers relief, just as removing a burden from your shoulders would. Here are the steps.

- a) Ask yourself, "Could I let go of this feeling?"
- b) If the answer is yes, ask yourself, "Am I willing to let go of this feeling?"
- c) If the answer is yes, ask yourself, "When?"
- d) Hopefully, the answer will be NOW. If so, let it go and move on. Repeat the steps several times, if needed.

4. RECOGNIZING THE TRUTH.

This is a powerful variation of technique #2, "Be aware of your choices."

- a) Ask yourself, "How do I feel?" Identify the negative feeling.
- b) Ask yourself, "How will I feel in the future?" Recognize that you don't know. That is, you may feel terrific tomorrow, or in an hour, in a few minutes, or even in a few seconds.
- c) Recognition of this fact will provide some relief. Allow yourself to enjoy the relief.
- d) As you enjoy the relief, you will start to feel better.
- e) As you begin to feel better, acknowledge to yourself, "I am feeling better." Add, "Now that I am feeling better, I am ready to return to my tasks." And do so.

5. CHANGE A COMPLAINING HEART TO A GRATEFUL ONE.

The next time you feel like complaining, write down your complaint and then change it into something you are grateful for. Do this often enough and you will develop the skill to always see the positive in every situation. For an example of what I mean, change, "Why do I have to pay so much in taxes?" to "I'm grateful that I pay taxes because it means I have a job."

You may be wondering if the above techniques also work with entrenched habits. The answer is yes. Take smoking, for example. Considered an addiction, it certainly is a hard habit to break. Yet, hundreds of thousands of men and women around the world quit smoking cold turkey every day. They are living examples of the power we have to break habits and transform ourselves in the blink of an eye. If they can do it, so can you and I. Blink your eyes and change!

Here are the Steps to Making a Big Change:

1. BELIEVE IT IS POSSIBLE

Your success is determined more by your belief than by any other factor. Regardless of how hard you plan and work at it, if you do not believe you can succeed, you will not. Conversely, regardless of the obstacles facing you, if you believe you can succeed, you will. Like the hundreds of thousands of men and women around the world who have quit smoking cold turkey, you, too, can transform yourself in an instant.

2. COMMIT TO CHANG

Where does the power to make the change and overcome barriers come from? The power is yours as soon as you make a commitment. It will come to you when, for example, you throw down your last cigarette and proclaim, "That's it! I quit! I'll never smoke again!" A deep conviction, or willingness to do whatever it takes to succeed, releases the power to act and crush all barriers in the way.

Here's how Johann Wolfgang von Goethe (1749 ~ 1832) described the power of commitment, "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too."

3. ACT AS IF YOU ARE ALREADY THE PERSON YOU WANT TO BE

Immediately after making a commitment to change, act as if you are already the person you want to be. For in the days and weeks that follow, your new behavior will crystallize into a new habit. Moreover, your new behavior will cause others to treat you as the person you want to be. And their new way of looking at you will reinforce your belief that you have changed.

4. CELEBRATE YOUR SUCCESS

Congratulations on your success! Now it's time to celebrate. When you do so, it helps seal your new identity. But when you celebrate, do so in a manner that adds to rather than takes from your life. Treating yourself to dinner with friends is an example of adding to life, but celebrating by getting drunk with friends only invites trouble and the possibility that you may begin to unravel the good you have already accomplished.

Although it may have taken you ten minutes or more to read this article, you have the power to transform yourself in ten seconds or less. I wish you an exciting new life that begins in just a blink of an eye!

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.

**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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Be Comforted **by Beca Lewis**

Sometimes I eat something to give myself comfort or a reward. The problem is that although it might feel good at the time, afterwards I often don't like how I feel afterwards.

It reminds me of a very good friend that I had when my children were young. We met at my son's nursery school and for many years we spent at least a few afternoons a week talking together.

However, as the years went by our thinking and our lives started going in different directions. Nevertheless, I was still in the habit of calling her whenever I wanted to talk about something, and often about something that was bothering me. I called her because I wanted to be comforted and to feel better.

After a while, I noticed that I never felt better after we talked. I expected to, but instead I always felt worse. It took some time before I would admit that it was true, and even more time to stop the habit of reaching for the phone.

If I did call her, afterwards I would ask myself how I felt, and I really took the time to experience the feeling. Over time, the desire to stop that "bad" feeling was stronger than the habit, and I was able to stop calling her for comfort.

There are many things that we all do out of the habit of giving ourselves a reward, or trying to find comfort, which produce the exact opposite results.

The first step in stopping this behavior is to become aware of it, and admit that it's happening. From there it is much easier to recognize the people, places, and things that actually do provide comfort to us.

However, there is always a place we can go to be comforted, and at the end of the day, it is the only place we will ever feel permanently comforted. It is to the place of Truth about who we really are and what God Is.

Instead of looking for solutions and comfort in the very place that caused the problem and discomfort, we must disengage from that thinking. We must separate ourselves from the worldview and our habitual thinking and behaving from that standpoint.

What we call the world is the subjective condition of what we believe to be reality. Realizing this we can turn from that false reality from which we will never derive consistent comfort. We can then choose to begin and end our thinking in the Reality of ourselves as the subjective condition of the One Mind thinking.

As that reflection and outcome of Spirit, God, there is no need to be comforted since there is nothing ever wrong.

This is not an “airy-fairy” solution to a problem in which we simply turn away from what is causing us pain and pretend that it doesn’t exist by saying, but not really understanding, statements like, “God is Love.” Turning away or hiding from problems that begin within the false thinking of the worldview is more than foolish. It is dangerous.

When we stand in the Truth of only One Mind, it requires us to face what claims to be the problem and see clearly the lie that it is telling. There is no hiding, or running. Instead, there will be a dissolving of the problem.

We can get to this awareness in two ways. By either arguing from and about Truth within our own thinking, much like when an attorney argues for the innocence of his client, or having moments of complete awareness of the presence of Truth. Although we yearn for those moments of clear Light, we more often find ourselves arguing for the logic of Truth as opposed to the illogic of the worldview.

Either way, we must make this shift from small r reality to big R Reality and live it. We cannot say to ourselves, “God is Love” and then act unloving to others and ourselves. The demands of staying within Truth and not being swayed by the fear or love of the worldview can be hard at times. Nevertheless, it is the only way.

Our discomfort is a self- imposed prison, but we are not helpless. When we can give up thinking that we are in charge and turn instead to the Truth of our being, the prison will dissolve. However, we must be willing to give up all our old beliefs, and our cherished ideas of how we want situations in our life to resolve.

We can find permanent comfort in knowing that instead of being the subjective state of the worldview, we are—in Reality—the subjective state of Love. The result of beginning and ending our thinking in this premise is the guarantee that our needs will always be met in the most appropriate form for the time, and in ways we could never engineer ourselves.

About Beca Lewis

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

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

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

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Something to be Wisely Selfish About **by Steve Wickham**

There's a wisdom known, to some, but to others it's seen as selfishness; yet it's not anything of the kind. Selfishness, almost by definition, must involve some relational impact; the devaluing of another person or people for one's own gain.

This wisdom that's in focus is nothing about others. It's a 'selfishness' that values our personal health: physical, mental, emotional, and spiritual.

The classic irony is this selfishness works to the favour of others by protecting our ability to interact in a positive sense.

Health is so interwoven into the fabric of ancient wisdom; the depth of same is comprehensively misunderstood. This health-related selfishness we can now call a version of 'proper selfishness'. It's proper because God sponsors it in truth - as a truism, the Lord rewards our investments into health.

'PROPER SELFISHNESS' BEGINS WITH SOUND SPIRITUALITY

We ought to be selfish about providing for, and protecting, our holistic health.

We should get involved in a relationship with ourselves to this extent; to that goal.

We perhaps also have a responsibility to 'speak' quietly into the lives of loved ones - urging them, also, to be selfish with the only thing God gives us personal charge over, so far as it depends on us, despite heredity.

All of this, I suggest, starts - or is best motivated - by a spiritual reality honed in revelation. To realise how special our bodies and minds are; to ourselves, yes, but to others and God also.

REDEFINING 'INVESTMENT'

Reversing concepts of investment occurs when we swap material for spiritual.

In other words, as we turn-in our view and observe those things most inherent to our souls - the everlasting 'matter' continuing with us through all realms - we comprehend, better, that health is of vital importance.

It's no longer what the world values that matters - yet, we'll struggle for a long time before we finally conquer the worldly urge; and it'll continue to compete for our attentions.

THIS SELFISH INVESTMENT IMPLIES SACRIFICE

Sacrifice is a nasty word in both modern and historical vernacular.

But let's redefine it.

Motivated positively, sacrifice is easy. It almost no longer qualifies as sacrifice, except by the external observation of others as they look upon what we choose to go without. Little will they understand, perhaps, the thrill involved in owning control over ourselves: the spiritual victory.

As we see investment, spiritually, God gradually turns our thinking around so the whole-span-of-our-lives, as we now view them in the moment, are in clear perspective.

The transformation is occurring in our hearts; it's a miracle, because now there's little effort required; we're working assisted by God's inimitable strength.

What we long hoped for is now taking place.

What we must do is start. Start thinking about health as a key priority... no, a value, for our lives; an investment for the lives of all our loved ones too, and ultimately God, and our eventual transition into the next life.

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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Magnolia Bark for Anxiety, Depression? **by Dr Andrew Weil**

Question: Can you tell me if magnolia bark is safe and effective for relief of anxiety and depression?

Answer: The bark of *Magnolia officinalis* has been used in traditional Chinese medicine for centuries to address anxiety and nervous tension and to promote sleep. Some researchers believe that these effects are due to honokiol, a natural compound in the bark.

I discussed your question with Tieraona Low Dog M.D., director of The Fellowship at the [Arizona Center for Integrative Medicine](#) and an expert on botanical medicine. She told me that evidence is growing to support the traditional use of magnolia bark for improving sleep, lifting depression, and easing anxiety.

Most of this research is still in the basic science stage, but an Italian study published in February, 2011, compared a magnolia bark extract to soy isoflavones for treatment of anxiety, irritability and insomnia in menopausal women. The researchers found that the isoflavones effectively lessened the severity of classic menopausal symptoms, including hot flashes, while magnolia bark eased the participants' anxiety. Dr. Low Dog noted that an earlier study from Italy found that magnolia bark extract combined with magnesium improved sleep, mood, depression and anxiety in menopausal women.

If you're dealing with anxiety, I recommend a number of lifestyle changes that may help. Chief among them are practicing [breathing exercises](#), particularly the relaxing breath, which I find to be reliable and effective. Other worthwhile measures include exercise, meditation, eliminating caffeine (from all sources), cognitive behavioral therapy, [journaling](#) and taking a "[news fast](#)" by avoiding the daily onslaught of (mostly bad) news online, on television and in newspapers and magazines.

For mild to moderate depression, I recommend exercise - 30 minutes a day. It is the most effective treatment I know. You can also try these other integrative recommendations for [dealing with depression](#). For a full discussion of natural remedies for depression and an integrative plan for optimum emotional well-being, watch for my new book, *Spontaneous Happiness*, to be published by Little, Brown & Co. in November of this year. ###

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

Combining a Harvard education and a lifetime of practicing natural and preventive medicine, Dr. Weil is the founder and director of the [Arizona Center for Integrative Medicine \(AzCIM\)](#) at the University of Arizona Health Sciences Center, in Tucson, where he is also a Clinical Professor of Medicine and Professor of Public Health and the Lovell-Jones Professor of Integrative Rheumatology. Dr. Weil received both his medical degree and his undergraduate AB degree in biology (botany) from Harvard University. Dr. Weil is an internationally-recognized expert for his views on leading a healthy lifestyle, his philosophy of healthy aging, and his critique of the future of medicine and health care. Approximately 10 million copies of Dr. Weil's books have been sold, including *Spontaneous Healing* and *Why Our Health Matters*. Online, he is the editorial director of [drweil.com](#), the leading web resource for healthy living based on the philosophy of integrative medicine. He can be found on Facebook at [facebook.com/DrWeil](#), Twitter at [twitter.com/DrWeil](#), and Dr. Weil's Daily Health Tips blog at [drweilblog.com](#).

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Three Great Home Remedies **by Piper Cox**

With the costs of medical care and even over the counter health care products, more and more people are turning to home remedies to overcome a large number of health issues. There are a number of common household items that can help you fight a variety of problems from acne to allergies. Several are used often for many different purposes and perhaps one can help you!

1. Salt - that's right, common household salt. Gargling with salt water can kill the bacteria in your mouth and help prevent many illnesses such as sore throats, problems with your gums, and it even fights bad breath. When the H1N1 virus was turning into an epidemic, one of the things health professionals advised people to do was gargle with salt water to prevent infection. Even the Mayo Clinic recommends this home remedy to relieve a sore throat. It is very simple, just put plain salt - not iodized, into warm water, mix and rinse your mouth with it. The water needs to taste salty for the rinse to be effective. You also need to do this at least once per day or more.

2. Hydrogen Peroxide - There is a host of uses for hydrogen peroxide from removing blood from clothing to getting rid of excess ear wax. Many people describe hydrogen peroxide as the best anti-bacterial, anti-viral, and anti-fungal agent. It is a great way to keep your mouth healthy, whiten teeth and prevent canker sores. Just swish one capful in your mouth for ten minutes each day for a cleaner mouth and whiter teeth. Hydrogen peroxide is also a good wound care product. It will foam on contact which tells you that it is doing the job to kill any bacteria. If you have dried blood on clothing, furniture, or carpet, hydrogen peroxide will remove it completely. Make sure you test the colorfastness of the fabric before you treat it.

3. Apple Cider Vinegar - This remedy will take care of a variety of ailments from warts to acid reflux. To remove a wart, simply soak a cotton ball in the vinegar and put the cotton ball on the wart. Use a bandage to keep it in place. Leave it on overnight and follow the same procedure every night for a week. At first the wart may ache as the vinegar starts to work, but then it will turn black and in a couple of weeks disappear completely. To get rid of acid reflux, put two to three teaspoons of apple cider vinegar in eight ounces of water. Drink this solution before meals or whenever you feel acid reflux coming on. It seems strange that something like vinegar would help with heartburn, but it does. Perhaps it helps to maintain a healthy pH level in the stomach and therefore reduces the painful acid flare-ups.

4. There are many home remedies that have been tried and tested through the years. They are inexpensive and for the most part effective. However, if a condition persists you should see a health professional for additional care. Home remedies have their place and are helpful to both your wallet and your family's health. ###

Piper Cox is a freelance writer who enjoys fitness and the outdoors. She enjoys [making apple cider](#) with fresh apples in the fall. She enjoys nature, reading and fitness. She encourages others to get a [juice maker](#) to make healthy juice for their family as well.

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Can Telepathy Work?

by Keith Ward

Telepathy, most of you have heard about it and most of you will know what it is, at least vaguely.

For those of you who don't know yet, here is the plain definition: *Telepathy is the ability to communicate without using any of the five senses, namely sight, hearing, touch, smell, taste.*

What is interesting is that the telepathic instinct is innate in most, if not in all of us. It surfaces during emergency or need and helps us to employ our potential abilities.

Huge debates have been caused on where the instinct lies. It has been proposed that it might lie in either the huge unused brain space or somewhere in the rest of the body, as it might have evolved long before the evolution of the brain. Whatever be its source, it exists, and manifests in definite ways.

Examples of your psychic side at work is when you experience **déjà-vu**, or when you instinctively know that something is about to happen. What happens during these instances is that your mind draws resources from its unconscious and subconscious parts. In a similar way, when two unconscious minds link together on the same frequency, the experience is termed telepathy.

Projective and *perceptive* are the two forms of telepathy.

The former refers to sending unconscious messages; the latter refers to receiving them. If, for example, you instinctively know who is calling you before you take the call, you are better at perceptive telepathy. On the other hand, if a person calls you just after you think about him/her, you are a projector.

Do you possess telepathic instincts?

Testing your telepathic abilities is relatively easy. Try thinking of someone. Be patient and focus hard. The person you are trying to contact may not be good at receiving, but regardless of his/her ability, he/she will contact you sooner than you would normally expect. Alternately, try to 'know' who is calling you when the phone is ringing. Don't guess. Try to 'feel' the signal. Try to employ your unconscious while testing your telepathic abilities.

Remember, it is likely that neither of these works for you, but don't worry. Telepathy is most likely to set in during extreme situations. Just because you cannot feel who is calling you does not mean you are incapable of telepathy.

Telepathy in dreams

Dreams, being primarily a prerogative of the subconscious and the unconscious, have higher chances of favouring telepathy than conscious activities do. Two people may simultaneously dream of the other and find that their dreams had something in common. These people are probably mutually linking to the unconscious mind. This is, most often a projection of the mind, the consciousness projected beyond the body. It is also believed that through telepathy, conscious minds can link to dead spirits. People have been reported to have dreamt of lost loved ones who seem to try to get a message through to the living world.

To test your dream-telepathy, try sending a message using only your mind to a friend who you know is asleep. Ask him/her later about the dream and whether it involved you. If yes, then you know you have it.

Telepathy and Relationships

Linking up between loved ones is common primarily because spending a lot of time together tunes each mind to the tones of the other and also because the desire to communicate is directly proportionate to the love shared. A child's desperate need for its mother when it is in danger leads the mother to know her child needs help.

Conclusion

However, be very careful and selective when using telepathy. I doubt whether it would be very comfortable for you to keep receiving messages from all and sundry all the time. Imagine what you feel like when a lot of people talk together, or when your radio is on, your family are watching television and you are on the phone, all together. You certainly would not want telepathy to create such a chaotic situation. ###

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by Guy Finley

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The secret to being fearless and free is to use your attention to connect yourself to the living ground of the present moment.

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How to Develop Telepathy **by Kevin Forrester**

Telepathy is commonly described as mind reading, the ability to impress the mind of another person with a definite thought or thoughts without traveling through the usual avenues of sense. The word “telepathy” literally means, “sensing at a distance. (Tele – at a distance, and Pathos – feeling). So now we generally refer this to mean “thought-reading”.

How telepathy happens is still open for debate and we can't say with any certainty why this is possible. Some are inclined to believe that vibrations travel from brain to brain, much like the signals in wireless telegraphy. While others contend that we have no proof that these brain waves exist and therefore can't predict with any certainty the avenue of transference. However, most will agree that telepathy does exist.

The following exercise will help you to prove to your own satisfaction that it does exist and we can develop our ability to do it.

- * Select a friend that will be sympathetic to the experiment you are going to do. One of you will be the sender and the other will be the receiver.
- * Sit facing away from each other. Both of you with a pen and paper in hand.
- * Dim the lights and leave the room in semi-darkness.
- * The sender will draw a geometric figure, such as a square, circle, triangle or any other uncomplicated object.
- * Clear your mind of all thoughts and look at the figure intently. Try to impress the picture on your friend.
- * Keep each trial under a minute in length. When you go beyond this period your mind will tend to wander and lose focus.

You should will the receiver to see the picture, but don't strain yourself in the attempt. Have complete confidence in the fact that he will see the impression of the picture that you are sending him. You must be positive and have no doubts that your friend will in fact see the picture. You must remove all self-doubt for this to work. This is very important.

Do not become frustrated and allow thoughts of negativity to enter your conscious mind. Imagine your thoughts traveling to him in a definite form, either in the shape of the picture or in the word, triangle, square etc.

The receiver should clear his mind as much as possible and write down any pictures or impressions that come to him, regardless of how insignificant they seem at the time.

Above all, early failures must not discourage you. This is inevitable, but with continued practice you will begin to see that the successes you are experiencing are more than mere chance. You will be well on your way to developing your powers of telepathy.

If you are having trouble clearing your mind and only focusing on the task at hand then it would be helpful for you to practice meditation at least once a day for about twenty minutes a day. The benefits in clarity of mind and success with developing telepathic abilities can't be measured. ###

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Trouble Saying "No"? **by Dr. Linda Sapadin**

In our society of widespread narcissism, you may need to be reminded that there are still plenty of people out there who put others first. Sometimes this is an asset; sometimes it's a liability.

If you are a pleaser, I'm sure you have many fine qualities. You're agreeable, likable and enjoy doing for others. Sounds like a great resume for 'Miss Congeniality' or 'Mr. Nice Guy.' So what could be wrong?

Here's the rub. Too often, your needs end up at the bottom of the pile. You say "yes" to so much that you feel frazzled and frenzied by the lack of time to do it all. Sure, our speed and success-oriented culture puts pressure on everyone to work faster, harder, and better. Though this is troublesome for many, it's particularly tough for you. Why? Because you're predisposed to helping others out and assuming responsibility for what needs to be done - at home and at work. Add on the cultural reinforcement of doing, doing, doing and your life can easily get out of hand.

Surely you know that you can't do everything - even if some media stories try to convince you that you can. Try to do too much and you end up operating on overload. To truly understand what that means, let's examine what occurs when an electrical circuit is overloaded.

You're working hard; then all of a sudden the circuit breaker pops. Then nothing works. You find yourself in total darkness. No lights, no computer, no printer, no microwave, no toaster, no air-conditioning, no TV, no land phone, no nothing. What do you do? You search for the popped breaker on the electrical panel. You flip the breaker back on and return to doing your stuff. You've just settled in when pop, you're in total darkness again. You realize you forgot to turn off a few machines before you returned to work. Frustrated, you think - what a pain this circuit breaker is. Then you remember what a circuit breaker is designed to do. It's a safety device, protecting you from fire that would undoubtedly occur if you continued to operate on overload.

You recognize that you, too, are operating on overload. For quite some time, you've been living a harried, pressured, stressed life. If you didn't have so much to do, you wouldn't be so stressed about that upcoming evaluation. If you weren't so stressed about that upcoming evaluation, you wouldn't be so nervous about the company you're having next week. If you weren't so nervous about the company, you wouldn't be so upset with your spouse's inconsiderate remark. If you weren't so upset with your spouse's inconsiderate remark, you wouldn't have this pounding headache? Get the picture?

Too bad that you don't have circuit breakers built into your system to alert you of impending overload. Or, do you? Yes, you do.

Chronic stress is a way your body is telling you, "Stop! You're damaging me. Treat me better or I won't function well!"

Chronic worrying is a way your mind is telling you, "Stop! You can't continue to live this way. You've got to give me a break!"

Chronic disappointment is a way your relationships are telling you, "Stop! You're trying too hard to please everybody."

If you ignore these warning signals that tell you 'enough is enough,' trouble is in the making. Warning signals, like circuit breakers, are designed to protect you from harm. If you continue to operate on overload, you can do serious damage to your mind, body and relationships. I hope you're wise enough not to let that happen. I hope you decide to chill out before you burn out - even if everything doesn't get done the way you'd like it to. ###

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

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~ It's About Time! ~

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

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

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

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The Nature of Unconditional Love **by Owen Waters**

The purpose of being human, as we shift into the New Reality, includes learning about heart-centered consciousness.

The universe is, by its very design, filled with the love of the Original Creator. Universal love is the aspect of Original Consciousness which holds Creation together. In the Original Creation, Infinite Being divided its consciousness into two complementary aspects - thought and feeling - and then set them into motion.

The love of the Original Creator forms the very fabric of space. No material thing and no part of "empty" space is devoid of that love. Universal love is literally everywhere. However, the human condition is only consciously affected by this love when it is channeled into the human realm through its use by humans.

We are here on Earth to learn how to translate universal love into human form.

Once universal love has been transformed through the consciousness of any individual human being, it affects the global mind atmosphere of Earth. We all share constant access to this global mind. While we initiate thoughts and feelings on our own, we also receive thoughts and feelings from the global mind. We sometimes alter these by our own thought, sometimes not, and then pass them back into the global mind. Even though we are typically not accustomed to conscious telepathy, our subconscious and superconscious minds are fully telepathic. We constantly receive and transmit thoughts and feelings subconsciously from and to the global mind atmosphere.

When a person experiences heart-centered consciousness, they radiate a type of consciousness which is very different to basic emotion. Heart-centered consciousness is a state of unconditional love. It is not a product of emotional like or dislike. Once started, nothing in physical reality affects the flow of unconditional love. It is something that just is, regardless of the circumstances.

Unconditional love is something that flows through your heart when you reach up above day-to-day consciousness, tune into your heart-awareness and allow the universal love energy to flow through you. Heart-centered consciousness always sees the elegant solution to the sorrows that can arise from basic human emotions.

Unconditional love allows, accepts and supports. It is not something you try to do. It just flows when you allow it to enter your heart and take your consciousness above the cares of daily reality and into an expanded vista of awareness.

Each time you radiate unconditional love into the global mind atmosphere, you upgrade the entire human experience, taking humanity yet one more step into the unfolding New Reality. ###

This was an excerpt from Owen Waters' new book, *Spirituality Made Simple*, which is available both as a paperback and a downloadable e-book, at:

<http://www.infinitebeing.com/ebooks/simple.htm>

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

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~ Daring To Be Yourself ~

by Peter Shephard

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

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

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Love, Anger and Manifestation **by Edwin Harkness Spina**

Last year, I visited an old friend, Danielle, in Santa Monica, California. She had recently ended a relationship and was busy dating. Her experiences illustrate several spiritual principles that are important to bear in mind, especially concerning matters of the heart.

Danielle complained to me that while the man she was dating was fun and interesting, he wasn't very attentive. Days would go by without any contact. I suggested that "He's just not that into you," as the recent movie suggested.

She agreed.

I asked her, "What is it you really want?" This is the first step to manifestation.

At the top of a list, she wrote, "I'm dating a man who adores me and wants to spend time with me."

I also suggested she check in with Roberta, a mutual friend of ours, who is highly intuitive.

Roberta told Danielle that she would soon attract a man who would "sweep her off her feet - just like in the movies." Danielle added that description to her list.

Two days later, Danielle had a first date with a new prospect, Todd. Within an hour of being at a fine restaurant together, Todd had told her, "You're the woman I've been waiting for all my life. Now that I've found you, I won't ever let you go. No matter what happens, I will be your friend forever."

As they continued eating, a flower girl approached and asked, "Would you like to buy a rose for the lady?" Todd bought all 14 of her remaining roses and presented them to Danielle.

A friend of Danielle's happened to be in the restaurant and told her the next day, "It was just like a movie."

Danielle had manifested exactly what she had envisioned, but she told me she was still a little concerned. She asked me if I felt her new friend was sincere, voicing that she felt his gesture was a little "over the top."

I suggested she stay positive and move forward, but proceed cautiously before jumping in with her heart. Yes, I felt he was sincere, but my concern was whether he would be just as sincere a week later in professing his undying love for some new woman.

Danielle was smitten, however. Todd had told her he would be out of town for a week, and for the next three days, he texted her messages every few hours. He told her he would fly Danielle and her daughter to wherever he was working, so he could spend more time with her. He made plans to see her as soon as he returned that Saturday. Danielle made him a gift for his upcoming birthday.

On the fourth day, Danielle received no texts or calls. On the fifth day, she got a text from Todd, saying he would not likely be in the LA area for the next six months and that she should not expect to see him much.

Danielle was angry and actually surprised at how angry she was. After all, she had only had one date with Todd and had known him for less than a week. I was sympathetic, while sharing my observation that "reality did not meet her expectations." At the least, she expected to have a second date with the man who "had waited for her his entire life" but the reality was that he was not available.

"Even worse," I said, "you're angry at yourself, because right from the start you were hesitant; but you allowed yourself to raise your expectations. When your new, higher expectations were not met, you became livid."

Again, she agreed.

We re-read Danielle's list that described her ideal man. Without prompting, she gasped and said, "I never specifically asked for someone who was available - just someone who would want to spend time with me!"

Danielle revised her list to include that the man be available. Nothing else changed. She still envisioned someone who would want to sweep her off her feet - just like in the movies.

The next day she drove into the parking lot at the local market. Before she could even put up her car window, a man came over, looked into her eyes and told her, "I just have to tell you this. You are absolutely gorgeous."

She smiled and thanked him, as he slowly walked away.

When she returned to her car, she found his card with a handwritten-note on the back under her wiper. "I'd like to get to know you. Please call or text me."

Danielle did. She has already met Jake for several enjoyable dates.

He has all the qualities she listed - and he's available.

My friend's recent dating adventures demonstrates the importance of getting clear on exactly what you want. It also shows the role of anger in alerting you when expectations are not matching reality. In both instances, if you're not getting what you want, you'll have to take corrective action.

To her credit, that's what Danielle did. Instead of reacting by sulking at her misfortune or pining away, hoping her unavailable man would suddenly appear, she modified her request to the universe. The universe responded by creating the desired reality she was seeking.

This is taking enlightened action. When we act in alignment with universal principles, fulfillment of desires comes naturally. And that's something worth striving for! ###

Edwin Harkness Spina is the author of the [award-winning, visionary thriller *Mystic Warrior*](#), and a contributing author, along with Zig Ziglar, Brian Tracy, Joe Vitale and others, to the bestseller, *101 Great Ways to Improve Your Life*.

Ed is also the developer of [Energy Center Clearing](#) and [Total Love Immersion](#). Both use higher vibrational energies to relieve stress and promote peace, balance, clarity and healing.

Ed offers practical mystical techniques to improve people's lives and expand their minds. Previously, he was a venture capitalist, entrepreneur, software designer and business consultant. Ed has an MBA from the University of Chicago and a BSE from Tufts University.

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Social Culture

by Sushil Baboo

There is so much tension in today's world that we are eyeing each other with a certain suspicion. We don't really know what lurks in the minds of the other and vis-à-vis we are ourselves visualized. The society, the city and the country we live in hardly seems the place we wish to be in and we are very skeptical of the future of our children. What type of world will our children inherit? Will our children be able to live a full life or will they be a part of a social tragedy? Why is there so much distrust and pain amongst us? Did we wish to be part of this situation or do we have any solution to change this state to a more secure life with more respect and love between each of us?

It is a complex situation much akin to a creeper that has grown wildly and pruning it to shape presenting a difficult choice to make. The social structure has gone through so much upheavals that we have ended with circles within circles of smaller and smaller complex beliefs and goals. Finding faults with anyone or any social culture will not resolve this problem unless, we each, as individuals take it upon ourselves the responsibility to change our ideals and allow the other an equal chance of existing on this earth. Many have called for a social revolution.

A social revolution is easier to hope than possible. Just as the wildly grown creeper, our differences and beliefs are so intertwined that we are unable to view our identity. We have made our lives to be identified by the social structure around us and making and remaking this has complicated our own relationships.

Who is right and who is wrong. Can we call our own society as peaceful, our own ideals as humane, our own religion as purported by our clergy, as correct? If we, for a change see ourselves without these social trappings, what do we see, a clean and honest individual? Without our social covers, we are as clean and holy as the day we were born. If this is true, what sort of social revolution do we seek? Can we hope that our world can again have another Flood and a Noah to restart our civilization from the scratch? Social genocide! Can this be the answer? NO! We would all lose than win in the bargain. What then, can we do, to change this alarming state?

How about some introspection? Primarily we must agree that there lie many facets of this situation within ourselves. For a change without blaming anyone else or ourselves for where we have brought our world to, let us focus to our immediate need rather than the society at large. I am sure, if we all, clear the clutter around our own lives with responsibility, the world can surely be, a much cleaner and peaceful place to live. But how, is a question we are all seeking. Yes, it is true that there resides in each one of us a blessed soul, but the society with its myriad hues tends to hide the real us. We cannot live without the society nor can we on our own merit, cause much to change, but yes, if

we act and be responsible for our own life, I am willing to believe that there will be a much better world, where our children can expect equality and freedom.

Change of any sorts is made of actions and actions to be true and healthy must be responsible. Being responsible will only be true if we hold ourselves accountable for our actions. We cannot hold anyone else responsible for our actions unless we dwell deep into our own ideals and accept to be accountable for the changes that we wish to bring about for our own safety and in confirmation to the ideal society.

An ideal society is much akin to a hamlet, a small village where everyone has a task to perform and they do their expected activities without their own wants as the primary need. It may seem, impersonal and mechanical however, in due course of time we will have a whole new generation brought up with a feeling of brotherhood based on trust and willingness to accept the other without any reservations.

Why is this so necessary you may ask? Are we not educating ourselves and our kids in an ethical way? Yes, I will agree, we are, but when you open the doors of your home and join the others what exactly is ethical and who is and who is not, is the question. Ethics, respect and morality are various hues that have, long lost its luster and to get back the gleam one should go back to basic society. Basics of social governance you may add.

We must not forget that we as humans did evolve in the same way as did the animals but with a difference. We had the capability to understand, to discern, to develop and to harmonize. Somewhere along the route, the stronger amongst us, instead of being responsible for the weaker, just took charge and instilled his own version of what he felt, from his point of view, a suitable society. Over the period of time, instead of turning into a harmonized society, the weakness in the social wall spilled forth a section of people who were not in agreement and who had an opinion generated by another strong will. This kept multiplying to what is today, a world with no similarities and a visible lust for power, fame and wealth embodying a total lack of civility.

Strangely, in today's world there are no winners, but a whole lot of losers, you, me and everyone out there. We go to sleep not sure of what the next day will bring with it. I, for one, surely don't find this comfortable and I am sure neither do you. But I feel that if I and you, dear reader, take it upon our own selves of being accountable for our actions and inculcate the sense of responsibility in our children, the day will not be far away when we may see a difference. Just in as much as a planter of a tree, may not gain, the fruits of his labor, his children will surely get the fruits and the shade, our children, can expect a much better place to live.

The following are a few actions we must be accountable ourselves, for what we have set out to achieve;

- Be all religion tolerant
- Be charitable; pass the fruits of your labor if in excess of your own needs

- Be industrious and true
- Keep your wants to the minimum; more will not make any sense anyways
- Your neighbor is like you, just as human
- Make peace with yourself and only then will you appreciate others
- Conserve Nature, our life is wholly dependent on her
- Be health conscious, a healthy body has a positive thinking
- Believe in true love, it surely makes the world go around
- Give respect to other, for surely we all want it ourselves
- Color is only skin deep, blood is red in each of us
- Believe in brotherhood

Don't let human survival be at stake to understand that we are inherently alike. We are and we should be responsible for each other. Believe me, I did really like the essence of the movie, 'Independence Day', when alien forces reach earth and then suddenly we do not see the so called differences in ourselves and the whole humanity as one reaches out to fend the Earth. Today it might have just been an imagination of a very creative writer and director of this film, but tomorrow who knows, the universe is quite large and unknown. We are just too small in comparison and a belief that we all belong to this lonely planet can surely cast away our man made differences and dislikes. Let us take a vow to make our life more peaceful, whilst we can, gazing into the outer space, I surely feel threatened. ###

[*Visit Sushil's blog*](#)

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How Not to Screw Up Your Life **by Dr. Alan Zimmerman**

From 25 years of research, from 30 years of teaching, and from interviewing thousands of folks, from the top of the corporate ladder to those behind prison bars, I have an announcement to make. Life is NOT fair.

So there you have it. It's official. Life is NOT fair.

Despite that somewhat depressing declaration, I also have some good news... there are some things you can do to experience more joy in life and work. Here they are...

1. Decide to be happy.

After all, happiness is not a thing, an address, title, or bank balance. Happiness isn't even a stage of life ... whether that be single or married, young or old, working or retired, or even parenting versus empty nesting. As author Tim Connor puts it, "It is not something you can grasp, earn, keep, buy, learn, give away or know. It will come after you relentlessly if you have that inner state of consciousness that says, 'I am happy no matter what is in my life.'"

He's right. Happiness is NOT the consequence of something HAPPENING in your life. It's a decision you make ... no matter what is going on in your life. You decide to be happy.

I'll never forget the time when that lesson was first drummed into my mind. As a kid, I used to love Bob Barker do his show called "Truth Or Consequences." And on occasion he would have unusual guests on his show.

On one show, his team found this old man who lived way back in the boonies of the Great Smokey Mountains. He had never been exposed to electricity, running water, the radio, television, or any other modern convenience. He not only lived without those things, he never even heard of those things. He was indeed living in another time period.

As Barker interviewed him, the audience laughed at his simple, naive answers, but they weren't laughing at him but with him. He was so charming the audience couldn't help but love him.

Finally, Barker said, "You seem so happy. You must have some wonderful secret of happiness. Please tell us what it is."

The old man replied, "No, ain't got no secret of happiness. I jest gets up every morning and figures I got a decision to make ... to be happy or unhappy. And what do you think I do? I decides to be happy."

The audience smiled and giggled. They may even have thought, "That's easy for him to say. He doesn't have all the pressures we have in our lives." But then I'm reminded of another person that no one would ever accuse of being naive or simple-minded. No one would ever say his life was stress-free, and yet this man said the same thing as the old man. I'm talking about Abraham Lincoln, of course. He said, "People are about as happy as they make up their minds to be."

So I challenge you with this first point. DECIDE to be happy. And then ...

2. Fuel your passion.

Keep your passion alive, whatever you do. It's the great equalizer in life. It often makes up for a lack of experience and knowledge.

Of course, I am NOT saying that you can forget about increasing your knowledge or expanding your experience. That's always necessary. But I am saying that your passion will be interpreted by others as a strong belief in yourself, your mission, and your purpose ... while your knowledge and experience is catching up with you.

Of course, you may be saying, "I don't feel an awful lot of passion in my life right now. Life is tough, and I'm just barely hanging on." Hey, we've all been there, but you don't have to stay there. You can pump up your passion. Try these ideas:

*Count your blessings. We often overlook or dismiss them when times are tough ... but they're still there.

*Affirm yourself. Talk to yourself. Tell yourself such things as, "I am here to stay. I am here to make a difference. I am not giving up." Or as St. Augustine implied, "I am moving forward. I'm going to keep on walking. I am not turning back."

*Let the past pass. Don't waste your time on what you did or should have done. Learn from it and then let it go.

*Practice an attitude of gratitude. The more thanks you give, the more passion you'll get.

*Accept yourself ... warts and all. You know the old adage ... that "God don't make no junk." It's true. You have great value. It's time you accept that fact.

With passion in your life, then you have to ...

3. Learn resiliency.

Sooner or later everyone experiences failure, disappointments, and setbacks in life. So the ability to bounce back from those challenging times has got to be one of the keys to greater happiness and more joy ... on and off the job.

In simple terms, resilience is the ability to keep on coming back, time after time. No matter how many times life brings you to your knees, you try again and again. You try something new, or you try something different. In fact, it's one of the most critical survival skills in today's tumultuous world. Learn it. Get resilient. And finally, for greater success and happiness, you've got to...

4. Learn when to hold 'em and when to fold 'em.

As you move through life, you are faced with a variety of challenges that test your patience, resolve, and commitment. Just remember ... in every one of those challenges, you always have 3 choices ... to live, lobby, or leave.

You could decide to LIVE with it. Sometimes that's the best option. Your work may be uninspiring or your boss may be disrespectful. But with the economy in shambles, you may decide to live with it ... for the time being. After all, there may not be very many other attractive alternatives in the workplace.

Your second choice is to LOBBY for change. You may be having a difficult time with your spouse's behavior, your customer's attitude, or your company's policies. So you could attempt to change your situation or your relationship. You could use all your very best communication skills to bring about positive, productive change in your situation. In fact, that's what the second day of my "Journey to the Extraordinary" program teaches you to do. You can check it out by going to:

<http://srv.ezinedirector.net/?n=3940946&s=58929332>

If neither of those choices appeal to you, you can choose to LEAVE. It can be a valid option. Sometimes you're in a situation where someone else is destroying your self-esteem, damaging your attitudes, or blocking your success in life and work. Leaving might be a wise and healthy option.

But let me offer one caution. Many people leave too quickly. Faced with a difficult person or challenging situation, they split. Their patience runs thin or their tolerance level runs dry. They leave marriages too quickly, quit jobs too rapidly, and change locations too often ... thinking they'll leave those problems behind ... as they search for greener pastures somewhere else.

It may be possible to find greener pastures. If they're out there, go for 'em. Just make sure you've worked through all of your own problems before you move on to a new relationship or a new job. If you don't, they're sure to show up in your new situation.

In summary, the happiest people are the happiest for a reason ... well, actually four reasons. They have decided to be happy. They have learned how to keep their passion alive and well. They have learned how to be resilient. And they know when to hold 'em and when to fold 'em.

Action: Do three things this week that will fuel your passion. ###

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** ~

How One Simple Turn in Attitude Can Lead to Success

by Alan R. Zimmerman

WHETHER YOU ARE struggling with your goals, unmotivated at work, burnt out on bad news, or just uninspired, a simple turn in attitude can make all the difference.

In *Pivot*, Dr. Alan R. Zimmerman draws from his extensive experience as a performance consultant and speaker to reveal the crucial role that attitude plays in your success.

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Three Simple Strategies for Riding the Waves through 2012

Sol Luckman

“Take two of these little pills and call me in the morning.”

Ah, those were simpler days, when all our troubles seemed resolvable by a magic bullet. No longer.

Today, through forces seemingly beyond our control, we’re pressed to dig deep for the answers to a suddenly kaleidoscopic array of strange and bewildering dilemmas.

Economic stability, or lack thereof. World peace, or what’s left of it. Peace of mind, but only when heavily sedated. Physical wellbeing, challenged by waves of cosmic energy ripping through us with awesomely accelerating intensity.

Why is it that everyone and everything, including ourselves, all of a sudden seems to be splitting apart at the seams?

For many who study cosmic cycles, it’s patently obvious that the end times are upon us—and that our planet is undergoing some heavy changes centering on the year 2012 that have been prophesied in scriptures and wisdom traditions the world over.

The Hopi nation just released a short official video about this truly wild period of history.

While certainly not rose-colored as to the extraordinary challenges of these times, ultimately the Hopi message is one of—pun intended—hope.

These times, say the Hopi elders, involve a “return to connecting our heart with the heart of the path to the future.”

Stated otherwise, the message is that we must regain an inner balance with all of nature, starting with ourselves.

We must travel from the inner to the outer when balancing ourselves and the world—a dual process that must occur *in that order*.

In other words, to heal and transform the world, we must first be willing to heal and transform ourselves.

This subject is near and dear to my heart, after I wrote about it extensively in my latest book, *Potentiate Your DNA*.

If we start by healing and transforming ourselves, we can survive, and even thrive, through the 2011-13 window of personal and planetary transfiguration.

The end times that are upon us, then, simultaneously constitute a beginning—one holding the possibility of a genuine rebirth for Mother Earth and all her children.

According to Vedic texts, in fact, we've reached the very nadir of planetary darkness, known as the Kali Yuga, and there's literally nowhere to go but back into the light.

In other words, cosmically speaking, things simply have to start looking up, sooner rather than later.

In past articles, I've addressed the "ener-genetic" nature of the radical Shift in Human Consciousness now well underway.

But one thing I've yet to discuss is strategies for participating as co-creators by riding on top of the tremendous waves of galactic energy sweeping our world—instead of being swept under by them.

Below, I outline three simple strategies you can adopt in your own way to integrate the powerful, potentially life-changing energies of this time period.

Strategy 1: Stay in the Moment

The intuitively sourced masterpiece known as *The Law of One* makes it abundantly clear that in the Moment, in the here and now, is where we find love—not in some abstract yesterday or tomorrow.

Readers of Eckhart Tolle's more mainstream *The Power of Now* have been exposed to a similar line of self-empowering thinking.

But for those new to this concept, or in need of a refresher, the energy of love—rather, the actual experience of loving energy—is so potent that, by itself, it can heal and transform the body, mind, and spirit.

Moreover, and especially important these days, love can, and does, protect us from that which weakens the body, mind, and spirit: fear.

As to what may or may not happen tomorrow, we have little control over that.

Best to "let go and let God" and focus on enhancing our lives (as well as those around us) with the most powerful energy available.

Strategy 2: Be More, Do Less

In a wonderful article devoted to the recent transition to the culminating Ninth Wave of the Mayan Calendar, Denise Lefay emphasizes that for many people (especially those of

us who consider ourselves lightworkers), the time of always having to do is ending and the time of being is beginning.

“Now that many of us have completed the horrendously difficult Eighth Wave phase of transmuting, integrating and paving the way out of total darkness for all interested parties, we’ve got to learn how to consciously create from within ourselves ... and BE what we’ve worked so long and hard to accomplish,” writes Lefay.

“Now we’ve got to adapt to increasing Source energies beginning to flow through us, our bodies and brains like it never has before while in physical bodies. Now we’re learning to DO by BEING; to understand by knowing on our own internally and not externally through other beings, guides, channels or sources.”

The point here, as I understand it, is not to do nothing. Rather, the point is to be entirely present when doing anything—and to only do things that merit our being entirely present.

As much as anything else, being more and doing less can help us stay in the Moment where love is.

And love can do all the rest.

Strategy 3: Turn on, Tune in, Drop out

Never before has counter-cultural icon Timothy Leary’s famous advice to seek the truth within, by whatever means necessary, been more apropos.

But here, allow me to clarify my interpretation of Leary’s words as they apply to these confounding times.

By “turn on,” I mean put yourself in a receptive mode to receive intuitive guidance about your life choices from your Higher Self.

Your Higher Self is like a Hall of Fame coach who can take you to the promised land if you can simply let go of your ego long enough to listen.

By “tune in,” I mean actively open to this guidance—through prayer, meditation, creativity, exercise, or simply being.

Above all, you must have the intention to tune in to the wisdom of your Higher Self.

And by “drop out,” I mean cut out whatever might be creating static—whether that’s TV, texting, Internet news, or “fear porn”—in your connection with your Higher Self.

Once we connect with our Higher Self, much becomes clear and much progress in our healing and transformation can be made as we implement our inner guidance

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Sol Luckman is a prolific visual artist and critically acclaimed author of fiction and nonfiction. His numerous books include the international bestselling *Conscious Healing: Book One on the Regenetics Method* and the newly released *Potentiate Your DNA: A Practical Guide to Healing & Transformation with the Regenetics Method*. For information on the “revolutionary healing science” (*Nexus*) of the Regenetics Method, check out www.PhoenixRegenetics.org. Sol is also author of the *Beginner’s Luke* Series of seriocomic novels that hilariously foreground the role of imagination in creating our individual and collective reality. Characterized by Reader Views as a “modern-day *Alice in Wonderland*” and by Apex Reviews as a “mind-bending journey through the mind of the ultimate iconoclast,” *Beginner’s Luke* is also, as literature professor Niama Williams has written, a “spiritual journey that you do not want to put down.” Share the Adventure of an imaginary lifetime by visiting www.BeginnersLuke.com. View Sol’s paintings and learn more about his work at www.CrowRising.com

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Create a Personal Sanctuary With Solitude

By Paula Eder, Ph.D.

Time management tips can help you shape your quality of life. Ultimately, you determine how to use each moment of your life to promote your balance, your satisfaction, and your productivity. Perhaps you are so busy now that it's hard to assess just how well your time choices are working for you! Maybe you are tired, rundown, frantic, or simply out of sync with yourself. Now is the time to create a personal sanctuary with solitude.

Creating a Sanctuary

Your sanctuary can be very simple. All it really needs is you, free from outside distractions for a certain period of time. You can replenish yourself with stillness.

When you create a quiet space to look within, your time is truly your own. Your shoulders relax. What a comfort to soften into the awareness of how effortlessly your body maintains its cadence of heartbeat and breathing, performing all the intricate dances of sustaining your life.

Your solitude is created by mindfulness, one breath at a time. With practice, you can tune in to the still-point of silence anywhere. But you may wish to set aside a special corner, and collect touchstones that ease your transition inward. You may find that the glow of a candle, a special scent or favorite poem helps you travel within. They may even create paths to precious memories and intuitive awakenings.

What a Personal Sanctuary Provides for You

Solitude helps you directly experience that you are enough. You have enough. Inner peace blossoms within you. Assimilating your wholeness helps you review the rash of demands upon your time from a fresh perspective. Urgency lessens. Prioritizing becomes easier. So does turning down invitations and demands that could clutter your time.

That is why solitude is essential. It strengthens the very core of your wisdom. And strength begets courage. When you dispel that gnawing illusion that you desperately need something dangling just out of reach in the perpetual future, you can make time decisions that are grounded and realistic.

Time and the Timeless in Your Sanctuary

Christin Lore Weber wrote eloquently of inner sanctuary and solitude in her book, *The Finding Stone*. In one meditation, she wrote:

"I will know the place, It is quiet there... It is the place of my beginning, and the place of my ending. It is where I am whole. It is worth the journey... It is my true self."

Visit this sanctuary often to cultivate your solitude. In its fathomless depths, you touch the magic of the moment, and open the gift of simply being alive.

How can you safeguard your sanctuary, and create a time management plan based upon this deepened awareness?

To take your next step, sign up for our free gift, "The New Finding Time Boundary Template: 9 Simple, Sequential Steps to Find More Time and Recharge Your Energy!" at <http://thetimefinder.com/Template.html>

This time template will help you move beyond overwhelm, disappointment, and frustration. Using a workbook format, with room to record your answers, you will discover that 24 hours really *are* enough! ###

Coach Paula Eder, Ph.D., The Time Finder Expert, has 35 years of success helping individuals, small businesses, and solopreneurs align their time choices with their life goals and core values. Heart-based time management is her passion. Paula enjoys nothing more than working with people to recognize and help facilitate the small time choices that lead to large, life changes ... because *the way you use your time is the way you live your life!*

If you're ready to stop feeling overwhelmed, sign up for Paula's FREE Finding Time Boundary Template at <http://www.findingtime.net/ezine.html/>
And for more time tips and techniques, visit Paula's Blog at <http://thetimefinder.com>.

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A Course in Miracles

Lesson 49

God's Voice speaks to me all through the day.

It is quite possible to listen to God's Voice all through the day without interrupting your regular activities in any way. The part of your mind in which truth abides is in constant communication with God, whether you are aware of it or not. It is the other part of your mind that functions in the world and obeys the world's laws. It is this part that is constantly distracted, disorganized and highly uncertain.

The part that is listening to the Voice for God is calm, always at rest and wholly certain. It is really the only part there is. The other part is a wild illusion, frantic and distraught, but without reality of any kind. Try today not to listen to it. Try to identify with the part of your mind where stillness and peace reign forever. Try to hear God's Voice call to you lovingly, reminding you that your Creator has not forgotten His Son.

We will need at least four five-minute practice periods today, and more if possible. We will try actually to hear God's Voice reminding you of Him and of your Self. We will approach this happiest and holiest of thoughts with confidence, knowing that in doing so we are joining our will with the Will of God. He wants you to hear His Voice. He gave It to you to be heard.

Listen in deep silence. Be very still and open your mind. Go past all the raucous shrieks and sick imaginings that cover your real thoughts and obscure your eternal link with God. Sink deep into the peace that waits for you beyond the frantic, riotous thoughts and sights and sounds of this insane world. You do not live here. We are trying to reach your real home. We are trying to reach the place where you are truly welcome. We are trying to reach God.

Do not forget to repeat today's idea very frequently. Do so with your eyes open when necessary, but closed when possible. And be sure to sit quietly and repeat the idea for today whenever you can, closing your eyes on the world, and realizing that you are inviting God's Voice to speak to you.

Commentary by Allen Watson

"God's Voice speaks to me all through the day." Yes, It does! It may seem like wishful thinking to you when you say this sentence, but it isn't. God's Voice really does speak to us all through the day, every day. "The part of your mind in which truth abides [i.e., the right mind] is in constant communication with God, whether you are aware of it or not". We aren't usually aware of this communication, although we could be. Our consciousness simply isn't tuned in.

It's like a radio signal. Here in Sedona we have a radio station called KAZM ("chasm," cute, huh?). KAZM is in communication with my radio all through the day, but I may not have my radio tuned to that station. The Holy Spirit is in communication with my mind all through the day, but I may not be tuned in.

There is another part of our mind that carries on the busy-ness of this world. That is the part we are mostly aware of. I'll label it "wrong mind" so we can tell the parts apart. This part really does not exist, and the part tuned in to God (right mind) is really the only part there is. Thus, speaking of "parts" of our mind is really just a helpful fiction.

The wrong mind is an illusion. The right mind is real. The wrong mind is frantic, distraught, filled with a chattering madhouse of "thoughts" that sound like the White Rabbit in Alice in Wonderland. The right mind is "calm, always at rest and wholly certain". The right mind is what Lesson 47 spoke of when it said, "There is a place in you where there is perfect peace". In this place, "stillness and peace reign forever".

We can choose which voice to listen to, which "part" of our mind to attend to: the frantic voice or the peaceful Voice. Does it seem hard to believe that there is a place in you that is always perfectly peaceful, like the eye of a hurricane? But there is. I found it hard to believe, but when I began looking for it I began finding it.

Often when we first try to find this place, the other voice shrieks so loudly that it seems we can't ignore it (as the lesson instructs us to). Just the other day someone was telling me how when they sat in meditation, the onset of peace was so frightening that they had to jump up and get busy with something. Isn't it weird that we find peace so unacceptable? Sit for a few minutes trying to be peaceful and something inside you is screaming, "I can't stand it!" That's the frantic voice. "Try," the lesson says, "not to listen to it".

It's worth the effort! That place of peace is there in all of us, and when we find it-ahhh! I still have some days when I can't seem to stop the *yama yama* of my mind (as Werner Erhard calls that constant mental chatter), but the times when I sink into the peace beyond my thoughts are increasing, for which I am very grateful. You simply have to stop your activity to find it; you can't find it without sitting down, quieting down, and shutting down for a while. The world is far too distracting otherwise, at first.

Eventually we can learn to find this peace any time, anywhere, and even to bring it with us into chaotic situations. At first, however, we need to act out the stillness in order to find it, closing our eyes on the world, going past the stormy surface of our minds and into the deep, calm depths, asking God's Voice to speak to us.

One more thought. You might think, from this lesson, that if God's Voice speaks to you all through the day, it must be easy to hear it. Wrong. The ego's voice is characterized here as "raucous shrieks", "frantic, riotous thoughts and sights and sounds", and

"constantly distracted". Listening to God's Voice, at first, is like trying to meditate in the middle of a riot. It's like trying to compose a new tune while a rock band is tuning up. Or like trying to write a careful letter when three people are shouting different things into your ears. It's hard work. It takes focus and concentration. It takes, above all, willingness. "The Holy Spirit's Voice is as loud as your willingness to listen".

You have to be willing to tune out that other voice. The shrieks of the ego don't just happen without our volition; they do not stem from some malevolent demon trying to frustrate our efforts to hear God. They are our own unwillingness taking form; that's all. We've spent eons turning on the noisemakers in our own minds. We have to start going around and choosing to turn them off.

So hearing the Holy Spirit isn't something that happens overnight-read about it today, start being "divinely guided in all I do" tomorrow. No. It's not that simple. In fact, in the Text, Jesus himself says that learning to listen *only* to that Voice and no other was the final lesson he learned, and that it takes effort and great willingness!

The Holy Spirit is in you in a very literal sense. His is the Voice That calls you back to where you were before and will be again. It is possible even in this world to hear only that Voice and no other. It takes effort and great willingness to learn. It is the final lesson that I learned, and God's Sons are as equal as learners as they are as sons.

So, let us begin today to learn this so-very-important lesson. Let us listen. ###

~ The Journey Home ~

(*Course in Miracles*)

by Allen Watson

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