

Cultivate Life!

MAGAZINE

ISSUE 64



Cultivate Life! magazine

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

Editors: Greg Willson and Peter Shepherd

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Affirmation for Fearless Living:

It is never the unwanted condition itself that has me stuck; it is that I am unknowingly hung up in habitual thoughts and feelings about my situation.

—*Guy Finley*

Creativism—The Art of Conscious Awareness

by Elaine Smitha

In the early 1980s I began work on a project in creativity to postulate variations on a theme, only to realize that I first had to answer the critical question: Just what is creativity? The revealing research that followed explored the dynamic connection between awareness and the conscious mind. I named it “creativism”. Like activism, creativism is active imagination in practice.

In my study of the human brain and its amazing ability to quickly adapt to changes in the environment, I also learned that it thrives on mentally stimulating activities. As part of the nervous system, axons’ synaptic junctions fire excitedly each time new learning takes place, permitting a neuron to pass a chemical signal to another cell. Axons are smart and expand their influence as the brain learns, something it loves to do. It hungers to expand its capacity and presses us to continue to learn all of our life.

Children are like sponges, absorbing every nuance of knowledge to expand their awareness of the environment. Eager to discover how things work, they will spend time watching a caterpillar build its cocoon, only to discover it later transforms into a butterfly. This same kind of transformation is available to everyone, and especially to young minds whose future widens when they lean toward challenging studies. Self-discovery may be the most fascinating of all human experiences, and it continues throughout our lifetime. But despite the “no child left behind” dictum for the U.S. educational system in 2001, the gap between the mind and its potential continues to widen. We must ask, why? More likely than not, it’s because education has not kept up with progressive ideas about how children learn, making it more difficult for teachers to do their jobs and for employers to find workers who can think for themselves. We’ll explore this more in chapter 13. Textbook learning has limits. Practical applications surge ahead. The way-it-used-to-be complex gets too political for comfort.

India is pointed in the right direction because it approaches education as a lifelong process from birth to death. They educate through innovation, drawing on how children learn at an early age. The Asian News International agency reported in 2006 that at least one school is teaching students to write with both hands at the same time on different subjects simultaneously. The Veena Vadini School at Singrauli in Madhya Pradesh began in 1999, and all 72 pupils, according to principal Virangat Sharma, “can use both their hands to write in two different languages on two different subjects at the same time.” One student, Kamla, said: “I know six languages—Hindi, Urdu, English, Roman, Sanskrit and Arabic. I can write in two languages at one time.”¹ Beginning this at an early age prepares students for a multifaceted future where language and expression are not limited by stereotyped texts and testing that is meaningless in the long run, except as a standard to measure teachers’ ability to effectively teach.

This presents a challenge for the U.S. education system as competition with India sharpens its focus. Jobs are already being farmed out to other countries. When the student dress code was removed some years ago, grades, ambition and self-respect went south, and so did the

pants as the waistline dropped to expose more flesh, embarrassingly so. Yet the U.S. is making strides in the right direction, with help from foundations to raise the bar.

Microsoft founder Bill Gates and his wife, Melinda, use their Gates Foundation as a springboard in this regard. What they are working to accomplish with benchmarks and reporting is helping education progress on a steady course. Underprivileged students gain aid and instruction to accelerate learning in a meaningful way. The foundation's stated goal for all students—"regardless of race or family income—is to graduate from high school prepared to succeed in college, career, and life. All students, all schools, everywhere."

Legendary golfer Tiger Woods, using his money and passion to make a positive difference, founded Tiger Woods Learning Center in Anaheim, California, to exemplify the value of hands-on education, coupling workshop team experience with textbook learning.³ The prospects for goals, career and a rich life now seem more viable. Young minds inspired and young brains stimulated increase neuronal growth, making them smarter and better prepared to meet the demands of the business world.

Here is how it works. During the day, Tiger's "Start Something" character-development and goal-setting program assists students in exploring career fields other than the basics, such as drama, journalism and robotics. After-school programs rotate every two and a half weeks, introducing such subjects as rocket science and flight, audio broadcasting and video production, even tutoring certain school subjects for struggling students. This is a great opportunity for those who might never touch these areas under our present educational system, a chance to inspire them to greatness and their full potential.

However, even a college dorm can birth student ingenuity. Look at Google's Sergey Brin and Larry Page, for instance, as well as Apple's Steve Jobs and Microsoft's Bill Gates. A garage, shed, barn or basement provides a place where thinkers tinker, generally making do with what they have in parts or can obtain cheaply. Innovation does not depend upon having a lot of money, just a curious, eager mind and the will to manifest. Sometimes a school science project is enough to spark the fire and ignite the flame, or an inspirational teacher may meld lessons with practical applications. It is this curiosity about how the universe works that really spurs growth and invention to create new products for market. Business thrives on product development and the next new idea. Thinking outside the box invites imagination to trigger solutions to problems pestering more than one individual. Creative ideas spin gears into action, and the excitement can last throughout a lifetime. You may be one of those whose vision is already bringing new products to market.

There are lots of areas in which to work, especially in the electronics field. Demand for solutions to planetary pollution and ecological functionality is gaining momentum as awareness of the necessity spreads. Energy is high priority as oil reserves dwindle and we increasingly resent our dependence on a limited commodity. Driving innovation is the public's demand for more fuel-efficient automobiles, pushing industries to develop alternate fuel/energy sources and to keep the price point reasonable. Perhaps for the first time in history, the consumer is pushing the recalcitrant mentality of business to innovate. They expect business to get serious about conserving energy, be more respectful of nature and more responsible stewards of Planet Earth.

This will take a shift in perspective and a unique selling position to satisfy the brain's love for novelty. Clever is sometimes the only route to follow when outlooks are dead-end boring and goals unattainable. Inspired brains think and solve pressing problems. Our understanding of life's complexities tends to increase as we step off the treadmill of conventional thinking into new frontiers that propel us directly to the high-voltage potentials associated with quantum reality.

Creativity invites invention, innovative solutions to pressing problems. More than likely, those involved in the decision-making process are not the ones executing the plan. To resolve difficult situations, to find better ways to do things, requires as much input as possible. Some executives, thankfully not all, assume they have all the answers, but that is changing. It is rather like the human brain making all the decisions without checking to see how the body feels about it. Creativity needs to be a collaborative effort. ###

Excerpt from *Screwing Mother Nature for Profit*

Published by Watkins Publishing www.watkinspublishing.co.uk

Elaine Smitha, visionary teacher, artist and businesswoman, is the author of *If You Make the Rules, How Come You're Not Boss?* In 1992, she launched a TV programme, *Evolving Ideas*, to explore new perspectives in science, health and conscious living, reaching a million households. In 2005, she expanded to Internet radio, where her guests have included Deepak Chopra, Larry Dossey and Jack Canfield. A past president of Toastmasters, she is a frequent speaker at universities and organisations around the US.

Screwing Mother Nature for Profit

After the Deepwater Horizon exploded in the Gulf of Mexico, it was found that the rig's alarm system had been partly disabled so that workers could sleep. Hence there was no warning before the broken well started pouring oil into the sea. Now Elaine Smitha urges us to sound the alarm! *Screwing Mother Nature for Profit* is a wake-up call to acknowledge, and heal, the harm that corporate greed is wreaking on our planet. Overpopulation, hunger, pollution, climate change: the damage is all around us. How can we live in harmony with each other and with nature? For answers, Elaine Smitha turns to Mother Nature herself, explaining how her principles of cooperative competition can set corporations and governments on a path of conscious, sustainable growth. Drawing on concepts from Henry Ford's innovative production line to the findings of the 'new biology', she reveals a startling correlation between businesses and living systems - then uses this as the basis for a model of leadership oriented towards benefits much bigger than cash flow. Some of the topics covered include: * The danger of manipulating the food supply with 'terminator seeds' * The possibilities of collective intelligence and crowd-sourcing * Innovative solutions for health care, communications and corporate governance * Ways for businesses to tap into the self-healing processes of the body and the power of the mind. In the words of one seasoned journalist, her book 'goes worlds beyond ...tired, ineffective and faddish theories' to hold out fresh hope - not only for the corporate world, but for our whole world.

Get your copy of *Screwing Mother Nature for Profit*: [CLICK HERE](#)

The Journey to Discover the Divine

by Guy Finley

Self-Realization Author Guy Finley Talks About the One Journey Project and OneJourney.net

Dr. Ellen Dickstein: Today we're going to talk about something truly exciting called the *One Journey Project*. Guy, please tell us about this project and the message you're trying to share with the world.

Guy Finley: We have created the *One Journey Project* to help the whole world remember something that's been forgotten: that even though we all are different people, living in different places – captured by different purposes relative to our culture – that underlying all of that, there isn't one of us who doesn't hurt, who doesn't fear uncertainty. And, at the same time, who doesn't share in something celestial that's capable of answering all our heartaches.

The *One Journey Project* makes evident an amazing, mostly unseen fact: using a chronological presentation of spiritual knowledge, handed down since the beginning of time – and repeated in beautiful ways – depending on the time and culture –it makes *evident* that there has always been only one divine life, and that all human beings everywhere are a part of it.

ED: Religions have so many varied forms, but you see a common thread running through all of them. What is that common thread?

GF: Have you ever met anybody who didn't want to be loved? Even from infancy, we're reaching out. We don't just want to hold something; we want to be held. Now, you can't be attracted to something, you can't want the love of something, without the love of something being in you for what you're attracted to.

If you want to find love, it wouldn't even dawn on you to search for it if love weren't already in you. So the journey is discovering that what you're looking for, you are being set out to find by Love itself. Divine love is looking for you.

ED: Since religions have developed to help people find that connection to Divine love, why is there so much dissension between religions?

GF: First, real religion has nothing to do with what people see today. The word "religion" itself, the ancient meaning of it, was that a human being was intended to reconnect with that which is divine. So now, the process of the idea of *finding* something is replaced with the idea of *realizing* something.

If I only have to realize something, then the real purpose of religion is to remind me that I have to realize something – not to send me out searching for something and then have authorities telling me, "No. You're doing this wrong." And that's where you have war between religious groups – my idea of where to find and how to do and receive is different

from your idea. But all of those ideas are predicated on a mistaken understanding of the true nature of religion.

ED: Let's talk about the *One Journey Project*. It has associated with it this amazing new website, OneJourney.net, which is an interactive website that has some wonderful features. One feature is an amazing, inspiring three-minute video montage on the home page. Another is *The Living Book*. Could you talk about that?

GF: All of our individual stories make up an incredible drama. But as individuals mature, we begin to grow weary of the drama. We recognize that it is produced by a certain dependency on things outside of ourselves. In that understanding we are weaned away from the drama.

Now you go back five thousand years, and you have an individual who one day awakens to the fact that there is a completely different kind of life they're meant to have. They begin to make notes – to write down ideas. From those notes traditions and religions, spiritual paths and disciplines are created.

You take all those ideas, from the beginning all the way through the present time, and you look at them all at once, and you realize: "Wait a minute. Everyone is saying the same thing! I thought there was this story and that story. But it's all one story."

Over time a "living book" has been created, but no one has ever seen the whole book at once. OneJourney.net presents the whole book at once, and then invites everyone who sees it to submit from their own discipline or religious background, that which corresponds to this one great story. The result is a perpetual book that will move through time – electronically now – in which individuals can collectively and individually share in the new understanding that it is one story, and that we are individual tellers of it.

ED: It is so powerful when you look at all of these quotations from five thousand years ago until today from all over the world, and you begin to realize they're all sharing the same message. You realize it is my story too, and I can go on the same inner journey that all of these people have, and make the discoveries for myself.

GF: Because it's one journey.

ED: If enough people began to realize this, do you think it really is possible for the world to change?

GF: If just you or I change, the world changes. How much more so when you can introduce an idea that challenges the nonsensical, fanatical distinctions that people hold between different groups? And every little degree to which something is changed, changes the *whole*. The true butterfly effect. That's the hope. ###

Guy Finley is the bestselling author of *The Secret of Letting Go*, *The Courage to Be Free*, and 40 other works that have sold over a million copies in 20 languages worldwide. His newest book, *The Seeker; The Search, The Sacred* (2011, Weiser Books) reveals the common thread that runs through every human heart: the wish to unite with the Divine. The book is part of a larger project to share this healing message with the world. Visit www.onejourney.net to learn how you can help change the world.

OneJourney.net

We are proud to introduce a brand new website with one of the most amazing messages ever! It's all about who we really are – at our core – and our true purpose in life. Just spend a few relaxing moments there, and not only will you understand yourself better – and feel better about yourself – but you'll have more understanding and compassion for everyone else.

We urge you to visit www.onejourney.net and see for yourself. There's a breathtaking, deeply moving 3-minute video montage on the homepage that stirs, We think that when you see it, you'll want to share it with everyone you know.

About the OneJourney Project

Human beings must find a common ground if our battles are ever to end. Remarkably, that common ground lies at the very heart of the spiritual traditions that currently divide us. By observing the testimonies of individuals across time, distance, and religious tradition, we see that we are all on the same journey to awaken the soul. The essence of this journey has been described the same way time and again over millennia, revealing there is just one seeker and just one search leading to the discovery of just one sacred. The evidence is presented in self-realization author Guy Finley's book, [*The Seeker. The Search. The Sacred.*](#)

The clearer the truth of our common spiritual bond, the greater the possibility of a new understanding that can help heal our planet. The OneJourney Project aims to spread this important message worldwide. Other interfaith and peace organizations are joining this effort, and a portion of the author and publisher proceeds from this book are being donated to a wide range of nonprofit groups.

We are all one. If we all knew it, we could not hurt one another. By sharing this message, perhaps we can change the world.

Special Offer:

As part of the worldwide release of Guy Finley's new book *The Seeker, The Search, The Sacred: Journey to the Greatness Within*, we've made special arrangements for you to receive over 108 free gifts from leading authors and experts. There is one overwhelming desire that lies at the heart of every human being. Now you can know it and fulfill it. Start the search that leads not only to the fulfillment you seek, but ultimately can help heal our world at the same time!

Click for details: <http://www.onejourneybook.org/special/CD1352/>

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It Is through *Science* that We Prove, But through *Intuition* that We Discover

by Chuck Gallozzi

Since our last issue, I have received four questions or requests from readers, and in the next several issues, I will respond to them. I will continue with my *Clearing Cognitive Cobwebs* series whenever I do not have a reader's question or request. Today's article is prompted by a 44-year-old Egyptian computer professional (Lead Technical Applications Engineer), working in Qatar, where he is joined by his wife and three children. Our reader asked me to write about intuition. As I haven't written about this important subject before, I welcome the opportunity to do so now.

Tom (an imagery person) was offered a better paying job in another company. When weighing the pros and cons of accepting the new job, he decided to take it — despite an ominous feeling. After taking the new job, he discovered the company was dishonest and his boss, oppressive. Tom deeply regretted not listening to his original hunch or gut feeling, which told him not to accept the job.

Can you relate to Tom's experience? Did something similar ever happen to you? It's easy to understand why Tom was swayed to accept the new position. After all, his decision was based on *facts*, the pros and cons. But the warning he received to reject the job was 'only' a *feeling*. This is the dilemma posed by intuition; it may prompt us to act in an 'unreasonable' way. We have been raised to revere logic and reason, making it difficult for us to act against it.

We are mistaken to assume there is only one type of wisdom, when there are two. Logic and reason are faculties of the left hemisphere of our brain while intuition, creativity, and inspiration arise from the right hemisphere. We are at our best, our most powerful, when we use both hemispheres. Intuition and reason are meant to complement one another.

What makes intuition difficult to accept is that it doesn't explain anything, but merely points the way. It's like a compass telling you to go north without telling you why you should go north. To further complicate things, it can be difficult to distinguish between intuition and other feelings. Let me give you an example.

Tom attends a cocktail party and mingles with the guests. One of them, Larry, appears to take a liking to Tom and says, "I think we can work together on a business deal that will benefit the both of us. Here, take my business card and give me a call tomorrow." Yet, there is something that Tom doesn't like about Larry. He can't put his finger on it. He doesn't know why he feels that way. Here are two possible explanations (there could be many more).

1. Larry is a deceptive person, not to be trusted, but very skillful at hiding his true intentions. Although Tom cannot tell Larry is a charlatan, Tom's subconscious recognizes Larry's body language as that of a crook, so it warns Tom to stay away from Larry by sending up negative 'vibes.'

2. Larry is a kind and generous person. A successful businessman, he is always happy to help others succeed. But Larry twitches his left eye in a peculiar way. Almost everyone who meets Larry quickly ignores his eye twitch because they are overwhelmed by his generosity, kindness, wit, and charm. However, when Tom was four years old, a nasty uncle sexually abused him for a short time. And his uncle had a similar eye twitch. So, Larry's eye twitch acts as a trigger, releasing horrible memories in Tom's subconscious.

As you see, Tom's suspicious *feeling* could have been evoked by entirely different causes. In example #1, if Tom failed to heed the advice of his intuition, he could have become the victim of a scam artist. And in example #2, if Tom declines Larry's offer because of his bad feeling, he could be cutting himself off from an incredible business opportunity. The point is we need to proceed with caution and learn how to distinguish between helpful and harmful feelings. And this can only come about after much practice and experience.

I don't want the two examples I gave to discourage you from embracing intuition. My wish is just the opposite. Now to encourage you, I'll bring out the 'big guns,' giants among men. Let's see what they have to say:

Albert Einstein (1879~1955)

"I believe in intuition and inspiration. Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution. It is, strictly speaking, a real factor in scientific research." "The only real valuable thing is intuition."

Steve Jobs (1955~2011)

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

And in commenting on Steve Jobs, the *New York Times* (Oct 5, 2011) wrote, "Mr. Jobs' own research and intuition, not focus groups, were his guide."

Bill Gates

"Often you have to rely on intuition."

Dr. Jonas Salk (1914~1995)

"It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It's my partner."

Henri Poincare

(1854~1912, brilliant French mathematician, theoretical physicist, engineer, and philosopher)

"It is through science that we prove, but through intuition that we discover."

Before continuing, let's clarify what's meant by intuition. It is a form of *knowing* that is independent of rational thought, what we earlier referred to as a hunch or gut feeling. It is often called our 'sixth sense.' Various authors define it differently. Some use a broad, more inclusive, definition while others prefer to work with a narrower meaning. Those who adopt broad definitions may believe intuition is a form of ESP, that we can use it for *remote*

viewing (get impressions about a distant or unseen target using paranormal means), and also that we can use it to detect the illnesses of others as well as heal them.

Similarly, there are differences of opinion regarding the source of intuition, which includes the subconscious, superconscious, collective unconscious, cosmic consciousness, and the Akashic records.

However, if the definition of intuition is too broad or the claims made about it are too outlandish, many will scoff at and discount the value of this valuable gift. For this reason, I choose to work with a narrow definition of intuition and consider its source to be the subconscious. Besides, I am a firm believer in the principle of Ockham's razor (also known as Occam's razor). That is, whenever faced with competing theories, I always choose the simplest explanation, until proven otherwise.

So far, I've stated that we can experience intuition as a nebulous *feeling*. However, we are all different, and the degree to which we are attuned to each of the senses varies from person to person. Some are especially sensitive to smell and taste. So, when offered a deal that sounds too good to be true, they may say, "Something doesn't *smell* right. There's something *fishy* about it. There's something *distasteful* about it."

Others may have visual or auditory intuitions, as did Richard Bach, best-selling author of *Jonathan Livingston Seagull*. Here's what he said in an interview (*Harper's Bazaar*, Nov. 1972):

"I was walking along one night, worrying about the rent, when I *heard* this voice *say*, Jonathan Livingston Seagull. But no one was there. I had absolutely no idea what it meant. When I got home, I suddenly had a *vision* of a seagull flying along, and I began to write. The story certainly didn't spring from any conscious invention on my part. I just put down what I *saw*."

Now we come to the most important part of the article; mainly, how do we cultivate intuition?

1. The enemy of intuition is stress. So, the first step is to provide an environment in which it can flourish. Set aside quiet time, and practice relaxation techniques such as meditation, mindfulness, sitting silently, or just taking a walk alone.
2. Remain open to new possibilities. When seeking answers, you have to be willing to receive them. Sometimes the answers are not what you want to hear. Strive to become aware of what is *best* for you, not what is most *comfortable* for you.
3. Get involved in creative activities: poetry, music, dance, painting, photography, writing. Such activities provide the perfect opportunity for intuition to percolate and rise to the surface of your mind.
4. Ask questions: What should I be doing now? What do I want from life? What do I want to be, do, or Have? Intuition thrives when we have a need for answers. Brilliant answers may suddenly appear, like a bolt out of the blue, but they may be the result of a long period of incubation.

5. Journaling can be a valuable tool. Keep a record of your hunches, what it felt like, how you responded to them, and the results you received. This will help you distinguish between intuition and other feelings.

6. Learn to tune in to your inner voice. By inner voice I don't mean your internal dialog, self-talk, or mindless chatter, but the soft voice that appears after quieting the mind. Often it speaks to you without words. For example, when you find it hard to decide what to do, it may be your intuition informing you that things are not quite right.

7. Brainstorming is another excellent tool, for it is like priming the pump, turning on the ignition, or lighting a fire. In a word, it gets things started, and getting started is always the hardest part.

8. Remain calm. If you get frustrated, it creates stress, which kills intuition. Don't try to force intuition or inspiration; it can't be done. The harder you try, the more difficult it becomes. You have to relax and allow it to appear on its own terms.

9. Remember that intuition is what you are feeling or sensing, not what you are thinking about. So, learn to separate your feelings from your thoughts.

10. If you set aside some quiet time to invite (not force) your intuition to speak to you, be sure to relax *with your eyes closed*. Your intuition can be coaxed to speak to you in *the alpha state*. This is a state of deep relaxation in which your brain wave frequency is between 8 and 13 Hertz (cycles per second). If your eyes remain open, your brain waves cannot go lower than 20 Hertz, which is the beta state, and it is less conducive for communication with your intuition. It is only necessary to close your eyes when *you* wish to hear from your intuition; when *it* wants to speak to you, it can do so when you are wide awake and engaged in some activity, assuming you are relaxed and not under great stress.

11. Take a good audio course, such as [*Expanded Intuition Training*](#) by Thomas Condon (6 CDs and a Workbook, only \$34.95 to download). This course receives my highest recommendation. It is a masterful blend of Ericksonian Hypnosis, NLP, and Multi-Evocation (two versions of Condon's voice speaking simultaneously). It not only teaches you about your inner partner, but accesses your subconscious, and plants the seeds for a lasting and fruitful relationship with your intuition.

12. Read a good book on the subject. Some examples follow:

[*Intuition: Knowing Beyond Logic*](#) by Osho

Written by a controversial figure, but unquestionably one of the brightest minds of modern times. (Osho a.k.a Bhagwan Shree Rajneesh, 1931~1990)

[*Intuition Workout: A Practical Guide to Discovering and Developing Your Inner Knowing*](#) by Nancy Rosanoff

[*Compass Of The Soul: 52 Ways Intuition Can Guide You To The Life Of Your Dreams*](#) by Lynn A. Robinson

Intuition is quite active in young children and teenagers, but gets repressed during adulthood, at which time we opt for left hemisphere rational thinking, but you can do something about that by learning more, practicing, and cultivating intuition. Extraverted intuitive types are innate risk-takers and make good entrepreneurs while introverted

intuitive types tend to be poets, writers, musicians, artists and mystics. However, regardless of our personality type, we all can benefit by taking advantage of this worthwhile inner resource. I will close with a quote by [Caroline Joy Adams](#):

“Listen to your inner voice... for it is a deep and powerful source of wisdom, beauty and truth, ever flowing through you... Learn to trust it, trust your intuition, and in good time, answers to all you seek to know will come, and the path will open before you.” ###

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Author of [The 3 Thieves and 4 Pillars of Happiness, 7 Steps to a Life of Boundless Joy](#)

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.

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Unveil What You Want

by Beca Lewis

As I poured my drink into the container I was happy to see that I had remembered to use the silver cup. I saw it clearly. Except, when I came back a few minutes later to get it, I realized it was not the silver cup, it was the red cup.

In my mind I had decided that I was using the silver cup, so that is what I saw. This scotoma is exactly what the phrase “what you perceive to be reality magnifies” means. We do see what we believe, and only that, nothing more. The outer world is exactly what we think - inside. The five senses only report back to us what we believe.

I was watching a program that talked about the London Eye. I had never seen or heard about it before. Perhaps I had unconsciously, but since I wasn't paying attention I really hadn't.

In this case, I was. In fact I watched with the clear intent of learning as much about it as possible. The next day, while watching a different program, I notice the London Eye over the shoulder of one of the women on TV. I am positive I would never have seen it if I hadn't really seen it the day before, even though it would have still been in the picture. The very next day, I saw it again, this time in a picture in a magazine.

I had given full attention to an already present object, and it became very visible in my life. This is how it always works. We see what we perceive; we see what we are paying attention to, we see what we know.

Following this principle, we can see what is hidden to us by either becoming aware of the material form, or the quality that is its substance. Choosing a quality rather than the material form means we will unveil to ourselves a higher representation of what we are looking for than what our human perception would be able to see by looking only for the material object.

Here's how giving our full attention to a quality would work. First we would think of something we would like to have more of in our life. Next we would break that “something” down into its qualities.

Perhaps we would like to have more love in our life. The temptation would be to decide in what form we would like more love to arrive, but instead we are going to choose a quality of love to focus on. If we choose a form first we will be dissatisfied with it in a very short time.

Perhaps we could choose the quality of love called “kindness.” We would spend time writing down everything we know about kindness. We would begin to notice how many ways it makes itself known in life.

Even if we see it in a passive form, like in a book or movie, we would really notice it, and be grateful for it. Most of all, we would practice kindness to others and to ourselves. As we continue to focus on the quality of kindness, it will begin to be more and more visible to us in practical ways in our personal lives.

Focusing on qualities is entirely different from focusing our thoughts and saying that we are creators. We cannot create kindness. We cannot even co-create kindness. We can only reveal its presence by shifting our perception.

As our state of mind and perception advances, we may reach a point where we might think that if we keep our thoughts focused and raise our vibrations we will create the world that we want.

However, if we took the time to look intently and completely at one tiny piece of our world, looked intently at one flower, or leaf, or one blade of grass, we would realize that if we tried as hard as possible to create it by focusing our thoughts, not one of us can. Not one of us can create, from nothing, even the smallest of these pieces of nature. And yet there are unfathomable trillions of “pieces” of nature all working in harmony.

What we can do is shift our perception from the worldview, to the God view, and keep it there.

As we do this our limited and opaque worldview perception will begin to dissolve revealing what has always been present. Until we make that shift, what we are looking for could be standing nose to nose with us and we would not be able to see it, or in the case of my cup, we would see silver when it was really red. I wonder why we would we want to be creators? It is a scary belief that we are creators because if we can create a good world, then we can create a bad one.

When we choose the idea that we are creators, and accept the idea that we can attract to our personal self something we create, we are in danger. Eventually we will “create and attract” to ourselves something we do not want. However, we don’t need to worry because no matter how hard we try, we can’t create anything, nor can we change what has been created for better or for worse.

What we can do is choose the viewpoint that all that is present is God, the infinite unending, and limitlessness of One Mind. When we choose to focus our viewpoint, and our perception on this fact, we remain safe and free. As we do, life will be fuller and more beautiful and joyful than anything we could try to create. This is seeking first the kingdom of God. Why choose anything else? ###

About Beca Lewis

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

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

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

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

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The Answer for Jealousy

by Steve Wickham

At one time or another every couple must delve into their core regarding issues of jealousy, bound in securities sometimes previously untapped.

The single person isn't immune, either. Their jealousies are camped in distances of awkwardness. So much so there may be no reasonable outlet.

Jealousies affect us all, if that sense of possessiveness is exacted to the point where trust is corroded. This issue is decked in the fact of our insecurity for dim and dark grievances hid, unresolved, in the past.

THE CHALLENGE OF RECONCILIATION

The practice of moulding the warped aspects of our pasts into a more usable future is the process of reconciliation - not between us and another, but it's settling indifferent nuances in our own personalities.

We have our desires, and we have our exposures to the truth; both these, can at times, run at cross purposes to each other. We can love someone and hate how they interact with their world at the same time. Or, they might tantalise us, feeding our desires, yet we never run past first base.

These are not *their* problems; they are ours.

The challenge of reconciliation is to resolve the root cause of our jealousy before it impacts on trust-with the associated longer term ramifications; those we cannot afford.

CONNECTING JEALOUSY WITH THE EROSION OF TRUST

The truth of the matter is a dividing one.

With each encroaching jealous move we reinforce a lack of trust that may not even be valid, for we have allowed other factors - not simply the virtue of our partner - to cloud our judgment. Again, these are linked, most often, with troubled incidents within our past, some buried so deeply we've forgotten them, but they still hinder us.

A very practical challenge - and therefore a key opportunity - in understanding this connection - jealousy and the erosion of trust - is to elicit and *extend* trust, deliberately.

This may be very difficult for a jealous person to do. But it isn't impossible. And it says so much for the value of the relationship that, even though there is a risk taken trusting someone, it can only help the relationship if that relationship has, indeed, a future we believe in.

There is no sense in not doing this, because if we're betrayed as a through the agency of our trust we gave it our best shot. And though we may be hurting, it's a better sort of hurt than to stand as the destroyer of a relationship because we didn't act on those irrational impulses of jealousy.

Jealousies exist because of buried insecurities, unresolved from the past. The only way forward is to deliberately give trust, and to look for evidence where trust is vindicated. Possessiveness in relationships is caustic. Instead, we must simply trust because the relationship depends on it. ###

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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No Situation Is Unworkable

by Geneen Roth

Tami Simon speaks with Geneen Roth, author of the best-seller *Feeding the Hungry Heart* and the Sounds True audio learning course *When Food Is Food and Love Is Love*.

Tami Simon: This week I speak with Geneen Roth, author of the bestseller *Feeding the Hungry Heart* and the Sounds True audio learning course *When Food Is Food, and Love Is Love*. We discuss the spiritual lessons, which resulted from Geneen's financial losses with disgraced investment advisor Bernie Madoff and how this experience caused her to reexamine many of her long-held beliefs about money, loss, and the preciousness of this moment.

Tami Simon: So thanks, Geneen, for taking the time to have this conversation.

Geneen Roth: I am glad to.

Tami Simon: I wanted to talk with you because a friend of mine mentioned to me at the end of January that he had gotten hold of a blog entry on the Huffington Post in which you talked about how you had been part of the Madoff ponzi scheme and lost 30 years of savings. And of course as soon as I heard this my heart, first of all, went out to you, a Sounds True author and someone I have known over the years, and then secondly I thought, well, how is this turning out for Geneen in terms of inner process and what kind of sense is she making out of this. You have such a gift for making wisdom out of, what shall we say, garbage, that I thought, well, tell me Geneen. Talk to me.

Geneen Roth: Well, you know I can start talking, and if I talk too generally then feel free to ask me any specific questions. In fact, specific questions really do help.

Just a little background (because a lot of people have some misconceptions about Madoff): my husband and I were invited to invest actually with a good friend of ours whose father was a good friend of Bernie Madoff's. They had been with him and investing with him for 45 years. And, of course, they had done quite well during that time. And this friend took pity on Matt and me when another friend of ours ten years ago, a financial advisor of ours, had embezzled quite a lot of our money. And so our friend Richard said, "Come with me. You can invest anywhere from \$500 to hundreds of thousands of dollars. Doesn't matter. But this is something that is safe." And so we were very, very, very grateful to do that. And never for a second did I think, did I imagine in my imaginings of various catastrophes that Madoff was a fraud.

So when I did find out, I went into shock, terror, because we had been using our account with Madoff as sort of a bank. You know, whenever we made money we put it into our Madoff account and we kept what we could to pay our expenses. But it was a feeling of we found something safe, we found something reliable, it is not making the kind of money that other people were making during the high times, but it is not losing money during the hard times.

So in that second of finding out that everything we thought we had we didn't have, and everything we knew we had was completely lost, there was a sense of dying, actually, of having somebody throw a bomb into my chest and somehow finding myself still alive, which I think I wrote about. And then there was the process of coming to terms with it. My husband was in Antarctica. He was on vacation. I couldn't...

Tami Simon: Hold on a second. What was your husband doing by himself vacationing in Antarctica? That's a little strange.

Geneen Roth: He actually was with four good friends on a wildlife expedition that I didn't want to go on. I was working on a book deadline. And I also don't like being cold. So I didn't want to go. But he did. So he went. But when I called him within a few minutes after finding out about Madoff...I had to call him on the satellite phone, and both of us realized within probably three minutes that we were no longer the kind of people who could talk on satellite phones because it was \$15 a minute to talk. And so all I could basically say to him was, "Madoff is in handcuffs. It has been a fraud. And we've lost everything." And he said, "oh my god," a couple of times, and we both said to each other somehow we will get through this and we will be okay. We didn't know how. And then we needed to get off the phone.

Tami Simon: Wow. You know, Geneen, I think part of the reason I wanted to talk with you about this is that something like this I would, say, put in my top biggest fear category. I mean this and getting pregnant or something. And I've gone to extremes so that second thing won't happen. But this would just be so terrible. And I thought about it, knowing we would be talking today, and I think that there is me and there is infinite, vast, expansive everything--but then there is my savings. The infinite, vast, everything is fine as long as I have a certain amount of cash.

Geneen Roth: Right.

Tami Simon: And otherwise the infinite, vast, everything, whatever, it is great. But still, I need this cash in order just to be an okay human.

Geneen Roth: Right. Got it. I understand. I felt exactly the same way. I felt as if, you know, there was my spiritual practice, whatever I mean in the moment that I use those words, and then there was the money I'd saved for thirty years. And all of life could keep going on as long as I had that money. As long as I had at least some of that money, anyway, as some kind of protection, as some kind of reassurance, as some kind of something, that would tell

me that I would be okay. That if I got sick or my husband got sick we could make it through, that we could keep our house, that we'd have enough money for food and shelter and everything else. And suddenly all of that was gone.

I just actually have been writing about that in the last couple of days. And in those moments after the phone call. I called my husband, as I said. I called a friend of mine who unfortunately had just invested in Madoff based on my recommendation. And then I called to very close friends/ teachers of mine. And both of them said almost exactly the same thing to me. One of them I didn't know when I told her was also invested in Madoff. And this was the first time she was hearing the news that she too had lost everything. And when I told her what I told Matt, that Madoff was a fraud, she had two responses: the first one was "Oh, we have lost everything." And the second response was "but we still have what matters." And I thought to myself when she said that, this is no time to be spiritual. This is no time to, you know, talk in that spiritual psycho-babble jargon. You know? We've just lost everything. This is a disaster. This is horrible. And when I said to her, "How can you say that?" she said, "because it is true."

My second friend who I called also, her name is Katherine, and she also said the same thing to me. She also said to me, "It is fine. It is horrible. It is awful. He was a liar and a cheat and he should be in jail. But what matters most wasn't lost." And I really couldn't see that at that time, but I knew somewhere in the far reaches of my mind or heart or soul that that was true. And I knew that everything that I had been doing, thinking, spending my time on, had come down in some way to that moment, that this was where the rubber meets the road. That actually is where what we call spirituality actually becomes the life you are living. It is not just about sitting on a cushion and it is not just about thoughts and it is not just about going to retreats and teachings, but I couldn't see that at that time.

So what I did instead, besides crying, which I did a lot of. I started memorizing a poem that I read just that morning, which is a poem by Naomi Shihab Nye called "Kindness." And it is about losing things. Before you know what kindness really is you must lose things. "Feel the future dissolve in a moment like salt in a weakened broth. What you held in your hand, what you counted and carefully saved. All this must go." And there are a few other lines before the poem goes on to talk about how you must see yourself "like the Indian in a white poncho who lies dead by the side of the road. You must see how this could be you. How he too was someone who journeyed through the night with plans and the simple breath that kept him alive." And I started understanding in those few weeks, and I don't want to make this sound easy or simple or tra-la-la—la, because there were nights upon nights of waking up in terror, of oh my god what are we going to do? What am I going to do? Where are we going to live? How are we going to live?

There were the horrible recriminations of not diversifying slowly over the 10 years we'd been investing with Madoff. We had put more and more of our savings in Madoff. There was the "how could I have been so stupid?" "How could I have been so selfish?" "How

could I have been so greedy?" "What is wrong with me?" "How come we didn't pay off our house?" "What do I actually value?" I mean, there was a whole host of those recriminations and actually some of those recriminations have led to me deeply questioning what I actually value. You know, that old thing about putting your money where your mouth is. Putting my money into the things that I value most. That whole issue of what do I actually value, and, in fact, what is money for? Which I had never actually asked myself. I just had always thought, you know, I need to make money and I need to save money. I need to buy a house, and I need to mortgage that house. And I need to have more and more money and I do need to give chunks of my money away, which I was doing. But I still need to have more than I give and save more and just keep saving and saving and it is kind of about me and my husband and my family. And the illusion which I started seeing as I began memorizing and living with that poem day after day that I thought I could be different than, and I thought I could be separate from the Indian in the white poncho. I thought I could be separate from the people who were losing 10, 20, 30, 40 percent of their money, who had lost their jobs. Some way that I could protect myself. Some way that I could be separate from the soup of chaos or what everybody else was going through. Some way I was special. Some way I was different. Some way I was going to be the one still standing when everybody else had fallen. And I was suddenly one of the fallen ones. And it was humiliating. It was humiliating. And I was ashamed, deeply ashamed. But I also knew, I think partly because I had people around me like my friend and teacher Jean, like Catherine, like my very good friends, all of whom had lost all their money—because Richard, in the generosity of his being, had offered all of us, basically the community that I knew and was part of, this opportunity to be in Madoff. And because he had been in it for 35 years before he opened it up to us, because it had done so consistently well for 35 years, we all felt like it was a miraculous gift. That this man, our friend, Richard, was offering to us. Which meant that when Madoff was declared a fraud, everyone I was close to lost everything they had. So it wasn't just me. It was also my closest friends. And I saw in the weeks after that lost, first of all, how important contact was, and community. I mean, it was crucial.

Tami Simon: You huddled together.

Geneen Roth: We huddled together. We met that first night we found out, within a couple of hours. One of the first things I had to do was teach as class on the phone. And after I got done with that. And that was really a good thing because it forced me to be present and to get out of the story that was just raging in my mind about what was going to happen to me. And just be present with myself, in my body, and also with the people on the call. That was great to do that. I didn't mention Madoff. But I did read that poem, "Kindness."

Then I got in my car and I went to meet with my friends. We talked to each other often during those first couple of weeks; we met a couple of times. I never, not for a moment, like I thought I would feel when the catastrophe happened. I think that is one thing I have learned. That I have spent my life preparing for the imminent catastrophe, I spent my life

storing up money for when the catastrophe happens. What I didn't realize that the catastrophe was going to be about losing all that I had stored.

Tami Simon: You use this term a couple of times, and I think it is interesting: the word "protection," the idea that our money, our savings, can be some kind of protection for us. And what I am curious about is, what does it feel like to be living "without protection"?

Geneen Roth: I know this is going to sound very hard to believe. But I am speaking the truth when I say that I feel like I have more now than I did when I had my money. And I will try to unpack that because it has been difficult even for me to understand. I think one thing is...it is the Dylan line "When you don't got nothing, you got nothing to lose." I'm not sure if that is Dylan or not, sounds like it could be. But there was something about losing it all and no longer being frightened of losing it that was, I don't want to say a relief, because it wasn't a relief. It just was the way it was. I had all of this money in my mind, and, yes, some of it was actually checks that had come through my hands and that I had then put in my Madoff account. But, of course, what I thought I had as a result of having those original checks, it turns out, I didn't really have because Madoff's returns were all made up anyway.

So I had the thought. What I basically had was the thought of having that money. And then I lost the thought of having that money. Now of course I lost more than the thought of the money, because at any time during the years that I was invested in Madoff I could have redeemed all of that money, or some of that money. And then I would have actually had that money to spend, so it gets a little complicated there. The idea of what I had, what I thought I had, and the idea of having money.

When I no longer had the money that I thought I had, then there was a necessity of having to look at what I had left. What I actually did have that I could count on having, that was in front of me. And this is where it starts; this is where I start sounding like Jean or Catherine.

Tami Simon: It is okay. It is okay. I support you, Geneen, in...you know, the G.O.M.s, the gifts of Madoff.

Geneen Roth: That's right! That is what I wrote about in the article.

Tami Simon: Because there is clearly the O.M.G.s too, the oh my gods, do you know what I mean?

Geneen Roth: Yes, thank you.

Tami Simon: We have the O.M.G.s, but these are the G.O.M.s and that is fine.

Geneen Roth: I saw that I could, well, first of all, I saw that I still had a body that could breathe and talk and walk and see and feel. I saw that much. I saw that I had been taking that for granted. No matter how many meditation retreats I have ever done, no matter how many times I brought my attention back to my body, there was something astonishing about seeing that I still had the resource of a life, and of having a body.

The year before, in September of last year, I had gone through an anaphylactic shock experience in the CAT scan room where I almost died. I started leaving my body. And the doctor and then the paramedics had to bring me back through extreme measures, but in the moments that I thought I was dying, my husband was standing right there, and I realized he couldn't come with me. I was going alone. And I was losing everything including my body. And I wasn't afraid, but I was just sort of shocked that it was happening so quickly, and right there in the CAT scan room and not at all as I had planned it, which was I was going to be old, I was going to be dying with friends and orchids around me and beautiful music playing and somebody reading the Tibetan Book of the Dead. And, you know, all kinds of rituals and poetry and all of this, and there I was in a lousy CAT scan room leaving my body and dying. So when the Madoff loss happened, I thought about that almost immediately, within the first couple of days. And I thought about how I was losing my body then. I really was losing everything including my body. Now all I had lost was my money. And it was a profound gratitude that even with losing my money I wasn't also losing my body.

So I realized just as I was reading this "Kindness" poem, just as I was memorizing it and saying it to myself again and again, that what kept occurring to me in those days after Madoff, was that I had known the possibility of losing everything. I wasn't sure I was going to come back. I didn't know if I was going to kind of zonk back into my body or not. But here I was losing my money but still having everything else.

Tami Simon: So that happened previously in 2008?

Geneen Roth: Yes.

Tami Simon: Wow. What a year.

Geneen Roth: What a year. And I saw that I still had the capacity to feel, to feel sadness, to feel sorrow, to feel love. One of the lines in the "Kindness" poem is "before you know kindness as the deepest thing inside you must know sorrow as the other deepest thing." And I felt like I was getting to know the regions of sorrow. The sorrow not only for myself and having lost what I lost, but that sorrow that so many other people were feeling had been feeling, not just the people who were losing 10, 20, 30, 40 percent of their money, but the people who had never had any money. The people who were worried about where their next meal was going to come from. The people in other countries and third-world countries, the women I saw pictures of, who were scrambling for grains of rice as it got dropped from planes, who were fighting over grains of rice. I looked at those pictures and I felt the O.M.G. part, oh my god, and I felt a momentary flash of sorrow and then the kind of pride or smugness of, oh well, that is not me. I will never be like that. And I started feeling the bareness, the nakedness, of that kind of sorrow, of not knowing where your next meal is going to come from.

So when I lost what I had, then I started feeling the territory of loss. And I started feeling more connection. The price of having so much more than other people had and of feeling

like I was always going to have more than enough and I was never going to get into those situations, for me, and I don't think this is true for everybody, but for me it was the price of feeling separate from other people's sorrow.

Suddenly I was one of them. I wasn't different than; I was the same as. And that was startling to me. But there was something astonishing about it. There was something relieving about it. There was something that made me feel so grateful about it. I felt like I was getting to inhabit a country that I never would have visited on my own. But that was putting me in touch, I think, mostly with places in myself that I had cut myself off from, that I just never had to visit.

In the realm of food, because so much of my work until now, has been with compulsion and addiction, specifically with emotional eating, and one of the patterns I talk about with food is "storing for the hunger to come," how people eat and eat and eat as if in the next moment there is going to be a famine.

Tami Simon: A kind of protection, if you will.

Geneen Roth: Yeah, a protection from feeling any kind of emptiness. The emptiness that is associated with hunger. And I saw that I was going to same thing, though I had worked through my issues with food, 30 years before, so that food is no longer a problem for me. I had transferred so much of what was true for me about food onto money. And so I was storing for the hunger to come. And I was trying to protect myself, first of all, from catastrophes that in some ways had already happened. My teacher Jean had said to me years before, "You keep protecting yourself from losses that have already happened. You keep trying to shield yourself from the catastrophes of your childhood, from what I call the three A's of childhood: addiction, abuse, and abandonment. And that I was still in the present moment protecting myself from those losses by the way that I acted and felt. And I saw that I was still doing that. But then I also saw that I was protecting myself from imminent catastrophe, from the catastrophes of losing all the money, of being faced with loss, of emptiness, of not knowing what to do, of being like everyone else, of being at complete loss.

I think in the end, I mean, what that got down to as I just kept sitting with it and sitting with it and crying about it and raging about it and writing about it, was I just felt like there was some way, some illusion, that my money could protect me from sort of just being human. You know, that the losses of aging, you know, I kept telling myself, oh well, I don't have kids and what if Matt dies before me and men usually die before women and what if my friends are dead and their kids are taking care of them but nobody is taking care of me and nobody wants too. Well, at least I will have enough money to x,y,and z. And suddenly I didn't have that money. I didn't have the money that was going to help me get old. And there was fear about what was I going to do. And I still don't know. But I do know that that kind

of future catastrophizing only revved me up, made me sort of insane, and wasn't particularly helpful, because nothing happens the way you think it is going to happen anyway. Nothing. I don't mean to imply that saving money is not good.

Tami Simon: Well, obviously, yeah.

Geneen Roth: I don't mean to imply that at all, but I think that there are some things that money cannot save anybody from. And I think that I was living in the half world of money can save me from that. I am not sure I really believed that, even during those Madoff years. But still there was this feeling that in my own case I could cover my bases.

Tami Simon: Yeah. A couple of other questions about it, Geneen. You mentioned one word, which was the humiliation you felt. And yet here you are talking publicly and you know clearly sort of exposing the situation. And what I have noticed in my own business life is that when things happen that are not successful in the business world, it is actually the humiliation that is more of a problem for me than the actual loss of money, when I search my heart, it is the ego loss of my sense of being "hot stuff," that is more of the loss. And I think that is part of what you are pointing to here.

Geneen Roth: Yeah. I had to come to terms with my idea of myself.

Tami Simon: Yes.

Geneen Roth: My identity as a smart, successful person, woman, business woman, who made decisions. And had money. And that got stripped away. And so then I had to keep asking myself, well who am I without that? Who am I? It is that age-old question, but it became real. That is what I mean when I say that all of those spiritual hoo-hah suddenly become real when this kind of thing happens because the question of who am I without what I thought I had, without my money, without my idea of myself, without my vision, without my identity, who am I? I really had to live with that. Ask myself that. And answer that pretty much. And it wasn't my idea of myself, because that was no longer there. It pretty much was whatever I was in that moment, whatever I am. I mean, the ideas just got ripped away, so there was no pretending anymore. There was no hiding behind. It is kind of like, you know, in my work with compulsive eaters, hiding behind being thin. Or hiding even behind being fat. Letting the body speak instead of having to break over and over and over again on the truth of who you are or what you feel in that moment. I mean who you are without the identity, without the image.

Tami Simon: So what have you discovered about yourself without that identity of being the successful, smart, savvy, one-step ahead woman?

Geneen Roth: It is sort of very, very simple. It is not any big, fancy discovery. It is more just a moment to moment process of being with and telling the truth about whatever I feel, whatever I sense, whatever I see in this moment. So if I am feeling sad or shamed like I was in those weeks after Madoff, I needed to actually feel that, not pretend, not uplevel myself,

not transcend it, not hide behind, an identity of not being that. But actually break over it. Like a wave. Just keep breaking and feeling the shame and keep asking myself about it. Well, what was that about? Why was that important for me to be perceived and to perceive myself as successful? Was there a part of me that I felt was ultimately, irrevocably, and unredeemably unsuccessful and so this image or identity of myself as successful could counteract that. You know, for every part of myself, for every way that I wanted to be perceived, I began asking myself if there was a counterpart, a deeper belief, of being the opposite of that. And, of course, questioning that, and seeing that that wasn't true either. So that was no more true than the fleeting identity of being successful, according to external terms.

Tami Simon: Now you mentioned that before you even got involved in the Madoff world of investing that you had been, that the financial investor you had been working with had embezzled money from your account. So I can imagine having thoughts like, what kind of strange, cosmic design is there for my life that I would go through this more than once.

Geneen Roth: That is a very kind way of putting it, Tami. You know, in those first few weeks I had to be so vigilant about not ripping myself apart. I don't know how to say it any other way. But I would be so many times on the verge of saying, how could you be so dumb? How could this happen twice? Don't you ever, ever learn? And of course I did say that to myself, but there was an understanding, because I knew that voice well in many other areas of my life. There was an understanding from having worked with it that this voice was not my friend. That voice was going to lead to no good. And that voice would not help me discover and/or reveal what was going on that I got involved twice.

Now the first time was a little different, it was a very close friend; it was kind of like the relationship Richard's father had with Madoff. My husband and I had the same with this man. It had been somebody we had known for almost 15 years and had advised us beautifully. We had been to his wedding. He had been to ours. We'd been there for the birth of his kids. I mean, he was that close. And it turned out in the end that he was just as much a fraud as Madoff was.

Tami Simon: I guess the question I am asking is...in my own experience, and I can imagine listeners having this experience, when whatever it is in their life, it might not be around money, it might be around something else, where they get to that moment of...the language I use internally is, you know, gosh I just feel like slitting my wrists. Not that I ever would. But it is just this feeling of, I feel so terrible about myself. And as you say, it is not a voice that is particularly constructive. So what have you learned about how to work with times when that is the voice you are hearing in your head.

Geneen Roth: Well, the first thing, and I just want to make a distinction here between blaming yourself and feeling terrible because feeling terrible in those weeks after Madoff

was what I think is a natural thing to feel. I don't think there was any way of feeling anything but devastated. Blaming myself?

Tami Simon: Which is really what I am talking about in this example.

Geneen Roth: Yeah. Raging against myself. What I learned in that time, and I learned that also after the death of my father, I mean I keep learning that in the most extreme circumstances. But that voice, that raging voice, that has got to be cut off immediately. I do not believe that there is any value in listening to that raging voice. Now, this is not to say that I haven't asked myself again and again, what is it about me that is so susceptible, that so wants to be taken care of, by somebody that seems to have the answers that I am willing to throw what I know away. That is a different voice than, you idiot. You good for nothing. You dumb thing. How could you? Give me a break? I mean, that is a different voice. The actual voice of curiosity, the actual voice of wanting to know. Well, what happened there? What really happened? What block? What obstacle? What quality? What tendency of mine is operating that allows me to just throw myself overboard like that? That is different.

Because when that voice is raging, what I have discovered, is that there is no way that I can answer that question. I can't really get to the bottom of that. Because all I feel when that voice is raging, is horrible about myself, is ashamed. I feel collapsed and paralyzed and diminished. And like slitting my wrists. And in that condition I have never discovered that what is actually going on has the space to reveal itself. Because all I want to do is hide. I am not interested in finding out the truth then. I am just interested in hiding. Because it is like being whipped. You know, when a kid gets beaten, when you are getting whipped, all you want is for the whipping to stop. You don't want to figure out what you are getting whipped about, you just want the pain to stop.

So have I asked myself what it is? What goes on? Have I been incredibly mindful of that since then? Yes. Was I vigilant and have I become extraordinarily vigilant about stopping that voice dead in its tracks when it starts revving itself up? Yes.

Tami Simon: How do you do that? How do you stop that voice dead in its tracks?

Geneen Roth: Well, that is a really good question. And there are a lot of different ways that a lot of different people believe. I will tell you what works for me. The first thing that works for me is awareness. I have to realize that that voice is operating. For the first many times that it happened, I am not talking about Madoff, I am talking about the first 100,000 times it happened while I was trying to be aware of it before Madoff. Because I think that if I had just started becoming aware of it when Madoff happened, it would have been really hard to stop it. I think this is the kind of thing you have to be aware of pretty much daily.

So I think that the first thing that has to happen, or had to happen for me, is that I had to become aware that the voice was operating. That voice sounded so much like my voice. And also, because it had co-opted the truth it was using something that actually had happened to make me feel awful about what happened. That I had to be aware when the voice was

revving up. And so I had to be understanding the difference between my voice or the voice that really wants to know what was going on. That voice is called by so many names: the super ego, the inner critic, the inner parent, the judge, call it anything, but that is basically what it is. It is the voice that thinks it knows what you are supposed to be doing and how you are supposed to be doing it and basically it says that you are not doing it the right way. That's what I found. At least that is my version of it.

So the first thing that happens is that I am either aware of it speaking to me or I am aware that I suddenly feel collapsed. I wasn't collapsed 5 minutes ago or 2 minutes ago, but I am suddenly collapsed and ashamed. And if I have enough presence to realize wow, something just happened there. I was feeling fine, and now I feel collapsed. Now I feel humiliated and now I feel ashamed. What happened? What am I saying to myself? And it takes a lot of attention and some degree of consciousness to realize, okay, I am in it. I am on myself. I am raging against myself.

What I do at that point, if being aware of it and simply naming it isn't enough to help me disengage and to kind of dissolve it, is I will go the next step and I'll either write down or say out loud if I am alone (and this took a lot of practice also), I will say what that voice is saying to me. I can then actually hear the cruelty in it. It is cruel. I mean it is just outright cruel. And vicious. Once I hear the way that I am speaking to myself, but I will put it in the you terms, like "You are a piece of shit. You are so unbelievably dumb. You are doomed. You are a failure." If I say it in the you form, and this doesn't work for everybody, but for me it does because then there is a you and an I, then there is actually somebody, there is some voice that is talking to me, the super ego voice, then I can just feel the cruelty of it. And then at that point, at least for me, it can stop. At the beginning, when I became aware of what I was saying to myself and how I was saying it, I would also just say "stop, enough, go away."

There are some schools of thought that believe that it is really important to be vehement with that voice, to be aggressive with that voice, to mobilize some kind of aggression that you were never allowed to have as a kid if you were one of those kids who was never supposed to talk back to your parents. So one school of thought says you need to mobilize your own aggressiveness simply to separate from the voice, as an active separation, so that you can then see what is true. That has never really truly worked for me. But becoming aware of the cruelty of it, becoming aware of it and the cruelty of it, and that I am locked in a death grip with it, and that it won't lead to any good, that helps. But it is a practice.

Tami Simon: Now you mention that it is a practice that you've worked with, I think you said 100,000 times, but let's just say lots of times over the years. But in the context I presume, probably many contexts, but at least somewhat in the context of emotional eating and with your work with helping people with issues related to emotional eating, so I am curious, how does that voice play in people's relationship with food?

Geneen Roth: Oh. It is primary. The moment somebody starts eating something they think they shouldn't be eating, the moment somebody starts bingeing, the moment somebody starts feeling like their pants are too small, like they've gained weight. I mean, it comes in constantly, like many times a day. In comes that voice, how could you? Why did you? What is the matter with you? Aren't you ever going to? You are hopeless. You are a failure. Why don't you just give up? There is no way out. You should have known this. And then of course what happens is that people hear it, they talk to themselves like that, and usually their response is to go eat some more because they feel so bad that they then use food to comfort themselves.

So again it is a voice that needs to be recognized and it needs to be stopped. And by stopped I mean disengaged from. Named and disengaged from. And really I think it takes having support to do this. I am a great believer in not doing this alone. I think it takes help, I think it takes guidance, I think it takes support. Because what I find in my students for the first many times that we work with this, and what I certainly saw in myself for years, is that I was so identified with this voice that I couldn't tell the difference between me and it. And I also felt like I deserved it. I deserved to be spoken to like that. I had gained 30 pounds. My thighs really were so big. I was a bad person. It was telling me what I needed to know. It was keeping me from making even more mistakes, so there was 100 percent belief in what this voice was saying.

And so to disengage from it you have to be able to tell the difference between okay right, maybe I did gain 20 pounds, but that doesn't make me unredeemable. It doesn't make me a failure. It doesn't make me doomed. And the same was true with losing our money. Yes, I really did sort of make the same mistake twice. Sort of. Not exactly. Sort of the same mistake twice. Okay. So what? So what? What did that make me? Did that make me an abject failure forever? Did that make me incredibly dumb? Well, it certainly made me naïve. And it certainly really spoke that I was somebody who hadn't quite learned the first time around what there was for me to learn. But so what? It is not like we are being graded here. It is not like anybody is keeping score. It is not like we are going to get to the end of our lives and pass a test or fail a test. So what? What is there for me to see here? You know, if you separate being good from what has happened, if you separate passing some test you have in your mind—I am supposed to be learning this as quickly as I can so I can get to the end as fast as possible—if you take that away, then there is just what is happening. And whatever it is you choose to do with it.

Tami Simon: I was looking on your website last night, and looking at the description of one of your upcoming retreats, and there was a bullet point describing some of the things that will be covered. And one of the bullet points said "discovering that no situation or feeling is unworkable." And I thought that was really incredible. In a way it speaks to what you are saying, that no situation or feeling...I mean, that is a very huge thing to know—that no situation or feeling will be unworkable, that could happen.

Geneen Roth: It is huge, and in some ways it goes back to what you asked me about protection.

Tami Simon: Yeah.

Geneen Roth: I think I've carried for the longest time this sense that there was something that was going to be completely unworkable, that would destroy me. And I am not talking about death. I am talking about a situation; I am talking about a feeling; I am talking about a loss or something happening. That something could happen while I was still alive that would utterly destroy me. And that was not in fact workable. And I think what I was in part using my money for and in part eating for, during the years that I was compulsive about food, was to keep myself buffered, to protect myself from that devastation, from seeing, from feeling, from ever getting to that place where I would be torn apart and devastated.

And what the Madoff loss has given to me, in some ways most of all, was that one of the worst things that happened, happened. It is not the worst thing. And I qualify this a lot, because I can think of so many worst things, like being raped, like watching my family get murdered, like being a murderer, like being in the middle of a war zone. I can think of a hundred things worse. But in my limited and very privileged life losing all of that money was one of the top few worse things that could happen. And it happened. And I wasn't devastated. I wasn't torn apart. I felt lost for a while and I felt in shock and I cried, but I wasn't devastated. And that was amazing to me. It really was amazing. In fact, what happened was that as I allowed myself to cry and to feel like a bomb had been thrown into my chest, and to feel the loss, I started feeling what was left, and I started seeing what I wanted to say about it, that I wanted to write about it. And so I wrote that—and I hadn't written really about anything but food literally for 30 years, and I decided to write about what because there were so many articles coming out about how I got screwed by Madoff and how my life is completely horrible because of what Madoff did. And I actually felt like there was that, but there was also something else to be said, to be found, that there was something that was there after the loss that I wanted to pay attention to, and that I wanted people to pay attention to. And so I wrote that piece that you saw, and then that piece led to amazing responses from people, just hundreds and hundreds and hundreds of responses. And that led me to see that oh, I wanted to write more about that.

It kind of opened the door to a whole new area that I wanted to look at, write about, pay attention to, and that I never would have done without the Madoff loss. So it changed my life radically, in many ways, and many of them have been ways that I have been grateful for. But as I said, the most is to see that one of the worst things that could happen and I still was not going to be destroyed—that everything that I had been doing, these spiritual practices for all of these years, since I went to India when I was 23, all of that, all that everyone said on the essential level (I am not talking about all the notions of heaven realms and hell realms and all of that), but that the bottom line that there is something that can never be destroyed was actually true. And I was living it day by day, because I still

got up. I still moved. I still did the things that I did before I lost my money. And there was the sense when I started paying attention to it, when I stopped crying long enough, of the benevolence that was left, of the sheer goodness of being alive. And I was struck with that.

And so that led me to a different kind of practice in my life of starting to actually consciously pay attention to what is here instead of what isn't here.

Tami Simon: You know, Geneen, this series of conversations is called "Insights at the Edge," and I think this conversation couldn't fit that any better in terms of this really being such an alive edge in your life and you having so many insights about this very current experience for you, so I thank you so much.

Geneen Roth: Yeah, I am really happy to talk about it, and I am very, very glad that you asked me, Tami.

Tami Simon: And I wonder, and this is just for my own enjoyment, if you would be willing to recite the poem again, the "Kindness" poem, which I think is so beautiful.

Geneen Roth: Oh, I would love to recite that poem, yes. And this is kind of as an aside, that poem was one of the things that got me through those weeks that...as I went to bed with it and woke up with it in the middle of the night, because I knew that Naomi Shihab Nye in order to write that poem had already traversed the territory that I was moving through, there was comfort in that. And there was, I don't even know what to call it, reassurance isn't strong enough. And comfort actually isn't strong enough. I knew that there was another side to this. And I knew that if I stayed with the loss itself, and the feelings that the loss was bringing up, it would wash me up on the shore she was talking about. So I held fast to that poem.

Kindness

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to mail letters and purchase bread,
only kindness that raises its head
from the crowd of the world to say
it is I you have been looking for,
and then goes with you every where
like a shadow or a friend.

Tami Simon: Thank you, Geneen. ###

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The Fastest Way to Improve Your Clinical and Business Skills

by Dr. Doris Jeanette

Socrates mentored Plato ... Plato mentored Aristotle ... Aristotle mentored Alexander the Great... it is a known fact. The most effective way to be successful is to be mentored. I am blessed to have had many excellent mentors over my 35 years of professional life.

When I need to learn a new skill, I find the best teacher I can and use her or him to learn what I need to learn. I do this in both my personal and professional life. This behavior has served me well so that my private practice and my personal growth have flourished.

For example, when I received my Doctorate from Baylor University I knew I did not know enough about psychotherapy to successfully help anyone. So I applied to study Behavior Therapy and Sex Therapy with a famous man at Temple Medical School.

Adding on this extra year of Post Doctorate study was a very smart move on my part. I am eternally grateful because I learned how to relax my clients and myself during this mentoring experience way back in 1975. Relaxation Therapy is one of the most powerful clinical skills you can have in your professional toolbox if your practice is in holistic health and wellness.

Then many years later, when managed care moved in, I knew that a psychologist with an original, holistic psychology approach was not going to flourish in this controlling, traditional system. Managed care was full of psychiatric labels, time-limited treatments, treatment restrictions and massive paper work.

Immediately, I began my search for a marketing and business mentor that I could trust. I knew I needed to learn marketing in order to keep my private practice healthy so I could say, "No thank you," to the dictates of managed care.

Getting this marketing and business's mentor was a smart move on my part. As a result of using a mentor I never had to mess with managed care. Therefore, my creativity was not inhibited and I had the free time to develop a new paradigm that was more effective than the old, traditional psychotherapy models.

You need to do the same if you want to be successful in your holistic health practice. Let mentors help you improve your clinical skills and your business skills. Seek out teachers who can add substance and value to you and your holistic health practice.

Work with holistic psychologists, alternative therapists, peak performance coaches, energy work teachers and skillful marketing mentors to teach you what you need to know.

Use the mentors who teach you how to fish. Do not use teachers or mentors who give you a fish. You do not need treatments, answers or techniques. You need to be empowered with knowledge, process, skill and direct experience.

Use mentors who teach you how to find your own answers by looking inward. Use holistic health teachers who show you how to develop and use your natural talents. You deserve to reach your goals and be satisfied with yourself.

With the new technology today it is possible to study with a holistic health mentor who is top notch and convenient. For example, in line with fulfilling my own purpose in life, as

director of the Center for New Psychology, I developed a Holistic Psychology Mentoring Program that anyone can join no matter where they live or what professional degree they have earned.

Check out the [Holistic Psychology Mentoring Program](#) designed for massage therapists, body workers, coaches, social workers and others who want to learn to combine their holistic therapeutic approaches with business success.

There is no reason you cannot manifest your heart felt desires and fulfill your purpose in life. There is no doubt that you will be successful with your self improvement and your holistic health practice if you use the best holistic health mentors you can find. ###

Doris Jeanette, Psy.D is a licensed psychologist with 35 years of clinical experience. She has developed an energy based, holistic, new psychology. Find out more about her [Holistic Psychology Mentoring Program](#) and sign up for her free newsletter, "The Vibrant Moment".

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by Guy Finley

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Confidence and Courage

How many aspirations and goals have you evaded as you were afraid of failing? How many times have you retrospected on your life, looked upon errors you've made, and kicked yourself over them? So many individuals allow dread of making errors to hold them back!

If you fail at something it touches you in a profoundly emotional way. While it feels damaging at the time, it teaches you crucial lessons. You learn what does not work, which may really bring you closer to success. Because it's so disturbing to fail, you'll try harder the following time.

Even if you try and bomb, you'll never be the individual you were before you began the project. You've forced yourself to a fresh level, moved away from your comfort zone, and are much more sensible for having tried the task. If you perpetually avoid pursuing goals and ambitions because you're afraid of making errors you'll never recognize what you can do. Attempting and bombing is better than never having tried at all.

Following a failure you might feel weak, hurt, broken, pulled down, and/or defeated. But something astonishing occurs once the original sting wears thin; you really become stronger in mind and spirit! With each effort put forth you grow more potent in character and better your odds of accomplishing success. Since many individuals wish to avoid the pain of making an error, it may lead to better focus and desire to succeed.

If you put your efforts into attempting something and you fall short you establish courage to try again. It's commonly dread of the unknown that really holds individuals back, but when you've made it through a failure, taken a risk and lost, it won't feel as chilling the next time you try. Courage doesn't really come from winning, but from the quest of goals-whether you win or not. By taking more risks you'll build courage to continue trying till you encounter success.

They state that everything occurs for a reason, and failure is no exception. Perhaps you interviewed for an occupation and didn't get it, all the same another one gets through that pays more and proposes room for growth. Maybe somebody you've been dating abruptly breaks things off, and you meet somebody 10 times more fantastic. Failure is never the end of the route, but only the start of something possibly better. ###

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All Healing Is Really Self-healing

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.*]

We live in a global culture with such a skewed view of what healing actually is that this point needs to be highlighted.

Although healing often includes alleviating or eliminating symptoms, healing ('wholing') must not be confused with simple curing. Whereas curing is designed to make the problem go away, no questions asked and no insights gained, healing is a very different activity.

True healing embraces the problem (which is actually a teaching tool employed by our Higher Self) as a way of integrating and being transformed by it.

Curing focuses on symptoms without realizing they are spiritual messages. By contrast, healing is a body-mind-spirit phenomenon involving an increase in awareness that takes the form of a transformational step on our evolutionary journey of conscious personal mastery.

At its heart, healing teaches us to love ourselves and others unconditionally and, moreover, to see others as ourselves.

This line of reasoning establishes that:

1. Healing is inseparable from loving; and
2. Loving leads to a higher state of awareness that has been called unity consciousness.

In this ultimately individualized process, very often the problem disappears, but not because we have ignored it or forced it to go away.

Rather, the problem is simply no longer of use to us because our dysfunctional relationship—which is always a variety of victim consciousness—to the underlying factors creating the problem has been healed *consciously*.

While we can facilitate healing in another, often with astonishing results, in the end we cannot *make* a person benefit from the transformational energies we offer.

If any part (conscious or otherwise) of the recipient's body-mind-spirit refuses to accept the healing energies, to that extent the person will not experience healing or transformation.

This includes ourselves. In all cases, whether we perceive ourselves as the one doing the healing or the one being healed, it is up to the individual to integrate, deeply and unconditionally, his or her own healing.

The view that all healing is really self-healing is strongly supported by Glen Rein's inspiring research in DNA's response to coherent emotions.

Dr. Rein found that positive emotions compress DNA—making DNA more robust and arguably more available for healing and transformation. On the other hand, negative emotions decompress (to the point even of killing) DNA.

It is up to us as individuals to determine—and if necessary, upgrade—which emotions we regularly experience as well as which emotionally charged attitudes we typically entertain so that our own healing can occur.

At the very least, we must be receptive to the idea of healing ourselves in order actually to do so.

Even a minimal willingness to undergo positive change can set the stage for remarkable benefits from many methods of healing.

To understand that healing is always self-healing is to grasp the primary role of free will in this process.

Nothing about healing is predetermined. To the contrary, healing is a quantum unfoldment that at each instant respects our own myriad boundaries as to how fast—and how radically—we are willing to transform.

Such boundaries can be conscious. They also can be subconscious, ancestral, and even karmic. Theoretically, we can heal and change overnight—and some people do.

But more often, healing is an incremental, cumulative and eventually exponential process that allows us to consciously integrate its numerous transformational lessons at a manageable rate. ###

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

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Lessons from Skid Row

by Dr. Alan Zimmerman

Some people come into our lives and quickly go. Some stay for awhile and leave footprints on our hearts. And we are never, ever the same.

It's one thing to hear about something or read about something. But it's quite another to actually experience something. That's why I include heavy amounts of interaction and experiential learning in all my keynotes and seminars. I know that's the best way for people to learn and apply what they learn. In fact, I even tell the people who call to book me, "If you want a speaker who simply gives a straight lecture and shows a thousand Power Point slides, I'm not your guy."

Well this last week I had the opportunity to experience something very powerful. Instead of simply hearing about or reading about the poor or the homeless, I spent a week with them in the poorest sections and skid row sections of Los Angeles. And I learned ... or re-learned ... some lessons that have an application for all us that want to be better communicators, better motivators, and better relationship builders.

1. Avoid pre-judgments.

Stereotypes are frequently wrong. People are often different than we expect. So be very careful of "lumping" people into a category and assuming "they're all the same" ... because they're not.

As I walked the streets of LA, I encountered men and women, young and old, from all ethnic groups, with many different levels of education. Poverty and skid row does not seem to specialize in any one group or any one type.

The same is true in your company. Before you decide that all whites, blacks, Hispanics, Asians, managers, or employees are "all the same," take time to get to know people as individuals. You'll be amazed at the diversity you never knew existed ... right there in front of you ... right below the surface. And you'll learn a lot from people who aren't exactly like you.

Jedi was one such person. As I spent the evening hours on skid row with Jedi, I never expected what this tall, handsome, well-educated, black fellow with dreadlocks, tattered pants and a scruffy shirt was about to tell me. He mentioned how a few years earlier he was a case worker who passed out government benefits to the poor and homeless. He cared about them, as he said, but on another level it was just a job.

Then unexpectedly he lost his job, followed by the loss of his house, wife and kids. Within weeks he was homeless and spent the next three years on the very same streets of skid row we were cruising. It changed his life, as he said, to the point where he started to REALLY care about the homeless and now spent his life serving them ... hoping to give them a hand up instead of just a hand out.

I learned not to pre-judge the homeless ... or anyone else for that matter. My head kept ringing with a phrase I learned years ago but have sometimes forgotten, the phrase that says, "There, but by the grace of God, go I."

2. Greet people.

Greet more people than you normally do. Greet people you don't even know. Get out of your comfort zone.

I know I was out of my comfort zone ... going up to people in some of the most distressed parts of LA ... greeting them ... and starting conversations with them. I somewhat figured I would be rebuffed or panhandled.

That was not the case at all. Only one person asked me for money. One person swore at me. And two people asked if I could help them get a blanket.

BUT, 99.9% of the people I met and interacted with were delighted. They thanked me for greeting them, for looking them in the eye, and for taking the time to talk to them. They thanked me for making them feel like they were real human beings worthy of acknowledgement. In fact, many of them said "God bless you" as we finished our conversation and I walked away. That was a stunner.

There's a lesson in this for all of us. We're all the most comfortable around PLU's (People Like Us), and we naturally shy away from others who seem quite different. But if you take the time to greet people and show interest in them, more often than not people will appreciate it.

Now I realize some of you work with people who are persistently negative or nonresponsive. You've greeted those difficult people on several occasions ... or offered them a "Good morning" time after time ... but have never gotten a response from them. That's okay. Keep on doing it anyway. You do it because it's the right thing to do, not because it's the easy thing to do.

3. Listen.

Few things are more valuable than time, and when you truly listen to people you're giving them the precious gift of your time. They know it, and they feel it ... big time. It's a tremendous affirmation.

I spent thirty minutes listening to homeless Joe as he sat against the wall of the Catholic mission in LA. He talked about being an Army Viet Nam vet and seeing things in Viet Nam that no one should ever have to see. He was haunted by the memories and haunted by the fact that he wasn't able to do anything to stop the atrocities he witnessed. However, my simple listening ... without judgment, correction, or contradiction ... seemed to ease some of his pain. After all, listening sends the message that ... you're still okay ... and ... you still have value.

So yes, listening is certainly good for the other person, but it's also good for you and me as well. We're bound to learn something. I know I did after listening to Dave and Heather, a couple more vets living on the streets of LA. I listened to their life stories, their struggle

with alcohol, and several other subjects. But they taught me a great deal about hope, persistence, and faith.

Instead of being bitter about their circumstances, they talked about going to an AA meeting almost every day so they could overcome their problems. Heather even pulled a little booklet out of her shopping cart that listed the times and places of every AA meeting throughout LA. They taught me two lessons: 1) Where you're at is not nearly as important as where you're headed, and 2) Your attitude toward your problem is the most important factor in overcoming your problem.

And then they really shocked me. As I was about to finish our conversation and say goodbye, they asked me a question. They asked, "Do you know what we pray for every day?" Considering their circumstances, I figured they would say something like money, a job, an apartment, a car, or a thousand other things. Before I had a chance to answer their question, they said, "We pray every day that God would increase our faith." They taught me about the importance of keeping our priorities straight.

As I mentioned earlier in this "Tuesday Tip," if you want to become a better communicator, a better motivator, or a better relationship builder, you've got to do certain things. And listening is one of those absolutely critical, non-negotiable behaviors you've got to do.

And finally, one of the lessons I picked up on the street is to ...

4. Ask the other person what he needs.

If you're in sales, you already know about this basic principle. You've got to discover the needs of your prospect and fill those needs ... if you want a profitable, productive relationship. The same truth applies to your role as a manager, supervisor, team leader, employee, parent or spouse. Positive, win-win relationships are built on the foundation of meeting one another's needs.

The catch is ... you've got to ASK. You may not know what the other person's needs might be. You might think your employee wants a pay raise, but deep down he may need respect more than anything else. You might think your spouse knows you love her, but she may need a bouquet of flowers every once in a while to really feel loved. So don't presume to know the other person's needs. ASK.

When I was working with the homeless, when I asked them what they needed, I got an answer I never expected. The most common request was prayer. Tattooed, shaved-head Mike was one example. He asked me to pray that he might get a job, get a place to live, get off drugs, and help his ex-girlfriend get off drugs.

Then there was Jorge, laying on a cardboard box about 9 p.m. in skid row. As soon as the subject of prayer came up, an aura of reverence came over him. He sat up, took off his hat, thrust his hands into my hands, closed his eyes, and lowered his head. He couldn't have been more soft and gentle as he asked me to pray for his family he hadn't seen in five years.

When I finished my evening rounds on skid row and headed back to the Jonah Project, a stranger handed me a sheet of paper containing "The Knots Prayer." It seemed to fit so well

with all the needs I heard the homeless people express. And whether or not you believe in a Higher Power, I thought the poem made great psychological sense. It said:

Dear God:

Please untie the knots
that are in my mind,
my heart and my life.

Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots,
may nots,
might nots that may find
a home in my heart.

Release me from the could nots,
would nots and
should nots that obstruct my life.

And most of all,
Dear God,
I ask you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

Amen.

Again, there's a lesson for all of us. If you want to start a relationship, build a relationship, or strengthen a relationship, find out what the other needs and do your best to fill that need.

As I sit back in my office, reflecting on my week, working with the homeless, I am once again reminded that people are people.

Meeting planners and audience members will often ask me how people are different in different parts of the US or different parts of the world, or they'll ask me how people are different in different industries. They figure I must know because I've spoken to a large variety of audiences in many parts of the world. I simply tell them what I've learned ... that people's styles and approaches may vary from place to place ... but underneath it all ... people are people. They all have similar needs and there are a few critical skills that work with just about everybody. Master those skills and you'll be in great shape.

Action: Greet 5 new people this week. Do it with a smile. Offer an uplifting comment. Go ahead ... make somebody's day. ###

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~ **Pivot** ~

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Loving Yourself: A Roadmap

by Gabriella Kortsch, Ph.D.

Loving yourself lies at the beginning of all roads that lead you to inner peace and freedom. The underpinnings for finding balance and harmony in your life rest on you being able to love yourself. If you do not love yourself, or at least begin the process of loving yourself, most of everything else you do in the arena of personal transformation will not bring you the desired results.

But – as so much else in the personal development field – it's easier said than done. Loving yourself is so much more than indulging in some long denied desire, or lying in a bubble bath surrounded by scented candles while relaxing music soothes your jagged edges.

Loving yourself begins first and foremost with the recognition that if you are not in a place of well-being inside yourself, *it's up to you to do something about it*. That should become your priority. Imagine you are the parent of a small child. Your child is upset, or sad, or angry or frightened, You, as loving parent of the child, would attempt to help the child move to a better place inside, in the way the child is feeling at that moment due to whatever it was that happened. You might embrace the child, talk about what is going on, or do any number of things designed to help the child view the situation with new eyes in order to find some measure of inner harmony and peace about whatever has transpired.

But in order for this to happen you would *need to be closely connected to your child*, you would *need to have strong communication with your child*, and you would *need to be totally aware of your child's feelings*. Furthermore, you'd *need to want to be there* for your child.

By now you've probably figured out that I'm giving you an analogy about how you need to be dealing with yourself and why: in order to show yourself that you love yourself (because that's how it starts), you must be aware of yourself and your feelings at all times and be conscious or aware enough to *choose* to do something about them at all times, in order to bring yourself to an inner state of well-being.

Does that mean that you would never allow yourself to feel pain or sorrow or worry or have any other type of negative feeling? Does it mean you would keep yourself in some iron grip of control so that you would not have those feelings? *Absolutely not!* But it *does* mean that you would be willing to choose to focus elsewhere as opposed to those feelings, in order to help yourself move to a better place inside.

What would you do if you find yourself worrying about your health or money or your relationship? You would recognize that worrying takes you absolutely nowhere, you would recognize that it is much more proactive to do your due diligence about whatever it is that is going on in your life (attempt to resolve it by allowing it a certain amount of time per day – *but only that amount of time* - in your life, brainstorming, consulting, researching about the situation), and you would then *choose to focus on something else in order to help yourself move to a better place inside*, because that is what you do for those that you love. And as

you begin to do that for yourself, over and over again, you begin to realize that you do love yourself.

What would you do if someone has just made you incredibly angry? Or how would you deal with someone who is playing the role of energy vampire in your life, or being emotionally unavailable with you? Remember, that part of this process has to do with you becoming aware of yourself, and taking responsibility for yourself and how you react to situations and people.

So that means that if you are taking responsibility for yourself because you have become more aware of yourself, you will also have begun to accept that fact that you are ultimately responsible for everything you think, feel, say and do, as well as taking responsibility for how you react at all times, *no matter what the outer circumstances*. Hence, when at first glance it appears that someone else has made you angry, i.e., that it is their fault that you are angry, you begin to see that you have a choice about how you feel at that particular moment. You realize you *can choose how you react*. And if you consciously choose to continue to have a reasonably good day despite another person's near effect on the state of your being, you are beginning to show yourself that you love yourself enough in order to do this.

At first glance it may appear that these suggestions are small and you may be asking if that's all there's to it. In effect, *that is all there's to it*, but it is the continual practice of a lifetime to perfect this. If you start today, right now, this evening you will already feel better about how you are dealing with yourself. You'll recognize that you've taken some steps to love yourself. And a part of you will feel just as loved as the child who has been enveloped in the loving arms of a caring and emotionally generous *adult* parent. This will bring you ever closer to inner peace and freedom, and this will bring you joy. ###

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://RewiringtheSoul.com>

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

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Out-of-Control Anger

by Dr. Linda Sapadin

Anger boils at different degrees. Yet, once it reaches its boiling point, it's pretty much over - whether it's a toddler screaming and stomping his feet or a Mel Gibson cussing up a storm.

"Volatile and juvenile," we declare, as we witness Gibson's' meltdown. Yet, we conveniently forget that at some point in our lives, most of us have had a meltdown too (though, hopefully, with less naked aggression). Or, we've been so close to an explosion that we 'got the hell out of there' before we erupted.

What happens when people have a meltdown?

We accuse, we threaten, we rant, we rave;

We curse, we name-call, we belittle, we vilify;

We throw, we smash, we whack, we slap;

We're rough, we're nasty, we're harsh, we're abusive;

We say things that we can never take back;

We do things that will never be forgotten;

What a species we are!

What triggers such an avalanche of anger?

Betrayal (real or imagined) tops the list. Followed by a parade of "D's" - being denigrated, disillusioned, disappointed, dismissed and disapproved of. And when the D's are accompanied by the "F's" - frustration, feeling another's been unfair or unfaithful, watch out. The avalanche can reach biblical proportions.

With so many possibilities triggering anger, how come we're not all Mel Gibson act-a-likes or adult toddlers acting out with spite and malice? The short answer: we mature; we gain control over our emotions. We learn how to calm ourselves down. But how does that happen?

Do we receive the gift of maturity by receiving a verbal whipping? Or by a jail sentence? Or by being publicly humiliated? Or by a transformational insight?

Sorry, it doesn't work any of those ways. We acquire maturity laboriously, step by step, layer by layer, spread over time. Though growing up takes time, time alone doesn't do it - not if behavior is simply repeated and nothing is learned. To learn, you've got to become introspective. Reflect on what happened. Figure out what went wrong. Take responsibility for your emotions. Express your anger - before it becomes rage. Search for a solution. Take reasonable action.

And when that doesn't work, go back to square one and start all over again. ###

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

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A Course in Miracles

Lesson 55

Today's review includes the following:

(21) I am determined to see things differently.

What I see now are but signs of disease, disaster and death. This cannot be what God created for His beloved Son. The very fact that I see such things is proof that I do not understand God. Therefore I also do not understand His Son. What I see tells me that I do not know who I am. I am determined to see the witnesses to the truth in me, rather than those which show me an illusion of myself.

(22) What I see is a form of vengeance.

The world I see is hardly the representation of loving thoughts. It is a picture of attack on everything by everything. It is anything but a reflection of the Love of God and the Love of His Son. It is my own attack thoughts that give rise to this picture. My loving thoughts will save me from this perception of the world, and give me the peace God intended me to have.

(23) I can escape from this world by giving up attack thoughts.

Herein lies salvation, and nowhere else. Without attack thoughts I could not see a world of attack. As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy. And it is this I choose to see, in place of what I look on now.

(24) I do not perceive my own best interests.

How could I recognize my own best interests when I do not know who I am? What I think are my best interests would merely bind me closer to the world of illusions. I am willing to follow the Guide God has given me to find out what my own best interests are, recognizing that I cannot perceive them by myself.

(25) I do not know what anything is for.

To me, the purpose of everything is to prove that my illusions about myself are real. It is for this purpose that I attempt to use everyone and everything. It is for this that I believe the world is for. Therefore I do not recognize its real purpose. The purpose I have given the world has led to a frightening picture of it. Let me open my mind to the world's real purpose by withdrawing the one I have given it, and learning the truth about it.

Commentary by Allen Watson

The pattern laid down by the first fifty lessons becomes clearer with each day of review. The writing in these ten review lessons is among the clearest and most straightforward in the entire Course.

Of course I am determined to see things differently; "disease, disaster and death" are not what I want to see. That I see them proves I do not understand God, and I do not know who

I am. The world I see pictures attack thoughts, "attack on everything by everything". In this world everything lives by consuming the life of something else; whether it is the life of an animal or a plant makes little difference. Even the lowest life form lives from the energy given off by the destruction of the Sun. What gives rise to this picture? My own attack thoughts.

"My loving thoughts will save me from this perception of the world". Changing my mind from attack to love will change the world I see. "It is this I choose to see, in place of what I look on now".

And no wonder I am confused about my best interests! I don't know who I am; how could I know what I need? I am willing to accept the guidance of One Who knows me; I understand that I can't perceive my best interests by myself. I use everything to sustain my illusions about myself. What I need is a way to let the world teach me the truth about myself. Seeing it as I see it, the world is frightening; I want to know the truth.

The transformation hinges on my willingness to recognize that I do not like what I see, and since what I see comes from what I think, I want to change what I think. I do not know my best interests, and the purpose I have assigned to everything has been twisted to support my ego identity, so now I am willing to let these ideas go. Confused as I am, how could I teach myself what I do not know? I need a reliable, trustworthy Teacher, and in the Holy Spirit I have that Teacher.

My only job is to make myself teachable by letting go of my false thinking, letting go of my attack thoughts. I think they sustain me but they are destroying me. I resolve today to choose differently, and to open my mind to a way of thinking I cannot, as yet, begin to understand. I open my heart to love. ###

~ 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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~ The Insight Project ~

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by Guy Finley

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by Guy Finley

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