

# Cultivate Life!

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ISSUE 60



# ***Cultivate Life! magazine***

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Nothing I'm afraid of losing can ever be the source of my fearlessness.  
—*Guy Finley*

## **Spirits in the Material World: Healing & Transformation through Consciousness**

**by Sol Luckman**

[The following article is adapted from the author's newest book, *Potentiate Your DNA: A Practical Guide to Healing & Transformation with the Regenetics Method.*]

The tendency to view the human body as a machine, composed of matter and regulated biochemically, has become increasingly widespread since the dawn of Cartesian thinking in the 17th Century.

This materialistic view flies in the face of so-called primitive ways of understanding our physical bodies, and the material realms in general, as merely bio-spiritual epiphenomena created and sustained by spiritual energy.

Fortunately, over the last several decades more and more thinkers have become disillusioned with the limitations and dangers of materialistic thought.

Guided by an inner knowing that such a restrictive mentality, divorced from meaning or purpose, only serves to obscure the important truth that, to quote Sting, 'we are spirits in the material world,' many individuals and groups have contributed to a veritable renaissance in how we envision ourselves and our environment.

This renaissance has impacted (and in many cases, revolutionized) numerous fields of study—often foregrounding through the work of pioneers the ancient wisdom that behind everything we perceive exists a blueprint of conscious energy.

Such a revelation is the basis for psychology's focus on unity consciousness; physics' longtime obsession with a unified theory; and biology's realization that DNA constitutes a 'morphogenetic' information field that unites the human species much like the Internet.

The fascinating new science of quantum bioholography accepts as its core premise that human beings are, in essence, holograms composed of intersecting frequencies of energy transduced and directed by DNA.

This line of thinking, supported by compelling theory and evidence, has led physician Richard Gerber, author of *Vibrational Medicine*, to state bluntly that humans are 'crystallized or precipitated light.'

Quantum bioholography is related to the emerging field of wave-genetics, a leading-edge science that employs what has been called 'torsion' energy generated by sound and light waves to stimulate a self-healing potential in DNA.

This science recognizes that our bioenergy blueprint—which we can access ourselves by stimulating DNA through linguistic means—holds the key to permanent healing and radical transformation.

## Going Deeper

Allergy elimination technique, of which Dr. Devi Nambudripad's version, NAET, was the first and remains the most famous, derives from the homeopathic discovery that bioenergy signatures can be imprinted in tiny glass vials with the help of an electro-acupuncture device.

For instance, the frequency for an allergen such as sugar can be held permanently in a vial containing pure water and a drop of alcohol. The immune system's response to the vial is practically indistinguishable from its reaction to the actual allergen.

Although their cause remains unexplained, allergies are defined in NAET as chemical, environmental or nutritional sensitivities that derange the immune system, contributing to a variety of chronic ailments.

Given the role such factors as vaccines play in creating many sensitivities, however, a more accurate definition of allergies sees them as *potentially resulting* from genetically induced autoimmune conditions—not the other way around.

Another fuzzy area in the theory behind the majority of allergy elimination techniques concerns the nature of bioenergy, which comes across as a nebulous concept. I hope to shed more light on bioenergy momentarily.

In NAET, whose ability to produce tangible results is attested to by the fact that it is used by thousands of alternative doctors, the patient holds the vial containing the allergen's energy signature while the practitioner performs acupressure along the spine in order to initiate a 'clearing' by way of the nervous system.

The basic idea, similar to that of acupuncture, is to eliminate 'blockages' that keep bioenergy (however defined) from flowing freely through the body. In theory, clearings reprogram the immune system to accept substances formerly rejected as allergens.

BioSET improved on the rather simplistic methodology of NAET by recognizing that if it is possible to 'clear' a person using one vial at a time, it should be possible to clear with multiple vials.

One can clear sugar allergies alongside *Candida albicans*, which can feed on sugar, and also add vials that represent the pancreatic system, since insulin and sugar are interrelated. Hypothetically, one can clear even for heavy metals, viruses and other pathogens that might be hindering pancreatic function.

In the midst of my nearly decade-long chronic autoimmune illness, I was greatly encouraged by this approach—especially after some of my allergies began to wane. I enthusiastically underwent allergy elimination treatments for approximately a year.

Unfortunately, after a short-lived plateau I found myself sliding downhill again. My chronic fatigue was inching its way back; I was losing many of the foods I partially had recovered; and most frustrating of all, I was experiencing a variety of new symptoms.

My professional observation as a former practitioner of allergy elimination technique led me to believe that my experience of improvement followed by losing ground was not altogether uncommon.

While NAET and its derivatives at times can work wonders, for seriously immunocompromised individuals long-term exposure to allergy clearing sometimes appears to weaken the immune, irritate the nervous and overstimulate the adrenal systems. Without a doubt, this was my personal experience.

The reason for such shortcomings is straightforward. Traditional allergy clearings work through the nervous system.

But in order to reset our bioenergy blueprint, where allergy-producing distortions are imprinted, and establish a 'clean slate' for permanent healing and transformation, we must go deeper.

Indeed, we must go all the way to the regulator of the 'ener-genetic' patterns—both dysfunctional and healthy—that manifest in our bioenergy blueprint: DNA.

Only by properly activating DNA is it possible to reestablish the systemic harmony and coherence necessary for sustained wellbeing.

In order to stimulate the self-repair mechanism in the supposedly inactive portion of DNA, we can employ sound combined with light waves of torsion energy, generated linguistically.

### **Field Testing**

Soon after I began performing a version of allergy elimination technique, four critical factors converged to lay the theoretical foundation for a clearer comprehension of bioenergy as well as my own work in DNA activation.

For starters and most crucially, I met my life partner Leigh, who provided me with tremendous support in both my ongoing healing journey and intensive research that began around this time. With wonderful serendipity, I met her in the Health & Body Care section of our local health food store.

Later, as our relationship grew, Leigh came to work as an assistant in my office. Her extensive background in herbology, nutrition, homeopathy, flower essences and energy medicine came into play early and often as we began 'field testing' our ideas about the bioenergy blueprint and DNA.

A second factor associated with my stint with allergy elimination technique that played a role in shaping what I later would call the Regenetics Method was simply an observation.

The very fact that Leigh and I were using bioenergy to perform clearings that by themselves were capable of reducing allergies and providing other palpable benefits was proof positive that bioenergy can have a measurable impact on the body-mind-spirit complex and its functioning.

To medical 'experts' who categorically dismiss the hundreds of thousands of success stories associated with energetic therapies as merely examples of the 'placebo effect,' it has been countered that the same can be said of the curative effects of many pharmaceuticals and even surgical procedures.

This point has been made eloquently and emphatically by a number of medical doctors and researchers, including respected cardiologist and author Larry Dossey.

In fact, rather than an aberration to be belittled and ignored, the placebo effect remains an open invitation to explore the extraordinary ability of consciousness to change physical reality—in many cases, replacing a medical 'death sentence' with a state of glowing health.

Never was it more obvious that bioenergy profoundly affects the body than when an allergy elimination session instantly set off a major detoxification, or 'healing crisis,' in recipients.

This sometimes startling phenomenon, which Leigh and I observed and experienced personally on a frequent basis, fueled our desire to find a more integrated way to address distortions in the bioenergy blueprint and facilitate healing.

Thirdly, it is worth emphasizing that we were employing a type of muscle testing, known as kinesiology, to determine allergies, sensitivities, underlying toxic factors, pathogenic elements, and emotional traumas.

These so-called blockages then were cleared energetically—at times quite successfully, and other times less so—through allergy elimination technique.

Ever since 1964, when American chiropractor George Goodheart first observed that a weak muscle could be treated using nonphysical methods and its strength significantly improved, kinesiology has constituted the predominant form of energetic assessment used by alternative healthcare professionals worldwide.

There are literally hundreds of spins on kinesiology. Leigh and I experimented with a lot of them as we conducted over a year's worth of exhaustive 'field tests' with each other and our clients in order to 'map' the human bioenergy blueprint.

Fourth and finally, many of the ideas Leigh and I field tested were suggested by my extensive reading. Out of this mountain of material, many pieces of which made their way into Book One on the Regenetics Method, *Conscious Healing*, came numerous questions that seemed to me then, as they do now, essential to understanding true health and wellness.

The six primary questions we sought answers to through kinesiology and other ways of knowing were:

1. What is the nature of bioenergy?
2. What would a map of our bioenergy blueprint look like?
3. What is DNA?
4. Is there a relationship between the bioenergy blueprint and DNA?
5. What role, if any, does DNA play in mediating between our bioenergy blueprint and our biology?
6. How might it be possible to activate DNA so as to correct distortions in the bioenergy blueprint and thus facilitate healing and transformation?

### **Bioenergy = Torsion Energy = Consciousness**

In 1913 Dr. Eli Cartan, observing an apparently novel form of energy with a spiraling motion through the fabric of space and time, coined the term *torsion* to characterize it.

I first encountered this word in late 2002 and, initially having dismissed it, soon began seeing it regularly in relation to consciousness and DNA. Needless to say, given the nature of the field testing Leigh and I were conducting, my interest was piqued.

I learned that torsion energy was distinguishable from both gravity and electromagnetic energy, as well as strong and weak atomic forces. Translated: according to traditional Newtonian physics, torsion energy should not exist.

But clearly, it did, and a lot of people with fancy letters after their names had produced a lot of fancy names for it—including zero point energy and subspace energy. To which terms I was able to add several less scientific ones: bioenergy, life force, *chi*, *prana*, and *kundalini*.

Arguably, the best name for torsion energy was one of oldest: ether or *aether* (from a root word meaning to burn or shine), the term the ancient Greeks used to describe this omnipresent field of background energy.

Aether might be the most appropriate term for torsion energy because, etymologically, it captures the important idea that we are discussing hyperdimensional energy whose most obvious manifestation is light.

Unfortunately, although Einstein admitted that it was essential to explaining the unified field, aether long has had a bad rap in the scientific community. At least partly, this is because its existence is hard to prove using scientific instrumentation designed to measure grosser forms of energy that fit neatly into Newtonian physics.

Nevertheless, Russian scientists, who in many ways are well ahead of their counterparts in the West, have measured aether and developed numerous practical applications—particularly in the healing field—for what they refer to as torsion energy.

To speak plainly about Western science's denial of aether, *it is hard to find something that you categorically refuse to look for*.

For the past century, traditional science has maintained a tenacious and myopic belief in the primacy of the material over the spiritual—simply deleting the concept of aether from its lexicon despite many recurring, theory-deflating proofs of the existence of this important energy dating back at least to the 19th Century.

When I think about Western science's tendency to ignore reality in favor of theory, I am reminded of a poster my high school guidance counselor had on the wall in her office showing a person contorting to cover her eyes and stop up her ears whose caption read, 'Don't confuse me with the facts!'

Comparing mainstream science to a 'fetish,' one that constrains many would-be open-minded scientists to worship foolish hobgoblins of concept and belief, Joachim-Ernst Berendt in *The World Is Sound* explains that since

*analysis is more important to the predominant sciences than synthesis, scientists tend to ... think narrowly and rigidly rather than widely and flexibly. Thus ... most scientists still cling stubbornly to Aristotelian logic and its linear causal chains. As a result of this rigidity, scientists accept findings that are a product of their own methodology within a few years or even months after they are published, but pass over all those findings that represent a danger to their traditional methods, even half a century after these findings are made.*



Relative to the matter at hand, healing, Berendt notes that the 'failure of the conventional methodology of science is especially apparent in the field of medicine.'

Today's medicine 'still looks at its 'object,' man, as if he were a 'machine' or a chemical plant' and 'does not seem to be able to understand that it is still oriented toward a physical worldview that, in its basic conception, is outdated.'

Berendt is far from alone in his assessment. According to physics pioneer Sir James Jeans, 'The stream of knowledge is heading toward a nonmechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter [but] the creator and governor of ... matter.'

Biologist and author Bruce Lipton describes the situation this way: 'Although quantum mechanics was acknowledged eighty years ago as the best scientific description of the mechanisms creating our universe, most scientists rigidly cling to the prevailing matter-oriented worldview simply because it 'seems' to make better sense out of our existence.'

'However,' continues Dr. Lipton, 'quantum laws must hold at every level of reality. We can no longer afford to ignore that fact. We must learn that our beliefs, perceptions and attitudes about the world create the world.'

Recently, Lipton points out, physicist R. C. Henry of Johns Hopkins University 'suggested that we 'get over it' and accept the inarguable conclusion: 'The universe is immaterial—mental and spiritual.'

Similarly, in the words of world-renowned physicist John Hagelin, 'If you scratch below the surface and get to the molecular, atomic and sub-atomic levels, you find that these worlds are not material worlds. They are worlds of intelligence and ultimately worlds of consciousness.'

There is much more that could be written about this topic. But what I wish to stress is the simple observation that traditional materialistic science, like the physical-based medicine that grows out of it, represents merely a hypothetical description of reality that, at its core, is fundamentally in error.

I realize this may be a hard pill to swallow for many scientists. But the fact is that mainstream science and medicine utterly fail to take into account the conscious spiritual energy that gives rise to the universe we inhabit.

Thus the logic behind our current scientific and medical models is critically flawed—being based on the false premise that matter is all that matters.

If we are to evolve beyond this distorted worldview in the direction of a more holistic perception, we must turn the tables on such faulty reasoning.

It would benefit all of us to realize that instead of inhabiting an essentially material universe that can be measured, weighed, dissected and placed in a box, we live in a malleable reality that forever transcends our boxes of concept and belief because *our very concepts and beliefs condition reality*.

Decades ago the Heisenberg Uncertainty Principle established that our perceptions of an event automatically affect the event's outcome. This theoretical assertion has been verified

through numerous experiments proving that human consciousness can, and does, alter physical reality.

To be clear, I am far from stating that the material world does not exist. Rather, I propose that what we think of as the real world is a holographic consciousness construct that—in all ways at all times—is subject to modification by our consciousness (or unconsciousness) of it.

The original *Matrix* movie artfully charts this life-changing idea through Keanu Reeves' character. Faced with a variety of initiatory challenges, Neo steadily expands his perceptions from those of a heedless victim of the Matrix, to those of its purposeful master.

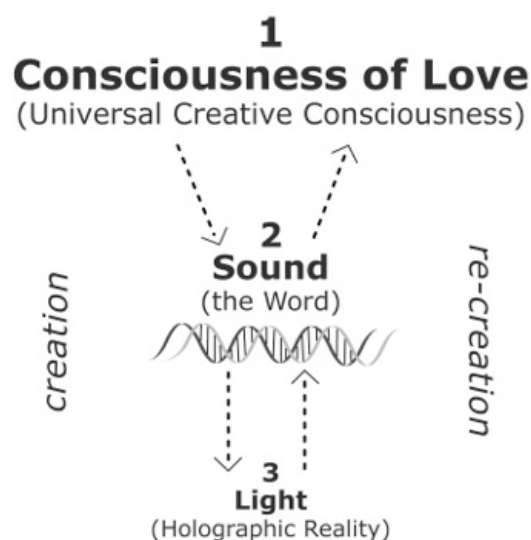
With the Matrix symbolizing our initial experience of reality as victims, Neo's development can be interpreted as a psychological evolution that embraces our greater reality and power as spiritual beings. Moreover, it is patently obvious that Neo's ability to change reality evolves in direct proportion to his consciousness.

While this way of looking at reality as a consciousness construct can make it seem as if there is no longer any firm ground to stand on, precisely this same truthful lens gives us wings to fly as soon as we accept reality's basic operating principle: *consciousness creates*.

Indeed, returning to the subject with which this section began, another name for aether, bioenergy or torsion energy is simply consciousness.

### Three Forms of Torsion Energy

The purest form of torsion energy is that of the Creator and might be thought of as the Consciousness of Love (Figure 1). After all, the Bible states unequivocally that *God is love*.



*Figure 1: Three Forms of Torsion Energy. The above image illustrates the relational patterns of the three primary forms of torsion energy, while also shedding light on how we are created and how we can re-create ourselves ener-genetically.*

Out of this universal creative consciousness, which constitutes the background spiritual energy on which what we think of as reality plays out in all its breathtaking diversity, emerges the Word (primal sound) that calls into being the galaxies by 'let[ting] there be light.'

'In the beginning was the sound, the sound as logos,' explains Berendt. 'God's command 'Let there be ...' at the beginning of the biblical story of creation was first tone and sound. For the Sufis, the mystics of Islam, this is the core of things: God created the world from sound.'

Figure 1 depicts how the Creator utters—consciously, energetically, and literally—the holographic construct of the world into existence. This illustration also shows how we ourselves can re-create our reality construct, starting at the ener-genetic level.

The Regenetics Method does not attempt to heal and transform the bioenergy blueprint through physical or biochemical manipulation, which would be to put the cart before the horse.

Instead, Regenetics respects the inherent order and nature of creation by employing the primary torsion energy produced by sound supported by torsion light waves emitted by thought or intention—both of which are conveyed via special 'words'—to activate DNA.

You can learn more about torsion energy by exploring the work of Russian scientist Nicolai Kozyrev, who in the 1950s proved the existence of this life-giving subspace energy.

Dr. Kozyrev demonstrated that, like time, torsion energy flows in a fractal spiral that has been referred to as *Phi*, the Golden Mean, and the Fibonacci sequence.

This spiraling energy mirrors the helical structure of DNA because, quite simply, as noted by David Wilcock, it gives rise to the DNA molecule.

### **Space-time & Time-space**

Happily, today a growing number of scientists and medical professionals are embracing the new paradigm that respects the profoundly spiritual, consciousness-based nature of the ostensibly material world.

As this crucial change in perspective gains momentum, more and more modalities designed to encourage permanent healing and radical transformation are being made available.

So far we have proposed that bioenergy is a form of consciousness. At the macrocosmic level, this conscious torsion energy, which Wilcock refers to as the 'consciousness field,' constitutes the background spiritual energy out of which the physical universe 'materializes' much in the way light projected through a holographic plate creates a lifelike three-dimensional image.

Microcosmically, we ourselves emerge from the consciousness field, starting with our DNA, and ultimately are inseparable from it. This realization, however it arrives and whatever form it takes, is a fundamental stepping stone from victim to unity consciousness.

The most compelling conceptual model for understanding how the torsion energy of consciousness creates, sustains and modifies the material realms comes from American engineer and author Dewey Larson.

Larson's revolutionary Reciprocal System of physical theory was elaborated starting in 1959 through such seminal works as *The Structure of the Physical Universe and Basic Properties of Matter*.

By way of concluding, in simple language I will describe the bare bones of Larson's thinking as viewed through the lens of contemporary torsion physics.

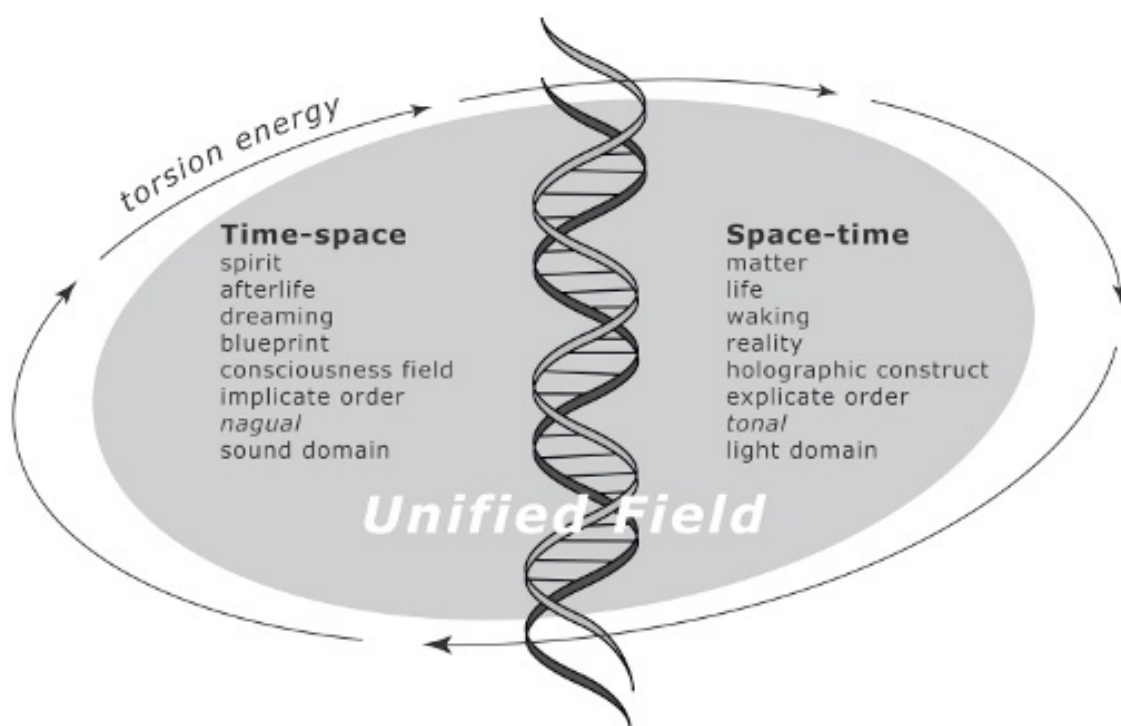
Going beyond Einstein's theoretical model, which assumed only five dimensions, Larson's Reciprocal System theory posited the existence of six dimensions: three of space and three of time.

Brilliantly insightful, Larson proposed that for a unified field to exist, in addition to a three-dimensional coordinate space (space-time), there also must be a three-dimensional coordinate time (time-space) (Figure 2).

In practical terms, during our waking existence we live in space-time. But in our dreams and during the so-called afterlife, we find ourselves in time-space.

Larson grasped that these two realities are mirror images of one another—and even more importantly, that they are *connected*.

In essence, Reciprocal System theory posits a continuous flow of torsion energy from time-space, where our reality blueprints are stored, into space-time, where these blueprints are constructed.



*Figure 2: Space-time & Time-space. This chart lists various characteristics that distinguish time-space from space-time.*

The unified field is explained insofar as reality is thought to be a basically closed system in which the energy of consciousness originating in time-space travels into space-time and back again unceasingly.

Numerous small and large connection points exist between space-time and time-space. These include exactly twelve triangular areas on Earth's surface where planes and ships constantly disappear into and reemerge from time-space with names like the Bermuda Triangle and the Devil's Triangle.

For detailed information on the fascinating geophysical structure of our planet featuring twelve major connection points between space-time and time-space, I encourage you to explore biologist Ivan Sanderson's research on the twelve Devil's Graveyards.

In addition to the mysterious disappearance of planes and ships, the existence of time-space as a parallel reality where the energy templates for the observable world function explains a plethora of so-called paranormal phenomena that have baffled traditional science—from many free energy technologies to Near Death Experiences (NDEs).

In a more mainstream manner, space-time and time-space find precise corollaries in physicist David Bohm's well-known explicate and implicate orders of existence (Figure 2).

Shamanically, for those familiar with this area of knowledge, space-time can be understood as the *tonal*, with time-space being the *nagual* (Figure 2).

In terms of human biology, as also shown in Figure 2, DNA serves as the connection point between time-space and space-time.

The profound implications of the previous statement become more obvious as one comes to understand the true nature of the bioenergy blueprint—and how it can be accessed by activating DNA through linguistic means to foster healing and transformation. ###

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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](http://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](http://www.BeginnersLuke.com). View Sol's paintings and learn more about his work at [www.CrowRising.com](http://www.CrowRising.com).

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## Positive Thinking Plan

Do you want to remain centered, motivated and keep a favorable attitude at all time? You understand that feeling that you get and feel once you've just come out of a great seminar, read a terrific book or listened to an awesome audio. You feel like you are able to climb any mountain, float any seas and sell ice to the Intuits. After a few days that feeling fades and finally melts away till the truth of life gets in the way. That's when you tell yourself to believe positively in spite of the challenges that life places with you.

Here is a scheme which will turbo boost your favorable attitude, provide you laser beamed focus and make you combust with motivation. I've utilized this technique to prepare my brain so that all the favorable influences are better.

Carry on a 30 day emotional detox. Do not watch television for thirty days. News programs, negative shows, gossip shows and so forth.

Do not listen to the radio unless you're listening to awesome songs with favorable lyrics and no radio host with damaging opinions.

Study quarter - half-hour daily at the beginning of each day from an uplifting book to boost your favorable mental attitude, no trashy novels.

Listen to a personal development compact disc platform daily. Exercise more, park farther away and walk around the block. Walk rather than driving everywhere; walk up the stairway rather than taking the elevator or moving stairway, better still if you are able to, join a gym.

Spend less time or confined time with damaging individuals rather than three hours provide them twenty minutes of your time.

Enlarge association, get around favorable individuals.

Cut down on the paper, disempowering and limiting data.

Drink scads of water. If you're dehydrated it lets the nutrients release the toxins.

Contemplate 15 - 30 minutes centering on and reading your goals, what you wish to have occur, what you're thankful for.

I guarantee that you'll see a little striking result over the next thirty days. Keep a success diary and enjoy your fresh positive attitude. ###

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*~ Daring To Be Yourself ~*

by Peter Shephard

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

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

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

## **How You Can Be the Light of the World**

**by Guy Finley**

It always seems that in the face of any crisis the best and the worst of humanity is revealed for all to see. On one hand there are thousands who suddenly become aware (perhaps for the first time) of the pain and loss others feel and, foregoing personal interest, dive into the challenging waters of self-sacrifice and other charitable works of selflessness.

At the same time these crises — especially those of a larger scale — seem to draw out from under their darkened rocks, bugs in human form. These sub-species systematically prey upon the confused and desperate people who are dragged along in the wake of tragedy. Of these depraved souls that profit from the suffering of others we will speak no more. Cosmic Justice always prevails.

Let us turn our attention to how each of us may, every day, help to lift, heal and brighten the world we share -- so that through our individual spiritual efforts we do the work that first transforms our lives and then the life of the world itself. Is there such a Work? Is there a way to ensure Peace in us and therefore upon earth? Is this vision attainable? The answer is yes!

What is this great power that can change the world, that is entrusted to each of us, but that so few have realized in a meaningful way? Each of us is created to be the Light of the world. Let me amplify this truth: We may each become the Light of the world; and when Light is present what can remain hidden? How can any unseen darkness prevail if its presence is known before it begins its punishing action? Just think of such a power and the freedom from fear it promises. Yet, permit me a needful word of caution:

The truth is that this positive power is but potential in us now. If it were already actualized in us then negative states would not be able to dominate us; their evil effects would be non-events.

So our first step is to awaken to our actual spiritual condition, not accepting this finding as a limitation, but seeing it as an invitation to transcend our current consciousness. Even to suspect it possible that we, as individuals, can work to "positize" the world, ending its pain of being in the dark by becoming instruments of the light, should be all we need to start us on the journey of making it so. And let it be known that to actualize what we can intuitively visualize is the spiritual journey.

How do we awaken the living Light within us? What is required of us to realize this power of Powers that is able to transform one's soul and the soul of the world as well? How can we use our God-given potential to claim this living Light within us? How can we help ourselves to bring this Light to bear in our day-to-day lives?



Here is the Way in which it is possible for each of us — wherever we are and regardless of our circumstances — to be the Light of the world: We must cease to be an unconscious part of its darkness. We must stop giving form to dark forces.

How do we give these dark forces a body? You be the judge of the evidence: Has your mouth ever spoken out in a dark or critical rage? Have your eyes ever looked harshly upon someone and judged him in anger? Whose mind hasn't schemed for secretly self-serving purposes? Hasn't your heart ever been the harbor for some dark resentment? Haven't our hands reached out in fear, or our feet raced anxiously to rid ourselves of some stressful worry? The point is clear.

If we will dare to consider the evidence within us, we can't help but see the fact that we have all been unconsciously compromised by a darkness that comes into us and uses us for its dark ends. Well, now we have the light at hand to bring an end to this unseen, unseemly relationship.

We must no longer agree to do the dark will that wants us to be its person. We must want, and put first, the will of what is Light and right for ourselves and everyone else around us. This means we must wake up, come aware, and see what kind of being it is that we express in the moment. And, right then and there, dare to defy and drop any dark state that wants its expression through us.

This higher willingness to drop dark states, coupled with our new awareness that nothing real can stop us from working at this, is the first stirring of the living Light that already dwells within us. But we must give our lives to this Light if we wish for it to become our own.

If we will make it our intention to bring this Light into every corner of ourselves, and not flinch when what is dark reveals it has made a home for itself therein, then we and our world will soon be filled with Light. This is Truth's promise. Make its fulfillment your Aim.  
###

Excerpted from *Let Go and Live in the Now* by Guy Finley

### **About Guy Finley**

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

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

For more information about Guy Finley and his life-changing work, visit [www.guyfinley.org](http://www.guyfinley.org).

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## Clearing Cognitive Cobwebs: *The Reframing Bias*

by Chuck Gallozzi

This is my second article in a planned series dealing with faulty thinking. In my previous article, I introduced *The Clustering Illusion*, and today's topic is *The Reframing Bias*. Why would someone whose main interest is positive thinking write about erroneous thinking? Well, positive thinkers are *thinkers*, aren't they? And if their thinking is muddled, unclear, or confused, they may be manipulated or led astray by others. Learning to think straight sets us straight, preparing us for success.

So, after that brief introduction, let's jump right to a definition of The Reframing Bias. *It is the tendency to draw conclusions based on how information is presented.* Now for a quick example: meat sales are higher when advertised as "85% lean beef" and lower when advertised as "beef with 15% fat." Although "85% lean" and "15% fat" have exactly the same meaning, we can influence sales by how we present the information. For in one case we emphasize the absence of fat (lean), and in the other case we call attention to its presence (15% fat). A common term for reframing is *spinning*, which is one of the favorite pastimes of politicians. For example, an American politician may call his trip to Europe *a fact finding mission* while his opponents call it a *junket*.

According to experts, there are two types of Reframing Bias: external and internal. External is when others manipulate us by framing information in a way that leads us to act to their advantage, such as by voting for them. When we ourselves distort, twist, and spin facts, it is an illustration of Internal Reframing. Here's an example: a psychology student stops a stranger and says, "Excuse me, Sir; I will pay you \$10 if you answer three simple questions..." But the man he spoke to pushes him aside and shouts, "Get out of my way! I hate scam artists!"

Why did the stranger believe the innocent student was a scam artist? It's because we do not see things as *they* are, but as *we* are. You see, the stranger is mistrusting; he believed the student had a hidden agenda. But why is the stranger mistrusting? Well, as a child he was taught to beware of strangers and told we live in a dangerous world. So, the stranger sees the world as a hostile place.

When we look at the big picture, we will realize that there really is just one type of Reframing Bias: external. After all, how did the stranger in my example get his beliefs? Wasn't it from his parents (external)? Also, our mind doesn't like to get involved in deep thought. Rather, it likes to take shortcuts, arriving at conclusions as quickly as possible. So, it welcomes our biases, which allow it to act quickly, without wasting time on analyzing all the facts.

But let's move away from theory and get more practical. Let's learn to recognize The Reframing Bias so we won't be duped so often. I'll start off by introducing short examples and move on to longer ones.

“This service costs \$1,095 dollars a year.”

“Now you can enjoy this service for just 3 dollars a day.”

(Which plan are you more likely to respond to?)

“Pay \$10,959 for this furniture.”

“Save \$2,000 today. Sale ends at midnight.”

After a \$2,000 discount, the furniture costs \$10,959. Which would you rather do: *pay* \$10,959 or *save* \$2,000? The salespeople have skillfully shifted your focus from the *cost* to the *savings*. Moreover, the sale ending at midnight creates more pressure to act because we hate losses, and if we don't act quickly we will *lose* \$2,000. (Doesn't that mean *spend* \$10,959?)

“Buy this house.” versus “Buy this villa.”

(It's the same property, but by using a more elegant term, we increase its perceived value.)

If you were a millionaire, would you consider yourself successful? That depends on how you look at it (how you frame it). Author [Richard Denny](#) gives a good example:

"Nicholas Darvas, 60 years of age, had been a partner in a dancing pair who had been incredibly successful throughout the world. He had amassed a personal fortune in excess of £1 million. He then invested astutely on the American stock exchange and made a further million pounds. He then wrote a book, *How to Make a Million on the Stock Exchange*, and added a few more millions to his ever-increasing wealth.

"When I met him, he was single, living between the Dorchester Hotel in London, the George V in Paris and the Waldorf Hotel in New York. Through a series of discussions we had together, I found him to be a very bitter, sad and tragically lonely man. I pointed out to him his enormous financial wealth and what in those days I called success. He pointed out to me that in comparison to Bill Gates, the Barclay brothers, the Sultan of Brunei and the Duke of Westminster, he was not a success. He was worth but a pittance compared to the billions of dollars that they were worth. This may appear to be a rather negative example, but I use it as it has been of tremendous help and guidance to me in understanding how different people perceive success."

Can you see how we frame things makes all the difference in the world? After all, those who focus on what they lack are unhappy while those who focus on what they have are happy.

I frequently use quotations in my articles. Why is that? Well, they help to frame the points I wish to make by adding authority, persuasion, and strength to my argument. Moreover, some elegantly written quotations add impact and make the point more memorable. As you can see, we can apply reframing to everything we do.

Some interesting results were obtained by researchers who had an audience watch a video of an auto accident and asked them to guess how fast the cars were going. They all saw the same thing; yet, their answers were based not on what they saw, but how the question was framed. Here are the questions and average answers:

**Questions**

**Answers**

“About how fast were the cars going when they <i>contacted</i> each other?”	31 mph
“About how fast were the cars going when they <i>hit</i> each other?”	34 mph
“About how fast were the cars going when they <i>bumped</i> each other?”	38 mph
“About how fast were the cars going when they <i>collided with</i> each other?”	39 mph
“About how fast were the cars going when they <i>smashed into</i> each other?”	41 mph

What’s more, a week later they were asked if they saw any broken glass at the accident scene. (There wasn’t any.) But 32% of the participants who were asked how fast the cars were going when they *smashed* into each other said they saw broken glass. So, how we frame questions can even affect how people remember the incident.

Can you see how important it is to understand the Reframing Bias? Before continuing, let me ask you some questions. Is your job difficult or easy? Is it pleasant or laborious? Are your coworkers fun to be around or a real pain? Is your life wonderful or tedious? Be very careful how you frame your life, job, and relationships, for every statement you make to yourself or others is the same as self-programming. In other words, how you frame your statements is how you frame your subconscious. Which do you imagine would be more helpful, to put a positive ‘spin’ on your statements and beliefs or a negative one?

An understanding of reframing can also make you an effective persuader and help you develop strong relationships. Here’s an excellent example contributed by a reader, Stu, to Parent Hacks:

“When I have a problem that concerns one of my kids (meaning: When I want them to do something that they refuse to do), I see that I have a choice. I could visualize my child standing on the other side of a line, next to *The Problem*, with me yelling across the line, ‘Hey, you better solve The Problem.’

Instead, I get myself to stand next to my child, with *The Problem* alone on the other side of the line, with me putting an arm around my child, saying ‘Hey, you and me, we’re gonna defeat *The Problem* together.’ I find that this attitude seems to make my kids feel better about themselves. It minimizes and eliminates shame.”

### **The Consequences of How We Frame Relative Risk and Absolute Risk**

I’ll start with an explanation of relative and absolute risks and follow that with an example of why it is important how we frame them.

Let’s say that a pharmaceutical company is trying to develop a drug to reduce the likelihood of getting diabetes. They give a newly developed pill to 100 subjects and a placebo (dummy pill) to another 100 (the control group). Four years later they find four of the volunteers who took the placebo got diabetes and only two of the subjects who took the drug got it. Based on these facts, which is correct to say?

“Latest Wonder Drug Cuts Diabetes Risk by 50%!”

“Latest Wonder Drug Causes 2% Decline in Diabetes Risk!”

You guessed it; they are both correct. The first statement describes the *relative risk* reduction. The two subjects who took the drug and got diabetes equal half the number (50%) of the four volunteers who took the placebo and got diabetes.

The second statement describes the *absolute risk* reduction. That is, 2% of the subjects (2 out of 100) who took the drug got diabetes and 4% of the volunteers (4 out of 100) who took the placebo got diabetes, which is an absolute difference of 2% (4% minus 2%).

Why is this important? Because when you are faced with an important medical decision, doctors may give you a relative risk assessment, which can be misleading and influence you to make a decision that you later regret.

For instance, according to the research of three oncologists in Australia and the US, chemotherapy contributes just over two percent to improved survival in cancer patients. Yet, oncologists often describe the benefits of chemotherapy in terms of relative risk, creating the illusion of a much higher benefit of treatment. If you knew chemotherapy would merely increase your survival chances by two percent, would you want to undergo the pain and huge expense (if you are uninsured)?

By the way, the pharmaceutical industry sometimes describes the benefits of the drug they are advertising in terms of relative risk and describes the side effects in absolute terms. In a word, their ads can be doubly misleading.

### **Helpful Books to Clear the Cobwebs from Your Mind**

[\*Cognitive Illusions: A Handbook on Fallacies and Biases in Thinking, Judgement and Memory.\*](#) Rüdiger F Pohl (Editor)

[\*Press Bias and Politics: How the Media Frame Controversial Issues\*](#) by Jim A. Kuypers

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### **About Chuck Gallozzi**

Chuck Gallozzi lived in Japan for 15 years, immersing himself in the wisdom of the Far East. He is the author of the book, [\*The 3 Thieves and 4 Pillars of Happiness, 7 Steps to a Life of Boundless Joy.\*](#) He is also a Certified NLP Practitioner, speaker, and seminar leader. Among his additional accomplishments, he is also the Grand Prix Winner of a Ricoh International Photo Competition, the Canadian National Champion in a Toastmasters International Humorous Speech Contest, and the Founder and Head of the Positive Thinkers Group that has been meeting at St. Michael's Hospital, Toronto since 1999. He was interviewed on CBC's *Steven and Chris Show*, appearing nationally on Canadian TV. Chuck is a catalyst for change, dedicated to bringing out the best in others and his main home on the web is at: [www.personal-development.com](http://www.personal-development.com).

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## **It's An Inside Job**

**by Beca Lewis**

“It’s not my job.” That’s what she would say whenever anyone asked her to help with a project that was not within the narrow confines of what she defined as her job.

I remember her well, not for what she did, but for her refusal to do more than her personal idea of her job description.

We have a picture that shows how a road crew painted around a small branch instead of moving it is the perfect example of that point of view. Looking at the picture we can almost hear them saying, “It’s not my job”.

A few years ago, a client wanted us to help her mom. However, we were not able to because her mom had closed the doors of possibility for herself one door at a time, until her world had shrunk to the couch, the savings and loan, and the dinner table.

We all close doors of possibility. We all have said at one time or another “it’s not my job”. Perhaps because we know that we have no control over people, places and things, we feel that it is safer to hide and just do the job that is expected of us, and nothing more.

It is true we have no control over outside circumstances, but the good news is we have complete control over our inside points of view. If we remember that controlling the inside point of view will, without doubt, shift what appears as an outside person, place or thing, then opening the doors of possibility becomes not only feasible, but the wisest thing to do.

“Not being able to govern events, I govern myself.” —Michel De Montaigne

We live in a time of consciousness where we are bombarded by outside events that strike to the very heart of our being. We can react to these events in a way that shuts doors, or we can use the impetus of the event to look for possibilities.

Not being able to fix what has happened, we can ask, what did we miss because we thought it was not our job? Our job never varies, and it is always an inside job. It is the job of constantly turning away from the material picture and discovering anew the “still small voice” that speaks only of Truth.

Our job is to listen to that Truth and then follow it into action.

When our actions are driven by the internal awareness of Light, the outcome must also be Light. The warfare we are engaged in is always between the awareness of light and the ignorance of light called darkness.

“Evil is like a shadow—it has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it.” —Shakti Gawain

Bringing light to any situation reveals what has always been there. Sometimes what we see is not what we want to see. It will often feel easier to turn off the light and hide behind closed doors. As we hide from, and within, the ignorance of darkness our lives shrink and evil remains.

Our job is to continue to shine Light, no matter what we see. Our job is to know the Truth that Love is the governing force of all that is Real. No matter what tries to tell us otherwise, our job is to not believe it. Our job is to shine, shine, shine, until all that is dark has dissolved into its native nothingness.

It is not someone else's job to do; it is our job. ###

### **About Beca Lewis**

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

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

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

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

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~ **New from Beca Lewis** ~  
**The Four Essential Questions**

Use the comforting and inspiring messages of *The Four Essential Questions* to become your own life guide. Discover and eliminate useless, destructive perceptions and habits, and find freedom in your true spiritual nature and Unique Spiritual Blessing.

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## **Why Does Forgiveness Often Lag?**

**by Steve Wickham**

Even though God knows we may never fully achieve healing this side of eternity, we're still asked to try... in this case, to forgive. And, this because of a promise: we wake one morning, and suddenly realise, HEALED ARE WE!

Who did it, but God?

The issue either no longer matters or the pain's removed altogether. Only God can do this. No other rationale contends with the miraculous.

### **EXISTING IN THE IN-BETWEEN**

Caught between the past and the future, the present holds us - somewhat hurt; acutely at times... chronically at others... residually, the hurt thought recurs.

The in-between is our problem - the time after the hurt but before healing satisfactorily amends the situation.

Forgiveness lags because we've been thrown into a reprehensible situation. We learned that life can be horrible; that our relationships can be ripped apart or ripped from us or that we're easily betrayed; that life and outcomes often change or end unpredictably, unsatisfactorily; with stinging finality.

Forgiveness lags for so many reasons we might be aware of; and for so many reasons we cannot yet (or at times, ever) be aware of.

The 'why' may not actually be the issue.

Regardless of all things - including the blessings of forgiveness for those so gifted - we need to bear in mind that it's okay for the real experience of forgiveness, of healing, to lag.

This also helps us understand why others might find it hard to forgive us; beyond their own best-of-efforts. Why do we judge them for a lack of intimacy when we too have contributed barriers?

A broader perspective prevails...

We can only appreciate the in-between time as a stage of life where God's teaching us things we don't yet know, but ought to. The discomfort is for our own good.

### **GOD'S MANDATE - KEEP TRYING**

God simply requires we keep trying. The effort apportioned in grace will be blessed, eventually. Resilience is its own reward; the by-product, the strength of hopeful joy.



The more we practice forgiveness, the more we learn, the more mature we become.

Hurts can be thought of as feedstock for learning; learning is, in turn, feedstock for growth in maturity - the overall goal of the spiritual person desiring completion.

The complete person is open. They will accept the malleability of the God-designed life. They've learned to grasp challenges and trials without thought of recompense. Perhaps they see life through others' lives, and through God's sight too.

Their openness to all God has for them will see them blessed, eventually. ###

**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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~ **New ebook from Steve Wickham** ~  
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~ **The Essential Laws of Fearless Living** ~  
*Find the Power to Never Feel Powerless Again*  
by **Guy Finley**

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

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

The way to contact this core power is through a whole new way to use your attention. Used consciously, attention acts just like a bridge — it connects you to what your heart desires.

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

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

## Turmeric for Depression?

by Dr Andrew Weil

**Question:** Is it true that turmeric is useful for treating depression?

**Answer:** It may turn out to be helpful. Turmeric, the yellow spice that colors curry and American yellow mustard, is a potent natural anti-inflammatory agent. Its active constituent, curcumin, has shown promise as an antidepressant in animal models, and curcumin also has been found to enhance nerve growth in the frontal cortex and hippocampal areas of the brain. Researchers in India have suggested performing clinical trials on humans to explore turmeric's efficacy as a novel antidepressant.

Because turmeric and curcumin offer myriad health benefits, including reduced risk of cancer and [Alzheimer's disease](#), I often recommend them as dietary supplements. They are poorly absorbed from the G.I. tract, but recent research has shown that absorption is greatly enhanced by the presence of piperine, a compound in black pepper. Many people in India eat foods containing turmeric at almost every meal, and customarily add black pepper to most dishes. This frequent combination likely contributes to the anti-inflammatory and other benefits they apparently receive.

If you want to try turmeric or curcumin supplements to see if they help improve mood, look for products standardized for 95% curcuminoids that also contain piperine or black pepper extract. Follow the dosage instructions on labels. You can take turmeric or curcumin indefinitely and combine them with antidepressant drugs or with natural remedies including St. John's wort, SAM-e, and other herbs that may help support a positive outlook.

However, you shouldn't use turmeric if you have [gallstones](#) or bile duct dysfunction, and pregnant women shouldn't use it without their doctors' approval. In rare cases, extended use can cause stomach upset or heartburn. Note that piperine can slow the elimination of some prescription drugs including phenytoin [Dilantin], propranolol [Inderal], and theophylline. Some evidence also suggests that curcumin can interfere with a chemotherapy agent used to treat breast cancer, so if you're being treated for this disease, be sure to discuss the advisability of taking curcumin with your physician.

Bear in mind that the most effective treatment I know for mild to moderate depression is regular exercise, including walking. Try it for at least 30 minutes a day. You should also consider taking at least two grams a day of high quality supplemental fish oil. 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 2011.

**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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**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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## **3 Eating Habits That Prevents You From Losing Weight**

**by Writsmith**

When it comes to losing weight you are probably thinking of diets, exercise and maybe even weight loss pills. Its true that diet and exercise is vitally important for losing weight but there is something more fundamental that most dieters overlook. The simple truth is that its your eating habits and nothing else that got you to where you are. Its been said that first we form our habits and then our habits form us.

Our eating habits are some of the most ingrained patterns in our brains. If you consider the fact that we only really need very little food to keep us alive, the majority of what we eat is redundant and we tend to eat out of habit. If you want to lose weight you will need to change your habitual dieting patterns. This can be a real challenge. Instead, let me offer you 3 very simple habits that you can change to start seeing some change in your body weight without having to go on yet another diet.

### **1. Skipping Breakfast.**

So many people make the mistake of thinking that by not eating they will lose weight. Breakfast really is the most important meal of the day and by not eating breakfast you actually slow down your metabolism and slow down your body's natural process for burning calories and fat.

### **2. Midnight Snacking**

How often do you snack before bedtime? This is one of the most devastating dieting habits there is because when you snack before bedtime you make your body work when its suppose to rest. This is one sure fire way to wake up tired - and when you wake up tired you usually reach for a coffee or an energy drink or something that's not healthy.

### **3. Fast Foods**

We all know that greasy take always are extremely unhealthy and one of the main reasons we are so fat as a nation. Going for quick-fix meal that only takes 1 minute to prepare is the reason why so few people ever cook proper meal. Instant meals just do not have the nutritional value that real food has. Apart from that, the preservatives in microwave meals are detrimental to your weight loss efforts.

At first it might seem hard or even impossible to break these habits -especially if its something you've been doing for a long time. I suggest you take them one at a time and never replace on bad habit with another bad one. Focus on developing good eating habits. It will serve you very well. ###

Visit Writsmith's website and learn how to [lose weight fast](#).

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# Four Creative Steps To Healing

By Laura M. Turner

Ever have the feeling that dis-ease was controlling your life? Perhaps it's not even a chronic illness. Do you harbor anger? Resentment? Frustration?

Maybe it's just me and I'm talking to myself, but I've let all of these rule my life at some point. Therefore, in this short article, I thought we'd take a look at "Four Creative Steps To Healing." From it, I hope you'll gain insight into yourself, your behaviors and perhaps the way you deposit or withdraw from your own health currency.

## Step One: Understand Your Energy

We've all heard about the aura that surrounds the body, but what could this possibly have to do with our health? According to Carolyn Myss in her audio program "Why People Don't Heal," the energetic exchange that happens within this field is where our thoughts become translated into energy (or what she terms as one's biography becoming their biology). Translation: These cycles or waves of energy that surround our body are a function of our thoughts. Thoughts are energy waves then, that affect our health in a positive or negative way. Let's look a little closer to see why this happens:

The contributors to this energy surrounding the body are the 7 major "chakras" (chakra in Sanskrit means "wheel or vortex"). It may help to note that Myss refers to each energy wheel as a "computer," one which collects and interprets information and "perceptions" the mind has about the world. It has been shown scientifically that each of these 7 wheels of energy corresponds to a particular endocrine gland in the body. Translation: In light of the adage, "you are what you eat" we could conclude with with some degree of certainty that "you are what you think."

## Step Two: Let Go Of Old Wounds

Now that you've been (hopefully) examining your thoughts and translating all of your negative energy into positive, Myss throws another curve ball. Would you agree with her that "healing is unattractive?" I needed some time to think about this: Why in the world would healing be unattractive?

Answer (According to Myss): Our wounds give us power! And after careful contemplation, I've outlined three ways I have done this, myself.

Ask yourself: Are you leading with your wounds? You'll know if you done any of the following:

1. Used Wounds to Manipulate a Situation or a Person.

Let's say we find a situation unsavory, scary or inflaming a personal "hot button." Have you ever avoided a situation when you really needed to face head on? Or, how 'bout this one: "I just can't get into this relationship - I've been burned before!" Okay, maybe I am just

speaking to myself here, but I admit, I've used my wounds (more times than I care to admit) to refrain from loving unconditionally.

## 2. Use Them to Attract Other Wounded Souls Who Want to Exchange in the "Wound" Game.

I've done this myself, too. In listening to another share their wounds, I've given up compassion for wound ante – "I'll see you and raise you one." Agreed, there is a difference between healing from a wound and "leading with a wound" but, in my humble opinion, I'd be willing to bet that we know the difference between being healthy and not. For example, I know when I'm healthy when I can listen with empathy, void of getting out my toolbox to "fix" or laying out my wounds unsolicited.

## 3. Give Up Our Ability to Listen.

Dr. Bernie Siegel in his book "Peace, Love and Healing" basically says, listening is the work of angels. Many times listening is all we have in a situation when someone calls on us for help. If we express what Ms. Myss calls "woundology" or "leading with our wounds" we're saying that we can't stand the loss of power and desire all the attention for ourself.

Since I'm laying out all my laundry here today (And what would Myss have to say for this?) here's an example of the way I've led with my wounds: Recently someone confided in me about a situation where they had lost a loved one. While listening attentively, my mind searched its experiences for a similar event. All this so I could say: "Oh that's terrible! Don't feel so bad though, because I've been through this thing that is so much worse!"

To reclaim my character, however, (and after I realized what was happening), I caught myself. In reality, all this person really needed was my ear to listen unconditionally.

## **Step Three: Learn To Forgive Yourself and Others**

The final two steps are remedies which can help heal our anger, resentment and frustration. Step three then, is simply forgiveness. For to forgive in earnest then takes our energy out of its emotional investment in the past. We give up the need to spend wasted energy making negative deposits into this account and to paraphrase Myss, is the fastest way to bring our energy into real time. Translation: Trust me, you'll know authentic forgiveness when you experience it. The body literally "lets go" of the weight of the past.

## **Step Four: Love Yourself**

The final creative step to healing? Loving yourself, of course! This is the most challenging concept, in my opinion. Why? To begin we must start where we are, and love and accept ourselves for who we are, today. How does this help our health? It's simple, when we realize that we are stunting our personal growth and health through negative self talk, we can then begin to love ourselves one piece at a time.

Here's how it's done (Author's note: beware, this practice may seem untraditional yet, if you'll consult Louise L. Hay's book: "You Can Heal Your Life" - you'll find that this is one of the remedies she used to heal herself from cancer):

Every day spend 15 minutes in the mirror sending love to yourself! Start small by finding one part of yourself where you can find perfection. Each day, or week, or month choose new

parts of yourself to love. Before long, you'll find an image of perfection before your eyes. And you'll have purified your energy, to boot!

In closing, we could make all of these steps very simple, indeed. For there is only one step here that will make you healthy and happy. Remember: It's when we've learned to love ourselves that we can truly be healed.

### References:

Myss, Carolyn, Ph.D. *Why People Don't Heal*. Colorado, 2001. Sounds True Audio.

Siegel, Bernie, M.D. *Peace, Love and Healing*. New York: HarperCollins. 1989.

Hay, Louise L. *You Can Heal Your Life*. California: Hay House. 2004. ###

**Laura M. Turner** is a 15-year veteran fitness instructor, fitness trainer, journalist, author and natural health practitioner. She hosts <http://www.beauty-and-body.com> a website dedicated to inspiring all to stay healthy, disease free and youthful both inside and out. Visit today to receive *Laura's Latest eBook, Retro-Aging, and her Take Charge Of Your Health eCourse, FREE!* While you're there, check out her latest book *Spiritual Fitness: The 7-Steps to Living Well*: [http://www.beauty-and-body.com/Spiritual\\_Fitness\\_Info.htm](http://www.beauty-and-body.com/Spiritual_Fitness_Info.htm)

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### ~ *The Secret of Being Unstoppable* ~

by Guy Finley

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

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# **Guided Imagery: Learn How to Communicate with Your Mind the Right Way**

**by Lambert Klein**

Guided Imagery can often provide considerable healing benefits by using the mind to affect the body.

The brain uses images and other senses such as smell and hearing to communicate with other organs.

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By using images you are using the mind's language. The brain understands these images and uses them to communicate with your body.

You could say "Cut, I want you to heal", but you should imagine your wound actually healing by visualizing it. Watch it starting to shrink, as it heals until it's completely gone in your mind. This is what the brain can understand.

You may want to become aware of other images you have at times that aren't in your best interest. When you have realized this, be sure to replace these with positive images.

Your thoughts have an influence on how you feel and heal. Try your best to eliminate negative thoughts. Staying positive brings on even more meaning when you understand how your mind works.

Imagery has been used in ancient civilization and has been understood for ages by many. Now you too can benefit from this knowledge.



Athletes today use Guided Imagery to enhance their performance, stamina and accuracy. In billiards, before you actually shoot a ball, visualize it going where you want it to. Your brain will genuinely believe it, and your shot will improve.

See it, feel it and experience it before you do it. That's the power of Guided Imagery or visualization.

So if you want better health, less stress and anxiety or the desire to improve your quality of life then you owe it to yourself to learn more about Guided Imagery.

Besides the health benefits you can vastly improve your leadership ability, job performance and mental attitude, all of which will let you enjoy a better lifestyle.

Hopefully I perked your curiosity enough for you to explore this further. For starters, search the World Wide Web for information on Guided Imagery.

Guided Imagery can often provide considerable healing benefits by using the mind to affect the body. Imagery has been use in ancient civilization and has been understood for ages by many. Now you too can benefit from this knowledge. What can Guided Imagery do for you?  
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### ~ **Magical Wizard Programs** ~

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**Rejection:**  
**Why Devastation and Paralysis Need Not Follow in its Wake**  
**by Gabriella Kortsch, Ph.D.**

We've all been there...we asked someone for something...a date, a job, a raise, a loan, help in doing something, forgiveness, love, a recommendation, and so on, and we were rejected. Or we started up a business...like a restaurant...but then not enough clients came...and so we felt rejected. Oh the devastation inside! The feeling of utter failure...and yes, rejection.

Rejection gives rise to many feelings that make us doubt our own self-worth, that cause us to put great big question marks around our value as men, women, human beings. The fact that we have been rejected makes many other accomplishments we may have under our belt pale in comparison. We arbitrarily give the rejection tremendous power over our own judgment of ourselves.

***Inner Security***

Inherent in this lies not only our sense of self esteem, self acceptance, and self love, but more importantly, our sense of self confidence, or to put it in slightly awkward, but more exact terms, our sense of inner security about ourselves.

In other words, if we have a strong sense of inner security, and if we believe – with all our being – in the essence of our value as a human being, as a man, or a woman, then rejection will merely appear to be a mild ripple in a pond on a warm summer day. If, however, our sense of inner security depends on validation from sources external to ourselves, then rejection may appear to be as overwhelming as a category 5 hurricane, and in its devastating and annihilating power, sweep us off our feet, robbing us of initiative and pro-activity.

***Success After Rejection and Failure***

This is the insidious power of rejection to paralyze us. We fear what we call failure, and failure is implicit in rejection for those who identify their self-worth and inner security with external approbation and acceptance. And yet, remember what you may have read on numerous occasions: how often was Abraham Lincoln rejected by the electorate, for Congress, for the Senate, and ultimately for the Presidency, before he was finally elected? Did this stop him from trying again? How often did Edison's attempts at inventing a usable light bulb end in failure? Did this stop him from trying again? Beethoven was considered hopeless at composing by his music teacher...evidently this did not stop him from doing precisely that. The New York Times pronounced the idea of television as something the average family would never want in their homes, and Warner Brothers said talking movies would never be a success, and this clearly did not stop all those who were promoting these ideas.

### ***Preventive Measures***

We must be aware of the power of rejection, and therefore take preventive measures in order that when we meet up with it, it does not take the rhythm out of our lives. Clearly, no one is entirely impervious to rejection, and no one can totally ignore it. Indeed, on occasion rejection may indicate that steps must be taken in order to improve on something that is not giving the desired results. An author, for example, faced with numerous rejections from publishers, may consider some of their suggestions for improving the manuscript. An actor who is rejected after each audition, may consider taking some additional acting classes. A politician who is rejected in each election, may consider carefully examining the position he or she takes on specific issues.

However, and this is very important, even if the rejection causes a person to try to improve something, the fact of the matter is, that the worth and value of that person are no different before and after upgrading their chosen activity. And it is precisely this which people with a negligible sense of inner security do not see. Therefore it behooves every individual to work on building up and expanding this sense of inner security.

### ***Life in the Fast Lane to Inner Growth***

This means self-awareness has to become the name of the daily game. In particular, each and every day self talk must be observed. What are you telling yourself? How are you reacting in given situations? What are your feelings about the events that occur? Once you get a handle on what goes on inside of you at least for a portion of the time (because to become conscious of all of this all of the time, takes a while, and a bit of discipline), then you can get a feel for where your inner security needs some tweaking.

### ***Recognition of Patterns Leads to Freedom***

Try to see a pattern in your self talk, your reactions, and feelings. Remember to also take stock of your physical reactions at each of these steps...is your breathing suddenly more shallow...or is your solar plexus twisting in pain...or perhaps there is suddenly a lump in your throat. Become conscious not only of the pattern of your thoughts, self talk, reactions, and feelings, but also of the pattern of your body's reactions.

Most likely the pattern will be dancing around the issue of how you tend to make mistakes, or how you are supposed to be perfect, or how dumb you are, or how you can never get it right, or how people just don't seem to like you, or another variation of this same theme. Seeing the pattern will help you counteract it, because on those occasions where you actually catch yourself "in the pattern", once you have established what it is, you will be able to bring consciousness or awareness, rather than blindness, into the reaction. So you will be able to turn the thought, or the reaction, or the feeling into something more positive, more self-affirming, something that, in other words, works affirmatively on your sense of inner security. Once you have begun this process, observe how you begin to feel differently when you get a new rejection. This is another step towards the inner freedom so often mentioned in these articles. Go for it! ###

**Gabriella Kortsch**, Ph.D. (Psychology), author of *Rewiring the Soul*, is a practicing psychotherapist who works with an international clientele in Marbella, Spain using an integral focus on body, mind and soul. She has published a newsletter in English and Spanish since 2004, facilitates monthly workshops and broadcast a weekly radio show both locally in Spain, as well as on the internet for seven years. Prior to her work in private practice she was Director of Sales & Marketing at several luxury beach properties in Spain and Mexico and was married to a diplomat. She has three sons.

Blog: <http://www.RewiringtheSoul.com>

Website: <http://www.AdvancedPersonalTherapy.com>

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

by Guy Finley

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# The Quiet Theory of Influence

by Leo Babauta

Most online marketing people will teach you how to use social media to reach a larger audience, how to use email lists and the scarcity principle and social proof, how to create authority, how to effectively convert pageviews into sales.

Most marketers, online or off, are full of it.

Converting visitors into buyers is a soul-less use of your creative energy. Reject it, out of hand.

I find more value in creating something of value. I find influence a better metric than sales or traffic or reader numbers.

And I've learned something that the screaming marketers will never tell you: **instead of screaming, prefer quiet.**

When everyone yells "Look at me!", become quiet.

When others seek attention, turn your attention inward.

When everyone wants page views and sales, be valuable.

When others try to pull visitors to their sites, let people find you themselves.

When most blogs have popups and drop-downs urging readers to subscribe to their newsletters, get out of your readers' way.

When others brag of their success, let [others laud you](#) instead.

When others cling greedily to copyrights, give your work away.

When others use goals to drive themselves to change the world, learn to be content, and people will ask to learn your secrets.

I've found all of the above to be true. When you've created something of real value, you don't need to do any marketing, spend any money on advertising, or push people to subscribe.

People will find you, and they'll think you're so great they want to tell their friends about it. Your readers will become your marketers. Your value will become your advertising budget.

Imagine owning a muffin shop. If the muffins are commonplace, you'll have to advertise and do some "guerilla marketing" to get customers. But if your muffins make people roll their eyes in ecstasy, they will tell the world of your deliciousness, and the world will pound on your muffin-scented door.

Become quiet, find contentedness, become valuable. These trump marketing every time, and as you learn to listen to your inner music, you can now ignore the marketers hawking their oils of snakedness. ###

### **About Leo Babauta:**

Leo is a best-selling author and creator of one of the most popular blogs in the world, Zen Habits. He's considered an expert in productivity and motivation, and has applied the principles in his own life: quitting smoking, becoming a runner and marathoner, losing 40 lbs., becoming an early riser, eliminating his debt, quitting his day job and becoming an entrepreneur, starting several successful websites (including [zenhabits.net](http://zenhabits.net), [writetodone.com](http://writetodone.com), [mnmlist.com](http://mnmlist.com) and others). You can [follow Leo on Twitter](#).

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

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

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## **The Secrets of Time**

### **by Dr. Alan Zimmerman**

"Time flies. It's up to you to be the navigator." —Robert Orben

The great business philosopher, Jim Rohn observed, "Time is our most valuable asset, yet we tend to waste it, kill it, and spend it rather than invest it."

That's sad ... because you don't get a second chance to use it. Your first shot is your last one. You get one crack ... and one crack only ... at using any given period of time. And if you screw it up, too bad. There are no do-overs.

By contrast, I've noticed that the happiest people and the most successful are almost always very skilled in the way they invest their time. Oh sure, they get the same amount of time as anyone else, 24 hours a day, and not a minute more. But you can be certain that the way they think about time ... and the way they allocate time ... is very different than the way negative, demotivated people approach it.

To make sure you're investing your time wisely, there are 4 things you've got to do...

1. Don't spend too much time in the past.

That would be about as foolish as trying to drive a car that had a rear-view mirror that was bigger than the windshield. You would probably crash. And the same goes for time. If you live your life in the past, you're going to crash the present. You're going to ruin it.

The past only serves two purposes. It provides lessons and preserves memories. So pick up the lessons from your past. Reflect on your good memories once in a while. And then get on with the present. As author Ida Scott Taylor wrote in the early 1900's, "One day at a time -- this is enough. Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has yet to come. Live in the present, and make it so beautiful that it will be worth remembering."

2. Spend the "right" amount of time on the future.

The key is the "right" amount of time. If you spend too little time, you're living your life on auto-pilot. You're living your life without purpose and goals ... and that will never lead to happiness or success. If you spend too much time on the future, dreaming about how good life could be ... if only certain things would happen ... you once again miss the present.

You're living your life in a fantasy world, rather than working on making it happen. Of course, I know the "right" amount of time may be somewhat of a dilemma. The comedian Jerry Seinfeld commented on that. He said, "I was in the drug store the other day trying to get a cold medication ... Not easy. There's an entire wall of products that you need. You stand there going, 'Well, this one is quick acting but this is long lasting ... Which is more important, the present or the future?'"

Well, Jerry, I can answer that for you. The present is more important ... because what you do in the present determines your future. The Chinese knew that hundreds of years ago. As stated in one of their ancient proverbs, "If you want to know your past, look into your present conditions. If you want to know your future, look into your present actions."

### 3. Focus on the present.

As I tell my audiences, "Wherever you are, be there!" Don't fret about work when you're at home, and don't worry about the kids when you're at work. Learn to be totally present.

The great conductor Arturo Toscanini mastered the skill. On his 80th birthday, someone asked his son Walter what his father ranked as his most important achievement. The son replied, "For him there can be no such thing. Whatever he happens to be doing at the moment is the biggest thing in his life -- whether it is conducting a symphony or peeling an orange."

Indeed, learning to live in the "now" may be critical to your success. As change expert Price Pritchett puts it, "Fast growth requires ... a strong sense of 'now-ness.'" You have to maximize the value of the moment.

As Pritchett goes on to say, "Pay attention. Consciously watch how you're spending the fleeting now, and consider the payback you'll get. Are you making a good investment of your hours and minutes? Or are you wasting these scarce resources ... spending time on stuff that offers little return ... fumbling the opportunity for fast growth?"

You need to show great respect for the now. If you fill it with right behaviors, you'll be rewarded with fast results. And finally,

### 4. Adopt the mind set of living in the present.

Now I know that's easier said than done ... that we all need to live in the present. But it can be done ... if you reflect on a few slogans throughout your day. In fact, you can even write them down, put them on a card, and read the card three or four times a day.

And thanks to the millions of people who have gone through 12-step programs or other recovery programs, these slogans have been time tested and proven to work. So give them a try. They'll keep you focused on the present.

\*Easy does it.

\*First things first.

\*How important is it?

\*Just for today.

\*Keep it simple.

\*Keep an open mind.

\*Let go and let God.

\*Let it begin with me.

\*Listen and learn.

\*Live and let live.

\*One day at a time.



\*Progress not perfection.

Yes, the more you reflect on these slogans, the easier it will be for you to live your life to the fullest ... in the present. And if you want to get real technical about it, the present is the only time you have anyway.

As mentioned in "The 500 Year Delta" by Jim Taylor and Watts Wacker, "Once upon a time, you could live in three tenses -- the past, the present, and the future. There was a time to consult history; there was a time to plan to what lay ahead. The present tense was spent managing the transfer of the past into the future and imagining what that future might be."

They continue, "Today, under the pressure of accelerating change, the past and future have been fused into a single tense: the present. The present is real time and real time is the only time."

**Action:** Which of the living-in-the-present slogans appeals to you the most? Pick one. And then repeat that slogan to yourself several times a day for at least 30 days in a row. ###

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

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~ 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.

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## **Unity and the Family**

**by Annie Burnside, M.Ed.**

*Unity. Unity. Unity.* It is a word that we hear over and over again touted as the path to freedom, peace, and non-violence. It is a concept that is easier to understand than Oneness for as human beings it seems more possible to be united with others as one while maintaining our individuality than to be *actually* one with them. And yet still, while many appreciate the theoretical implications of Unity in our world, very few fully integrate this beautiful universal truth into a full-blown, life-altering, changes everything type perspective. But if more of us could do so, we would find that a deep interior understanding of Unity coupled with a daily exterior expression of Unity in our thoughts, words, deeds, choices, focus, beliefs, and priorities would indeed provide much of the energetic juice needed to propel our planet and species forth on a higher course. The key to this shift is that Unity not remain only a mental concept. Unity must be felt—felt on the inner plane where one truly resides.

The first step in experiencing deeply felt Unity with ALL is a total understanding that YOU are an eternal, divine, creative, infinite spiritual being who is an integral part of All That Is. Like a facet of a beautiful diamond, you reflect light in your own individual way while remaining always a purposeful aspect of the whole diamond. Even if the diamond is cut into smaller diamonds, the essence of the whole diamond—all of its attributes—remains within you, the smaller version of the diamond entire. Utilize the natural world to demonstrate for your children the individual/divine whole paradox of which they are very much a part—ocean/wave, leaf/tree, turtle/shell, hand/body, letter/word, sugar/cake, paint/canvas—let the beautiful paradox BE the perspective. The second step in realizing Unity is to create the spaciousness in your everyday life to FEEL it. Model for your children stillness, quiet, dancing, gardening, tinkering on a car engine, watching a sunset—whatever it takes to be with yourself for the sole (soul) purpose of joy. It is here in the space that you create to joyfully and gratefully be with yourself that you will pierce an inner dimension where Unity and Self-Love merge in ecstatic waves of love, peace, connection and freedom.

Conscious spirit-embodiment, once perceived, can become a WHOLE new life perspective that permeates all life choices. In this state, Unity is no longer an ideology, but rather an interior knowing. As a parent, it is important to make the realization of conscious spirit-embodiment a priority for both you and your children. It doesn't take changing your life completely, but simply an expanded perspective of your place within it. This can most easily be done by shifting your focus from an over-active chumminess with all things external and

into an enlarged focus of your own vast interior. Find out what brings you joy, makes your eyes sparkle and lights you up from the *inside* out. Likewise, uncover what holds you back within your own belief systems, habits, paradigms, and unhealed wounds from your past. Crack yourself wide-open to see what's really there—let the inner work begin NOW. As you move towards yourself, you can more easily move towards another. As you feel for your own interior texture, you can more easily feel for the interior texture of another. As you come to really know yourself, you can more easily come to really know another. As you allow your own authenticity, you can more easily allow the authenticity of another. And so it goes—the world begins to truly change when we first discover the change within ourselves. Unity in our world begins as Unity within. Truth in our world begins as Truth within. Peace in our world begins as Peace within.

Our greatest offering to our beloved children is to light the path to traverse their interior by first lighting our own path. The integrity needed to create lasting change on our planet can only stem from enlightened interior belief systems that match enlightened external expression. While enlightenment is a continual process of internal uncovering that lasts a lifetime, as parents our primary job beyond keeping our children safe, fed, clothed, and loved is to assist them in truly knowing themselves. Invite them to live in conscious spirit-embodiment where universal truths such as Unity, Oneness, and Freedom can be deeply felt within and then offered up and out to the world at large rather than remain mental concepts that are never fully activated by the voice of the soul. As we all know, the fastest way to teach children anything is to model it first. Take the time now. Create the time now to open to your own interior in a way that you never have before—the light, the dark—all of it. This is where the journey begins. You have everything to gain for you, your child, and the world at large, and nothing to lose. The kind of Unity that changes YOU first and then changes the world is a state of being that begins deep inside each one of us. It's time... ###

**Annie Burnside, M.Ed.**, is a soul nurturer, author, public speaker and teacher specializing in conscious relationships and spiritual development. Her book *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family* (Wyatt-MacKenzie, June 2010) offers everyday mediums and universal, life-affirming themes to those families seeking to expand spiritual awareness. Annie resides in Chicago, IL with her husband and three children. [www.annieburnside.com](http://www.annieburnside.com)

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## Change Begins With Choice

by Jim Rohn

Any day we wish; we can discipline ourselves to change it all. Any day we wish; we can open the book that will open our mind to new knowledge. Any day we wish; we can start a new activity. Any day we wish; we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today. Those who are in search of the good life do not need more answers or more time to think things over to reach better conclusions. They need the truth. They need the whole truth. And they need nothing but the truth.

We cannot allow our errors in judgment, repeated every day, to lead us down the wrong path. We must keep coming back to those basics that make the biggest difference in how our life works out. And then we must make the very choices that will bring life, happiness and joy into our daily lives.

And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life - If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life - and it all begins with your very own power of choice. ###

### **About Jim Rohn:**

For more than 40 years, Jim Rohn honed his craft like a skilled artist-helping people the world over sculpt life strategies that have expanded their imagination of what is possible. Those who had the privilege of hearing him speak can attest to the elegance and common sense of his material. It is no coincidence, then, that he is widely regarded as one of the most influential thinkers of our time, and thought of by many as a national treasure. Jim authored countless books and audio and video programs, and helped motivate and shape an entire generation of personal-development trainers and hundreds of executives from America's top corporations.

To subscribe to the Free Jim Rohn Weekly E-zine go to [www.jimrohn.com](http://www.jimrohn.com)

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## **Male Survival Skills**

**by Dr. Linda Sapadin**

It wouldn't have occurred to him to tell the truth. That simply wasn't his style. It's not that he was lying; he was simply surviving.

The male survival skills of misleading, deceiving, deluding and disengaging are an anathema to women. We don't understand it. Sure, bad guys lie and cheat and don't give a damn. But good guys - our husbands and sons and brothers and dads, NO! They tell the truth.

So, when we catch them in a whopper of a lie, we are devastated. And when we discern a stretching of the truth, a distortion of the facts, a misrepresentation of 'what really happened', we don't know what to think.

Who is this person? He's usually kind, caring and a nice guy. But other times, he's distant, evasive, stubborn and just plain weird. It's not normal. What's with him?

Good question! Are you prepared for the answer?

If so, you've got to make an attempt to see the world through male-colored glasses. Here are a few features of the male experience that you absolutely need to know:

The top 10 skills for surviving in a boy's world are:

- Showing strength
- Being aggressive
- Competing
- Insulting the opposition
- Bluffing the other guy
- Hiding 'soft' emotions
- Pretending to be listening
- Making up excuses
- Blazing a trail
- Taking risks

Without these survival skills, boys are weak, wimpy and wussy. Not a good resume for success — in the work world, the 'guy' world, or the 'getting the girl' world.

What are the top 10 skills for surviving in a man's world?

Just about the same as those required for a boy's world. Yes, some of these skills may need to be toned down, but some need to be revved up. After all, a man's got to show strength, be aggressive, compete and take risks to find his way in the world.

But what happens when men are not interacting in the larger world, but are simply trying to get along with their wives and daughters and sisters and moms. Though women admire 'a

man's man," when they're personally engaged with him, they want him to live by their interpretation of truth and trust, empathy and emotions.

So, when a guy fudges the truth, creates a cover story, competes with his 6-year-old, pretends he's listening (as he watches the game), goes for the fix instead of listening to her, she's baffled. What's wrong with him?

In most situations, what's wrong with him is what's right with him. His male survival skills are kicking in. This is the way he's always been (despite being different in his courting days). He's got no problem with himself and doesn't get what her problem is. Why is she always dissatisfied with him? Why is she always trying to control him?

"And the beat goes on. Drums keep pounding a rhythm to the brain," sang Sonny & Cher.

Yes, the beat does go on. But enlightenment about our different natures helps. Both her enlightenment, and his. ###

**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](mailto:lsapadin@drsapadin.com) or visit her website at <http://www.psychwisdom.com/>.

Visit her newest website [www.sixstylesofprocrastination.com](http://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.

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## **Dying to the Self**

**by Barnabus Tibertius**

"When Mamiya, who later became a well-known preacher, went to a teacher for personal guidance, he was asked to explain the sound of one hand.

Mamiya concentrated upon what the sound of one hand might be. 'You are not working hard enough,' his teacher told him. 'You are too attached to food, wealth, things, and that sound. It would be better if you died. That would solve the problem.

The next time Mamiya appeared before his teacher he was again asked what he had to show regarding the sound of one hand. Mamiya at once fell over as if he were dead.

'You are dead all right,' observed the teacher. 'But how about that sound?'

'I haven't solved that yet,' replied Mamiya, looking up.

'Dead men do not speak,' said the teacher. 'Get out!'"

from *Zen Flesh, Zen Bones*

The sound of one hand is a classical philosophical tenet in Zen Buddhism. This is given to wean away one from conceptualizing or seeking higher levels of consciousness through a mental mode. The concept that it is impossible to produce a sound when one hand exists by itself is a precognitive imprint in our mind.

There are three states, that the teacher says, which are acting as impediments to the student in understanding the sound of one hand.

First is the level of effort he is putting in (nature of application), second, his holding on to material things, knowledge and to concepts (attachment to duality) and finally the very state of being continuously subject to the operation of the body and mind (analytical approach) this is the reason that the teacher says it would be better if he should die.

Now let us analyse how we can tackle these states to evoke a higher level of consciousness.

All our seeking and its related activity are conditioned from our past karmic imprints and the current life accumulation of cognitive inputs. While life is given to eradicate aberrations in the consciousness that was accumulated in our previous existences, attachments and the resulting actions create more hurdles in our spiritual progress. It is important that we have to die to these attachments and resulting actions, which are our natural tendencies, in order to elevate our consciousness to the higher level.

The moment we are asked; 'what is the sound of one hand?' our immediate reaction and thought is to associate a subject, object duality to produce an answer. From this results a question as to how one hand in itself could produce any sound. We also qualify sound as something that must be heard in a conventional sense. This is similar to the question 'Does the falling of a tree produce a sound in the forest when no one is around?' The moment we introduce a subject all the difficulties set in. Hence it is necessary to remove the subject

from the field of enquiry. This is the reason that the teacher says 'It would be better if you died. That would solve the problem.'

Though the student ultimately understood that he had to die to the self in order to come up with the answer, he could not transcend the subject, object duality and resurrects his subjectivity by verbally articulating that he has not yet solved the puzzle.

If he had remained in a dead posture without answering the teacher, the teacher would have been given the answer in silence in his very being.

This is the concept of dieing to oneself which many spiritual traditions speak of. ###

**Barnabas Tiburtius** lives in India. A seeker throughout his life, he is involved in multi-discipline learning and his field of enquiry covers Cosmology, Sustainable Technology, Strategic Leadership, Philosophy and Spirituality. He regularly conducts workshops and seminars on spirituality and personal empowerment. Read the Living Spark <http://blog.livingspark.net/> for regular commentary and <http://www.livingspark.net/article.php> for free in-depth papers.

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by Guy Finley

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# **A Course in Miracles**

## **Lesson 51**

### **Review I**

#### **Introduction**

Beginning with today we will have a series of review periods. Each of them will cover five of the ideas already presented, starting with the first and ending with the fiftieth. There will be a few short comments after each of the ideas, which you should consider in your review. In the practice periods, the exercises should be done as follows:

Begin the day by reading the five ideas, with the comments included. Thereafter, it is not necessary to follow any particular order in considering them, though each one should be practiced at least once. Devote two minutes or more to each practice period, thinking about the idea and the related comments after reading them over. Do this as often as possible during the day. If any one of the five ideas appeals to you more than the others, concentrate on that one. At the end of the day, however, be sure to review all of them once more.

It is not necessary to cover the comments that follow each idea either literally or thoroughly in the practice periods. Try, rather, to emphasize the central point, and think about it as part of your review of the idea to which it relates. After you have read the idea and the related comments, the exercises should be done with your eyes closed and when you are alone in a quiet place, if possible.

This is emphasized for practice periods at your stage of learning. It will be necessary, however, that you learn to require no special settings in which to apply what you have learned. You will need your learning most in situations that appear to be upsetting, rather than in those that already seem to be calm and quiet. The purpose of your learning is to enable you to bring the quiet with you, and to heal distress and turmoil. This is not done by avoiding them and seeking a haven of isolation for yourself.

You will yet learn that peace is part of you, and requires only that you be there to embrace any situation in which you are. And finally you will learn that there is no limit to where you are, so that your peace is everywhere, as you are.

You will note that, for review purposes, some of the ideas are not given in quite their original form. Use them as they are given here. It is not necessary to return to the original statements, nor to apply the ideas as was suggested then. We are now emphasizing the relationships among the first fifty of the ideas we have covered, and the cohesiveness of the thought system to which they are leading you.

### **Lesson 51**

The review for today covers the following ideas:

**(1) Nothing I see means anything.**

The reason this is so is that I see nothing, and nothing has no meaning. It is necessary that I recognize this, that I may learn to see. What I think I see now is taking the place of vision. I must let it go by realizing it has no meaning, so that vision may take its place.

**(2) I have given what I see all the meaning it has for me.**

I have judged everything I look upon, and it is this and only this I see. This is not vision. It is merely an illusion of reality, because my judgments have been made quite apart from reality. I am willing to recognize the lack of validity in my judgments, because I want to see. My judgments have hurt me, and I do not want to see according to them.

**(3) I do not understand anything I see.**

How could I understand what I see when I have judged it amiss? What I see is the projection of my own errors of thought. I do not understand what I see because it is not understandable. There is no sense in trying to understand it. But there is every reason to let it go, and make room for what can be seen and understood and loved. I can exchange what I see now for this merely by being willing to do so. Is not this a better choice than the one I made before?

**(4) These thoughts do not mean anything.**

The thoughts of which I am aware do not mean anything because I am trying to think without God. What I call "my" thoughts are not my real thoughts. My real thoughts are the thoughts I think with God. I am not aware of them because I have made my thoughts to take their place. I am willing to recognize that my thoughts do not mean anything, and to let them go. I choose to have them be replaced by what they were intended to replace. My thoughts are meaningless, but all creation lies in the thoughts I think with God.

**(5) I am never upset for the reason I think.**

I am never upset for the reason I think because I am constantly trying to justify my thoughts. I am constantly trying to make them true. I make all things my enemies, so that my anger is justified and my attacks are warranted. I have not realized how much I have misused everything I see by assigning this role to it. I have done this to defend a thought system that has hurt me, and that I no longer want. I am willing to let it go.

**Commentary by Allen Watson**

Note first that we aren't simply to read this review; we are meant to spend time morning and evening reviewing all five ideas, and to spend *at least* one two-minute practice period during the day on each of the five. That's five practice periods between the morning and evening, minimum. It will probably take a little planning to schedule those five interim periods, and the planning time is worth the effort. Second, notice that these practice instructions apply to all ten review lessons for the next ten days.

The comments on the five lessons given in Lesson 51 link them together so clearly that little comment is really needed. As the introduction to this review says in the last sentence, the

emphasis of this review is on the relationships between the ideas and the cohesiveness of the entire thought system being presented. If you look at them together, they are lessons in "letting go" (the words "let go" or some variant occur in four of the five reviews).

In these first five lessons I am being asked to let go of:

1. What I see
2. My judgments
3. My understanding
4. My thoughts
5. My thought system

What we "see" in the normal sense is nothing; we need to realize it is meaningless and let it go, so that vision may take its place. We are not actually seeing things; rather, we are seeing our judgments on them. If we want vision, we have to realize our judgments are invalid, and cease letting them govern our sight. If we have misjudged, surely we have also misunderstood. Our "understanding" of things is based not on reality, but on our own projections. But we can choose to exchange our misunderstandings for real understanding, based on love rather than judgment.

Like what we see, our conscious thoughts are without any real meaning; we need to let them go, along with judgment-based perceptions. They are thoughts of anger and attack, seeing all things as our enemies. These thoughts which are apart from God require constant justification, and our upset is no more than an attempt to justify our anger with the world and our attacks upon it.

As we read over this review, which is written in the first person, we may want to try reading it aloud, and seeing how we resonate with it. *Am* I really willing to let go of what I see, my judgments and my understanding of everything, my thoughts, and my very thought system? Can I say, "I am willing to let it go"?

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## ~ The Journey Home ~

(*Course in Miracles*)

by Allen Watson

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

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